# COVID-19 Updates: Homelessness Forum

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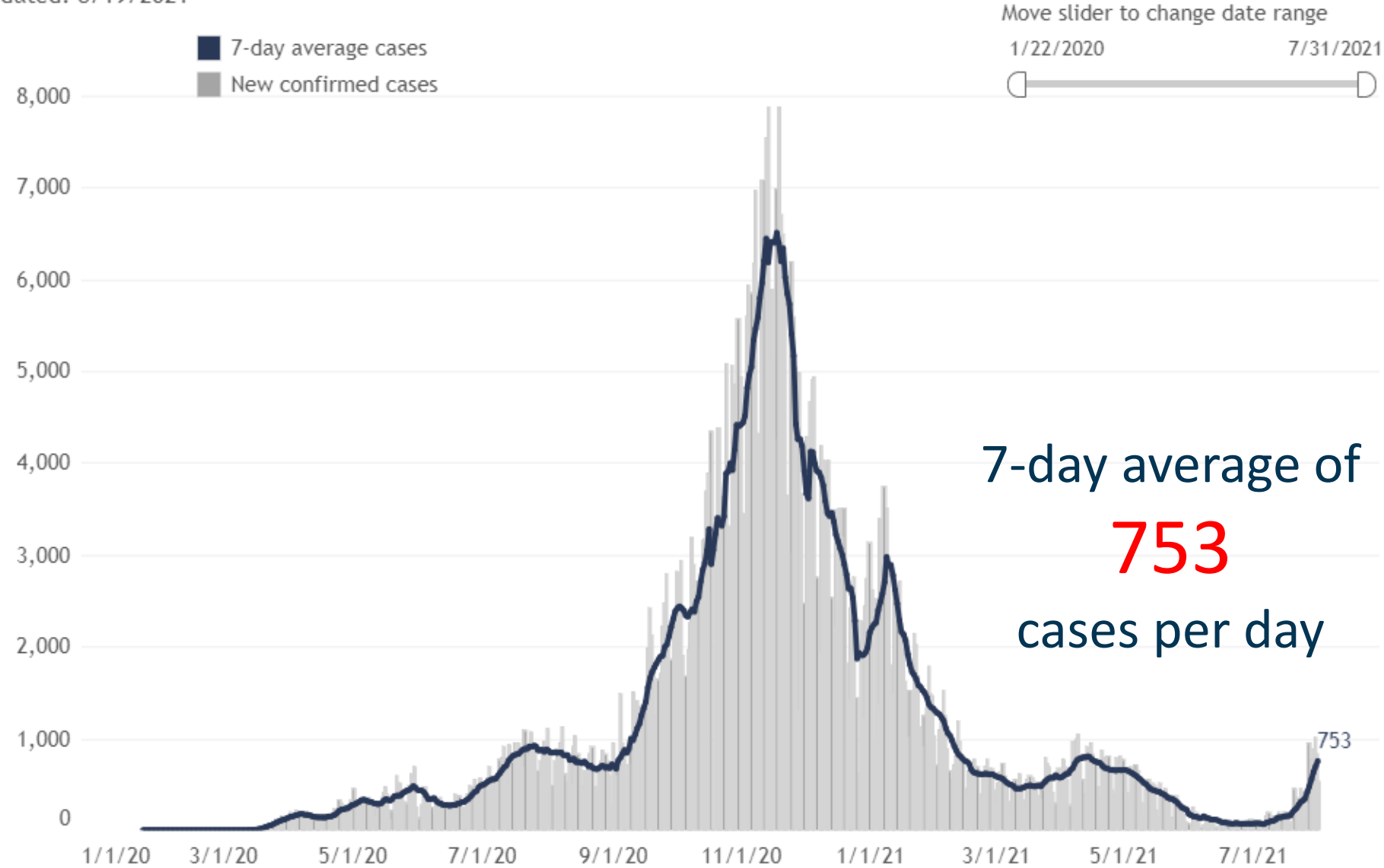
COVID-19 Outbreaks

**AUGUST 2021**

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| 1 ★ | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

