

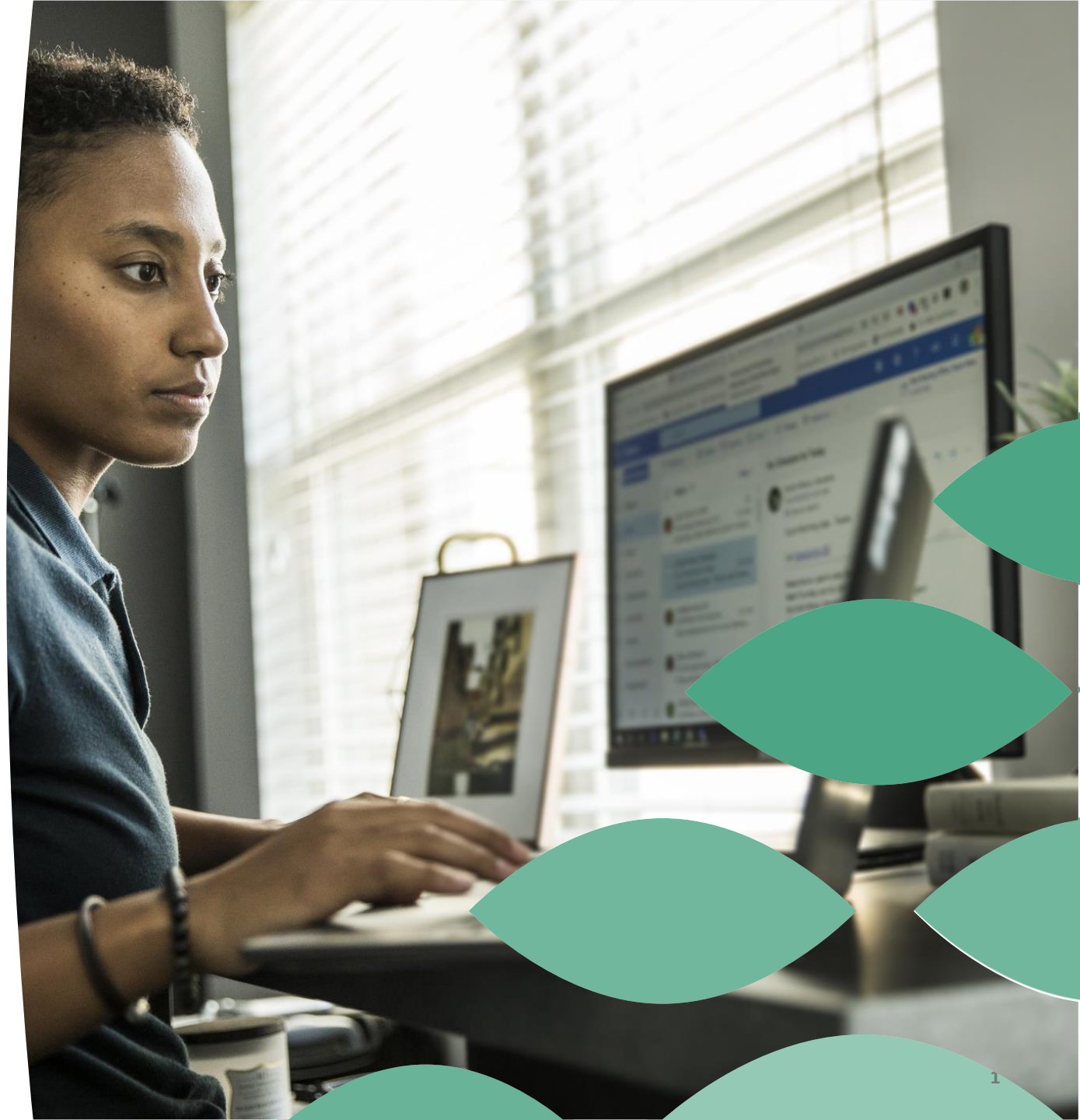
Business to Business Zoom Conference Series

The impact of isolation on employee health and wellness

Today's Topics:

1. Latest on COVID-19
2. Employee mental health and feelings of loneliness
3. Increased substance use and abuse

1.21.21





Ed Gilkey, MD, MS,
MBA, CPE, Senior
Physician Executive,
Northern Light
Beacon Health



Jim Jarvis, MD, FAAFP Senior
Physician Executive Incident
Command, Northern Light Health,
Director, Clinical Education,
Northern Light EMMC



Angela Fileccia, LCSW,
Director Healthy Life
Resource Program,
Northern Light Acadia



Jacquelyn Cyr, NPc, Adult
Outpatient Services
Northern Light Acadia Hospital

Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health encourages everyone to follow federal and state governmental guidance and mandates.

