

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

[\\$2 Trillion Coronavirus Relief Package Will Support Social Workers, Clients They Serve](#)
Social Work Helper

The National Association of Social Workers (NASW) commends Congress and the White House for passing into law the \$2.2 trillion economic relief package that will provide aid to individuals, families and communities. “Our nation is experiencing unprecedented levels of psychological and economic devastation as a result of this public health crisis” said NASW CEO Angelo McClain, PhD, LICSW. “We applaud lawmakers and the Trump Administration for working quickly in a bipartisan way to bring relief to working class and middle-class Americans, many of whom are struggling to afford housing, food and health care during this pandemic.”

[Rebekah Gewirtz, NASW-MA: As I See It: Social workers essential personnel, so why aren't we talking about them?](#)

Worcester Telegram

While the discussion of the role and importance of public health workers, such as doctors and nurses, on the front lines of the coronavirus pandemic is important and warranted, we must not forget one other essential public health workforce: social workers. Important enough to be named essential personnel by Gov. Charlie Baker on March 23, **yet social workers are left out of conversations about individuals and workforces providing essential services related to COVID-19.**

Jill Lehmann-Bauer is a member:

[Working harder in anxious times, mental health providers getting paid less for safer service](#)

Des Moines Register

Jill Lehmann-Bauer counsels veterans, teachers, government employees and others who have a mix of mental health issues ranging from post-traumatic stress to anxiety to major depression. Typically, the therapist sees clients in her Clive office at Central Iowa Therapy Solutions. But some have COPD and other chronic lung disorders that make them more susceptible to coronavirus infection, so this week she began doing psychotherapy online to help lessen the spread of COVID-19. From her first session Monday, however, Lehmann-Bauer heard mixed messages about whether insurers would cover such telehealth mental health services.

Related story:

[Wellmark to temporarily reimburse at 100% for telehealth services, including mental health](#)

Business Record

Wellmark Blue Cross and Blue Shield announced late Thursday that it will temporarily reimburse health care providers that provide services through telehealth — including mental health counselors — at the same rate as office visits. ... **The move to temporarily allow equal reimbursement for telehealth visits for the next 90 days is a particularly welcome one for counselors like Jill Lehmann-Bauer,**

who say the lower rate was unfair to her and other counselors who now must see patients on a virtual basis during the coronavirus crisis.

Maurya Glaude is a member:

[7 steps to help doctors reduce stress during the COVID-19 outbreak](#)

MDLinx

“As a licensed clinical social worker, I currently have telehealth clients from all professions, and some are frontline workers, namely practicing physicians,” **Maurya W. Glaude, PhD, MSW, LCSW-BACS, professor of practice, Tulane University School of Social Work, New Orleans, LA**, told MDLinx. “At the end of the day, we are all human. We are resilient beings, and yet we each respond to stress differently. We have our own thermometers for the activation of our fight-flight-freeze response.”

[Coronavirus is roiling every part of child welfare system](#)

The New York Times

For workers, widespread shortages of gloves, masks and other safety gear are raising concerns, said **Angelo McClain, CEO of the National Association of Social Workers**. "If a report comes in of a kid in danger, you need to go out and make sure that child is safe — but you need a face mask, gloves, sanitizer," he said.

[Pandemic keeps us physically distant but socially connected | Candace McKibben](#)

Tallahassee Democrat

It seems ironic that in this month when we have coined phrases like “social distancing, self-quarantine, and self-isolation,” we are also celebrating the work of social workers in our nation. Social workers are social beings concerned with systems and connecting people with the persons and resources who can best help people help themselves.... Social workers can be found in hospitals, mental health facilities, clinics, recovery centers, prisons, nursing homes, schools and more. On the **National Association of Social Workers** website, there are eight areas of practice for social work including aging, behavioral health, child welfare, clinical social work, ethnicity and race, health, LGBT, and school social work.

[America’s child welfare system was already failing. The pandemic could weaken it further.](#)

Vox

“This is often a forgotten population — unless something horrific shows up in the news,” said **Will Francis, the Texas chapter director of the National Association of Social Workers**. “There are always weak points because the system itself has never had what it needs to make sure it’s strong across the board.” As the Covid-19 crisis progresses, welfare advocates worry that those weak points may turn into dangerous gaps that could seriously endanger children and the many service providers who care for them.

Cindy Milner is a member:

[\[Video\] Experts give advice on how to cope during Stay-at-Home orders](#)

WDJT

“We’re wired for survival so our brain is going to go to the worst case scenario,” said **Licensed Clinical Social Worker Cindy Milner**. Milner uses a technique called Eye Movement Desensitization and Reprocessing (EMDR) to relax her clients. During EMDR, the person thinks of what’s causing their stress, while also focusing on something unrelated. “Sometimes we can know something, but feel very differently about it. 19:18 “It allows the rational brain to communicate with the emotional brain,” she said.

