Mississippi Advocacy Network for Change: Use American Rescue Plan to Help Mississippians in Need

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Daily Journal

Another bill addresses pay for pandemic workers, including social workers. "As a licensed professional social worker, it is very humbling to help and advocate for families on the front lines during a time of the COVID-19 pandemic and to walk away from each client knowing that you have met one of your NASW ethical principles of service. With support and resources, we can truly serve far beyond the pandemic as a profession," said Dr. Gwen Bouie-Haynes, Executive Director of the National Association of Social Workers Mississippi Chapter. "These workers put their lives on the line every day so others can continue their lives, and they deserve compensation for their sacrifices."

John Wolfe is a member:

More Americans have depression, anxiety symptoms while coping with pandemic isolation

KPIC

Mental health professionals are seeing the same struggles. "My practice is probably seeing anywhere, 35 to 40% increase of people coming in, specifically around the pandemic," said John Wolfe, licensed clinical social worker with Horizon Counseling Services, LLC. "It's unending, seemingly so." Wolfe said if you are one of those people feeling depressed, remember to follow a simple acronym: "RED." "R for rest, and of course rest includes you're sleeping," Wolfe explained, "E is exercise. And so, what we suggest is a moderate level of exercise. Diet. The last one, the D is for diet. Watch those calories and carbs. But all in all, with those things in mind, you also want to be optimistic."

Laurah Pastel Shames is a member:

Are you panic buying again in the age of omicron? Join the club

WPTV

Laurah Pastel Shames, a clinical social worker from Miami, noted that what has happened during this prolonged pandemic isn't classic hoarding, which is an obsessive-compulsive disorder. "If it's out of anxiety and fear that when I need this, I won't be able to get it. It's a valid fear, especially when we are kind of used to going to the supermarket and realizing the things that were easily able to be picked up are now a lot more difficult to find," said Shames.