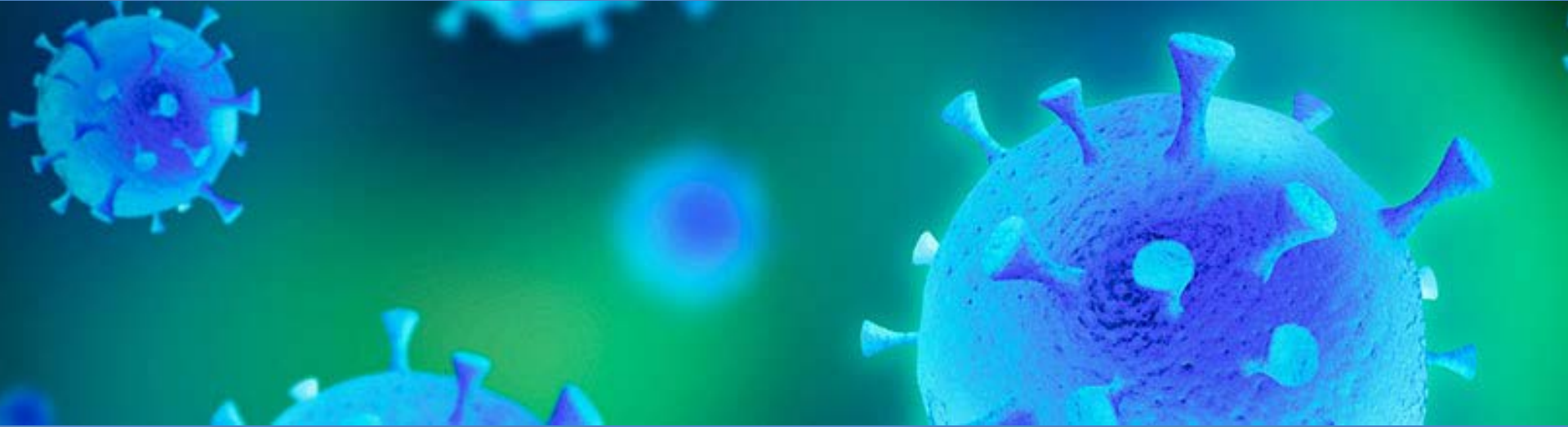


VCHIP / CHAMP / VDH COVID-19 UPDATES



Wendy Davis, MD FAAP - Vermont Child Health Improvement Program, UVM

Breena Holmes, MD FAAP – Director of Maternal & Child Health, Vermont Department of Health

March 30, 2020



Vermont Chapter

INCORPORATED IN VERMONT

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®



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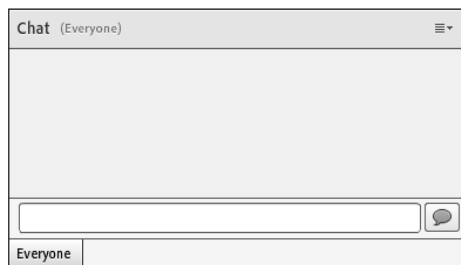
Technology Notes

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
 - ▣ HAN: Update on COVID-19 Diagnostic Testing in Vermont (3/27/20)
 - ▣ HAN: Update of COVID-19 Diagnostic Testing for Southern Vermont (3/28/20)
 - ▣ New VDH information/resources
 - ▣ Other resources/announcements
- Sharing practice strategies: Vermont Department of Mental Health – David Rettew, MD
- Question and answer

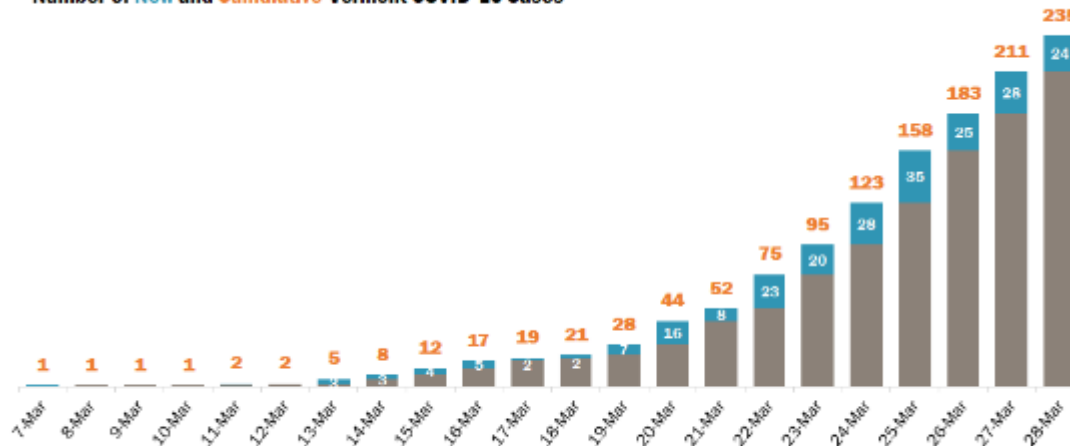
[Please note: the COVID-19 situation continues to evolve very rapidly – so the information we're providing may change]

Situation Update

Surveillance – current COVID activity in Vermont:

Positive test results*	235
Total tests conducted	3,701
Deaths*	12
People being monitored	301
People who have completed monitoring	428

Number of New and Cumulative Vermont COVID-19 Cases



Source: Vermont Department of Health, 2020.



<https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus>

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:
 - <https://www.nnepqin.org/covid-19-coronavirus-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>
- American Board of Pediatrics:
 - <https://www.abp.org/news/covid-19-update>

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#

Sharing Practice Strategies

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 County 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)?
- **VCHIP CHAMP VDH COVID-19 website:**
https://www.med.uvm.edu/vchip/projects/vchip_champ_vdh_covid-19_updates
- 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