

## COVID-19 Related News Items – March 2021

Stephnee Hiserodt is a member:

[OU students face challenges finding campus activities, making connections amid COVID-19](#)

**OU Daily**

**Stephnee Hiserodt, a staff counselor and licensed clinical social worker at the OU University Counseling Center**, also [spoke to](#) how COVID-19 isolation and distancing negatively affected students and staff. “Humans, whether they're introverted or extroverted, are social creatures,” Hiserodt [said](#). “I've seen isolation affect relationships with roommates and partners. Even for ones that prefer living alone and are more introverted, the isolation has really taken a toll on mental health.”

Margaret Grau is a member:

[\[Audio\] Who's Taking Care of Your Therapist?](#)

**Will Illinois**

In the year since the pandemic began, many have struggled emotionally with depression or anxiety. Therapists, psychologists and substance abuse counselors are the busiest they've ever been, with back-to-back telehealth appointments and an increasing number of clients. How are mental health care workers doing, though? **Who is taking care of them as we navigate a global pandemic for the first time?**

[Social Security: Despite Multiple Obstacles, Social Workers Continue to Deliver Critical Services During Pandemic](#)

**Spectrum News**

“I think social workers have done a remarkable job of responding to the COVID-19 pandemic and we're a profession that meets the challenges of our times and what is happening in our society in terms of our clients,” said **Marc Herstand, Executive Director of the National Association of Social Workers, Wisconsin Chapter**. “Social workers had to pivot, almost overnight, in the way they provided services to clients.”

Annie Miller is a member:

[Post-Vaccine, Your Body Is Safer, but Your Mind Can't Catch Up](#)

**Elemental**

Although some may be ready to jump back into pre-pandemic lifestyles, many others will not. “For an entire year, our brains have operated in [fight-or-flight](#) mode,” says **Annie Miller, LCSW-C, of Washington, D.C.–based D.C. Metro Sleep and Psychotherapy**. “We've been programmed to sense being around people as a threat, and it's only normal to be fearful of returning to that scenario.”

Tatiana Melendez is a member:

[Is Post-Traumatic Growth a Thing? Psychs Weigh In on the Potential Positive Effect of Life in Lockdown](#)

## Well & Good

**Licensed clinical social worker [Tatiana T. Melendez](#), LCSW**, says that more specifically, those who experience post-traumatic growth tend to be optimistic, believe in new opportunities, and be open to change. Melendez believes post-traumatic growth can be taught—even to those who do not possess those aforementioned character traits.

[\[Video\] The Impact of COVID-19 on Social Workers](#)

## WebMD

We've talked a lot about the role of physicians, the role of pharmacists, the role of nurses during this pandemic. But one group of professionals that we haven't talked about is social workers. What have they been doing to help during the pandemic? What's been the impact on the profession? So to help provide some insights, I've asked **Melissa Haley. She is president of the National Association of Black Social Workers.**

[Angelo McClain: Social workers critical in post-covid world](#)

## TribLive

**The covid-19 pandemic isn't just a historic public health crisis. It's an economic and mental health crisis unlike anything in recent memory.**

Millions of people have lost their jobs. [Americans of all ages](#) are reporting elevated levels of depression, anxiety, substance abuse, even suicidal ideation. Sadly, there is no vaccine for the naturally reverberating consequences of this crisis. But that doesn't mean we're helpless against them.

Marc Seidl is a member:

[\[Video\] Brown Co. honors social workers for efforts during pandemic](#)

## Fox11 News (WI)

"We had needs with contact tracing, or with staffing of various different COVID response teams, and they continue to say, not only do their day-to-day work, but 'how else can I help, in addition to that?' So it was very inspiring," **Brown County Social Work Supervisor Marc Seidl** said. The National Association of Social Workers says March is also National Social Work Month.

Lauren Zingraff is a member:

[As many NC nursing homes open to visitors, advocates say they'll watch the details](#)

## North Carolina Health News

The longstanding North Carolina nonprofit [Friends of Residents in Long-Term Care](#), known as FOR, offered a more upbeat assessment of the CMS changes. "After a year of heartbreaking visitation restrictions, FOR is relieved to see the new CMS guidelines that allow indoor visitations in nursing homes," executive director **Lauren Zingraff** told North Carolina Health News. "We are encouraged that these new guidelines will be the catalyst for family reunification."

