WEBVTT

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00:01:42.990 --> 00:01:48.750

Shibu Jose: Well, let's get started. Good morning, everyone. Welcome back to

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00:01:50.070 --> 00:02:04.170

Shibu Jose: the CAFNR Research Council webinar series. Today is our last seminar for the spring semester and we have a very special guest from our School of Medicine with us.

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00:02:05.130 --> 00:02:12.990

Shibu Jose: Before we introduce our speaker, let me remind everyone that you can post your questions using the

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00:02:13.470 --> 00:02:26.040

Shibu Jose: Q&A box that you would see at the very bottom. And you can do so at any point during the talk, you don't need to wait until the very end, so please feel free to post your questions during the talk.

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00:02:26.400 --> 00:02:44.940

Shibu Jose: And then Dr. Tony Lupo will be moderating the Q and A's in the end. So without further ado, I would like to welcome Dr. Lupo, chair of the CAFNR Research Council to introduce our speaker for today. Tony.

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00:02:50.310 --> 00:03:07.170

Tony Lupo: Thank you Shibu, we are pleased to have with us Dr. Kimberly Brandt. She's an assistant professor of clinical psychiatric and she's an associate residency training director of general psychiatric psychiatry.

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00:03:08.220 --> 00:03:22.770

Tony Lupo: She's the also the medical director of perinatal psychiatric clinic and consultation service here on campus and we're pleased to have her with us. She's been with the University of Missouri

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00:03:24.930 --> 00:03:46.290

Tony Lupo: in psychiatry for about 10 years and she's been associated with some very diverse experiences in psychiatry. So we're very pleased to have her here talking about a mental health challenges related to this coven epidemic. Dr. Brown, the floor is yours.

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00:03:49.230 --> 00:03:57.780

Dr. Kimberly Brandt: Thank you so much Dr. Lupo, it's my honor to be here today and discuss the mental health challenges related to COVID-19.

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00:03:59.580 --> 00:04:02.070

Dr. Kimberly Brandt: Gonna go ahead and share my screen here.

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00:04:09.390 --> 00:04:29.010

Dr. Kimberly Brandt: Okay so COVID-19 is still a very new thing in terms of us kind of understanding what the mental health implications are going to be. And we are kind of in the midst of understanding some of the challenges that people are facing during this time.

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00:04:30.540 --> 00:04:49.650

Dr. Kimberly Brandt: We do know from prior pandemics and from prior episodes that we would potentially call disasters around the world that there are very common things that people go through in in times like these, and then we also have some guidance

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00:04:51.120 --> 00:04:59.460

Dr. Kimberly Brandt: from the World Health Organization from the CDC. There's a lot of governing bodies that give us some good guidelines to follow.

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00:05:00.510 --> 00:05:11.790

Dr. Kimberly Brandt: In order to help people kind of understand what they're going through, and to be able to cope with some of the struggles that they might be facing during this time.

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Dr. Kimberly Brandt: So first of all, we're just going to talk briefly about stress and stress can happen anytime that there is an adjustment going on.

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00:05:29.430 --> 00:05:43.620

Dr. Kimberly Brandt: And anytime that we have to respond to a change. It can be physical, mental, emotional, the responses that we have can be any of those things are all of those things. It's also a normal part of life.

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00:05:45.150 --> 00:05:50.970

Dr. Kimberly Brandt: We experience stress potentially from our environment from our bodies and from the thoughts in our head.

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Dr. Kimberly Brandt: And not all stress is bad, actually. There are some kinds of stress that help people to achieve goals and meet deadlines.

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00:05:59.850 --> 00:06:16.530

Dr. Kimberly Brandt: But we do know that when stress gets to be overwhelming, that's a sign that people should be accessing resources and possibly speaking with a health professional in order to help figure out how to manage your own personal response to stress.

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00:06:19.470 --> 00:06:26.340

Dr. Kimberly Brandt: We know that when you know events are more stressful or traumatic when they're unexpected when there's a lot of deaths.

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00:06:27.060 --> 00:06:34.740

Dr. Kimberly Brandt: When it lasts for a long time, or an unknown amount of time when the causes is kind of fully unknown in the case of COVID-19

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00:06:35.430 --> 00:06:45.810

Dr. Kimberly Brandt: when it's very poignant and very meaningful to the world and certainly to the functioning of our society and impacts a large area so

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00:06:46.710 --> 00:06:59.970

Dr. Kimberly Brandt: just kind of looking at that and knowing that we would expect COVID to be a very stressful and potentially traumatic event because of all the huge changes that have come about because there have been

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00:07:00.690 --> 00:07:15.270

Dr. Kimberly Brandt: a lot of illness, a lot of deaths, because we don't exactly have a cure or know how long it's going to go on. That's another reason that we need expect to feel more stressed about it.

