

Social Work and COVID-19: News Items from May 2020

[Millions of Americans are struggling financially. Here's how you can help, without breaking the bank](#)

CNBC

Social workers might donate their time by doing virtual therapy, while those who can sew can donate face masks, GivingTuesday's Curran noted.... Think beyond what you can do as a single person. Gather together your network to encourage others to do the same, Curran said. For example, that social worker could mobilize her entire network of social workers to do the same thing across the country. This way you are making a difference in "hundreds of local communities," said Curran.

[The state's reopening advisory board needs to include a social worker](#)

CT Mirror

To the Governor: As of April 30, over 97,000 Connecticut residents have been tested for the coronavirus.. Nearly 30% of those tested had laboratory-confirmed cases and 8% of COVID-19 laboratory-confirmed cases have resulted in a resident's death. During this global COVID-19 pandemic, the [National Association of Social Workers, Connecticut Chapter](#) (NASW/CT), thanks you and your administration for your swift and ongoing COVID-19 response and actions dating back to the beginning of March 2020. COVID-19 has not only compromised the physical and economic well-being of our state but negatively affected the mental and behavioral health of our residents, most especially the elderly, people of color, and those of low socioeconomic status — resulting in an unprecedented circumstance not seen in our lifetime.

Dawn Shedrick is a member:

[Dawn Shedrick: 7 Tips for Managing Stress, Burnout During the COVID-19 Crisis](#)

General Surgery News

We are navigating uncharted waters in the COVID-19 pandemic. Health care professionals face increased risk for compounded stress and burnout in the wake of this global crisis. Although information about the novel coronavirus develops at a rapid pace daily, the need to monitor and manage stress remains paramount. **The health and well-being of all health care professionals is integral to ensuring health care systems can keep up with the needs of COVID-19 patients.**

[Homeless People Are Among the Most Vulnerable to the Coronavirus. Yale Psychiatry's Lo is Making Sure They Still Receive Care Amid the Pandemic.](#)

Psychiatry

"In designing this protocol, we noted a need for a psychiatrist, so I volunteered to serve as their psychiatric consultant along with the other psychiatrists on our team," Lo said. "After that, **our licensed clinical social worker and program manager** became heavily involved in assisting the team with discharge planning and care coordination."

Manfred Melcher is a member:

[Sheltering solo: Learning to live alone without loneliness](#)

Monterey Herald

It's important to differentiate between aloneness and solitude, says **Carmel therapist Manfred Melcher, who holds a master's in social work and is a licensed clinical social worker**. Solitude is often a chosen state of being, he says, something that enriches us, deepens our experience of life. People who value it, see it as a source of insight, strength. "Loneliness or feeling alone is another beast," Melcher said. "It's not often something we choose. Whether we're in a relationship, a family, a crowd, or on our own, if interactions are not meeting our emotional needs, we can experience loneliness. The effect can be subjective distress, as we deal with what we have versus what we want."

Kelli Romero is a member:

[As coronavirus school closures continue, scores of Tucson children have fallen off the radar](#)

[Tucson.com](#)

"We just want that confirmation that they're OK," says **Kelli Romero, a licensed clinical social worker with Project AWARE**. "It'd be nice to assume that if they're at home, they're safe, but we just don't know that. So it's certainly a priority, and really coming together as a multidisciplinary team with the district to figure out how do we address that."

Jan Nykin and Sylvia Nissenboim are both members:

[Therapists help people cope, grow while social distancing](#)
[StL Jewish Light](#)

To help people cope during this time of social distancing, **Jan Nykin, a licensed clinical social worker**, suggests that people could "say a morning prayer such as *Modeh Ani* or the *Shema* or words of prayer from your heart." Nykin and **Sylvia Nissenboim, also a licensed clinical social worker**, have therapy practices. They also are trying to help people improve their mental health through work in their synagogues.

