

Mental Health in Times of COVID-19 Symposium Program
(Virtual)

Zoom links for all sessions will be sent
to registrants in advance of the Symposium

Mental Health in Times of COVID-19 Symposium (Virtual)

Monday, April 5th, 2021 - 9:00 a.m. to 3:30 p.m.

No Registration fee (free admission)

SPECIAL NOTICE: To respect the safety and health of all of our participants, this symposium will be a virtual event.



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9:00-9:10 a.m. (Greeting)

David R. Harder, M.S., Ph.D., FAHA, FRSM
University Research Professor of Medicine
Director, Institute of Medicine
Office of Vice President for Research and Dean of Graduate School
University of Maine
Orono, ME

9:10-9:20 a.m. (Introduction to Symposium)

Jon Bowen, Ph.D., LCPC
Assistant Professor of Mental Health & Human Services
University of Maine at Augusta
Augusta, ME

9:20-9:50 a.m. (Presentation)

Scott Hayward, LCSW
State Executive Director
Pathways Human Services of Maine
Brunswick, ME

**Home and Community Based Behavioral Health Treatment in a
Time of Pandemic**

I will be presenting on home and community-based treatment; what it is; its history in the state of Maine; its outcomes and effectiveness; the challenges it was facing prior to COVID-19 and how COVID-19 has impacted the service in terms of its availability and method of delivery. Topics explored will include: the impact of treating the child and family system as opposed to just the child; and the potential value to clients and families from collaboration between the behavioral health and physical health providers who work with the client. The future of home and community-based behavioral health services in Maine will also be considered.

9:50-10:50 a.m. (Panel on Adjusting Modality Service Delivery)

Facilitator

Jon Bowen, Ph.D., LCPC
Assistant Professor of Mental Health & Human Services
University of Maine at Augusta
Augusta, ME

Panelists

Scott Hayward, LCSW
State Executive Director
Pathways Human Services of Maine
Brunswick, ME

April O'Grady, Ph.D., Licensed Psychologist

Director, Psychological Services Center
University of Maine
Orono, ME

Guy Cousins, LCSW, LADC, CCS

Lecturer of Mental Health & Human Services
Director, Maine Medical Professionals Health Program
University of Maine at Augusta & Maine Medical Association
Augusta/Manchester, ME

10:50-11:05 a.m. (Break)

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11:05-11:35 a.m. (Presentation)

Chris McLaughlin, M.S.W., LCSW

Associate Vice President, Community & Pediatric Services
Northern Light Acadia Hospital
Bangor, ME

**Supporting Youth and Families: Managing Stress & Anxiety in the
Age of COVID-19**

In this interactive presentation, Chris McLaughlin will provide an overview of the impacts that the ongoing pandemic situation has had on youth, families, and providers with a focus on identifying symptoms of anxiety and depression and validating the effects that COVID-19 has had on children and families as well as on those who are caring for them. This presentation will introduce concepts such as managing fear, confronting crisis, and the many fatigues of COVID-19. Chris will talk about the effects the pandemic has had on child and family safety and discuss how these increased pressures are contributing to provider burn out. There will be a focus on the importance of engaging in self-care practices and enhancing strategies to foster resiliency in youth and families. Finally, Chris will provide some suggestions to maximize youth engagement with participation in remote services and compliance strategies for masking and physically distancing requirements.

**11:35 a.m.-12:35 p.m. (Panel on Changing Needs Across
Populations)**

Facilitator

To Be Announced

Panelists

Chris McLaughlin, M.S.W., LCSW

Associate Vice President, Community & Pediatric Services
Northern Light Acadia Hospital
Bangor, ME

Cliff Singer, M.D., DFAPA, AGSF

Chief, Geriatric Mental Health and Neuropsychiatry
Principal Investigator, Northern Light Alzheimer's Disease Research
Program
Chair, Northern Light Eastern Maine Medical Center Research IRB
Adjunct Professor, University of Maine
President, Dirigo Maine Geriatrics Society
Bangor, ME

Taylor McMillan, MA

Doctoral Candidate in Clinical Psychology
Clinic Associate Director
Psychological Services Center
University of Maine
Orono, ME

12:35-1:05 p.m. (Lunch Break)

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1:05-1:35 p.m. (Presentation)

Abigail H. Pierce, LCSW, CADC

Program Manager and Clinical Supervisor for Home and Community
Based Treatment (HCT) and Outpatient Mental Health Clinic (MHC)
Community Care
Bangor, ME

Mental Health Therapy in the Midst of a Pandemic

Throughout this presentation we will touch on various aspects of
mental health services and how to continue to serve those most
vulnerable in our state in the midst of a pandemic. We will discuss
how to adapt and change the services we are currently providing in
order to continue to meet the needs of our clients across a variety
of settings. Topics explored will include: how people's mental
health has been impacted during the pandemic; how Community
Care has adapted with limits and restrictions and been able to
continue to serve clients; and how we have been able to utilize
telehealth to benefit our clients and serve those clients in rural
areas.

1:35-2:35 p.m. (Panel on Provider Stress & Related Remedies)

Facilitator

Alan Cobo-Lewis, Ph.D.

Director, Center for Community Inclusion and Disability Studies
Associate Professor of Psychology
University of Maine
Orono, ME

Panelists

Judith A Josiah-Martin, Ph.D., ACSW, CADC

Lecturer, School of Social Work
University of Maine
Orono, ME

Rebecca MacAulay, Ph.D., Licensed Clinical Psychologist

Assistant Professor of Psychology
University of Maine
Orono, ME

John Yasenachak, Ed.D., LCPC, LADC, CCS

Contributing Faculty
Walden University
Minneapolis, MN

2:35-2:50 p.m. (Break)

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2:50-3:20 p.m. (Presentation)

Augusta Sparks, Artist

Arts Intern for Maine Arts and Humanities in Medicine
Graduate Student at the University of Florida
Northern Light Health Family Medicine Residency and Clinic
University of Maine
Bangor, ME

Arts in Health: First Aid Art Kits

Almost exactly a year ago, an answer was proposed where questions had not yet had the chance to be asked. There was a tidal wave coming that none of us could comprehend. This project is not an exercise in new ideas, it is an exercise in the *Empirical Knowledge According to Artists*, the mastery of many, and meeting the patient where they exist in the world. This bilingual project, which is still running, was established in April 2020 by Augusta Sparks Farnum. It is in partnership with Providence St. Mary's Population Health in Walla Walla, Washington, led by Rebecca Betts, Managing RN to serve quarantined patients, who are sheltering in place, and have tested positive with COVID-19.

3:20-3:30 p.m. (Closing)

Lenard W. Kaye, D.S.W., Ph.D.

Director, Center on Aging, and Professor, School of Social Work
University of Maine
Orono, ME

Note:

There is no registration fee for this free symposium, but you must register in advance (See registration link below).

Certificates of Attendance will be distributed to all Symposium attendees.

REGISTRATION FORM LINK PROVIDED BELOW

The UMaine Institute of Medicine, the Center on Aging and the Center for Community Inclusion and Disability Studies invite you to join them for a virtual **Mental Health in the Times of COVID 19** Symposium on Monday, April 5, 2021, from 9:00 a.m. - 3:30 pm. **Please use [this form](#) to register**

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