

**NOT ALL WOUNDS  
ARE VISIBLE**

A Community Conversation:  
Understanding Grief, Loss and Building  
Hope During the COVID-19 Pandemic



November 12, 2020



## Program Outline/Schedule

### COVID-19 Overview and Update

10:40 am: Naming, Taming and Reframing Your Grief

11:40 am-12 pm: Q&A

**12-12:30 pm: BREAK**

12:30-1:30 pm: Beyond Self Care: Building Your Wellness Toolkit/Backpack

1:30 pm: Q&A

2 pm: Program ends



## Today's Speaker

**Dr. Chuck Callahan** is the Vice President of Population Health at the University of Maryland Medical Center in Baltimore.



- Dr. Callahan is a retired Army physician-executive with more than 30 years of experience as a pediatrician, pediatric pulmonologist and intensive care physician.
- He also served as chief medical officer, chief operating officer and chief executive officer of military facilities and health systems in the Washington D.C. area.
- His global health experience includes the care of patients with Ebola in Sierra Leone.
- As the author of more than one hundred abstracts, articles, books and book chapters, Dr. Callahan is currently providing local and state public health leadership during the COVID-19 pandemic.



## Today's Speaker



**Deborah Weber, LCPC** is a licensed clinical professional counselor and Manager of the Shore Behavioral Health Intensive Outpatient Program at the UM Shore Regional Health at Dorchester. With a Master's Degree in clinical psychology, Deborah has been in this role for more than 20 years.

- Deborah conducts daily intensive mental health therapy in a group setting.
- In her small private practice in Cambridge, Maryland, Deborah provides therapy to individuals, couples and families as well as grief counseling to individuals and organizations.



## Today's Speaker



**Kent Alford, RN, BSN, MSNC, B.C.** is a board certified psychiatric registered nurse and Behavioral Health Director at UM Capital Region Health.

- Kent has over 20 years behavioral health experience working as a clinician and over a decade of executive/senior executive experience.
- Kent serves on several community mental health committees and is currently the co-chair of the Behavioral Health Advisory Group.
- Kent has piloted many state-of-the-art programs in behavioral health in Maryland, including tele-psychiatry.
- Kent serves as adjunct faculty for the BSN program at Catholic University.



## Today's Speaker



**Wanda Binns, LCSW-C** is the Employee Assistance Program (EAP) Manager for the University of Maryland Medical System.

- Wanda has more than 30 years of experience as a licensed, clinical social worker offering expertise with relationships, addiction, stress and depression.



## Today's Speaker



**Connie Noll, DNP, PHMNP-BC, CRNP** is a board certified psychiatric nurse practitioner at UM Upper Chesapeake Health System.

- Dr. Noll is a national leader in psychiatric nursing, as chair of the Recovery Council of the American Psychiatric Nurses Association.
- She was among the American Red Cross disaster mental health team who responded in the wake of the crash of United Flight 93 in Shanksville, Pa, on Sept 11, 2001; later providing services in NYC.
- Dr. Noll has been privileged to volunteer with the Red Cross, deploying to the Oklahoma City bombing, the LA earthquake, and Hurricane Katrina among other assignments.



**Sensitive  
Content**



“This presentation will provide general wellness information and tips, and is not intended as a substitute for medical advice. Please contact your health care provider for specific guidance or recommendations. Additional resources are available at <https://www.umms.org/coronavirus>.”

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**Overview: COVID-19 in Maryland**



# COVID-19 in Maryland



## Timeline

- **November 17, 2019** COVID-19 patient zero in Hubei province, China
- **December 31, 2019** China reported COVID epidemic to WHO
  - Primarily Wuhan province
- **January 7, 2020** Outbreak of pneumonia in China identified as novel coronavirus
- **January 11, 2020** China reported the first death from coronavirus
  - 61 y/o man from Wuhan
- **January 20, 2020** WHO reported the first cases outside of China
  - Thailand, Japan and South Korea
- **January 21, 2020** First COVID case in the US, a man in his 30's in Washington State
- **January 30, 2020** WHO declared the outbreak a global public health emergency
- **February 11, 2020** WHO announced the name of the disease COVID-19
- **February 14, 2020** First COVID death outside of China, 80 y/o tourist in France
- **February 24, 2020** US Stock market dropped 1,031 points
- **March 5, 2020** First COVID case in Maryland
- **March 11, 2020** WHO declared the outbreak a pandemic
- **March 13, 2020** US President declares a national state of emergency
- **March 14, 2020** First COVID cases in Baltimore City
- **March 28, 2020** First two COVID deaths in Baltimore City

