

## COVID-19 Related News Items - September 2020

Reeta Wolfson is a member:

[Six smart ways to manage your money through the pandemic economy](#)

**The Boston Globe**

1. Accept that money is emotional. This might not seem like the moment to get touchy-feely, but we need to understand what drives our financial decisions in order to control them, experts say. "Money is integrated into every area of our life and it affects us emotionally, physically . . . [in] every area," says **Reeta Wolfsohn, founder of the [Center for Financial Social Work in Charlotte, North Carolina](#)**. Wolfsohn, who has a master's in social work, founded the center in 2004 to train and certify social workers and financial coaches in how to talk to clients about financial stress. "I talk about changing your relationship with money and with yourself. Because if you don't feel good about yourself, you're not going to put in the time and effort to change your behavior."

Julie Leikvoll is a member:

[Not your average garage sale ...](#)

**Morrison County Record**

**Julie Leikvoll's work was impacted by the coronavirus pandemic**, no different from many others, but as a social worker, it impacted her clients as well. At first she transitioned to telemedicine, but after 30 years in the mental health field, she knew not just her clients, but the entire community would be struggling, so she left her position and committed herself to community action. With a focus on mental health, Leikvoll started a Heart Link COVID-19 support group via Zoom. Through that support group she met a woman who was experiencing anxiety over the clutter in her life.

Karen Kleiman is a member:

[Postpartum depression survivors on pandemic parenting](#)

**Al Jazeera**

**Karen Kleiman, a licensed clinical social worker**, says that since the pandemic began, many of her clients have been reminded of their battles with postpartum depression. Other past traumas have also resurfaced. "The social isolation and lack of distractions and stimulation is causing women to sit with their thoughts in a dark spot that is reminiscent of intense suffering," Kleiman explains. When we spoke, Kleiman had recently talked with a client who was having flashbacks related to sexual abuse that had happened 25 years earlier. "I said, 'Why do you think this is happening now?' and she said, 'Because I'm terrified and I'm vulnerable.'"

Eric Schleich is a member:

[What parents should know about children's mental health amid coronavirus](#)

**Tampa Bay Times**

Grief is especially difficult for children to process, said **Eric Schleich, a licensed clinical social worker with Hope and Healing of Pinellas in St. Petersburg**. Children tend to absorb the stress, anger and sadness they see around them and draw

their own conclusions about why someone died - often turning it inward and blaming themselves, or fearing they can somehow cause another death, he said.

Patrick McCauley is a member:

[Schools seek ways to provide mental health services during pandemic](#)

**Marketplace**

All summer, Patrick McCauley answered mental health hotline calls from his home. He finally traded out a workbench for a real desk, though he still sits on a camp chair — “a little makeshift, but it works,” he said. **McCauley is a social worker with the Los Angeles Unified School District.** The district set up the hotline shortly after schools closed in the spring. As schools around the country are [starting to open up](#) — in person, with a hybrid model or remotely — it’s not just academics and COVID-19 that officials are worried about. They’re also worried about taking care of students’ mental health, and they still have to figure out how to pay for it.

Bonnie Burg is a member:

[It’s all about the context | Reporter’s Notebook](#)

**The Journal of the San Juan Islands (WA)**

**Bonnie Burg, an independent licensed clinical social worker on the island,** is seeing how the pandemic and social isolation has affected islanders. “People seem to be experiencing general discomfort,” Burg said, “that often manifests in boredom, sleep disruption, a slight sense of anxiety, some depression and the feeling of not being productive enough.”

Denise Rathman is the executive director of NASW-IA:

[Relief bill must address vulnerable Iowans](#)

**The Gazette**

It has been more than two months since the House passed a stimulus bill that would increase desperately needed federal funding for our overwhelmed Medicaid program, extend the \$600 supplemental unemployment benefits through January 21, and provide funding to state and local governments that are facing record budget deficits. It would also provide hazard pay to those on the frontlines who are risking their lives to provide healthcare, food, and other essentials to Americans across the nation. This bill – **the HEROES Act** – would be a critical step in correcting this off-course ship and working towards an actual recovery from the pandemic America has suffered through for months. And it would be an affirmation of Congress’s ability to provide relief in a time of crisis.

Brenda Rosen is executive director of NASW-KY:

[New UK social work study zeros in on self-care during COVID-19](#)

**Medical Xpress**

"Given the importance of self-care to the profession, these findings are extremely concerning," **Brenda Rosen, executive director of the Kentucky chapter of the National Association of Social Workers,** said. "This research really illustrates the need to support social workers during this unprecedented time."