Jennifer Morgan-Binns is a member:

[How to talk with our kids about COVID-19](#)

Mount Desert Islander

Most importantly, when talking about COVID-19 with children, start by asking what they know about it, said **Jennifer Morgan-Binns, a licensed clinical social worker**. If possible, do so with a question that invites more than a yes or no answer in order to understand what information they have collected. Once they offer an answer, ask how they are feeling about the coronavirus. “Sometimes for young kids it’s good to draw,” said Morgan-Binns, who also suggests role playing with toys for the younger age group.

Katherine Schneider is a member:

[Jewish Dating in the Time of COVID-19](#)

Jewish Exponent

Katherine Schneider, a licensed clinical social worker based in East Falls, said parents who must now work from home and home-school their children may feel especially stressed. “For people with kids, there’s this pressure to be the perfect parent with homeschooling and Pinterest projects,” she said. “Sometimes making it through the day is an accomplishment enough. Give yourself permission to take a break.”

Laura Jacobs is a member:

[Trans surgeries postponed indefinitely amid coronavirus pandemic](#)

WJFW

While most health insurance carriers in the U.S. currently consider gender-affirming procedures to be "cosmetic" with over 30 states allowing providers to exclude transition-related care from coverage such a distinction is inaccurate, according to **Laura A. Jacobs, a licensed clinical social worker**, psychotherapist and board chair at Callen-Lorde Community Health Center, a New York-based LGBTQ health center. "For many trans folks, existing daily in a body that doesn't match your sense of self isn't just uncomfortable, it's traumatic," Jacobs explained. "There's a lot of research that shows that delaying treatment for trans people increases levels of depression, anxiety and suicidal ideation."

Brittany Peters is a member:

[Brittany Peters: The effects of COVID-19 on minority mental health](#)

The Weekly Challenger

For many black and brown people living in poverty, limited supplies, school

closures, and required quarantines can contribute to depression and anxiety. While closures impact every American during this time of uncertainty, minorities and those living in poverty are affected more; as a result, many factors such as wage inequality.

Christina Garnett is a member:

[\[Video\] Social worker: Stick to routine while social distancing to help manage your mental health](#)

KMOV

As you continue to practice social distancing, social workers want you to be mindful of your mental and emotional health for yourself and your children. Our routines and sense of normalcy has been shattered by COVID-19. **Christina Garnett, a licensed clinical social worker**, said we are social beings and not being able to go out can make up feel lonely, depressed, or even suicidal.

Gail Patin is a member:

[\[Video\] Hubbard House: Isolation, fear can create 'perfect storm' for domestic abuse](#)
[actionnewsjax.com](#)

Isolation and fear during the coronavirus pandemic can create the perfect storm for domestic or child abuse. "They are prisoners in their own home and aren't often able to get out and get that information," **Dr. Gail Patin** said. "It's very alarming." As more people are being urged to stay home to protect themselves against COVID-19, local experts say it's a critical time for victims of domestic violence or child abuse. Patin is the CEO of Hubbard House. The full-service domestic violence center serves Duval and Baker counties.

Mollie Volinsky is a member:

[Therapist Share 6 Cringe-Worthy Mental Health Myths](#)
[News Channel Nebraska](#)

"The thought is that if you're struggling with depression or anxiety, then you go to a mental health expert and they make you feel better," says **Mollie Volinsky, LCSW**. "It would be nice if that were true, but that isn't the case. Healing and recovery are not linear." What makes this myth so problematic is that it can make someone think their treatment is "not working," or not working fast enough, or that they are failing at it. It might even lead people to abandon their treatment if they think it's a waste of their time or money.

Theresa Nguyen is a member:

[Mental Health America and 'Happy' Partner to Offer Emotional Support from Home for Anyone Feeling Anxious or Alone from COVID-19](#)
[Benzinga](#)

According to **Theresa Nguyen, LCSW, MHA's Chief Program Officer**, "Isolation can lead to loneliness and depression, and for individuals who are beginning to experience forced isolation because of COVID-19, it can be overwhelming, said Theresa. "It's now more important than ever to stay connected digitally and check in on your mental health — MHA is proud to partner with services like Happy that can help connect people to others who can listen and offer emotional support."

Clair Mellenthin is a member:

[\[Video\] Healthy parenting through COVID19 pandemic](#)

KUTV

In an interview, Clair Mellenthin, LCSW, RPT-S, offers these tips for parents:

- Structure is important but nurture is critical
- Teach your kids good hygiene and remind them that they are safe and will be taken care of
- BREATHE - give yourself permission to put yourself in time out and nap time
- Don't micromanage your teens. Set expectations and be consistent
- Take a walk and get out of the house every day for a reset

Julie de Azevedo Hanks is a member:

[\[Video\] Protecting your family's mental health during Covid-19](#)

KUTV

In an interview, **Julie de Azevedo Hanks, PhD, LCSW**, offers these tips for families: Exercise regularly; Practice mindfulness; Feel and label emotions; Stay social; Get professional help.

Grant Clowers is a member:

[Improving quality of life in the 'new normal' is possible](#)

Nevada Appeal

Most appear to be doing well, adhering to their daily activities or thinking outside of the box if being confined to the box is restricting them from feeling normal. But there are still ways to increase enjoyment in the small spaces of home in these times, according to Christina Sapien, director of Behavioral Health Services for Carson Tahoe Health in the field for 27 years, and **Grant Clowers, LCSW**, a clinical supervisor for 11 years.