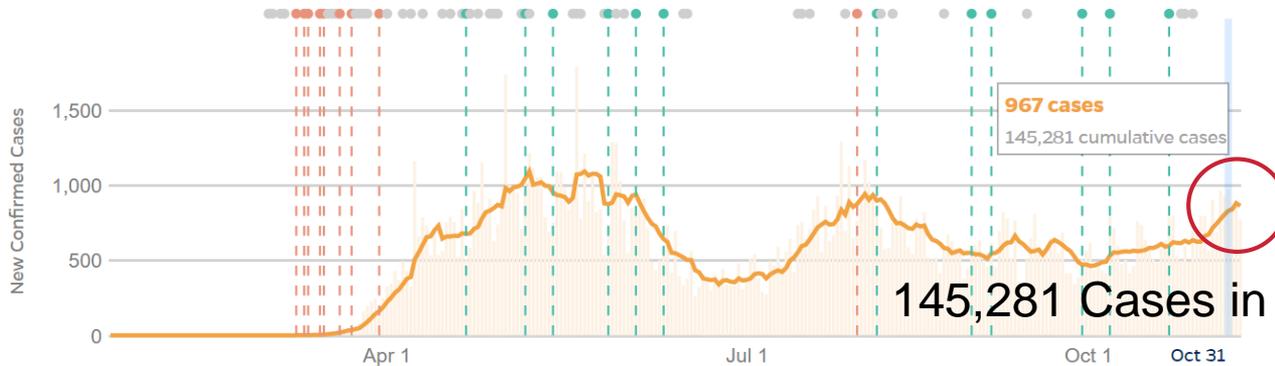
# COVID-19 in Maryland



## RECENT OPENING AND CLOSING POLICY DECISIONS

● Restriction/closing ● Opening ● Deferring decisions to county ● Other

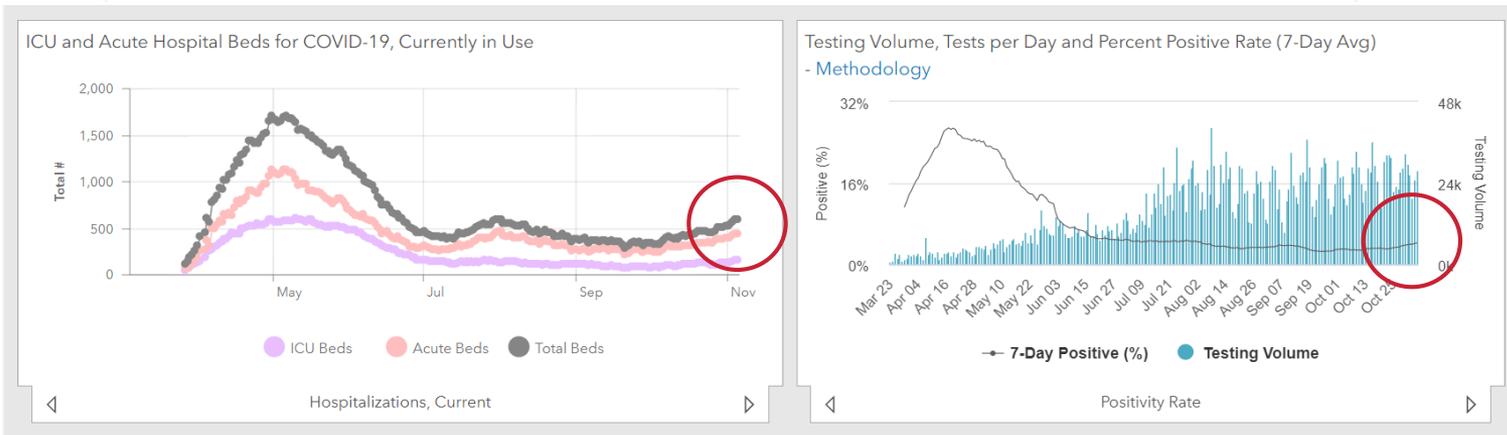
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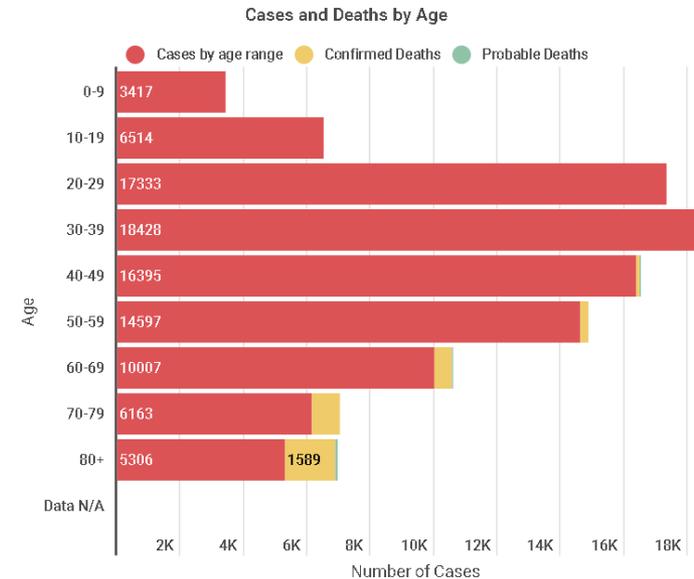
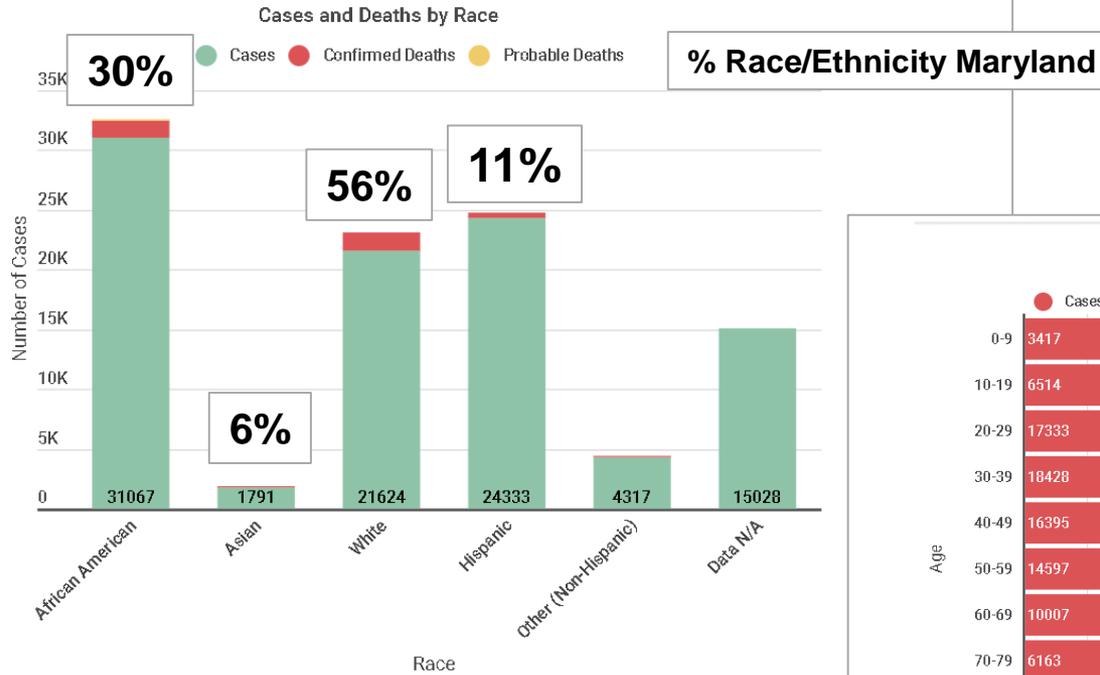
145,281 Cases in Maryland

