

[Subscribe](#)[Past Issues](#)[Translate ▼](#)[Disaster Behavioral Health Newsletter](#)[2021 Winter Edition](#)[View this email in your browser](#)

Maine Disaster Behavioral Health Helping Our Communities in Times of Disaster

Maine's Disaster Behavioral Health Spiritual Care Corps (SCC) Expands

*Provided by DBH Volunteer Lori Whittemore,
Board Certified Clinical Chaplain, and Spiritual
Care Corps Coordinator*

The Spiritual Care Corps is growing in membership, visibility and activity. While the primary offering from our volunteer group last summer was on-call, one-on-one support for long-term care facilities, we've expanded to better serve Maine's frontline workers.

The SCC scope has been expanded to include all frontline workers with an opportunity to offer spiritual wellness groups for working groups that are providing direct support. To date, SCC has established four groups: DHHS employees, home health care givers and personal care givers, and groups in a jail. Whether you are a follower of an established faith tradition or not, these sessions will explore ways to cope with the spiritual and emotional aspects of COVID-19 in a group setting. If you would like more information about SCC offering a spiritual wellness group for your working group, please visit our webpage.

<https://mainedisasterbehavioralhealth.com/spiritual-care-corps/>

Spiritual Care Corps (207) 441-5466
Call 8am to 8pm
Monday through Sunday
for a **Spiritual Care Corps** member to call you back

Department of Health and Human Services

MAINE RESPONDS
EMERGENCY HEALTH VOLUNTEER SYSTEM

Subscribe

Past Issues

Translate ▼

MAINE RESPONDS

EMERGENCY HEALTH VOLUNTEER SYSTEM

Vaccination Efforts Expand in Maine with the Support of Volunteers

If you have not already registered in Maine Responds as a volunteer, please take the time to do it now. Polling for volunteer availability in expanding mass vaccination clinics will be going out to Maine Responds Volunteers as additional needs develop.

"We appreciate the role that volunteers have played throughout the pandemic response," said Dr. Nirav D. Shah, Director of the Maine CDC. "We're grateful that so many of our neighbors have stepped forward to help through the Maine Responds program, which continues to support our expanding vaccination efforts."

Register in Maine Responds: www.maineresponds.org

The *Maine Responds* Emergency Health Volunteer System is the online registration system for the public health, healthcare and emergency response volunteers for the State of Maine. *Maine Responds* is a partnership that integrates local, regional, and statewide volunteer resources to assist our public health and healthcare systems. It is part of a national initiative to train, coordinate, and mobilize volunteers during an emergency. *Maine Responds* coordinates verified, pre-credentialed public health, healthcare and emergency response volunteers into a single database that can coordinate the need for volunteers across county, regional, and state lines if needed.

Maine Works to Address COVID-19 Racial/Ethnic Health Disparities

Provided by Kathleen Wescott, LMFT

Disaster Behavioral Health, Maine CDC



Maine's approach to ensuring timely access to COVID-19 vaccine for members of racial/ethnic minority groups is a major initiative of the Maine COVID-19 pandemic response. The State has placed special emphasis on ensuring all Mainers, especially those from diverse racial and ethnic backgrounds, have accurate information on COVID-19 vaccine and can access that vaccine, once available. COVID-19 rates for racial and ethnic persons in Maine are disproportionately high. Even though this population accounts for roughly 5% of the population, this group accounts for 22% of COVID-19 cases in Maine. Read [Maine's COVID-19 Interim](#)

Subscribe

Past Issues

Translate ▼

Members of the Maine Work Group for Equitable Distribution and Uptake of COVID-19 Vaccine have consulted with Tribal leaders, the Maine Migrant Health Program, and the District Liaisons and acknowledge that more needs to be done to reach these populations. Maine will work strategically with partners to meet the needs of ethnic minorities. The Keep ME Healthy program had also worked with community partners and municipalities to develop locally based programs and educational outreach.

The following article illustrates the U.S. CDC's approach to health disparities and how they can be overcome. The CDC Equity Director seeks to "*To develop recommendations that work better for people in highly burdened communities... researches their specific public health needs and informs colleagues about those needs.*" (US Center for Disease Control and Prevention) [Read the full article here.](#)



"Snowflakes are one of nature's most fragile things, but just look at what they can do when they stick together." -Unknown

Disaster Behavioral Health Volunteers Active in Their Communities

Susan Peixotto, LCSW

Maine FrontLine WarmLine (MFLWL) is a Maine Disaster Behavioral Health volunteer group within Maine Responds that was launched in April of 2020 and currently serves as a free support line for all healthcare, first responder and public safety personnel and all individuals working in school settings.