[\[Video\] 25 Investigates: 'Families left in the dark' as veterans die amid botched COVID-19 response](#)

Boston25News

The support is being provided by Behavioral Health Network and Riverside Community Care and was established in coordination with the **National Association of Social Workers - MA Chapter**. This additional support for family communication is to support the work that is being done at Holyoke to keep veterans' families apprised.

[While coronavirus has children home and families strained, abuse and neglect could rise](#)
lohud.com

For now, it's vital for school social workers and counselors to maintain communication with their students, said **Michael Cappiello, president-elect of the New York State chapter of the National Association of Social Workers**, a longtime Westchester resident working for the New York City schools. "Many students at risk were identified long before the current crisis, and a lot of my work is simply continuing to reach out directly to families," he said.

[Pandemic sparks concerns about child abuse in Maine](#)

[centralmaine.com](#)

“Parents are trying to be all things at once,” said **Lynn Stanley, the interim director of the Maine chapter of the National Association of Social Workers**. “For the haves with high-speed internet, good jobs, full fridges and a big back yard, it’s doable. For the have-nots, things are incredibly hard and likely to get even harder.”

Marjorie Sturdy is a member:

[‘Downward spiral of depression’: Coronavirus jeopardizes senior, child mental health](#)

[The Modesto Bee](#)

Financial hardship can further exacerbate depression in seniors amid the pandemic, said **Marjorie Sturdy, a licensed clinical social worker** in Stanislaus County. The majority of Sturdy’s senior clients live from paycheck to paycheck, relying on monthly social security and Supplemental Nutrition Assistance Program benefits. The current economy can jeopardize their livelihood, Sturdy said, as their spouses and adult children lose their jobs and ability to support them.

Sheldon Isenberg is a member:

[With the need for human contact ‘hard-wired’ into us, finding alternative ways to communicate key to mental health](#)

[The Chicago Tribune](#)

Licensed clinical social worker Sheldon Isenberg has been practicing in the Naperville area since 1974. Now 78, until a couple of weeks ago he was still driving to his office on Washington Street from the Evanston assisted living facility where he and his wife live. Isenberg says personality determines how people are dealing with the coronavirus crisis.

Maria Baratta is a member:

[Why you should rewatch your favorite TV shows right now, according to a clinical social worker](#)

[cnbc](#)

While people stay at home and adhere to social distancing guidelines, many are starting to seek out new shows and movies to help kill time and keep their minds off coronavirus pandemic worries. But the best thing to watch might just be your old favorites, says Dr. **Maria Baratta, a licensed clinical social worker**. “To watch stuff that you know the ending to, especially if it’s a decent ending, is important,” Baratta tells CNBC Make It. “During these days, we don’t know what’s happening. We don’t know how long this is going to last.

Amy Kemter is a member:

[Pressure intensifies on city’s mental health](#)

[San Antonio Express-News](#)

Amy Kemter, a San Antonio clinical social worker and therapist, says clients report “feeling a lack of control and powerlessness resulting in increased fear, restlessness, and increased symptoms of disassociation.” Social distancing has led to “emotional distancing” as social support services have diminished.

[\[Audio\] As COVID-19 Spreads, Iowans Highlight Critical Role ACA and Medicaid Expansion Plays in Response to Public Health Crisis](#)

Soundcloud

Progress Iowa and Protect Our Care Iowa were joined by Iowa Senator Claire Celsi, **Denise Rathman, the Executive Director of the National Association of Social Workers Iowa Chapter**, and Mary Horsman, a respiratory therapist from Des Moines, [on a press call](#) to discuss the [critical role Medicaid is playing](#) in Iowa's response to COVID-19. In Iowa, Medicaid expansion granted coverage to [more than 150,000](#) people, including children, seniors, and Iowans with disabilities, and with [more than three million workers](#) out of work due the pandemic, it is especially important for low-income adults to have a place to turn for coverage in this public health emergency.

[Coronavirus in Massachusetts: Lawmakers, advocates press for more aid for children, disabled and older residents](#)

Mass Live

“The calls we are receiving from families every day are heartbreaking,” said **Sarah Coughlin, board president of the Massachusetts Chapter of the National Association of Social Workers**. Coughlin argued the bill could be a “small step to mitigate the harsh consequences” of the virus, including children left hungry and families unable to pay bills to maintain online access, jeopardizing both online learning and health care.

[Commentary: Chicago Forward – For teens, isolation during the pandemic can trigger mental health issues](#)

Chicago Tribune

Communities United, a Chicago grassroots organization, partners with the **National Association of Social Workers-Illinois** and other mental health providers. CU's program helps disconnected young people of color heal from the emotional trauma of living amid poverty and violence by taking action on issues of inequity through advocacy and organizing. CU knows from its work that young people are especially vulnerable during this time of crisis. And we know that when young people take positive action, it empowers them. And empowerment is what helps to heal trauma.

