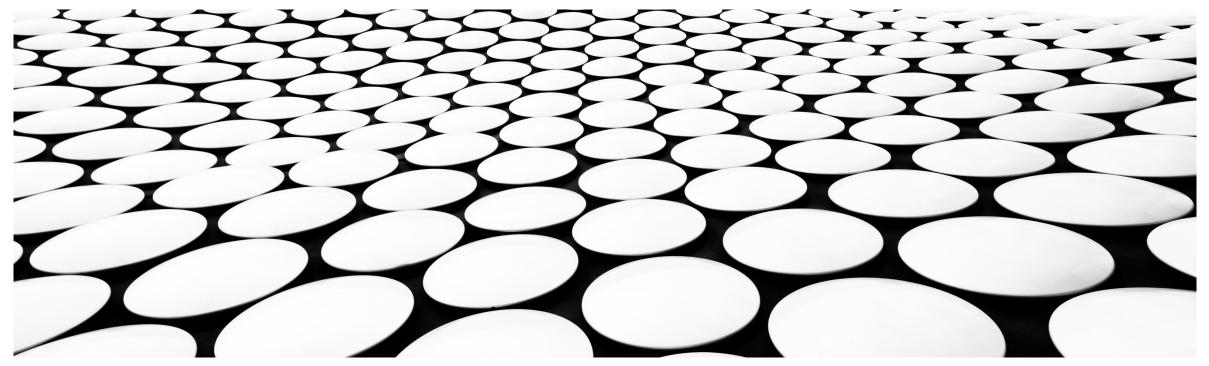


#### STRESS AND MENTAL HEALTH

#### COPING AND CONNECTING DURING COVID-19





#### **BEFORE WE BEGIN....**

While we are waiting for everyone to join please complete this brief survey: <a href="https://stonybrookuniversity.co1.qualtrics.com/jfe/form/SV\_74c">https://stonybrookuniversity.co1.qualtrics.com/jfe/form/SV\_74c</a> <a href="mailto:qmoSelcfNJoV">qmoSelcfNJoV</a>

Certificates of continuing education will be offered to all participants who complete both the pre and post surveys.

#### **Presenters:**

Leah Topek-Walker, LCSW, Field Education Coordinator, School of Social Welfare

Erica D. Diminich, PhD, Clinical Psychologist, Research Assistant Professor,

Program in Public Health

Gabriella Pandolfelli, MPH Student, Program in Public Health

Even Marcos-Gonzales, MSW Student, School of Social Welfare

#### **Contributors:**

Lisa A. Benz Scott, PhD, Professor and Director, Program in Public Health

Mary Ellen LaSala, PhD, RN, Chair of the Department of Undergraduate Studies, School of Nursing

Carol Della Ratta, PhD, RN, Associate Dean for Academic Affairs and Strategic Partnerships, School of Nursing

Jessica Koos, MLS, Health Sciences Librarian at Stony Brook Medicine

Julie Erdman, MSW Student, School of Social Welfare

Talissa Tejada, MPH Student, Program in Public Health



#### **MEET THE CONTENT EXPERTS: LEAH TOPEK-WALKER**





Leah-Topek Walker is a licensed clinical social worker in the state of New York. For the past 11 years she has been providing psychotherapy and behavioral interventions to individuals, couples, families and groups facing a variety of challenges. She graduated from Stony Brook University with a degree in social work in 2005; before that she studied liberal arts and creative writing at the New School for Social Research.

She is a field education coordinator at the Stony Brook University School of Social Welfare.







Dr. Erica D. Diminich is a Clinician-Scientist and Research Assistant Professor in the Program in Public Health at Stony Brook University. She received her PhD in Clinical Psychology from Columbia University in New York. As a bi-lingual Latina Clinical Psychologist, Dr. Diminich has specialized training in trauma, mood and anxiety disorders. She has expertise in developing and leading parenting groups focused on stress reduction and healthy relationships for parents of adolescents and teenagers.

#### **ABOUT THE STUDENTS**



Gabriella Pandolfelli has completed her first year as a Master's in Public Health Student concentrating in Health Policy and Management. She is the program coordinator for the Healthy Libraries Program.



