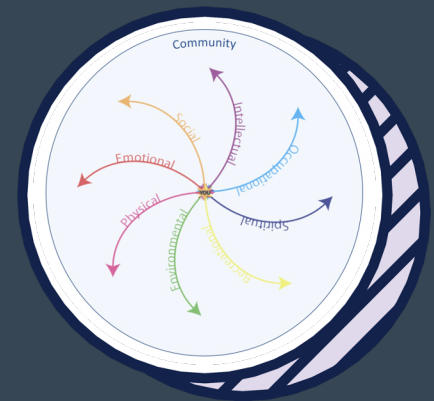


Mental Health and Resilience During Covid-19

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Faculty Disclosure

Presenters:

Sanjeev Sockalingam
Allison Crawford

Relationships with commercial interests:

- Grants/ Research support: CIHR (for ECHO Ontario)
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- Consulting fees: None

No other conflicts of interest to disclose.

Mitigating potential bias:

•The information presented in this CPD seminar is based on recent information that is explicitly evidence-based.



1 Objectives

- ✓ To identify common manifestations of stress and mental health distress during COVID-19
- ✓ To list potential resources and approaches to manage psychological distress during COVID-19
- ✓ To describe the role of ECHO (Extension of Community Health Outcomes) Coping with COVID-19 to support healthcare providers during this pandemic.

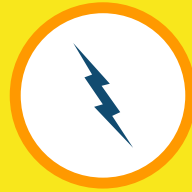


Resource: 3 Minute Breathing Space

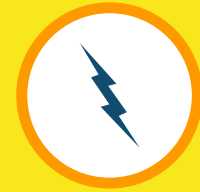
<https://www.oxfordmindfulness.org/learn-mindfulness/resources/>

2

COMING TO TERMS WITH...



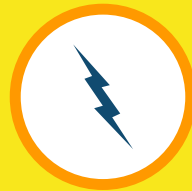
Wellness



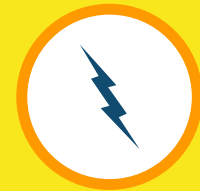
Distress



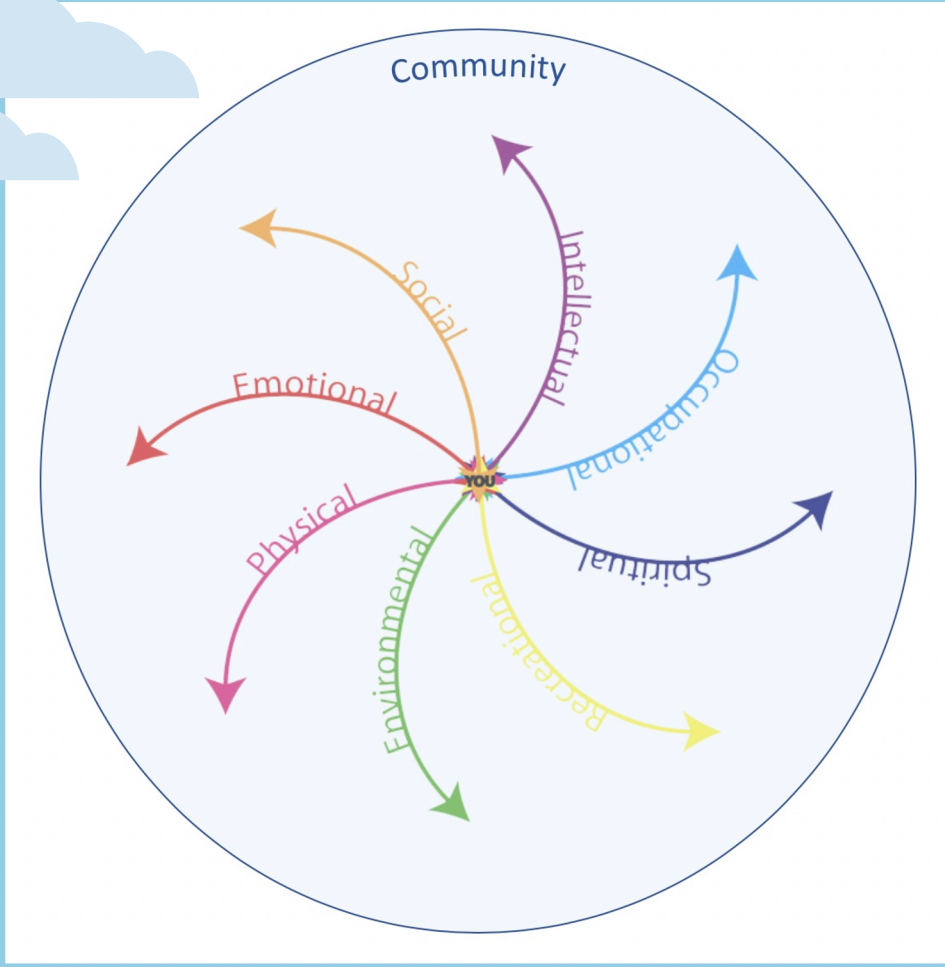
Stress



Resilience



Burnout



Adapted from Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

3 Wellness

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

"...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."