New confirmed COVID-19 cases by date confirmed, and 7-day average

Updated: 8/19/2021

Move slider to change date range

1/22/2020                    7/31/2021

- 7-day average cases
- New confirmed cases

7-day average of

**753**

cases per day

AUGUST 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

New confirmed COVID-19 cases by date confirmed, and 7-day average

Updated: 8/19/2021

Move slider to change date range

1/22/2020          8/18/2021

- 7-day average cases
- New confirmed cases

7-day average of

**1,223**

cases per day

# 7-day percent positive by test, total tests by day



Updated: 8/19/2021

■ Negative tests
■ Positive tests
■ Seven-day average percent positive by test

Preliminary data

50,000

40,000

30,000

20,000

10,000

0

Number of tests

15%

10%

5%

0%

Percent positive by test

6.9%

3/01    5/01    7/01    9/01    11/01    1/01    3/01    5/01    7/01    9/01

Date of test result
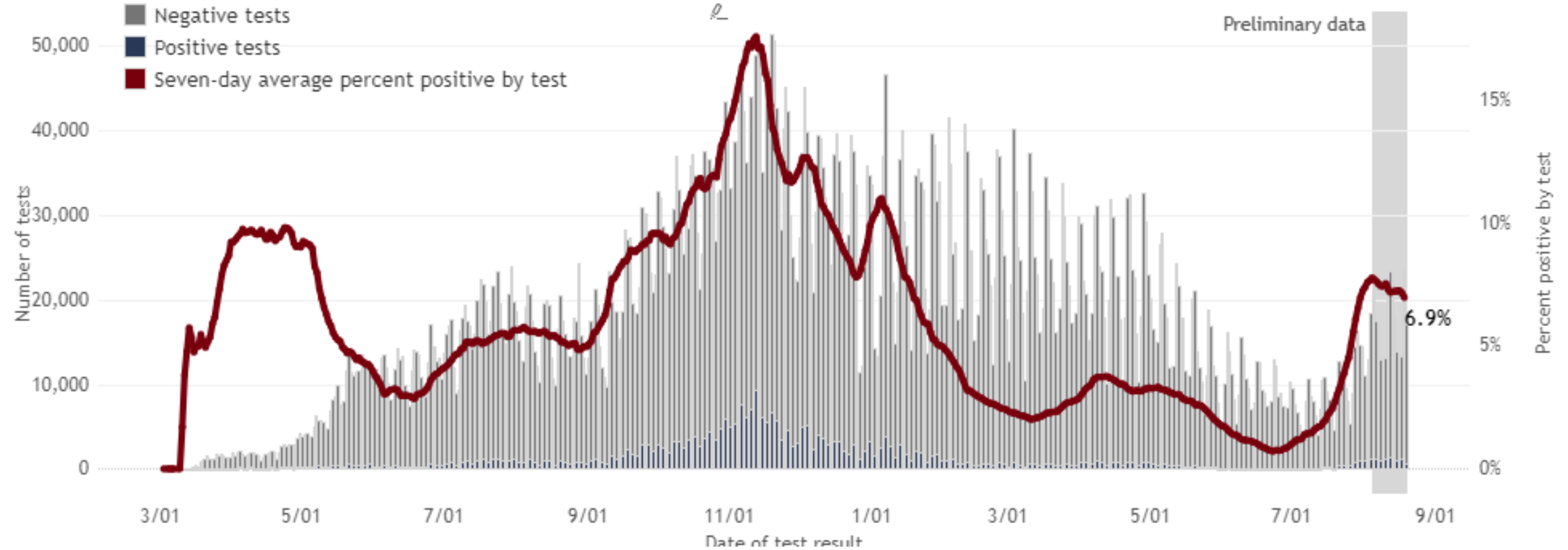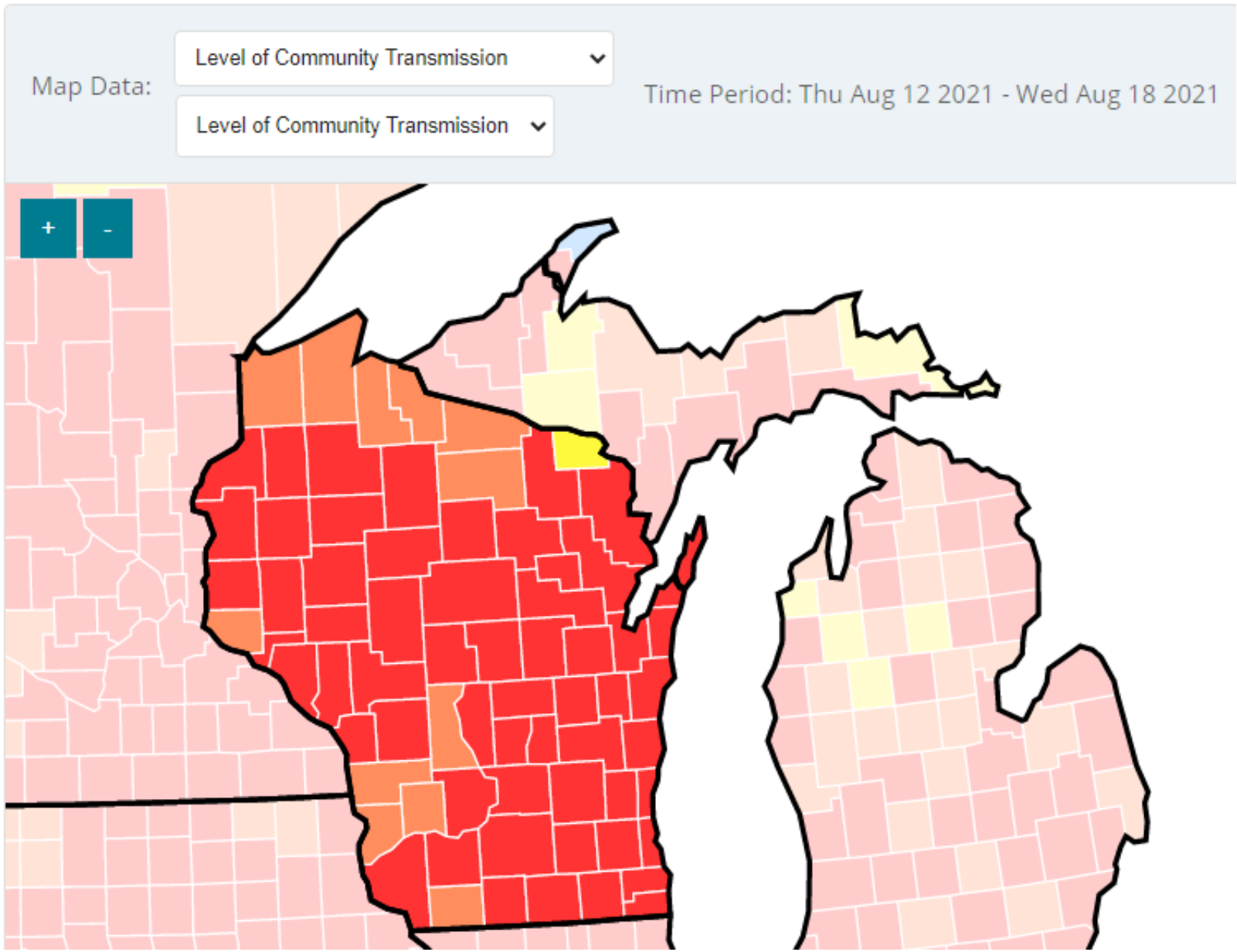
Source: CDC COVID-19 Data Tracker, https://covid.cdc.gov/covid-data-tracker/#county-view
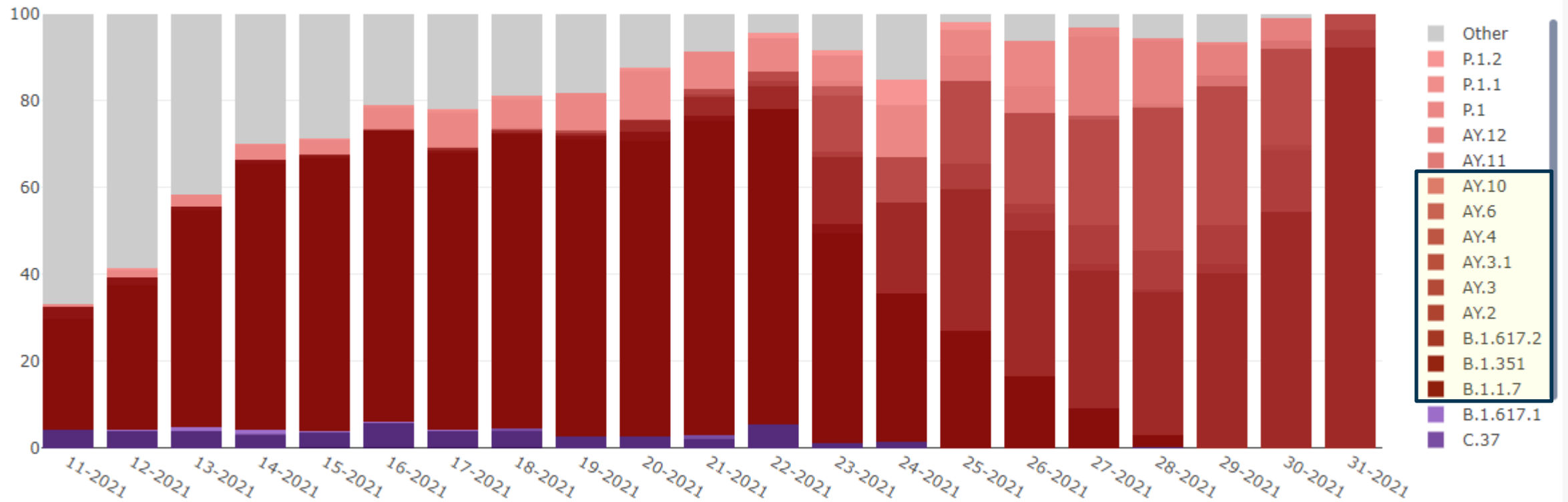
Proportion of sequenced strains that are variants, over time by sample collection date.

