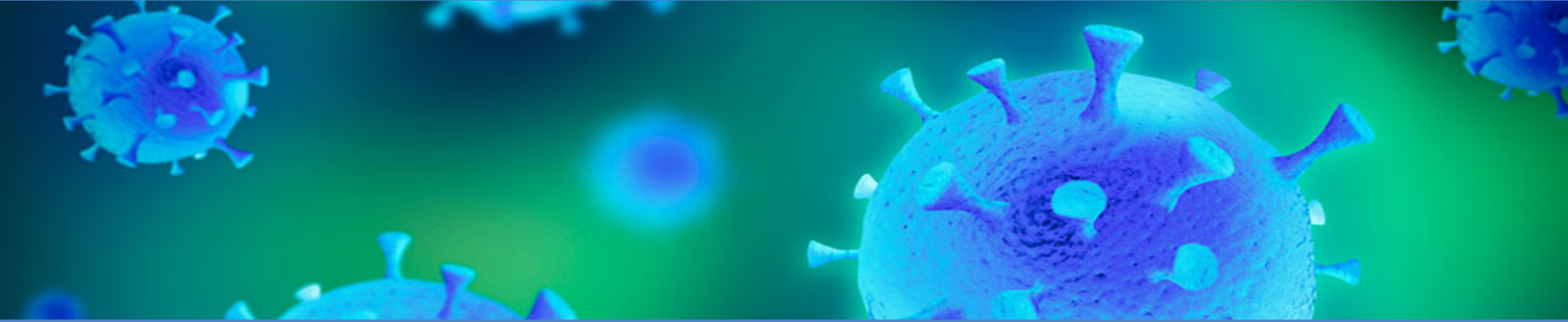


VCHIP / CHAMP / VDH COVID-19 UPDATES



Wendy Davis, MD FAAP - Senior Faculty, Vermont Child Health Improvement Program, UVM
Breena Holmes, MD FAAP – VCHIP Senior Faculty & Physician Advisor, MCH Division, VDH
February 17, 2021

Technology Notes

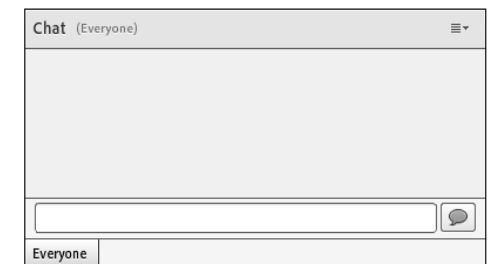
- 1) All participants will be muted upon joining the call.
- 2) If you dialed in or out, **unmute by pressing #6** to ask a question (and press *6 to mute).
If you are having audio difficulties and are using your computer speakers, you may wish to dial in:

Call in number – 1-866-814-9555

Participant Code – 6266787790

Presenters: Please avoid the use of speakerphone and make sure your computer speaker is muted if you dialed in via phone.

- 3) To ask or respond to a question using the **Chat** box, type your question and click the  icon or press Enter to send.



Overview

- ❑ Celebrating **Mardi Gras!**
- ❑ The year of the House Float!
- ❑ Reminder – weekly event schedule:
 - ❑ **VCHIP/CHAMP/VDH calls: M/W/F**; Gov. Media Briefings Tues/Fri; VMS call with VDH Commissioner Levine Thursday
- ❑ Situation, VDH, CDC updates (new school resource; Tuesday media briefing)
- ❑ Practice Issues: **COVID-19 & Mental Health**
- ❑ Q & A/Discussion



<https://www.today.com/slideshow/sunday-today-s-photo-week-t148920>

[Please note: the COVID-19 situation continues to evolve very rapidly – so the information we're providing today may change quickly]

Celebrating a Vermonter's Success

Thank you, Judy Orton!

- ❑ Elle Purrier races to another US record in 2-mile at New Balance Indoor Grand Prix
 - ▣ Montgomery, VT; Richford HS; UNH.
 - ▣ Record: 9 minutes, 10.28 seconds (broke previous by 8 secs)
- ❑ https://www.burlingtonfreepress.com/story/sports/2021/02/13/vermonter-elle-purrier-sets-another-us-record-2-mile/4477243001/?fbclid=IwAR3R-gM7dQtC6AxCSKh81dMSS1ILK72DLuuTzd_ctQgo-EnXyJQkmBvCE1c



COVID-19 Impact on the Mental Health of Children/Youth/Families

REMINDER – Special VCHIP-VDH-COVID-19 Update Call:

- When: Monday, February 22 – **EARLY start time: 12 noon** (Adobe)
- What: discuss considerations on this topic with Vermont legislators
- Who: Senator Virginia “Ginny” Lyons and Representative Lori Houghton

Related initiatives:

- VT AOE – DMH group to address S-E health of pediatric pop.
 - ▣ To date without specific pediatric representation – please stay tuned!
 - ▣ Seeking your specific feedback: ***are you aware of increased crisis line use in your community – if so, what is your experience?***
- **Coming Friday, 2/19/21: Vermont-specific PACE project data re: impact on our youth**

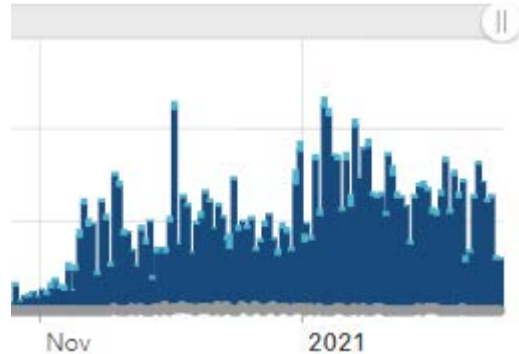
Prompts from our Legislative Colleagues

For our call on Monday, February 22: please be prepared to share your thoughts on the following (and if unable to attend in real time, feel free to send comments to vchip.champ@med.uvm.edu)

- What are the short term and long term needs in addressing mental health for this population as we move out of the pandemic?
- What additional school-based needs should we consider as we move out of the pandemic?

Situation update

New Cases
59
13,996 Total
Currently Hospitalized
44
Hospitalized In ICU
8
Hospitalized Under Investigation
2
Percent Positive 7-day Avg.
1.7%
People Tested
320,798
Total Tests
987,188
Recovered
11,072
79.1% of Cases
Deaths
191
1.4% of Cases
Travelers Monitored
234
Contacts Monitored
191
People Completed Monitoring
13,126
Last Updated: 2/17/2021, 10:49:50 AM



