VCHIP / CHAMP / VDH COVID-19 UPDATES

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March 30, 2020
Technology Notes

1) All participants will be muted upon joining the call. If you dialed in or out, unmute by pressing #6 to ask a question (and press *6 to mute).

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

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

- Situation update
  - Surveillance/Testing/PPE
  - New VDH information/resources
  - Other resources/announcements

- Sharing practice strategies: Vermont Department of Mental Health – David Rettew, MD

- Question and answer

[Please note: the COVID-19 situation continues to evolve very rapidly – so the information we’re providing may change]
Situation Update

- Surveillance – current COVID activity in Vermont:

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<thead>
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<tbody>
<tr>
<td>Positive test results*</td>
<td>235</td>
</tr>
<tr>
<td>Total tests conducted</td>
<td>3,701</td>
</tr>
<tr>
<td>Deaths</td>
<td>12</td>
</tr>
<tr>
<td>People being monitored</td>
<td>301</td>
</tr>
<tr>
<td>People who have completed monitoring</td>
<td>428</td>
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March 30, 2020
New VDH Information/Resources

- **Health Advisory (3/27/20):**
  - Update on COVID-19 Testing in Vermont

- **Health Advisory (3/28/20):**
  - Update on COVID-19 Diagnostic Testing for Southern Vermont
  - Implications for pediatric testing
  - Use of PPE when caring for pediatric patients in outpatient settings
New Resources

- AAP COVID discussion board (3/29/20)
- Perinatal information:
- UVM Health Network COVID-19 Resources page for community HCPs (includes UTD info, testing guidelines and protocols: [https://www.uvmhealth.org/Pages/Coronavirus.aspx#MEDPROF](https://www.uvmhealth.org/Pages/Coronavirus.aspx#MEDPROF))
- American Board of Pediatrics:
New Resources

- Special Pediatric Grand Rounds this week, UVM Children’s Hospital
- Drs. Ben Lee and William Raszka
- Join Zoom Meeting:
  - https://uvmcom.zoom.us/j/123552961
  - To access by phone: +16468769923, meeting ID 123552961#
Mental Health Update
David Rettew, MD
Associate Professor of Psychiatry and Pediatrics, UVM
Medical Director, Child, Adolescent, and Family Division, Vermont Department of Mental Health
Mental Health Update

David Rettew, MD – Vermont Department of Mental Health

- Major preparations for COVID-19 surge across the state
- Mental health resources for patients
- Suggestions for coping during the pandemic
Mental Health Preparations and Changes

- Adult Inpatient COVID+ unit being put together at Woodside location
  - Psychiatry staffing through UVMHC
- Child Inpatient COVID+ destination continues to be the Brattleboro Retreat
- Children in residential programs
  - Severe staffing shortages across programs
  - Kids who reasonably could be discharged have been discharged
  - Preparations for COVID+ residential facility at Goddard College
- Community Mental Health Centers (Designated Agencies)
  - Significant staffing problems, retraining staff for priority areas
  - Services remain open but using telemedicine as much as possible
- DMH recommended changes in medical clearance procedures for voluntary admission
  - Now may be able to do this in outpatient primary care without and ED
Mental Health Resources

- Department of Mental Health has more public-facing information at:
  https://mentalhealth.vermont.gov/coronavirus-and-our-mental-health

Talking to a Counselor Now

The Substance Abuse and Mental Health Services Administration (SAMHSA) has a 24/7 365-days-a-year hotline for people experiencing emotional stress due to natural or human-caused disasters. Call 1-800-985-5990 or text TalkWithUS at 66746 to connect with a trained crisis counselor.

Crisis services across Vermont remain open and ready to help.

You Are Not Alone

Available 24/7 – If you need help, text VT to 741741
The National Suicide Prevention Lifeline is available 24/7 at 1-800-273-8255
Dial 2-1-1 to find mental health services in your area
Vermont Support Line – open 3:00 PM-6:00 AM
Call or text 833-888-2557

Finding a Local Counselor or Mental Health Professional
In addition to the regular DMH Services site, you can also dial 2-1-1 or visit their website to find local resources of many types. For residents in Chittenden Country looking for a therapist for a child or adolescent, there is also a new program from the Howard Center called Partners for Access that can be reached by calling (802) 488-7474 or by emailing PartnersForAccess@howardcenter.org. You can expect to receive a response within 1 business day of your initial contact. Statewide, private therapists are listed on the Psychology Today website.
UVM Child Psychiatry

- Remains open but all telepsychiatry
- Child Psychiatrists at UVM
  - UVM psychiatrists to staff new Woodside unit
  - All psychiatry attendings on notice that may need to be reassigned for other psychiatry or even non-psychiatry duties
- Consultation line for specific patient-related questions still open – call (802) 847-4563 and ask for primary care consultation or email eliza.pillard@uvmhealth.org
- Private practice therapists & counselors still going & many open to see clients via telemed/phone
Coping for Children and Parents

Taking Care of Yourself

Mindfulness: Practicing mindfulness and meditation can be a great way to reduce stress and control your thoughts. You can do it simply by sitting quietly for a few minutes while focusing on your breathing. You can find guided mindfulness exercises on the internet or on your phone. The Smiling Mind is one site that has a free app that you can download.

Exercise: It’s important to keep moving for both physical and mental health. Even if the gym is closed, you can still talk a walk or go for a jog. There are also plenty of online sources for group exercise activities like Zumba or yoga.

Healthy Eating: Food can be an easy go-to under stress. If you are fortunate to have all the food your family needs at home during this time, try to keep the snacking at bay and follow your internal hunger cues, rather than your nerves, to guide eating.

Routines: Even if you don’t have to get up and go to work right now, it can still be worthwhile to get up around the usual time, get dressed, and follow as many of your regular routines that you can.

Not too Much News: Sure it is important to keep informed, but that doesn’t mean you have to be listening to coronavirus news all the time. Unreliable sources can also fuel anxiety with their dire predictions and exaggerated doomsday scenarios.

Help Others! While it can seem these days that you barely have enough in the tank to take care of yourself and loved ones, giving what you can to others during this time of need can benefit everyone involved. Whether it be money, volunteer time, or even messages of gratitude and appreciation to the many people working so hard how for all of us.
Questions/Discussion

- Q & A Goal: monitor/respond in real time – record/disseminate later as needed (and/or revisit next day).

- For additional questions, please e-mail:
  - vchip.champ@med.uvm.edu
  - What do you need – how can we be helpful (specific guidance)?


- Next CHAMP call: **Wednesday, April 1, 12:15-12:45** (same webinar/call information – invitation to follow)

- Please tune in to VMS call with Commissioner Levine:
  - Tomorrow, **Tuesday, March 31, 12:15-12:45**
    - Phone: 1-802-552-8456
    - Conference ID: 993815551