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Dr. Kimberly Brandt: So some of the physical, emotional and behavioral and cognitive reactions that we experience associated with stress.

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Dr. Kimberly Brandt: Kind of a wide variety of things. Certainly, some physical symptoms like muscle pain or headache or stomach ache, trouble sleeping, having trouble

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00:07:36.240 --> 00:07:52.200

Dr. Kimberly Brandt: getting along with family or friends. Some people will turn to substance abuse. Some people have abusive behavior towards others. Some people may kind of turn to the workaholic side and just try to keep them keep themselves busy all the time.

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Dr. Kimberly Brandt: Feeling fear and anxiety is very expected, possibly having sadness and depression feeling anger or irritability. Having trouble concentrating or with your memory.

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00:08:05.760 --> 00:08:21.120

Dr. Kimberly Brandt: Having vivid dreams, whether those are recurring or new having nightmares about things that may have happened or things that could happen and then having memory flashbacks as well, maybe something that we experience.

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Dr. Kimberly Brandt: So we do know that it is a very common that most people will feel at some point stressed and worried when we experience an epidemic.

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Dr. Kimberly Brandt: So the common things that people who are directly and indirectly affected by the illness. So whether the illness has actually affected you know you or someone that you love directly or whether you know people

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00:08:51.660 --> 00:08:55.350

Dr. Kimberly Brandt: or are friends with people who have loved ones that are ill.

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Dr. Kimberly Brandt: But all of us, you know, would be potentially afraid of becoming ill or dying. People maybe are avoiding hospitals or doctor’s offices, because they're afraid they may get the illness.

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Dr. Kimberly Brandt: Certainly, a lot of fear economically: worried about losing jobs or income not be able to work, depending on your line of work.

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Dr. Kimberly Brandt: There's fear of being socially excluded, placed in quarantine because of being associated with the disease. So

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Dr. Kimberly Brandt: For example, with COVID racism against persons who are from or perceived to be from the affected areas. I know there's some Asian Americans who have

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00:09:39.090 --> 00:09:57.090

Dr. Kimberly Brandt: basically, who have had racism towards them because they, you know, appear to be from that part of the world and people assume that they may have the disease. Certainly, we can feel powerless to protect our loved ones or we might fear losing our loved ones because of illness.

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00:09:58.680 --> 00:10:02.910

Dr. Kimberly Brandt: We may be worried about being separated from our loved ones because of quarantine.

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Dr. Kimberly Brandt: We may feel helpless. We may feel bored lonely and depressed because of isolation and for some of us, maybe this isn't the first time that we've been involved in an epidemic or pandemic and so we may be worried about reliving this experience from a previous experience.

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00:10:25.110 --> 00:10:36.090

Dr. Kimberly Brandt: So more specific to COVID compared to some other illnesses and epidemics that can happen. We don't have an approved vaccine or treatment at this point.

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Dr. Kimberly Brandt: There's a lot of concern about having insufficient supplies, such as masks and gloves and even ventilators and hospital beds, there's concern about that.

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Dr. Kimberly Brandt: We're not you know 100% certain about the transmission mode of COVID.

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Dr. Kimberly Brandt: There's a lot of research that shows that it's respiratory droplets. But there's also some people that believe it could be airborne in certain situations. There's a lot of uncertainty.

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Dr. Kimberly Brandt: Also, there's a lot of common symptoms of other health problems, with having allergy symptoms or even just a common cold. That could be mistaken for the illness and then that could cause a person to worry about being infected or worry about infecting others.

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Dr. Kimberly Brandt: So there's a lot of things that we're thinking about,

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Dr. Kimberly Brandt: how to care for children or other loved ones that may need assistance at home without having the usual supports that we have available.

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00:11:39.600 --> 00:11:56.970

Dr. Kimberly Brandt: And also, you know, there's a pretty serious risk to people who have vulnerabilities in their mental and physical health. So people in the older age population, people who already have pretty serious conditions and then people who have certain kinds of disabilities.

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Dr. Kimberly Brandt: Also there's been a pretty large social impact with COVID I think we are probably all feeling these so certainly being isolated or quarantined, the social distancing, school not being in session.

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00:12:19.110 --> 00:12:22.800

Dr. Kimberly Brandt: places like churches and other community

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Dr. Kimberly Brandt: worship centers are closed or there's limits on the number of people that can be there and then important family and cultural events that we're

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Dr. Kimberly Brandt: gotten very used to celebrating things like weddings, celebrations of births, funerals, holiday gatherings, graduations, birthdays, things like that.

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00:12:45.570 --> 00:12:57.570

Dr. Kimberly Brandt: So, um, you know, kind of on the, the more serious and some of the things that the mental health professionals worry about and the public health agencies are trying to educate about is

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Dr. Kimberly Brandt: the deterioration of our social networks, of our dynamics and economies.