VT New Cases, Probables, Deaths

□ U.S. **27.8 million+** cases; **487,855 deaths**

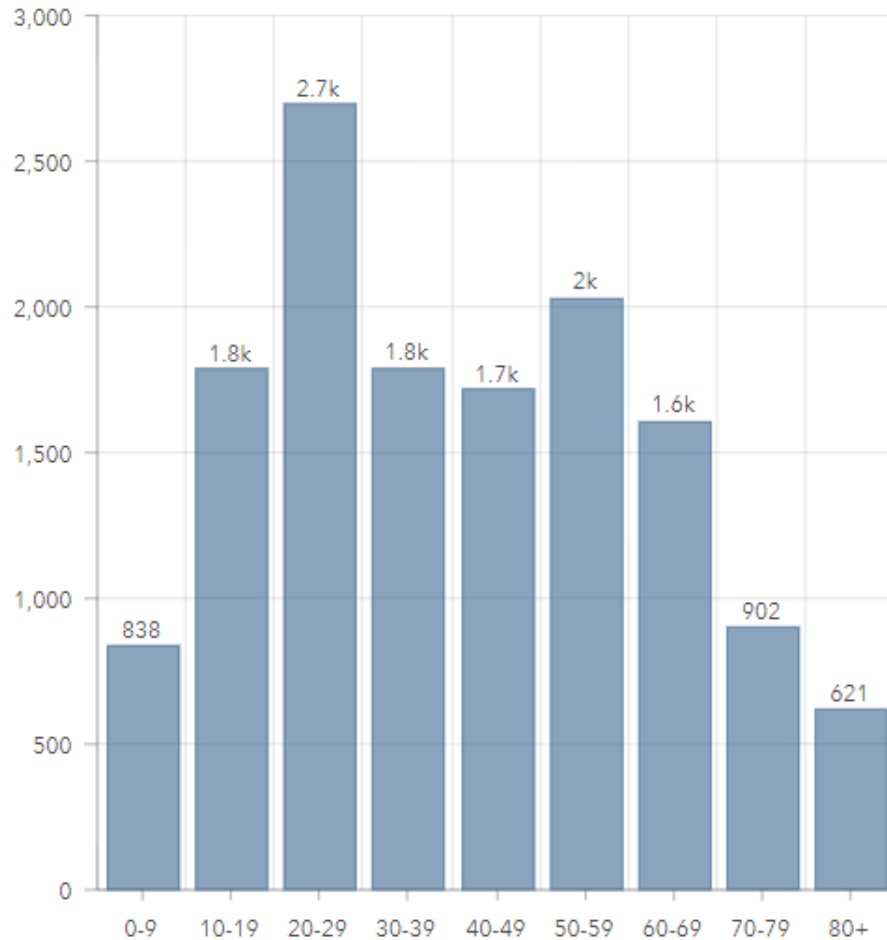
- <https://www.nytimes.com/interactive/2020/us/coronavirus-us-cases.html> (updated 2/17/21)
- 2/16/21: **>64,376 new cases; 1,707 d.; 64,533 hosp.**
- Past week: average 81,200 cases/day (decrease of 43% from average 2 weeks earlier)
- **2.4 million+ deaths worldwide; 109.6 million+ cases)**

□ VDH Weekly Data Summary(2/12/21)

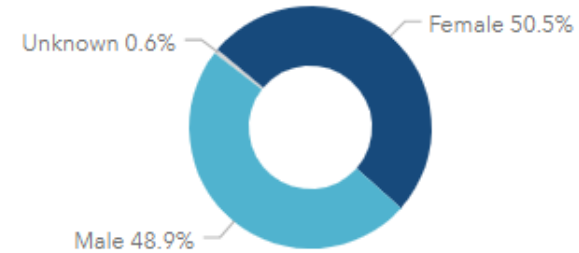
- **Weekly Spotlight Topic – COVID-19 Deaths:** data from death cert.; incl. VT residents & OOS residents who died in VT. result. Highest # VT deaths (71) in Dec. 2020. Most deaths among LTCF residents (65% vs. 35% non-LTCF).
- Find previous summaries at:
<https://www.healthvermont.gov/covid-19/current-activity/weekly-data-summary>

Situation update

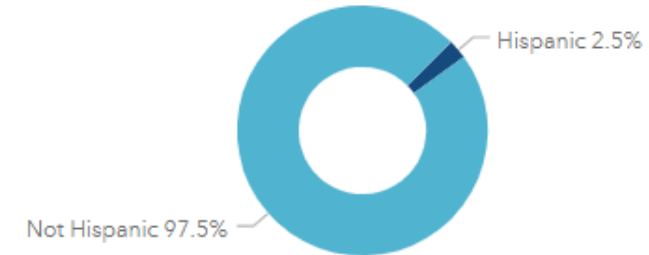
Vermont COVID-19 Cases by Age Group



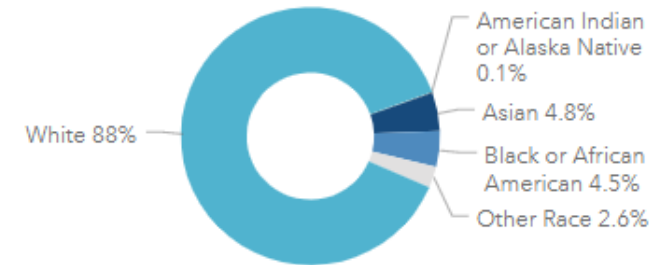
Vermont COVID-19 Cases by Sex



Vermont COVID-19 Cases by Ethnicity if Known



Vermont COVID-19 Cases by Race if Known



Case Demographics

<https://www.healthvermont.gov/covid-19/current-activity/vermont-dashboard>

COVID-19 Cases in VT K-12 Learning Communities (While Infectious)

COVID-19 Cases in Vermont K-12 Learning Communities While Infectious

- <https://www.healthvermont.gov/sites/default/files/documents/pdf/COVID19-Transmission-Schools.pdf>
- Table updated **Tuesday & Friday** w/data through previous Sunday & Wednesday.

February 14, 2021

Cases in Vermont K-12 Learning Communities While Infectious

Learning Community	Cases Reported In the Past 7 Days	Total Cases
Schools with less than 25 students are reported in the "Total for all Suppressed Schools" row at the end of the table.		
TOTAL FOR ALL SCHOOLS	68	594

February 10, 2021

Cases in Vermont K-12 Learning Communities While Infectious

Learning Community	Cases Reported In the Past 7 Days	Total Cases
Schools with less than 25 students are reported in the "Total for all Suppressed Schools" row at the end of the table.		
TOTAL FOR ALL SCHOOLS	58	546

VT College & University dashboards:

- Norwich University** Dashboard:
- UVM** – men's hockey again *on pause*

COVID-19 Reporting Dashboard

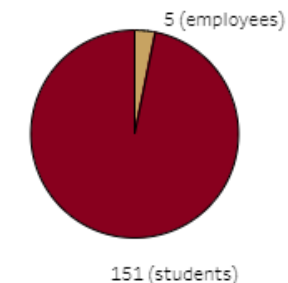
Data Updated: 2/17/2021 at 10:33am

Spring 2021 Testing (Employees & Students)

Completed Tests 8,727	Current Positives 18
Positivity Rate* 1.6%	People Tested 2,383

Spring 2021 Cumulative Positives
140

Cumulative Positive
Cases by Employee /
Student



Cumulative Since 8/4/2020 (Employees & Students)

Completed Test 25,245	Cumulative Positives 156
Cumulative Positivity Rate* 0.62%	People Tested 3,123