4 Mental Illness - Health - Wellness Continuum



- Clinically significant symptoms or disorder (e.g., depression, anxiety, PTSD)
- Impair social and occupational functioning

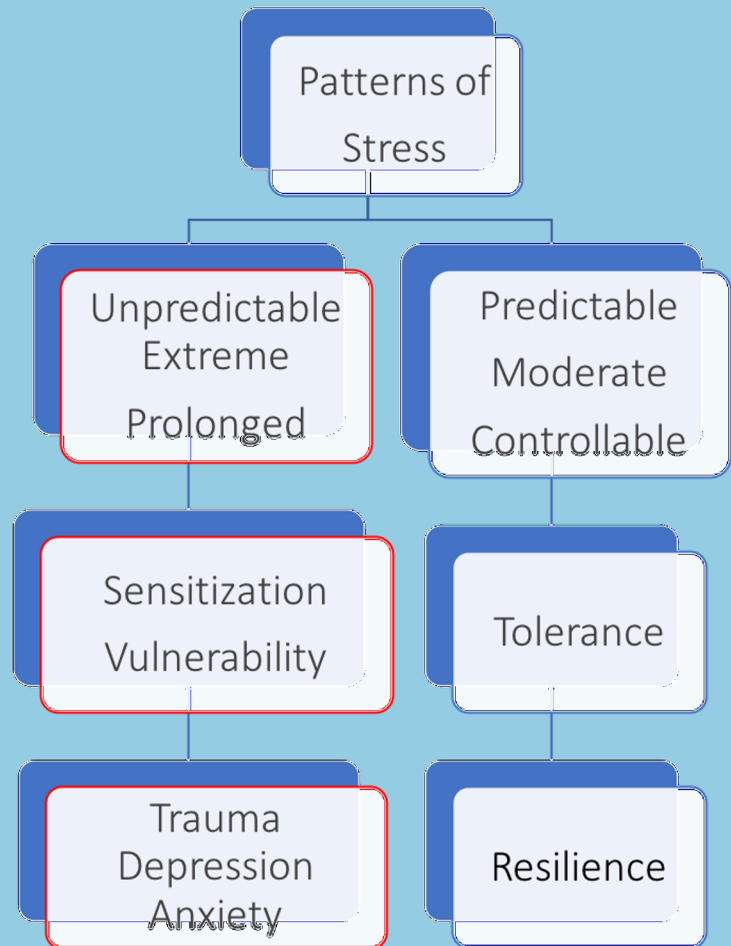
- Absence of mental illness
- Can include life stressors
- Can include stress and distress
- Resilience

- Feelings of happiness and satisfaction
- Personal functioning and purpose
- Social functioning/ social value
- Vitality and growth

5 STRESS

A normal response to situational pressures or demands, especially if they are perceived as threatening or frightening.

Physiologic cascade can lead to “fight” or “flight” response.



Changes in Mental Health Burden Over Time

Early

- Fear and anxiety
- Distress (depressive and anxiety symptoms)

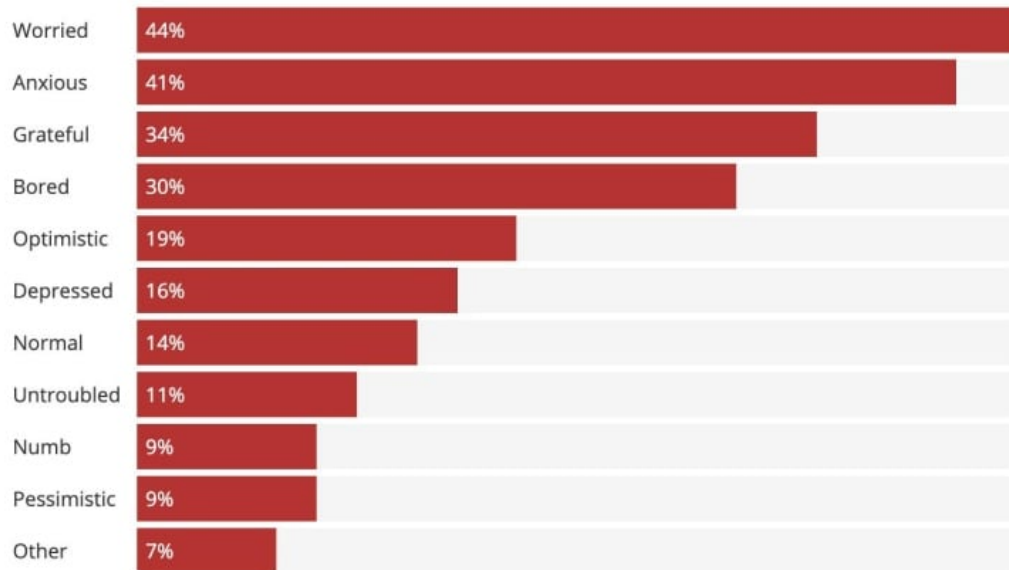
Mid-Late

- Burnout and fatigue
- Grief
- Substance use

After (Post)