Yuko Inzana is a member:

[Professionals encourage students to speak up, seek help for mental health issues during South Brunswick High School's virtual Mental Health Wellness Fair](#)
[centraljersey.com](#)

Yuko Inzana, a licensed clinical social worker and psychotherapist in Princeton, she said she consults many students from South Brunswick High School. "It is very difficult not to feel anxious and worried if you are a high school student today. You are dealing with a lot of academic and societal pressure on top of your social activities. With the current pandemic, it's almost impossible not to be anxious. First of all, your feelings are valid and true," she said.

Kate Maleski is a member:

[\[Video\] Anxious about unemployment? Exhausted by home schooling? Here's advice from the experts.](#)

One News Page

Anxious about unemployment? Exhausted by home schooling? Here's advice from the experts. To help us navigate the challenges of coping with the numerous stresses around COVID-19, 7 Eyewitness News Anchor Ashley Rowe is taking your questions to **Kate Maleski, a Licensed Clinical Social Worker** at Explore What's Next in Buffalo, New York.

Nancy Kriseman is a member:

[Families Struggle to Connect With Isolated Elderly](#)

Atlanta Jewish Times

Nancy Kriseman, a licensed clinical social worker who specializes in working with older people and their families, suggests that there could be an increase in suicides among the elderly as a result of the coronavirus pandemic. "I could see passive suicides, in which the person gives up," Kriseman said.

Brian Pollack is a member:

[I'm in recovery from an eating disorder, and relapsing while quarantined has been scarier than ever before](#)

Business Insider

And while in-person sessions are no longer an option, **Brian Pollack** says there is a [network of specialists ready to help those struggling](#). "Regressions are going to happen, and [certified eating disorder therapists] offer telehealth services. So don't be afraid to reach out," he said. A good place to start your search, should you need expert support, is the [International Association for Eating Disorder Professionals](#).

Amy Fuchs is a member:

[Coronavirus robbing grandparents of precious time with families](#)

NBC News

Amy Fuchs, owner of the Elder Expert consulting service, has said there is a marked difference in the way seniors are handling the dislocation caused by COVID-19 that overlaps with their ages. "What I find is that the younger cohort (aged 60-75) is more adept at social media and technology and smartphones," said **Fuchs, a clinical social worker**. "So I'm a little less worried about them, because they have the ability to access Zoom or other platforms to be in touch with their families."

Jessica Pinkham is a member:

[Rochester and Dover Come to the Aid of Local Businesses](#)

WOKQ

They can obtain a \$5,000 small business bridge loan. Thirteen businesses in Rochester and all were approved. That brings much-needed relief to businesses like Life Balance. **Jessica Pinkham is a licensed clinical social worker** and owner of Life Balance. She provides mental health services and treatment for many in the community including health care workers and first responders. Right now, our first responders and health care workers need all the help they can get.

Claire Lerner is a member:

[How to make working from home with a baby or toddler more tolerable](#)
[Stars and Stripes](#)

Claire Lerner, a clinical social worker specializing in child development and parent guidance in Washington, agrees. "It's a totally impossible situation to be a [work-from-home] parent of a very young child who cannot be expected to take care of themselves in any shape or form or play independently for any length of time," she says.

[\[Audio\] Social workers answer the call during COVID-19 pandemic](#)
[WCNY](#)

Social workers have been playing an important role during this pandemic. **Samantha Fletcher, Executive Director of the New York chapter of the National Association of Social Workers**, explained how her organization is helping.

Brandy Brown is NASW-ME Chapter President; Jenna Mehnert is NASW-ME Board Member at Large

[Mainers – and their therapists – experiencing new stress during pandemic](#)
[The Portland Press Herald](#)

Brandy Brown, the board president for the Maine chapter of the National Association of Social Workers, said people with social anxiety could prefer their isolation during the pandemic, and they might struggle when businesses and workplaces begin to reopen. "How are you going to help those people when they do need to reintegrate?" Brown said. "How do you prepare people to go back to the things they are so relieved from?" ... **Jenna Mehnert, the executive director of NAMI Maine**, said she has heard from people who lost their care because their providers were not offering telehealth or were slower to make the transition. But she has also heard about providers who are seeing even more people in their virtual practices.

