

Welcome to “Help Our Hospital Heroes”

The program will begin in a few minutes.

We invite you to put your first name & location in the chat.

Throughout the program, share on socials using:

#DayofService

#HospitalHeroes



National Day of Service
January 18, 2021

Housekeeping Technology

1. Use the CHAT for technical questions/concerns only.
2. Use the Q&A for questions to the panelists.
3. Polls will be utilized during the presentation to learn more about you. All polls are anonymous.



National Day of Service
January 18, 2021

Help Our Hospital Heroes

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Randy Phelps, PhD

Clinical Psychologist and Give an Hour CEO



Antonio E. Puente, PhD

Neuropsychologist and Past President of the American Psychological Association



Jonathan Wiesen, MD

Pulmonary and Critical Care Physician, MediOrbis Founder and CMO

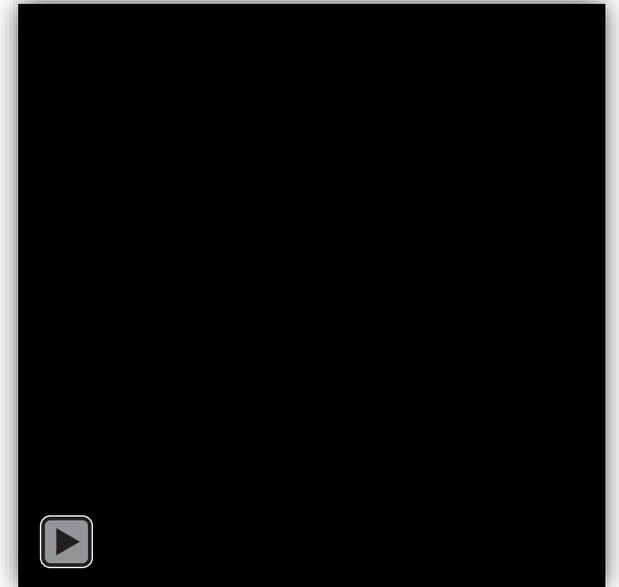


Ashley Hutchinson, MSW

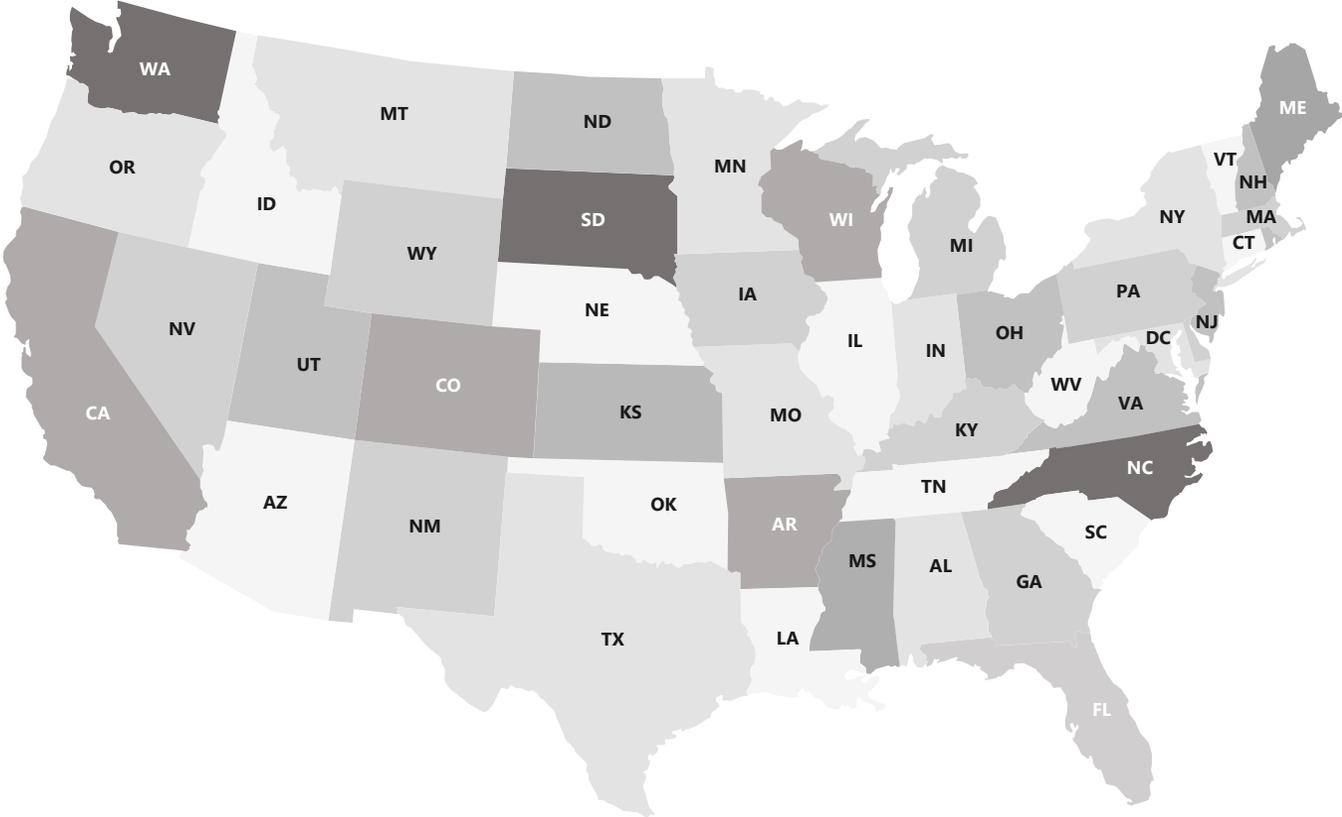
Clinical Social Worker and GAH volunteer



- National Nonprofit; founded in 2005 to give free mental health services to post 9/11 veterans, military members and families. **We have given over 300,000 hours of free care**
- In 2015 we expanded to include natural and man-made disaster support, **and in 2020 created Hospital Heroes during COVID19 with support from Aetna.**
- Give an Hour's current work rests on three pillars:
 - ✓ Increasing access to mental health services thru free care
 - ✓ Providing mental health education
 - ✓ Changing the negative culture of mental health



Mental Health Affects Us All



Pre-COVID:

1 IN 5

