

The PIC Informer

Mental Wellness

There's been an increase in mental health conditions across all groups associated with COVID-19. Fear and anxiety about this new disease and what could happen can be overwhelming in adults and in children. Many have experienced worsened mental health outcomes, increased substance use, and more depression, anxiety and suicidal ideation. Some of the stressors that put people at higher risk include isolation, loneliness, a lack of structure or routine, financial stress, and various forms of violence, physical, emotional, mental, and sexual abuse. Coping with stress in a healthy way will make you, the people you care about in your community stronger. When you or someone close to you starts to experience the early warning signs of mental illness, knowing what the risk factors and symptoms are, will help you catch them early.



The symptoms include concentration problems, memory problems, changes in eating and sleep patterns, feeling overly worried, feeling sad, empty or hopeless, irritability, restlessness, loss of interest in activities, or withdrawal from others and just feeling disconnected. Mental health treatment stabilizes symptoms, helps build coping skills, and improves interpersonal relationships. When should you get mental health involved? When someone has experienced a significant life stressor, which has triggered onset of mental health symptoms. Someone is making threats or actual attempts to harm self or others. An individual is unable to care for their basic needs, or an individual has lost touch with reality. For example, hearing voices paranoia, or refusal to eat. Did you know that it can take years from the first time someone has mental health concerns until they get a correct diagnosis and proper treatment? We can't wait for that. Intervention during early stages of mental illness can save lives and can change the lives of people living with mental health conditions. Break the chain, support early identification, prevention and intervention. Don't struggle with anxiety or depression every day. It is treatable. People can and do recover from mental health conditions. Together, we can change the way we think about mental health. If you or someone you know is in crisis, call 1-800-273-TALK or go to your local emergency room or call 911. – Dr. Gentile, DODD



Five things that you need to know about a pulse oximeter. One, what is a **pulse oximeter**? A pulse oximeter is a simple, small, wearable device that is placed on the finger that can measure your oxygen level. Your oxygen level is used as a vital sign. Just as sometimes we use a pulse temperature or blood pressure. Two, a pulse oximeter has a percent SP O₂, that reading should be at 95% or above. If it is below 95%, you should call your physician. Three, can a pulse oximeter diagnose COVID-19? The answer is no. But it can be used as an important vital sign to monitor yourself at home. Four, it is important to know your daily vital signs and to know your normal pulse oximetry. Some people may be as high as 99 or 100. And others may have a slightly lower pulse ox at their baseline. Five, it is important to know that if your oxygen level is 89% or under, you should seek emergent attention, such as calling 911 right away. It's important to know your O₂ know, you're O₂-sat in order to act early, act often, and save a life during COVID-19. – Dr. Laura, DODD

**Annual Agency Training
coming SOON! Keep an eye
on your emails for the
Mandatory Virtual Training.**

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MAY 2021

Spinach and Three Cheese Stuffed Shells



- 2 tablespoons extra-virgin olive oil
- 1 pound ground spicy Italian sausage
- Two 28-ounce cans crushed tomatoes (such as San Marzano or Pomi)
- 1 red bell pepper, seeded and sliced
- 2 teaspoons dried oregano
- ½ teaspoon crushed red-pepper flakes, plus more as needed
- Kosher salt and freshly ground pepper
- One 8-ounce bag frozen chopped spinach, thawed and squeezed dry
- One 1-pound box jumbo pasta shells
- 16 ounces whole-milk ricotta cheese
- 2 cups shredded Gouda cheese
- 1 cup fresh basil leaves, chopped, plus more for serving
- 8 ounces fresh mozzarella cheese, torn

Directions: 1. Preheat the oven to 350°F. Heat the olive oil in a large oven-safe skillet over medium-high heat. When the oil shimmers, add the sausage and cook, breaking it up with a wooden spoon, until browned, 5 to 8 minutes. Reduce the heat to low and add the crushed tomatoes, bell pepper, oregano, red-pepper flakes and a pinch each of salt and pepper. Simmer until the sauce thickens slightly, 10 to 15 minutes. Stir in the spinach. Taste and add more salt, pepper and red-pepper flakes.