Maria Garcia is a member:

[Why Helping Grieving Students Heal Matters So Much](#)

## KQED

**School social worker Maria Garcia** keeps a list on her computer. It's not the kind of

list anyone wants to have; it's not a list of dream vacations or birthday gifts for her three kids or even groceries to pick up. It's a list of all her students' family members who have died from coronavirus: 35 and counting. Garcia works at a public elementary school in Sunset Park, Brooklyn, where she also grew up. Named for a park that sits in view of the Statue of Liberty, it's a neighborhood Garcia describes as vibrant and resilient, "with many people seeking to better their lives."

Nathalie Theodore is a member:

[It's not just you: Why everyone is super exhausted right now](#)

Salon

**Nathalie Theodore, JD, LCSW, a psychotherapist in Chicago**, told Salon it could have to do with the fact that as a society, we've been living under the grip of chronic stress for one year now. From ongoing lockdowns to social distancing, many of the outlets that would usually alleviate a person's stress have been taken away from us for an extended period of time.

Margaret Cochran is a member:

[\[Audio\] How to adjust as society starts to return to normal](#)

KCBS

It's been a year since life slammed to a halt across America and people retreated into the safety of their homes. "People are experiencing what I affectionately refer to as 'pandemic poop out'," said **Dr. Margaret Cochran, a transpersonal psychotherapist and licensed clinical social worker**. "People are exhausted. They've just had adrenal stress forever, their bodies have been filled with a lot of very, very powerful chemicals - and not good ones - and their bodies are feeling that stress."

Heather Berry is a member:

[Pandemic's ripple effect of mental health issues could last years](#)

Bakersfield Californian

**Heather Berry, a licensed clinical social worker** with a private practice in the Kern River Valley, has been a mental health provider for more than 30 years. Berry described the impact of social isolation on those who already lived alone as a "double whammy." But the pandemic and its emotional and psychological effects are virtually universal. "The overall view is that we have all suffered greatly. I mean, who hasn't?" Berry said. "Fear, irritability, exhaustion, uncertainty, tension in relationships ... no one is coming out of this untouched."

Vidya Duff is a member:

[Student mental health: A year of increased need, creative solutions and recognizing warning signs](#)

Sentinel

School counselors are seeing similar issues. The isolation and lack of socialization caused by COVID is creating a "significant" demand for services, said **Vidya Duff, an APS school social worker** who works at Aurora West. "School is one thing that is constant and predictable for students, and this year that has changed," she said.

Molly Zive is a member:

[The Covid entrepreneurs: Americans start millions of new businesses](#)  
**Financial Times**

**Molly Zive, 31, is a licensed clinical social worker** who used to work full time taking calls for an insurance company's employee assistant line. Once the pandemic began, she was taking 20 to 30 crisis calls a day and began to feel burnt out. She decided to start taking private practice therapy clients on the side while working from home.

Abigail Reifsnyder is a member:

[In pandemic, families need coordination, support to help youths cope with mental health struggles](#)

**The Berkshire Eagle**

Many parents also have found themselves second-guessing the decisions they make, said **Abby Reifsnyder, a therapist and licensed independent clinical social worker**. "Am I making the best decision for my kid right now? Should I send them to school? Should I keep them home? Should I let them play with their friend? There are so many decisions that just feel like they're life and death, that feel like they have such severe consequences," Reifsnyder said. "I think that parents can be really hard on themselves, just because they care so much."

Jeremy Fusco is a member:

[Texas Therapists See Surge in Clients Due to Pandemic, Historic Freeze](#)  
**Spectrum**

**Jeremy Fusco, a social worker and U.S. Air Force veteran**, says he's seeing this trend among those he's counseling as well. As a licensed clinical social worker, he's passionate about providing mental health counseling to address the needs of those experiencing moral injury, PTSD, traumatic brain injuries, adjustment, depression, anxiety, and relationship dynamics, just to name a few.

