

“Stressed Out? Moving Forward During a Pandemic.”

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CFS: Emergency Services Program



Did You Know?

#DYK



543 North Street
New Bedford, MA 02740
508-996-3154



#DYK

You do NOT need to be in a crisis.

Call us Any Time, for Anything.

Yes, we help those in a mental health crisis **100%**!
However, you do **NOT** need to be in a crisis to see us!
We'd like to be your outlet and intervene before you reach a state of distress (if possible). Do not be afraid to call us even if it is just to talk and process your emotions; we are here to listen.



#DYK

Don't worry about insurance.

Our Priority is You.

You do NOT need insurance to see us, so don't let that be a factor as to why you don't call us. Give us a call and we will take care of the rest. Did you know? A common barrier to someone getting the care they need includes the cost of insurance and transportation.



#DYK

We can come to you!

No Transportation, No Problem.

If you cannot make it to our office due to transportation issues, or simply because you would like to be seen elsewhere, don't worry! Our MCI (Mobile Crisis Intervention) program allows us to meet you where it is safest whether that be at home, or somewhere in the community. If you want to come to us, we can provide you with transportation. Our catchment area is fairly large, we cover 17 towns and 1 city from Greater New Bedford to the Greater Plymouth area!



#DYK

Skip the ED, see us!

Let us help you, first.

If you are not in a medical emergency, let us get the appropriate care for your needs. Let's face it, the ED brings longer wait times and the possibility of large medical bills. More likely than not, they will refer you to us so let's skip that step! Let us intervene and consider all your options, starting with the least restrictive level of care.



#DYK

We're open 24/7 - 365 & holidays!

No Time is a Bad Time.

Did you know? We are a 24-hour program and our phone lines/building is open 24 hours a day, 7 days a week, 365 days a year including holidays AND weekends! You can call/see us any time of the day or night. Our team is here to listen.

#WeAreHereForYOU



Why are we telling you all this?



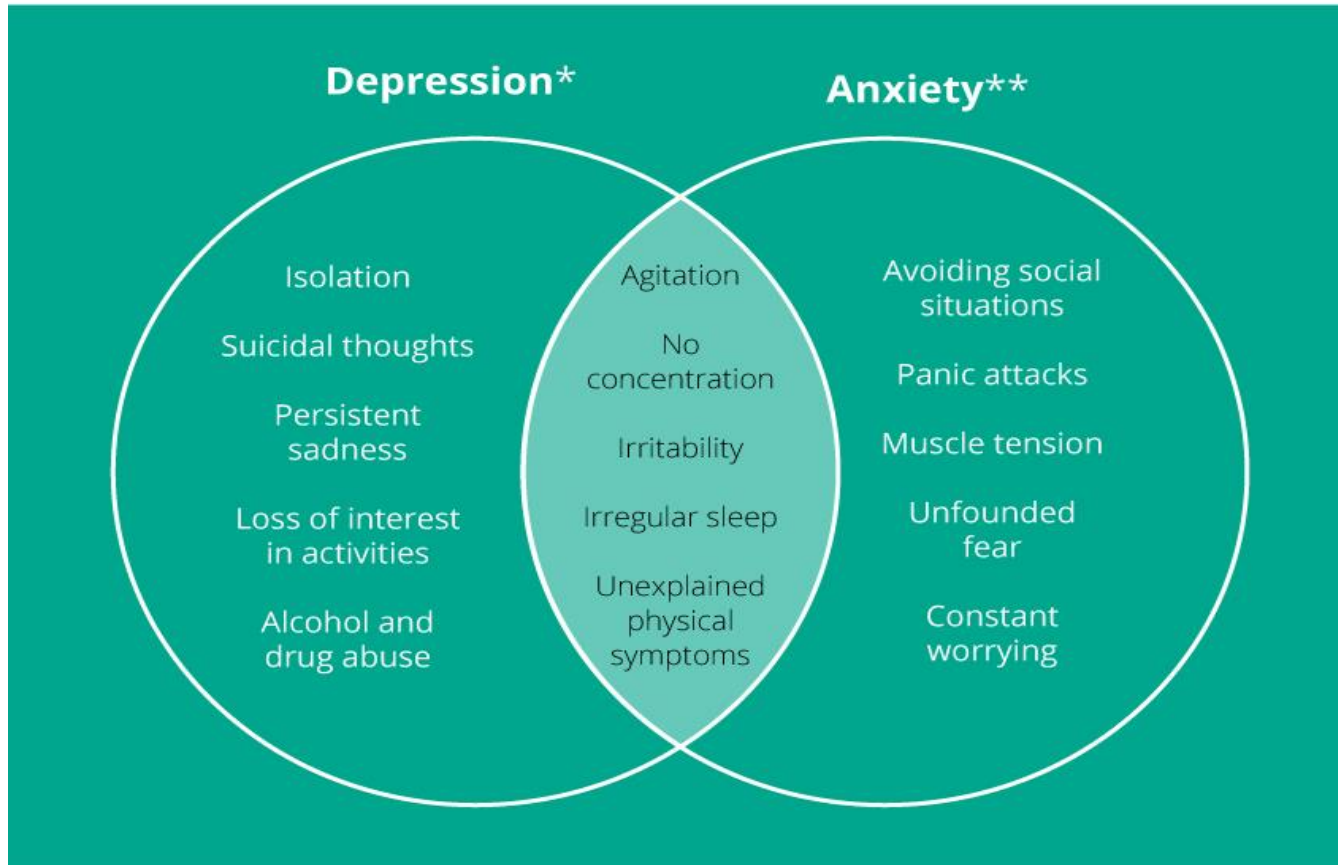
Feeling the effects of COVID-19 in Mental Health: Predictions for the future