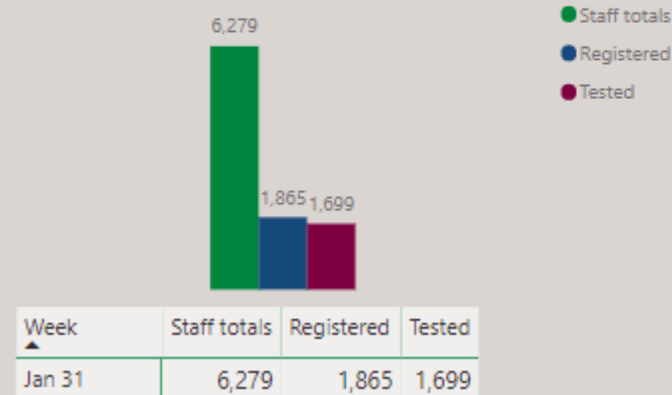
Cumulative Prevalance**
5.0%

AOE School Staff Testing Dashboard

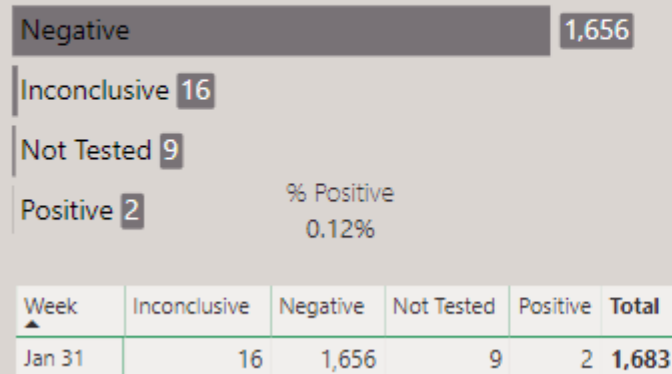
School Staff Testing: Weekly Summary



Summary

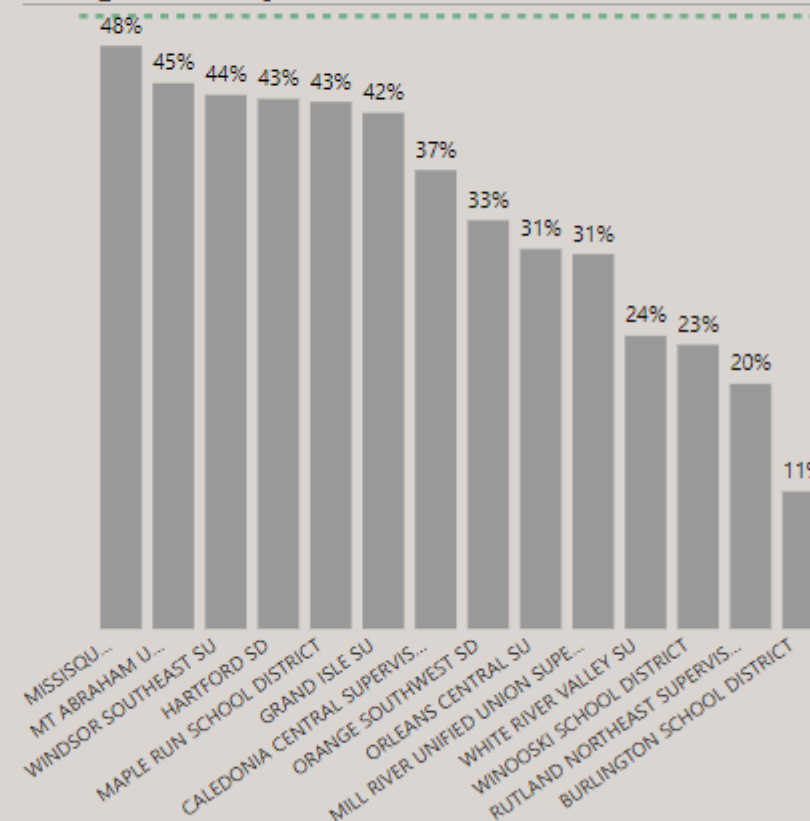


Test Results



Select Testing Week: January 31, 2021

% Registered by SD/SU



SD/SU	% Registered
MISSISQUOI VALLEY SCHOOL DISTRICT	48%
MT ABRAHAM UNIFIED SCHOOL DISTRICT	45%
WINDSOR SOUTHEAST SU	44%
HARTFORD SD	43%
MAPLE RUN SCHOOL DISTRICT	43%
GRAND ISLE SU	42%
CALEDONIA CENTRAL SUPERVISORY UNION	37%
ORANGE SOUTHWEST SD	33%
ORLEANS CENTRAL SU	31%
MILL RIVER UNIFIED UNION SUPERVISORY UNION	31%
WHITE RIVER VALLEY SU	24%
WINDOSKI SCHOOL DISTRICT	23%
RUTLAND NORTHEAST SUPERVISORY UNION	20%
BURLINGTON SCHOOL DISTRICT	11%
Total	30%

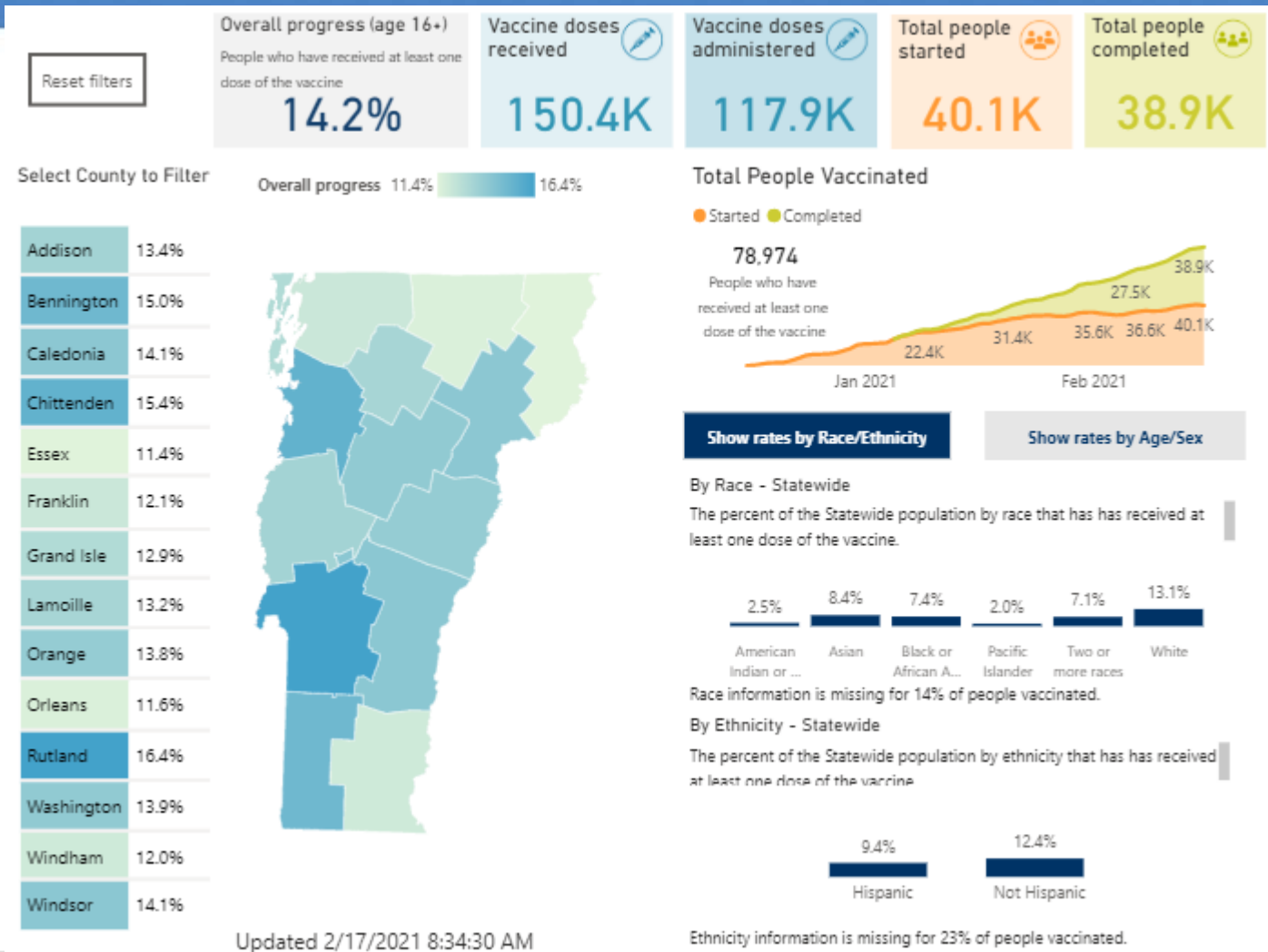
Data source: Vermont Testing/Vaccine Registration System.
Updated 2/10/2021 8:23:10 AM

Week of Jan. 31; updated 2/10/21

<https://education.vermont.gov/news/covid-19-guidance-vermont-schools/school-staff-covid19-surveillance-testing/school-staff-covid-19-surveillance-testing-weekly-summary>

VDH COVID-19 Vaccine Dashboard

- **NOTE – 2/17/21:** to align w/CDC reporting, # of doses rec'd. for VA & VNG now being removed from # doses rec'd.; accounts for about 8,300 doses.
- Daily updates Tues. thru Sat.
- Data = counts reported by end previous day; subject to change.
- <https://www.healthvermont.gov/covid-19/vaccine/covid-19-vaccine-dashboard>



VDH COVID-19 Vaccine Registration & Sites

<https://www.healthvermont.gov/covid-19/vaccine/getting-covid-19-vaccine>

GETTING THE COVID-19 VACCINE



MAKE AN APPOINTMENT WITH:

THE HEALTH DEPARTMENT

KINNEY DRUGS

WALGREENS

People age 70 years and older can make appointments now.