Mina Bibeault is a member:

[Opinion: Stamford schools social worker says 'let us wait until most staff and students are fully inoculated'](#)

**Stamford Advocate**

**I am a Licensed Clinical Social Worker and a School Social Worker for the Stamford Public Schools.** My highest priority is to ensure the safety (physically, mentally, emotionally, and socially) of my students and my colleagues. It is no secret that this pandemic has spun the world from its axis. It certainly has spun mine, as I horrifically lost my healthy brother to COVID-19 in April 2020.

Kate Mohan and Karen Wilkow are members:

[Social Workers Talk About Life During COVID](#)

**The Tablet**

March is National Social Work Month and the theme of this year's celebration is "Social Workers are Essential." The theme would seem to be right on target, judging from what **Karen Wilkow, a social worker with 20 years of experience** has to say about

her job. “We are a key part of the team taking care of the patient — just as doctors and nurses are,” said Wilkow, who works in a unit run by Calvary Hospital in NYU Langone Hospital-Brooklyn in Sunset Park.... “It’s a rewarding and gratifying job,” said **Kate Mohan, assistant director of support services.**

[\[Audio\] Palmetto Mornings talks with Angelo McClain about the After Effects of the Pandemic](#)

WHRI AM 1340

COVID-19 has been with us a full year. Over 500K lives have been lost. There will also be social and economic impacts. **Angelo McClain, Chief Executive Officer of the National Association of Social Workers** is on the show to discuss these further impacts. What will be the role of social workers in helping with the after effects of the pandemic?

Kathleen Gilbert is a member:

[What we’ve lost, what we’ve learned during our year of COVID](#)

CT Mirror

**Kathleen Gilbert, a social worker at Darien High School**, said the pandemic has been traumatic for students, causing them to lose much of what oriented their lives. “In addition to not being in school, there’s the isolation of being home. Sometimes kids couldn’t get together with friends, so the social isolation,” Gilbert said. “Family isolation because different generations weren’t necessarily getting together. So it was a year of loss. It was a year of a lot of things that didn’t happen and that were challenging.”

Anne Marie Olsen-Hayward is a member:

[\[audio\] Taking A Toll: Elderly Mental Health](#)

New Hampshire Public Radio

Nearly a year into New Hampshire’s COVID-19 emergency, stress is a constant presence in the lives of our residents, on our social systems, and in our communities.... For the final show in our three-part series about the mental health impacts of the past year, called [Taking A Toll](#), we talk about older adults. With many facing technological barriers and cognitive issues, elderly people are struggling with isolation and depression. We discuss solutions and resources to help.

Jennifer Kelman is a member:

[Kids are hitting a pandemic wall](#)

abc11.com

Looking at the frustrations that kids are experiencing in terms of loss, the notion of kids hitting a wall has become a manifestation of the grieving process, according to **Jennifer Kelman, a clinical social worker and family therapist with a private practice in Boca Raton, Florida.**

Sam Hickman is executive director of NASW-WV; Jennifer Wells is president of NASW-WV:

[\[Podcast\] Ep. 29 – Social Workers Jennifer Wells and Sam Hickman \(2 March 2021\)](#)

COVID in Appalachia with Chris White

In today's episode, Kim fills in for Chris to jumpstart Social Work month, which is celebrated annually during the month of March, and this year's theme is Social Workers are Essential. Our guests today are **Sam Hickman, CEO of the National Association of Social Workers WV Chapter and Jennifer Wells, President of the NASW-WV Board and senior organizer with Community Change Action**, a national organization fighting for the freedom of low-income, and low-income people of color, to thrive.

Erin Nielsen is a member:

[Colorado's "last responders" are exhausted after a year of coronavirus goodbyes](#)

**The Colorado Sun**

Many caregivers are also struggling with the broad and unequal reach of coronavirus. **Erin Nielsen was struck by the number of Black and Latino patients she was seeing at the University of Colorado Hospital**, and many patients who did not speak English as a first language. It was not surprising — the health care system has long struggled to serve the poor and people of color. In Colorado and nationwide, Black and Latino people have been affected by the coronavirus in [disproportionate numbers](#).