



Family Service of the Chautauqua Region Stands Strong!

To strengthen the mental health and well-being of individuals, families, and our community.

Family Service of the Chautauqua Region, Inc. has been building healthy families since 1903. We are a mental health office, located in Jamestown, NY. We strive to achieve our mission through a variety of programs such as Office-Based Counseling, House call Program, Employee Assistance Program, School Based Social Work, Hispanic Outreach Program and Project Crossroads.

We at Family Service are here to Help!

We are continuing to see both current and new patients via phone, web services, and in office by appointments only.

Professional & Confidential,

We care about you and your family!

Help is a phone call away!

716-488-1971 or 1-888-358-3899

**To learn more about us visit us on the web at
www.fscrmentalhealth.com**



Is EAP Right For Me?

I can handle this on my own!

This isn't a "Crisis"!

I don't want people to think I am not strong!

I don't have time!

STRONG PEOPLE DON'T TALK ABOUT THEIR FEELINGS

What if someone finds out?!

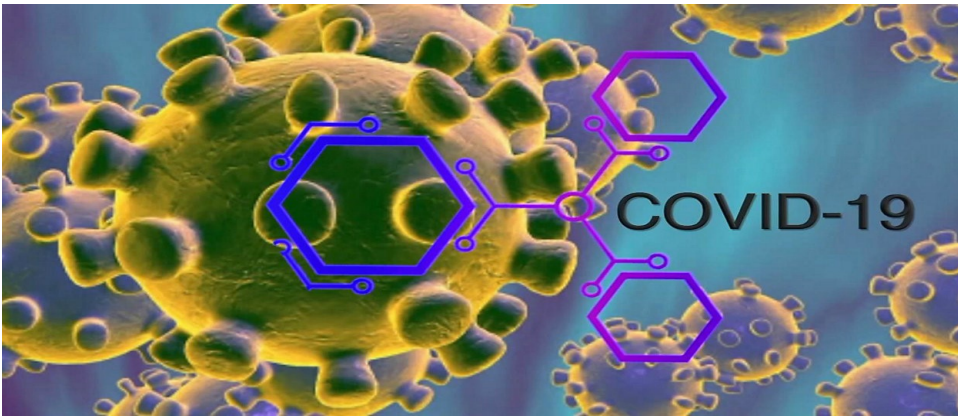
Don't go without the help you need just because you don't know you need the help!

If you find yourself thinking about a situation and can't get resolve-

If you are second guessing yourself and/or your decisions

If you want confirmation-

Then EAP IS right for you!



OUTBREAKS CAN BE STRESSFUL

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Find ways you and your family can reduce stress.**

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of [alcohol](#), [tobacco](#), or [other drugs](#).

EVERYONE REACTS DIFFERENTLY TO STRESSFUL SITUATIONS

How you respond 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.

Ways to cope with stress

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
- Take deep breaths, stretch, or meditate external icon.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs external icon.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.



KEEPING HANDS CLEAN



Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time.

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

Use Hand Sanitizer When You Can't Use Soap and Water



Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Sanitizers can quickly reduce the number of germs on hands in many situations. However,

Sanitizers do not get rid of all types of germs.

Hand sanitizers may not be as effective when hands are visibly dirty or greasy.

Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

How to use hand sanitizer

Apply the gel product to the palm of one hand (read the label to learn the correct amount).

Rub your hands together.

Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



Wear your Face Covering Correctly

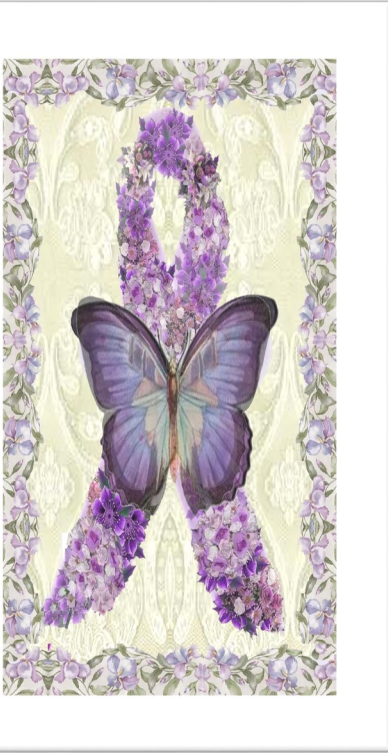
- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Keep the covering on your face the entire time you're in public.
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, wash your hands
- Use hand sanitizer if soap and water are not available

THE FIGHT AGAINST DOMESTIC VIOLENCE

Avoiding public spaces and working remotely can help to reduce the spread of COVID-19, but for many survivors, staying home may not be the safest option. We know that any external factors that add stress and financial strain can negatively impact survivors and create circumstances where their safety is further compromised.

Abuse is about power and control. When survivors are forced to stay in the home or in close proximity to their abuser more frequently, an abuser can use any tool to exert control over their victim, including a national health concern such as COVID-19. In a time where companies may be encouraging that their employees work remotely, and the CDC is encouraging “social distancing,” an abuser may take advantage of an already stressful situation to gain more control.

