

## A message from our Executive Director

"I am excited to assume the role of Executive Director and work with all staff on continuing the great work of The Guidance Center. Amy Poehler once said, "Find a group of people who challenge and inspire you, spend time with them, and it will change your life." The staff at TGC were the influence that inspired me to take on this role and together, I know that we will continue to change lives."

-Denise Bean

## PROBLEM

Covid-19 is disrupting my routine?



## FIXED MINDSET

I have no control; I can't adjust to a "new normal"



## GROWTH MINDSET

I can stay informed and I am capable of being flexible and



## INNOVATION MINDSET

I will use that information to solve problems and learn new ways to do things



WHAT'S YOUR COVID-19 MINDSET?

## OUR COLLECTIVE TRAUMA

When we think about COVID-19, we often think first of the physical health aspects like how to stay healthy and prevent disease transmission but we often forget about preventing mental health damages caused by living through a pandemic. **Collective trauma** is the term used to describe psychological disruption that is shared by people who experience an event as a group. The size of the group may vary in size, from a small family who experiences a house fire to global in scale, as we are seeing with this pandemic. These events can result in radical shifts in thoughts, feelings, and behavior. Large-scale events have the potential to result in cultural shifts and system-wide changes. Even when the event may not be experienced first-hand, witnessing events unfold through mass media can have the same effects. Think of the terrorist attacks of 9/11 and how we, as a society, were affected by that event even though the majority of us experienced that trauma second-hand. These shared experiences can result in collective trauma responses that may include increased communal fear and anxiety, heightened awareness (hypervigilance), a loss in a sense of national identity, pride, and unity, and xenophobia. When the impact is unequal across society, there can also be a deepening of sociocultural conflict and marginalization and often, a collective trauma will continue to affect a society through transgenerational transmission of changed beliefs, attitudes, and behavior.



Aspects of the COVID-19 pandemic can contribute to a number of negative psychological effects for both individuals and societies, including confusion, anger, anxiety, depression, and even PTSD. As people struggle to cope with these overwhelming emotions, it is common to see increased substance use, domestic violence, child abuse, and suicide, the consequences of which have deep and long-lasting societal impacts. In addition to being aware of the potential individual impacts of the pandemic, community and societal responses may help mitigate the long-term negative impacts. Research suggests that limiting media exposure, maintaining or increasing social connectedness, relying on trusted sources for information, and utilizing mental health resources all help reduce the vulnerability of individuals and the collective community. We are only as strong as our weakest link. By standing together and supporting each other, we can help keep each other mentally healthy and mitigate the severity of any collective trauma our community may experience as a result of Covid-19.



## 7 TIPS for Working from Home

1 Create a dedicated workspace



2 Get ready for work every day

2

3 Establish a routine



4 Communicate, communicate, communicate

4

5 Be intentional and realistic about what you will achieve



6

6 Take breaks



7 Be social



Lorraine Smith - Fiscal  
Naomi Butler - BBBBS  
Amy Hayden - Clerical  
Savannah Brewer - Intern

Ashley Hennard - BCM

Billie Jo Ruttan - Taking on Intern role in addition to current TSS position  
John Peterson - Taking on Intern role in addition to current TSS position

*New Faces*



Jenna Corah  
Mobile Psych Rehab Program Coordinator

Christina Hansen  
Training & Development Coordinator

Erika Hastings  
Director of Program Evaluation

Colleen Chahal  
CCBHC Project Director

*New Roles*

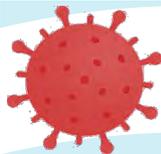


Mary Martin - Mobile Psych Rehab Program Coordinator

Sally Ginkel - Blended Case Manager

Ed Mialky - Executive Director

*New Adventures!*



## IMPORTANT ANNOUNCEMENT

Beginning August 4, 2020, all staff, clients and visitors entering an agency office location will be given a health screening at the designated screening sites. These screenings will follow recommendations from the CDC and the PA Department of Health. At heavily utilized agency locations, individuals have been identified and trained to complete the screening. The screeners will be using Personal Protection Equipment while they ask screening questions and take temperatures. The screener will also provide hand sanitizer each individual screened. Face masks are required to enter the building. If you do not have a mask, one will be provided at the screening station. All screening information will be logged into tracking sheets, which will be securely maintained by the Director of Operations. Please note that anyone who presents with the following will be denied access to agency buildings:

- Anyone with a temperature of 100 degrees or higher
- Anyone who has had COVID-19 symptoms in the past 14 days
- Anyone who has been diagnosed with COVID-19 within the past 14 days
- Anyone who has had potential exposure to COVID-19 in the past 14 days

For more information, including exact screening locations by site, please refer to the email sent 7/31 or contact Melissa Brewer in the Bradford Office at 814-362-6535

## Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020  
World Suicide Prevention Day September 10  
National Recovery Month September



suicideispreventable.org



August 2020

The Exchange

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