Even Marcos-Gonzalez has completed his first year as a Master's in Social Work student. He interned with Amityville Public Library and is doing remote work for West Babylon Public Library



#### **ABOUT THE HEALTHY LIBRARIES PROGRAM**

- Stony Brook Medicine's Healthy Libraries Program (HeLP) is a partnership with the Suffolk Library Cooperative System and is supported by the American Heart Association of Long Island.
- The program is an interdisciplinary team of public health, nursing, and social work students whose aim is to:
  - Provide evidence-based health information, screening, and case management
  - Refer patrons to promote access to appropriate health and social services programs locally that will address their health and social support needs
  - For students to experience working on an interprofessional team

We support programs, trainings and provide resources for librarians and their patrons.

#### LEARNING OBJECTIVES FOR THIS SESSION

- By the end of this session participants will be able to:
- Identify the signs of stress
- List three recommended ways to cope with stress
- Identify the definition of mental health
- Identify three mental health warning signs
- Identify the definition of major depressive disorder
- Identify the percent of adults in the U.S. that suffer from an anxiety disorder
- List three local resources for mental health
- List three national resources for mental health
- Feel confident in their ability to act as a resource on mental health information

#### **QUESTIONS**

- Feel free to ask any questions throughout the webinar
- If you are joining us via phone, please unmute yourself and ask a question
- If you are joining via computer, enter a question into the chat or use the raise hand function

#### **COVID-19 OUTBREAKS CAN BE STRESSFUL**

- Fear and anxiety about COVID-19 can be overwhelming
- Stress can include:
  - Fear and worry about one's health or the health of a loved one
  - Changes in sleeping and eating patterns
  - Difficulty sleeping or concentrating
  - Development of new symptoms (e.g. loneliness)
  - Worsening of chronic health problems
  - Worsening of mental health conditions
  - Increased use of alcohol, tobacco, or other drugs



#### **RESILIENCE DURING COVID-19**

- How someone responds to the pandemic can depend on their background, their socioeconomic status, underlying health factors, and the community they live in.
- People who may be at risk include:
  - Older adults with chronic medical conditions who are at higher risk of severe illness from COVID-19
  - Children and teens
  - Essential workers, healthcare providers and first responders
  - Individuals with pre-existing mental health conditions/substance use
  - Individuals with poor coping skills

#### **FIVE THINGS TO REMEMBER ABOUT STRESS**

- Stress is normal
- Stress can be good!
- Long-term stress is NOT good
- You can manage your stress levels
- Overwhelmed? Ask for help!



Image taken from: psychologytoday.com

#### **COMMON REACTIONS TO COVID-19**

- Concern about protecting oneself from the virus especially if they are at high risk of serious illness.
- Concern that regular medical care or community services may be disrupted
- Feeling socially isolated due to stay at home orders, living alone, and not being able to interact with others
- There may be some guilt for those who have loved ones taking care of them or helping them with daily activities
- Challenges
  - Maintaining treatment/seeking treatment (e.g. depression before and/or during the outbreak/reopening)
  - Access to appropriate culturally and linguistically appropriate materials/services
  - Stigma due to COVID-19

#### **WAYS TO COPE WITH STRESS**

- Keep things in perspective by encouraging breaks from watching, reading, or listening to news stories.
  - This includes social media
  - Hearing about the pandemic or other news events can be repeatedly upsetting
- Get the facts on COVID-19 find people and resources you can depend on for reliable health information
- Take care of one's body
  - Take deep breaths, stretch or meditate
  - Eat healthy, well balanced meals
  - Limit caffeine intake
  - Exercise regularly
  - Get plenty of sleep
  - Avoid alcohol and drug use
- Put aside time to relax and unwind for enjoyable activities
- Connect with others
  Created by Stony Brook Medicine's Healthy Libraries Program

#### STRESS REDUCTION THROUGH MEDITATION

- Recent studies have offered promising results about the impact of meditation in reducing blood pressure.
   There is also evidence that it can help people manage insomnia, depression and anxiety.
- Some research suggests that meditation physically changes the brain and could help:
  - increase ability to process information
  - slow the cognitive effects of aging
  - reduce inflammation
  - support the immune system
  - reduce symptoms of menopause
  - control the brain's response to pain
  - improve sleep



Picture taken from: meditationlifeskills.com

https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/meditation-to-boost-health-and-wellbeing

#### **HEALTHY EATING CAN HELP YOU FEEL BETTER**

- According to the AHA Eating a heart-healthy diet is important for managing your blood pressure and reducing your risk of heart attack, stroke and other <u>health</u> <u>threats</u>.
- They recommend:
- eating a diet that rich in fruits, vegetables, whole-grains, low-fat dairy products, skinless poultry, fish, nuts, legumes and non-tropical vegetable oils.
- Avoiding saturated and trans fats, sodium, red meant (If you do eat red meat, select the leanest cuts available), sweets and sugar-sweetened beverages.

