

COVID-19 Related News Items — December, 2021

Alison Boleware is government relations director for NASW-TX:

[Mental health issues intensify as omicron takes over the holiday season](#)

KVUE

"Well, we know that a lot of people are really experiencing, you know, another grief process with this, you know, the grief of having to acknowledge that things aren't going to look like they want to this holiday season," said **Alison Mohr Boleware, with the [National Association of Social Workers Texas](#)**. "We know that for people, it's a shock. So, for people to have to change plans suddenly or to have to acknowledge that they won't get to see as many people this year as they were hoping to."

Katherine Supiano is a member:

[Managing Grief During the Holidays and COVID-19 Pandemic](#)

University of Utah Health

[Katherine Supiano, PhD, LCSW, FT, FGSA, APHSW-C](#), program director of [Caring Connections: A Hope and Comfort in Grief Program](#), says that it's important for griever to anticipate the coming holidays and consider what plans and arrangements will work best for them this year: "No one should let that day sneak up on them and think, 'Oh, what am I going to do today?'"

Courtney Tracy is a member:

[With COVID surging again, here are eight tips to help with your Omicron anxiety](#)

Los Angeles Times

When [licensed clinical social worker Courtney Tracy talked to The Times in August](#), the country was in a similar place regarding the pandemic, as the uncertainty surrounding the Delta variant threatened our return to normalcy. She emphasized the importance of knowing the difference between what you can and cannot control — and accepting that.

Stephen Wanczyk-Karp is executive director of NASW-CT:

[Ways to address the pandemic's impact on children's behavioral health](#)

CT Mirror

Covid-19 has brought on a behavioral health tsunami, a crisis in the brewing even before the pandemic. The effects on children's health and mental health will be long-term. Children who have had Covid may become long haulers with both physical and behavioral health problems lasting years, or a lifetime. The solutions being sought must address both the immediacy of the crisis and the long-term needs.

Alison Mohr Boleware is government relations director for NASW-TX:

[\[Video\] One in three teens report feeling of hopelessness about future](#)

Valley Central News

While the pandemic has contributed to an increase in mental health issues in teens, it has also expanded access to mental health resources and allowed mental healthcare professionals to reach more people. "Some of the flexibilities from the COVID-19

pandemic have helped them be able to serve more clients and get services to them more quickly through telehealth,” said **Alison Mohr Boleware, who represented the Texas chapter of the National Association of Social Workers** during the conference.

Donna Fish is a member:

[Covid and Coping](#)

[Psychology Today](#)

The Covid pandemic has brought an ever-changing landscape of variants—and with each of them, new uncertainties to which we are forced to adapt. **Old normal is not coming back; we have a new normal.** The challenges of adapting to an ever-changing landscape, however, are not new. They are the same challenges we have evolved to meet over time as a species. Humans have always had to adapt to changing environments provoking uncertainty, unpredictability, and threats to survival.