



“Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.”

~ Margaret Mead, anthropologist

CHAP Weekly Update

May 1, 2020

COVID-19 and Mental Health

Watch for Signs of Strain

- Anxiety or depression
- Increased substance use
- Loneliness or isolation
- Decreased healthy behaviors
- Mental health strain showing up as physical symptoms:
 - ❑ Poor sleeping
 - ❑ Headaches, sore muscles
 - ❑ Irritability

Helping Your Patients

TIPS

- ❖ Listen to your patient's emotions and the intensity of that emotion.
 - Reflect the emotion back, showing they have been heard.
- ❖ Recommend healthy behaviors such as:
 - ❑ Healthy food, adequate water
 - ❑ Exercise
 - ❑ Sleep
 - ❑ Doing things that are joyful
 - ❑ Decrease time spent on news and other media
- ❖ Refer to Behavioral Health resources.

Behavioral Health Resources for CHAPs

- ❖ AK Crisis Line Contact Info: 1-877-266-HELP (24 hours a day)
- ❖ ANTHC CISM Contact Info: 907-729-8250 or CISMteam@anthc.org (Monday-Friday 8am-4pm)
- ❖ CHAP Weekly Update CE resource folder: [Distance Learning Network](#)

Tips for Taking Care of Yourself

Why Do Self-Care?

- Decreases burn out
- Builds both confidence and compassion and makes us better providers
- Models healthy behavior for our patients and family members

How Do We Do Self-Care?

- ❑ Have a daily routine
- ❑ Connect with others who provide comfort, joy, or understand work-related stressors
- ❑ Always make time for activities that bring pleasure
- ❑ Limit caffeine, alcohol, other drug use
- ❑ Learn something new unrelated to the job
- ❑ Establish boundaries as needed



Continuing Education AKCHAP.org

Save the Date

Next Session: May 6 at 12:10 pm.; Karissa Carroll from Tanana Chiefs Conference will present tips on home visits during the COVID-19 epidemic.

New CE Courses

- ❖ Emergencies in Pregnancy
- ❖ Respiratory Problems
- ❖ Clinical Breast Exam and Hormone Medicines
- ❖ Newborn
- ❖ Emergency Preparedness



Thanks to Dr. Lucia Grauman Neander for her presentation on April 29, 2020.

Let us know what you think! aka-CHAPCOVID-19weeklyupdates@anthc.org
Send questions for presenters and each other, and suggest topics for discussion.

