

Considerations for reducing risk for COVID-19 and youth anxiety in schools and youth serving organizations



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.

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What Youth Organizations Need to Know to Safely Reopen

Today's Topics:

1. Risk mitigation in school and childcare settings
2. Strategies for addressing youth anxiety
3. Health literacy

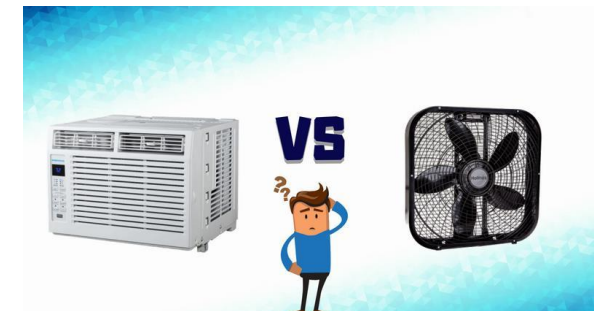
Risk mitigation in school and childcare settings

Comprehensive Plan

- **Northern Light Health is here to assist**
 - This is a virus and behaves like a virus
 - This situation is both very fluid from a scientific perspective and is highly political
 - We understand different types of businesses have different constituencies to address
- **Identify progressive alternatives within each school model**
- **Define Universal Rules**
 - Will everyone be screened and masked?
- **Once rules defined determine exceptions**
 - Special Ed and younger grades may not tolerate masking
- **How much screening and where?**

Facility Considerations

- **Traffic control pattern**
 - Eliminate cross traffic
 - Where to place hand sanitizers
- **Front entrance**
 - How to prevent a bottleneck
- **Classroom configurations**
 - Tables vs Desks
 - How to space students for lunch – classroom / larger room?
- **Special purpose rooms**
- **Bathrooms**
- **Air Flow-Heating and Cooling**



Infection Control Considerations

- **Identify High touch items from the perspective of class demographics**
- **Soft Surfaces**
 - Swap carpeting for gym/yoga mats
- **Rotate use of items that can not be easily cleaned**
 - Books/games
- **Adapt cleaning processes to include all high touch items**
 - EPA cleaners
 - Using sprays/cloths/foggers
 - Vacuuming-timing and additional considerations

Student/Staff Illness Plans

Have a consistent screening process
Segregation of ill and well students
When to be concerned with sick students
Isolation areas-away from traffic flow-close to exits

Staff Considerations

- Staff may have risk factors making them more susceptible to severe COVID 19 illness
- Contact with students and other staff members

Student Considerations

- Students may not be able to wear masks
- May have to keep on site until picked up by parent
- May not report contacts with other students as accurately

Learn about contact tracing

<https://www.cfepublic.com/courses/ihp200rn> (coupon code CTFREE)

Strategies for addressing youth anxiety: Kids, parents, teachers, and mental health

Youth Reactions to COVID-19

Adolescents

- Restless and/or agitated and having difficulty settling down
- Increased frustration, anger, worry, and feelings of being overwhelmed
- Feeling hopeless or helpless
- Teary, sad, and loss of interests
- Fingernail chewing, hair tugging, etc.
- Physical fatigue or other body symptoms, (butterflies in stomach, rapid breathing/heart rate, clenched jaw, etc.)