[Social Isolation During Pandemic Strains Social Work](#)

The Greenville Sun (TN)

PCAT social workers regularly visit a roster of about 400 families each year across Tennessee. The visiting staff members serve as advocates for families with children who need extra services and work directly with parents on developing nurturing relationships — helping parents make homemade toys with their children, read to them and understand their developmental needs, Davis said.

[Social Workers at NYC Hospital Fight to Work From Home Amid Coronavirus](#)

Cheddar

As New York City public hospitals struggle to meet the demands of the coronavirus pandemic while still protecting their own employees, one group of healthcare

professionals is trying to make the case that they would be safer working from home. **Social workers at Woodhull Hospital in Brooklyn** are urging hospital administrators to let them work from home but say they are coming up against a company line that maintains every health care worker needs to do their part and show up in person, whether their job demands it or not.

[California to spend extra \\$42 million to help foster youth during pandemic](#)

Cal Matters

California will steer \$42 million toward helping tens of thousands of foster youth as stay-at-home orders have drastically reduced contact and services for some of the state's "most vulnerable" children, Gov. Gavin Newsom said in his daily update. The bulk of the money will manifest as \$200 monthly payments to families with "at risk" children, with additional funds set **to help buy protective gear for social workers** and computers for children, among other things.

[Tulane School of Social Work seeking public input on two COVID-19 surveys](#)

Tulane News

The Tulane School of Social Work has launched two online surveys to study behavioral health and resilience during the COVID-19 pandemic and is asking the public to participate. "Research on the COVID-19 pandemic focused on psychosocial health is imperative to understand the impact on the well-being of our community," said Patrick Bordnick, dean of Tulane School of Social Work. "These two surveys will support future research, allowing us to implement effective strategies and create change that benefits everyone."

Craig Knippenberg is a member:

[Craig Knippenberg, LCSW, M.Div. and His Staff of Seven Mental Health Therapists Donate Time to Launch Free Facebook Live Sessions Supporting Parents During Coronavirus](#)

Yahoo!

Craig Knippenberg, LCSW, M.Div., a Denver-based mental health counselor with four decades of experience working with children and families, announced today he and his staff of seven mental health therapists, all donated their time to launch free, open-to-the public interactive discussions via [Facebook Live](#). These twice weekly sessions are open to parents worldwide.

Marlina Schetting is a member:

[How has the pandemic changed hospice care?](#)

New Jersey Herald

Marlina Schetting, MSW, LCSW, CT is the chief operating officer at Karen Ann Quinlan Hospice. Q. What is Karen Ann Quinlan Hospice doing differently during this COVID-19 pandemic? **A.** This is such a difficult time for everyone in the community, especially those in the field of health care. Our mission at Karen Ann Quinlan Hospice, since its beginning, has been to not turn anyone away based on their ability to pay. Though never verbalized, but understood, is the philosophy that we, as a hospice, accept anyone facing a life-limiting illness, including those with COVID-19.

Stacey Henson is a member:

[Coronavirus: Jacksonville Fire and Rescue Department sees increase in overdose calls](#)
[Action News Jacksonville](#)

Moriarty also spoke with **Stacey Henson. She is a Licensed Clinical Social Worker of 25 years.** Henson works for Advanced Recovery Systems. “I think peoples coping skills are really being tested,” Henson said. She offered some tips for people who may not want to go to a meeting. “Going back to the basics,” Henson said. “I’ve heard a lot of people in recovery, and they pulled out some of their old AA books; reworking the steps if that’s helpful.”

Amber May is a member:

['Outsourced' amid coronavirus: How to take care of health, safety in quarantine when home may not be safe](#)
[OU Daily](#)

In January 2019, The Daily began “Outsourced” — a column discussing health and relationships, featuring advice and resources from OU’s Gender + Equality Center, Goddard Health Center and more. In light of the global COVID-19 pandemic, which has affected all communities in varying emotional, mental and physical ways, The Daily has decided to bring back “Outsourced” with advice from professionals and community leaders about staying safe and healthy while living in quarantine. For this column, The Daily asked **Amber May, a licensed clinical social worker and OU Advocates case manager for the Gender + Equality Center,** to write about safety and self-care when home may not be safe.

Kimberly Foster is a member:

[Social worker: COVID-19 pandemic increasing mental health concerns](#)
[Morris Herald-News](#)

All of these feelings can be overwhelming, said **Kimberly Foster, a licensed clinical social worker for Morris Hospital & Healthcare Centers.** Foster says she is seeing signs of increased generalized anxiety and depression during the coronavirus crisis. “When your mind makes that switch from living to survival,” Foster said, “it can put you in a crisis mode. You’re worried, you’re obsessed about the safety of yourself and your family, you’re concerned about financial security ... and those apprehensions can become triggers for mental health issues.”

