



~~Bi~~ Weekly Bulletin for April 23, 2020

MEMBER NEWS

Carl Clark—How Social Distancing Can Really Help You Stay Healthy (podcast)

Improving the well-being of the Denver community and beyond through a focus on health promotion, well-being, resilience and recovery

https://blog.simonassociates.net/podcast/190-carl-clark-how-social-distancing-can-really-help-you-stay-healthy?utm_campaign=On%20the%20Brink%20Podcast%20Promotion&utm_content=125857115&utm_medium=social&utm_source=linkedin&hss_channel=li-E6x1YLnv0k

LifeStream opens hotline for locals feeling overwhelmed by COVID-19

LifeStream Behavioral Center, a behavioral and social service organization, is reminding residents they are not alone during this time of unprecedented change. It has set up a community hotline for residents with questions about services or for those just needing to talk with someone.

<https://www.dailycommercial.com/news/20200330/lifestream-opens-hotline-for-locals-feeling-overwhelmed-by-covid-19>

LifeStream Coronavirus Update

In accordance with Governor DeSantis' Executive "Stay at Home" Order addressing essential services, we want our community to know that LifeStream will continue operations as normal and we are accepting new consumers and meeting the needs of our existing ones via telehealth and telephone platforms.

<https://www.lsbcb.net/important-coronavirus-update/>

Mind Over Pandemic: How Mental Health Professionals Are Adapting Amid Crisis

Kurt Carlson is the President and CEO of the **Bowen Center**. He says the constant, unavoidable conversation around COVID-19 can cause people's fears to worsen.

<https://www.wfyi.org/news/articles/mind-over-pandemic-how-mental-health-professionals-are-adapting-amid-crisis>

Stay-at-home orders can negatively affect your mental health

"The biggest thing we're seeing is an increase in anxiety, depression, irritability, sleep issues," Rachel Ford, the Clinical Supervisor at **Meridian Health Services** said.

<https://www.abc57.com/news/stay-at-home-orders-can-negatively-affect-your-mental-health>

The second curve: Mental health expert warns of psychological effects of COVID-19

Burrell Behavioral Health president C.J. Davis explained what is known as the second curve, the mental health issues or even crises that Davis says will follow the worst of the COVID-19 pandemic.

https://ccheadliner.com/free/the-second-curve-mental-health-expert-warns-of-psychological-effects-of-covid-19/article_c7eda6f4-80e7-11ea-9f27-c35831abd192.html

INDUSTRY NEWS

Helping the Helpers: Massachusetts Mental Health Group Launches "Provider Resiliency Program"

Child & Family Psychological Services (CFPS) with 18 offices in the Boston, Worcester, Metrowest, Southeastern and Northeastern regions, is now providing specialized behavioral health services to doctors, nurses and other healthcare providers struggling with the challenges of providing care to

their patients during the COVID-19 pandemic. Called, the "Provider Resiliency Program," the effort began this week.

<https://finance.yahoo.com/news/helping-helpers-massachusetts-mental-health-145800285.html>

Anxiety, Fear, Loss: Covid-19 Drives Need For Behavioral Health Support in Senior Living

The Covid-19 pandemic has put overwhelming pressures on senior living providers — and some are offering additional psychological health services as a way to help residents, staff and family members cope in the meantime.

<https://seniorhousingnews.com/2020/04/16/anxiety-fear-loss-covid-19-drives-need-for-behavioral-health-support-in-senior-living/>

BUSINESS NEWS & LEADERSHIP ARTICLES

COVID COMMUNICATIONS: 3 LEADERSHIP MESSAGES TO GET RIGHT

The first step in developing a message is to understand the moment, says David Jarrard, President and CEO of Nashville-based Jarrard Phillips Cate & Hancock, and author of Healthcare Mergers, Acquisitions, and Partnerships: An Insider's Guide to Communications by HealthLeaders.

<https://www.healthleadersmedia.com/covid-19/covid-communications-3-leadership-messages-get-right>

5 Crisis Communications Lessons from Cuomo's Coronavirus Response

Public relations experts and other commentators point to New York Gov. Andrew Cuomo's COVID-19 communications as an example of how leaders should speak to the public during a crisis.

<https://glean.info/5-crisis-communications-lessons-from-cuomos-coronavirus-response/>

This is the end of the office as we know it

The pandemic already pushed millions to work from home. Many of them will likely go back to a very different office.

<https://www.vox.com/recode/2020/4/14/21211789/coronavirus-office-space-work-from-home-design-architecture-real-estate>

A crisis is not a marathon -- but it is a call for endurance

The only similarity between this crisis and a marathon is the need to dig deep, the need to keep going when we'd rather quit. Both this crisis and running marathons require extreme perseverance.

https://www.smartbrief.com/original/2020/04/crisis-not-marathon-it-call-endurance?utm_source=brief

Past issues of this publication are available online at: <https://mhca.com/about-us/member-news>

NOTE: If we missed a recent (past 2 weeks) news article about your organization, please send the [link](#) to Lonnie Parizek at lparizek@mhca.com to be included in our next issue. Have something to report that wasn't covered in your local news? We'd love to hear all about it and link to the news on your website! If you can't wait to read the latest news, follow [@mhca](#) on Twitter where we post these articles and many others daily.

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