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00:13:05.340 --> 00:13:11.160

Dr. Kimberly Brandt: Worried about possible stigma towards surviving patients and whether they'll be rejected by their communities.

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Dr. Kimberly Brandt: We're seeing I think some of this in the media, which in itself can be stressful, is anger and aggression against the government regulations and restrictions and also in some cases against the frontline workers like the doctors and nurses that are caring for patients with COVID.

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Dr. Kimberly Brandt: Also one thing that I know we have been seeing in Missouri is decreased calls hotline calls regarding child abuse and elder abuse. So we worry that

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Dr. Kimberly Brandt: while at home and quarantine that people may become more angry or aggressive against their children, their spouses and other family members. So we know that during these times, there can be an increase in household abuse, including child abuse and intimate partner violence.

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Dr. Kimberly Brandt: I think we're seeing this that people may mistrust the information provided by government and other authorities and there may be things that are sources of information that are going around that aren't factual that people are getting kind of riled up over.

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00:14:16.740 --> 00:14:28.770

Dr. Kimberly Brandt: One of the biggest things being a psychiatrist that certainly I've been dealing with is people who have existing mental health and substance use disorder, having

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Dr. Kimberly Brandt: exacerbations of their illness. So relapses of depression, relapses and substance abuse or other negative outcomes because the facilities

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Dr. Kimberly Brandt: where they get their treatment or their care are closed or because they themselves are trying to avoid going in and getting care. So really trying our best to be able to continue getting people the care that they need is one of our big goals right now.

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00:15:00.720 --> 00:15:07.530

Dr. Kimberly Brandt: So, I mean, there's also been some positive experiences in our communities and in ourselves so

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Dr. Kimberly Brandt: I think you know there's, there can be a lot of pride about finding good ways of coping, problem solving, figuring out this new way of functioning.

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00:15:19.620 --> 00:15:20.190

Dr. Kimberly Brandt: Certainly.

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00:15:21.210 --> 00:15:22.680

Dr. Kimberly Brandt: Experiencing resilience

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00:15:24.330 --> 00:15:37.650

Dr. Kimberly Brandt: And there's a lot of times where, when things like this happen, there are members of the community that do show altruism and really a great desire to help others. And that may be very satisfying for them as well.

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00:15:39.510 --> 00:15:49.560

Dr. Kimberly Brandt: So examples of positive communities, community activities that we can do and try to maintain social contact with people who may be isolated by calling them, sending the messages,

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00:15:50.970 --> 00:16:05.430

Dr. Kimberly Brandt: sharing factual messages within the community and especially with people who maybe don't have internet access or who don't use social media and also trying to provide care and support to people who have been separated from their families and caregivers potentially.

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00:16:09.450 --> 00:16:15.630

Dr. Kimberly Brandt: So this is just kind of a nice little graphic that was put out for the

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Dr. Kimberly Brandt: for the influenza pandemic in 2007 but just kind of showing how all of these things can overlap and how we tried to, in essence, build the resilience bubble to make that bubble bigger to try to minimize some of the distress response and the mental illness.

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00:16:40.710 --> 00:16:49.080

Dr. Kimberly Brandt: So the other thing that we also may be experiencing is grief and loss. We may not be able to see the loved ones or say goodbye to them.

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Dr. Kimberly Brandt: A lot of people who have the illness are being isolated and separated so that they don't transmit the illness, people may not be able to have their usual funeral rituals. Because of this,

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Dr. Kimberly Brandt: And just in general, I mean I think everyone is experiencing some level of loss. So just a loss of control about the situation, loss of income, a loss of privacy.

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Dr. Kimberly Brandt: Some people, you know, feel that they're losing valued civil liberties, losing trust in the government or in others, and maybe some people would struggle with losing beliefs or faith.

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Dr. Kimberly Brandt: So the strategy that the World Health Organization recommends and that we go to in times like this is something called Psychological First Aid.

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Dr. Kimberly Brandt: And this is basically just designed to reduce the distress that's caused by traumatic events to help people learn

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Dr. Kimberly Brandt: adaptive functioning and to develop coping skills and it doesn't assume that everybody who goes through this is going to have severe mental health problems or any long-term difficulties.

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00:18:01.650 --> 00:18:20.130

Dr. Kimberly Brandt: But it's really just geared towards understanding that there will be a lot of reactions that are normal and that those reactions may cause distress that can interfere with people's functioning and to give people some support and guidelines to help get through this.

