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Resilience Report

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

The Omicron variant continues to cause a record-breaking number of COVID-19 infections across the U.S., and this week, the Resilience Report looks at the long-term impacts of the pandemic on mental health. We also provide the recent headlines on disasters and terrorism, and present some ideas for how you can honor MLK on Monday by serving your community.



Disasters Continue to Make the News

Recent headlines include the devastating [Marshall Fire in CO](#), which was fueled by both wet and dry extremes, and [supply chain issues](#) affecting winter weather preparation in Dallas. Last year had the [second-highest cost](#) of weather and climate disasters on record, with [40 percent of Americans](#) living in affected counties. However, FEMA is continuing to respond to the ongoing crisis with [climate resilience resources](#).

Terrorism in 2022

Homeland Security Today released its list of [five terrorism trends](#) to watch in 2022. The use of social media to interact with and engage supporters continues to trend and researchers have identified a potential new area of concern on the internet for extremists and terrorists to influence supporters and push their narrative – the [metaverse](#). Although no credible threats have been identified, DHS recently [warned](#) its law enforcement partners of an uptick in activity on extremist online platforms.

The Latest on COVID-19

We address the mental health implications of the pandemic in our Special Highlight, but we wanted to call attention to recent news, including the state of the nation's [public health system](#) (it hasn't improved with the pandemic) and feedback on the current direction of the [U.S. response](#). Yesterday, the Supreme Court blocked the [federal vaccine or test mandate](#) for large businesses.



SPECIAL HIGHLIGHT: COVID-19 AND MENTAL HEALTH

Each issue, we'll dedicate space for a topic that we think is especially important for emergency managers and public health professionals to read. As we approach the third year of the pandemic and the Omicron variant continues to surge, the impacts of COVID-19 are impacting individuals far beyond just their physical health. This week, we take a look at some recent studies and reports about the mental health impacts of the pandemic on healthcare and frontline workers as well as the general public.

- At the end of last year, the U.S. Surgeon General issued an Advisory on [Protecting Youth Mental Health](#) that includes several troubling findings, including that “depressive and anxiety symptoms doubled during the pandemic” amongst 80,000 youth surveyed. HHS provides a shorter summary of the advisory [here](#).
- Some of the latest research available about the impact of the pandemic on [healthcare workers and first responders](#) reports high levels of psychiatric symptoms and distress. Furthermore, a significant amount of those surveyed indicated “their likelihood of staying in their current field had been somewhat or significantly decreased by their experiences working during the COVID-19 pandemic.”
- Even mental health professionals are not immune to the stresses of the pandemic. While psychologists continue to see an increased demand across all treatment areas, 46 percent of those surveyed in the American Psychological Association’s [2021 COVID-19 Practitioner](#) survey expressed that they are burnt out.

Addressing the Mental Health Crisis

As the demands of COVID-19 force a continued focus on response rather than recovery, behavioral health considerations remain critical. Here are some resources that you can use for different groups impacted as you and your organization continue to navigate the mental health concerns generated by the pandemic.

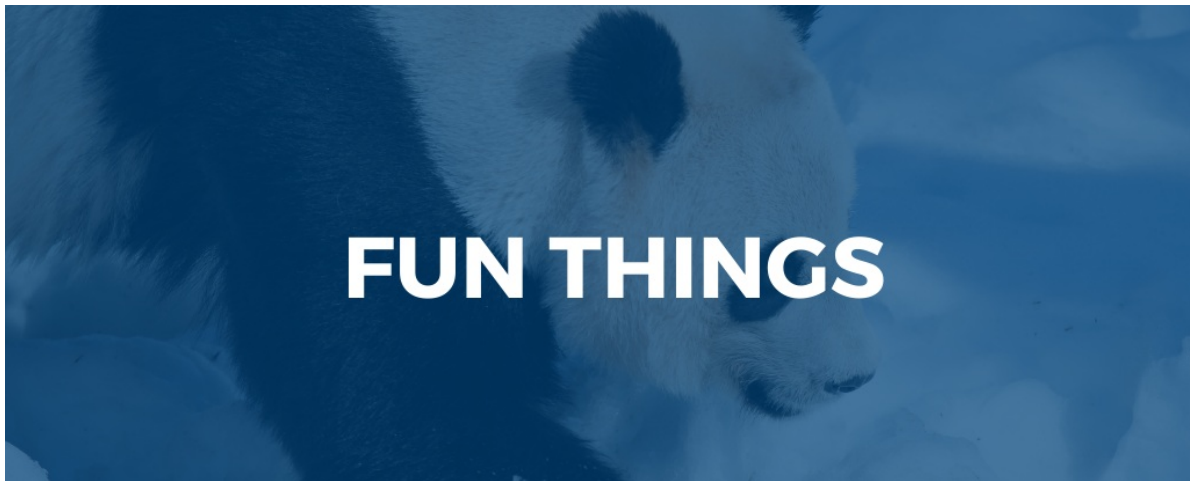
For Healthcare and Public Health Workers. [Mental Health America](#) provides resources for frontline workers on topics ranging from setting boundaries as a healthcare worker, to combatting sleep difficulties, to dealing with emotional overload. The [National Alliance on Mental Illness](#) also provides a comprehensive list of services available, including pro-bono therapy and peer support resources. Additionally, the [American Medical Association](#) provides an extensive how-to on implementing a peer support program during a crisis.

For Emergency Managers and First Responders. The Department of Homeland Security Center for Faith-Based and Neighborhood Partnerships’ [webinar](#) provides strategies and resources on managing the stresses of the pandemic.

For the General Public. The Disaster Zone podcast on [Dealing with Pandemic Mental Health Stress](#) shares coping methods for the public, responders, and healthcare workers.

For Children. The CDC offers a [Parental Resources Kit](#) to support caregivers that is inclusive of resources specific to age-groups, conversation starters, activity ideas, and more. The [Child Mind Institute](#) provides additional help on topics such as parenting, remote learning, anxiety, and more.

CONSTANT staff and partners are experienced in developing disaster mental health plans. [Email](#) us to learn more!



MLK Day/Day of Service

Monday is MLK Day, and we have a [list of opportunities](#) to honor the life, work, and legacy of the civil rights leader summarized in [this video](#). For those of you in the Los Angeles area, L.A. Works has a [landing page](#) of volunteer opportunities.

Zoo Snow Days and Cats in Boxes

Snow season means [new videos of bears, bison, elephants, and cheetahs playing in the snow](#). We recommend a loop of the [National Zoo's giant panda cub](#). Scientists have also solved why [cats adhere to: "if it fits, I sits."](#) Protect your cardboard accordingly.

Football is King

Georgia won their [first national championship since 1980](#) last weekend, and predictions for [next season](#) are already up. For NFL fans, here's the full slate of games for [Super Wild Card Weekend](#) and [predictions](#) if you still have hope that your team will win the Super Bowl.



The CONSTANT Team is here to support you.

If you need help with ARPA projects, COVID-19 AARs, or anything in between, shoot us an email at donna@constantassociates.com. We are here to help.

CONSTANT is certified as an 8(a) and Economically Disadvantaged Woman Owned Business (EDWOSB) and as a Great Place To Work. We are an Equal Opportunity Employer.

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