Younger Children

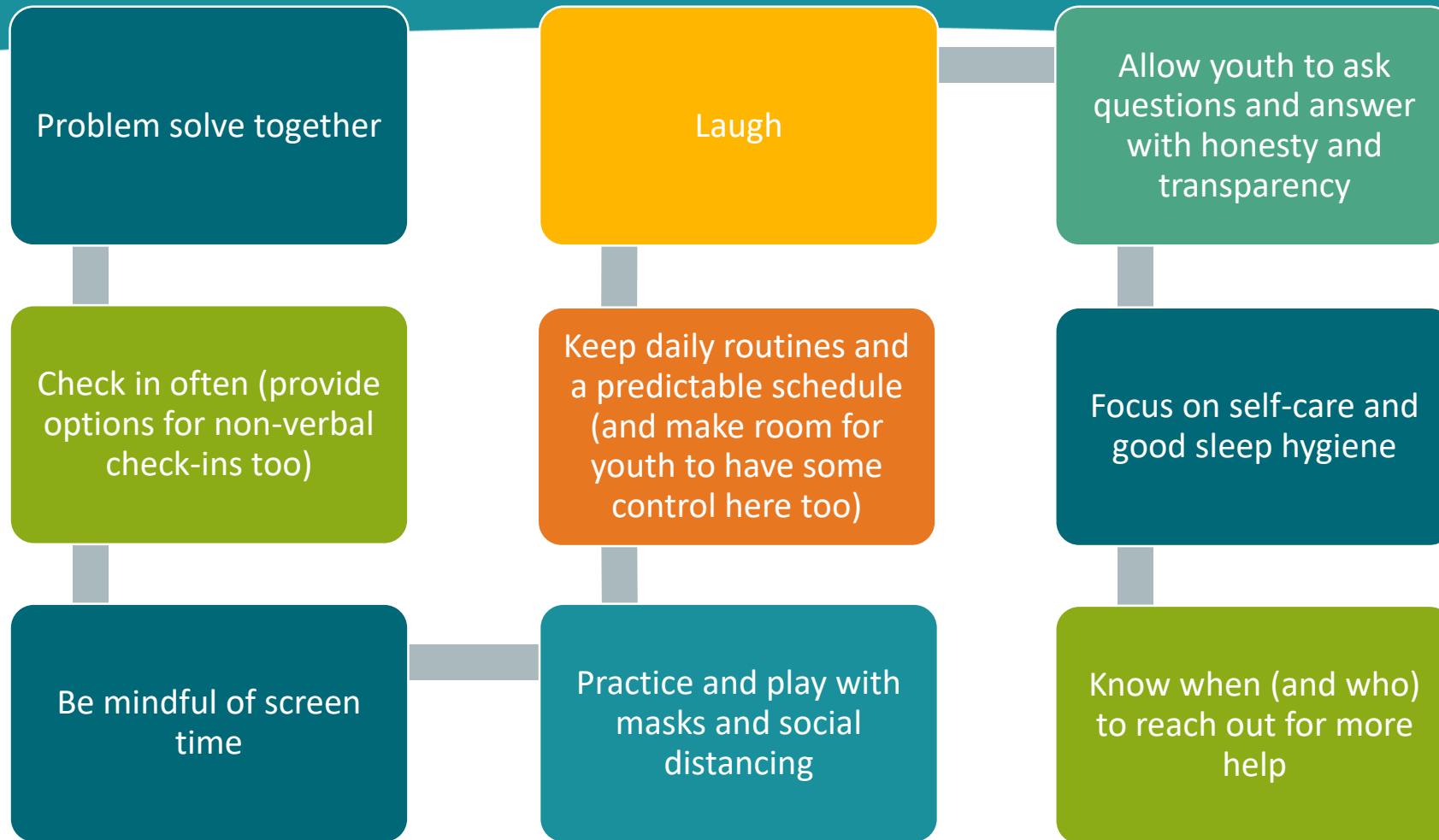
- Regressive behaviors (baby talk, bed wetting, thumb sucking, not wanting to sleep alone, night light on, chewing and sucking on blankets/clothing)
- Rapidly changing moods
- Sleeplessness or nightmares
- Exaggerated startle responses
- Changes in appetite
- Increases in motor activity
- Skin picking, hair tugging, chewing nails, etc.



Strategies for Youth:

- Make time for yourself
- Stay connected with loved ones and trusted friends
- Self-talk strategies
 - “I’m OK!”
 - “What’s the worst thing that can happen right now?”
 - “Who can I talk to?”
 - “It’s OK to feel what I’m feeling.”
- Limit caffeine (soda, coffee, and energy drinks) and sugary snacks
- Identify triggers – “What happened just before I started feeling this way?”
- Distract with a good book, music, or re-watching your favorite TV show or movie
- Find ways to engage in physical activity that is meaningful for you
- Don’t underestimate the positive effects of the sunshine, pets, hobbies, and helping others

Resiliency Strategies for Parents, Caregivers, and Educators



The Big Idea: Parents and caregivers can encourage participation in everyday strategies to build resiliency.

