

# Mental Health in Times of COVID-19 Symposium (Virtual)

Monday, April 5<sup>th</sup>, 2021 - 9:00 a.m. to 3:30 p.m.

*SPECIAL NOTICE: To respect the safety and health of all of our participants, this symposium will be a virtual event.*



**Mental Health in Times of COVID-19 Symposium Program  
(Virtual)**

Zoom links for all sessions will be sent  
to registrants in advance of the Symposium

**9:00-9:10 a.m. (Greeting)**

**David R. Harder, M.S., Ph.D., FAHA, FRSM**  
University Research Professor of Medicine  
Director, Institute of Medicine  
Office of Vice President for Research and Dean of Graduate School  
University of Maine  
Orono, ME

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**9:10-9:20 a.m. (Introduction to Symposium)**

**Jon Bowen, Ph.D., LCPC**  
Assistant Professor of Mental Health & Human Services  
University of Maine at Augusta  
Augusta, ME

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**9:20-9:50 a.m. (Presentation)**

**Scott Hayward, LCSW**  
State Executive Director  
Pathways Human Services of Maine  
Brunswick, ME

**Home and Community Based Behavioral Health Treatment in a  
Time of Pandemic**

I will be presenting on home and community-based treatment; what it is; its history in the state of Maine; its outcomes and effectiveness; the challenges it was facing prior to COVID-19 and how COVID-19 has impacted the service in terms of its availability and method of delivery. Topics explored will include: the impact of treating the child and family system as opposed to just the child; and the potential value to clients and families from collaboration between the behavioral health and physical health providers who work with the client. The future of home and community-based behavioral health services in Maine will also be considered.

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**9:50-10:50 a.m. (Panel on Adjusting Modality Service Delivery)**

**Facilitator**

**Jon Bowen, Ph.D., LCPC**  
Assistant Professor of Mental Health & Human Services  
University of Maine at Augusta  
Augusta, ME

**Panelists**

**Scott Hayward, LCSW**  
State Executive Director  
Pathways Human Services of Maine  
Brunswick, ME

**April O'Grady, Ph.D., Licensed Psychologist**  
Director, Psychological Services Center  
University of Maine  
Orono, ME

**Guy Cousins, LCSW, LADC, CCS**  
Lecturer of Mental Health & Human Services  
Director, Maine Medical Professionals Health Program  
University of Maine at Augusta & Maine Medical Association  
Augusta/Manchester, ME

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**10:50-11:05 a.m. (Break)**

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**11:05-11:35 a.m. (Presentation)**

**Chris McLaughlin, M.S.W., LCSW**

Associate Vice President, Community & Pediatric Services  
Northern Light Acadia Hospital  
Bangor, ME

**Supporting Youth and Families: Managing Stress & Anxiety in the  
Age of COVID-19**

In this interactive presentation, Chris McLaughlin will provide an overview of the impacts that the ongoing pandemic situation has had on youth, families, and providers with a focus on identifying symptoms of anxiety and depression and validating the effects that COVID-19 has had on children and families as well as on those who are caring for them. This presentation will introduce concepts such as managing fear, confronting crisis, and the many fatigues of COVID-19. Chris will talk about the effects the pandemic has had on child and family safety and discuss how these increased pressures are contributing to provider burn out. There will be a focus on the importance of engaging in self-care practices and enhancing strategies to foster resiliency in youth and families. Finally, Chris will provide some suggestions to maximize youth engagement with participation in remote services and compliance strategies for masking and physically distancing requirements.