Mar 02, 2020

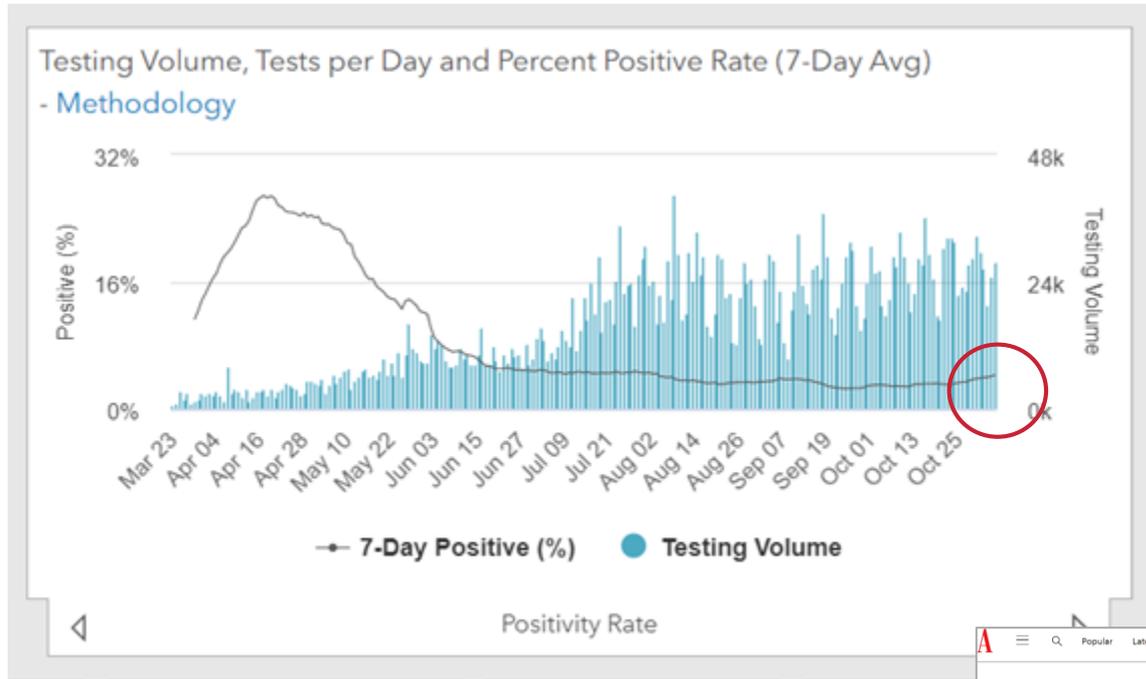
○ CUMULATIVE CASES | ○ CUMULATIVE DEATHS



# COVID-19 in Maryland



# COVID-19 in Maryland



**A** Popular Latest

**TECHNOLOGY**  
A New Statistic Reveals Why America's COVID-19 Numbers Are Flat

Few figures tell you anything useful about how the coronavirus has spread through the U.S. Here's one that does.

ROBINSON MEYER AND ALEXIS C. MADRIGAL APRIL 16, 2020

What are the components of “test positivity?”

What components might be affected by health care inequity or racism?