- Post-traumatic stress symptoms
- Depressive symptoms
- Substance use

How Canadians describe their mental health during the pandemic



Source: Angus Reid Forum



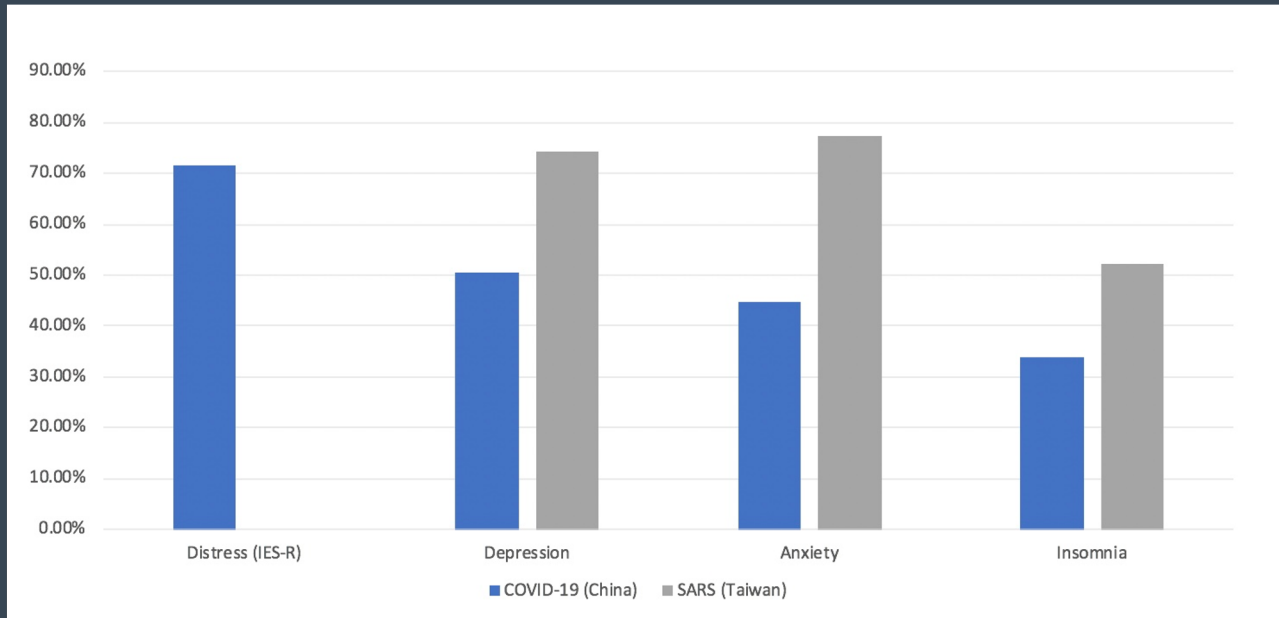
Potential for Increased Alcohol Use

Early COVID-19 data from China

- Increases in hazardous alcohol use
- >2-fold increase in rates of alcohol dependency or harmful use
- Males at higher risk



Mental health outcomes among healthcare providers in a pandemic



*Note: Taiwan study used more sensitive and less specific measures

Effects of Quarantine on Mental Health and Wellbeing

DURING QUARANTINE

- Frustration and boredom, concerns about lack of supplies, inadequate information, financial concerns, social isolation

AFTER QUARANTINE

- Ongoing financial stress, potential stigma

MANAGING MENTAL HEALTH DURING QUARANTINE

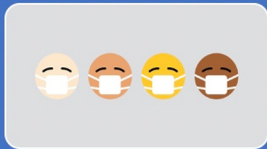
- Obtain accurate information, support maintain essential supplies, staying connected, focus on “greater good”

Risk Factors for Psychological Distress & Mental Health Concerns



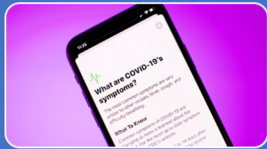
Health Care Workers

- Directly involved in COVID-19 care (e.g. nurses > physicians)
- Having friend or family ill with COVID-19
- Pre-existing mental illness