[CBS This Morning spotlights Miami artist who paints murals of pandemic heroes](#)

[CBS](#)

Cheers to CBS This Morning for this news segment on Miami artist Claudia La Bianca. La Bianca, who specializes in portraying women as empowering superheroes, found herself short on work during the Coronavirus pandemic. So she began doing paintings to honor healthcare workers on the frontlines of the pandemic. She was so touched by the response that she reached out to hospitals to draw murals of health care heroes — **including social workers**. Several hospitals have taken her up on the offer. "I can see their smiles through their masks," she told CBS. "It's the best feeling ever. I've never been so happy."



Screenshot of CBS News video of one of Claudia La Bianca's murals.

Tammy Cook and Christine Dicks are members:

[Managing mental health during COVID-19](#)

North Carolina Health News

Tammy Cook and Christine Dicks have [a counseling practice](#) in Raleigh, where they now see clients via telehealth. Though they miss seeing clients in person, they report that it's going well. They have been reminding clients to focus on the positives throughout this pandemic. "We have a negativity bias in our brains. It's hard for us to focus on what's going well. That takes practice," Cook said. "That's the lens in which we treat people." She encourages clients to keep a gratitude journal and look for the ways in which communities are pulling together to support and help each other through this.

Sarah Verbiest is a member:

[Rethinking Relationships in Isolation: Support for new parents](#)

WBTV

Dr. Sarah Verbiest is Director of the UNC Jordan Institute for Families.

"When you're getting ready to have a baby, there's always so much community that happens," she says. "You know, that baby shower where you're getting that wisdom and support and all those hugs. And we know that there are a lot of real losses with not having that early interaction with grandparents, you know, their family traditions, that aren't able to happen in the same way."

Ashley Witherspoon is a member:

[Advice for parents noticing behavior changes in children during the COVID-19 pandemic](#)

WRAL

Parents may begin noticing [some changes in how our children are acting](#) at home. "We are seeing a lot more temper tantrums," said **Ashley Witherspoon, a licensed clinical social worker** and therapist in Durham. Witherspoon is also a parent, who knows just how tough this can be on children and teens who don't have all of the tools to cope.

Robin Arndt is on the board of NASW-HI:

[Webinar series on COVID-19's impact to vulnerable Hawai'i communities](#)

University of Hawai'i News

Rebecca Stotzer, a professor and director of distance education in the School of Social Work, and **Robin Arndt**, coordinator of field and continuing education in the School of Social Work, have helped pilot the new series, and each session already has more than 100 registered participants. "We want to ensure that providers are aware of the challenges various populations are facing and are equipped with the tools to better serve them," said Arndt. "As they better understand the problems, they will be able to assist their clients to overcome the negative impacts of the pandemic."

[The Worst Situation Imaginable for Family Violence](#)

The Atlantic

When lockdown and shelter-in-place protocols aimed at curbing the spread of COVID-19 went into effect earlier this spring, they put many Americans into circumstances they previously could only have imagined. While for many families the situation has meant isolation and monotony, for those who live with their abusers it has been a nightmare. Under coronavirus social-distancing protocols, the worst-case scenario for people who live with an abuser has more or less materialized. **Social workers**, lawyers, and advocates have had to rapidly adjust their services in order to get help to domestic- and child-abuse victims who are trapped inside with their abusers.

Benjamin Sher, Jennifer Zelnick, and Erica Sandoval are members:

[Opinion: Social Workers Add a Holistic Touch to Contact Tracing](#)

City Limits

A social work contact tracer is already trained to assess mental health needs and understand policies and how to tap resources for unemployment or food security. We are trained to look at problems holistically, and skilled at working face-to-face in people's homes or on the phone. Our [Code of Ethics](#) drives us to be compassionate and comforting in carrying out our mission to serve, and to act with integrity. As has been well-documented, [racial and ethnic minority communities have been hit hardest](#) by the coronavirus pandemic. Social workers will help bridge the gaps between a healthcare system that often has failed people and the need to quell this pandemic.