https://www.cdc.gov/nccdphp/dnpao/features/national-nutrition-month/index.html

#### PHYSICAL ACTIVITY CAN SUPPORT MENTAL HEALTH

- It is shown that physical activity can make you feel better, function better, sleep better.
- One session of moderate to vigorous physical activity like walking briskly or running can reduce anxiety.
- Physical activity fosters normal growth and development, improves overall health and can reduce the risk of some chronic diseases
- The American Heart Association recommends for overall cardiovascular health:
  - At least 30 minutes of moderate aerobic activity (like walking) at least 5 days per week for a total of 150 min

#### AND

- Moderate-to high-intensity muscle-strengthening activity at least 2 days per week for additional health (free online exercises like yoga, Pilates, calisthenics)
- The AHA also offers at home exercises and exercise classes through streaming which can help us feel connected.
- Classes and workout videos can be found here: <a href="https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-month">https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-move-month</a>

Youtube, phone applications and other sites can be used to find exercise programs as well.

#### KNOW WHEN TO OFFER HELP

If someone you know shows signs of stress for several days or weeks encourage them to seek help.

#### Some **common signs of stress** are:

- Increase/decrease in activity levels
- Increase in alcohol, tobacco or other drug use
- Increase in irritability
- Crying frequently
- Difficulty communicating or listening
- Having stomachaches, diarrhea, headaches

- Loss of appetite or overeating
- Being easily startled
- Being anxious or fearful
- Not caring about anything
- Being overwhelmed
- Having difficulty making decisions

#### WHAT IS MENTAL HEALTH?... DISORDERS?

- Mental health refers to psychological, social, and emotional well-being.
- It is **normal** for anyone to experience a wide range of emotions, from being anxious about work, school or friendships, to a period of depression following death of a friend or family member (HHS.org).
- Mental health disorders: persistent symptoms that affect how a person feels, thinks, and acts.
- Mental health disorders can interfere with daily activities like relationships, schoolwork, sleeping, and eating.
- Depression and Anxiety are the most common mental health disorders.

#### **COMMON MENTAL HEALTH WARNING SIGNS**

- Mental health is not simply the presence or absence of symptoms.
- According to the National Institute of Health, a person may need help if they:
  - Often feel angry or worried
  - Have difficult sleeping or eating
  - Lose interest in activities they used to enjoy
  - Isolate themselves and avoid social interactions
  - Feel grief for a long time after a loss or death
  - Use alcohol, tobacco, or other drugs
  - Obsessively exercise, diet, or binge eat
  - Hurt other people or destroy property
  - Have low or now energy

- Feel like they can't control their emotions
- Have thoughts of suicide
- Harm themselves



https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml#part\_152582

#### **COVID-19 AND MENTAL HEALTH**

- COVID-19 has changed our lives-
- What are immediate strategies and long-term solutions that can mitigate harm and improve support for adults, children/teens, and families?
- How to deal with stressors following COVID-19 pandemic (e.g. fear, loss of resources like public library spaces), social support, changes in daily routines.
- Socioeconomic status and disparities in access to materials will widen the gap in access to information and other resources.
- Resources must be appropriately accessible for those with visual and hearing impairments.

