

# The Zoom Interface

The screenshot displays the Zoom Webinar interface. At the top, a status bar indicates "You are viewing David Terry's screen" and provides a "View Options" dropdown. Below this, a "Click here to maximize your session view" button and an "Enter Full Screen" button are visible. The main content area shows the "TTC Technology Transfer Centers" logo and a message: "Thank you for joining us today! You will not be on video during today's session". A "Select a Speaker" dropdown menu is open, showing options: "Speakers (Realtek(R) Audio)", "Same as System", "Test Speaker & Microphone...", "Leave Computer Audio", and "Audio Settings...". A "Question and Answer" window is open, showing a test question: "This is a test question!". Annotations explain the Q&A features: "You can switch between questions you've asked and those asked by others using these buttons." (pointing to "All questions (1)" and "My questions (1)"), "You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above." (pointing to the "Type your question here..." input field), and "The chat feature will allow you to talk with other people in today's webinar." (pointing to the "Zoom Webinar Chat" window). The "Zoom Webinar Chat" window shows a message: "The To field will tell you who will receive your message. Be mindful of who you are chatting to." and a "To: All panelists" field. The bottom toolbar includes buttons for "Audio Settings", "Chat", "Raise Hand", "Q&A", and "Leave". Annotations explain the "Audio Settings" button: "Click Here to adjust your audio settings", and the "Leave" button: "Click here to leave the session".

Zoom Webinar

You are viewing David Terry's screen View Options

Click here to maximize your session view Enter Full Screen

TTC  
Technology Transfer Centers  
Funded by Substance Abuse and Mental Health Services Administration

Thank you for joining us today!

You will not be on video during today's session

Select a Speaker

- Speakers (Realtek(R) Audio)
- Same as System
- Test Speaker & Microphone...
- Leave Computer Audio
- Audio Settings...

Question and Answer

All questions (1) My questions (1)

You 07:35 AM

This is a test question!

You can switch between questions you've asked and those asked by others using these buttons.

You can use the Q&A feature to ask questions of the host and presenters. These questions can receive text or live responses. To begin asking a question use the field below. You can see a test question above.

Type your question here...

Zoom Webinar Chat

The chat feature will allow you to talk with other people in today's webinar.

The To field will tell you who will receive your message. Be mindful of who you are chatting to.

To: All panelists

Your text can only be seen by panelists

Audio Settings Click Here to adjust your audio settings Chat Raise Hand Q&A Click here to leave the session Leave