- The Massachusetts Association for Mental Health recently released an article entitled, *Estimated COVID-19 Behavioral Health Outcomes: Research in Perspective to Inform Action to Mitigate Morbidity and Mortality* which predicts that the following outcomes can be anticipated as we continue to feel the effects of COVID-19.
- According to their research, they identified three facets that contributed to “deaths of despair” (deaths related to suicide, drugs, and alcohol) these are: a massive jump in *unemployment, mandated social isolation, and lastly widespread uncertainty and fear.*
- The researchers estimated that in the state of Massachusetts alone, we could see the following outcomes in the coming year:
 - 60 to 300 additional deaths by suicide
 - 100 to 500 extra deaths by drug overdose
 - 5,000 to 55,000 extra people with a substance use condition



Are you at risk?

Know the common symptoms of depression and anxiety.



*Symptoms must be present for more than two weeks.

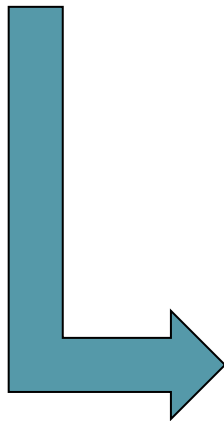
**You must experience three or more symptoms on most days for at least six months.

If you are thinking about harming yourself, seek help immediately.



Depression Screening Tool

- Ask that participants complete /process answers
- <https://screening.mhanational.org/screening-tools/depression/>



The screenshot shows the MHA Depression Test interface. At the top left is the MHA logo (Mental Health America). To the right are links for 'Mental Health Information', 'Resources', and 'About Us'. In the top right corner, there is a search icon and a 'LOG IN' button. Below the navigation is an orange button that says 'TAKE A MENTAL HEALTH TEST'. The main heading is 'Depression Test'. Below this is a progress indicator with three steps: 'Test Questions' (the first step is active), 'Demographic Information', and 'Your Results'. The main question is: 'Over the last 2 weeks, how often have you been bothered by any of the following problems?'. Below this is a note: 'Please note, all fields are required.' There are two questions listed: 1. 'Little interest or pleasure in doing things' and 2. 'Feeling down, depressed, or hopeless'. For each question, there are four response options: 'NOT AT ALL', 'SEVERAL DAYS', 'MORE THAN HALF THE DAYS', and 'NEARLY EVERY DAY'.



