

Social Work and COVID-19: News Items from March 2020

Lauren Zingraff is a member:

[Nursing homes could face 'wildfire' spread of coronavirus](#)

WRAL (NC)

Four of the six people in the U.S. whose deaths have been attributed to coronavirus lived in a nursing home in Washington state. **Lauren Zingraff, executive director of Friends of Residents in Long Term Care**, a Raleigh-based nonprofit, said residents in nursing facilities are at greater risk for the virus and others like the flu. "It's a nightmare," Zingraff said. "One person can be sick, and then it's just going to spread like wildfire because everyone is in the same residence, in the same space."

[U of C research teams get \\$1.6M in federal funding to help COVID-19 fight](#)
[calgary.ctvnews.ca](#)

Three University of Calgary research teams are adding their expertise to the global fight against COVID-19. The teams come from three separate disciplines — medicine, public policy and social work — and have received more than \$1.6 million in funding from the federal government to explore ways to mitigate the outbreak.... **The social work team, led by Dr. David Nicholas**, will take a look at the impact the outbreak has on pediatric patients with pre-existing conditions and their families.

Craig Knippenberg is a member:

[What To Do With Kids At Home On Coronavirus Break For Who Knows How Long \(Without Losing It\)](#)

Colorado Public Radio

"Even for parents who love hanging with their kids, you can only take so much family time before you start to get stressed," says **Craig A. Knippenberg, a licensed social worker** who has provided child and family counseling services in Metro Denver for more than 35 years and the author of [Wired and Connected: Brain-Based Solutions To Ensure Your Child's Social and Emotional Success](#). "It's ok," he says. "This is a parenting experience to which we are all trying to adjust. Just do your best until the coronavirus runs its course." Knippenberg typically recommends that parents try to be 80 percent consistent with their parenting strategies. However, this will be one of those times when you will need to let some things go.

Kaitlin Kindman is a member:

[Is Working Remotely Making You More Depressed and Lonely?](#)

Rewire

Listen to your gut and pay attention to your emotions. Heightened feelings of anxiety or depression may indicate you're not getting the social connections you need. "I'd recommend paying close attention to decreases in one's mood or general sense of well-being as an alarm bell that signals needing to reach for more connection," said **Kaitlin Kindman, a Los Angeles-based licensed clinical social worker**.

Christine Reed is a member:

[\[Video\] Feeling anxious about coronavirus? You are not alone](#)

KPRC

If you are feeling an increase in stress and anxiety during this time, you are not alone. How do you know if you are dealing with anxiety? What can you do? “It’s absolutely common for people to feel anxiety over something like this,” said **Christine Reed, a licensed clinical social worker**. “This has been named a worldwide pandemic, and just those words can sound awfully scary.”

Kathie Supiano is a member:

['It's kind of scary': Utah experts share how to fight anxiety from the COVID-19 pandemic](#)
KSL.com

Kathie Supiano, associate professor at University of Utah College of Nursing and a licensed clinical social worker, agrees that being truthful with children about what’s going on — and why they should do things like wash their hands more — is important. And while many normal children’s activities are canceled, Supiano said it’s also important to remember they still need fun.

Aaron Gilbert is a member:

[Stuck at Home? Here’s How to Spend Less Time Wallowing in Existential Dread](#)
Boston Magazine

Whereas some may see this as the tip of an unnerving spiral into anxiety, it actually might be a good thing. **Aaron Gilbert, licensed clinical social worker and founder of Boston Evening Therapy**, tells me the time is a great opportunity to get to know yourself better. “We’re not very good at the idea of being alone,” he says. “It makes people nervous.” He says to view this time as an opportunity to rely on your own strength and the fact that we don’t always need to be entertained or externally validated.

Jim Fitzsimmons is a member:

[Social services agency responds to disease spread](#)
The Northern Virginia Daily

The Shenandoah County Department of Social Services remains on its own to respond to the spread of the coronavirus COVID-19 as the agency cares for some of the neediest residents. The Shenandoah County Social Services Board held a special meeting Friday to hear from Director Carla Taylor about the department’s response efforts even as the situation changes. Board Chairwoman Karen Walton and member Jim Fitzsimmons attended the meeting. Walton is a registered nurse and **Fitzsimmons is a licensed clinical social worker**.

Arlen Gaines is a member:

[These Maryland Social Workers Wrote a Children’s Book to Answer Coronavirus Questions](#)
Washingtonian

Perhaps your kid is asking, “Can I catch coronavirus?” or maybe just “What is coronavirus?” As parents themselves, Maryland social workers **Arlen Grad Gaines** and **Meredith Englander Polsky** are encountering the same questions. In response, the co-authors wrote *I Have a Question About Coronavirus*, [a free children’s e-book](#) to help parents maneuver coronavirus-related queries.

[Coronavirus adding to struggle for social workers protecting most vulnerable children](#)

WCVB

The coronavirus is impacting our foster care system -- from the social workers to the children in state custody and the foster homes where they live. There are multiple concerns and the state is still trying to figure out how to navigate it all. Social workers at the Department of Children and Families will mostly work remotely because they don't have any protective gear or supplies to go into homes.

[Social Workers Stand Ready In The COVID-19 Fight](#)

The Jamaica Gleaner (WI)

Over the past several weeks, as we have all seen the growing pandemic around the coronavirus, we at the Jamaica Association of Social Workers (JASW) have been thinking about how these developments might affect social workers and those for whom we care. Where there is panic, fear, uncertainty – which we are most familiar with in our daily practice – **social workers seek to apply our professional skills such as problem-solving, crisis intervention, and strengths utilisation**. In this, we support the nation in keeping peace and supporting solution-focused approaches to address the current situation.