Validating the effects of COVID-19

Grief and Loss Stages (Elisabeth Kubler-Ross)

Denial: Allows us the time to start to adjust to the loss

Anger: May give us a temporary structure to what we're feeling versus feeling lost

Bargaining: “What if” and “If only” thinking while we try for a temporary truce

Depression: Is the **appropriate** response to loss!

Acceptance: Doesn't mean you're “ok” with the loss, just that you've accepted the reality



The Big Idea: These stages help us process our grief experience.

The Tasks of Mourning and Importance of Rituals

Mourning is the external process of grief. It's the part of grief that others can see.



J.W. Worden's model:

To accept the reality of
the loss

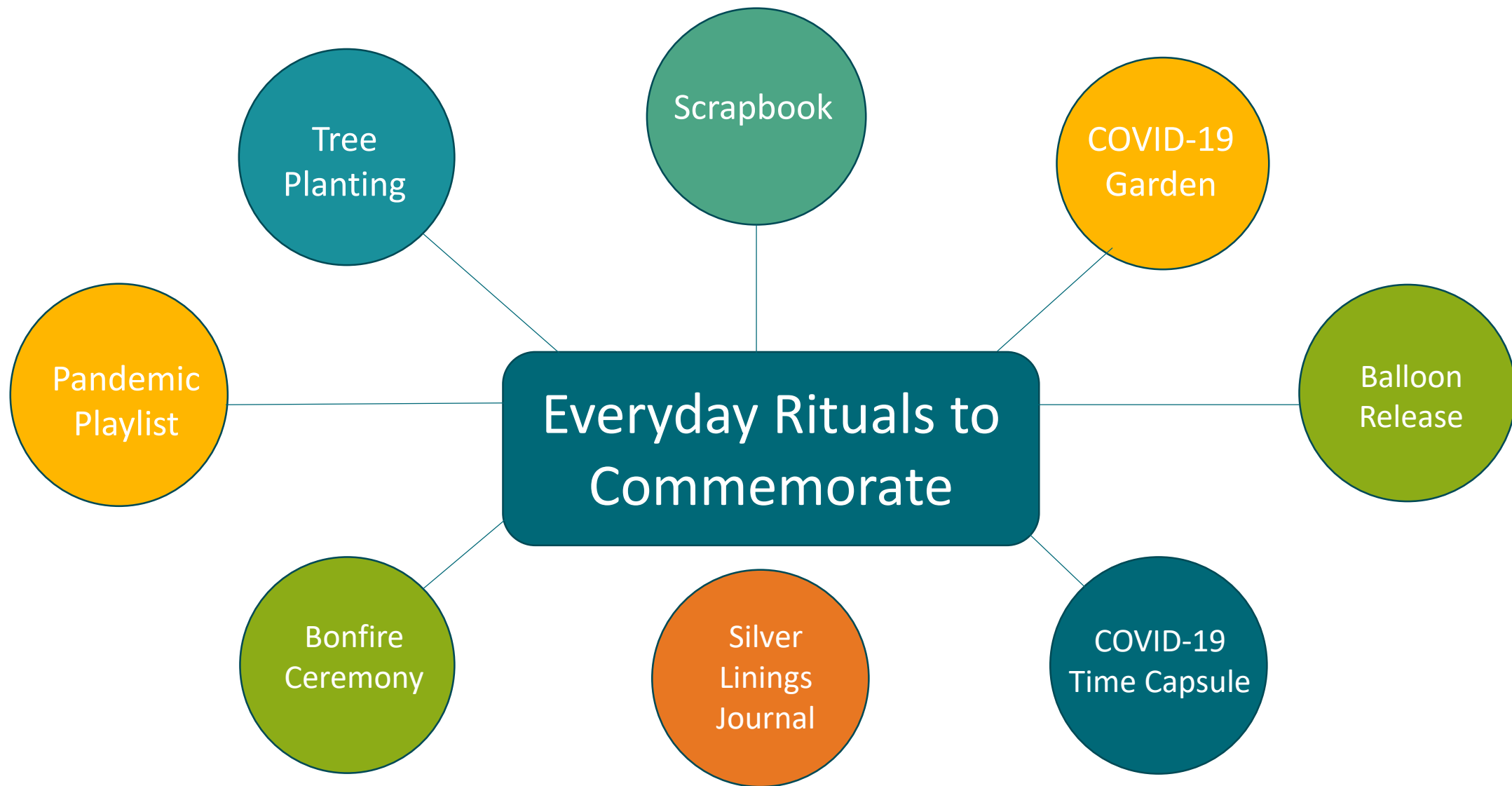
To work through the pain
of grief

To adjust to life without
the deceased

To maintain a connection
to the deceased while
moving on with life



The Big Idea: The “deceased” here is the *loss* of normalcy, consistency, predictability, and connectedness brought on by COVID-19.