Sociodemographic

- Females, being single (more socially isolated)
- Student status



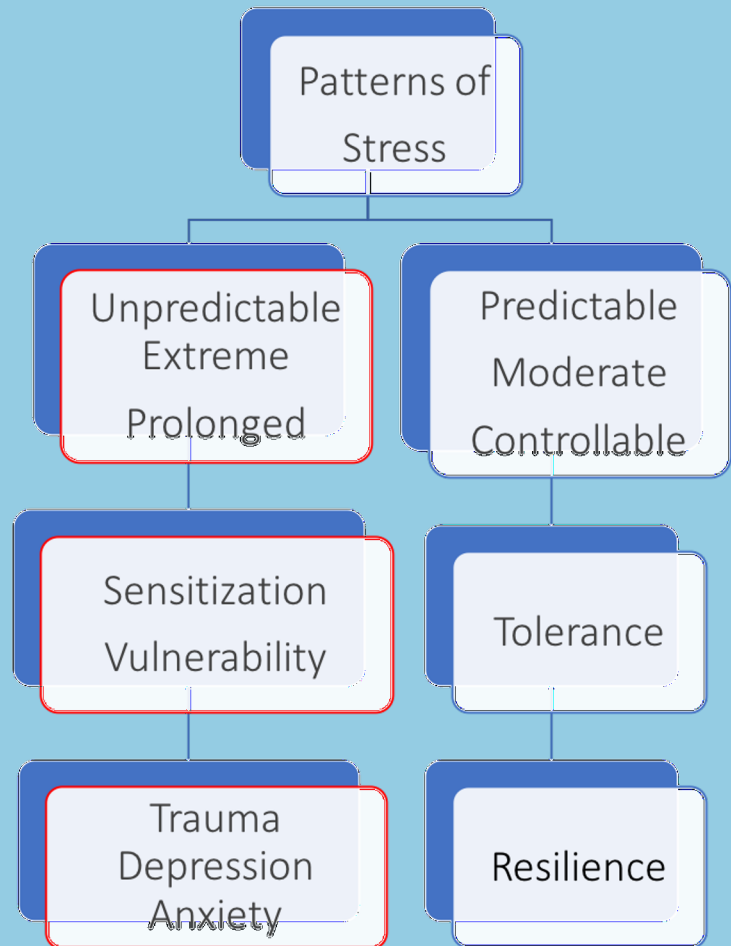
Health Factors

- Presence of physical symptoms (e.g. sore throat) & poor self-reported physical health
- Past exposure to traumatic events

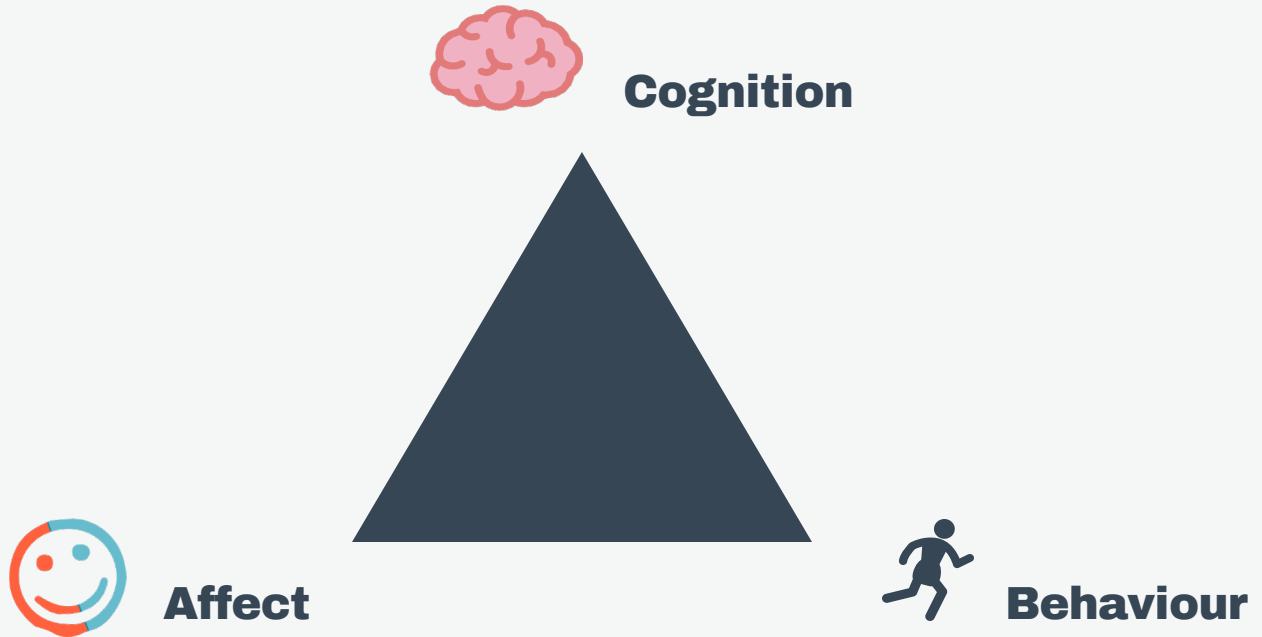
5 STRESS

A normal response to situational pressures or demands, especially if they are perceived as threatening or frightening.

