



Mental Health Consequences during a Pandemic for Women with Compromising Disorders: How providers can Help

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Appreciation

- Optimum Physician Alliance, LLC
- Great Lakes Health System of WNY
- Kaleida Health
- University at Buffalo Jacobs School of Medicine and Biomedical Science

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- Dr. Davina Moss-King has not received endorsements for the presentation
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COVID-Safe Practices at Work

DO



Wear a mask.



Maintain 6 feet apart from others.



Enjoy breaks alone or in socially-distanced small groups.



Clean hands often.

DON'T



Have group meetings.



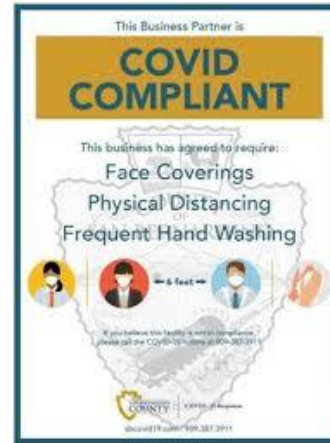
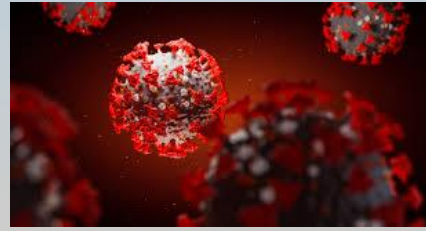
Attend pot-lucks and work gatherings.



Eat lunch indoors with others.



Come to work if you are feeling sick.



What did COVID- 19 Unmask?

- Isolation / Loneliness
- Anxiety / Depression
- Increase of substances (alcohol and other substances)
- Intimate Partner Violence (IPV)
- Insecurities (Food, shelter, resources)

Emotional & Psychological Concerns

- Grief and Loss
- Fear of dying
- Fear of the unknown
- Loss of independence and power

Women and COVID-19

- Employment (at home)
- Forced Unemployment
- Home Schooling / Daycare
- Lack of resources
- Prenatal Care

➤ <https://www.americanprogress.org/issues/women/reports/2020/10/30/492582/covid-19-sent-womens-workforce-progress-backward/>

➤ Thibaut, F., van Wijngaarden-Cremers, P. (December 8, 2020). Women's Mental Health in the Time of COVID-19 Pandemic. *Frontiers in Global Women's Health*.
Doi:10.3389/fgwh.2020.588372

COVID -19 Stress

- Feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, desires, and interests
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes
- Worsening of chronic health problems and mental health
- Increase of substance use and increase of overdose hospitalizations and death

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Trauma

- Past trauma resurfacing
- Vicarious Trauma
- Living with traumatic experiences daily

Food Insecurity

- Lack of resources for delivery
- Action Against Hunger State: “Women will eat less”
- Women are more likely to experience food insecurity than men

Prenatal Visits

- Tele-med / Tele-health visits
- Secure environment
- Hospital preparation (Especially for Women in Recovery)
- Discussion of emotions

Providers

- Screening tools (ACOG)
- Resources / Information available
- Warm-hand off
- Mental Health / Social Worker for contact
- Virtual Support Groups
- Observe changes while on virtual meetings(safety)
- Referral to Medication Assisted Treatment Provider
- <https://www.acog.org/clinical-information/physician-faqs/covid-19-faqs-for-ob-gyns-obstetrics>

Providers

- Trauma Informed Care Environment
- Motivational Interviewing Knowledge
- Non-judgmental verbal and nonverbal communication
- Understanding of Substance Use Disorder along with Trauma Past and Current Experiences

Referral Resources

- Best Self https://www.bestselfwny.org/?utm_source=hda&utm_medium=sem&utm_campaign=awareness
- Erie County Department of Health <https://www2.erie.gov/health/index.php?q=free-community-trainings-opioid-overdose-recognition-use-naloxone-reversal>
- Evergreen Health Services <https://www.evergreenhs.org/>
- Horizon Health Services <https://www.opencounseling.com/united-states/buffalo/counseling-agency/horizon-health-services>
- Positive Direction and Associates, Inc. www.pdawny.com
- Spectrum Human Services <https://www.shswny.org/>
- Strong Starts Chautauqua [Strong Starts Chautauqua | Promoting healthy starts for Chautauqua County children and families.](#)

Summary

- Women have been impacted by COVID-19
- Providers have opportunity to provide support
- Evidence Based Screening tools
- Resources along with warm hand off referrals

Thank You

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