#### **DEPRESSION - 5 SIGNS**

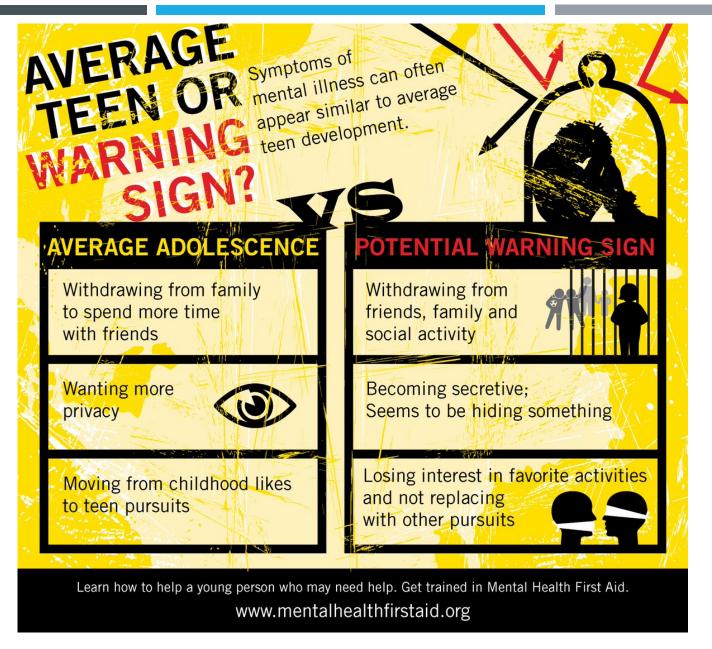
- Depressed/irritable mood (frustration is okay!)
- Loss of interest
- + 3 or more:
- Severe weight loss/change in appetite within the past month
- Change in sleep (too much/too little)
- Lack of energy/increased fatigue
- Feelings of worthlessness/guilt
- Problems concentrating/making normal decisions (clothing, what to eat)
- RECURRENT thoughts of death/suicide

Screening and treatment are available, consult your pediatrician

## THE DIFFERENCE BETWEEN BEING SAD AND BEING CLINICALLY DEPRESSED

- Due to COVID-19 and stay home order anyone may have feelings of sadness. They
  are isolated from their friends, missing their normal routines, and worrying about
  the future.
- Depression is different from sadness
- To have Depression or Major Depressive Disorder a person must be diagnosed with five or more symptoms and experience them at least once a day for a period of two or more weeks.
- These symptoms usually interfere with daily life.

https://nyulangone.org/news/checking-your-teenagers-mood-during-covid-19-pandemic



#### DEPRESSION CAN LOOK DIFFERENT IN ADULTS, CHILDREN TEENS

- Teenage girls and women are more likely to suffer from depression.
- Men who are experiencing depression may sleep more, appear angry, irritable, abuse drugs/alcohol
- Younger children may become more 'clingy'

#### WHAT CAN I HOW CAN I HELP OTHERS?

- Be active exercise go for walks
- Set priorities do what you can as you can
- Avoid alcohol drinking can make you feel worse!
- Be supportive be proactive stay connected!

#### How can I help someone else?

- Recommend online activities/online groups
- Provide information from credible sources
- Be supportive be proactive stay connected!



# Let's Talk About Anxiety Disorders.

Share science. Share hope.



www.nimh.nih.gov/shareNIMH

#### **ANXIETY DISORDERS**

- Generalized anxiety, social anxiety, post-traumatic stress, separation anxiety
- 19% of Adults in the United States suffer from anxiety
- 7% of children ages 3-17
- All anxiety disorders share common emotional and physical symptoms
- Women are more likely to have anxiety 23.4% vs 14.3% of men

#### **ANXIETY DISORDERS IN CHILDREN AND ADULTS**

- Excessive anxiety and worry occurring MORE DAYS THAN NOT
- Person may feel it's difficult to control their level of worry
- + 3 or more (only one required in children):
- Restlessness, feeling on edge
- Easily fatigued
- Mind goes blank/difficulty concentrating
- Irritability
- Muscle tension
- Problems sleeping (difficulty staying/falling asleep)



\*significant impairment in work, socializing with others, other important areas of functioning

#### RECOMMENDATIONS TO SUPPORT EMOTIONAL WELLBEING IN TEENS

- Recommended that librarians provide age appropriate information.
- Adults should allow children and teens to ask questions use websites with COVID-19 information designed for children
  - https://www.stonybrookchildrens.org/COVID19 for Children
  - https://www.who.int/news-room/q-a-detail/q-a-for-adolescents-and-youth-related-to-covid-19 For Children, Youths and Teens
- Ensure that every conversation is sensitive and responsive that teenagers feel like they are being heard
- Provide activities to help teens stay connected
- Social distancing should not mean social isolation
  - Try creating activities that emphasize staying connected, such as writing letters, Zoom chats, FaceTime, watching movies with friends through Netflix Party, etc.