[Let's address the stigma of food stamps](#)

Poynter

The National Association of Social Workers recently published this warning: "Mental health leaders emphasized that progress is in jeopardy as social distancing rules and fears of the virus hamper traditional treatment efforts, including syringe exchange programs, peer counseling and medication-assisted treatment." The U.S. wasn't in a good place to begin with. A year before the pandemic began, the APA warned that the suicide rate in America is rising at "an alarming rate."

Jennifer Hoskins-Tomko is a member:

[Having Vivid Dreams During Quarantine? You're Not Alone](#)

Woman's Day

Stressors have a big impact on the content of dreams, **Jennifer Hoskins-Tomko, LCSW**, owner of [Clarity Health Solutions](#) in Jupiter, FL, tells Woman's Day. "My clients who are firefighters, when they talk about their dreams, they dream that they forget something — a boot, their hat," she says. "My police officer clients often dream about a weapon not firing in their dreams. All of this is to say that your dreams help you to deal with a particular emotion. A lot of times, that emotion is stress."

Mary Affee is a member:

[Cary social worker provides mental health to front line workers in New York](#)

WTVD

A Cary mental health professional is on the front lines of fighting [COVID-19](#) in New

York. **Mary Affee, a licensed clinical social worker**, is sharing with ABC11 the mental health services she's providing to those working in the hospitals. "We weren't meant to physiologically hear this, be exposed to this, textbooks don't prepare you for these kind of things," Affee said. "They're sharing their fear, but their resilience to come in. The stories are real; they are heavy to carry sometimes for sure."

Alisa Kamis-Brinda is a member:

[6 weird things you're probably feeling right now that are perfectly normal](#)

Today

[Alisa Kamis-Brinda](#), **licensed clinical social worker**, notices patients feeling profound guilt along with a [sense of gratitude](#). "They are grateful for all that they have, but like everyone else, have uncomfortable feelings about the changes in their lives or feel fearful about what is happening," Kamis-Brinda says. "Then they remember that [there are people who are really struggling](#) with health, financial issues or basic needs. Their mind tells them that they shouldn't feel bad because of all that they have. It makes sense. They are human and struggling with the scary things going on and the major changes in their lives. At the same time, they know that they are fortunate for all that they have."

Susan Tohn is a member:

[\[Audio\] Coping With Mental Health In The Time Of Coronavirus](#)

WBUR

Public health experts and government officials are urging us to socially distance to slow the spread of the coronavirus. But what does this new reality mean for our mental health? We speak with **Susan Tohn, associate professor of Clinical Practice at the Boston College School of Social Work and a licensed clinical social worker** with her own therapeutic practice, and Dr. Edward Silberman, psychiatrist at Tufts Medical Center and professor at the Tufts University School of Medicine.

Rebecca Margolis DeRaud is a member:

[\[Audio\] Listeners Honor Those They've Lost to COVID-19](#)

WDET

After receiving several calls and emails asking WDET to take time on the air to come together to mourn, **Detroit Today with Stephen Henderson** made itself a resource for listeners to honor someone they have lost to COVID-19. **Guest: Rebecca Margolis DeRaud**, a clinical social worker and local psychotherapist that specializes in complicated grief and mourning.

Alexandra Weber is a member:

[\[Audio\] Lifelines: N.H. Refugee Communities On Challenges And Resiliency During The Pandemic](#)

NHPR

As part of NHPR's series on trauma in the time of COVID-19, "Lifelines," The Exchange focuses on New Hampshire's refugees. Refugees who resettle to New Hampshire may experience trauma before, during, and after resettlement, and as they build new lives in

the Granite State, **we look at how the pandemic fits into this process of establishing stability, wellbeing, and community in a new place.**

Debra Riggs is the executive director of NASW-VA; David Lewis and Heather Stone are members:

[Debra Riggs column: Unrecognized heroes adapt mental health services in a COVID-19 era](#)

Richmond Times-Dispatch

Few people realize that social work is the largest behavioral health profession in America. Most of the public has no idea what social workers do and, granted, the field has diverse specialties, so this is understandable. But social workers provide vital services in our schools, hospitals, government agencies, health clinics, veteran facilities, addiction centers, homes for the seriously mentally ill and more. To the knowledgeable, they are — as Gov. Ralph Northam rightly labeled them early in this pandemic — “essential workers.”