Here’s how COVID-19 could uniquely impact intimate partner violence survivors:



- Abusive partners may withhold necessary items, such as hand sanitizer or disinfectants.
- Abusive partners may share misinformation about the pandemic to control or frighten survivors, or to prevent them from seeking appropriate medical attention if they have symptoms.
- Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention if they need it.
- Programs that serve survivors may be significantly impacted -- shelters may be full or may even stop intakes altogether. Survivors may also fear entering shelter because of being in close quarters with groups of people.
- Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places where they would typically get support, like shelters, counseling centers, or courthouses.
- Travel restrictions may impact a survivor’s escape or safety plan – it may not be safe for them to use public transportation or to fly.

Create a safety plan.

Having a safety plan laid out can help you to protect yourself during this stressful time. Because there may be limited shelter availability due to COVID-19, consider alternatives such as staying with family or friends, staying in motels, or sleeping in your vehicle. Be extra mindful of good hygiene practices if you’re leaving as well – wash your hands regularly, avoid touching your face, minimize contact with surfaces that other people have had contact with, etc.

Practice self-care.

COVID-19 is causing uncertainty for many people, but getting through this time while experiencing abuse can feel really overwhelming. Taking time for your health and wellness can make a big difference in how you feel. To learn more about how to build in self-care while staying safe, you can learn more here. If you’re a friend or family member of someone experiencing abuse, you may not be able to visit them in person if you live in an area where there are COVID-19 cases. Seeing someone you care about being hurt is stressful. Remind yourself that you can’t make decisions for someone else, but you can encourage your loved one to think about their wellbeing, safety plan and practice self-care while they are in their home.

Reach out for help. YOU ARE NOT ALONE!

While people are encouraged to stay at home, you may feel isolated from your friends and family. Even if you are isolated, try to maintain social connections online or over the phone, if it is safe to do so, and try to stick to your daily routines as much as possible.

Get Help

Without saying a Word.

The National Domestic Violence Hotline.

Open 24hrs a day, 7 days a week.

For any victims and survivors who need support, we are here for you, 24/7.

Call 1-800-799-7233 or 1-800-787-3224 for TTY, or if you’re unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.



WHAT PAST DISASTERS TELL US ABOUT COVID-19 AND SUBSTANCE ABUSE



For the first time in decades, American life expectancy is decreasing. This is in part due to what Princeton economists Anne Case and Angus Deaton called "deaths of despair," or deaths related to bleak economic or social circumstances, and those largely driven by suicide, drug and alcohol overdoses, and alcoholic liver disease. As we face COVID-19 with little end in sight, we have to wonder how the pandemic will influence rates of substance use in our country, and in turn, deaths of despair.

Sadly, unless somehow mitigated, the numbers are likely to increase. We may be in for a perfect storm of factors driving substance abuse rates higher than we have seen before—the "triple trouble" of a pandemic, unemployment, and diminished personal and community supports.

In conducting their research, Case and Deaton found a robust correlation between unemployment/economic insufficiency and rising death rates among people ages 25-55, especially men. The numbers are especially dramatic in white, high school-educated working men and women from middle America. Many in this population spend their lives doing manual labor and end up financially insecure due to unemployment. They, and their children, often have few future work prospects. They don't have health insurance or other benefits, and intoxicants like opioids, alcohol, and crystal meth are readily available—an easy-access form of self-medication.

Their access to affordable healthcare may also be limited and insufficient to restore their health, and, in the severest cases, to keep them alive.

COVID-19 is expected to leave well over 30 million Americans jobless and many more without health or other safety-net benefits. Compound this with what we know from post-disaster studies (eg, 9/11, hurricanes, floods, and tornadoes), that use of substances generally increases following major traumatic events, especially use of alcohol, which is easier to measure and thus report. Rates rise especially high among those who had substance use and abuse problems before a disaster.

In the wake of the coronavirus pandemic, communities already affected by rising deaths of despair—the Midwest, South, and Northeast—will probably be further razed by the economic and psychological consequences of COVID. Moreover, through isolation and social distancing, they will be deprived of people in their lives who provide support, which is essential to resilience. Their access to affordable healthcare may also be limited and insufficient to restore their health, and, in the severest cases, to keep them alive.

Even if we weren't already facing massive unemployment, we would probably still see more substance use problems among those affected by our current disaster. We don't yet have studies on the COVID pandemic, but I believe that the research that we do have on substance use illuminates what's ahead for our country and elsewhere.

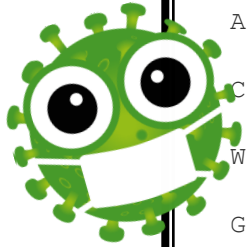
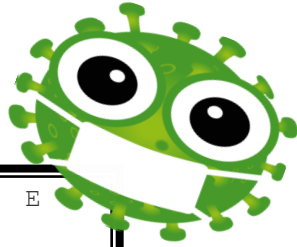
These reports are telling if we're to stem substance abuse and the opioid epidemic in the wake of the coronavirus pandemic. Deaths of despair may come to have even greater meaning, calling upon those of us in healthcare to do all we can to mitigate the losses and suffering.