MFLWL Collaboration with the Maine CDC Infectious Disease / Epidemiology Teams

In early December of 2020, as the State experienced continued high numbers of

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

investigation teams. As a result, several members of the MFLWL have partnered with the Maine CDC ID/EPI team to offer wellness and self-care strategies for each of these three essential teams.

Given that compassionate communication and stress management is at the core of what MFLWL does, it is a natural fit for the MFLWL to offer their support to the CDC ID/EPI teams. MFLWL volunteers connected with the leaders of teams across the state to develop individualized resilience strategies that are specific to each team's needs. Examples include mindfulness, role playing, breathing and grounding exercises. These skills may be helpful at work, for peer support and in one's personal life.

The insights of each team leader have set the tone for the collaboration. Louise Merriman, MPH, Regional Coordinator for York and Cumberland counties, reflected that the "MFLWL provides the needed respite in our action-packed and stress-filled days to acknowledge the value of our work and the importance of self-care."

Maine FrontLine WarmLine volunteers are pleased to be part of this Disaster Behavioral Health endeavor and welcome additional opportunities to collaborate with others on the front lines in the State of Maine.



Maine's Mental Health and Resilience Response to COVID-19

Erik Eisele

StrengthenME Project Manager, Maine Office of Behavioral Health

StrengthenME, the State of Maine's stress management and resiliency response to the COVID-19 pandemic, continued to serve communities experiencing disaster-related behavioral health stressors as the pandemic moves into 2021. The program includes services that have been running since the start of COVID-19, and has thus far conducted 28,259 encounters with individuals experiencing stress or looking for resiliency resources.

Recently launched is an initiative to provide stress management support to agencies that have spent nearly a year providing pandemic support to their communities: Staff

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

support, workshops and trainings from Work Force, a professional Employee Assistance Program agency based in Maine. Information about services and eligibility are available by emailing: StrengthenME@northernlight.org. This effort follows the ongoing push to provide support to healthcare workers, emergency responders and school staff through the Maine FrontLine WarmLine. The WarmLine operates every day 8am – 8 pm by calling (207) 221-8196.

StrengthenME is also open to any person in Maine experiencing pandemic-related stress either by phone (207) 221 8198 or through our [website](#). One call to StrengthenME connects you to both resources and support. It is completely free, confidential, anonymous, and open to anyone.



Healthcare Coalitions of Maine Welcome New Staff

Written by Hannah James

[Healthcare Coalitions of Maine website](#)

The Healthcare Coalition of Maine is excited to introduce our new Northern Chapter Coordinator, Edward ‘Ed’ Molleo. He joins the Coalition with nearly 20 years of experience in safety, emergency management, disaster recovery planning, and critical response. Ed received his undergrad degree in Environmental Studies, from Dartmouth College. As his interest in climate change preparedness heightened, he became motivated to move into emergency management work. Ed most recently worked as the Volunteer Management Coordinator at the Maine CDC, Public Health Emergency Preparedness Program.

Since January 2020, his primary role has been responding to the COVID-19 outbreak and leading the deployment of multiple simultaneous volunteer teams to bolster key functions of Maine's health service delivery systems. Ed joined the healthcare coalition team in February and can be reached at EdM@allclearmg.com or by phone at (207) 747-9725.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Save the Date!



Healthcare Coalition of Maine Infectious Disease Surge Tabletop Exercise

March 17th, 2021 from 12-3pm

Virtually via Zoom Platform




Register - HCC Infectious Disease Surge Tabletop Exercise

For more information about the Maine Healthcare Coalition, visit our [website](#). For any questions, contact mehccs@allclearme.org

The Healthcare Coalition of Maine, comprising three regional chapters, is a collaboration of health and medical partners working together to mitigate against, prepare for, respond to, and recover from emergencies through planning, training, exercising, communicating, and relationship building. The HCCME brings together diverse healthcare organizations in the state to foster communication and coordination. This collaborative approach facilitates a more effective and efficient response within the healthcare system.

RESOURCES



COVID-19 Vaccination in Maine

Maine CDC COVID-19 Vaccine Update

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

becomes available. The most current draft is found on the [Maine Immunization Program's website](#).

COVID-19 Vaccination in Maine

Parent/Caregiver Guide to Helping Families Cope with COVID-19

This National Child Traumatic Stress Network resource provides information for parents and caregivers about COVID-19. Knowing important information about the current status of COVID-19 response efforts (e.g., testing, vaccines, treatments) and how to continue to manage your stress can help parents/caregivers cope better. This resource also helps parents and caregivers think about how COVID-19 has affected their family— both physically and emotionally—and what they can do to help their family cope.