Rebekah Gewirtz is the executive director of NASW-MA

[Innovation will help us rebuild](#)

Boston Globe

Rebekah Gewirtz is the executive director of the Massachusetts chapter of the National Association of Social Workers.: **“The current crisis is exposing the cracks — or rather, craters — in our social welfare system.** Massachusetts is one of the wealthiest states in the nation, yet far too many already struggle to meet their most basic needs. These problems have been exacerbated by COVID-19. We must immediately prioritize rebuilding our social safety net. This kind of systemic change is possible in Massachusetts. We’ve done it before and we must [rise to meet the challenge again](#) in bold ways.”

Sonya Richardson is a member:

[\[Video\] Mental distress skyrocketing across the world amid pandemic](#)

WBTV

The reporter spoke with **UNC-Charlotte School of Social Work’s Sonya Richardson** about a partnership which is training mental healthcare providers in mental health issues in the wake of COVID-19.

Bill Lamb is a member:

[NC DHHS recommends testing all in long-term facilities for COVID-19, but questions remain](#)

North Carolina Health News

Advocates for older people, such as Bill Lamb, former executive director of Friends of Residents in Long Term Care, as well as some local health officials, were still perusing the state’s announcement afterward for details. “Guidance’ is not a mandate,” Lamb said in an email, expressing frustration after taking, along with Adam Sholar, head of the state’s nursing home trade association, a pro-testing message to the Governor’s Advisory Council on Aging last week.

[Social Workers Adapt to Hospice Care In a Pandemic](#)

Hospice News

The ongoing social isolation and distancing measures to reduce spread of the coronavirus pandemic has challenged a vital element of social and psychosocial services in the realm of hospice care. As the outbreak continues impacting communities throughout the nation, **hospice social workers have become adaptive** to continue serving patients and families in need.

[National Association of Social Workers NJ: Institutional Residents Among the Most Vulnerable During the COVID-19 Crisis](#)

P&T Community

While much attention has been paid to the devastating impact of COVID-19 in long-term care facilities and corrections facilities across the state of New Jersey, **NASW-NJ reports that many of the most vulnerable individuals continue to be exposed.** In state-run psychiatric hospitals and developmental centers, infection and death rates are significantly higher than the rates amongst the state's total population.

Jolene Hui is the membership director for NASW-CA:

['How Can I Help You?' Schools Try To Reach Students Struggling With Mental Health During Coronavirus](#)

LAist

I spoke with representatives from national and state associations of school psychologists, counselors, and social workers about what they and their members have noticed, too. **Jolene Hui with the California chapter of the National Association of Social Workers** said members of her organization report that "students who were normally engaging just aren't anymore." She thinks the distance plays a big role in that.

Anthony Rizzuto and Jamie Bogenschutz are members:

[Drug Rehabs Help Battle Coronavirus Pandemic While Still Facing The Opioid Crisis](#)

Long Island Press

"For people in the grip of active addictions, usage escalated," says **Anthony Rizzuto, LMSW, CASAC** and director of provider relations at Seafield Center in Westhampton Beach. "We were seeing more overdoses, more people trying to get into treatment, and the availability of treatment beds lessened. In the world of recovery, a lot of people find comfort and solace with fellowship and meetings. Those had been taken away as well."

Jeffrey Frank is a member:

[A Sarasota Social Worker Is Offering Free Virtual Therapy for Essential Workers](#)

Sarasota Magazine

Licensed clinical social worker Jeffery Frank owns a [private practice](#) in Sarasota, and is one of several therapists participating in [Coronavirus Online Therapy](#), a pending nonprofit that provides free or reduced-cost therapy sessions to essential workers nationwide. The service is run entirely by volunteers, with therapists devoting their time and expertise to the cause. "Essential workers can qualify for sessions without having to

worry about insurance or financial status,” says Frank. “We want help to be accessible and affordable for everyone.”