Northern Light Health does not know the particulars of your situation, so the information presented today is general in nature and is based upon Northern Light Health's own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance Northern Light Health presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.

Ask us questions – give us feedback – this hour is for you

- Please use the **chat** function to ask your questions at anytime.

Safe Return to Business Survey

Page 1 of 1

1. I am able to apply the tools and guidance provided today in supporting my safe reopening? *

☐ Strongly Agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly Disagree

2. My questions about opening safely were answered in a way that I understood? *

☐ Strongly Agree
☐ Agree
☐ Neutral
☐ Disagree
☐ Strongly Disagree

3. How likely are you to recommend the Business to Business Zoom Conference series to a fellow colleague and / or Maine employer? *

☐ Very Likely
☐ Likely
☐ Neutral
☐ Unlikely
☐ Very Unlikely

4. How likely are you to attend one of our Business to Business Zoom Conferences in the future? *

☐ Very Likely
☐ Likely
☐ Neutral
☐ Unlikely
☐ Very Unlikely

5. What topic(s) would you like us to focus on in the future?

Done

The latest on COVID-19

COVID-19 Latest Numbers

Cases overview

Maine

Total cases
34,963

Recovered
-

Deaths
530



United States

Total cases
24.5M

Recovered
-

Deaths
406K



Worldwide

Total cases
96.2M

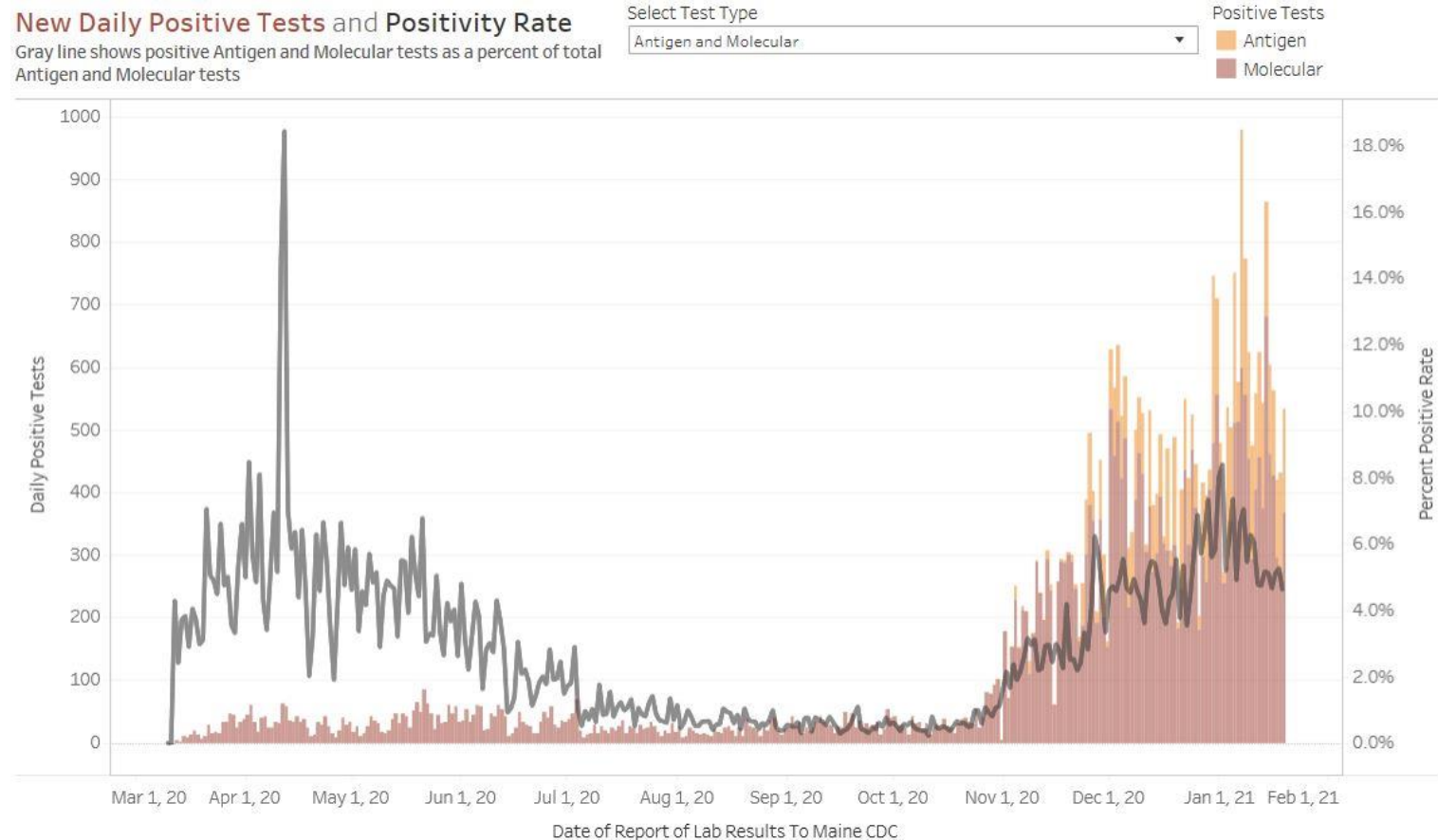
Recovered
53.1M

Deaths
2.06M

Testing...

Why wait to be retested?

- May continue to test positive for up to 90 days
- Well after symptoms have subsided and are no longer contagious



Vaccine Update

COVID-19 Vaccination Update

What You Need to Know

Northern Light Health, with direction of the Maine State CDC, has expanded COVID-19 vaccination offerings to community members age 70 and over. At this time, vaccine supply is very limited and you must have an appointment to get vaccinated.

If you are 70 or over, make an appointment for your vaccine at covid.northernlighthealth.org/publicvaccine.

- ▶ All Northern Light Health locations offering the vaccine in Maine are listed on this site.
- ▶ New appointments are added every week on Monday, as soon as we confirm the number of vaccine doses we have.
- ▶ While we cannot register patients by phone at this time, we are working hard now to set up a call center in the near future – watch for that information soon.