Coping with COVID-19

Are you looking for disaster behavioral health resources?

Check out the new and updated
SAMHSA DTAC Disaster Behavioral Health Information Series (DBHIS) installments.

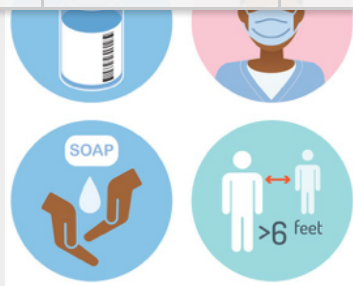


<https://www.samhsa.gov/dtac/dbhis-collections>

SAMHSA DTAC DBHIS

Key Things to Know About COVID-19 Vaccines

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Experts also

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

think that getting a COVID-19 vaccine may help
keep you from getting seriously ill even if you do get

COVID-19. But while COVID-19 vaccines can keep you from getting sick, scientists are still learning how well vaccines prevent you from spreading the virus that causes COVID-19 to others. So even after vaccination, we need to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Although the vaccine supply is currently limited, the federal government is working toward making vaccines widely available.

[COVID-19 Vaccines](#)

Variants of the Virus that Cause COVID-19

Multiple variants of the virus that causes COVID-19 are circulating globally. These variants seem to spread more easily and quickly than other variants, which may lead to more cases of COVID-19. An increase in the number of cases will put more strain on healthcare resources, lead to more hospitalizations, and potentially more deaths. So far, studies suggest that antibodies generated through vaccination with currently authorized vaccines recognize these variants. This is being closely investigated and more studies are underway. Prevention strategies like vaccination, social distancing, use of masks, hand hygiene, and isolation and quarantine are essential to limit the spread of COVID-19 and protect public health.

[Variants of COVID-19](#)

Improve How Your Mask Protects You

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

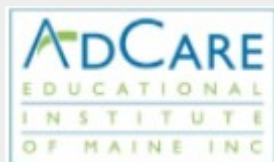
When choosing a mask, look at how well it fits, how well it filters the air, and how many layers it has.

Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask. Pick a mask with layers to keep your respiratory droplets in and others' out.

[Mask Protection](#)

UPCOMING EVENTS & TRAINING

Learning opportunities for behavioral health, spiritual care, substance use disorder professionals as well as disaster responders and natural community helpers.



Trainings Supported by AdCare

Ethics: Life is Messy

Ongoing Enrollment / Self-paced online course

Hosted by AdCare Maine

Ethics: Life is Messy is a three-hour, self-paced online course that explores ethics in the middle of a real life practice.

If asked, nearly all clinicians would say that they behave in an ethical way. But what does this mean in the face of difficult work situations, difficult clients, and all that goes on in a person's life? Think of those 'thick files' cases - the cases that feel as though there will never be an adequate resolution. What is ethical behavior in the face of these cases? How do you behave in a defensible ethical way in the face of difficulty? How does supervision play into ethical behavior? Is self-care part of ethical behavior? What can you do when the workplace is untenable? All this and more is covered in this course.

[More Information and Registration](#)

Maine's Annual Conference on Problem Gambling Awareness

[Subscribe](#)[Past Issues](#)

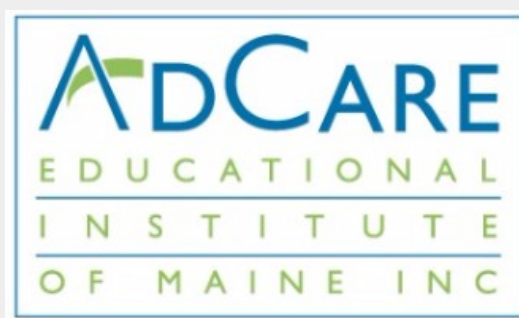
2021 Webinar Series

[Translate ▼](#)

Four separate sessions - March 5 - March 26, 2021

Modern Gaming, Gambling and Digital Wellness Trends Across the Lifespan

Maine's Annual Conference on Problem Gambling Awareness has gone digital again in 2021! We're really excited to share our weekly, no-cost webinars featuring expert speakers and timely topics such as the convergence of gaming and gambling, the impact of screen time on children, what we need to know about Gen Z, and much more. You can sign up for any of the sessions you are interested in. **Take one or take all four.** See short descriptions of these sessions on the webinar series webpage.

[More Information and Registration](#)

Copyright © 2021 AdCare Educational Institute of Maine, Inc., All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)



Get Social with AdCare!

Connect with us on Facebook, Twitter, Pinterest, LinkedIn, Foursquare and YouTube.

Subscribe

Past Issues

Translate ▼