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00:18:23.820 --> 00:18:25.470

Dr. Kimberly Brandt: So to build resilience,

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Dr. Kimberly Brandt: We know that we need to build safety, calm and comfort, connectedness, and we also need to feel empowerment and self-efficacy

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Dr. Kimberly Brandt: promotes safety. That's kind of a basic one. You know, to keep yourself from immediate danger, to meet your basic survival needs, such as having shelter, water and food.

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00:18:49.440 --> 00:18:54.210

Dr. Kimberly Brandt: So beyond that. We also look at increasing our adaptive behavior. So the behavior that helps us

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Dr. Kimberly Brandt: survive. During this time, washing our hands, covering our mouth and our nose when we sneeze or cough, cleaning your hands, not touching your face,

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00:19:06.390 --> 00:19:24.120

Dr. Kimberly Brandt: disinfecting objects, avoiding contact with people who are sick, staying at home if you're sick, staying at home if you're not sick. So there's a lot of things that we were directed to do to increase our adaptive behavior and decrease the likeliness that we'd be affected by this illness.

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00:19:26.100 --> 00:19:27.480

Dr. Kimberly Brandt: To stay connected

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00:19:29.610 --> 00:19:32.670

Dr. Kimberly Brandt: We want to keep people connected with their loved ones and their friends.

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00:19:33.540 --> 00:19:45.960

Dr. Kimberly Brandt: With their pets and also if there are resources in the area for the pandemic. If there are support services available. Those are the kinds of things that we want to make sure that we keep people connected to

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00:19:50.490 --> 00:19:59.010

Dr. Kimberly Brandt: in order to reduce social isolation during the social distancing, public health isolation and quarantine.

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00:20:00.240 --> 00:20:07.770

Dr. Kimberly Brandt: We recommend that you keep normal daily activity as much as possible. Some people even resort to having a schedule of sorts,

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Dr. Kimberly Brandt: waking up at a certain time and dedicating blocks of time to work, potentially blocks of time to breaks, blocks of time for relaxation or spending time with family.

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00:20:22.290 --> 00:20:24.870

Dr. Kimberly Brandt: Try as much as possible to stay positive.

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00:20:25.920 --> 00:20:32.820

Dr. Kimberly Brandt: Keep in touch with everyone via phone, email or social media, eat a healthy diet, exercise regularly.

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00:20:33.630 --> 00:20:47.160

Dr. Kimberly Brandt: Take the time to do things that you enjoy and maybe don't have a lot of time for in the past like playing games or crafting or drawing or reading or writing, getting some household projects accomplished or organizing some things.

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00:20:50.250 --> 00:21:02.880

Dr. Kimberly Brandt: And sometimes people will really just need to talk to someone about their experience, to get out how they're feeling, to talk to someone who they perceive that cares and wants to listen to them, someone who can

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00:21:04.290 --> 00:21:12.150

Dr. Kimberly Brandt: understand what they're going through, and maybe even talk about going through the same thing ,someone to be present with them.

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00:21:12.630 --> 00:21:29.460

Dr. Kimberly Brandt: We know that human connection is powerful, while we're a bit limited on being able to do that, physically, we still encourage as much as possible to continue those connections through technology. If possible, without being in close physical proximity

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00:21:31.800 --> 00:21:43.590

Dr. Kimberly Brandt: I thought this was a nice graphic that showed the connection and some of the things that we think about, talk about and how these how we can relate to each other.

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00:21:44.790 --> 00:21:57.330

Dr. Kimberly Brandt: And thinking about some of these things and talking about these things and discussing these things and talking about our challenges and our difficulties and how we're how we're working through things and why things are going well and what things aren't going well.

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00:22:01.530 --> 00:22:08.730

Dr. Kimberly Brandt: So in part of that is encouraging self-care so limiting media and I would say social media exposure.

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Dr. Kimberly Brandt: I think it's helpful sometimes for people to say, Okay, I'm going to devote one hour a day or whatever it is to watching the news or

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00:22:18.720 --> 00:22:29.610

Dr. Kimberly Brandt: Looking at news websites and I'm not going to check my computer every hour, or something like that, it really can be overwhelming, if it's constantly

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00:22:30.390 --> 00:22:38.970

Dr. Kimberly Brandt: going through your head. Whereas if you limit that to a certain short period of time during the day, then that gives you the time to do that and then put it behind you.

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00:22:40.800 --> 00:22:48.180

Dr. Kimberly Brandt: Recommend following local and national public health recommendations, to do as many things as you can that that bring you joy and make you laugh.

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00:22:48.840 --> 00:22:57.510

Dr. Kimberly Brandt: To get enough sleep, to avoid drinking excess alcohol, illicit drugs, to learn and practice some coping techniques or coping skills.

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00:22:58.230 --> 00:23:08.100

Dr. Kimberly Brandt: And then to also know when to talk to a mental health professional. If your stress level gets to the point where it really does seem to be overwhelming you and you are having trouble figuring out what to do to help.