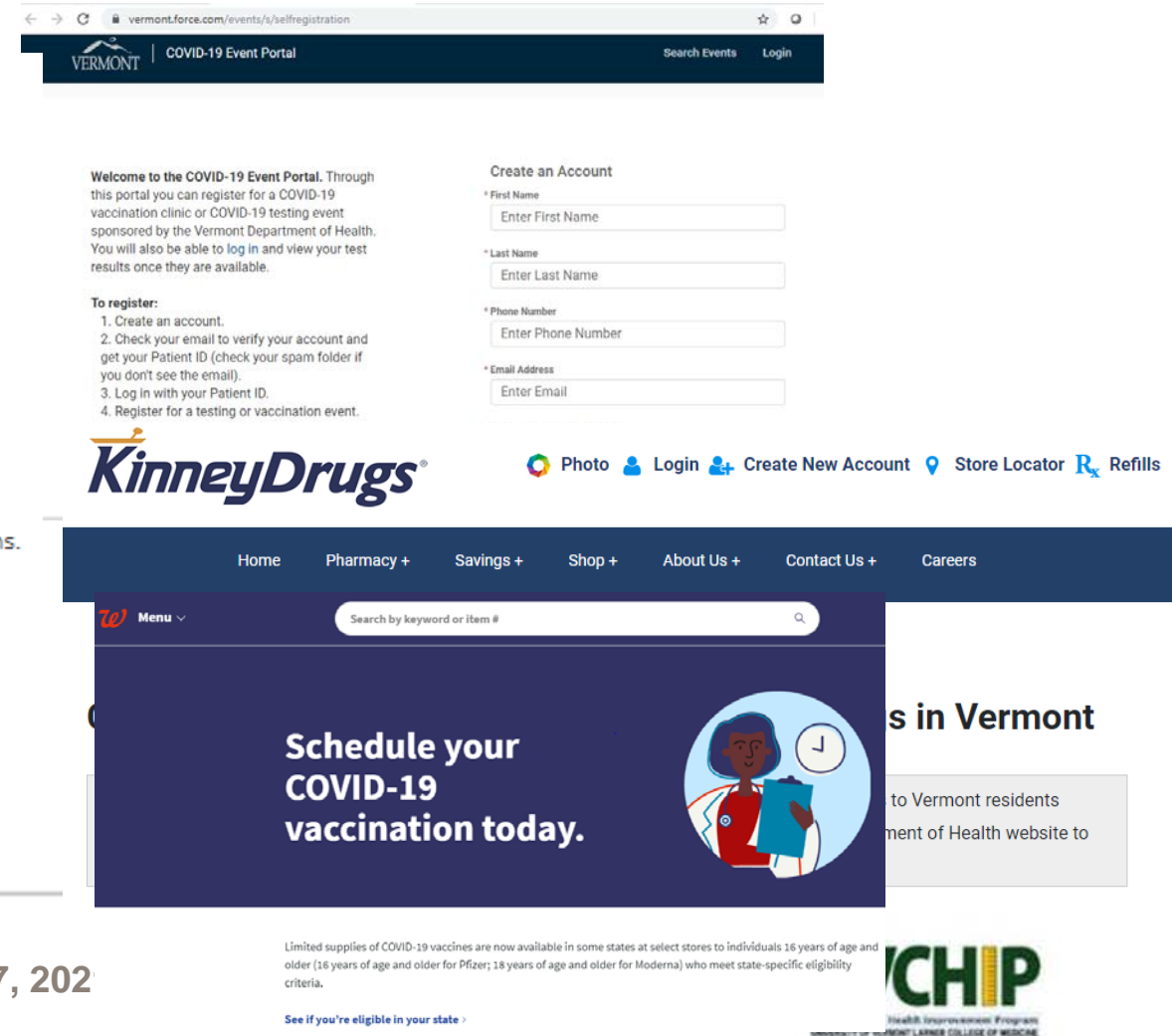
There are enough appointments for everyone who is eligible. Appointments are required. Clinics cannot accept walk-ins.

To make an appointment online with the Health Department:

1. Create an account (anyone can do this anytime!)

You may already have an account if you were tested for COVID-19 at a Health Department site.

2. Make an appointment when your age group is eligible to get the vaccine.

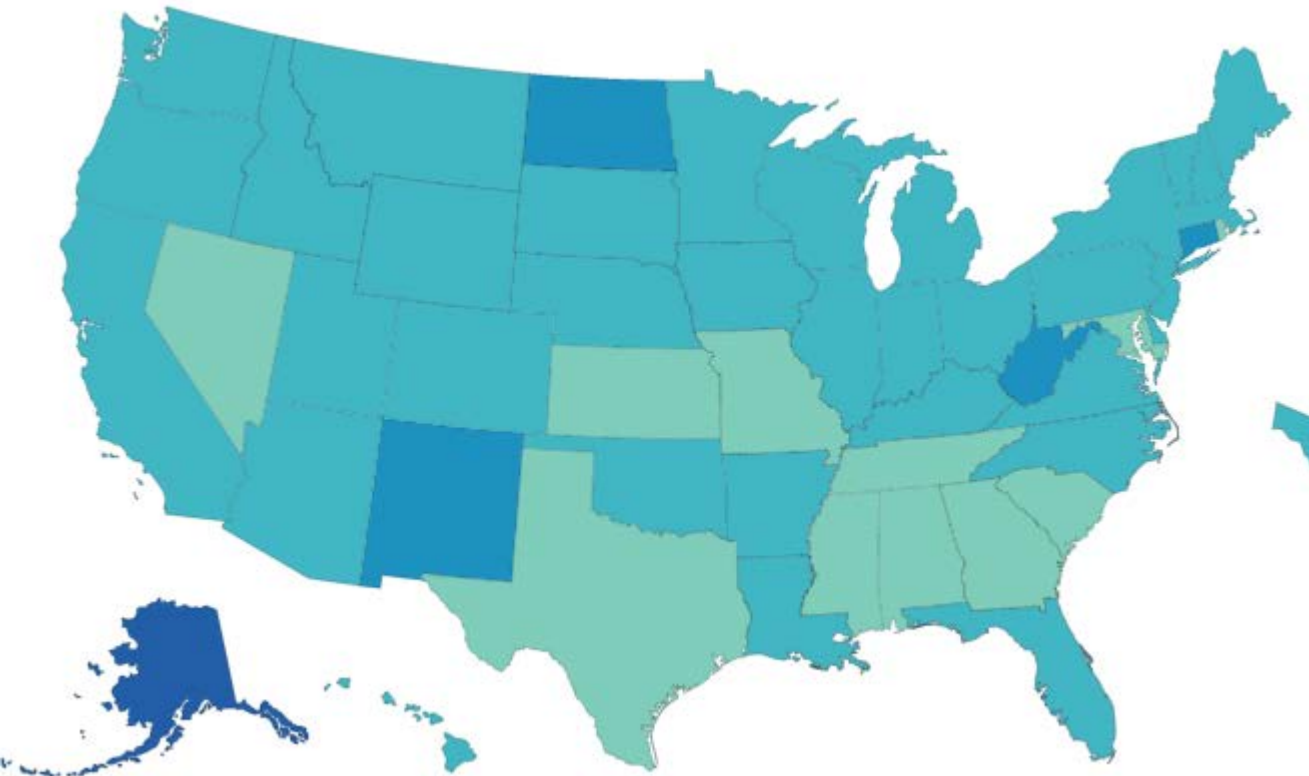
A screenshot of the Vermont COVID-19 Vaccine Registration Portal. The browser address bar shows 'vermont.force.com/events/u/selfregistration'. The page has a dark blue header with the Vermont logo and 'COVID-19 Event Portal'. Below the header, there's a 'Welcome to the COVID-19 Event Portal' message. To the right, there's a 'Create an Account' section with input fields for First Name, Last Name, Phone Number, and Email Address. Below that, there's a 'To register:' section with a numbered list: 1. Create an account, 2. Check your email to verify your account and get your Patient ID, 3. Log in with your Patient ID, 4. Register for a testing or vaccination event. Further down, there's a 'KinneyDrugs' logo and a navigation bar with links: Home, Pharmacy +, Savings +, Shop +, About Us +, Contact Us +, Careers. Below the navigation bar, there's a search bar and a large blue banner with the text 'Schedule your COVID-19 vaccination today.' and an illustration of a healthcare worker. To the right of the banner, there's a section titled 's in Vermont' with text about Vermont residents and a link to the Vermont Department of Health website.