#### TIPS TO HELP teens COPE DURING COVID-19



#### **HOW TO COPE WITH CHANGES FROM COVID-19**

- Encourage avoiding anxiety associated with hearing/reading news of COVID-19
- Older teens may deny their reactions to themselves and to others
  - They may respond continually with "I'm okay" or even silence when they are upset
  - Might complain about physical aches or pains because they cannot identify what is really bothering them emotionally
  - May experience some physical symptoms because of anxiety about COVID-19
  - May start arguments, resisting any structure of authority
- Let them know you care about them make sure to check on them in a nonintrusive way
- Encourage them to stay in touch with friends and family through texting, phone, video chat, and video games
- Encourage discussion of outbreak experience with peers and family
- Discuss and address stigma. Prejudice, and potential injustices occurring during outbreak

#### **HOW LIBRARIES CAN SUPPORT MENTAL HEALTH**

- Offer a mental health section in your library dedicated to having autobiographical,
   fiction and nonfiction books on mental health and offer community resources
  - Since this is not possible during COVID-19 create a website page that offers these materials
- Offer programs on stress relief like meditation and yoga.
- Offer cooking classes with an emphasis on healthy eating that people can watch at home while they are cooking.
- Offer a safe place where people can come and ask questions on any topic

## SOME VIRTUAL PROGRAMMING IDEAS FROM THE COLORADO DEPARTMENT OF EDUCATION

- "Skype a librarian." Set hours for patrons to Skype the library for help with technology, questions about e-books or their library cards, or just some personal interaction.
- Start an online study group with high school students. Help them learn to cite sources, find credible information, and do research online.
- Create a pandemic book club. Read books like Station Eleven and Severance. Livestream your hobby such as knitting, painting or embroidery.
- Library Craft Hour
- Set up a chat with tweens and teens to talk about current events.
- Digital Escape Rooms: <a href="https://americanlibrariesmagazine.org/blogs/the-scoop/moving-programming-online/">https://americanlibrariesmagazine.org/blogs/the-scoop/moving-programming-online/</a>
  - Video on how to create your own digital escape room: <a href="https://www.youtube.com/watch?v=xLzbPGF4TzY&t=141s">https://www.youtube.com/watch?v=xLzbPGF4TzY&t=141s</a>
- Additional ideas for virtual programming can be found here: <a href="https://docs.google.com/document/d/1dnx\_N7vTqmi4GMnlrwflgR3KhAGgDXxp19jF0yfH-Os/edit">https://docs.google.com/document/d/1dnx\_N7vTqmi4GMnlrwflgR3KhAGgDXxp19jF0yfH-Os/edit</a> and <a href="https://docs.google.com/document/d/1D9cCs2VL8NsxgltudPL1xlCxz-83c0EPAzTKwPuQLIY/edit?fbclid=lwAR3iFQme8obezcNeBglCXYmBiGelOzhzqdvoqTytGBl07Fm9rypSj5\_ktXk">https://docs.google.com/document/d/1D9cCs2VL8NsxgltudPL1xlCxz-83c0EPAzTKwPuQLIY/edit?fbclid=lwAR3iFQme8obezcNeBglCXYmBiGelOzhzqdvoqTytGBl07Fm9rypSj5\_ktXk</a>

## RESOURCES FOR LIBRARIANS TO SHARE WITH LIBRARY PATRONS AND FAMILIES

#### STAYING HEALTHY AND OCCUPIED DURING COVID-19



## **NATIONAL RESOURCES**

The Global Healthy Living Foundation a non-profit organization that provides advocacy, education, research, and advocacy for people living with chronic illness — is collaborating with clinical psychologist Laurie Ferguson, PhD, who specializes in chronically ill patients, to provide resources to help you cope with mental health concerns during the coronavirus pandemic.

https://www.ghlf.org/mental-health-coronavirus-support/?gclid=EAlalQobChMli6OdxLvo6QIV4AilCR02Yw8sEAAYASAAEgLiwvD\_BwE



#### **Get Mental Health Support for the Coronavirus Pandemic**

COVID-19 is taking a toll on everyone's mental health, but people living with chronic illnesses have unique concerns and needs. Don't miss out on content tailored to you and delivered straight to your inbox — for free.

Join GHLF's FREE COVID-19 Patient Support Program and you will:

- Get mental health resources and expert tips for coping with stress, uncertainty, anxiety, and other issues
- Receive public health advice, news, and expert recommendations specific to your health conditions
- Be part of a community that understands what it's like to live with a chronic condition during this public health crisis

Email	
First Name	
Last Name	
Are you based in the U.S.?	~
Select one:	~
CONTINUE REGISTRATION	













The Trevor Project suicide hotlines:

Lifeline: 1-866-488-7386





Chat:

https://www.thetrevorproject.org/



Text START to 678678.

TrevorSpace is a social networking site for lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth under 25 and their friends and allies.