Source: Wisconsin State Laboratory of Hygiene, https://dataportal.slh.wisc.edu/sc2dashboard

# July 2021: COVID-19 Cases, Hospitalizations, and Deaths Among Fully Vaccinated and Not Fully Vaccinated People
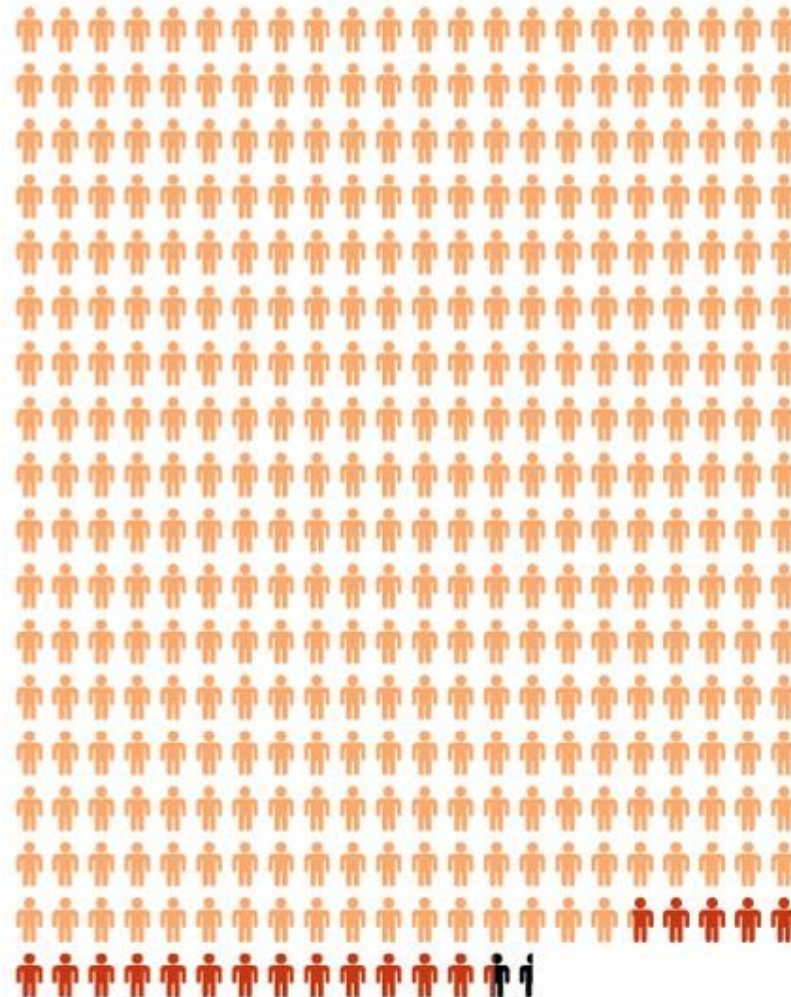
Last Updated: 8/18/2021