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00:23:10.440 --> 00:23:20.760

Dr. Kimberly Brandt: So the Minnesota Department of Health has this really nice slide tips to read to reduce COVID anxiety and I won't go through the whole thing, but

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00:23:22.110 --> 00:23:29.130

Dr. Kimberly Brandt: Some of the things we already talked about, I think, a really good one is right at the top, they're focusing on what you can control.

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00:23:29.550 --> 00:23:36.360

Dr. Kimberly Brandt: Including your thoughts and behaviors. So a lot of what's going on right now with COVID. It is not really in our own personal control.

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00:23:36.720 --> 00:23:45.330

Dr. Kimberly Brandt: And so, focusing on the things that you can control can help you feel better and help you feel like you are less out of control, if that's part of what you're feeling.

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00:23:50.520 --> 00:23:55.290

Dr. Kimberly Brandt: And yeah, part of empowering yourself and becoming efficacious.

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00:23:56.430 --> 00:24:14.250

Dr. Kimberly Brandt: So meeting your own needs through practical problem solving, figuring out what you need to do to make things work for you, to make sure you're getting accurate information, again to try to reestablish a normal way of life as much as possible.

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00:24:16.530 --> 00:24:28.710

Dr. Kimberly Brandt: We know that everyone who experienced a traumatic event is touched by it but it doesn't have to change them in a negative, you know, completely negative way, going forward, we do have the ability to get used to this new normal and adapt to it.

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00:24:31.500 --> 00:24:43.530

Dr. Kimberly Brandt: In order to help ourselves develop a personal resiliency plan. We don't just focus on what's happening in the now but focus in the future and things that we want to accomplish and get done.

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00:24:44.640 --> 00:24:51.060

Dr. Kimberly Brandt: It's helpful to understand, you know, what sort of things do trigger stress for you. And that can be a very personal thing.

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00:24:51.810 --> 00:25:01.230

Dr. Kimberly Brandt: Also to understand about yourself. Are there signs are there red flags that you're getting overly stressed or that you know you're reaching the point where you need more help.

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00:25:03.000 --> 00:25:11.100

Dr. Kimberly Brandt: And kind of referring back to that other slide of potential positive coping responses. Some of these coping skills work better for others.

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00:25:11.790 --> 00:25:19.800

Dr. Kimberly Brandt: You know, you may find a few things on there that are helpful for you. Some of them may not be as helpful. So kind of figuring out what works for you.

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00:25:21.570 --> 00:25:33.270

Dr. Kimberly Brandt: And then ultimately, and we talked about this before, is when all of this is not enough then there are a lot of resources available to you for mental health professionals.

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00:25:34.680 --> 00:25:46.530

Dr. Kimberly Brandt: To talk to somebody, to do some counseling or to even, you know, if it's to the point where you need to be on medication to address your anxiety or depression or whatever's going on and you know that's available as well.

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00:25:48.750 --> 00:25:53.340

Dr. Kimberly Brandt: And this is just a nice little graphic about resilience and kind of what we know.

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00:25:54.540 --> 00:26:02.670

Dr. Kimberly Brandt: Our components of that so coping skills, physical well-being, social support and positive emotions and having meaning in your life.

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00:26:05.430 --> 00:26:13.020

Dr. Kimberly Brandt: So SAMHSA government agency does have a specific mental health disaster Distress Helpline

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Dr. Kimberly Brandt: that's available for anyone in the whole country. There's a hotline there. And then you can also text the hotline and this is basically immediate counseling to anyone who you know is dealing with

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00:26:27.300 --> 00:26:30.240

Dr. Kimberly Brandt: You know, immediate distress, who's having a hard time.

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00:26:31.740 --> 00:26:44.340

Dr. Kimberly Brandt: People who answered this hotline are trained and they're from all over the country at different crisis centers and they'll help give people referrals and other resources as well.

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00:26:46.050 --> 00:27:00.240

Dr. Kimberly Brandt: And then looking specifically at the University of Missouri, some of the resources that we have for students, the behavioral health services, student health and the Counseling Center have resources. The RSVP center is available

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00:27:01.590 --> 00:27:14.490

Dr. Kimberly Brandt: for concerns of relationship violence. For faculty and staff we have the employee assistance program which offers counseling, a certain number of counseling sessions and also can assist with referrals to

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00:27:15.720 --> 00:27:17.040

Dr. Kimberly Brandt: outside professionals.

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00:27:18.180 --> 00:27:27.210

Dr. Kimberly Brandt: If your needs are kind of beyond what the EAP can offer and then for everyone, we do also have a local crisis hotline that serves Columbia and Boone County.