**11:35 a.m.-12:35 p.m. (Panel on Changing Needs Across  
Populations)**

**Facilitator**

To Be Announced

**Panelists**

**Chris McLaughlin, M.S.W., LCSW**

Associate Vice President, Community & Pediatric Services  
Northern Light Acadia Hospital  
Bangor, ME

**Cliff Singer, M.D., DFAPA, AGSF**

Chief, Geriatric Mental Health and Neuropsychiatry  
Principal Investigator, Northern Light Alzheimer's Disease Research  
Program  
Chair, Northern Light Eastern Maine Medical Center Research IRB  
Adjunct Professor, University of Maine  
President, Dirigo Maine Geriatrics Society  
Bangor, ME

**Taylor McMillan, MA**

Doctoral Candidate in Clinical Psychology  
Clinic Associate Director  
Psychological Services Center  
University of Maine  
Orono, ME

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**12:35-1:05 p.m. (Lunch Break)**

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**1:05-1:35 p.m. (Presentation)**

**Abigail H. Pierce, LCSW, CADC**

Program Manager and Clinical Supervisor for Home and Community  
Based Treatment (HCT) and Outpatient Mental Health Clinic (MHC)  
Community Care  
Bangor, ME

**Mental Health Therapy in the Midst of a Pandemic**

Throughout this presentation we will touch on various aspects of  
mental health services and how to continue to serve those most  
vulnerable in our state in the midst of a pandemic. We will discuss  
how to adapt and change the services we are currently providing in  
order to continue to meet the needs of our clients across a variety  
of settings. Topics explored will include: how people's mental  
health has been impacted during the pandemic; how Community  
Care has adapted with limits and restrictions and been able to  
continue to serve clients; and how we have been able to utilize  
telehealth to benefit our clients and serve those clients in rural  
areas.

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**1:35-2:35 p.m. (Panel on Provider Stress & Related Remedies)**

**Facilitator**

**Alan Cobo-Lewis, Ph.D.**

Director, Center for Community Inclusion and Disability Studies  
Associate Professor of Psychology  
University of Maine  
Orono, ME

**Panelists**

**Judith A Josiah-Martin, Ph.D., ACSW, CADC**

Lecturer, School of Social Work  
University of Maine  
Orono, ME

**Rebecca MacAulay, Ph.D., Licensed Clinical Psychologist**

Assistant Professor of Psychology  
University of Maine  
Orono, ME

**John Yasenchak, Ed.D., LCPC, LADC, CCS**

Contributing Faculty  
Walden University  
Minneapolis, MN

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**2:35-2:50 p.m. (Break)**

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**2:50-3:20 p.m. (Presentation)**

**Augusta Sparks, Artist**

Arts Intern for Maine Arts and Humanities in Medicine  
Graduate Student at the University of Florida  
Northern Light Health Family Medicine Residency and Clinic  
University of Maine  
Bangor, ME

**Arts in Health: First Aid Art Kits**

Almost exactly a year ago, an answer was proposed where questions had not yet had the chance to be asked. There was a tidal wave coming that none of us could comprehend. This project is not an exercise in new ideas, it is an exercise in the *Empirical Knowledge According to Artists*, the mastery of many, and meeting the patient where they exist in the world. This bilingual project, which is still running, was established in April 2020 by Augusta Sparks Farnum. It is in partnership with Providence St. Mary's Population Health in Walla Walla, Washington, led by Rebecca Betts, Managing RN to serve quarantined patients, who are sheltering in place, and have tested positive with COVID-19.

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**3:20-3:30 p.m. (Closing)**

**Lenard W. Kaye, D.S.W., Ph.D.**

Director, Center on Aging, and Professor, School of Social Work  
University of Maine  
Orono, ME

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**Note:**

There is no entry fee for this free symposium.

Certificates of Attendance will be distributed to all Symposium attendees.

**REGISTRATION FORM LINK PROVIDED BELOW**

The UMaine Institute of Medicine, the Center on Aging and the Center for Community Inclusion and Disability Studies invite you to join them for a virtual **Mental Health in the Times of COVID 19** Symposium on Monday, April 5, 2021, from 9:00 a.m. - 3:30 pm. Please use [this form](#) to register

Zoom links for all sessions will be sent to registrants in advance of the Symposium.