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# Resilience Report

*Brief insights and the latest innovations in emergency management and health security.*

*Some great progress on the COVID-19 front this week with more players conducting culturally competent outreach and promising news on transmission. These advances can help open up some energy to look out for another crisis that might be just out of sight on the horizon. This week on Resilience Report we bring focus to the long-term impacts of the pandemic, specifically the looming mental health surge and healthcare's ability to handle it while also sharing a few self-care ideas in the Fun Things section.*



## It's Time Los Angeles.

Efforts to reach communities of color hit hardest by COVID-19 continue. The newest player in LA, [Community Organized Relief Effort \(CORE\)](#), joins by tapping [culturally and linguistically competent](#) leaders and organizations to get the word out.

## Reducing Transmission.

We've already seen data that both Moderna and Pfizer vaccines [substantially reduce rates](#) of infection and severe disease. Now we're seeing indications that they both are reducing viral shed, which means less likelihood to transmit COVID-19 to others. More great news as California begins lifting more restrictions and its rates are the [lowest in the continental U.S.](#)

## Collective Trauma.

This week brings forward examples of the lasting pain and trauma of mass shootings. In Indianapolis, IN employees return to the FedEx warehouse where the [tragic shooting of eight people](#) has amplified continued trauma and violence in the tight-knit Sikh community. In Columbine, CO survivors mark the [22nd anniversary](#) of the mass shooting at a local high school, one of the first to gain national attention.

## April Snow Showers?

A [late season winter storm](#) continues to make its ways across the US dropping snow, dipping



*Every week, we'll dedicate space for a hot topic that we think is especially important for emergency managers to read. Last edition, we wrote about public health issues that have been receiving less focus as the country and world pivoted to COVID-19 response. This week, we're taking a look specifically on the mental health impacts the pandemic has had on healthcare response workers as well as the general public.*

- The COVID-19 pandemic and response measures have had wide-reaching impacts on behavioral health in the U.S. Analysis from the [Kaiser Family Foundation \(KFF\)](#) has shown that about half of U.S. adults continue to report negative mental health impacts related to worry or stress from the pandemic.
- The same KFF analysis notes that “Many adults who reported worsened mental health due the pandemic also report forgoing mental health treatment.” There is concern that the [nation does not have the behavioral health infrastructure](#) to adequately handle the mental stress and trauma that will continue even after the country eases restrictions.
- Frontline healthcare workers [are particularly at risk](#) for experiencing negative impacts to their mental health due to COVID-19. The Journal of Psychiatric Research estimated more than [half of COVID-19 healthcare workers](#) are at risk for one or more mental health problems (e.g., anxiety, depression, stress, insomnia, substance use).
- Health and Care Workers have served nobly this past year, with the World Health Assembly designating this [“The Year of Health and Care Workers.”](#) However, for many, 400+ days of response with little respite has led to burnout. With possible future surges in provider [visits from people who put off care](#) during the pandemic, burnout may adversely affect patient outcomes well in to the future.

**Supporting health and care workers and bringing behavioral health considerations to the forefront of planning will be crucial as we move into the later stages of response and begin recovery. Here are some ways to start doing just that:**

- **#SupportHealthCareWorkers.** Continue to recognize and thank the health and care workers in your community through social media, regular media, and more. The WHO has [some useful materials](#) for doing just that. You can also [continue to educate](#) yourself and your community about the global health workforce shortage and why we need continue investment in workforce development.
- **Design and plan care facilities with behavioral health in mind.** This could mean planning for [“pop-up” behavioral health clinics](#) in low-resource settings, field hospitals, evacuation shelters, and high-risk communities. We can also start to prioritize dedicating space to behavioral health care in emergency rooms.
- **Keep an equity lens.** It’s important to understand that communities of color and those who serve them will be severely impacted by the mental health effects of the pandemic. [SAMHSA has a bunch of great suggestions](#), from policy to community partnerships to

public awareness, that can help address the mental health equity gap.

We incorporate mental health into our response plans and have colleagues and partners with behavioral health backgrounds. Shoot us an [email](#) to talk to our staff and learn more!



### Park Week!

It is officially National Parks Week! Today is [Friendship Friday](#) and what better way for us to celebrate than to encourage you all to find your [nearest park](#) and enjoy.

### Let's Go Crazy.

On the 5th anniversary of Prince's death, a select [1,400 fans visited Paisley Park](#) to pay their respects. But just because we could not make it to Minnesota, does not mean we cannot celebrate his [life \(via virtual tour\)](#) and [talent \(via archived concerts\)](#).

### Summer Blockbusters.

Can we go to a movie theatre again? We hope so! These [new release trailers](#) look too good to pass up. Whether you are venturing [out to a show](#), or curling up at home [to Netflix](#) and chill, you have options.



## We're Here to Support You

If you need help with vaccine ops, COVID-19 AARs, return to work planning, or anything in between, shoot us an email at [jason@constantassociates.com](mailto:jason@constantassociates.com). We are here to help.

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