(Dockray, H., 2019, May 2)

https://www.thetrevorproject.org/

#### Nacional de Prevención del Suicidio

1-888-628-9454

1-800-273-8255 CHAT



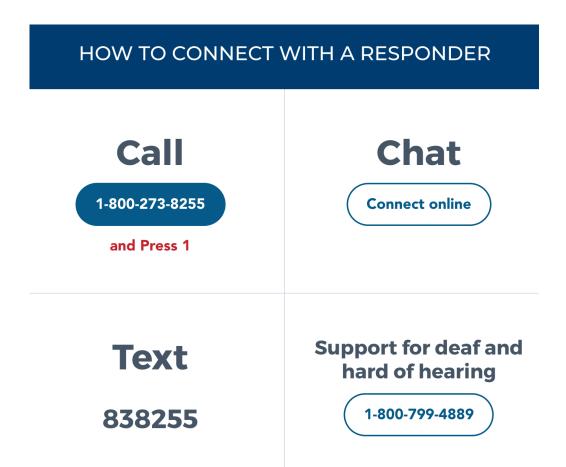
1-800-273-8255

https://suicidepreventionlifeline.org/ Created by Stony Brook Medicine's Healthy Libraries Program

#### The Veterans Crisis Line

https://www.veteranscrisisline.net/

is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.



#### This free support is

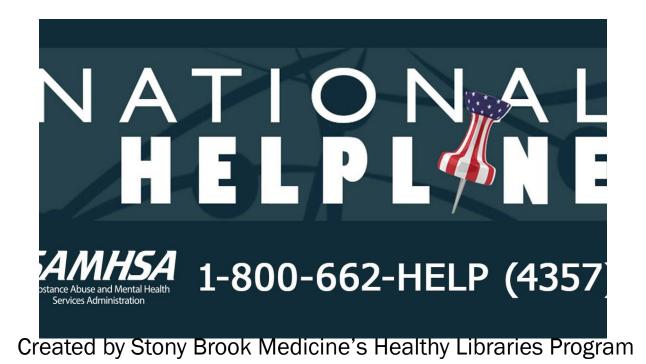
- Confidential
- (24h) Available every day, 24/7

#### And serves

- ★ All Veterans
- ★ All Service members
- National Guard and Reserve
- Their family members and friends



Free, confidential 24/7 treatment referral and information service for individuals and families facing mental and/or substance use disorders.





Here to listen. Here to help. If someone is thinking about running away from home or already has the National Runaway Safeline is available for support whether for a crisis situation or if someone just wants to tell their story. They can also offer support for someone who wants to return home. story.Call:1(800) 786-2929

https://www.1800runaway.org/



#### The National Domestic Violence Hotline Call: 1-800-799-7233

Here at The Hotline and loveisrespect, our primary goal is to support survivors 24/7. Given the impact of COVID-19, we've taken precautions to keep our staff safe. At this time, our highly-trained Advocates will be working remotely to ensure services and continue to support survivors.

We're still here, 24 hours a day, 7 days a week. If you are in an emergency situation, please call 911. You can also check with DV / IPV programs and shelters in your area to see if they are able to assist you.

For anyone affected by abuse and needing support, call 1-800-799-7233, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 1-866-331-9474. You are not alone.





https://www.thehotline.org/



### National Sexual Assault Hotline

Anonymous support, 24/7.



Connect with your local sexual assault service provider:

- Confidential, judgement-free support
- Help finding a local health facility that is equipped to care for survivors of sexual assault
- Information about laws in your state



Chat one-on-one with a trained RAINN support specialist:

- Someone to help you talk through what happened
- Referrals for ongoing support
- Secure online chat technology, accessible from any device

## National Sexual Assault Hotline Anonymous Support available 24/7

800.656.HOPE rainn.org



Connect with your local sexual assault service provider:

- Confidential, judgement-free support
- Help finding a local health facility that is equipped to care for survivors of sexual assault
- Information about laws in your state



Chat one-on-one with a trained RAINN support specialist:

- Someone to help you talk through what happened
- Referrals for ongoing support
- Secure online chat technology, accessible from any device

# RIPPLE EFFECT

of Mental Illness

Having a mental illness can make it challenging to live everyday life and maintain recovery. Let's look at some of the ways mental illness can impact lives — and how the impact can ripple out.