How can mental health professionals help? We can better standardize screening for substance use in mental health and help our primary care colleagues do the same. We can be more diligent about detecting problems early, and ensure access to buprenorphine and naltrexone at our clinics and programs. We can increase contact and outreach to our patients already at known risk for substance use and abuse disorders, and urge patients and families to access substance use 12-step programs, as well as those that combine psychosocial interventions with medications ("comprehensive treatment").

Those of us working in hospitals can better identify patients presenting to the emergency department with substance-related trauma or evidence of violent interactions or abuse, and engage them in that moment. We can employ motivational enhancement techniques to move patients along the continuum from denial to acceptance to readiness to change.

However the coronavirus pandemic plays out, helping curtail a rise in substance abuse will be a challenge. But as President Abraham Lincoln remarked a long time ago, ***"The best way to predict the future is to create it."*** 5

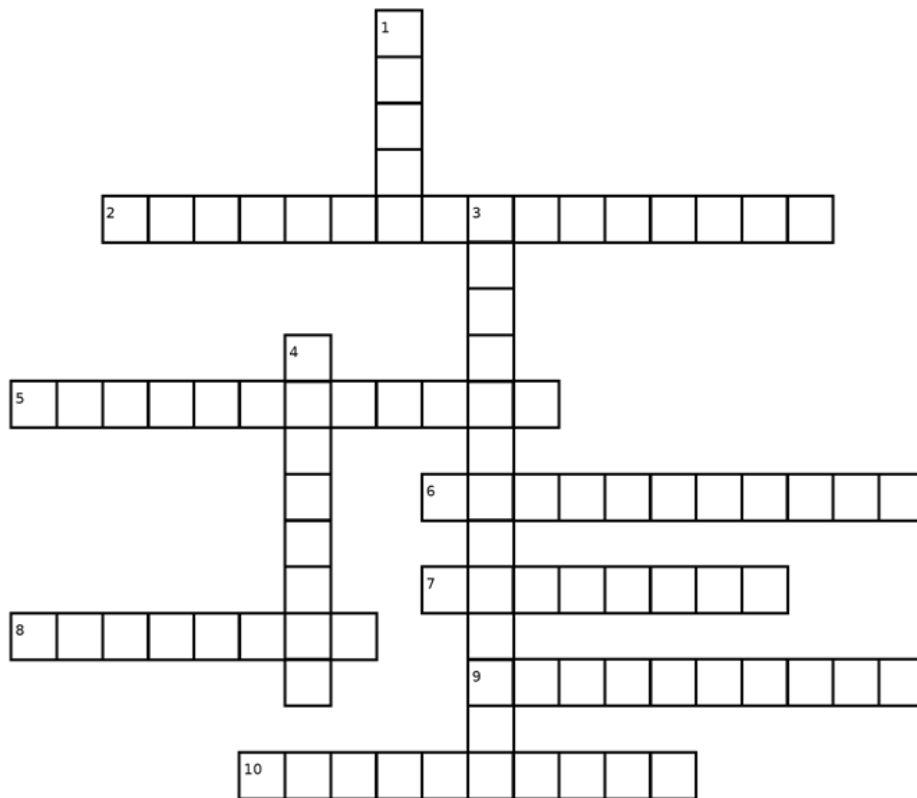
Corona Virus



A large rectangular grid containing a word search puzzle. The grid is 20 rows by 20 columns. The letters are arranged in a pattern that forms words related to the coronavirus pandemic. The words are: CARING, DOCTORS, HAND, PATIENCE, UNDERSTANDING, CHILL, ESSENTIAL, HOSPITAL, PROTECTION, UPDATES, CORONA, FACETIME, ISOLATION, RESPIRATORY, VENTILATOR, COUGH, FAMILY, MASK, SAFETY, VIRUS, CREATIVITY, FEVER, NURSES, SOCIAL, WALKING, DISTANCE, GLOVES, PAPER, TOILET, WASHING.

CARING	DOCTORS	HAND	PATIENCE	UNDERSTANDING
CHILL	ESSENTIAL	HOSPITAL	PROTECTION	UPDATES
CORONA	FACETIME	ISOLATION	RESPIRATORY	VENTILATOR
COUGH	FAMILY	MASK	SAFETY	VIRUS
CREATIVITY	FEVER	NURSES	SOCIAL	WALKING
DISTANCE	GLOVES	PAPER	TOILET	WASHING

Covid-19



Down:

1. The infectious disease caused by the most recently discovered coronavirus
3. To stay at home in isolation from the public.
4. A virus is considered zoonotic when its origins can be traced to animals.

Across:

2. people should stay away from public spaces with large gatherings of people.
5. An individual is asymptomatic when they don't show any symptoms
6. A large family of viruses that cause a range of illnesses ranging from the common cold to more severe diseases,
7. When an epidemic has spread to multiple continents or countries.
8. A large outbreak of a disease in a short period of time.
9. The amount of time it takes for an infected person to start showing symptoms,
10. A restriction of movement and isolation for those exposed to COVID-19.





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Jamestown, NY 14701

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