Leah Kaizer is a member:

[In the era of COVID-19, therapy moves online](#)
[Berkeleyside](#)

“It has been a mixed experience,” said **Leah Kaizer, a Berkeley licensed clinical social worker with a practice in Oakland.** After more than 30 years of seeing clients in person, Kaizer now meets with them on phone calls or in video conferences. Kaizer is a digital novice – she only recently started to use email with her clients. Yet despite some initial reluctance, she said her clients have readily adapted to the virtual therapy.

Bradley Bogdan is a member:

[Virus forebodes a mental health crisis](#)

Roll Call

Bradley Bogdan, a clinical social work supervisor at Texas A&M University's Department of Psychiatry, said he has already seen increases in patients anxious about COVID-19. "We have had a marked increase in terms of folks calling and looking to receive services for anxiety symptoms, and a lot of them will explicitly say this is related to the pandemic," said Bogdan.

[Seniors isolated amid coronavirus measures find help through new chat and crisis line](#)

Daily Pilot

Kimberly Lewis had planned to launch the GoldenTalk senior chat and crisis line May 1. Then the COVID-19 coronavirus happened. Now, while people of all ages are socially isolating to try to contain the virus, senior citizens remain among the most vulnerable to serious effects — both from the virus and from isolation.... She also has trained employees from Verizon's corporate social responsibility department, **students from USC's Suzanne Dworak-Peck School of Social Work** and members of the Red Cross' AmeriCorps program.

Paula Scatoloni is a member:

[\[Audio\] Embracing Distance: Coping With The Lack Of Physical Touch During COVID-19](#)

North Carolina Public Radio

On this episode of Embodied, a series about sex, relationships and your health, host Anita Rao talks to **Paula Scatoloni, a licensed clinical social worker** and somatic experiencing practitioner in Chapel Hill, and [Tiffany Field](#), research professor and director of the Touch Research Institute at the University of Miami Miller School of Medicine.

Kathy Douglas is a member:

[\[Audio\] COVID-19 Is Creating Another Public Health Crisis: Domestic Violence](#)

North Carolina Public Radio

The weeks of stay-at-home orders have created space for some families to spend more time together than ever before. This could mean more bonding, family meals and joyful activities. But for others it makes for a dangerous situation.... Plus, **licensed social worker Kathy Douglas** talks about how she is navigating the move to telehealth and the struggles of connecting her clients to services. Douglas is the owner of [Stepping Forward Counseling Services](#) in Lincolnton.

Nancy Watson is a member:

[Real-time advisory sessions that support students' social-emotional health](#)

eSchool News

"It's so important for mental health experts and educators to come together right now, but I think it's even more critical to hear directly from students — how they are coping, what's on their minds, and how we can best support them." said **Nancy Watson, LCSW, CADC and school social worker** at Lake Forest Country Day School. "That's

been the approach from The Social Institute, and #WinAtSocial LIVE is the culmination of those findings.”

Annie Miller is a member:

[6 Strategies to Reduce Your Screen Time During Social Distancing](#)

Clever

Structuring your day can be incredibly helpful in keeping track of how much time you spend online. “Schedules help ground us, and a daily routine gives us an anchor; it allows us to feel like we have a sense of control in a situation when we feel out of control,” says **Annie Miller, MSW, LCSW-C, LICSW**, a practicing psychotherapist. “We are going to be on screens more right now, that’s a given. But aiming for screen time at specific points in the day, and setting limits on it, will allow you to feel like you have more control.” Netflix may be tempting, but plan to watch 45-minute episodes each day rather than bingeing an entire season.

Ashton Sanchez is a member:

[Ashton Sanchez: A Letter to Social Work Students During COVID-19](#)

Miami’s Community Newspapers

We will grow from this situation. It will teach us how to adapt to changes. It will teach us how to manage stress and frustrations. This is a time to reflect on all that is important to us. This is a time to realize not to take anything for granted. Take the time to practice self-care. FaceTime loved ones that you are always too busy to see. Take the time to appreciate the simplicity of being able to go to a restaurant or the beach. In addition, take some time to explore the NASW-FL website

– <http://www.naswfl.org/home.html> – for Resources for Social Work Education during COVID19.

[Mental Health Providers Are Struggling, Too. Here’s How They’re Supporting Each Other](#)

Yes!

Washington state, the first U.S. epicenter of the pandemic, has enlisted several professional organizations to keep records of therapists available and trained to work with other first responders: [the National Association of Social Workers](#), the [Washington Mental Health Counselors Association](#), [the American Association of Marriage and Family Therapy in Washington](#) and the [Washington State Society for Clinical Social Work](#).

Katherine Hill is a member:

[Katharine Hill Named Director of School of Social Work](#)

University of Saint Thomas

I am pleased to announce Dr. Katharine Hill has accepted the offer to become the next Director, **School of Social Work**. In this capacity, she will have oversight and strategic responsibility for the BSW, MSW, and BSW programs. Hill will join the Morrison Family College of Health as the Director of the School of Social Work and start her role on July 1, 2020.