## Fully Vaccinated

Per 100,000 Fully Vaccinated People



● 125.4 Cases  ● 4.9 Hospitalizations  ● 0.1 Deaths

## Not Fully Vaccinated

Per 100,000 Not Fully Vaccinated People



● 369.2 Cases  ● 18.2 Hospitalizations  ● 1.1 Deaths

July 2021: COVID-19 Cases, Hospitalizations, and Deaths Among Fully Vaccinated and Not Fully Vaccinated People
Last Updated: 8/18/2021

Fully Vaccinated
Per 100,000 Fully Vaccinated People

Not Fully Vaccinated
Per 100,000 Not Fully Vaccinated People

Among not fully vaccinated:

Cases = **2.9** x higher
Hospitalizations = **3.7** x higher
Deaths = **11** x higher

125.4 Cases    4.9 Hospitalizations    0.1 Deaths

369.2 Cases    18.2 Hospitalizations    1.1 Deaths

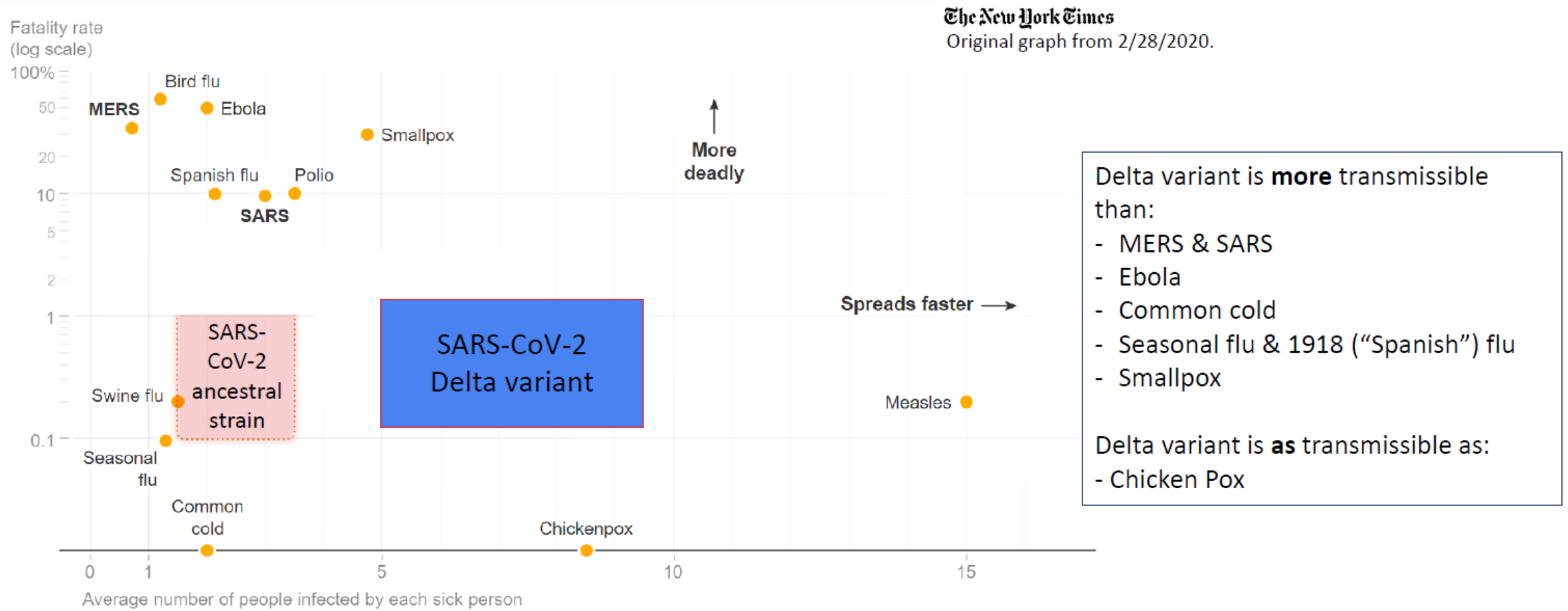# Greater risk of disease, hospitalization and death among unvaccinated vs. vaccinated people: National estimates
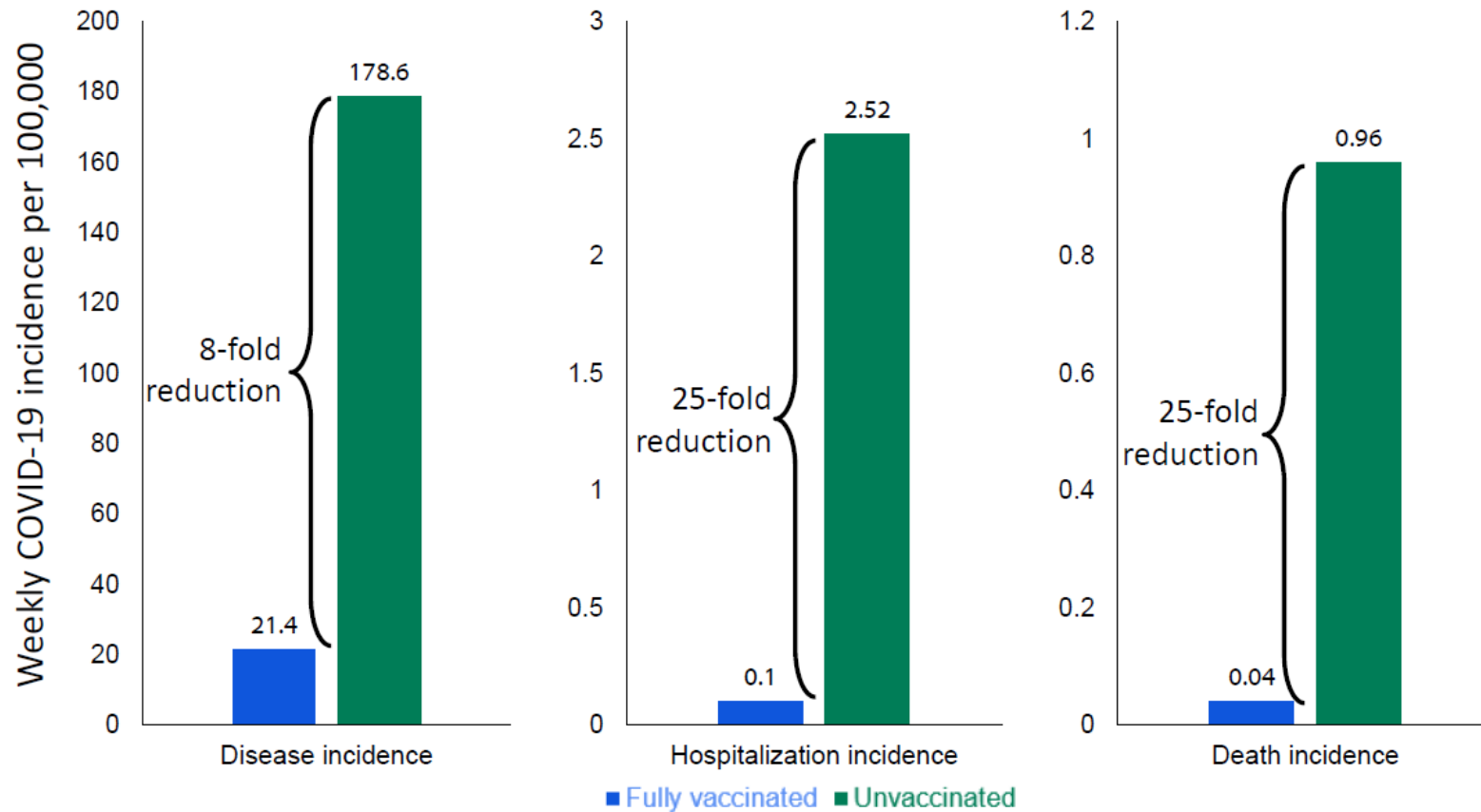


At current incidence, 35,000 symptomatic infections per week among 162 million vaccinated Americans

Disease incidence: Fully vaccinated 21.4, Unvaccinated 178.6 — 8-fold reduction

Hospitalization incidence: Fully vaccinated 0.1, Unvaccinated 2.52 — 25-fold reduction

Death incidence: Fully vaccinated 0.04, Unvaccinated 0.96 — 25-fold reduction

■ Fully vaccinated  ■ Unvaccinated

369.2 Cases    18.2 Hospitalizations    1.1 Deaths

# Transmission of Delta variant vs. ancestral strain and other infectious diseases

Fatality rate (log scale)

100%

50 — MERS ● Bird flu
● Ebola

20

Smallpox

Spanish flu Polio
10
SARS

5
More deadly

2

1

SARS-CoV-2 ancestral strain

SARS-CoV-2 Delta variant

Spreads faster →

Swine flu

Measles

0.1

Seasonal flu

Common cold

Chickenpox

0          5          10          15

Average number of people infected by each sick person

Note: Average case-fatality rates and transmission numbers are shown. Estimates of case-fatality rates can vary, and numbers for the new coronavirus are preliminary estimates.