In the United States, 1 in 5 adults has a mental health condition - that's over 65 million Americans.

1/2

Half of all chronic mental illness begins by age 14; 3/4th by age 24. Despite effective treatment, there are long delays between the first appearance of symptoms and when people get help.



Mental Health Post-COVID:

- ✓ Nearly half of Americans report the coronavirus crisis is harming their mental health (KFF 2020)
- ✓ US cases of **depression** have **tripled** during the COVID pandemic (JAMA September 2020)
- ✓ **Anxiety, PTSD, and Substance Abuse** are **3-4 times** the rate compared to one year ago (JAMA October 2020)
- ✓ **Suicidal ideation** is up among **young people** since last year, with as many as 1 in 4 people ages 18-24 yrs having seriously considered suicide in the prior 30 days (CDC August 2020)

Free Healthcare for Frontline Hospital Workers

Give an Hour's **Hospital Heroes program** launched shortly after the onset of the COVID-19 pandemic with a grant from Aetna.

- ✓ The program provides six hours of free, confidential, mental health support to all hospital-based essential employees, and their loved ones, in the states of NY, NJ, and CT.
- ✓ The program is available to both clinical personnel offering direct care to patients and non-clinical, non-direct care hospital employees.
- ✓ Since the launch of the program, GAH has been able to respond to the growing mental health crisis faced by frontline workers and their families and offer treatment to those most affected by the Pandemic.





FEEDBACK

“I didn’t realize how much I was truly struggling until I met with my provider for 6 weeks.”

