



Beal Behavioral Health

Consulting & Education

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PESA Webinar

COVID-19 and Mental Health



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About Dr. Beal

- Dr. Janice M. Beal is the clinical director and primary therapist for Beal Counseling Associates. Dr. Beal has more than twenty eight years of professional experience as a clinician treating the emotional needs of children, adolescents, and adults. She has been instrumental in opening three inpatient child and adolescent hospital units. Providing psychiatric care to youth between the ages of 4 and 17. At each location she served as Clinical director where she developed the programs, hired, trained and supervised staff to work with children and adolescents. In 2017 she developed a disaster case management program to address the needs of Hurricane Harvey victims. The following year she was hired to develop the clinical department for a case management program in order to meet the requirements for JACCO. From 1991 until 1998, Dr. Beal served as the Coordinator and Assistant Professor of the Psychology Program at Prairie View A&M University. She has also served as an adjunct professor for the University of St. Thomas and Sam Houston State University..
- She has been awarded numerous contracts and grants to provide counseling and consulting services to local agencies. She is an accomplished writer, having published articles on teen pregnancy, self esteem, violence, an African American issues. She has presented at more than Three hundred national and international professional meetings and founded a conference entitled Counseling African American Families, which had a tenure of eight consecutive years. Recently, she completed her second therapeutic children's coloring book entitled "Bridge over Troubled Waters" for children of Katrina.
- Dr. Beal has served on numerous boards both locally and nationally. Currently, she sits on the Board Of The YWCA where she was recently elected Vice President, the Board of Noah Knows. She previously served on the Joint City Council Commission for Children and the boards of the National Mental Health Association, where she chaired the Cultural Diversity task force for six years, and the Harris County Children's Protective Services Board, where she chaired Children's services.
- Dr. Beal is a native Houston, She is a received her education from the University of St. Thomas, Texas Southern University and UT School of Public Health. She is married to Dr. Dashiel Geyen and they have one daughter Jasmine Louise.

Defining Mental Health

- Mental Health is defined by the World Health Organization as a state of well being in which a person realizes his or her own abilities, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

What do we Know About How this Virus is Spread?

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

What Is Stressful About Working From Home?



Too Many Distractions



Difficulty Setting Boundaries



Social Isolation



Lack of Focus



Stress Associated with Mobile Devices

Everyone Reacts Differently to Stress

How someone responds to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include

Older people and people with chronic diseases who are [at higher risk for severe illness](#) from COVID-19

Children and teens

People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders

People who have mental health conditions including problems with substance use

Common Reactions to COVID-19

- **Concern about protecting oneself** from the virus because they are at higher risk of serious illness.
- **Concern that regular medical care or community services may be disrupted** due to facility closures or reductions in services and public transport closure.
- **Feeling socially isolated**, especially if they live alone or are in a community setting that is not allowing visitors because of the outbreak.
- **Guilt** if loved ones help them with activities of daily living.
- **Increased levels of distress** if they:
 - Have mental health concerns before the outbreak, such as depression.
 - Live in lower-income households or have language barriers
 - Experience [stigma](#) because of age, race or ethnicity, disability, or perceived likelihood of spreading COVID-19.

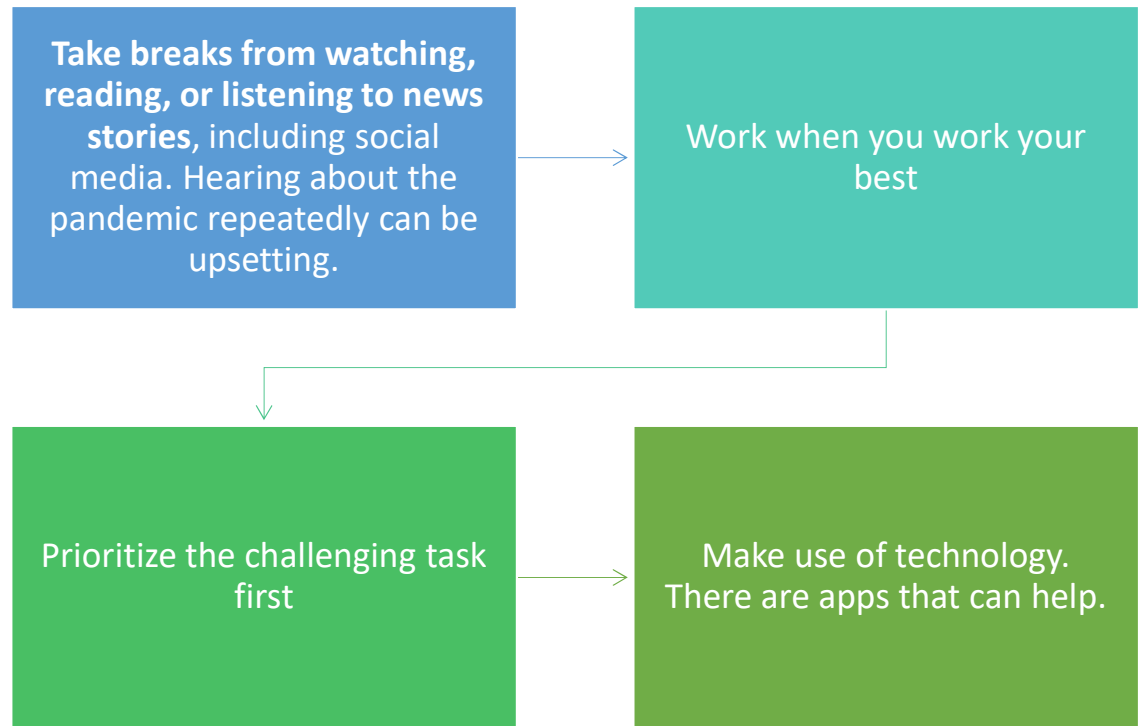
How To Handle Stress

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

Work when you work your best

Prioritize the challenging task first

Make use of technology. There are apps that can help.





How to Talk to Your Team

Ask Open-Ended Questions

How are you doing today with managing the new assignment?

Have you found working from home more or less difficult?

Have you kept up with the most current information about COVID-19?

What information do you find upsetting?

Do you feel that you need support from your other team members like Jim or Jane

How can I support you?

Tips for Managers

1

Stay Connected to your workforce without being a micromanager. When you do connect show genuine concern

2

Be approachable and kind without asking closed in questions

3

Be transparent about best practices and resources available to all employees without singling anyone out individually

4

Ensure conversations are two-way and not one-way

5

Practice listening

6

Have the employee come up with solutions that work for them