Warning Signs of Addiction

CRAVINGS

Feeling a constant craving for alcohol or for a certain type of drug

TOLERANCE

Needing more alcohol or drugs in order to get that same sense of euphoria that you once experienced with a smaller amount

ERRATIC BEHAVIOR

Getting complaints from friends and family that your behavior is erratic or odd

WITHDRAWAL SYMPTOMS

These signs can include severe shaking (delirium tremens for alcohol withdrawal), anxiety, nausea, vomiting or sweating.





Warning Signs for Suicide

Immediate Risk

The following three should prompt you to immediately call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or a mental health professional.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

Serious Risk

Other behaviors may also indicate a serious risk—especially if the behavior is new; has increased; and/or seems related to a painful event, loss, or change.

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



Suicide Awareness

- One of the greatest myths about suicide is that if we talk about it, we might provide someone with the thought to complete suicide.
- The reality is that the inverse is true and that when we talk about it, we bring light to the topic of suicide, to the stigma around mental health, and allow for open and supportive conversations about suicide.



Question. Persuade. Refer.

Three steps anyone can learn to help prevent suicide.



- QPR - Question, Persuade, Refer is a form of suicide intervention created by psychologist Dr. Paul Quinnette.
- QPR is intended to offer hope through positive action and much like CPR can be taught to many individuals regardless of educational background, professional degree, and applied in a variety of settings (i.e. schools, community settings, church, families, congregate care settings).
- There are many certified QPR trainings throughout the state



Stress can cause...

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of tobacco, alcohol, and other substances



<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>



Prolonged Stress - As experienced in the last 14 months of the pandemic

- **Chronic stress** disrupts nearly every system in your **body**.
 - It can suppress your immune system
 - Upset your digestive system
 - Increase the risk of heart attack and stroke
 - Upset your reproductive systems
 - Speed up the aging process.



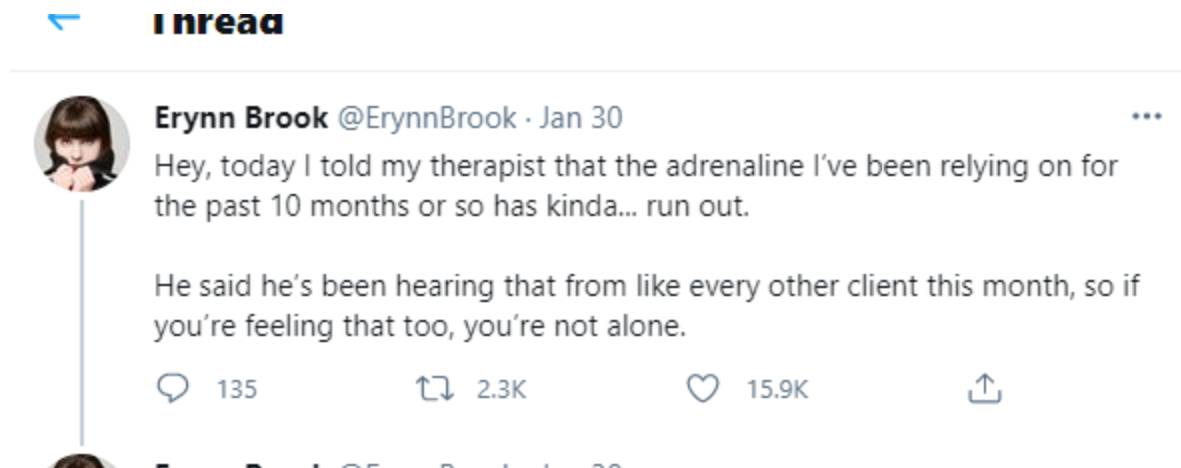
What causes your stress?