“After the peak of Covid in CT in the spring I realized I was having a lot of anxiety and anger through it all. Talking to someone about my experiences and what was going on truly has helped me.”

“I was able to get in contact with a therapist that I work well with!”

“Kind providers, easy access to virtual therapy.”

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Panel Discussion:
Early Identification



What can you do to help?

- ✓ Let the hospital workers in your life know about this program, send them to giveanhour.org
- ✓ Learn about the Five Signs, the Healthy Habits, and how to be a support system



Know the Five Signs of Emotional Suffering



Personality Changed?



Feeling Agitated?



Feeling Withdrawn?



Poor Self-Care?



Feeling Hopeless?

#ChangeDirection

ChangeDirection.org



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**Panel Discussion:
Self Care**



Healthy Habits of Emotional Wellbeing



TAKE CARE



CHECK IN



ENGAGE



RELAX



KNOW FIVE SIGNS

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Healthy Habits During COVID-19

change direction
A division of Give an Hour's Collaborative Impact Effect

CORONAVIRUS: HEALTHY HABITS FOR EMOTIONAL WELL-BEING

CHANGEDIRECTION.ORG

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TAKE CARE OF YOU

- Tune in to how you're feeling daily.
- Take regular breaks from the news.
- Go for a walk or hike.
- Learn and practice meditation each day.
- Keep a food journal and plan ways to eat healthily.
- Get 8 hours of sleep and/or take a nap during the day!
- Listen to an inspirational podcast.

CHECK IN WITH OTHERS

- While maintaining social distance, use technology to stay connected with people in your life.
- Call or video chat a loved one, family member, or friend to check in on them and let them know you care.
- Write a letter to a loved one letting them know how much they mean to you.
- Take time to connect with an old friend via phone or email.

ENGAGE AND CONNECT WISELY

- Video chat your loved ones and "join" them for meals.
- Review your social media and screen time habits; follow positive people and messages.
- Create an online photo album to share with friends and loved ones.
- Learn a new hobby! Go online and learn how to paint or make a delicious meal!
- Pull out board games, puzzles, and cards.

RELAX AND REDUCE STRESS

- Listen to your favorite playlist.
- Weather permitting, work in your garden.
- Open that book you have been wanting to read and escape into its pages.
- Indulge in a hot bath.
- Catch-up on your favorite TV series.
- If you find it relaxing, tackle that junk drawer, pantry, or closet.

We wash our hands for our physical health, learn the Five Signs of Emotional Suffering to keep up with your mental health.

Not Feeling Like U?

R U Withdrawn?

R U Agitated?

Caring 4 U?

Feeling Hopeless?

give an hour
Giving Help and Hope

Coronavirus Resources: Coping with Grief and Loss

WWW.GIVEANHOUR.ORG

Grief is a normal response to loss. There are many types of loss: Death of a loved one, loss of a marriage, a job, missing a life event (graduation, wedding, funeral), a sporting season, or loss of a daily routine. Loss can disrupt physical health—our sleep, eating habits, and daily activity—and our mental health as well. Grief and how you grieve is personal and looks different for everyone. It also depends on the severity of the loss. Some people experience a whole range of feelings which may include denial, anger, bargaining, depression, and acceptance. Unresolved grief may lead to depression, anxiety, and substance abuse, which may require professional help. There is no set timetable for working through grief and moving on doesn't mean you forget.

TAKE CARE OF YOU

- Recognize your physical and/or emotional pain. Grief is a normal response to loss.
- Pay attention to your body's needs. Your normal sleeping and eating routines may change, and that's ok for now.
- There's no set end date for your grief. Be kind to yourself and take all the time you need.
- Face your feelings. Being sad, angry, guilty, and numb may be part of your process.
- Give yourself permission to feel happy and to laugh. Grief is personal and complicated, which can include a roller coaster of emotions.

