

COVID-19 Pandemic Response for Front Line Workers

Team Objectives:

1. To allow employees to come together in to talk about how they have been affected by the pandemic
2. To provide support and education regarding normal stress reactions to a traumatic event
3. To provide education regarding the importance of self-care and support for co-workers
4. To expedite recovery and to keep employees performing at their best
5. To minimize absenteeism and to maintain a solid workforce

Group Format:

- Group sessions are between 60 -90 minutes, depending on group size and discussion content
- Groups will need to practice all CDC guidelines regarding masks, social distancing, and gathering size
- Teams can be available at various times to support shift work and reach all employees

HELP FOR THE HELPERS

The St. Clair County Emergency Operations Center (EOC) has deployed a team to assist healthcare providers, first responders, organizations, and businesses to support their front line workers as they cope with the stress, anxiety and other complex emotions related to the COVID-19 pandemic.

*The COVID-19 Pandemic is a **historical traumatic event** that has disrupted daily life in a variety of ways. Due to the length of the pandemic, and the amount of life altering changes to social practice, routine, working conditions and the economy, the **lingering effects will continue to impact** us for a considerable amount of time.*

*The COVID-19 Pandemic Response Team is made up of a variety of peers and professionals who have been trained to **provide support after a critical incident** occurs in St. Clair County.*

Interventions are confidential, intended to support employees through this traumatic event and to educate them about managing stress reactions. These interventions are not psychotherapy but intended to provide support and education to participants.

FOR MORE INFORMATION OR TO SCHEDULE SESSIONS, CONTACT:

Amy Smith, St. Clair County Community Mental Health
asmith@scccmh.org, cell phone: 810-650-8737

Mark White, Emergency Operations Center
mwhite@stclaircounty.org, office phone 810-989-6965

In Partnership:



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*

Connect with us:
810-985-8900
www.scccmh.org
facebook.com/scccmh