**All attendees are muted. Today's session will be recorded.**

# Using Psychiatric Rehabilitation Strategies for Long COVID Recovery Part 1

Joni Dolce, MS, CRC

Michelle Zechner, PhD, LSW, CPRP

Department of Psychiatric Rehabilitation and Counseling Professions

Rutgers School of Health Professions

11/30/22



**Mental Health Technology Transfer Center**  
*Funded by SAMHSA*

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graph TD; A["Mental Health Technology Transfer Center  
Funded by SAMHSA"] --> B["Northeast and Caribbean  
Region 2"]; B --> C["General Mental  
Health Workforce"]; B --> D["Provider  
Wellness"]; B --> E["Youth & Young  
Adult Services"]; B --> F["School Mental  
Health Workforce"];
```

**Northeast and Caribbean  
Region 2**

**General Mental  
Health Workforce**

**Provider  
Wellness**

**Youth & Young  
Adult Services**

**School Mental  
Health Workforce**



Northeast and Caribbean (HHS Region 2)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

**EPBs** for serious mental health conditions

**Wellness & Recovery** for Providers and people with mental health conditions

**School Mental Health**  
Comprehensive, multi-tiered services & supports

**Hispanic and Latiné** mental health education

**Online Education Courses**  
Wellness Matters, IMR, Functional Thinking & more



## **Services Available**

No-cost training, technical assistance, and resources





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# We Want Your Feedback

Our funding comes from the Substance Abuse and Mental Health Services Administration (SAMHSA), which requires us to evaluate our services. We appreciate your honest, ANONYMOUS feedback about this event, which will provide information to SAMHSA, AND assist us in planning future meetings and programs.

Feedback about this training will assist us in developing future trainings that are relevant to your professional needs. Therefore, your feedback counts!

# Video Recording Information

## ***Please Note:***

We will be recording this webinar and posting it to our website along with the presentation slides and any relevant resources.

# Disclaimer

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use at SAMHSA. The opinions expressed herein are the views of the speakers, and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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# Your Interactions With Us

## Question and Answers

- Q & A will occur at the end of the call.
- Type your questions in the Q & A feature in Zoom located on the task bar (hover over task bar).
- Note: your question may be visible to other participants.

## Chat and Polls

- Throughout the webinar, we will be asking for your input.
- Use the Chat or Poll features in Zoom located on the task bar.
- You can control who can see your chat comments.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED  
AND HOPEFUL

INCLUSIVE AND  
ACCEPTING OF  
DIVERSE CULTURES,  
GENDERS,  
PERSPECTIVES,  
AND EXPERIENCES

HEALING-CENTERED AND  
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS  
PARTICIPATING IN THEIR  
OWN JOURNEYS

PERSON-FIRST AND  
FREE OF LABELS

NON-JUDGMENTAL AND  
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR  
AND UNDERSTANDABLE

CONSISTENT WITH  
OUR ACTIONS,  
POLICIES, AND PRODUCTS



A woman with dark, curly hair and a nose ring is looking out a window. The view outside shows a city skyline with a tall building and some greenery under a blue sky with clouds. The woman's face is in the foreground, looking towards the right side of the frame.

# 988

SUICIDE  
& CRISIS  
LIFELINE