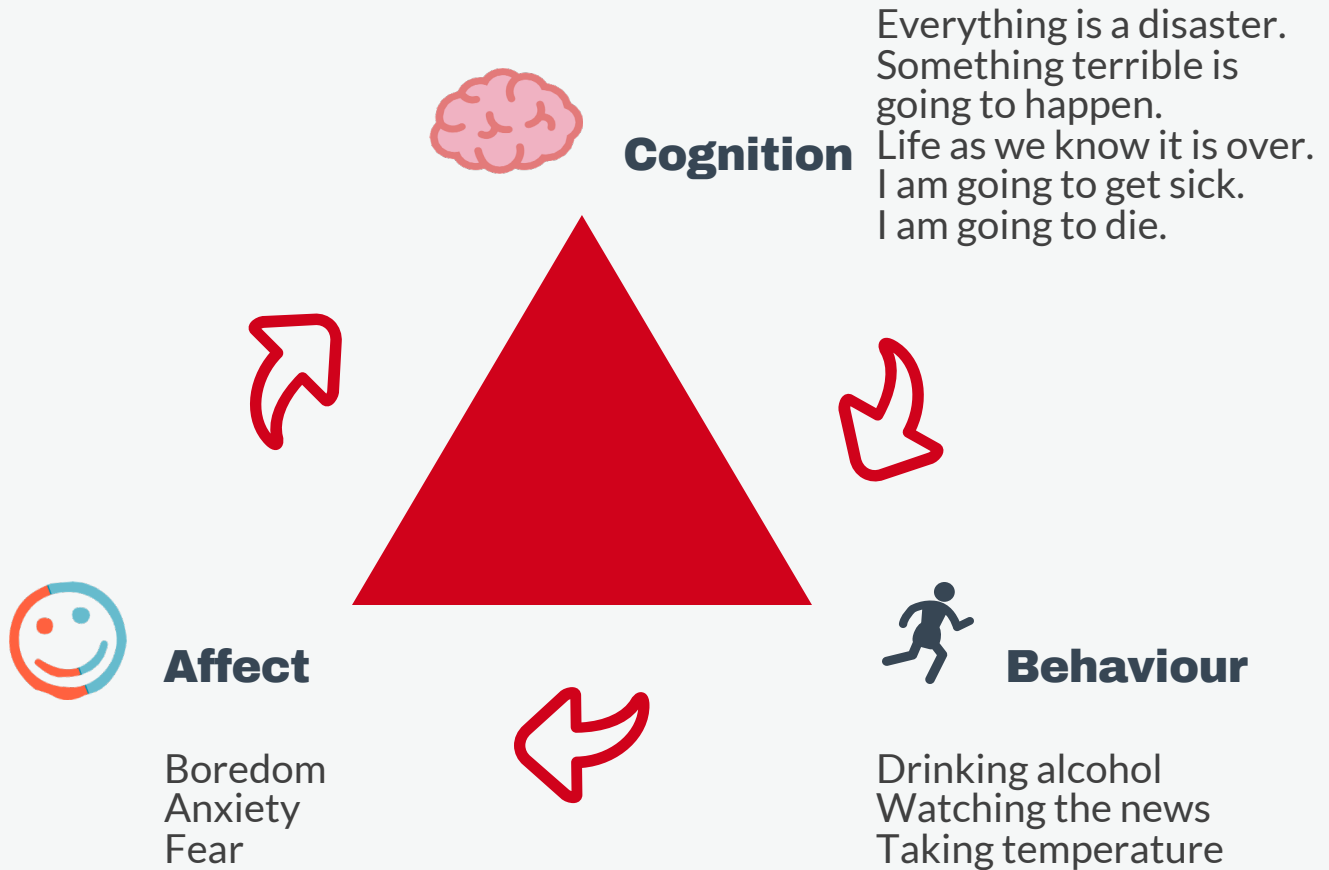
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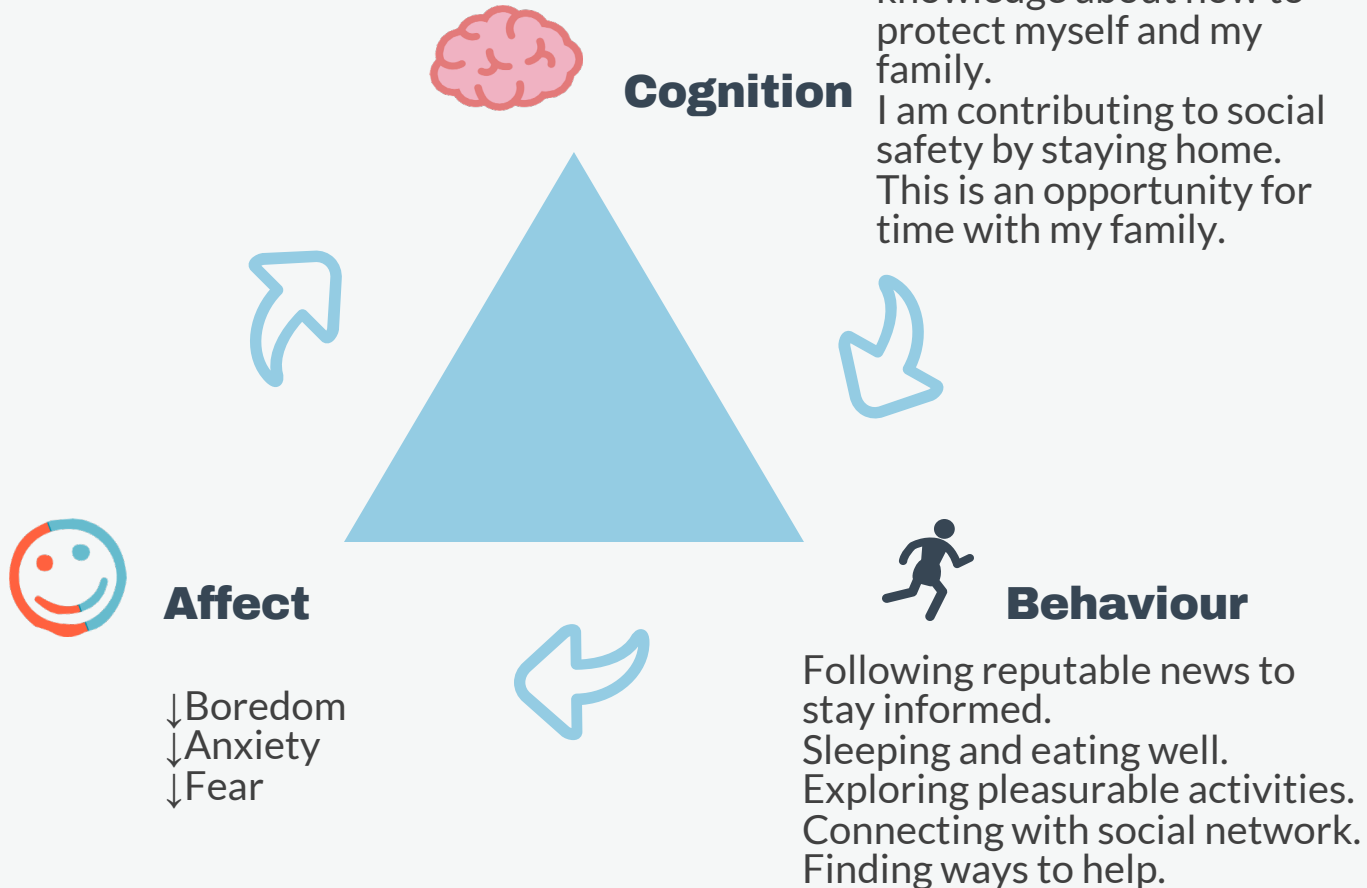
A-B-Cs of stress-distress