- Work
- Job insecurity
- Financial Stress
- Caregiver stress
- Grief and Loss



COVID Stress and Burnout

- It's normal for burnout to occur after prolonged stress and uncertainty. The adrenaline and fuel we have been running on is getting low and we are emotionally exhausted.
- We don't have the same sense of security we could fall back on during pre-pandemic times. Those traditional outlets — the gym, a vacation, going out with friends, visiting family — aren't necessarily options right now or haven't been for awhile.
- Most of us have had to learn new ways to cope with everyday stress since our usual coping skills may not be working.
- Work and Home collided, and our boundaries are not as strong
- What happens when the adrenaline stops? We are all experiencing sustained and widespread trauma. When we stop and slow down, ask yourself- How am I feeling? What's the answer? Not well, exhausted, worried



COVID Related Trauma

- Bereavement, isolation, loss of income and fear are triggering mental health conditions or exacerbating existing ones. Many people may be facing increased levels of alcohol and drug use, insomnia, and anxiety.

[COVID-19 disrupting mental health services in most countries, WHO survey
www.who.int › news-room › detail › 05-10-2020-covid-1..](https://www.who.int/news-room/detail/05-10-2020-covid-19)

The physical stress of infection might end, but COVID-19 patients can carry emotional scars from the experience for months and years, often in the form of post-traumatic stress disorder (PTSD).

Even once physically recovered, these people may experience lingering effects due to:

- A fear of dying.
- Social isolation from the time spent hospitalized or in quarantine.
- Anxiety at the thought of getting sick again.
- Guilt over infecting or harming others.

Signs that PTSD may be affecting you can include:

- Overwhelming sadness, fear or anger.
- Having flashbacks or nightmares.
- Feeling detached from your life and loved ones.
- Avoiding memories of the illness.

<https://hartfordhealthcare.org/about-us/news-press/news-detail?articleId=28679&publicid=395>



Moving Forward: *How to Manage Stress*



Burnout/Endurance Strengthening

- Let's compare mental health to physical health and strength/cardio training
- You need to practice healthy habits (nutrition, activity, sleep) to maintain your stamina and endurance
- Example: If I don't work out for the next two weeks then go for a run/go to gym- I may experience...
 - Shortness of breath
 - Knee pain
 - Aches
 - Less likely to perform as usual
 - Soreness the following day
- How does that compare to taking care of your mental health to be in peak performance when faced with stress, emotional triggers and challenges?



How to Keep Work Stress from Taking Over Your Life

- Be aware of how it affects you
- Write down your stressors
- Take time to recharge
- Hone your time management skills
- Balance your work and personal life
- Re-Evaluate negative thoughts
- Rely on a strong support network
- Take care of yourself
- Learn relaxation techniques
- Stay out of office gossip mill
- Let go of perfectionism
- Go on vacation
- Approach your supervisor
- Seek counseling

[\(<https://www.healthline.com/health/work-stress>\)](https://www.healthline.com/health/work-stress)





<https://www.youtube.com/watch?v=oxHnRfhDmrk>



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Instagram: @cfsemergencyservices

<https://www.instagram.com/cfsemergencyservices/>

Or Visit Our Website:

<https://child-familyservices.org/emergency-services-crisis-center/>



Resources

- <https://www.mamh.org/library/estimated-covid-19-behavioral-health-outcomes-research-in-perspective-to-inform-action-to-mitigate-morbidity-and-mortality>
- <https://www.qprinstitute.com/>
- <https://screening.mhanational.org/screening-tools/depression/>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- <https://www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm>
- [COVID-19 disrupting mental health services in most countries, WHO survey](https://www.who.int/news-room/detail/05-10-2020-covid-19-disrupting-mental-health-services-in-most-countries)
- [www.who.int › news-room › detail › 05-10-2020-covid-19-disrupting-mental-health-services-in-most-countries](https://www.who.int/news-room/detail/05-10-2020-covid-19-disrupting-mental-health-services-in-most-countries)
- <https://hartfordhealthcare.org/about-us/news-press/news-detail?articleId=28679&publicid=395>
- <https://www.healthline.com/health/work-stress>

