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

Monday, April 5\textsuperscript{th}, 2021  -  9:00 a.m. to 3:30 p.m.
No Registration fee (free admission)

\textit{SPECIAL NOTICE: To respect the safety and health of all of our participants, this symposium will be a virtual event.}
Mental Health in Times of COVID-19 Symposium Program
(Virtual)

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

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 Yasenchak, Ed.D., LCPC, LADC, CCS  
Contributing Faculty  
Walden University  
Minneapolis, MN

2:35-2:50 p.m. (Break)
Mental Health in Times of COVID-19 Symposium Program
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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

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