[Opinion: Remember to take care of your mental health during the coronavirus](#)

[The Colorado Sun](#)

Luckily, there's plenty you can do right now, from home, to take care of yourself. While writing this piece, I reached out to friends of mine in the mental health field who helped me compile the following recommendations. I'm very grateful to Rick Ginsberg, Ph.D., President of the Colorado Psychological Association and **Felicidad X. Fraser-Solak, LCSW, Colorado Chapter President of the National Association of Social Workers**, for their suggestions and willingness to help during this time.

['Suffering in silence': Coronavirus is a major challenge to NJ's child protection system northjersey.com](#)

Experts say child abuse is hidden even in the best of times. They are concerned about children who could be abused for months before schools reopen and life returns to something resembling normalcy. Then, they anticipate a flood of calls. "The system is going to be deluged with reports whenever we start getting back to normal" and children return to child care centers and to school, said **Angelo McClain, the CEO of the National Association of Social Workers**. "Some of those undetected issues will be detected in a two-to-four-month window, and that's going to put stress on the child welfare system."

DeAnn Collins is a member:

[Health First Offers Free COVID-19 Stress Support Line During Coronavirus Threat](#)
[Space Coast Daily](#)

At any given time, life might not go according to plan. A variety of unexpected changes can happen, especially with the COVID-19 pandemic that's causing stress and anxiety. However, enduring this uncertainty alone isn't your only option. Health First's Senior Behavioral Wellness team is here to support and give helpful advice through the COVID-19 Stress Support line. It's an idea that came to **DeAnn Collins** one morning while engaging in her daily prayer and mindfulness practices.

Cathy Schueler is a member:

[Sheltering can get on people's nerves](#)
[Albuquerque Journal](#)

There's an old adage that "familiarity breeds contempt." That's what many people describe when talking about the self-isolation imposed to stay safe from the COVID-19 coronavirus. "They're sheltering in place and getting on each other's nerves because they're not used to being together so much," said **Cathy Schueler, executive director of Bosque Mental Health**.

Dennis England is a member:

[Altered Lives: Therapist finds new ways to help people navigate the new normal in a world without handshakes and hugs](#)
[Tulsa World](#)

For Dennis England, the human touch is an important part of the work he does. "I'm a hugger by nature, and I've always believe that some kind of physical connection is therapeutic in some way," said England, a licensed clinical social worker and therapist who has been in private practice for the past decade.

Danielle Fazio is a member:

[For Mainers in recovery, isolation presents a unique challenge](#)

Penobscot Bay Pilot

Dani Fazio, a Licensed Clinical Social Worker and Certified Alcohol and Drug Counselor, works for herself in private practice at Therapy For The People in Portland, as well as at Crossroads, a behavioral health agency in Scarborough. Three days a week, she facilitates an intensive outpatient program for women with substance use disorder, providing a space for these women to be “in community” with each other when they may otherwise have no one.

Deidra Ashley is a member:

[Deidra Ashley: Reduce your anxiety by taking care of you](#)

Jackson Hole News

As the reality of COVID-19 hits us locally as well as spreads across the nation, many individuals are understandably experiencing increased anxiety and stress. **Those who are already struggling with mental health issues may be triggered even more so.** The Centers for Disease Control and Prevention has put together “community mitigation strategies” to limit the spread of COVID-19, the disease caused by the coronavirus. They include suggestions for what we, as a community should be doing to slow the spread of the virus in order to avoid overwhelming the health care system.

Heather Evans is a member:

[COVID-19: Anxiety in our children](#)

WFMZ

Licensed clinical social worker and counselor Dr. Heather Evans, whose practice is in Coopersburg, says we need to be careful to coach our kids through this trying time. "Children absolutely need space to express their fears and emotions. We need to validate those, and don't consider them disrespectful or say they are complaining. Say 'I know, this is difficult.' They're grieving too. They're facing uncertainty as well," Dr. Evans said.

Ashley Carter Youngblood and Kristi Karel are members:

[Mental, physical risks pose challenges for medical workers amid COVID-19 crisis](#)

WWMT

Quarantines, shut-downs, and stay-at-home orders during the coronavirus disease 2019 crisis did not stop doctors, nurses and other medical care providers from working to save lives. But the consequence of putting themselves on the front lines of the pandemic could have negative impacts on their psychological and physical health. "I think we're all just trying to figure out how to adapt even if we've been trained really well," **Ashley Carter Youngblood, a licensed clinical social worker in West Michigan**, said.

Michelle Cauley is a member:

[Mayor Garcetti speaks with LA's leading therapist Michelle Cauley to discuss mental health during the COVID-19 pandemic](#)

LA Sentinel

Founder and President of Cauley Associates, **Michelle Cauley earned her Masters of Social Work from the University of Southern California**. She also obtained

the Pupil Personnel Services Credential with Child Welfare & Attendance, Administrative Services Credential, and Certificate in Applied Gerontology. Cauley is a member of the National Association of Social Workers (NASW). Michelle Cauley joined Mayor Garcetti to discuss mental health. COVID-19 has made a strong impact on everyone's mental state; Cauley explained anticipatory stress, depression, and anxiety that is on the rise.

