

COVID-19 Related News Items – January 2022

[Mississippi Advocacy Network for Change: Use American Rescue Plan to Help Mississippians in Need](#)

Daily Journal

Another bill addresses pay for pandemic workers, including social workers. "As a licensed professional social worker, it is very humbling to help and advocate for families on the front lines during a time of the COVID -19 pandemic and to walk away from each client knowing that you have met one of your NASW ethical principles of *service*. With support and resources, we can truly serve far beyond the pandemic as a profession," said **Dr. Gwen Bouie-Haynes, Executive Director of the National Association of Social Workers Mississippi Chapter**. "These workers put their lives on the line every day so others can continue their lives, and they deserve compensation for their sacrifices."

John Wolfe is a member:

[More Americans have depression, anxiety symptoms while coping with pandemic isolation](#)

KPIC

Mental health professionals are seeing the same struggles. "My practice is probably seeing anywhere, 35 to 40% increase of people coming in, specifically around the pandemic," said **John Wolfe, licensed clinical social worker with Horizon Counseling Services, LLC**. "It's unending, seemingly so." Wolfe said if you are one of those people feeling depressed, remember to follow a simple acronym: "RED." "R for rest, and of course rest includes you're sleeping," Wolfe explained, "E is exercise. And so, what we suggest is a moderate level of exercise. Diet. The last one, the D is for diet. Watch those calories and carbs. But all in all, with those things in mind, you also want to be optimistic."

Laurah Pastel Shames is a member:

[Are you panic buying again in the age of omicron? Join the club](#)

WPTV

Laurah Pastel Shames, a clinical social worker from Miami, noted that what has happened during this prolonged pandemic isn't classic hoarding, which is an obsessive-compulsive disorder. "If it's out of anxiety and fear that when I need this, I won't be able to get it. It's a valid fear, especially when we are kind of used to going to the supermarket and realizing the things that were easily able to be picked up are now a lot more difficult to find," said Shames.