VDH COVID-19 Vaccine Registration & Sites (cont'd.)

- Appointments from 2/17 – 4/28/21
 - ▣ **700 clinics** (health care, VDH POD – does not include pharmacies);
107,837 total appointments
 - ▣ VDH Local (District) Health Office sites; health care sites
- **Online (preferred)** and **phone** appointment scheduling:
 - ▣ 1-855-722-7878
 - ▣ *If you need to speak with someone in a language other than English, call this number, and then press 1.*
- **Call Center Hours:**
 - ▣ Monday-Friday, 8:15 a.m. – 5:30 p.m.
 - ▣ Saturday and Sunday, 10:00 a.m. – 3:00 p.m.

From the CDC Vaccine Tracker

Total Doses Administered Reported to the CDC by State/Territory and for Selected Federal Entities per 100,000

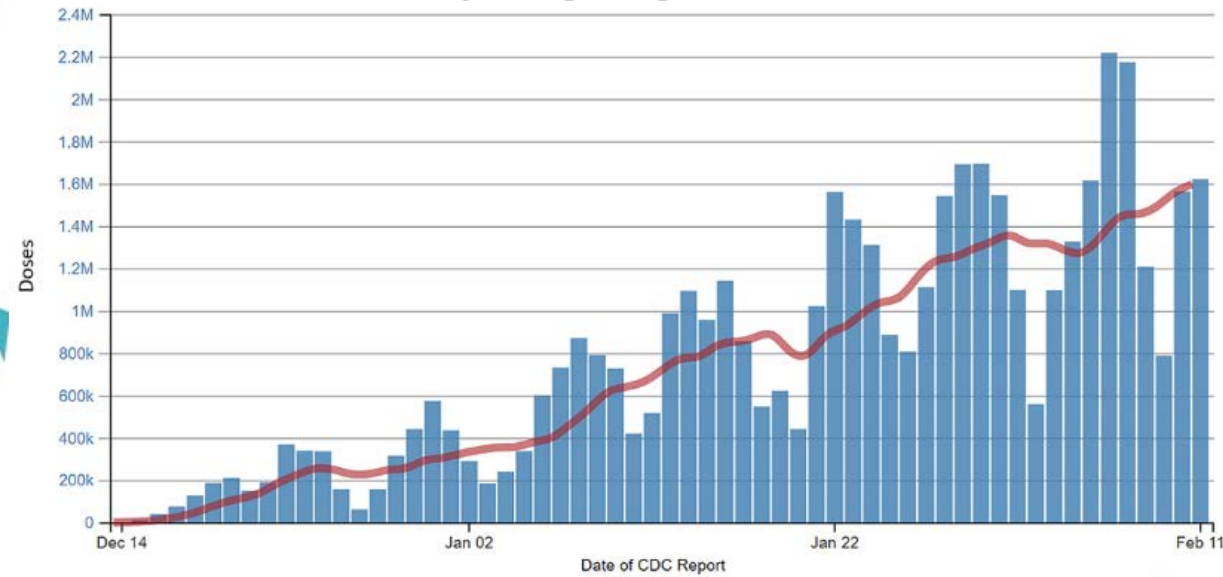


Total Doses Administered per 100,000

○ No Data ○ 0 ○ 1 - 15,000 ○ 15,001 - 20,000 ○ 20,001 - 25,000 ○ 25,001 - 35,000 ○ 35,001+

Daily Change in Number of COVID-19
Vaccinations in the United States Reported to
CDC

— 7-Day moving average



<https://www.cdc.gov/coronavirus/2019-ncov/covid-data/covidview/index.html>

<https://covid.cdc.gov/covid-data-tracker/#vaccinations>

From the CDC: U.S. COVID-19 Cases Caused by Variants

US COVID-19 Cases Caused by Variants

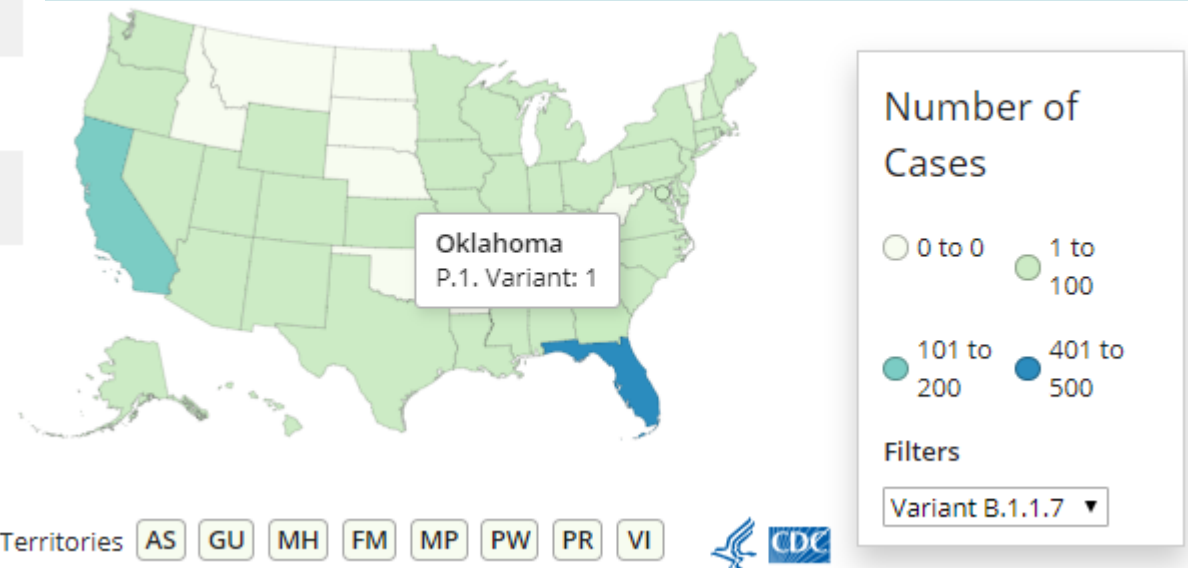
Updated Feb. 16, 2021

Languages ▾

Print

Variant	Reported Cases in US	Number of States Reporting
B.1.1.7	1277	42
B.1.351	19	10
P.1	3	2

Emerging Variant Cases in the United States**



<https://www.cdc.gov/coronavirus/2019-ncov/transmission/variant-cases.html>

Operational Strategy for K-12 Schools through Phased Mitigation

- Released 2/12/21:

- ▣ <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html>

Key elements:

- Mitigation strategies to reduce transmission in schools: masks, physical distancing, handwashing/resp. etiquette, cleaning, contact tracing
- Indicators of community transmission
- Phased mitigation, learning modes, and testing
- Additional COVID-19 Prevention in Schools
- Vaccination for teachers/staff & in communities as supply allows.