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00:27:27.810 --> 00:27:38.550

Dr. Kimberly Brandt: For anyone who feels like they're having a mental health crisis which if someone you know was having thoughts of wanting to harm themselves or others, that would be where I would direct them to go for sure.

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00:27:41.700 --> 00:27:49.770

Dr. Kimberly Brandt: And that's all that I have. I put a picture of the beach, because that is my favorite place, and I'm not there right now, but I wish I was.

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00:27:52.470 --> 00:27:54.120

Tony Lupo: Okay. Thank you, Dr. Brand.

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00:27:55.170 --> 00:28:03.690

Tony Lupo: I have two questions up here and I'll just go ahead and give them to you in the order that they were received for now.

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00:28:04.770 --> 00:28:14.850

Tony Lupo: The first question is, how could you advise or how would you advise someone to get on a normal sleep schedule during this time.

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00:28:16.980 --> 00:28:26.760

Dr. Kimberly Brandt: Yeah, I think that's a really good question. Um, I think, and I sort of mentioned it when I talked about really just trying to maintain a daily routine. So

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00:28:27.210 --> 00:28:34.410

Dr. Kimberly Brandt: kind of a similar routine as if you were going to work, you know, let's say you have a Monday through Friday, eight-to-five job.

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00:28:34.800 --> 00:28:47.070

Dr. Kimberly Brandt: Make sure that you get up at the same time in the morning, whether you know you have to actually start doing your work or not, to just keep that same schedule and also to try to go to bed around the same time every night.

138

00:28:48.090 --> 00:29:00.810

Dr. Kimberly Brandt: Try not to take too many naps or anything like that, during the day. Like, it's helpful to allow your body to get some exercise as well, which helps you be a little bit more tired at night.

139

00:29:01.830 --> 00:29:16.080

Dr. Kimberly Brandt: So, keeping a schedule as much as you can, going to bed and waking up around the same time and then getting good exercise during the day are I think some tips that I would that I would recommend to keep a regular sleep schedule.

140

00:29:18.420 --> 00:29:31.950

Tony Lupo: Okay. The second question is, how would you suggest someone talk to their supervisor, if they are experiencing exacerbated mental health during COVID-19 times?

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00:29:33.990 --> 00:29:38.220

Dr. Kimberly Brandt: Yeah, I think that's, that's a really good question.

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00:29:39.030 --> 00:29:46.230

Dr. Kimberly Brandt: I think the first thing that I would do is, is probably speak with your mental health professional, whether that's a counselor or

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00:29:47.820 --> 00:29:49.830

Dr. Kimberly Brandt: family doctor or psychiatrist.

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00:29:50.970 --> 00:29:55.650

Dr. Kimberly Brandt: It's possible that you could qualify for FMLA

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00:29:57.030 --> 00:30:07.260

Dr. Kimberly Brandt: leave or a modified work schedule, depending on what specific symptoms you're having that are worsened during this time.

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00:30:08.100 --> 00:30:16.050

Dr. Kimberly Brandt: I think talking to your health professional and figuring out if there are modifications to your work schedule or if you need to take some time off or

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00:30:16.530 --> 00:30:24.240

Dr. Kimberly Brandt: have a different work week or something like that, for the most part we're usually able to help people figure out what they need to

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00:30:24.600 --> 00:30:31.590

Dr. Kimberly Brandt: to try to get back on track. And so in that way if you go through Human Resources and

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00:30:31.890 --> 00:30:48.750

Dr. Kimberly Brandt: do FMLA, you don't necessarily have to have to talk to your boss directly, other than just to say that you know you're experiencing some health issues and may need a modified work schedule and that you'll talk to HR about going and getting that with your doctor.

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00:30:51.540 --> 00:31:04.110

Tony Lupo: And here's one that's more of a logistical one. Is this PowerPoint going to be accessible outside of this meeting? And that might be a question that

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00:31:05.220 --> 00:31:08.640

Tony Lupo: Shibu or James can answer.

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00:31:10.230 --> 00:31:32.730

Shibu Jose: Yeah, Tony, the PowerPoint and of course the recorded webinar will be available on the CAFNR Research Council page and the link will be sent out hopefully later this week to everyone so at least the Cabinet folks will be able to receive that link to an email.

153

00:31:34.800 --> 00:31:39.930

Tony Lupo: Thank you Shibu and we've got another question that's come up.

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00:31:41.100 --> 00:31:46.290

Tony Lupo: As a faculty member who's working with students, I'm curious if

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00:31:47.520 --> 00:31:55.980

Tony Lupo: there are counseling services available for students online. Is that continuing?

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00:31:58.050 --> 00:32:12.900

Tony Lupo: I guess the person who asked says that a student told them that the counseling support was disrupted and wasn't sure about the current levels of access.