Bernadette Seifert is a member:

[Families, residents at New Hampshire nursing homes struggle with visitation restrictions](#)

[Monadnock Ledger-Transcript](#)

**Bernie Seifert, a licensed clinical social worker, co-facilitates a support group for caregivers through the Dartmouth-Hitchcock Aging Resource Center.** She said like Blanchard, many family members are worried about their loved ones losing abilities during lockdown. “When you have very limited contact, have to stay within the room, and aren’t spending time with visitors, that does have an impact on those preserved abilities,” she said. “It’s ironic that we’re trying to protect these people from a major public health issue; but while we’re doing that there’s the unintended consequences of some mental health issues that pop up.”

Sandra Lopez is a member:

[How to Help Grieving Loved Ones in a Pandemic](#)  
[Elemental](#)

**Sandra Lopez, a Texas-based Mexican American clinical social worker** with decades of experience as a multicultural grief and trauma expert, says there’s also the loss of cultural rituals in grief. “Religious and cultural practices are oftentimes the very things that help us in resolving our grief or offering closure, so when we’re not able to access them, then we’re kind of stuck,” she says.

Eric Cochran is a member:

[From wake-up calls to wellness checks, how CPS is trying to make sure no child is left disconnected as remote learning resumes Tuesday](#)

[Chicago Tribune](#)

“There’s definitely been a lot of sleepless nights thinking about certain kids,” said Amundsen **social worker Eric Cochran.** He was relieved recently to learn his part-time colleague would be made full-time. That means they can split the caseload of 149 students who have a required number of social work minutes each week, in addition to anyone else who needs help. He works closely with counselors and teachers, responding to crises or checking in on students who experience loss or trauma. Before, he had about 100 students, when the recommendation is about half that, he said. **The National Association of Social Workers recommends a ratio of 1 social worker for every 250 general education students, or 1 per 50 when they serve students with “intensive needs.”**

Lisa Williams is a member:

[During pandemic, Black families put trust in Black doctors](#)

[FOX23 \(Jackson, MS\)](#)

Most of the families that Bacon and the more than 50 other doctors, nurses and social workers serve are African American, low-income and living with health conditions like heart disease, diabetes and asthma that are more common among Black Americans. Even before the coronavirus, many were dealing with depression and anxiety, Bacon said... **Clinician and social worker Lisa Williams said that although the**

**pandemic has made a lot of the problems that patients deal with worse, they aren't anything new.** “People have been struggling for a long, long time,” she said.

Maureen Underwood is a member:

[You are not alone: Unraveling the cliché.](#)

**Verizon Communications**

*Mental health during the COVID-19 pandemic:* We were fortunate enough to speak with **Maureen Underwood, a licensed clinical social worker and a nationally recognized expert on youth suicide prevention.** While the [COVID-19 pandemic](#) has increased rates of anxiety, depression and suicidal ideation, Maureen points to the potential upside: A focus on the importance of public health, which is often a first step towards suicide prevention and treatment.

Elisa Nebolsine is a member:

[Dealing with COVID Back-to-School Anxiety](#)

**Mainline Today**

Thanks to COVID-19, back-to-school anxiety is off the charts. How to cope? Mental health experts around the region have ways to help kids (and adults) re-acclimate to the classroom—whether virtual or brick and mortar. First, validate children’s emotions. “It’s OK to be sad about not going to school like we normally do,” says **Elisa Nebolsine, a licensed clinical social worker, cognitive behavioral therapist and clinical supervisor for the Beck Institute in Bala Cynwyd.** “It’s OK to be worried, angry and overwhelmed. Talking about feelings is a good thing.”

Rachel Wassel is a member:

[Social worker puts her skills to work in pandemic as contact tracer](#)

**Valley News**

After a Vermonter or visitor to the state gets a call from a physician or other health care provider alerting them to a positive COVID-19 test result, **Rachel Wassel or one of her 65 fellow trained contact tracers is likely to be calling next.** Since early April, Wassel, a 32-year-old social worker who lives in Royalton, has been helping people who have tested positive for COVID-19 and their close contacts to isolate from others until their risk of transmitting the disease has decreased.

Talia Filippelli is a member:

[Best moments from CNN and Sesame Street's 'Back to School' coronavirus town hall](#)

**Erie News Now**

When it comes to helping them calm down, **licensed clinical social worker Talia Filippelli** advised parents to use these moments to support their kids and teach them confidence. "Parents in those moments feel like they have to solve their kids' feelings; Your kids don't need that," Filippelli said. "They really just need you to sit next to them, give them a hug, tell them you love them and you have supreme confidence that they'll be able to get through this and kids absorb that. If we can lead with confidence and optimism, our kids will soak that in."