[Social workers: No protection for Child Protective Services during pandemic](#)

[The Guam Daily Post](#)

Some social workers under the Department of Public Health and Social Services are outraged, saying they are being forced to work without adequate personal protective equipment needed during the COVID-19 pandemic. The social workers, many of whom are with Child Protective Services, collectively wrote a letter to the governor and DPHSS director expressing their frustration. The workers asked to remain anonymous to protect their jobs.

[Produced In 10 Languages For Arizona Refugees, COVID-19 Safety Videos Reach](#)

[70,000](#)

[KJZZ](#)

The official language of the African nation Burundi is named Kirundi. Julie Ngiriyie speaks it and other languages, which is why **the social worker and care coordinator** helped make an [informational video](#) about the coronavirus for Burundian refugees living in Arizona and beyond. "I know the struggles they go through for having going through the same struggles myself," she said.

Claire Lerner is a member:

[Working from home with a baby or toddler is no picnic. Here's how to make it more tolerable.](#)

[The Washington Post](#)

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.

Rick Fairbanks is a member:

[On the Front Lines: Spokane hospice social worker focuses on patients, families despite coronavirus complications](#)

[The Spokesman-Review](#)

Rick Fairbanks, a **social worker at Hospice of Spokane**, aims to create "heartfelt moments" for patients and their families as they move toward the end of their lives. Even with the coronavirus pandemic, "life and death continue to go on," Fairbanks said. While Fairbanks has yet to care for a patient diagnosed with COVID-19, health care in general and hospice specifically look different these days. Fairbanks said he hopes to continue providing patients and their families with resources, support and guidance during this difficult time.

Nadine Bean is a member:

[‘It’s a sinking ship’: COVID-19 deaths triple at state-run vets nursing home in Chester County as families clamor for information](#)

[The Philadelphia Inquirer](#)

“They’re sitting ducks, the veterans,” said **Nadine Bean**, daughter-in-law of a 95-year-old World War II veteran who lives there. Bean, a clinical social worker, said families as a whole have been happy with their loved ones’ care, and the staff amenities at the five-star nursing home, which has a waiting list and is run by the Pennsylvania Department of Military and Veterans Affairs. But as the state agency scrambles to contain the coronavirus, the nursing home has concealed the true scope of the deaths and outbreak from vet center families.

[Philly jail workers want judges to release more inmates because of coronavirus](#)

[The Philadelphia Inquirer](#)

Three unions that represent thousands of workers at Philadelphia jails have taken the unusual step of calling for judges to reduce the jail population during the coronavirus pandemic. **The unions — which in total represent about 2,500 corrections officers, subcontracted health-care workers, and social workers** — say that releasing incarcerated people from jail is a “common sense” measure to help protect workers and the broader community from the coronavirus.

[Essential workers are taking care of America. Are we taking care of them?](#)

[Vox](#)

Every evening in many parts of the country, quarantined residents [cheer for essential workers](#) — doctors, nurses, and first responders — to thank them for their service. But the range of people we’re depending on to keep our economy going during the pandemic, take care of us and our loved ones, and keep us safe is much broader than that. The reality is that essential workers in the midst of the [coronavirus](#) crisis are fast food workers, **social workers**, cleaners, retail associates, transit workers, home health aides, and even those who provide support for victims of domestic violence. They’re often not highly paid individuals, and they’re risking their lives.

[Gerontology students to reach out to isolated seniors](#)

[Sacramento State University](#)

Sacramento State Gerontology students soon will make personal telephone calls to older Californians who are isolated by the coronavirus pandemic, part of a statewide effort to help vulnerable seniors cope with the crisis. The Social Bridging Project is a partnership among the Governor's Office; state Department of Aging; United Airlines employees in San Francisco, San Jose and Los Angeles; volunteers trained in FEMA disaster response; and students studying Gerontology at Sac State. Other partners could be added in the coming weeks.

[New Bill Pushes For Telehealth Coverage for Therapists, Social Workers](#)

[mHealthIntelligence.com](#)

A new bill before Congress aims to expand the ranks of healthcare providers using

telehealth during the Coronavirus pandemic to include, among others, **physical and occupational therapists and social workers**. The Emergency COVID-19 Telehealth Response Act, submitted last week by US Reps. Cindy Axne (D-IA), Troy Balderson (R-OH) and French Hill (R-AR), would expand Medicare and Medicaid reimbursement for physical and occupational therapists, clinical social workers, speech pathologists and audiologists.

[\[Video\] Coronavirus News: NYC social workers stepping up to serve communities amid COVID-19 crisis](#)

[ABC7NY.com](#)

New York City social workers have stepped up to serve communities in need despite the lockdown surrounding the coronavirus pandemic. The CEO of Jewish Child Care Association (JCCA), Ron Richter, proudly touted the way his team has pivoted to working virtually in the midst of COVID-19. He says it hasn't been easy, but necessary when you're charged with providing care and services to some of the city's most vulnerable.

[Opinion: Essential Workers – All of Them – Deserve Bonus Pay](#)

[City Limits](#)

When the \$480-billion stimulus package was signed last week, hazard pay for essential workers was notably absent. A 50 percent bonus for **essential workers** requested by nonprofit agencies to echo Governor Cuomo's proposal for front-line workers is both a noble and urgent call to action for the Federal government in this crisis.