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00:32:14.910 --> 00:32:25.800

Dr. Kimberly Brandt: I don't know the answer to that. Specifically I do know that I used to work at the Student Health Center as a staff psychiatrist there and I do know that

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00:32:26.250 --> 00:32:42.960

Dr. Kimberly Brandt: the Student Health Center is still offering telemedicine psychiatry visits. I don't know what the Counseling Center is doing at this time. But that would be something that I think you could easily reach out to them and just find out

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00:32:44.520 --> 00:32:50.940

Dr. Kimberly Brandt: what resources they have available during this time, but I do know that student health for psychiatry is doing telehealth visits.

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00:32:53.970 --> 00:33:02.670

Tony Lupo: And do you have advice for getting a spouse or significant other more involved in the family during this time?

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00:33:04.530 --> 00:33:11.820

Dr. Kimberly Brandt: Yeah, people respond differently to stress and to

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00:33:13.110 --> 00:33:25.530

Dr. Kimberly Brandt: changes and big changes like this, some people, it's more in their nature to withdraw rather than to stay engaged. So, I mean, I think the best strategy would

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00:33:26.610 --> 00:33:38.460

Dr. Kimberly Brandt: be to maybe just talk directly about it, just to say, you know, hey, I've noticed that seems like you've pulled back from the family a little bit and just want to check and see if you're doing okay and

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00:33:39.600 --> 00:33:47.250

Dr. Kimberly Brandt: You know, it would be great if you could be involved and more with the family activities. I think I would just come at it from a place of concern and

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00:33:48.510 --> 00:33:57.780

Dr. Kimberly Brandt: just being genuine not really ACCUSING ANYBODY of intentionally avoiding the family or anything like that, but

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00:33:58.950 --> 00:34:04.950

Dr. Kimberly Brandt: I think if you just kind of ask in that way, hopefully it'll lead to a more productive discussion.

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00:34:07.170 --> 00:34:09.150

Tony Lupo: Okay, I did have a

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00:34:11.040 --> 00:34:12.480

Tony Lupo: response that

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00:34:13.800 --> 00:34:22.260

Tony Lupo: said that the Counseling Center is meeting with students still and it is for students still located in Missouri.

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00:34:22.950 --> 00:34:35.850

Tony Lupo: Okay. And if the student is out of state, they're connecting them with professionals in the state that they're located in so that might be helpful to some of our viewers.

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00:34:36.840 --> 00:34:57.750

Tony Lupo: And now a two-part question is, I get so nervous from time to time. Is there any advice on how to relax? And the second part is, will it be possible to go back to normal? Whatever that normal could mean when COVID-19 is over.

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00:35:00.150 --> 00:35:06.420

Dr. Kimberly Brandt: I think there are different ways for people to relax.

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00:35:07.050 --> 00:35:21.600

Dr. Kimberly Brandt: And some of the techniques are some of the things that you can do to help you, personally, relax. Maybe relate some of the coping skills on that slide. And again, I'll make my slides available if you guys want to look at those in a little bit

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00:35:22.620 --> 00:35:31.050

Dr. Kimberly Brandt: more in depth. I think it's going to vary a lot from person to person. For some people it might mean that you need

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00:35:31.710 --> 00:35:44.190

Dr. Kimberly Brandt: time to yourself, even if your family is home. If you need time to read a book or do something quietly or for some people it's making sure that they exercise and again get good sleep.

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00:35:44.730 --> 00:35:52.050

Dr. Kimberly Brandt: For some people, anxiety is helped by talking to someone, whether that's a counselor or just a friend that that you trust.

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00:35:52.920 --> 00:36:01.470

Dr. Kimberly Brandt: Some people benefit from journaling, writing down their thoughts, not necessarily thinking anyone's going to read them. But just to get those thoughts and feelings out.

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00:36:03.090 --> 00:36:11.370

Dr. Kimberly Brandt: And I think, well I really, I really wish I could say that I think things will go back to normal. I think it's going to be a while.

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00:36:12.570 --> 00:36:14.910

Dr. Kimberly Brandt: And I think hopefully once we have

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00:36:16.050 --> 00:36:27.240

Dr. Kimberly Brandt: a treatment, some proven treatments, and the vaccine, I think things will hopefully be able to get back to normal more quickly. Wish I could be super optimistic about that, but I, I just really don't know.

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00:36:29.250 --> 00:36:37.230

Tony Lupo: All right, and I've got one more important one, actually I'm going to try to combine two questions into one here.

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00:36:38.100 --> 00:36:56.100

Tony Lupo: Do you have advice on strategies to use to encourage an individual who might be feeling stressed to seek professional help, but do so not only to seek professional help, but do so in a way that doesn't create another problem?

