

## COVID-19 Related News Items – May 2021

Marcel Tabone is a member:

[Uptick in weight loss surgeries are partially due to COVID-19 pandemic](#)

[The Press of Atlantic City](#)

“Mental well-being contributes to physical well-being,” said **Marcel Tabone, a licensed clinical social worker with AtlantiCare**. “Maintaining a positive outlook on one’s self and life can be challenging. Making significant changes in so many areas of your life takes time.” With a programmatic approach, patients are evaluated for their overall wellness and/or issues that may include anxiety, depression, post-traumatic stress disorder and how they handle stress in general.

Jody Long is a member:

[Remote therapy was a mental health lifeline during the pandemic. What happens now?](#)

[NBC News](#)

The problem for patients who didn’t show up was often as simple as a canceled ride, said **Jody Long, a clinical social worker** who studied the 60 percent rate of no-shows or late cancellations at the University of Tennessee Health Science Center psychiatric clinic. But sometimes it was the health problem itself. Long remembers seeing a first-time patient drive around the parking lot and then exit. The patient later called and told Long, “I just could not get out of the car; please forgive me and reschedule me.”

Jana Svoboda is a member:

[Data Suggests Benton County Did Not Have Pandemic Divorce Spike: Therapist Weighs In](#)

[The Corvallis Advocate](#)

When asked about other contributing factors, **Jana Svoboda, a local Licensed Clinical Social Worker and Therapist**, referenced a COVID-19 relationships survey that found people’s relationships were actually more likely to have gotten better in the pandemic, rather than worse. The study found that people were able to talk more and spend more quality time with their partner, as well as providing more thoughtful gifts to show their care and to provide emotional support.

Bill Lamb is a member:

[Ban on visiting NC nursing home residents gone, but obstacles remain](#)

[North Carolina Health News](#)

Offering facts, opinions and recommendations on North Carolina’s official handling of the issues were state Sen. Jim Perry (R-Kinston), long-time state [Department of Health and Human Services](#) care ombudsman Lindsay Tice (Stanly-Mecklenburg), and [Friends of Residents in Long-Term Care](#) board chairman **Bill Lamb**. The virtual panel came at a time when the long months of a state-ordered visitation ban have left a trail of mixed messages, irritation and advocacy for change.

Lena Suarez-Angelino is a member:

[Tips For When Pandemic Struggles Trigger Mom Guilt](#)

## Moms

We see so many posts on social media about what "perfect parenting" should look like. However, **licensed clinical social worker Lena Suarez-Angelino of [Choosing Therapy](#)** says there are no set rules of [motherhood](#) — and there's no way we can possibly control everything in a way to make it perfect.

Stacey Spata is a member:

[\[Video\] The New Normal: How to help children handle the toll of the pandemic](#)

## News12

News 12's Elizabeth Hashagen was joined this morning by Stacey Spata and Lea Theodore to talk about the toll the pandemic has taken on children. **Spata is a licensed clinical social worker with over two decades of experience working with nonprofits.** She is the executive director of the YMCA of Long Island's Family Services branch. She also provides direct therapy for individuals, families, and children. Theodore is a child psychology and school psychology professor from Adelphi University.

Glenn Zermeño is a member:

[How to Be a Queer Person in the World Post-Quarantine](#)  
[them.](#)

The good news is, we're in this together. "It levels the playing field that we're all navigating this low-grade traumatic moment in different ways," says **Glenn Zermeño, LCSW-R, a queer psychotherapist practicing in Brooklyn.** "Everybody's experiencing it." Below, we spoke to mental health experts and advocates about strategies for maintaining a strong sense of self, including positive body image, truthful gender expression, and fealty to what we really want, as we head back into a changed world — feeling differently than when we left.

Kari Tabag is a member:

[Emptying the Nest. Again.](#)

## The New York Times

**Kari Tabag, a licensed clinical social worker and professor at Adelphi University with a private practice on Long Island,** said that after adult children move out, organizing the home or areas where they lived may be empowering, allowing you to "take your house back." Ms. Salasin and her husband, Casey Deane, rearranged every room in their house, including turning one of the kids' bedrooms into a room for exercise and music. "It was an intense process, but I needed to do it to reclaim the house as ours," she said.

Kara Houser is a member:

[Supporting and being supported: Mothers navigate life over a year of COVID-19](#)

## The Daily Iowan

**Kara Houser, a lecturer in the UI School of Social Work and clinical social worker/family therapist at a private practice,** said before the pandemic, her household was broken down pretty traditionally. Her husband had a longer commute

and less flexibility in his job than her, so she took on the bulk of childcare of her four children, all between the ages of 11 and 16. Due to the confidentiality of her work and the access to privacy and internet her offices give her, Houser wasn't able to stay home to work during the pandemic, while her husband's work allowed him to work from home while the kids did online schooling. This resulted in an almost switching of roles; Houser out of the house and her husband taking on the primary role in their kids' lives during the day.

Carrie Roberts is a member:

[The anxiety that comes with re-entering society after the COVID pandemic](#)

News Center Maine

With re-entry into society looming, experts are seeing a little bit of everything. "There are some who are, you know ... it's almost like a cautious optimism, and then others that are more anxious and worried. You know, are we going out too quickly?" **Carrie Roberts, a licensed clinical social worker in Yarmouth**, said. Roberts specializes in couples therapy and said the pandemic has been hard on a lot of couples and family units.

Bill Lamb is a member:

[NC Senate votes to guarantee patients the right to visitors, even during a pandemic](#)

Raleigh News & Observer

**Bill Lamb, board chair of Friends of Residents in Long Term Care**, a Raleigh-based nonprofit, told The News & Observer that the bill is looking ahead to future situations, not just the COVID-19 pandemic of the past year. "This pandemic has been really hard not just on [long-term care] residents but their families as well. We've been saying over and over again that family and loved ones are an integral part of the care system. Keeping them out of long-term care facilities, you're doing them harm," Lamb said.

[In a pandemic social workers offer municipalities answers to service needs](#)

CT Mirror

**Municipalities are excellent places for MSWs and BSWs to be employed.** In a municipality the social service worker sees a wide range of residents in age, economic status, and social needs. The social work degree best prepares the employee to address this wide range of issues and present the municipality as a responsive government that is capable of improving the lives of its residents, thus enhancing the community as a whole.

Priscila Norris is a member:

[\[Video\] How to prepare your kids to return to the classroom](#)

WITN

There's no doubt the last two school years have been challenging, and it has likely affected your kids' mental health. But, if you're preparing to send your kids back to the classroom full-time this fall for the first time in a year and a half, mental health professionals say it will likely be a tough transition. "Children are very routine-oriented. It helps them feel safe, and it helps them know what to expect," said **Priscila Norris**,

**Licensed Clinical Social Worker and owner of ThriveMind Counseling and Wellness.** “Acknowledge there’s been a change, there’s been a huge shift, and sometimes saying ‘I don’t know what to expect’ is okay, too.”