2. Meanwhile, bring a large saucepan of salted water to a boil over high heat. Add the shells and cook according to the package directions, until al dente. Drain well.

3. In a medium bowl, combine the ricotta, Gouda and basil. Transfer the mixture to a gallon-size zip-top bag. Push the mixture into one corner of the bag, squeeze the air out of the top of the bag, and snip about ½ inch off that corner.

4. Working with one at a time, pipe about 1 tablespoon of the cheese mixture into each shell, then place them in the skillet. Sprinkle the shells evenly with mozzarella.

5. Transfer the skillet to the oven and bake until the cheese has melted and is lightly browning on top, 25 to 30 minutes. Let cool for 5 minutes, then top with fresh basil to serve.

COVID-19: IMMUNE SYSTEM BOOSTERS



Zinc

Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • **Important for wound healing**



Vitamin C

Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • **Protect cells from oxidative stress, a product of infection or chronic inflammation**



Iron

Lentils, spinach, tofu, and white beans • **Aids in non-specific immunity, the body's first line of defense**



Vitamin E

Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • **Helps protect cells from oxidative stress**



Vitamin A

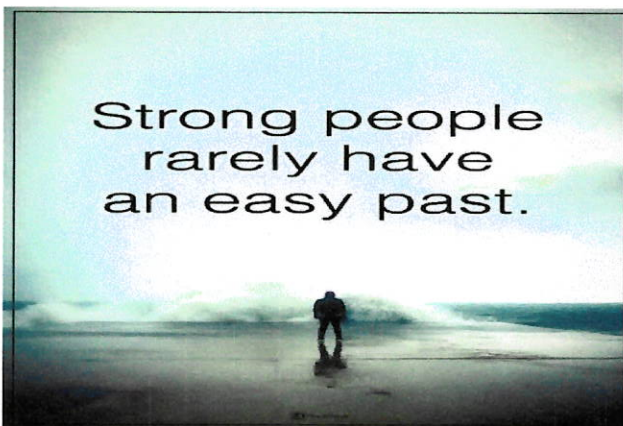
Sweet potatoes, carrots, red bell pepper, spinach, black-eye peas, and mango • **Helps regulate our immune response**



Vitamin B6

Green vegetables, chickpeas, cold-water fish such as tuna or salmon • **Supports more efficient reactions between different parts of our immune system**

Strong people
rarely have
an easy past.



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MAY 2021

The Worry Defense

Worry, defined as repetitive thoughts about negative future events, is a part of life. At the right dose, concern for the future can be adaptive, helping to direct our attention and improve our preparation in the face of potential threats. People with generalized anxiety disorder (GAD), however, experience an extreme, chronic, and unrelenting worry that they feel unable to control. Worry does not work for them. They tend to overestimate the likelihood of negative consequences and predict that they will be catastrophic. Their worries metastasize to involve all areas of everyday life, including health, family, relationships, work, and finances.

Worrying is deployed to prevent or prepare for adverse events. Alas, the chronic worry of GAD is in itself an adversity: The constant preoccupation with possible future calamities. Several theories have attempted over the past few decades to explain the mechanisms underlying GAD, including the role that worry plays.

Past theorizing, led by the work of Penn State University psychologist Thomas Borkovec, described constant worry as an avoidance mechanism. He proposed that a preoccupation with negative outcomes serves to protect someone from experiencing negative emotions. Thinking negative thoughts, in other words, was seen as a way to avoid feeling negative feelings. This view emerged in part from research suggesting that worrying (as opposed to relaxing) right before focusing on fear-related imagery reduced a person's physiological response to it. Worriers' low reactivity to the imagery was seen as evidence of a failure of emotional processing, which in turn perpetuated worry.