# COVID-19 in US



## COVID-19 CASES, HOSPITALIZATION, AND DEATH BY RACE/ETHNICITY

### FACTORS THAT INCREASE COMMUNITY SPREAD AND INDIVIDUAL RISK



CROWDED SITUATIONS



CLOSE / PHYSICAL CONTACT



ENCLOSED SPACE



DURATION OF EXPOSURE

Rate ratios compared to White, Non-Hispanic Persons	American Indian or Alaska Native, Non-Hispanic persons	Asian, Non-Hispanic persons	Black or African American, Non-Hispanic persons	Hispanic or Latino persons
CASES <sup>1</sup>	2.8x higher	1.1x higher	2.6x higher	2.8x higher
HOSPITALIZATION <sup>2</sup>	5.3x higher	1.3x higher	4.7x higher	4.6x higher
DEATH <sup>3</sup>	1.4x higher	No Increase	2.1x higher	1.1x higher

Race and ethnicity are risk markers for other underlying conditions that impact health — including socioeconomic status, access to health care, and increased exposure to the virus due to occupation (e.g., frontline, essential, and critical infrastructure workers).

### ACTIONS TO REDUCE RISK OF COVID-19



WEARING A MASK



SOCIAL DISTANCING (6 FT GOAL)



HAND HYGIENE



CLEANING AND DISINFECTION



<sup>1</sup> Data source: COVID-19 case-level data reported by state and territorial jurisdictions. Case-level data include about 80% of total reported cases. Numbers are unadjusted rate ratios.

<sup>2</sup> Data source: COVID-NET (<https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>, accessed 08/06/20). Numbers are ratios of age-adjusted rates.

<sup>3</sup> Data source: NCHS Provisional Death Counts (<https://www.cdc.gov/nchs/nvss/vsrr/COVID19/index.htm>, accessed 08/06/20). Numbers are unadjusted rate ratios.

[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

CS319360-A 08/08/2020



# COVID-19 IMPACT



- **Exposed** to COVID-19



# COVID-19 IMPACT



- **Exposed** to COVID-19
- **Prevented** COVID-19



# COVID-19 IMPACT



- **Exposed** to COVID-19
- **Prevented** COVID-19
- **Infected** with COVID-19



# COVID-19 IMPACT



- **Exposed** to COVID-19
- **Prevented** COVID-19
- **Infected** with COVID-19
- **Tested** for COVID-19



# COVID-19 IMPACT



- **Exposed** to COVID-19
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- **Treated** for COVID-19



# COVID-19 IMPACT



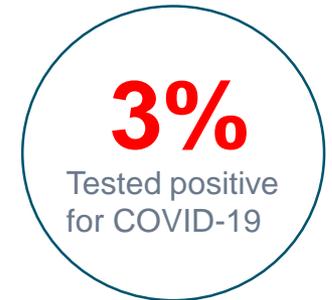
- **Exposed** to COVID-19
- **Prevented** COVID-19
- **Infected** with COVID-19
- **Tested** for COVID-19
- **Treated** for COVID-19
- **Expired** from COVID-19



# COVID-19 IMPACT



- **Exposed** to COVID-19
- **Prevented** COVID-19
- **Infected** with COVID-19
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- **Expired** from COVID-19





# COVID-19 IMPACT



- **Exposed** to COVID-19
- **Prevented** COVID-19
- **Infected** with COVID-19
- **Tested** for COVID-19
- **Treated** for COVID-19
- **Expired** from COVID-19

**3%**

Tested positive  
for COVID-19

**11%**

Pretty sure  
they've had  
COVID-19



# COVID-19 IMPACT



- **Exposed** to COVID-19
- **Prevented** COVID-19
- **Infected** with COVID-19
- **Tested** for COVID-19
- **Treated** for COVID-19
- **Expired** from COVID-19

**3%**

Tested positive  
for COVID-19

**11%**

Pretty sure  
they've had  
COVID-19

**65%**

Know someone  
who's had  
COVID-19

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**Naming, Taming and Reframing Your Grief**



# Understanding COVID Fatigue

- Becoming and remaining informed
- Acknowledging the “fear factor”
- How much longer will it last?
- What will life be like post-COVID?
- Will I ever be able to fully relax?



## *Acknowledging and grieving what has been lost:*

- 230,000+ lives
- Ability to move about freely
- Employment
- Economic security
- Routines
- Traditions
- Personal freedom
- Emotional ease



# POLLING QUESTION:

What is the biggest loss you are currently experiencing as a result of the COVID-19 pandemic?



# Loss of Life

- Strangers
- Loved ones

# Loss of Freedom

- Moving about without fear
- Feeling unencumbered
- Confidence in feeling “safe” in the company of others



## Loss of Routine

- Missing school
- Missing work
- Missing church
- Missing interaction
- Missing time alone
- Missing recreation/fun



# Loss of Financial Security

- Financial difficulties
- Loss of employment income
- Loss of retirement income
- Loss of home
- Loss of prospects



# Loss of Opportunity

- Inability to grocery shop
- Empty shelves in stores
- Food insecurity
- Loss of discretionary spending



# Loss of Ability to Engage in Traditions

- Weddings/funerals
- Births
- Graduations/new college experiences
- Holidays
- Social gatherings
- Dates
- Sporting events



## Loss of Emotional Ease

- What if?
- If only . . .
- Does my colleague have it?
- Do I have it?
- What will happen to my family if . . .
- Why now?
- Why me?