## [West Virginia groups urge passage of new federal relief package](#)

**WV Metro News**

“Despite these challenges, Congress has failed to pass any meaningful COVID relief for families and communities since March, and most of the programs that were passed have since expired with the crisis no less challenging.” The letter came from groups like The West Virginia Center on Budget and Policy, the **National Association of Social Workers West Virginia**, American Friends Service Committee West Virginia, West Virginia Citizen Action Group, the West Virginia Education Association, American Federation of Teachers West Virginia and others.

## [National Association of Social Workers says funding issues leading to delay in licensing](#)

**KBTX**

**The National Association of Social Workers Texas is seeing a link between a lack of funding and COVID-19 impacting licensing for social workers.** Will Francis, Executive Director of the National Association of Social Workers Texas, says

this issue with funding and employment was happening before the coronavirus pandemic. “We were already in a major backlog, so we already saw some delays. We were actually moving towards getting better, but then COVID-19 came. That put that at a stop. It decreased their ability to work over time. Some of them didn’t have laptops and that sort of made us take a step back,” said Francis.

Karen Carnabucci is a member:

## [Celebrating recovery in the time of COVID](#)

**Lancaster Online**

Karen Carnabucci, a licensed clinical social worker and alternative therapist, agrees that during this time of enforced isolation, uncertainty and collective trauma caused by the COVID-19 pandemic that people in recovery may be struggling. “When we feel threatened or scared we risk going to very old and not-so-healthy behaviors,” Carnabucci says. “I think that we have to be alert to what is healthy and what is self-destructive — and certainly that could be using substances, reusing substances, even though somebody has been in recovery for a while.”

## [What types of interventions promote women’s entrepreneurship?](#)

**Brookings Institute**

While COVID-19 has fundamentally changed the way we all live and work, the pandemic has not affected all equally. It has brought to light existing disparities in both our health and economic systems. Women and people of color are [more likely to be essential workers](#)—with a higher share of employment in health care, social work, and grocery—putting them at greater risk of exposure.

Victor Armstrong is a member:

## [Stress from coronavirus pandemic takes a toll on people’s mental health](#)

**News & Observer**

More than 6.6 million Americans, about 2% of the population, have tested positive for coronavirus, and more than 195,000 have died of COVID-19. But the mental health

effects of the pandemic and the economic fallout touch a far larger number of people... “The behavioral health challenges brought on by this pandemic are great,” **Victor Armstrong, director of the Division of Mental Health**, said during a press conference. “As a state, we must be prepared to address the long-lasting stressors presented by this pandemic.”

F. Diane Barth is a member:

[How to tell if the Covid-19 pandemic made you paranoid or just appropriately cautious](#)  
**NBC News**

**Every day in my still-virtual psychotherapy office, clients question whether or not to go back into their workplace, meet friends for a drink at an outdoor café, or send children back to school or college** — and their own reactions to those dilemmas. A shy young woman who has enjoyed sheltering at home during Covid-19 said, “I’m not sure if my anxiety about going back to work is just my regular discomfort about being in groups, reasonable anxiety about being with people inside, or pandemic paranoia.” A new client told me, “I’ve never had any difficulty with separation before.” She said, “But now I’m afraid of letting my children out of my sight.”

Maxine Thome is executive director of NASW-MI:

[When school is safer than home during a pandemic](#)  
**Michigan Live**

Another piece to consider is the sense of belonging that students find in their peers, said **Maxine Thome, National Association of Social Workers - Michigan Chapter executive director**. For example, LGBTQ students may find friendship and love from gay and lesbian support groups at school, Thome said. “They don’t have access to that and that can be pretty devastating especially when they don’t have a supportive family,” Thome said.

Lauren Zingraff is a member:

[Thousands of Older North Carolinians and People With Disabilities May Not Get to Vote in 2020](#)  
**Cardinal & Pine**

Leavitt’s challenges to vote this year would be significant in any given year, but potentially insurmountable in 2020 given how the novel coronavirus has virtually cut off residents of long-term-care homes, according to **Lauren Zingraff, the executive director of the North Carolina-based advocacy group [Friends of Residents in Long-Term Care](#)**. (Leavitt, who has been a longtime advocate for persons with disabilities, also serves on the group’s board.) “It’s been really easy to forget this population,” Zingraff said.