Delta variant is **more** transmissible than:
- MERS & SARS
- Ebola
- Common cold
- Seasonal flu & 1918 ("Spanish") flu
- Smallpox

Delta variant is **as** transmissible as:
- Chicken Pox

# Delta variant

- Delta infections are associated with **higher viral load** and duration of shedding than previous strains

- **Fully vaccinated** people infected with Delta may spread disease as easily as people who are not fully vaccinated

- May cause more **severe disease** than infections with previous strains

# What does this mean for homeless care providers?

# Recommendations

Promoting vaccination

Mask use

Physical distancing

Screening testing

Ventilation

Handwashing &

Staying home when sick

Contact tracing, isolation, quarantine

Cleaning and disinfection

**Layered Prevention Strategies**

# Recommendations

**Vaccination** is still the leading strategy to reduce transmission and prevent severe disease and death.

**Universal masking** regardless of vaccination status.

# Recommendations

**Physical distancing** regardless of vaccination status.

# Recommendations

## Testing (Guidance updated 7/27/2021)

**Fully vaccinated** people who are a **close contact** of someone with suspected or confirmed COVID-19 should **be tested 3-5 days after exposure**, and to wear a mask in public indoor settings for 14 days or until they receive a negative test result; they **do not need to quarantine**.

# Recommendations

## Testing

- Test anyone with **symptoms** of COVID-19 should be tested, regardless of vaccination status.

- Test in response to **cases/outbreaks.**

- Conduct screening testing among **asymptomatic** clients and staff to catch cases early.

# Screening testing:

Refer to community transmission levels

*May exclude fully vaccinated people from routine screening testing*

Table 3. Potential Actions based on Community Indicator Level

| Prevention Strategy | Low Transmission (Blue) | Moderate Transmission (Yellow) | Substantial Transmission (Orange) | High Transmission (Red) |
|---|---|---|---|---|
| Conduct standard case identification and investigation** | ■ (Blue) | | | |
| Implement screening testing: Test subsets of individuals according to designated criteria*** | | ■ (Yellow) | | |
| Implement screening testing: Increase frequency of testing subsets of individuals according to designated criteria*** | | | ■ (Orange) | |
| Screening testing: Continue testing subsets on regular basis; consider facility-wide testing at least weekly | | | | ■ (Red) |
| Implement facility-wide testing if:<br>• A positive test result is identified at the site,<br>• A positive test result is identified in a sentinel site,****<br>• A cluster of probable cases at the site exceeds a pre-determined threshold, or<br>• A site is identified in location-based contact tracing. | ■ (Blue) | ■ (Yellow) | ■ (Orange) | |
| Implement facility-wide testing at least weekly with follow-up testing if cases are identified | | | | ■ (Red) |

*Levels of community transmission defined as total new cases per 100,000 persons in the past 7 days (low, 0-9; moderate, 10-49; substantial, 50-99; high, ≥100) and percentage of positive tests in the past 7 days (low, <5%; moderate, 5-7.9%; substantial, 8-9.9%; high, ≥10%).

Source: https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/testing.html

# Recommendations

Before removing any prevention strategies, consider:

- **Community Transmission** Levels

- Facility **Vaccination** Levels (clients and staff)

- Facility and Client **Characteristics**

  - Client turnover, facility layout, risk for severe disease, etc.

"The goal is to reduce community rates of Covid-19 as much as possible. In areas of low transmission, you don't need to employ all these layers anymore -- just as you wouldn't need to wear a lot of layers of clothing after the weather warmed up"

~Dr. Leana Wen
George Washington University Milken Institute School of Public Health

# Resources

## Vaccination resources

Local vaccination clinics and events: https://211wisconsin.communityos.org/public-event-search?localHistory=h4hilRV_LGyLlaCnlbAn5Q

Vaccine partner resources: https://www.dhs.wisconsin.gov/covid-19/vaccine-resources.htm

Vaccination resources and questions: dhscovidvaccinator@wi.gov

COVID-19 Vaccine Information (DHS):

https://www.dhs.wisconsin.gov/covid-19/vaccine.htm

# Resources

## Wisconsin COVID-19 Data

Summary data: https://www.dhs.wisconsin.gov/covid-19/data.htm

Activity Level by Region and County: https://www.dhs.wisconsin.gov/covid-19/local.htm

County Data: https://www.dhs.wisconsin.gov/covid-19/county.htm

Variant Tracking: https://www.dhs.wisconsin.gov/covid-19/variants.htm

- Trauma overview
- Secondary traumatic stress (STS)
- Passive, assertive, and aggressive communication
- Self-care and boundaries
- Wrap up and questions

# Trauma

- A wound
- More about the reaction than to the event itself
- Subjective
- Disease of disconnection (Judith Herman, M.D.)
- Lives in the body
- Affects relationships
- You question your place in the world (Trauma worldview)

# The Many Faces of Trauma

- Acute
- Complex
- Historical
- Sanctuary
- Vicarious
- Collective

"What is to give light must endure burning"
-Viktor Frankl

# Interesting...

Research has shown that helping professionals with pre-existing anxiety disorders, mood disorders, or **personal trauma histories** are more susceptible to experiencing Secondary Traumatic Stress, Vicarious Trauma, Compassion Fatigue, and Burnout.

Question: How does the COVID-19 pandemic affect this?