## Loss of Relationship(s)

- Loss of child or spouse
- Strong sense of failure
- 67% increase in risk for psychiatric hospitalization in parents who have lost a child
- Increased incidents of domestic violence



# Importance and Purpose of Grief

- Signals “something is different”
- Demands time and attention
- Promotes creation of new neurons
- Requires courage, strength and grace
- Relies on personal fortitude
- Results in growth



# POLLING QUESTION:

How has loss affected you during the COVID-19 pandemic?



# Guide to Surviving Grief

Cry whenever you need to.  
Scream. Shout. Lay on the floor. Sob in  
the shower. Be still. Run. Walk. Create.  
Live your truth. Share without fear.  
Listen. Release your pain. Breathe.  
Be courageous. Throw away the map.  
Wander. Be real. Be compassionate.  
Read. Seek friendship. Be vulnerable.  
Don't fear being broken.

- *Zoe Clark-Coates*



# Grief Waxes and Wanes

- Bad days
- Okay days
- More bad days . . . .
- Tolerable days most of the time
- Mostly good days
- The “new normal”



# Reframing Grief

- A necessary emotion
- Delaying is prolonging
- The learning curve
- The transient nature of emotion
- Acknowledgment without judgment



## Reframing Grief

- Feeling one's feelings – all of them
- Celebrating emotion
- Living fully by “being present”
- The power of here and now
- Resisting the desire to remain stuck



# Reframing Grief

- Learning from it
- Acquiring resilience
- Overcoming fear
- Revealing grace
- Finding peace



## Questions & Answers (Reflection)



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The webinar will resume at 12:30 p.m.

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**Beyond Self Care: Building Your Wellness Toolkit**



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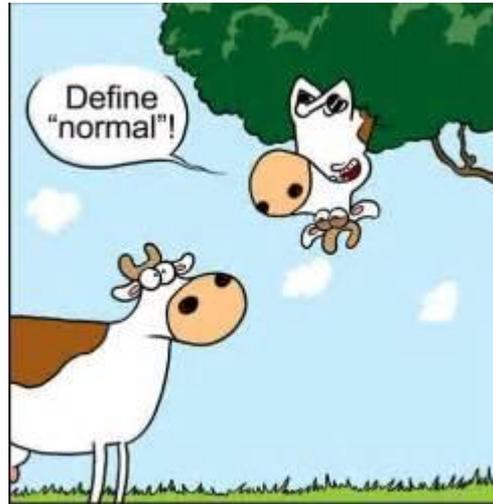
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- **Determine what is normal during a pandemic**
- **Build a wellness toolkit/backpack**
- **Learn how to move forward while surviving and thriving**



# The Myth of Normal





# Pandemic “Normals”

*Some expected negatives include:*

- Stress
- Anxiety
- Depression
- Grief





# Norms

- Age
- Culture
- Community
- Society





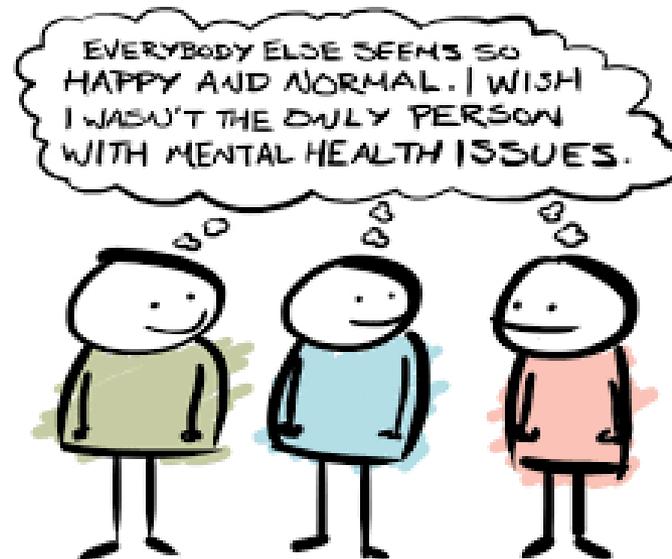
# Grief/Loss

- Devastating loss
- “Sliver” of loss
- Disappointments
- Any change feels like loss



# Function

What's normal for you?





# Stress vs. Inability to Function

## Important differences:

- Am I sleeping?
- Am I taking care of myself and others I'm responsible for?
- Am I getting things done?
- Do I feel safe?



# From Anxiety to Healthy Fear and Minimizing Risk

## *Backpack: Need a raincoat?*

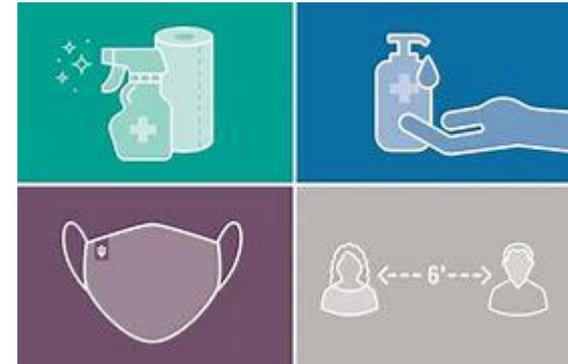
Steps you take during a pandemic for daily protection of yourself and others.