**For people experiencing:**

- Suicide, mental health, substance use crisis
- Emotional distress
- People concerned about someone in crisis



# Meet Today's Presenters



**Joni Dolce**  
*Rutgers University  
Assistant Professor*



**Michelle Zechner**  
*Rutgers University  
Assistant Professor*

# OBJECTIVES

01

Define long COVID and its related symptoms and functional implications

02

Review current research on the impact of long COVID on mental health

03

Describe the benefits of using a recovery framework when addressing long COVID

04

Apply concepts presented to work experiences

# The Impact of COVID

98+ Million cases of COVID-19 in the United States  
since 2020

1 in 5 experience symptoms after acute illness

# Long COVID Research

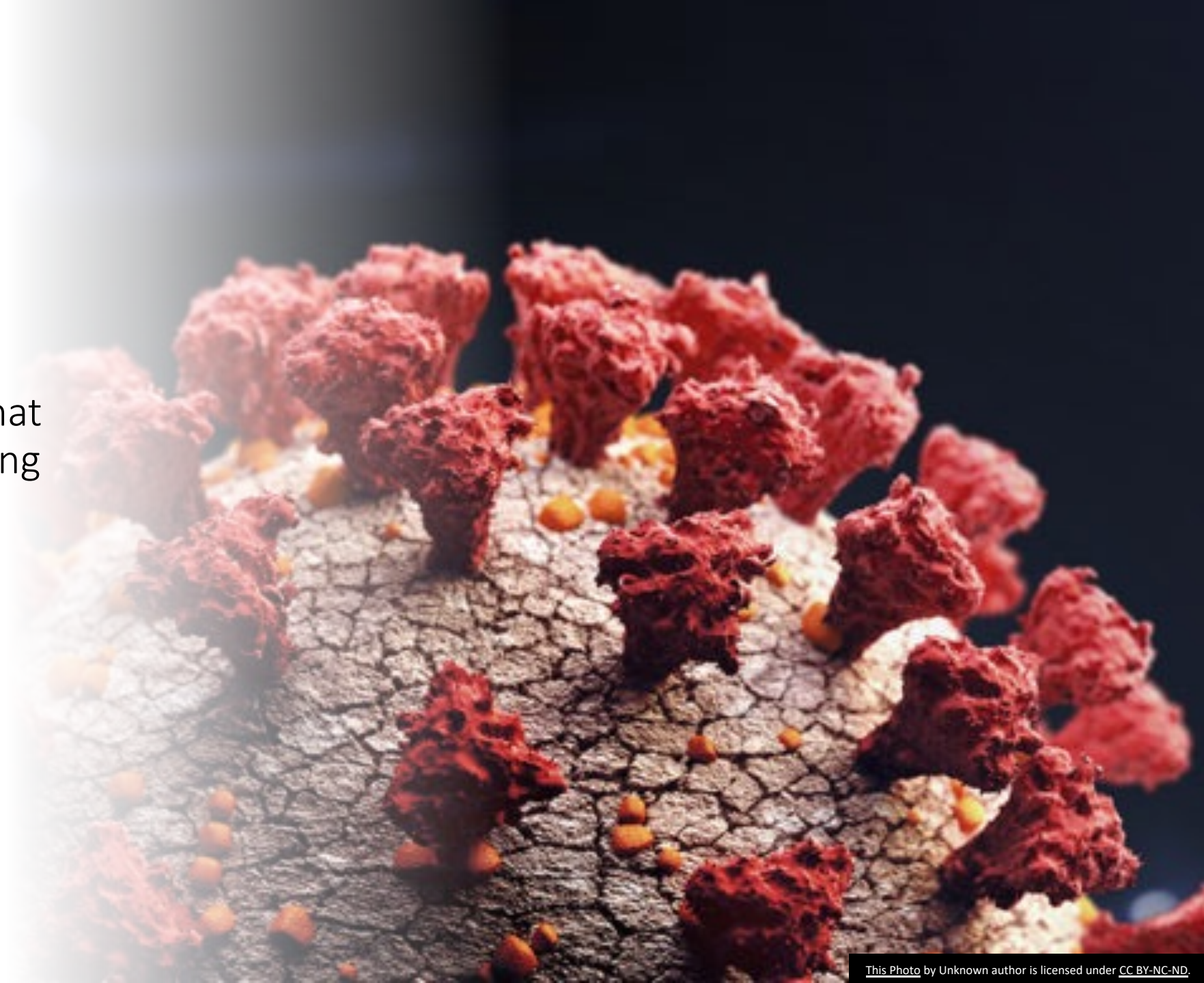
- 13.3% at one month or longer after infection
- 2.5% at three months or longer
- > 30% at six months among people who were hospitalized
- NIH RECOVER Study



# Long COVID

The lingering symptoms that many are left managing long after recovering from the illness itself.

CDC, 2022



# Long COVID Symptoms

## Physical symptoms

- tiredness and fatigue
- respiratory symptoms

## Neurological symptoms

- difficulty concentrating or thinking
- depression and anxiety
- sleep problems
- executive dysfunction

-CDC, 2022

-National Academies of Sciences, Engineering, and Medicine. 2022.

# SHARE

Poll: Have you seen people experiencing long COVID symptoms?

Poll: Approximately what percent of people you've seen are experiencing long COVID symptoms?



# Let's hear from you

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- What are some of the symptoms of long COVID that you have noticed with people you are working with?

Use the chat or raise your hand to unmute your mic







## Functional Implications of Long COVID

# Examples

Functional implication	What it might look like
Inability to concentrate	Focusing on one task for a long time
Decreased stamina	Lack of energy for work, school, or other tasks
Anxiety	Physiological impacts; concentration
Executive dysfunction	Difficulties with planning, organizing, paying attention, remembering details

How can you help people with long  
COVID cope with and recover from  
the experience?



The background of the slide is a photograph of a sunset. The sun is a bright, glowing orb in the center-right of the frame, partially obscured by thin, horizontal clouds. The sky is a deep orange and yellow. In the foreground, there is a dark, silhouetted horizon line, possibly representing a body of water or a distant shore. A small, dark silhouette of a person is visible on the left side of the horizon. A large, semi-transparent white circle is overlaid on the left side of the image, containing the title and text.

# Recovery in Mental Health

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**Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.**

**Anthony, 1993**

# 10 Guiding Principles of Recovery

Hope

Many  
Pathways

Person  
Driven

Peer  
Support

Holistic

Culture

Addresses  
Trauma

Strengths

Respect

Relational



# Activity

- Let's look at each of the eight recovery principles.
- Please use the chat to answer the following.
  - **What does this recovery principle mean to you?**
    - Hope; Many Pathways; Person-driven; Peer Support; Holistic; Culture; Addresses Trauma; Strengths; Respect; Relational
  - **How can this principle guide your support and services with a person who has one of the following functional implications due to long COVID?**
    - Inability to concentrate (brain fog)
    - Fatigue