- ▶ For ongoing information about the COVID-19 vaccine, please call our recorded vaccination information line at **207.275.2200**.

Thank you for your patience and understanding as we work to get our communities vaccinated.



Cumulative reported vaccinations

85,847

First Doses

71,707

Second Doses

14,140

Last updated 1-20-2021

Thriving in the unknown: Employee mental health and feelings of loneliness

What makes this so hard?

Loneliness – The next pandemic?

- Quarantine
- “Social” distancing
- Masking
- Virtual world
- Community events cancelled



The Big Idea:
Social isolation from the pandemic could trigger loneliness.

Loneliness Defined

Loneliness Defined

- The perception of being alone and isolated.
- A feeling of disconnectedness or isolation.
- The feeling of being alone, regardless of how many people are around.



Loneliness vs. Alone

- Alone is not the same as lonely.
- An individual's level of satisfaction with their connection with others.
- Perception *is* reality.



Loneliness: The next pandemic?

Loneliness by the numbers

Rates of loneliness have doubled since 1980s

More than 25% of Americans live alone; highest %age ever recorded!

A third of Americans reported feeling lonely

In 2018, the UK appointed a Minister of Loneliness.

Older adults at greatest risk for loneliness.

Surveys during Covid indicate increased feelings of loneliness at the start of the pandemic.



The Big Idea:

The loneliness pandemic started before Covid.

Loneliness and Covid

Pandemic Isolation

- Studies conducted in 2020 show increase in depression, anxiety, and feelings of loneliness.
- Older adults, people of color, low income, those in congregate living all at greater risk.
- Fear, limited ability to read facial expressions, casual interactions even gone.

&

The Virtual World

- “Social” Distancing
 - In-person events cancelled
 - Virtual world harder to connect
 - Limits type of human interactions
- Work from home
 - Abnormal WFH conditions
 - Work friendships harder to maintain



The Big Idea:
Loneliness is a real problem for many.

Ways to help

Physical distancing, not social

- Maintain connection with friends & family
- Call, not just text!

Embrace virtual

- Learn & use tech: Facetime, Google Meets, Zoom, WebEx, etc.
- Cameras on!

Be Purposeful

- Schedule virtual happy hours, trivia/game nights
- Host staff meetings with cameras on
- Create & schedule time for chit-chat and check-ins



The Big Idea:

Loneliness risk *can* be decreased.

