



This product is meant to accompany *"The Second Pandemic: Mental Health Impacts of COVID-19,"* a webinar from Dr. Raymond J. Kotwicki held on May 25, 2021.

The Second Pandemic: Mental Health Impacts of COVID-19

Epidemiological Impact of COVID-19

Many people will be newly introduced to the mental health care system

- Approximately 20% of COVID-19 survivors develop new mental illnesses within three months of infection.
- People not infected by COVID-19 are also vulnerable to poor mental health due to chronic stress.



Mental Health Impact of COVID-19



- Physical distancing and other lifestyle modifications contribute to poorer mental health

- In June of 2020, 41% of Americans reported some sort of adverse mental health condition related to the pandemic.
- 13% of Americans increased substance misuse
- 11% seriously considered suicide



- Adjustment difficulties are expected for everyone and include:

- Difficulties related to physical distancing
- Challenges to established coping mechanisms
- Boundary issues, especially when working from home



- Knowing someone infected or killed by COVID-19 drastically increases the impact of the pandemic.

Impact of COVID-19 among Health Care Workers



- Common experiences throughout the pandemic:
 - Lack of transparency from authorities about COVID-19
 - Distress, fear, and anxiety surrounding the virus
 - Increased rates of depression and anxiety
- Blunted emotional empathy with limited outlets is also reported.
- Many health care workers show signs of learned helplessness.

Strategies to Mitigate Burnout among Care Providers

The COVID-19 pandemic has produced a number of challenges for health care and mental health care workers, including reduced ability for paid time off and infection exposure which contributes to high levels of staff burnout.

To mitigate the impact of the pandemic and ensure the well-being of their employees, organizations have and can try the following **strategies**:

- Maintaining transparent communication with public health updates
- Mandating use of paid time off
- Hosting staff wellness program with virtual yoga, care packages, staff appreciation events, hazard pay for those on the front lines, and weekly supervision
- Easy, on-site COVID-19 testing and vaccinations
- Promoting equity by offering work from home days for direct care staff
- Providing free staff lunches and relaxing the dress code