RELAX & REDUCE STRESS

- Expect grief "triggers" to pop up and plan on how to handle them. Honor holidays, anniversaries, seasons and life milestones in a new way.
- Maintain your hobbies and interests or find new ones. Be proactive. Make a tribute page on social media. Share your story and invite others to chime in too.
- Many find spiritual connection comforting as they grieve. Do what works for you—meditate, pray, or commune with nature.
- Express your feelings in a creative way. Write a letter to your loved one saying all the things you never got to say, honor your memories with a photo album, plant a tree to acknowledge your loss.

CHECK-IN WITH OTHERS

- Stay in touch with friends and family who understand your loss.
- Join a virtual support group, it may be helpful to know that you are not alone.
- Reach out to a grief counselor to talk about your loss.

ENGAGE & CONNECT

- Tune in to your relationships; significant others, friends, children, and colleagues are probably feeling the loss too.
- Relationships can be complicated when you are grieving. Everyone grieves differently. Be sensitive to each other's grieving process.
- Learn the Healthy Habits of Emotional Well-being.

HELP IS AVAILABLE

Unresolved grief may lead to depression, anxiety, and substance abuse, which may require professional help.

Crisis Text Line: Text SIGNS to 741741 for 24/7, anonymous, free crisis counseling

Suicide Prevention Lifeline: 1-800-273-TALK

Veterans Crisis Line: 1-800-273-8255, Press 1

give an hour
Giving Help and Hope

CORONAVIRUS RESOURCES: Tips for Working from Home

change direction

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Give an Hour has been operating in a virtual environment for 15 years and our staff would like to share their tips for working from home. For many who are used to leaving their home to work in an office, it may be difficult to combine work and home spaces. Here are our Give an Hour Staff tips on how to be productive employees, and prioritize our well-being as we continue to care for our families, and loved ones at home.

CREATE YOUR WORKSPACE

Create a designated workspace that allows you to be as productive as possible and separates work and home life. Keep your workspace clean and organized.

Take advantage of the virtual environment and get out of the "office" by taking a work call while on a walk or working from your laptop on the porch.

Start your day by creating a task list for home life. Wrap up your workday by creating a priority list for the next day.

CHECK-IN & CONNECT WITH COLLEAGUES & FAMILY MEMBERS

Keep up with your work relationships by creating office "games" and celebrations. Send around e-cake for birthdays and fancy hat video chats during weekly calls.

While working at home, you most likely have family members around. Find a way to respect their needs while also meeting yours just as you would your colleagues.

Reorganize your work schedule to fit in family and household responsibilities.

Remember to pick up the phone or schedule a video call—all communication doesn't have to be done via email—face to face interaction, even if on a screen, is important for our social emotional health.

TAKE CARE OF YOU

Wake up at a regular time and get ready for work with a shower and dress in comfortable and casual clothes. Stay hydrated and eat healthy, even on your busiest days.

Do something that signifies the start and end of your workday to help you transition from work to home. Take breaks from your screen, take a walk, eat a healthy snack with those in your home.

Take care of you by enjoying your favorite things. Drink tea from your favorite mug and make your workspace peaceful by lighting a candle.

Recognize your needs—you may need to start an hour later or take a longer lunch than normal to get your family organized before beginning your work.

Download all 12 FREE resources at [giveanhour.org](https://www.giveanhour.org)

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Panel Discussion:
Support



Now what?

- ✓ Watch for the Five Signs in yourself and others.
- ✓ Reach out to support others and reach out for yourself.
- ✓ Practice the Healthy Habits.

www.giveanhour.org



Helplines & Resources

- ✓ Crisis Text Line: Text SIGNS to 741741
- ✓ Suicide Prevention Lifeline: 1-800-273-TALK (8255); Veterans press 1
- ✓ Visit reach.gov for additional resources



QUESTIONS?

Email your questions
to info@giveanhour.org

www.giveanhour.org



**Thank you and
stay safe!**