"The expectation that we can be immersed in suffering and loss daily and not be touched by it is as unrealistic as expecting to be able to walk through water without getting wet."



R.N. Remen, M.D. 1996

# Downward Spiral



Vicarious Trauma/STS → Compassion Fatigue → Burnout
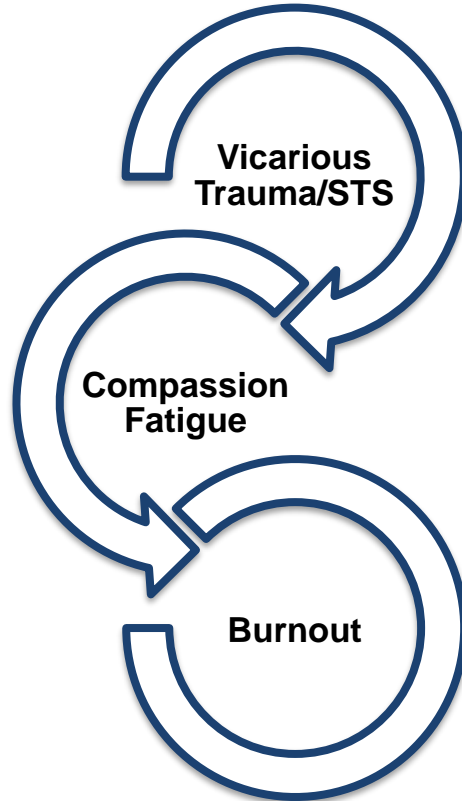
# Vicarious Trauma

The emotional residue of exposure that caseworkers have from working with people as they are hearing their trauma stories and become witness to the pain, fear, and terror that trauma survivors have endured.

# Compassion Fatigue

The overall experience of emotional and physical fatigue that social service professionals experience due the chronic use of empathy when working with clients who are suffering in some way.



Figley, 2002b; Rothschild & Rand, 2006

# Burnout

Overwhelming emotional exhaustion, depersonalization, and feelings of professional insufficiency

- Emotional exhaustion: A state that occurs when a practitioner's emotional resources become depleted by the chronic needs, demands, and expectations of their clients, supervisors, or organizations
- Depersonalization: The negative, cynical, or excessively detached responses to coworkers or clients and their situations

(Maslach, 1998)

# More on Depersonalization

- If we can be tolerant of our client's maladaptive behavior because we understand this is a symptom of trauma, why not our leaders, supervisors, or co-workers?
- Do you recognize this in yourself?

# Workplace stressors

- Bureaucratic concerns
- COVID-19
- Lack of supervision
- Lack of resources for clients
- Lack of or poor workplace communication (gossip)
- Inadequate orientation and training for role

# Secondary Traumatic Stress Risk Factors

- Preexisting anxiety or mood disorders
- Prior history of personal trauma
- Uncertainty about the future (COVID-19)
- High caseloads of clients with trauma-related disorders
- Being younger in age and new to the field
- Unhealthy coping styles; e.g. distancing and detachment from clients and co-workers
- Lack of tolerance for strong emotions

(Newall and Mac Neil, 2010)
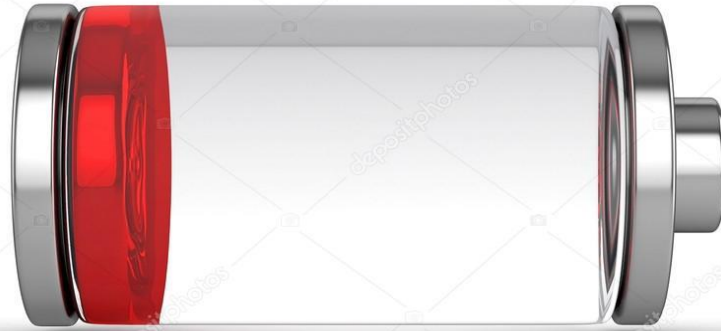
You wouldn't let this happen to your phone…
Don't let this happen to you either

Self-care is a priority, not a luxury!

"True self-care is not salt baths and chocolate cake, it is making the choice to build a life you don't need to regularly escape from."

-Brianna Wiest

# Self-Care

- **Proper nutrition**
- **Rest**
- **Exercise**
- **Avoid drugs and alcohol**
- **Enjoyable activities**
- **Setting limits**
- **Reach out to those you trust**
- **Journal thoughts and feelings**

# Self-Care

## Feel good self-care

- Laughing
- Massage
- Deep breathing
- Drinking more water

## Smart self-care

- Establishing healthy boundaries
- Being vulnerable
- Avoid toxic relationships
- Develop strategies to address being over-reactive
- Be aware of personal numbing out
- How you define failure or success

(Krause, 2017)

# Assertiveness vs. Aggressiveness

- **Assertiveness** is the quality of being self-assured and confident without being aggressive
  - It means respectfully expressing your needs
- **Aggressiveness** is characterized by or tending toward unprovoked offensives, attacks, invasions, or the like; making an all-out effort to win or succeed; competitive

Passive

Assertive

Aggressive

Doormat

Respectfully expressing your needs

Bully

# Being Assertive

- Finding your style
  - An acquaintance asks for a favor. You've helped this person many times before and you're getting tired of it. How to respond?
    - ♦ Passive: "Sure, I'd love to help."
    - ♦ Aggressive: "I'm tired of your whining and neediness. You never do anything for yourself."
    - ♦ Assertive: "I'm not going to be able to help this time."