People with serious mental illness have an increased risk for chronic disease, like diabetes or cancer

#### **PERSON**



Rates of cardiometabolic disease are twice as high in adults with serious mental illness



19% of U.S. adults with mental illness also have a substance use disorder



At least 8.4 million Americans provide care to an adult with an emotional or mental illness

#### **FAMILY**



Caregivers spend an average of 32 hours per week providing unpaid care





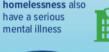
20% of people experiencing homelessness also have a serious

#### COMMUNITY



70% of youth in the juvenile justice system have at least one mental health condition

1 in 8 of all visits to U.S. emergency departments are related to mental and substance use disorders





condition





#### **WORLD**



Depression is the leading cause of disability worldwide



Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity











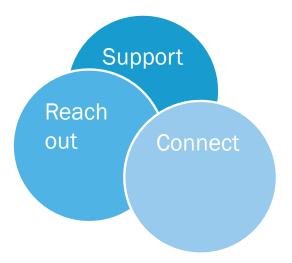


NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness NAMI offers mental health education, support groups, a helpline, online discussion groups and more.



Here is a link to top helpline resources:

https://www.nami.org/Support-Education/NAMI-HelpLine/Top-HelpLine-Resources Teens Health from Nemours: Stress & Coping Center



**Parents** Feeling sad Mental Health Feelings and Emotions Body image Relationships **Families** Friends Dealing with problems Being your best self

https://kidshealth.org/en/teens/your-mind/

## **LOCAL RESOURCES**

#### 2020 Suffolk County Directory of Behavioral Health Services Guide:

Contains information for both Mental Health and Substance Use Disorders. The guide is also available on the Suffolk County website listed below.

https://suffolkcountyny.gov/Portals/0/FormsDocs/Health/MentalHygiene/2019%20Directory%20of%20Behavioral%20Health%20Services.pdf



Addiction

COVID-19 Office of Mental Health:

https://omh.ny.gov/



NY State Office of Mental Health Children and Teens

https://omh.ny.gov/omhweb/childservice/

Youth and young adult programs, Office of Addiction Services and Supports:

https://oasas.ny.gov/treatment/youth-and-young-adults

#### **Suffolk County Mental Health and Substance Abuse Programs**

Crisis Hospitals and Inpatient Programs	Pg. 2
Emergency Phone Numbers	Pg. 2
Mental Health	
Psychiatric Hospitals	Pg. 2
Partial Hospitalization and Day Treatment	Pg. 3
Substance Abuse	
Detoxification (Withdrawal & Stabilization)	Pg. 3
Inpatient	Pg. 3
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Outpatient Programs	Pg. 4
Clinics	
Mental Health	Pg. 4-6
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Additional Clinical Treatment, Support & Rehabilitation	
Personalized Recovery-Oriented Services (PROS)	Pg. 10
Prevention, Recovery, and Other Community Based Programs	Pg. 10-11
Adult Single Point of Access (A-SPOA)	Pg. 12
Assertive Community Treatment (ACT)	Pg. 13
Single Point of Access (SPA) Housing Unit	Pg. 14
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Peer and Self-Help Services	Pg. 16-17
Additional Services	Pg. 18-19
Glossary of Terms	Pg. 20-24



#### Alonon meetings on Zoom

SUPPORT for Friends and Family who have loved ones with addictions

Please email the Alateen Coordinator if you are interested in joining

AlateenChair@al-anon-suffolk-ny.org



#### **RECOVERY from ADDICTIONS**

#### **Narcotics Anonymous**

https://www.longislandna.com/

#### **AA Meetings**

#### 24 / 7 HOTLINE: (631) 669-1124

If you feel you have a problem with alcohol, there is help and hope. The **SIA Hotline** is open **24x7** to help connect you with Alcoholics Anonymous groups and members that are there to help.

#### **Online Meetings Now Available**

It is vital during these unusual times of social distancing, that we stay connected as best we can with our program of recovery and our fellows.

https://longislandinterventions.com/recoveryresources/name/alcoholics-anonymous/

Mental Health

#### **Crisis Support**

Addiction

#### **Help Services**

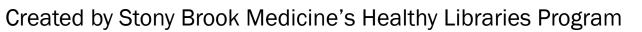
#### Diagnostic, Assessment, and Stabilization Hub (DASH)

DASH is a 24/7 voluntary program for individuals in a crisis who are feeling overwhelmed due to substance use, mental illness and/or other life stressors. The program features a mobile response team of licensed professional experts who will come to your community and conduct an assessment, develop a safety plan, and if necessary, recommend outpatient services or a higher level of care. DASH also features a crisis hotline that provides telephone triage, clinical assessments and therapeutic support.