NEW from the CDC:

Operational Strategy for K-12 Schools through Phased Mitigation

Table 1. CDC Indicators and Thresholds for Community Transmission of COVID-19¹

Indicator	Low Transmission Blue	Moderate Transmission Yellow	Substantial Transmission Orange	High Transmission Red
Total new cases per 100,000 persons in the past 7 days ²	0-9	10-49	50-99	≥100
Percentage of NAATs that are positive during the past 7 days ³	<5.0%	5.0%-7.9%	8.0%-9.9%	≥10.0%

ded Implementation of Mitigation Strategies and K-12 School Learning Modes by
Transmission for Schools That Do Not Implement Expanded Screening Testing

Blue	Moderate Transmission Yellow	Substantial Transmission Orange	High Transmission Red
All schools implement 5 key mitigation strategies: Universal and correct use of masks required; physical distancing; handwashing and respiratory etiquette; cleaning and maintaining healthy facilities; contact tracing in combination with isolation and quarantine. Diagnostic testing ² : Symptomatic students, teachers, and staff and close contacts referred for diagnostic testing.			
K-12 schools open for full in-person instruction Physical distancing of 6 feet or more to the greatest extent possible ⁶	Elementary schools in hybrid learning mode or reduced attendance ⁴ Physical distancing of 6 feet or more is required		Middle and high schools in virtual only instruction unless they can strictly implement all mitigation strategies, and have few cases; schools that are already open for in-person instruction can remain open, but only if they strictly implement mitigation strategies and have few cases ⁵
	Middle and high schools in hybrid learning mode or reduced attendance Physical distancing of 6 feet or more is required		
Sports and extracurricular activities occur; physical distancing of 6 feet or more to the greatest extent possible ⁶	Sports and extracurricular activities occur with physical distancing of 6 feet or more required	Sports and extracurricular activities occur only if they can be held outdoors, with physical distancing of 6 feet or more	Sports and extracurricular activities are virtual only

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html>

From the CDC: MMWR Early Release (2/17/21)

- First Identified Cases of SARS-CoV-2 Variant B.1.1.7 in Minnesota — December 2020–January 2021

Variant Update: New virus variants that spread more easily could lead to a rapid rise in COVID-19 cases

A Minnesota investigation found:

- ⚠ People infected with a new variant first detected in the United Kingdom had exposures from travel, the household, and the community
- ⚠ Of the first 8 people identified with this variant, 6 reported recent travel (3 international, 3 domestic)

LESS TRAVEL → LESS SPREAD → FEWER CASES

-  Wear a mask
-  Stay at least 6 feet apart
-  Avoid crowds
-  Postpone travel
-  Get vaccinated when available to you

CDC.GOV bit.ly/MMWR21721 **MMWR**

From the CDC: MMWR Early Release (2/17/21)

- Detection of B.1.351 SARS-CoV-2 Variant Strain — Zambia, December 2020

Variant Update: New virus variants that spread more easily could lead to a rapid rise in COVID-19 cases

In Zambia:

- ⚠ COVID-19 cases increased, which may be due to a new variant first detected in South Africa
- ⚠ Many countries have reported cases with the same variant

LESS TRAVEL → **LESS SPREAD** → **FEWER CASES**

- Wear a mask
- Stay at least 6 feet apart
- Avoid crowds
- Postpone travel
- Get vaccinated when available to you

CDC.GOV bit.ly/MMWR21721b MMWR

White House COVID-19 Response Briefing (2/17/21)

- Jeff Zients, Response Coordinator: 7d. Daily average vaccinations = 1.7m.
 - ▣ Focus on equity (improve data collection), hardest-hit & hardest-to-reach areas (mobile units; FQHCs).
- Rochelle Walensky, CDC Dir.: cases declining X 5 wks. (av. sl. >86K cases/d.)
 - ▣ 1,277 B.1.1.7 across 42 states, incl. 1st specific variant.
- MMWR – two new studies re: COVID-19 variants (MN & Zambia)
- Commentary – JAMA (co-author Fauci): what we know & steps being taken re: variants (same preventive steps apply to variants)
- Fauci: vaccine has 94-95% efficacy preventing clin. recognizable disease; w/breakthrough infection, can that pt. transmit? Moderna & Pfizer will examine viral load in nasopharynx & correlation.

White House COVID-19 Response Briefing (cont'd.)

- Fauci: some studies past few wks. point in favorable direction:
- Is there a relationship between viral load & disease transmission? Historically there IS a correlation for other viruses – had not been clear for COVID-19.
- Spanish study of 222 clusters of infections – Lancet article 2/2/21: direct correlation between viral load & transmissibility
- Online journal (2/8/21): Israeli study – if above true, when follow breakthrough infections in vaccinees vs. those not vaccinated, see markedly decreased load in vaccinees (and note Israeli vax: 78 doses/100 people).
- Conclusion: vaccine impt. for vaccinee (incl. against variants) but also impt. PH implications for interfering/diminishing dynamics of outbreak.
- ***“When your turn to get vaccinated comes up, get vaccinated. Impt. for you, your contacts, our country.”***

White House COVID-19 Response briefing (cont'd.)

- Marcella Nunez-Smith: Health Equity Task Force Chair

3 key areas:

- **Vaccination** – CHC partnerships, pharmacies, mobile, other sites
- **Treatment** – working closely w/FDA re: 3 Ab therapies w/EUA: improve hosp./outcomes. Being rolled out in hard-hit areas w/focus on reaching populations of color, rural populations.
- **Testing** (Carol Johnson COVID-19 Testing Coordinator): 1.6b. for:
 - ▣ Testing pilot to support schools/priority settings (coordinating ctrs.)
 - ▣ Almost 200m. for rapid expansion genomic sequencing (3X incr. – CDC 25K samples/wk.
 - ▣ Testing supplies: pipettes, testing paper, plastics.

Tuesday Media Briefing (2/16/21)



AHS Secretary Mike Smith (Gov. Scott on White House call)

- ❑ Vaccine reg. opened (8:15 a.m.) to any VTer 70+: Things going well – please be patient – call vols. >nl. (may get message circuits busy).
- ❑ Wait times av. 5 mins; max hold = 25 mins. >11K have reg. = nearly 1/3 population in that band.
- ❑ Recommend register online: healthvermont.gov/myvaccine.
- ❑ 1-855-722-7878 Call center if unable to access online.
- ❑ Vaccine appts. 2/16: all open except CV Expo. May reschedule.
- ❑ UVM MC has rescheduled; extra clinic scheduled for Sat., 2/20/21.
- ❑ “Plan to move through latest age band fairly quickly.”

Tuesday Media Briefing (cont'd.)