Increased substance use and abuse

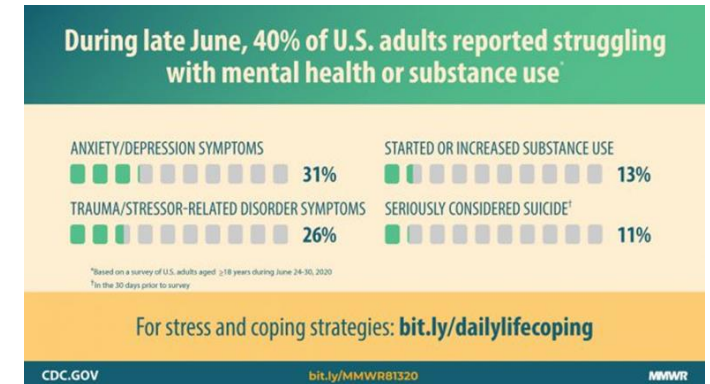
Increased Substance Use and Abuse

Most commonly used substances:

- Alcohol (88%)
- Marijuana (37%)
- Prescription opioids (15%)
- Benzodiazepines, such as Xanax (11%)
- Prescription stimulants, such as Adderall (10%)
- Cocaine (9%)

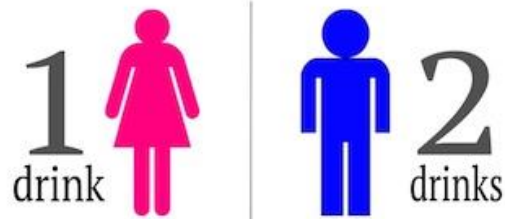
Reasons given for increased use:

- 53% cope with stress
- 39% relieve boredom
- 32% cope with mental health symptoms, such as anxiety or depression
- recreational reasons , to treat pain or part of daily routine

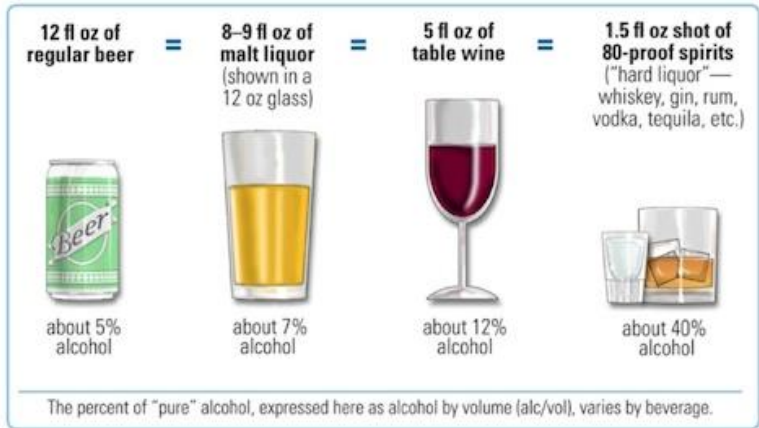


Increase Substance use and abuse

How Much Alcohol Is Healthy?



According to the National Institutes of Health, in the United States, one “standard” drink contains roughly 14 grams of pure alcohol, which is found in one of the following:



www.PulseOS.com

The 5 W's

- **W**hat are you drinking and How Much?
- **W**hen are you drinking?
- **W**here?
- **W**ho are you drinking with?
- **W**hy?

The 6th **W** - is this or should this pattern be a **Worry**?

Ask yourself to **HALT** and find your **WHY**

- **H**= Are you Hungry/Hangry
- **A**=Anxious or Angry
- **L**= Lonely or Lazy(bored)
- **T**=Tired or Thirsty

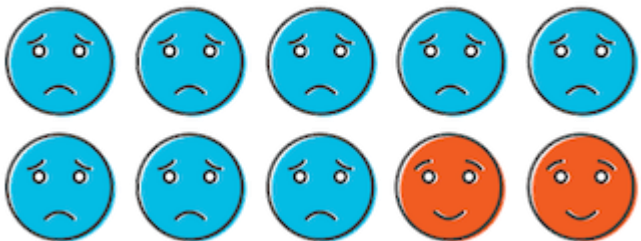
Increased Substance Use and Abuse



Increased Substance use and abuse



8 in 10 workers say shame and stigma prevent them from seeking treatment for a mental health condition



Things to watch for when substances maybe an issue:

- Increased absences/disappearing unexpectedly
- Declining Job performance
- Evident Financial struggle
- Regular physical Health Issues
- Decline in personal hygiene and appearance
- Frequently Erratic and Unpredictable behavior

Resources for Substance Abuse

Maine COVID-19 Support Resources

If you need resources or support, please contact one of the numbers below....