# Being Assertive

- Plan response ahead of time
  - "Let me get back to you on that."
  - "I need to check my calendar."
  - "I have a schedule conflict"
  - "I won't be able to, I have plans."

# Being Assertive

- Don't let guilt get in the way
  - Saying no to the person is not rejecting them
- Use positive self-talk (Examples?)
- Take time to breathe (4,7,8 breathing)
- Embody an assertive stance
  - Stand up straight, rolling your shoulders back. Maintain regular eye contact and a neutral facial expression.

# Being Assertive

- Rehearse with someone you trust
  - Write down what you want to say before you say it
  - Ask for feedback on how you are coming across: Shy? Hostile?
  - How might the other person feel about what you say?
- Believe in your worth (Balanced sense of self worth)
- Start small
- Get outside help (therapist)
- Set actionable boundaries

# Importance of Boundaries

- Many mental health issues (depression, anxiety disorders, shame issues, marital and relationship problems) find their root in conflicts with boundaries.

- Boundaries are essential to healthy relationships and, really, a healthy life. Setting and sustaining boundaries is a skill.

(Dana Gionata, Ph.D. 2016)

# Boundaries Defined

- Boundaries define us…
  - They define what is me and what is NOT me
  - Shows where I end and someone else begins
  - Leads to a sense of **ownership**
  - Leads to a sense of **freedom**

# Ten ways to Build and Preserve Better Boundaries

- Name your limits – Identify your physical, emotional, mental, and spiritual limits
  - What can you tolerate and accept?
  - What makes you feel uncomfortable and stressed?
- Tune into your feelings – especially feelings of discomfort or resentment
- Be direct – With some, maintaining healthy boundaries doesn't require clear direct dialogue. With others, it does.

# Ten ways to Build and Preserve Better Boundaries

- Give yourself permission – We might feel guilty by speaking up and saying no; especially to a family member.

  - Boundaries are not just a sign of a healthy relationship; they're a sign of self-respect.

- Practice self-awareness – Boundaries are about honing in on your feelings and honoring them.

  - Find yourself slipping with your boundaries? Ask: "What's changed?" "What am I doing or what is the other person doing?" Mull over your options.

# Ten ways to Build and Preserve Better Boundaries

- Consider your past and present – How you were raised along with your role in in your family? Were you a caretaker? Did you always focus on others letting yourself get drained emotionally or physically?

- Make self-care a priority – Give yourself permission to put yourself first

- Seek support

- Be assertive

- Start small – start with a small boundary not threatening to you.

Dana Gionta, Ph.D, 2016

# Takeaways

- Vicarious trauma and secondary traumatic stress are real

- Compassion fatigue and burnout are prevalent in our field of work

- Self-care is not a buzzword, it's a priority!

- Self-care, assertiveness and setting healthy boundaries are intertwined

- **You are worth the effort!**

You need a self-care plan!

# Self-Care Assessment

The following worksheet for assessing self-care is not exhaustive, merely suggestive. Feel free to add areas of self-care that are relevant for you and rate yourself on how often and how well you are taking care of yourself these days. When you are finished, look for patterns in your responses. Are you more active in some areas of self-care? Do you tend to ignore others? Are there items on the list that hadn't even occurred to you? Listen to your internal responses and dialogue about self-care, and take note of anything you would like to prioritize moving forward.

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*Rate the following areas according to how well you think you are doing…*

**3** = I do this well (e.g., frequently)          **0** = I never do this
**2** = I do this OK (e.g., occasionally)          **?** = This never occurred to me
**1** = I barely or rarely do this

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## Physical Self-Care

_____ Eat regularly (breakfast, lunch, and dinner)          _____ Exercise
_____ Get regular medical care for prevention          _____ Eat healthily
_____ Get medical care when needed          _____ Get massages
_____ Take time off when sick          _____ Take vacations
_____ Wear clothes I like          _____ Get enough sleep
_____ Do some fun physical activity          _____ Do some fun artistic activity
_____ Think positive thoughts about my body          _____ (Other) _____

## Psychological Self-Care

_____ Take day trips or mini-vacations          _____ Make time for self-reflection
_____ Have my own personal psychotherapy          _____ Write in a journal
_____ Make time away from technology/internet          _____ Attend to minimizing life stress
_____ Read something unrelated to work          _____ Be curious
_____ Notice my thoughts, beliefs, attitudes, feelings          _____ Say no to extra responsibilities
_____ Engage my intelligence in a new way or area          _____ Be okay leaving work at work
_____ Do something at which I am not expert          _____ (Other) _____

## Emotional Self-Care

_____ Spend time with people whose company I enjoy          _____ Love myself
_____ Stay in contact with important people in my life          _____ Allow myself to cry
_____ Re-read favorite books, re-view favorite movies          _____ Give myself affirmation/praise
_____ Identify and seek out comforting activities/places          _____ Find things that make me laugh
_____ Express my outrage in social action or discussion          _____ (Other) _____

# Questions?

# THANK YOU!

**Scott Webb, MSE**

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Visit https://www.dhs.wisconsin.gov/resilient/index.htm
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research, resources, training opportunities, etc.

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