    - Executive dysfunction
    - Anxiety
    - Depression
    - PTSD



# SHARE

Poll: How prepared do you feel in supporting people with long COVID symptoms?

What might make you feel more prepared?  
Use the chat or unmute your mic.





*Summary*



# Implementation

How might using a recovery framework support your work in helping people with long-COVID?



# Question and Answer



# References

Anthony, W.A. (1993). Recovery from mental illness: The guiding vision of the mental health system in the 1990's. *Psychosocial Rehabilitation Journal*, 16(4), 11-23.

Centers for Disease Control

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

National Academies of Sciences, Engineering, and Medicine. 2022. *Long COVID: Examining Long-Term Health Effects of COVID-19 and Implications for the Social Security Administration: Proceedings of a Workshop*. Washington, DC: The National Academies Press. <https://doi.org/10.17226/26619>.

SAMHSA: Principles of Recovery, retrieved from

<https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf>

# Resources

Job Accommodation Network

(800) 526-7234 or <http://askjan.org>

ADA National Network

<https://adata.org/>

Americans with Disabilities Act

(800)-514-0301 or [www.usdoj.gov/crt/ada](http://www.usdoj.gov/crt/ada)

[https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html#footnote10\\_0ac8mdc](https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html#footnote10_0ac8mdc)

BU Center for Psychiatric Rehabilitation (n.d.). How might my psychiatric or mental health condition affect my work performance? Retrieved from

<https://cpr.bu.edu/resources-and-information/reasonable-accommodations/how-might-my-psychiatric-or-mental-health-condition-affect-my-work-performance/>

NIH RECOVER study

<https://recovercovid.org/#:~:text=The%20NIH%20RECOVER%20initiative%20is%20preparing%20several%20clinical,sequelae%20of%20SARS-CoV-2%20infection%20%28PASC%29%20or%20Long%20COVID.>

The Office for Civil Rights of the Department of Health and Human Services (HHS) has the following page on civil rights and COVID-19: <https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/index.html>.

# Evaluation Information

The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.

At the end of today's training please take a moment to complete a **brief** survey about today's training.





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*\*Please allow 14 business days for all recordings to be made available.*

# Certificate of Completion

A Certificate of Completion will automatically be emailed to all online participants within 7 days of webinar broadcast.



# Connect With Us

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Website: <https://mhttcnetwork.org/centers/northeast-caribbean-mhttc/home>

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# MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

The purpose of the MHTTC Network is technology transfer - disseminating and implementing evidence-based practices for mental disorders into the field.

Funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), the MHTTC Network includes 10 Regional Centers, a National American Indian and Alaska Native Center, a National Hispanic and Latino Center, and a Network Coordinating Office.

Our collaborative network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. We work with systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals. Our services cover the full continuum spanning mental illness prevention, treatment, and recovery support.

## CONNECT WITH US



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