Robin Capers is a member:

[Sioux City clinical social worker offers strategies to cope with COVID-19 pandemic](#)
Sioux City Journal

Robin Capers, a licensed clinical social worker who owns Family Wellness Associates in Sioux City, said the changes in routine, financial unease and fear of the unknown brought about by the global COVID-19 pandemic have left many Siouxlenders feeling helpless and anxious. "This is an unusual situation. This isn't something that we have prepared for," said Capers, who has noted an uptick in patients seeking therapeutic services from her practice amid the pandemic.

Beth Levy-Merlin is a member:

[\[Video\] NJ Therapists Offer Free Zoom Sessions To First Responders, Families](#)
WLNY

Licensed clinical social worker Beth Levy-Merlin heard the call for help. “People are suffering. Everybody’s anxious,” she said. All 15 therapists at her practice, Roseland Psychotherapy Associates, are now offering a free 45-minute Zoom therapy session to any first responder and their families. Levy-Merlin says the idea came out of a conversation with her husband. Dr. Mark Merlin runs a nonprofit group of ER physicians that assist on emergency calls.

Frank Palmieri is a member:

[Coronavirus leaves athletic routines scrambled](#)
Florida Times-Union

“From a clinical standpoint, the world is turned upside down,” **Frank Palmieri, a licensed clinical social worker**, said. Palmieri has been walking more and doing more yard work with his free time and doing many of his professional tasks by video conference. But he understands how the coronavirus is a constant presence in the back of everybody’s mind. “We’re constantly aware of the danger of something being wrong. The whole situation can be depressing. There’s a constant drumbeat about what we have to be doing with schools, work and staying apart. That can make people confused and disoriented,” he said.

Rebecca Mansfield is a member:

[Opioid overdoses are silently killing thousands, while coronavirus steals the spotlight](#)
KATV

But what exactly is it about this time that’s leading more people to use? **Rebecca Mansfield, a licensed clinical social worker** and owner of counseling services of Jacksonville, believes addicts are rationalizing drug use, asking the question, 'What more could go wrong?' "What I have seen is not so much the fear of the illness, which that has been there, but the financial repercussions," she said.

Alynn Schmitt-McManus is a member:

['I Can't Turn My Brain Off': PTSD and Burnout Threaten Medical Workers](#)

The New York Times

Many besieged health care workers are exhibiting what [Alynn Schmitt McManus](#), a **St. Louis-based clinical social worker**, calls “betrayal trauma.” “They feel overwhelmed and abandoned” by fire chiefs who, she said, rarely acknowledge the newly relentless demands of the job. Many paramedics, she added, are “aggressive and depressed. They are so committed to the work, they are such good human beings, but they feel so compromised now.”

Cara Allen is a member:

[Opinion: Let’s Not Forget This Pandemic Is Hard on Our Kids Too](#)

Times of San Diego

As a clinical social worker who has worked extensively in bereavement for the past 20 years, I can tell you — there’s no right way to do this. As we watch the COVID-19 crisis unfold across the world and within our own communities, we are all grieving, stressed and feeling isolated from the ones we love. You are not alone and there is no one right way to process your pain as an individual, a family, or a child.

Chris Budnick is a member:

[How addiction recovery specialists adapted during COVID-19 pandemic](#)

North Carolina Health News

In his 20 years at Healing Transitions, Chris Budnick has never turned away someone seeking help. But in late March after three false-positive tests for COVID-19 at the residential addiction recovery program in Raleigh, the program director made the tough call to stop all new admissions to the campuses and overnight detox. Soon after, a 71-year-old man came to the door hoping for a bed to sober up. Turned away, he fell asleep on the side of the road and Healing Transitions staff covered him with blankets. That incident stuck with Budnick, as he and other Wake County partners worked to quickly set up a remote detox center.