Modeling – Commissioner Pieciak:

- Favorable trends continue national/regional/VT.
- Rapid decrease 7d. av. 1st time in 3 mos. # of explan: well past holiday season; adherence to PH GLs. Natural immunity or from vaccine may be playing a role. Hospitalizations also improved: down 45% since most recent peak.
- 7d. av. down 24% since peak early Jan. Natl. cases forecast to cont. to decline.
- Northeast region this week: 13K fewer cases vs. last week – every state and Quebec. 1st time regional cases <100K.
- Regional heat map peak Jan vs. today – vast improvement in almost all states in region. Should help VT & expected to continue Feb/March

Tuesday Media Briefing (cont'd.)



Modeling – Commissioner Pieciak:

- ❑ VT 6 week forecast: improves slightly. Elevated # cases thru rest of Feb.
- ❑ Hospitalizations: improved statewide & regional. Forecast: have sufficient resources to treat cases expected in weeks ahead.
- ❑ College restart : 61 new cases – lowest # since spring semester began – hope means stabilization on campus.
- ❑ Pace of vaccine admin: VT #2 in Northeast & #10 in US (# per capita). Another regional graph this week: % of population for each state fully vaccinated – will be important metric to keep our eye on: vaccine program effectiveness & willingness to be vaccinated.

Tuesday Media Briefing (cont'd.)



VDH Commissioner Levine

- ❑ Bennington, Rutland, Franklin counties still rising
- ❑ Outbreaks not a major feature – very few schools (one may have spawned 2 small outbreaks on farms).
- ❑ Each case has average 3.3 contacts for contact tracers to interview. Chance for contact to become case = 9%; lower than in some time.
- ❑ Indication of variant strain in BTV wastewater – but not yet in select samples COVID-19 positive individuals – expect more data on this next week.

Practice Issues

COVID-19 & Mental Health VT Children/Youth/Families

James Hudziak , MD – Director UVM Child Psychiatry & VCCYF



February 17, 2021

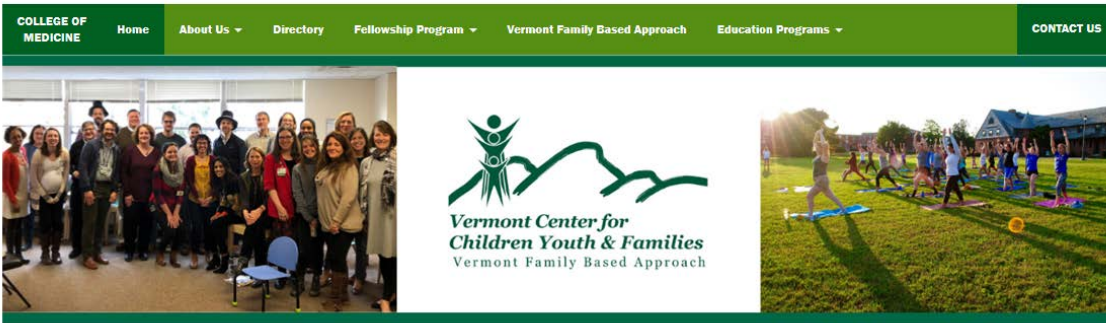
What is it important for people to know about emerging mental health concerns in the context of the COVID-19 pandemic?

- Child Abuse and Neglect: <https://www.cdc.gov/mmwr/volumes/69/wr/mm6949a1.htm>
- Domestic Abuse: <https://www.nejm.org/doi/full/10.1056/NEJMp2024046>
- Food Insecurity: <https://www.aamc.org/news-insights/54-million-people-america-face-food-insecurity-during-pandemic-it-could-have-dire-consequences-their>
- Financial Distress: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7523151/>
- Social Justice and Access: <https://bmjpaedsopen.bmj.com/content/3/1/e000503>
- Parental Emotional Behavioral Wellbeing: Epidemic in a Pandemic: <https://theconversation.com/family-mental-health-crisis-parental-depression-anxiety-during-covid-19-will-affect-kids-too-144050>
- Remote Learning:
 - Preschool/Day care: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7355524/>
 - Grade School: <https://www.edweek.org/leadership/childrens-mental-health-emergencies-skyrocketed-after-covid-19-hit-what-schools-can-do/2020/11>
 - High School: <https://www.nytimes.com/2020/11/12/health/covid-teenagers-mental-health.html> Covid Isolation.....
 - College: Impact of COVID-19 Pandemic on College Student Mental Health and Wellness. William E. Copeland, PhD, Ellen McGinnis, PhD, Jim J. Hudziak, MD
 - Parents: <https://www.nytimes.com/2020/04/27/nyregion/coronavirus-homeschooling-parents.html>
- Digital Hopelessness and Help seeking: <https://www.sciencedirect.com/science/article/pii/S0040162521000329>
- COVID and Diabetes....(in kids as well). COVID and other organ systems.....
- CURES and 2021
- Covidpublications.org David.Krag@uvm.edu

What should we do:

1. Learn all we can (visit Covidpublications.org) about the impact of COVID on each of the domains we discussed.
2. Remember COVID impacts the family and family distress impacts the child. Our projects must consider families as the unit of care.
3. Experts believe this period of COVIDITY will continue to impact children and adolescents for years to come.
4. Remember all health comes from Brain health and a distressed brain is anxious, inattentive, sad, and dysregulated. Projects should consider how distressed the brains of their participants are (including the physician and allied health professionals we work with).
5. We know now that COVID directly impacts the pancreas (in some people) and the brain in others. Buckle your seat belts.
6. Promote brain health through cost free but proven approaches and take a family based approach.
7. Here are some resources.

Vermont Center for Children, Youth and Families



[Follow VCCYF on Twitter!](#)



"Click image for full video"

"But one thing is certain: if we merge mercy with might and might with right, then love becomes our legacy and change our children's birthright." - The Hill WE Climb

Amanda Gorman, The National Youth Poet Laureate

BLACK LIVES MATTER

Emotional and behavioral health is key to overall health. Our brains, and especially the brains of children and adolescents, are acutely tuned to react and respond to environmental cues, both positive and negative. These reactions take the form of thoughts, beliefs and behaviors, all of which add up to represent our mental health. As we have recently and painfully experienced, structural, systemic, and institutional racism are a public health crisis and mental health crisis. It's clear that racism deeply influences the environments around, and the emotional and general medical health of, children and families.

This is not a new phenomenon, but one that has existed for centuries. We have witnessed and been angered, saddened, and horrified at the tragic murders of George Floyd, Breonna Taylor, Ahmaud Arbery, Tony Dade, and countless others whose names we recognize and those we do not. We stand by their families, loved ones, and communities. We denounce police brutality. We denounce racism, violence, and inequality. In addition, as health care professionals, we are deeply aware of and upset by the disproportionate effect of the COVID-19 pandemic on Black, Latinx, and Indigenous people across the country.

To attend to mental health and overall health, we must address these disparities and not be silent or complacent when faced with them. To achieve these goals, it's imperative that we attend to and reflect upon our own privilege in an effort to understand individual and institutional beliefs surrounding race, access to care, and outcomes.

We at the Vermont Center for Children, Youth, and Families (VCCYF) strive to use the Family Based Approach, characterized by health promotion and prevention with a long-term goal of helping the well remain illness-free, preventing at-risk children from developing psychiatric illness, and intervening comprehensively on behalf of the children and families challenged by emotional or behavioral disorders. Achieving these goals requires that we work towards addressing inequality in our institutions and community and to advance social justice initiatives. This will take sustained effort and require self-reflection, reexamination of our systems with fresh outlook, collaboration with community partners, and humility. Undoubtedly, we have more work to do. To create the just, safe, kind, and anti-racist world we want for our children we must act. As we work to learn and act on how best to support our communities, the VCCYF is committed to combatting indifference, dismantling barriers to care, and addressing biases as they are revealed. As we continue these efforts, we will provide updates and seek accountability for ourselves both individually and at a



Staying Close While Keeping Your Distance:

[Resources for a Pandemic](#)



James J. Hudziak, M.D.