## Family Service League's DASH Crisis Center & Hotline

Open 24-Hours/7-days a week! Call **631-952-3333** for assistance.

Family Service League. (n. d.). Covid-19 update. Retrieved May 9, 2020 from <a href="https://www.fsl-li.org/wp-content/uploads/2020/04/FSL-website-update-COVID-19-4-7-20-TMO.pdf">https://www.fsl-li.org/wp-content/uploads/2020/04/FSL-website-update-COVID-19-4-7-20-TMO.pdf</a>





#### Response Crisis Hotline Available 24/7

If you are in crisis, in need of support or resources, or if you are feeling suicidal, we are here. Our crisis counselors are as close as your phone, your computer or your mobile device. You are not alone!

Call Now (631) 751-7500

https://www.responsecrisiscenter.org/

#### Conexión

¿A quién llamo para ayuda

Conexión está disponible de lunes a viernes de 5-10pm. Deje un mensaje y le devolveremos su llamada lo más pronto posible porque su llamada es MUY importante.

#### Crisis Textline

#### Text HOME to 741741 to reach a Crisis Counselor

Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support via a medium people already use and trust: text.

https://www.crisistextline.org/text-us/

(Dockray, H., 2019, May 2) (Response Crisis Center, n. d.)

Are you or is someone you know struggling with substance abuse or addiction?

Not sure where to turn for help?

We are here for you, 24/7.

The Suffolk County Department of Health Services has partnered with the Long Island Council on Alcoholism and Drug Dependence (LICADD) to operate a **24/7 hotline** that will connect callers to treatment services. LICADD works collaboratively with the Suffolk County Communities of Solution (COS) provider network to ensure timely access to quality substance abuse care.

Call Suffolk County's
Substance Abuse Hotline:

631-979-1700

# Operated by LICADD Created by Stony Brook Medicine's Healthy Libraries Program

L.I. Against Domestic Violence provides a range of services that help over 14,000 Long Island adults and children each year to escape from abusive relationships and build new lives.

They are a regional pioneer and leader in empowering victims and survivors, providing them with shelter and support, and working with law enforcement and the community to prevent abuse.

The hotline is a free, confidential resource for survivors of domestic violence or sexual assault and their loved ones. Call anytime at 631-666-8833.



# VIBS 24/7 Hotline

DOMESTIC VIOLENCE, SEXUAL ASSAULT, RAPE, ELDER ABUSE AND HUMAN TRAFFICKING.

VETERANS LIVING WITH PTSD AND MST HELP FUND OUR 24/7 HOTLINE



185 OVAL DRIVE ISLANDIA, NY 11749 WWW.VIBS.ORG



With the 24-Hour Crisis Hotline, VIBS provides telephone counseling, information, referrals, and access to Rape Crisis Counselors and SAFE Centers.

Call: 631-360-3606

Their mission is to create futures free of violence through advocacy, counseling and education for survivors of intimate partner abuse, sexual violence, child abuse, elder abuse, human trafficking and veterans with PTSD.

They support survivors through:

- Counseling
- advocacy
- legal programs
- work to prevent this violence through education and community outreach
- raise awareness for the need for justice and compassion for all survivors.

Our services are **free and confidential**, available in English and Spanish and can serve those with disabilities, in accordance with the ADA. Our 24/7 crisis hotline is equipped to serve the deaf community.

#### **SUMMARY**

In this webinar we have discussed and reviewed:

- What is stress and how COVID-19 may be adding to it
- What are anxiety disorders
- What is mental health and during COVID-19
- How staying at home may affect mental health
- The common mental health warning signs
- The difference between sadness and depression
- The common symptoms of major depressive disorder
- Strategies for supporting mental health during COVID-19
- Ideas for library programming
- Resources for mental health support

#### PLEASE FILL OUT THE SURVEY LINKED BELOW:

https://stonybrookuniversity.co1.qualtrics.com/jfe/for m/SV\_e5vcII3zPNsVEBT

# PLEASE TELL US MORE THAT WE CAN DO TO SUPPORT PUBLIC LIBRARIANS AT THIS TIME

Feel free to contact us at healthy libraries program@stonybrookmedicine.edu if you need help gathering evidence-based health information, have an idea for a specific webinar etc.

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