Non-Crisis Peer Support

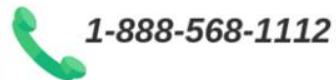
**Statewide
Intentional Warm
Line**



1-866-771-9276

*Offers non-crisis peer support
24 hours a day/7 days week*

Maine Crisis Line



1-888-568-1112

*To access your local, mobile
crisis services, please call the
statewide hotline above...*

*Offers crisis phone support
24 hours a day/7 days week*

Information & Referral Resources



**Dial 211 on your
phone**



**Text Your Zip
Code to: 898-211**

*Contact for information related
to COVID-19 and/or referrals to
needed services*

Additional Resources:

- 207.949.4634 Northern Light Acadia Hospital
- <https://www.maine.gov/dhhs/samhs/virtual-recovery.shtml>

Use chat and ask your questions



Ed Gilkey, MD, MS,
MBA, CPE, Senior
Physician Executive,
Northern Light
Beacon Health



Jim Jarvis, MD, FAAFP Senior
Physician Executive Incident
Command, Northern Light Health,
Director, Clinical Education,
Northern Light EMMC



Angela Fileccia, LCSW,
Director Healthy Life
Resource Program,
Northern Light Acadia



Jacquelyn Cyr, NPc, Adult
Outpatient Services
Northern Light Acadia Hospital

Tools you can use:

<https://northernlighthealth.org/Resources/Safe-Return-to-Business>

Week 1 - Resources and Downloadables

Filter the results below by entering keywords into the search

Enter Search Text Here



HI! THIS IS A HANDSHAKE FREE ZONE

Hi! This is a handshake free zone. In order to stop the spread of germs our office is currently a handshake-free zone.

[Download File](#)



For the safety of all:

- Wearing a face covering is a must at all times
- Keep at least six feet physical distancing from others
- Wash or sanitize your hands every chance you get

Thanks for helping us keep patients, visitors, and staff safe.

[Download File](#)



Wearing a face covering
Risk of spreading germs


Low
Medium
High
Very High

[Download File](#)



Please Wear a Face Covering
Beyond This Point

[Download File](#)



SAFELY PROVIDING CARE
FOR MEDICAL OFFICE VISITS

[Watch Video](#)

For more information or to submit a topic for a future Zoom Conference:

Contact:

Lanie Abbott

Director of Communications

lwabbott@northernlight.org



Join us Thursday, February 4:

Handling Employee Exposures and Planning for Mass Vaccinations

**Northern Light Health.**

One-hour Zoom conferences
Twice a month on Thursdays at 11 am
Moderated forums with Q&A
presented by Northern Light Health

zoom MEETING SERIES

SAFE RETURN TO BUSINESS
COVID19: **Handling Employee Exposures and Planning for Mass Vaccination**



Thursday, February 4 at 11 AM
The Zoom meeting ID will be sent to you upon registering

Our Panelists:
Jim Jarvis, MD, FAAFP
Senior Physician Executive,
Incident Command, Northern Light Health
Director, Clinical Education, Northern Light EMMC

Kyle Massey, PharmD, BCIDP
Co-Director, Antimicrobial Stewardship
Program; Clinical Pharmacist, Infectious
Diseases Specialist
Northern Light EMMC

Howard Jones, MD
Medical Director
Northern Light Work Health

Yemaya St. Clair, LCPC-C
EAP Counselor, Northern Light Work Force

Moderated by Ed Gilkey, MD, MS, MBA, CPE
Senior Physician Executive
Northern Light Beacon Health

PLEASE REGISTER
BY CLICKING HERE
BEFORE JOINING THE MEETING

Attendees are asked to join the conference by Zoom and listen to audio using your computer only. Please do not dial in while also connected via your computer. The dial-in number is for those not joining by computer. This will help accommodate a larger number of participants. **See you Thursday!**
Please contact Lanie Abbott for more information lwabbott@northernlight.org

Legal Disclosure:

The Coronavirus pandemic is an ongoing, continuously evolving situation.

Northern Light Health (NLH) encourages everyone to follow federal and state governmental guidance and mandates.

NLH does not know the particulars of your situation, so the information presented today is general in nature and is based upon NLH's own experience, which may or may not apply in your specific situation, and which may be revised as we learn more about the Coronavirus.

Accordingly, following any guidance NLH presents today in no way guarantees that you, your employees and/or your customers and clients will not contract or spread the Coronavirus.