Director, Vermont Center for Children Youth & Families

Our Mission Statement:

Through the use of health promotion, prevention, and intelligent intervention we strive to use the Family Based Approach with a long term goal of helping the well remain illness free, preventing at risk children from developing psychiatric illness and intervening comprehensively on behalf of the children and families challenged by emotional or behavioral disorders.



Vermont Center for Children, Youth and Families

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Staying Close While Keeping Your Distance

We here at the VCCYF recognize that the great levels of uncertainty and loss surrounding us may bring great levels of distress for youth and families. We are continuing to provide clinical care and evaluations via tele-health. We want to share with you the voices of our team sending ideas and messages for how you—and we—may cope with this difficult time. We hope these resources will help you find support.

Additional Resources



Clinician Resources for a Pandemic

Wellness Prescriptions

Keeping VT Children Safe at Home: Resources for Concerned Kids and Adults

Legal and Benefit Updates for Vermonters

Resources for Providers



Lily McGintee - UVM Wellness Environment

[12 minute yoga - Gentle](#)

[9 minute - Meditation](#)



Eliza Pillard LICSW, VCCYF Social Worker and Family Wellness Resource Coordinator.

Contact information for accessing resources.

Please reach out to me if you have questions and/or needs regarding accessing resources for your Mental Health, Health and Wellness. You can e-mail me at eliza.pillard@uvmhealth.org so we can put our heads together to figure out ways to help make this time safer, healthier & more fun for you and your family!

During this "stuck in the house" time my son and I have been doing daily morning exercise including yoga and a 10 min "Ab" routine (Fraser Wilson) we found on You Tube.

[Check out our silly short clip.](#)



Kate Matthews LCMHC, RYT-200, Family Wellness Coach

[16 minute yoga - Camel pose practice](#)

[8 minute yoga - Chaturanga workshop](#)

[6 minute meditation - In your neck of the woods](#)

[58 minute yoga - This is how things are now](#)

[42 minute yoga with Kate](#)

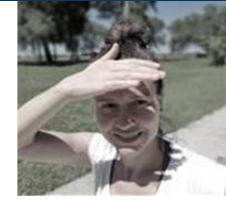
[11 minute walking meditation](#)

[1 hour prenatal yoga](#)

[20 minute six movements of the spine](#)

[17 minute breathing meditation for balance](#)

[Diversity Reading Ideas](#)



Deshan Foret MPH, Family Wellness Coach

[16 minute Meditation on Inner Peace](#)

[13 minute Yoga for Eye Health](#)

[7 minute Yoga as Medicine Fish Pose](#)



VCCYF in the News!

Parenting During The Pandemic: Child Care, School and Isolation



Parenting is not an easy job to begin with. But throw a pandemic into the mix and it can feel a lot harder. We hear from Dr. Rettew and parents around the state with varied experiences and family situations on VPR's Vermont Edition.



Dr. Hudziak talks with National Geographic about music and why it might be the perfect tool to decrease kids' pandemic stress.

In Case You Missed It (2/11/21)



VMS 2021 Virtual Advocacy Training

- ❑ Enhance policy & public health skills – focus on advocacy messages
- ❑ Legislative panel: **Becca Balint** (Senate President Pro Tem); **Jill Krowinski** (House Speaker); **Randy Brock** (Senate Minority Leader); **Patti McCoy** (House Minority Leader)
- ❑ Member-led breakouts: practice message on 1 of 3 VMS policy priorities:
 - ▣ Access to Reproductive Health - w/**Lauren MacAfee, MD**
 - ▣ Injury Prevention - w/**Becca Bell, MD**
 - ▣ Mental Health - w/**Simha Ravven, MD**
- ❑ SEE: **VMS Advocacy Toolkit.**
- ❑ **Also: 2/18/21 – Race and Health Equity webinar** (Becca Bell: screening tools that promote anti-racism).

VDH COVID-19 Vaccine Toolkit

- New: VDH COVID-19 [Vaccine Promotion Toolkit](https://drive.google.com/drive/folders/1jIJO4jYQNLjqGdddbKQYit3bBhfySXUhE) – please share with your networks!
 - ▣ <https://drive.google.com/drive/folders/1jIJO4jYQNLjqGdddbKQYit3bBhfySXUhE>
- Toolkit materials are separated into two sections by messaging type:
- Eligibility-specific, “alert” messaging (currently 75+):
 - ▣ Social media posts; Blog/Newsletter (additional assets will be added soon!); Email; Letter
- General, “evergreen” messaging about vaccines
 - ▣ Social media posts; Blog/Newsletter (additional assets will be added soon!); Posters (8.5”x11” and 11”x17”); Vaccine fact sheet
 - “Things You Should Know About COVID-19 Vaccines” (will be updated as needed)

Happening Now



- Big Change Roundup: bigchangeroundup.org
 - Largest fundraiser for the UVMCH; funds raised support patients and families.
 - Examples: some child life services; new program startup (e.g., Transgender Program; safe sleep program on Mother Baby Unit); injury prevention initiatives; food insecurity initiative (CSC); support for inpatient families (ferry passes, gas cards, meal vouchers)
- Please help to promote personally as you are able and through your practices/organizations

Multilingual Resources

<https://www.youtube.com/channel/UC3zjPpeFnXqvESr1y3d4DvQ>



Vermont Multilingual Coronavirus Task Force

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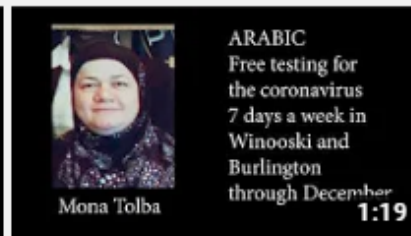
ARABIC: Facts about the Covid-19 vaccine.

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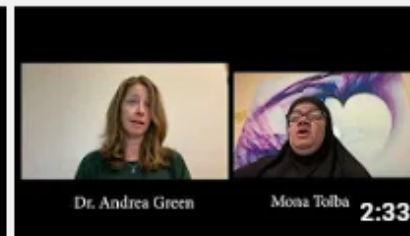
ARABIC: Self test for Covid-19. How to do it!

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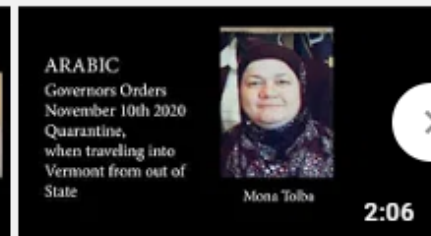
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Questions/Discussion

- ❑ Q & A Goal: monitor/respond in real time; record/disseminate/revisit later as needed.
- ❑ **For additional questions, please e-mail:** vchip.champ@med.uvm.edu
 - ❑ What do you need – how can we be helpful (specific guidance)?
- ❑ **VCHIP CHAMP VDH COVID-19 website:**
https://www.med.uvm.edu/vchip/projects/vchip_champ_vdh_covid-19_updates
- ❑ Next CHAMP call – ***Friday, February 19, 2021 – 12:15-12:45***
- ❑ Generally back to **Monday/Wednesday/Friday** schedule
- ❑ Please tune in to VMS call with VDH Commissioner Levine:
Thursday, February 18, 2021 – 12:30-1:00 p.m. – Zoom platform & call information:
- ❑ **Join Zoom Meeting:**
<https://us02web.zoom.us/j/86726253105?pwd=VkVuNTJlZFQ2R3diSVdqdIJ2ZG4yQT09>
 - ❑ Meeting ID: 867 2625 3105 / Password: 540684
- ❑ One tap mobile - +1 646 876 9923,,86726253105#,,,0#,,540684#