### Trust science and evidence:

- Wear a mask
- Social distance
- Avoid large gatherings and crowds
- Wash your hands frequently
- Avoid touching your face

Review and analyze your risk. Stay safe!





What doesn't break you, makes you stronger

**Post-Traumatic Growth**

“ Trauma doesn't have to defeat you. It can be a perfect opportunity for growth. Don't just make a comeback. Use it as a catalyst forward.

-Matt McWilliams

[MattMcWilliams.com/ptg](http://MattMcWilliams.com/ptg)



- **Resilience:** Capacity to recover quickly from difficulties.
- **Psychological Resilience:** Individual ability to cope with stress and adversity.
- **Post Traumatic Growth:** Positive changes that occur as a result of surviving a traumatic event.





## Civility

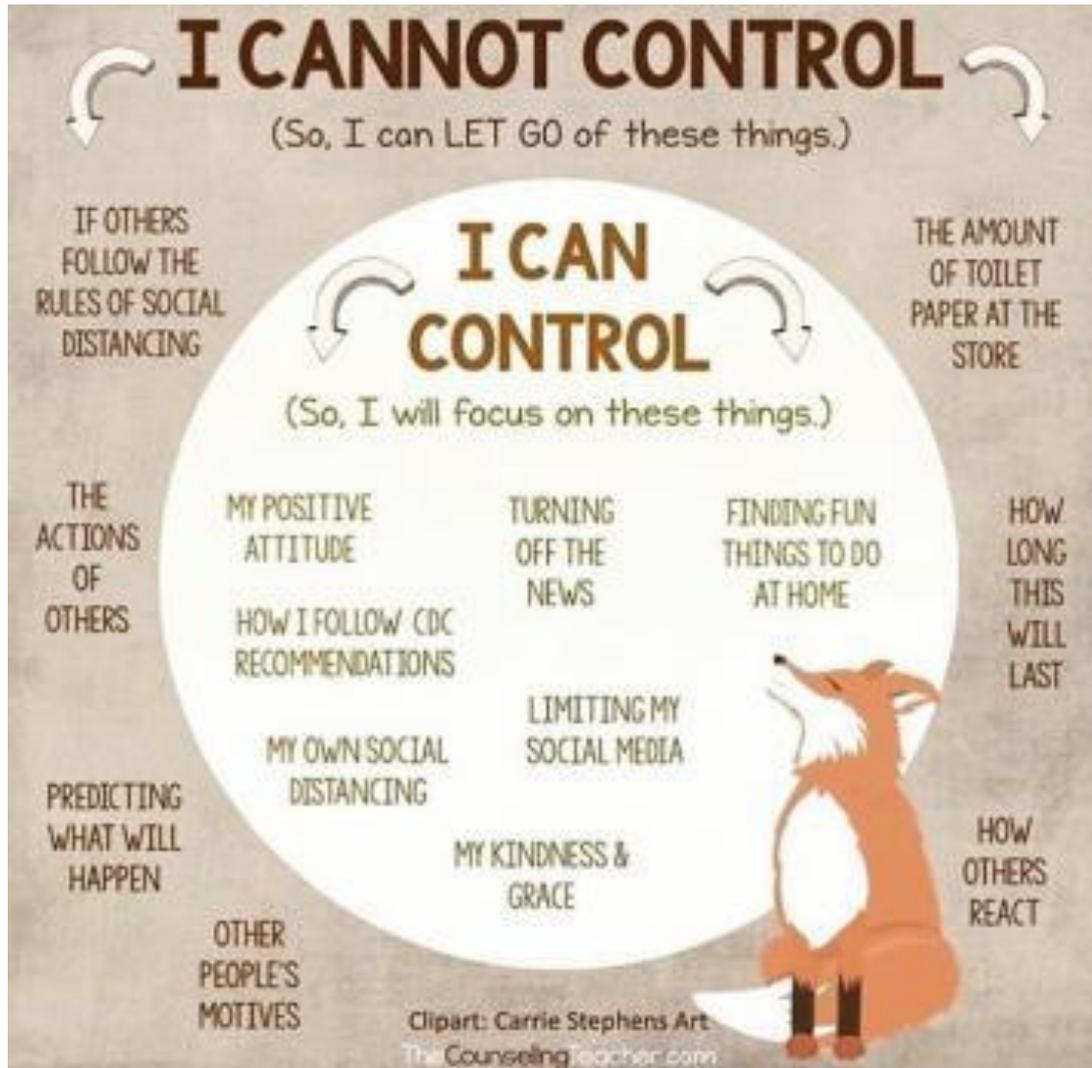
**Common Courtesy or Respect**  
should not be or feel like  
a grand gesture when  
you give it.