The Big Idea: Creating and practicing rituals can help our loved ones and ourselves in processing our emotions during COVID-19.

Health literacy: Communicating Science in the Time of COVID-19



Take Home Messages - Specifically for Schools:

- If you are opening for Face to Face (F2F) learning, share the reasons **why** (do the same if you're not, or if its hybrid)
- Seek feedback and involvement; surveys (what are the struggles in compliance)
- Hold open forums, town halls (discussions, Q&A)
- School staff, parents and students will need messages tailored to them if plans require new behavioral changes (distancing, masks)
- And external messaging as well
- Have a communications team, and a communications plan (include healthcare experts)
- Create a centralized repository of **current/dated** guidance online; FAQs
- Share what precautions are being taken versus what is needed from parents/students
- share the science and reasoning behind those requests
- **Continue communication regularly**
- Share reputable resources from experts
- **Better compliance through voluntary buy-in versus strict enforcement**
- use social media/memes, peer messengers/ambassadors, promote critical thinking exercises to bring people to the logical conclusion of risk reduction, etc.
- **Incorporate it into the curriculum!**

Learning from others who communicate controversial science:

Tailor the message; make it personal

Avoid jargon – make it accessible

Listen & ask questions to learn their viewpoint

Storytelling: have a narrative

Use analogies, metaphors for complex concepts

Already Informed? How to help those around you in 4 steps

1. Start where you are: be the “nerd node of trust”
2. Pick your battles
 - Reduce the complexity of our judgments
 - Affirm shared values first
3. Avoid repeating misinformation – it inadvertently reinforces it
4. Be as honest and transparent as possible
 - Revise your position as new information comes out
 - Acknowledge the limits of your knowledge
 - Equip your audience with the tools to foster healthy skepticism and to interrogate the process

Final thoughts

- Downplaying a threat is just as bad as overemphasizing it and “crying wolf”
- Keep the message simple and easy to understand; get it out quickly and broadly
- Wait for complex ideas like ‘flattening the curve’, until people are invested in simple ones like ‘wash your hands’
- Chunk the information, so it isn’t overwhelming
- It is ok to emphasize what is not yet known, confirmed, or a clear consensus in the research

Update on testing and screening

Northern Light Health Expert Panelist and University of Maine Collaborator: Use the chat function and ask your questions!



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Tools and resources you can use:

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



A Plan for Reopening

The first step to reopening during COVID-19 is the development of a solid plan. Whether you have an internal committee working on the framework for this plan or you're looking to us to help from the ground up, we're here to help you put the safety of your students and staff first.

We'll start by assembling an inventory of what is already planned and what is needed, with the expectation that implementation is started well before your doors open. This assessment will include, but is not limited to the following:

- Physical Plant Assessment – areas for students, staff, and faculty
- Pre-Opening – Establishment of protocols for the safe return: plans, additional training, signage
- Opening – education as staff and students return
- Operation of School – including daily cleaning, scheduling adjustments, school outbreak surveillance and management
- Cessation of Services – determination of which services may not be able to continue at this time

Following this inventory, the level of assistance needed from Northern Light Health will be determined and used to create a detailed work plan for the members of both organizations and establish a firm timeline for critical decisions for a safe reopening to be made.

Throughout the school year, Northern Light Health will work closely with your school to follow trends in health and to act if needed to address problems arising due to infection and risk of infection among staff, students, and faculty. Please note that changes in public health and prevalence of COVID-19 in our communities will require flexibility and our planning must reflect that.

Contact us at workhealth@northernlight.org for more information.

Healthy Life Resources

Powered by Northern Light. Acadia Hospital

The mental and emotional well-being of your organization is critically important. Northern Light Acadia Hospital has expertise in helping people of all ages exposed to prolonged stress, anxiety, and trauma. Through Healthy Life Resources, we offer a comprehensive, coordinated, and actionable set of supports for your organization to promote mental and emotional well-being.

