

COVID-19 Related News Items - November 2020

Tracye Polson is a member:

[Coping with COVID-19 fatigue means adjusting plans for mental health, doctors say](#)
First Coast News

The year 2020 has been a tough year for many individuals. From COVID-19 testing lines to several reports of family members losing a loved one to the virus. The year has been exhausting mentally, and some are now experiencing COVID-19 fatigue. "What exacerbates this is there is an uncertainty as to when it is going to end," said **Dr. Tracye Polson**. Polson a licensed clinical social worker knows the potential impact of the virus and its effects on one's mental health.

Robin Capers is a member:

[Dollars and \(common\) sense: When COVID-19 gives you the money blues, here's what to do](#)
Sioux City Journal

Money is often the root cause for many family conflicts. Add the uncertainties surrounding COVID-19 into the mix, then you'll see why many people are currently struggling with elevated financial insecurities. **Robin Capers, a licensed clinical social worker with Family Wellness Associates in Sioux City**, said she's seen an increase in patients needing help during the pandemic. "Coronavirus wasn't anything we could've predicted or prepared for," Capers said, inside her 1115 Fifth St. office. "We were isolated from our community and it seemed like it happened overnight."

Claudia Vernon is a member:

[Coastline College Blog: 10 Acts Of Kindness To Do During The Pandemic](#)
Fountain Valley Patch (CA)

I spoke with **Claudia Vernon, Coastline College's Mental Health Counselor and a Licensed Clinical Social Worker**, about some real world tiny tasks that we can all do at this time to be a little kinder. And Claudia emphasized to me that kindness requires practice, patience, and commitment. "It's like a muscle you have to exercise," Claudia says. We need to get ourselves in practice with kindness; it's not just a good idea. It's essential. Start with these simple tasks during the pandemic.

Rebecca Parton is a member:

[Spike in cases, worries about lockdowns renew fears of rise in domestic violence](#)
Valley News (NH)

Amid the pandemic, it also has become more difficult to spot child abuse and neglect. Even when teachers notice clues during online learning sessions, pinning that down isn't as simple as when a teacher might pull a child aside for a moment, said **Becky Parton, a social worker at the Dartmouth Trauma Intervention Research Center**. In one case she was aware of, a student said, "My dad's going to punch me if I don't do this work," during a virtual learning session. Parton said it took days for the teacher to set up

a phone call with the student, with parental permission, to try to determine whether the comment was serious.

Philip Tedeschi is a member:

[\[Video\] Companion dogs help with pandemic anxiety](#)

[The Denver Channel](#)

It's Samara's job as a therapy dog to offer people love and support. "She went and met one of the students who was quarantined due to COVID-19 who was feeling a little down and lonely," human-animal connection expert Philip Tedeschi said. **Tedeschi is a professor in the graduate school of social work at the University of Denver**, and a human-animal connection expert with the dog-sitting website Rover.

Mariah Hudler is a member:

['COVID-Guilt': Why Parents of Young Children Are Feeling Pressure to Overspend on Holidays](#)

[Next Advisor](#)

"People are just unsure what to do," says **Mariah Hudler, LCSW, financial therapist at Koru Financial Therapy**. "They feel stuck, they feel really anxious. There is no playbook for how to respond to a pandemic." Whether you're feeling the pressure to overcompensate for a nontraditional holiday, or unsure how to approach the season at all, here's how experts recommend embracing your holiday spirit this year without breaking the bank.

Mary Crowe is a member:

[Column: Make your health care wishes known this holiday season](#)

[The Salem News](#)

[Mary Crowe] Family gatherings that traditionally occur during the holiday season are always a good time to talk with loved ones about your health care wishes. **With the impact/presence of COVID-19, it's time to think differently** – and more urgently – about having those conversations. Maybe you've been meaning to talk to loved ones about what type of treatment you would or wouldn't want if you were unable to speak for yourself. Or perhaps your parents have been reluctant to express their own health care wishes.

Jennifer FitzPatrick is a member:

[How Social Distancing Harms The Elderly](#)

[TheBayNet.com](#)

Social distancing meant to protect the elderly from COVID-19 can do tremendous harm to their mental health. Caregiving expert **Jennifer L. FitzPatrick, LCSW-C, CSP and a gerontology instructor at Johns Hopkins University** said, "The risk is tremendous. While social distancing itself does not necessarily cause or exacerbate mental health conditions, loneliness and social isolation do." FitzPatrick, the author of *Cruising Through Caregiving: Reducing The Stress of Caring for Your Loved One* said the uncertainty of the pandemic is especially difficult.

Lynn Pittman is a member:

[The psychology of masks: Many factors may influence whether people take virus precautions](#)

[The Republic \(Columbus, IN\)](#)

As the pandemic stretches into the winter, there also are concerns that "pandemic fatigue" may intensify during the colder months, said **Lynn Pittman, a licensed clinical social worker at Sandcrest Family Medicine**. "At least in the summer, people were able to get out and ride their bike or walk around the block and things like that where they can at least get some fresh air," Pittman said. "When it's colder (they may) be more hesitant to do that."

Ana Velez is a member:

[Virtual holiday gatherings, religious services connect seniors during the holidays](#)

[Pocono Record](#)

"Thank God we have the technology and still have access to see and talk to our loved ones," **Ana Velez, a licensed clinical social worker based in Gilbert**, said. At her West End practice, a high percentage of her clients are over the age of 55, an age group more at risk from developing severe medical complications from COVID-19. While most know how to use video conferencing, she occasionally has to get the family involved.

Nikki Pagano is a member:

[Anxiety is contagious, but so is compassion: Long-term mental health and COVID-19](#)

[The Charlotte Observer](#)

Compassion when looking at the unique experience of every individual and how COVID-19 has impacted their life is important to consider when predicting the long-term impacts of the coronavirus pandemic. "I don't think the long-term mental health effects will be the same for everyone because we've all been uniquely impacted by COVID," said **Nikki Pagano, a licensed clinical social worker in Charlotte**.

Shari Botwin is a member:

[Alone for the holiday? 6 ways to beat the isolation](#)

[Today](#)

Shari Botwin, a licensed clinical social worker in Cherry Hill, New Jersey, and author of "[Thriving After Trauma: Stories of Living and Healing](#)," treats many patients over the age of 70. The pandemic, she said, has been difficult for them. "This is triggering a lot of old traumas, losses and grief," Botwin told TODAY. "Also, with being in a vulnerable population, elderly people can be so fearful of getting sick that they can take it a little too far. They'll say, 'I'm already 75 and I have all these underlying conditions. What if I go outside and get COVID?' That made sense back in March and April when we knew so little about COVID, but we know now that you cannot get it by merely taking a walk (if you take the recommended precautions), but often people are still scared to go outside."

Gabrielle Faggella is a member:

[Dealing with OCD in a COVID world](#)

The Canton Repository (OH)

Gabrielle Faggella, a clinical social worker in Fairlawn, agreed. Faggella is president-elect of OCD Midwest, an affiliate of the International OCD Foundation, and she's treated OCD clients for 20 years at her Palladium Counseling practice. "In OCD, there's a true sense of panic and desperation," she said. It's a cycle that makes sufferers develop compulsions, such as washing their hands every five minutes to alleviate anxiety and provide a source of relief and comfort, even if short-lived.