Karen Zilberstein is a member:

[\[Audio\] 'Escalating Panic': Social Worker On How Coronavirus Pandemic Can Affect Mental Health And How We Can Better Cope](#)

WBUR

The coronavirus pandemic is a global threat to physical health. But it's also a challenge to mental health... For more on how the coronavirus pandemic is affecting our mental health, WBUR's *All Things Considered* host Lisa Mullins spoke with **Karen Zilberstein, a licensed clinical social worker in Northampton**. Zilberstein described what she's seeing among her clients and offered guidance to help people cope.

[Social work in this unprecedented time](#)

Yahoo Finance

The three largest social work organizations in the United States are calling social work practitioners, students, faculty, employers, regulators, policy makers, and all interested parties to action. **The Association of Social Work Boards (ASWB), the Council on Social Work Education (CSWE), and the National Association of Social Workers (NASW)** acknowledge that we are all living in a very tumultuous time. Clear thinking is essential but can be made more difficult because of overwhelming emotions - our own and those around us. ASWB, CSWE and NASW encourage everyone to take the time necessary for self-care and to prioritize the needs of your own health, the health of your families, and the safety of our communities.

Tricia Bent-Goodley is a member:

[Isolation of families for COVID-19 raises concerns about domestic violence](#)

WCSJ

"For some, the self-isolation is like quarantining yourself anyway when you are home with the abuser ... you're living in terror," said **Dr. Tricia Bent-Goodley**, an expert

with the National Association of Social Workers (NASW) and a social work professor at Howard University.

[NJ Social Workers Providing Free Resources and Support to Community](#)

Inside NJ

With the COVID-19 crisis continuing to escalate across the state and nation, thousands of New Jersey's social workers are continuing to support our communities through this global epidemic. The state's leading organization for social workers is providing free online resources for its members and the community at large. "Social workers provide over 3/4th of the mental health services in our community," said **Jennifer Thompson, executive director of the National Association of Social Workers – New Jersey Chapter (NASW-NJ)**. "Social distancing does not mean social isolation, and as a community of social workers, we are committed to providing resources, tools and support to our neighbors, friends, colleagues and communities during this crisis."

Emily Souder is a member:

[Meditate, Exercise, Limit Social Media: 12 Expert-Approved Ways to Manage Coronavirus Anxiety](#)

Popsugar

"It's important to acknowledge that the anxiety is present," said clinical psychologist Carla Manly, PhD. Pretending your fear isn't there is counterproductive; you'll only make yourself more anxious. Instead, "treat it with compassion," said psychotherapist **Emily Souder, MA, LCSW**. "Know that it is not in control of you, and that your anxious thoughts are not representative of truth. See them as separate from you, if possible."

[With COVID-19 spreading, FL social workers face limitations trying to help vulnerable families](#)

Florida Phoenix

Jim Akin, executive director of the National Association of Social Workers, Florida chapter, said in a phone call with the Florida Phoenix that remote work will be tough for most social workers. "It's kind of difficult to work from home," Akin said. "Most private practices are incorporating telehealth and teletherapy."

[Mental healthcare even more important during coronavirus. Therapists are struggling to adapt their profession.](#)

MetroWest Daily News

Rebekah Gerwitz, executive director of the Massachusetts chapter of the National Association of Social Workers, said she understands the trepidation of people like Leggett, but she said Baker's executive order is a mandate, one that other states should model. "The executive order put forward by our governor, as I understand it, is the first one in the country that was done that covers telemental health in such a comprehensive way, and in fact, other chapters have been using it as a tool for advocacy with their governors and their legislatures with some success in other states," Gerwitz said.

Katherine Supiano is a member:

[As Utah marks 1st death from COVID-19, mental health expert says reaching out more important than ever](#)

Deseret News

As Utah marked its first death from COVID-19 on Sunday, a mental health expert says the news is likely to amplify the reality of the pandemic for many in the Beehive State. “I do think it does have important implications, because now it feels local, and though we have had cases, this is the first fatality. And it also feels like this could happen in anyone’s family,” said **Kathie Supiano, associate professor at University of Utah College of Nursing and a licensed clinical social worker.**

Cynthia Reynolds is a member:

[Therapy sessions going virtual due to coronavirus](#)

WTHR (IN)

No church. No School. No going into the office. It all may be good for our physical health right now, but therapists say the social distancing isn’t great for our mental health. **Cynthia Reynolds is a licensed clinical social worker.** She said it’s still critical that people in need talk to someone. “I think it’s crucial to staying well during this epidemic,” she said. Many in-person counseling sessions along with substance abuse programs and support groups are put on hold for now.

Alissa Lapidus is a member:

[Understanding the seriousness of coronavirus](#)

WAFF (AL)

First, **licensed clinical social worker Alissa Lapidus** says it’s important to remember that you can’t always change people. “Making sure that we all understand what our limits are on how we can control the actions and the behaviors and the thoughts of those around us is going to settle each individual down,” says Lapidus. When the issue at hand is really important to you, however, Lapidus stresses the importance of open communication and willingness to listen to the other person.

Nancy Serling is a member:

[This is what experts say to do immediately after you lose your job](#)

Yahoo Lifestyle

“Tap into your support network of friends and family and let them know about your job loss,” **Nancy Serling, a licensed clinical social worker,** tells HelloGiggles. “While social distancing may be necessary during this time, connecting to others via FaceTime or through a stroll in the park (at a healthy distance, of course) can help give us the social connection we need to not feel alone during this vulnerable time.”