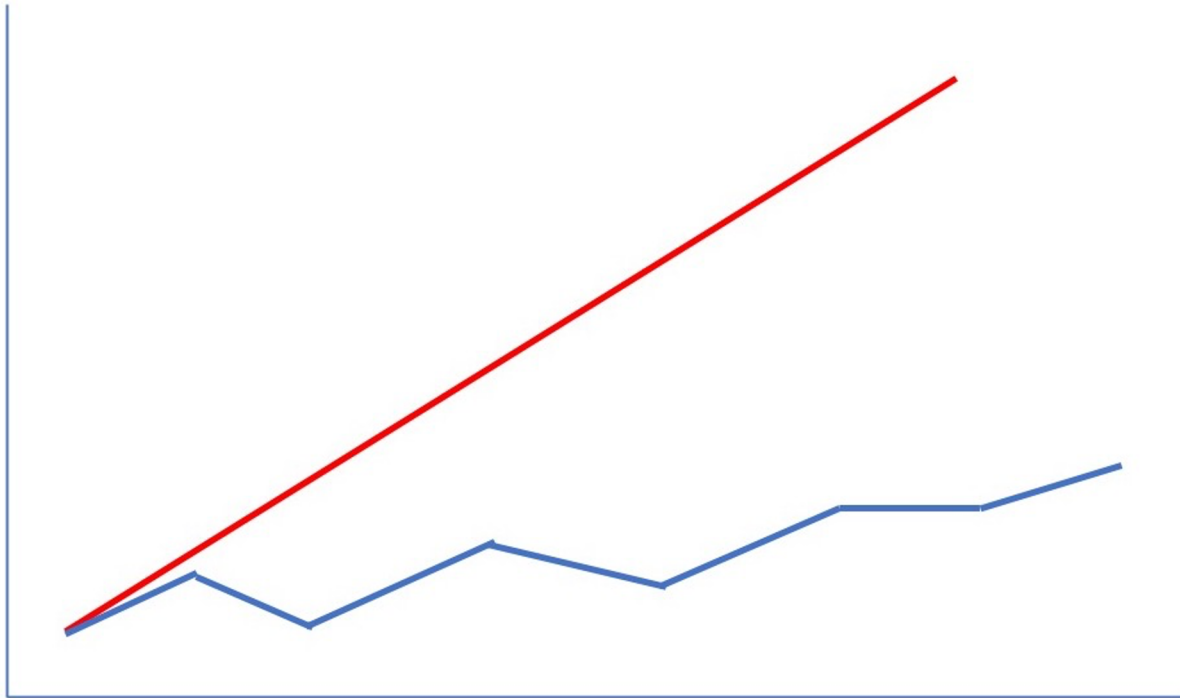
A-B-Cs of stress-distress



A-B-Cs of stress-distress



FLATTENING THE CURVE OF DISTRESS



TECHNIQUES FOR FLATTENING THE CURVE OF DISTRESS

Pulse
Checks

Limit
Exposure

Mindfulness

Social
Support



Protective
Routines

Mental Set

Physical
Activity

Name
Feelings

FLAGS FOR SEEKING PROFESSIONAL HELP



Thoughts of death or suicide



Drinking more, especially with negative impacts



Unable to function in roles (family, occupational)



Consider if history of mental health disorder



Sad or down most days

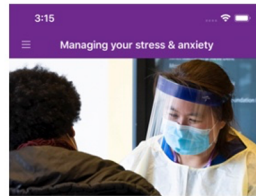


Burnout: a state of emotions, physical, and mental exhaustion cause by excessive distress.

Managing your stress & anxiety⁴⁺



Available for Apple and Android Devices



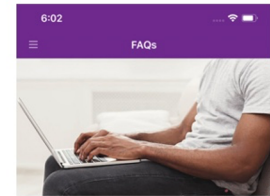
This app provides information and suggestions about how to manage your mental health during the COVID-19 pandemic. It is not intended to be a resource for