

5/12- VA Mental Status Check: The Emotional Toll of COVID on Veterans and Staff

Speaker Bios:

Dr. Paul Kirwin, ACOS-MH for Southeast Louisiana Healthcare System

Paul is also the Vice Chair Department of Psychiatry and Behavioral Sciences and Professor of Psychiatry at Tulane School of Medicine. Paul spent the first 22 years of his career at Yale, where he still holds an Adjunct Professorship, and spent most of those years at the West Haven VAMC. Paul is a Geriatric Psychiatrist.

Patricia Watson, PhD, Clinical Psychologist, National Center for PTSD

Patricia has worked at the national Center for PTSD for 21 years as a senior educational specialist and psychologist, and prior to that was a clinical psychologist in the US Navy, working with adults for four years, and then working with children and families for four years after a pediatric fellowship at Harvard Medical School/Boston children's hospital. Patricia is the co-author of the psychological first aid, stress first aid, and skills for psychological recovery interventions developed at the national center for PTSD.

Questions:

1. What stress reactions are we seeing in our staff/health care workers during this Covid-19 pandemic? Who gets hit the hardest? How are we treating them?
2. What are some of the risk and protective factors for frontline workers (theoretical)? Have we seen them in practice? Do they work?
3. Specific Case scenario (Paul) Chad to ask about how it is boarding COVID + MH patients on the medicine floors

Additional questions if time allows:

4. What self-care and coworker support strategies would you recommend?
5. What does recovery look like? Moving forward...
6. Any bright spots and/or emotional tolls personally