Self-guided Support

Employees can access mental wellness resources on demand through MyStrength, a self-guided, digital, evidence-based platform that provides resources and interactive activities to help employees reduce stress and negative feelings. Those who use MyStrength will also have access to a personal and confidential mental wellness coach.

How to access:
Contact Angela Fileccia, LCSW
207.949.4634 or
afilleccia@northernlight.org

Leadership Support

Web-based trainings focused on learning the signs and symptoms of stress in yourself and staff using a simple, three-step model to utilize during staff meetings and/or team huddles. This service also provides practical ways to prevent compassion fatigue and burnout, and provides on-going, live Q&A.

How to access:
Contact Angela Fileccia, LCSW
207.949.4634 or
afilleccia@northernlight.org

Resiliency Training/Development

Resilience is the ability for individuals, teams, and organizations to adapt to change through a crisis with integrity, compassion, and respect. Organizations can access a comprehensive, evidence-based resiliency plan tailored for the unique needs of the individual organization.

How to access:
Contact Angela Fileccia, LCSW
207.949.4634 or
afilleccia@northernlight.org

Critical Incident and Stress Management

This service is an on-demand virtual or in-person debriefing provided by Northern Light Acadia Hospital clinical experts when an organization experiences acute or persistent stress. This service focuses on minimizing anxiety, improving employee wellness, and increasing resiliency.

How to access:
Contact Rick Redmond, LCSW
207.973.6048 or
rredmond@northernlight.org

School-based Services

Our school-based services address the growing need for accessible mental healthcare in the school setting. Learn more about these service options, including our Student-Based Mental Health Center which provides a dedicated master's degree-licensed clinician in your school. This clinician is easily and readily accessible to students and their families, as well as provides support to district educators and staff members.

How to access:
Contact Chris McLaughlin, LCSW
207.973.6175 or
csmlaughlin@northernlight.org

Health Literacy Resources:

Kristy Townsend, Ph.D., Faculty Member, UMaine System COVID-19 Scientific, Advisory Board, Lead curator of UMaine's COVID-19 Science and Medicine Research Bulletins, Kristy.townsend@maine.edu or Ktownsendlab.com

- <https://umaine.edu/return/umaine-science-and-medicine-updates/>
- <https://www.theatlantic.com/ideas/archive/2020/03/how-talk-about-coronavirus/609118/>
- <https://www.knowablemagazine.org/article/health-disease/2020/speaking-pandemics-art-and-science-risk-communication>

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What a Business Needs to Safely Open 06/11/2020 1

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

Contact:

Lanie Abbott

Director of Communications

lwabbott@northernlight.org



Join us next Thursday: A Conversation with Dr. Nirav Shah

**Northern Light Health.**

FOCUSED DISCUSSION
One-hour Zoom conference
Thursday at 11 am
Moderated forum with Q&A

zoom MEETING SERIES

*Maine welcomes you!***SAFE RETURN TO BUSINESS**

SPECIAL EDITION
Dr. Shah will be able to answer questions directly from business owners. Prepare your questions beforehand!

**With special guest**
Nirav Shah, MD, JD
Director of the Maine Center for Disease Control and Prevention

If you want your employees and your customers focused on why they're at your business, instead of on whether they'll get sick, you'll want to attend our series.

Our panels of experts will cover the topics and contingencies you need to prepare for to have your workforce present, engaged, and safe.

Topics will include:

- Data benchmarks to look for
- Steps to take as a family
- What's new with testing/vaccine potential
- Facts versus fiction

Learn how to support your employees and your customers to make a successful return to business.

WEEK 9 - Thursday, August 6 at 11 AM

COVID-19: A CONVERSATION WITH DR. SHAH
Past • Present • Future

zoom MEETING ID:
916 6952 8821

Our Panelists:

James Jarvis, MD, FAAP
Medical Director, Clinical Education
Northern Light Eastern Maine Medical Center
COVID-19 Response Incident Commander

Nirav Shah, MD, JD
Director
Maine Center for Disease Control and Prevention

Moderated by
Ed Gilkey, MD
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

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