people who require screening for COVID-19 or are experiencing a mental health crisis. If you are experiencing a mental health crisis, please contact 911 immediately or present to your nearest emergency department.


Frequently
asked questions


Coping with
stress and
anxiety


Quarantine


Stigma and



What is COVID-19?

Where can I get reliable and accurate information on COVID-19?

How do I talk to my children about COVID-19 and its impact?

How can I support a loved one who is very anxious about the COVID-19 pandemic?

How do I manage my stress and anxiety while I await my test results?

I have a friend who can't stop talking about COVID-19 and wants

Considerations for Healthcare Providers



Hear Me



Prepare Me



Protect Me



Support Me



Care For Me



Mental Health Supports for Health Professionals

General Needs:

- Skills for coping with psychological distress for OTHERS and SELF

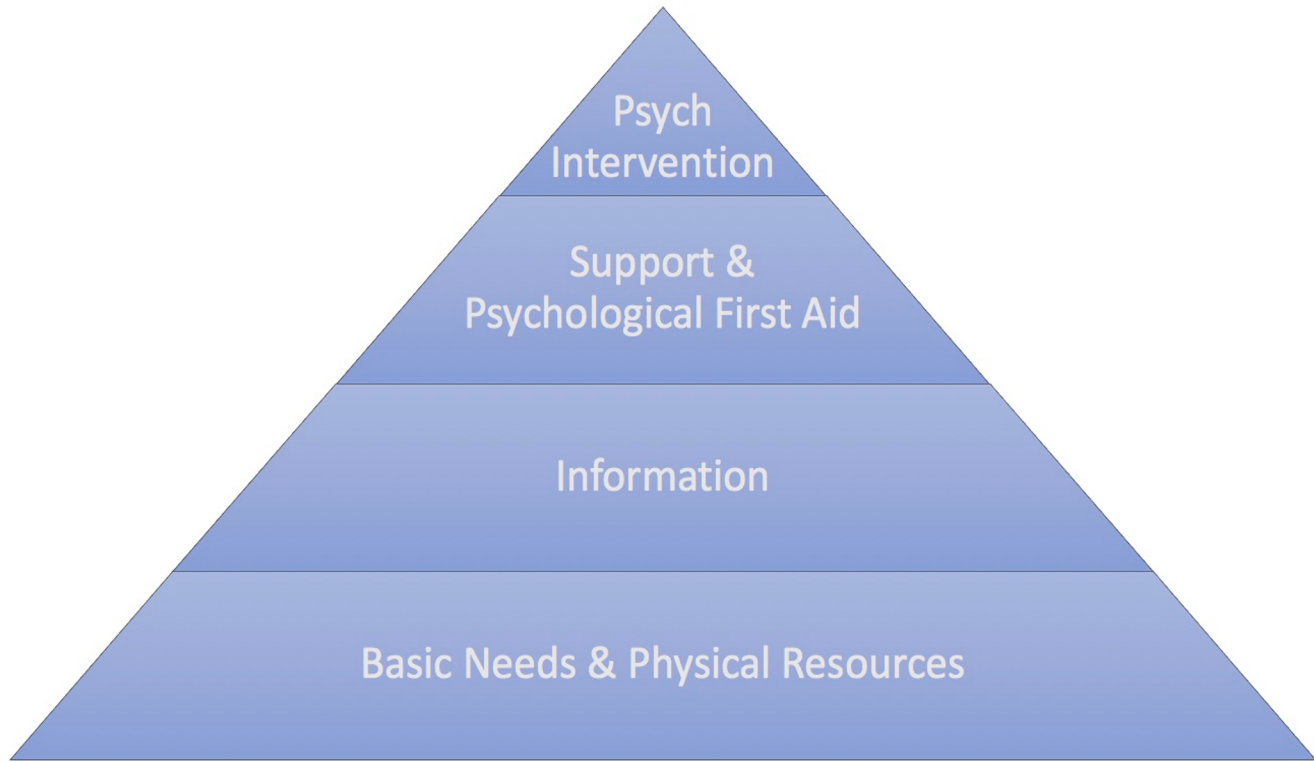
Types of Support:

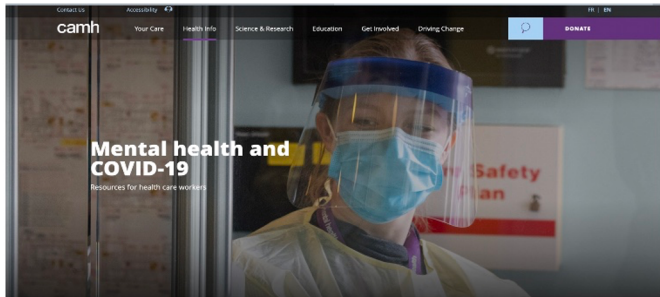
- Mild symptoms – education and online resources
- More severe symptoms – direct mental health support

Evidence to Date:

- Psychological first aid
- Brief cognitive behavioural therapy (peer delivered)

Matching Care to Health Professionals' Needs





camh Mental health and COVID-19

Your Mental Health and Self-Care

- Provider self-care and distress management resources
- ECMO Coping with COVID-19
- Connecting with other professionals
- Hotlines

Supporting Your Patients

- Communicating with patients and families
- Delivering virtual care



Self-referral for mental health care

Individuals who meet the following criteria are now eligible to self-refer for psychotherapy and psychiatric services:

- You are a health care worker at an acute care hospital or a long-term care facility in the GTA*;
- You care for patients who have COVID-19 symptoms; and,
- You require mental health and/or addiction support.

If you are a health care worker in need of support, please use this form to self refer.

*We continue to explore opportunities to expand services in Ontario.

[SELF-REFERRAL FORM](#)

Direct Mental Health Care Referral for Health Care Professionals

Your Mental Health and Self-Care

Provider self-care and distress management resources

Coping with stress and anxiety

From CAMH

Summary

The COVID-19 pandemic is disrupting normal life for many people, all at once. This can cause people to experience stress and anxiety. While you can still rely on strategies that have helped you manage your stress in the past, you may have to change your reaction time as you learn about what to help maintain your overall wellness.

[WEBSITE](#)

Managing self-isolation and quarantine

From CAMH

Summary

Quarantine and self-isolation is necessary to prevent the spread of COVID-19. As a result, people may experience a wide range of feelings, including loss, anger, isolation, irritability, guilt or confusion. Individuals can be difficult, but keeping busy and making self-care activities can help. There are some suggestions that can help everyone through this challenging time.

[WEBSITE](#)

Video: How doctors can cope with the pressures of COVID-19

From CAMH, PHU's Live Health Program

Summary

Dr. Jay Chiquero, Medical Director for the CAMH Physician Health Program, explains the role of health care providers. Living their profession - awareness, flexibility, recovery and resiliency - Dr. Chiquero describes practical tips for recognizing and managing stress during COVID-19. Watch the full interview video.

[VIDEO](#)

Centre for Addiction and Mental Health Health Care Provider (HCP) Resource Site

<http://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>

ECHO Ontario Coping with COVID for Hospital-Based Health Care Providers

Wednesdays 12:30pm -1:30pm
Fridays 2:00pm -3:00pm

Starting: Friday, March 27, 2020

ECHO Ontario Coping with COVID is a virtual education and capacity building program that aims to build a community of practice, promote resilience, provide skills and resources, and support overall mental wellbeing amongst hospital-based health care providers currently supporting the COVID pandemic.

Apply here:
<https://edc.camhx.ca/redcap/surveys/?s=KXNTKXKFX>



camh
mental health *is* health



Contact Information: ECHO.Ontario@camh.ca

ECHO ONTARIO COPING WITH COVID-19



Art of Coping

A Center

Ha Jin

You must hold your quiet center,
where you do what only you can do.
If others call you a maniac or a fool,
just let them wag their tongues.
If some praise your perseverance,
don't feel too happy about it—
only solitude is a lasting friend.

You must hold your distant center.
Don't move even if earth and heaven quake.
If others think you are insignificant,
that's because you haven't held on long enough.
As long as you stay put year after year,
eventually you will find a world
beginning to revolve around you.

