

COVID-19 Related News Items, January 2021

Becky Parton is president of NASW-NH:

[Letter: Give social workers the vaccine](#)

Concord Monitor

There are a lot of groups vying to get the COVID-19 vaccine. And many of them have a valid claim to get it as soon as possible. I don't envy the state in having to make these difficult choices. **As a social worker and president of the state chapter of NASW**, I am appalled that New Hampshire has not prioritized the child welfare workforce. Child welfare workers (both child protection and juvenile justice) are first responders.

Lynn Zakeri is a member:

[Here's How It Really Feels After Getting The COVID-19 Vaccine](#)

Huffpost

Lynn Zakeri, a licensed clinical social worker in Skokie, Illinois, has also been meeting with clients throughout the pandemic. "It's very relieving — I like that everyone I know is going to feel the way I do," she said. She added she "was so emotional in taking the shot, I felt giddy and I feel so lucky and privileged to get it."

Lauren Bondy is a member:

[\[Video\] Amid Challenge Of Learning From Home, Snow Day Offers Kids Important Mental Health Break; 'Sometimes It's Really Okay To Let Go And Have Fun'](#)

CBS Chicago

"I think for mental health, play and relaxation and de-stressing is more important than school," said **Lauren Bondy, co-founder of Parenting Perspectives**, a Chicago-based parent coaching company. Bondy, a licensed clinical social worker, wouldn't normally advocate for playing hooky. In fact, we tapped her company, Parenting Perspectives, for tips on how to keep kids academically focused and disciplined when remote learning first began in March 2020. "Our children are going to pick up on our energy," she said then.

Sonya Belletti is a member:

[Kids getting worse about chores during the pandemic? Here's how to turn things around.](#)

The Washington Post

"When you are doing activities and going to school, your chores are time-limited. When you are at home, there is always something to do. It's almost never-ending. It feels pointless. I'm doing this now, and it's going to be there again to be done in an hour. It's like a never-ending loop," says **Sonya Belletti, a clinical social worker in Coral Springs, Fla.**

Scott Granet and Robyn Stern are members:

[\[Video\] Video calls create rise in cosmetic procedures, so called 'Zoom dysmorphia'](#)

KFOR

For someone with BDD, the flaw is so significant it causes severe emotional distress.

Robyn Stern and Scott Granet both have the condition.... After going through recovery, they now both work as Licensed Clinical Social Workers (LCSW) and spend more time online with clients than ever before. They say conferencing calls overall can be a trigger. Plus isolation during the pandemic can have a negative impact on people's coping skills.

Kelly Linde is a member:

[Tips for helping an anxious child combat COVID stress](#)

[Waterbury Republican American](#)

Cheshire-based licensed clinical social worker Kelly Linde advises active and open communication. "Let them share their experience and let them know they are not alone, you are going through it together," said Linde, who works with the Cheshire-based Adolescent and Family Counseling Center. Linde advises engaging in more family activities, board games and family movie nights. Kids should be allowed to play outside. Parents might also want to limit their discussion of stressful topics in front of children, and perhaps not listen to news broadcasts in front of them.

F. Diane Barth is a member:

[Grandkids Often a COVID Conundrum for Families](#)

[WebMD](#)

"I hear people who complain that their father will not wear a mask or socially distance or [quarantine](#). They're not willing to have that grandparent be around their children," says **F. Diane Barth, a licensed clinical social worker and psychotherapist in New York City and Massachusetts**. When parents say they're not visiting to protect the grandparents, the elders often "get upset because they don't feel they need to be protected. There are some boomer parents who do not believe the danger is real or that they're in danger," says Barth.

Gabriela Dieguez is a member:

[OPINION: The pandemic is disrupting education. And we need to reduce the stress students-and their parents-are enduring.](#)

[Milwaukee Neighborhood News Service](#)

Gabriela Dieguez is a clinical social worker and Dr. Francisco Enriquez is a pediatrician, both working on Milwaukee's South Side. The past weeks at the office have been extremely busy. Conversations from the exam and counseling rooms with clients, as well as the corridors with coworkers are the same. Parents and children are struggling with the demands of online schooling, the social isolation and uncertainty. The levels of stress are increasing significantly for students. Parents complain that their children are having frequent meltdowns. Children are complaining of chest pain, abdominal pain, insomnia, etc.

Updated 01/28/2021