**When it's a part of your  
value system and upbringing,  
it comes and flows  
from you naturally.**

~ Ty Howard

(C) 2013 by Ty Howard

[www.TyQuotes.com](http://www.TyQuotes.com)





# Stress Survival guide

crazyheadcomics

## BODY

- healthy sleep
- move your body
- get your nutrients
- deep breathing
- relax muscles
- take a lil nap
- listen to calming music
- take a bath

## MIND

- talk about what's stressing you out
- keep a stress journal
- prioritize your time, write lists of what needs to be done, and when.
- break big tasks into smaller steps
- Set healthy habits and rituals
- ask for some help
- consider seeing a counselor if it's too much

## SOUL

- engage in positive self talk
- practice saying "no" more
- take a hiatus from social media
- accept that stress is a normal part of life
- try mindfulness
- let yourself rest if you're close to a burnout - your mental health comes first



## Coping with Stress and Anxiety

- **Sanvello**: Clinically validated techniques for reducing stress and treating anxiety and depression (free premium access during COVID-19 pandemic).
- **Happify**: Some free content, including stress reduction and cognitive techniques to address anxiety.
- **MindShift CBT**: Free content, including cognitive behavioral therapy strategies to address general worry, social anxiety, and panic.
- **PTSD Coach**: Created by VA's National Center for PTSD and the Department of Defense's National Center for Telehealth & Technology. This app provides you with education about post-traumatic Stress Disorder (PTSD), information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.



## **Coping with Stress and Anxiety**

- **PTSD Family Coach**: In conjunction with PTSD Coach, the PTSD Family Coach app is for family members of those living with PTSD. The app provides extensive information about PTSD, how to take care of yourself, how to take care of your relationship with your loved one or with children, and how to help your loved one get the treatment they deserve.
- **Mothers and Babies Online Course**: Available in both English and Spanish, this online course teaches skills to manage changes in how you feel. Designed for pregnant women, new mothers, and those who want to support them.
- **COVID Coach**: Created for everyone, including veterans and service members, to support self-care and overall mental health during the coronavirus pandemic.



# Meditation and Relaxation

- **Headspace**: Two-week free trial for the general public. (Providers with a National Provider Identifier can sign up for free full access.)
- **Calm**: Seven-day free trial. A meditation, sleep, and relaxation app that also provides resources specifically for coping with COVID-19 anxiety.
- **Stop, Breathe & Think**: Always free, and for kids too.
- **Insight Timer**: Always free. This is not a daily app, but rather a great library where you can search for various types of meditations and lengths by excellent teachers.
- **10% Happier**: Free and paid options available. Health care providers can use redemption code HEALTHCARE to unlock all content.
- **UCLA Mindful App**: Free and has meditation by Diana Winston.
- **Mindfulness Coach**: Mindfulness Coach 2.0 was developed to help veterans, service members, and others learn how to practice mindfulness. The app provides a gradual, self-guided training program designed to help you understand and adopt a simple mindfulness practice



## Maintaining Physical Fitness

- [Planet Fitness](https://www.facebook.com/planetfitness/) live streams classes everyday at 4pm PST, 7pm EST:  
<https://www.facebook.com/planetfitness/>
- [J&J Official 7-Minute Workout](#) is a free workout library containing 22 preset workouts, varying in intensity and duration. Workouts are designed to fit your schedule and range from 7 to 32 minutes in length.
- [Wakeout](#) comes with hundreds of exercises you can do right at your desk, such as yoga, chair exercises, and hand health exercises to stay productive, energized, and healthy.
- [YogaWorks](#) offers around 80 live streaming, high quality free classes each day.
- [Do Yoga With Me](#) and [Yoga with Adrienne](#) offer free yoga videos for everyone.



## Maintaining Physical Fitness

- [Core Power Yoga](#) offers free classes online.
- [Zumba dance concert videos](#) offer great workouts.
- A vigorous 30-minute [Vinyasa yoga class](#) with master teacher Janet Stone.
- [Peloton](#) is offering a 90-day trial of their digital membership, which offers streams of live/recorded group classes from a closed set. (It doesn't require their bike to access classes on cycling, strength training, yoga, and meditation.)
- [The Workout.Today](#) is a daily email newsletter with a free workout that you can do at home. They are also offering live yoga and live workouts during this time.



# Mind-body movement for restoration and relaxation

- [Qi Gong to Enhance the Immune System](#), by Roger Jahnke, OMD, contains free short practices that are beginner friendly. More programs are available at the [Healer Within Community](#).
- [Restorative yoga poses](#) (helps to use large pillows here)
- [Deep guided relaxation \(Yoga Nidra\)](#) can help with anxiety and sleep are available on YouTube for free practices. Free recordings of iRest for enhancing resilience, sleep, and relieving anxiety are also available on [Insight Timer](#). These can be done sitting or lying down and have been shown to help veterans with anxiety conditions.
  - [Thoracic spine and shoulder stretch](#)
  - [Hip flexor and abdominal wall stretch](#)
  - [Seated stretch for neck pain](#)



# Thrive/Survive

## At the beginning of the day:

- Have a plan, try to keep to a schedule
- For “big” days- holiday, birthday, anniversary- have a bigger plan with options for plan B & C
- Think positive, “I can handle whatever happens” or “if the worst happens, I’ll...”