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00:36:57.900 --> 00:37:10.890

Dr. Kimberly Brandt: Yeah, I mean I think that can be that can be tricky because you never really know how open another person is to receiving that help and

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00:37:12.030 --> 00:37:27.930

Dr. Kimberly Brandt: one of the more unique things that I think about mental health struggles, is that the person really does need to be in a place where they are ready to accept that help and ready to put in that effort to move forward and

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00:37:29.220 --> 00:37:30.600

Dr. Kimberly Brandt: make things better.

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00:37:33.270 --> 00:37:40.770

Dr. Kimberly Brandt: Similarly, how I would approach the spouse situation that we discussed. I think I would just in a very

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00:37:42.330 --> 00:37:44.010

Dr. Kimberly Brandt: nonjudgmental way

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00:37:45.210 --> 00:37:58.290

Dr. Kimberly Brandt: to just formalize it, to just say something like, you know, it seems like you've been under more stress lately. Have you ever thought about talking to someone about that?

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00:37:59.460 --> 00:38:00.270

Dr. Kimberly Brandt: You know,

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00:38:01.410 --> 00:38:07.890

Dr. Kimberly Brandt: If you've personally utilized services at the university, or the EAP,

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00:38:08.520 --> 00:38:23.220

Dr. Kimberly Brandt: sometimes self-disclosure goes a long way with someone who's struggling to say I had to use the EAP in the past when I was struggling and it was really helpful. So, you know, if you're looking for something, then, then I would suggest using that service.

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00:38:25.980 --> 00:38:32.520

Dr. Kimberly Brandt: So I find with my patients sometimes it's helpful to kind of explain like hey everyone goes through this. I've been through this.

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00:38:33.180 --> 00:38:42.120

Dr. Kimberly Brandt: It's really something that seems really impossible at the time, but once you get through it, you're going to feel a lot better.

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00:38:45.210 --> 00:38:47.490

Tony Lupo: Well, I think we'll

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00:38:48.510 --> 00:38:53.670

Tony Lupo: call it a day with the questions we don't have any others at this point, but

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00:38:54.780 --> 00:39:04.590

Tony Lupo: I want to thank you Dr. Brandt for your answers and for a very, very interesting presentation, it hit a lot of topics.

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00:39:05.640 --> 00:39:17.370

Tony Lupo: I thought it was wonderful. So thank you. And thanks again to James for his help behind the scenes and I'll turn it back over to Dr. Jose.

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00:39:18.990 --> 00:39:20.640

Shibu Jose: Thank you, Tony.

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00:39:21.960 --> 00:39:33.390

Shibu Jose: Well, thanks everyone for participating in today's webinar. As I said in the beginning, this is our last webinar for the spring semester so

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00:39:34.290 --> 00:39:49.650

Shibu Jose: if we are still facing restrictions for large gatherings, we might continue this format for our coffee and conversations. That's another series there the CAFNR Research Council had just started but then

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00:39:50.130 --> 00:40:03.480

Shibu Jose: We had to essentially stop there because of COVID-19 and weekend into a zoom webinar format with a webinar series. So we might continue this format but it all depends on you know how

202

00:40:04.170 --> 00:40:14.250

Shibu Jose: We come back in the fall and continue business. But before we conclude I also would like to extend my sincere appreciation to Dr. Brandt.

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00:40:15.150 --> 00:40:23.370

Shibu Jose: Brand. We know how busy you are with your practice and your administrative responsibilities, appreciate you taking

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00:40:24.210 --> 00:40:33.570

Shibu Jose: time to be with us and talk to us today. So thank you. Thank you very much. And everyone, again thank you for your participation

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00:40:34.260 --> 00:40:42.570

Shibu Jose: for today's webinar as well as your participation. Over the last two months, we had seven webinars overall

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00:40:43.170 --> 00:41:02.610

Shibu Jose: So I hope to see you all again, perhaps with coffee and conversation or maybe with the webinar series again in the fall, also. Thank you, James for all your help, and also Michelle Enger. Thank you very much for your help as well. And a final

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00:41:03.660 --> 00:41:18.690

Shibu Jose: thank you to our CAFNR Research Council and Dr. Tony Lupo and the members of the Council for your help with the webinar series this semester. Thanks everyone and have a good day.

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00:41:34.800 --> 00:41:38.760

Dr. Kimberly Brandt: Thank you, everyone, James, do you want me to send you the slides?

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00:41:39.390 --> 00:41:47.880

Webinar Host: Oh yes, please do go ahead and send that I think it'll be captured in our recording, but for the most part it's always good to have a backup.

210

00:41:48.420 --> 00:41:49.410

Webinar Host:

211

00:41:51.330 --> 00:41:53.190

Webinar Host: Thank you so much. Bye.

212

00:41:53.460 --> 00:41:53.970

Webinar Host: Bye bye.