Alison Mohr Boleware is government relations director for NASW-TX:

[They lost their jobs and insurance in the pandemic. Now they’re slipping through Texas’ health care safety net.](#)

The Texas Tribune

The rising unemployment rate and loss of job-based insurance could also deter Texans from seeking mental health services like therapy or counseling, said **Alison Mohr Boleware, government relations director for the Texas chapter of the National Association of Social Workers.** “When people lose jobs or part of their household income, mental health treatment can be seen as a luxury that ‘can wait,’” she said.

Alexis Verbin is a member:

[“Like the rug was ripped out from under me”: The mental health costs of coronavirus](#)

The Denver Post

The stresses of the pandemic don’t just affect people who have a history of mental health issues. “People do not need an official mental health diagnosis in order to suffer during

unprecedented times like these,” said **Alexis Verbin**, a therapist at [WELLCORE in Lakewood](#). “It is very normal and natural for us as humans to experience anxiety during heightened periods of stress and uncertainty.”

Hilary Weinstein is a member:

[Everyone is roller skating right now—and it turns out, it's good for your mental health](#)
Well+Good

“When you exercise and get fresh air, you’re increasing endorphins, which improve the mood and decrease stress,” says **Hilary Weinstein, LCSW, a psychotherapist and anxiety specialist based in New York**. “By gearing your attention to both the body and its surroundings, you can shift focus away from negative thought patterns and anxieties.” It can also have a tremendous effect on self-esteem.

Martha Martin-Forman is a member:

[Coping with COVID-19](#)
Fulton Sun

Many people have a narrow mental image of trauma: a soldier grappling with PTSD, a hollow-eyed refugee child. But trauma can also look like someone wearing a face mask panicking during a grocery run. “Trauma can also just be the result of stressful events, plural, that basically make us feel that we're not safe anymore, that we live in a dangerous world,” **Marty Martin-Forman, owner of Martin-Forman Consulting**, said. “I think that describes COVID-19. We've felt overwhelmed.”

Jennifer Kelman is a member:

[Will online summer camp work? A virtual path worth a try during coronavirus pandemic](#)

USA Today

“It’s another thing that COVID-19 has taken away,” parenting expert **Jennifer Kelman** says. **Kelman, a licensed clinical social worker and mom of 10-year-old twins**, says she gets this question dozens of times every day, while she and many other families try to figure out what to do with summer camp plans. “With shelter-in-place orders, this pandemic has taken the connection away for children and adults,” she says.

Gerald Ressler is a member:

[Counselors discuss ways to manage COVID-19 anxiety and anger, and how we move forward](#)

Lancaster Online

Many of those questions are still unanswered. The associated anxiety is now combined with additional feelings, says **Gerald Ressler, licensed clinical social worker at Samaritan Counseling Center**. “The same anxieties are likely continuing, but these are now accentuated by some new feelings of weariness, anger or depression, and maybe even a loss of hope,” Ressler says. “We are weary because the changes to our lives have gone on longer than what most of us expected at the beginning of the stay-at-home order.”

[Social Work Grad Puts Herself at Risk to Serve Others](#)

Rhode Island College

Dickerson recognizes that her social work profession plays a big role in the passion she has to put others first. “**The National Association of Social Workers Code of Ethics** outlines our core values as service, social justice, dignity and worth of a person, importance of human relationships, integrity and competence,” she says. “I carry these values with me as a person and as an emerging clinical social worker.” For Dickerson, life is always about caring for others, and she believes that her experience with COVID-19, personally and professionally, will leave a lasting impression on her.

Mark McGonigle is a member:

[Pandemic is Prime Time to Start Meditating](#)

Flatland

Mark McGonigle is a licensed clinical social worker with a Bachelor of Arts in psychology, and master’s degrees in both applied spirituality and social welfare. He’s been a therapist for 26 years. “Traditionally therapy has focused on how our current symptoms are the outcome of what has happened to us and how our history has shaped how we think about ourselves,” McGonigle says. “Mindfulness-Based Cognitive Therapy (MBCT) does not deal directly with thoughts and memories in the traditional way... MBCT starts with a basic distrust of the thinking mind and asserts a trust in present moment awareness, accessed in commitment to periods of non-doing and heightened noticing, what is called meditation.”