# Thrive/Survive

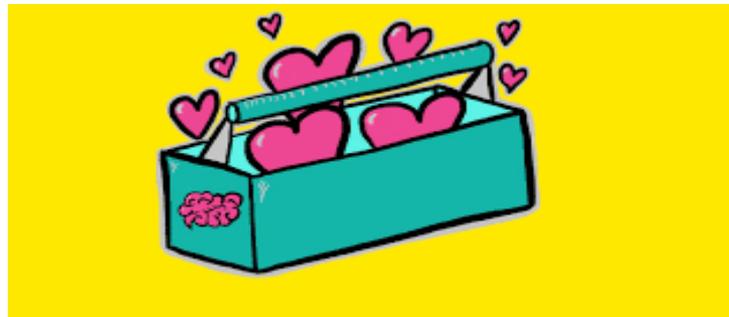
## At the end of the day:

- Emphasize the positive
- If there are negatives –
  - Forgive yourself, forgive others; it's expected
  - Any day may bring another challenge, a disappointment or a feeling of loss
- Celebrate accomplishments and achievements
- Keep planning



# Personalize Your Toolkit/Backpack

- What makes you feel and think your best?
- What makes you feel you can deal with almost anything?
- When you have a better day, examine it;
  - What made it go better?
  - What made you different that day?





*“Life is amazing.*

*And then it’s awful.*

*And then it’s amazing again.*

*And in between the amazing and the awful, it’s ordinary and mundane and routine.*

*Breathe in the amazing,*

*Hold on through the awful,*

*And relax and inhale during the during the ordinary.*

*That’s just living heartbreaking, soul healing, amazing, awful, ordinary life.*

*And it’s breathtakingly beautiful.”*

**- L R Knost**



## Resources for COVID-19 and Mental Health

- **Maryland 211**
  - Dial 211 for help or visit <https://211md.org>
  - text #MDMINDHEALTH TO 898-211 to receive regular caring messages.
- **Maryland Chapter of National Alliance on Mental Illness**
  - <http://namimd.org>
- **Maryland Department of Health**
  - [coronavirus.maryland.gov](https://coronavirus.maryland.gov)
  - <https://odhh.maryland.gov/coronavirus/> (deaf and hard of hearing)
- **Maryland Children's Alliance Inc.**
  - [www.marylandchildrensalliance.org](http://www.marylandchildrensalliance.org)



## Resources for COVID-19 and Mental Health

- **Maryland Network Against Domestic Violence**
  - [www.mnadv.org](http://www.mnadv.org)
  - 301-352-4574 or 1-800-MD-HELPS
- **Centers for Disease Control and Prevention**
  - <https://www.cdc.gov/coronavirus>
- **U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)**- information, disaster hotline, military and veterans hotline
  - <https://samhsa.gov/find-treatment>
- **National Suicide Prevention Lifeline**
  - 800-273-TALK (8255)



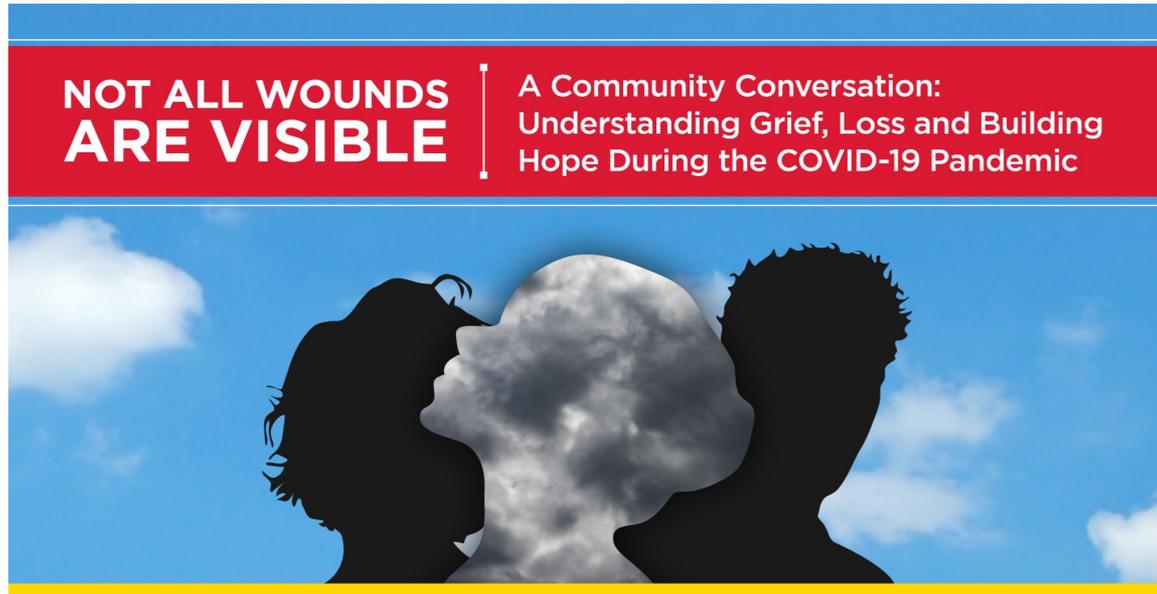
## Questions & Answers (Reflection)





A recording of this webinar can be found in 48 hours at:

<https://www.umms.org/notallwounds>



*Previous webinars including Coping with Racism and Racial Trauma, Isolated but Connected, Helping Children Cope and Protecting Your Mental Health are also available for viewing.*



**Thank you!**

**COVID-19 RESPONSE**