[Senate president, House speaker praise Justice's reopening plan; progressive groups urge caution](#)

[Dominion Post](#)

The other view comes in the form of a letter to Justice from the West Virginia Council of Churches, West Virginians for Affordable Health Care, the **National Association of Social Workers West Virginia Chapter**, West Virginia Citizen Action and West Virginia Working Families.

["FrontLine WarmLine" launches to help Maine's health care workers and first responders manage emotional toll of COVID-19](#)

[News Center Maine](#)

The FrontLine WarmLine is a joint effort of the Maine Department of Health and Human Services (DHHS), Maine Department of Public Safety's Emergency Medical Services (EMS), Maine Association of Psychiatric Physicians, The Opportunity Alliance, Maine Psychological Association, and the **Maine Chapter of the National Association of Social Workers**.

[Fearing increase in child abuse due to pandemic stressors, Austin-area foster organizations seek support](#)

[Community Impact Newspaper](#)

"Right now in a very immediate sense, I think you're going to have someone who maybe wanted to be a foster family saying, 'Well, maybe now is not the time that I want

someone to come into my home,” said **Will Francis, the executive director of the National Association of Social Workers’ Texas Chapter** and a member of the [Travis County Child Protective Services Board](#).

Amanda Gibson is a member:

[\[Video\] At-Home Stress Management](#)

Good Day Sacramento

As we are all adjusting to a new normal of staying inside, some of us may be experiencing some unwanted anxiety about social distancing and the current state of the world. **Amanda Gibson a Licensed Clinical Social Worker and owner of The Counseling Collab**, here in Sacramento (<https://counselingcollab.com/>) is joining us via Skype to share some helpful tips as we navigate the new normal.

Manfred Melcher is a member:

[Learning the meaning of ‘in this together’](#)

Monterey Herald

“My daughter likens it to two tigers in a cage,” said **Manfred Melcher, who holds a master’s in social work and is a licensed clinical social worker**. “What comes out of animals in captivity is empowerment and control. Couples in captivity can choose to be reactive – a heat-of-the-moment, attack mode – or responsive, which is a more mindful, reflective approach.” To get there requires a balance of boundaries, space, and togetherness, says Melcher, which asks for a delicate, fluid dance, where neither person dominates or becomes submissive, but instead, finds their own rhythm.

Kim Warner is a member:

[The Advance Directive: Why Everyone Should Create One](#)

Spectrum Local News

With COVID-19 affecting more and more of us each day, a conversation about preparing advance directives is becoming even more important. “Right now, all of us understand how fragile life is, how quickly things can change, and how advance directives can be really helpful to those who love us,” said **Kim Warner, a licensed clinical social worker**. She is encouraging us to think about those who will be asked to make decisions on our behalf. “It gives them the equipment, and the opinions of what I value, way before you have to talk about it emotionally,” she said.

Mary Ellen Dwyer is a member:

[Mindfulness On Groundhog Day: Coping Skills For A Pandemic](#)

Cape Cod Wave Magazine

“When I talk to people, we jokingly talk about how it’s Groundhog Day,” said **Mary Ellen Dwyer, a clinical social worker with her own practice in mental health**. Besides her private practice, Dwyer is also a volunteer with the Provincetown Covid-19 Task Force, which, among other things, offers a stress hotline for people to call who are feeling anxiety.

Sonyia Richardson is a member:

[Feeling serious video chat fatigue? You can probably blame the 'presence of absence'](#)

Well+Good

“The phrase ‘presence of absence’ comes from a Portuguese word *saudade*,” says **mental-health counselor [Sonyia Richardson, LCSW](#)**. “It’s used to describe a deep state of heaviness and separation. So we’re on a call together, and we’re in the same space virtually, but there’s still an underlying pain of being physically separated.”

Yep: The Portuguese, long ago, articulated the strange reality of being both *virtually* connected and *physically* apart from those you love during the COVID-19 pandemic.

[Social Work Ethics During the Time of Pandemic](#)

Social Work Helper

These questions are no longer reserved for intellectual debate during a professional ethics workshop. Today, for many social workers, they are real questions that must be answered now. **NASW’s Office of Ethics and Professional Review** responds to requests for ethics consultations from members facing tough ethical dilemmas related to the pandemic. This task is complicated by the fact that the rules are constantly changing.

[Nothing Was The Same: 3 Reasons Post-COVID-19 Social Work Practice Is Never Going Back](#)

The New Social Worker

Like so many, I have resorted to grappling with these impacts via a series of electronic memos, dizzying email chains, and a plethora of Zoom conferences and meetings.

Recently, during one such meeting, I became involved in a discussion about what will happen once the pandemic subsides. **Several participants, all social workers, discussed desires to get back to “normal.”** One “yearned” for the time when “this is all over and things can go back to how they were before.” At the risk of sounding insensitive to this expected human response, I need to make something clear: Things are not going back to the way they were.