More recently, however, data have indicated that worry actually heightens real-time negative emotion in people with GAD, rather than allowing them to avoid it. Considering the evidence, psychologists Michelle Newman of Penn State and Sandra Llera of Towson University proposed a novel theory. According to their contrast avoidance model (CAM), what worry prevents is not negative emotion per se, but rather sharp contrasts or wings, in a person's negative emotions. "People think that it's sort of a defensive posture: If I expect the worst, then the best thing that could happen is that I'm pleasantly surprised – but otherwise I'm prepared. Not just prepared cognitively, but prepared emotionally," Newman says. "what they are doing, ironically, is extending the pain."

Despite the fact that chronic worry is stressful, emotionally noxious, and physically taxing, people with GAD often hold positive beliefs about worry, viewing it as a useful coping strategy, a means of preparing for trouble, and a motivational force promoting self-protection. Commonly, worry thoughts become a protective superstition: Having worried so much about catastrophes that failed to materialize, people with GAD come to believe that worrying in fact prevents catastrophes from happening.

GAD is difficult to treat successfully, and this may be due in part to our incomplete understanding of the nature of fear in the disorder... Therapists might usefully look to specifically target clients' contrast avoidance, by exposing clients to contrasting pleasant and then unpleasant images in succession. While such an approach would need to be tested, facing the fear of negative contract experiences directly may help extinguish it, thus helping to release clients from the worry trap. *-Psychology Today 2021*



THE POWER OF A KIND WORD

Giving an unsolicited compliment is more rewarding than you might think. Offering an out-of-the-blue compliment – even one as simple as “I love your scarf!” – can make someone's day and isn't difficult to do. Why, then, are so many people reluctant to give unsolicited praise to others? It may be that we both underestimate how well a compliment will be received and overestimate the cost of giving it.

In five studies published in the journal *Personality and Social Psychology Bulletin*, researchers asked participants to approach a same gender stranger and offer a sincere compliment. The results highlight the powerful upsides of a relatively low-cost social behavior... Letting go of compliment anxiety won't necessarily be easy. “The biggest challenge is getting out of our own head,” Boothby, Psychologist at the University of Pennsylvania, says. “We tend to be overly focused on our own ability to give a compliment effectively or worried about what the other person will think of us.” Instead, she suggests, “we should think about how we would feel if we received a compliment – and remember that others will feel the same.”

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Ohio Individual Service Plan

The Ohio ISP is Person-Centered

Built on the Charting the LifeCourse (CtLC) core belief that all people have the right to live, love, work, play, and pursue their life aspirations, the Ohio ISP places the needs of the person receiving services in the center of the planning process. The person leads the planning process by making choices, setting goals, and deciding how they want to live their life.

One Plan for All of Ohio

The Ohio ISP format is the same no matter where you are in Ohio. People moving throughout the state will have the same plan format and experience the same planning process no matter what county they live in or what provider(s) they choose while maintaining the individuality of the plan content for each person.

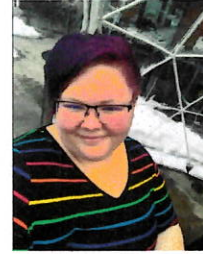
In fact, when a person moves to a new county or facility, their Ohio ISP moves with them. Service and Support Administrators (SSAs) and Qualified Intellectual Disability Professionals (QIDPs) can continue using the person's established plan, and the new team will not have to start the Ohio ISP from scratch.

SSAs, QIDPs, and providers can collaborate easier, even from across counties, because everyone is working from the same template. SSAs and QIDPs will receive standardized training to ensure statewide consistency in planning and assessment.

With a consistent plan for all Ohioans with developmental disabilities, providers, even if they offer multiple services or operate in multiple counties, will have a single plan to learn. No matter where they work or what services they provide, direct support professionals (DSPs) will know exactly where to find the information they need about the people they serve and the supports they are providing.

An online platform will be available to teams throughout Ohio to access the assessments and plans for the people they support. – DODD Website

SARA HILL



Education: I graduated high school from a boarding school in North Carolina in 2009. I attended Columbus State Community College but found that even in College I really didn't like school. I love learning but not in a classroom setting. I have been licensed through the State of Ohio as both a pharmacy technician and in health and life insurance.

Employment Status with PIC: 2 years in September

Favorite Music/Band: At the moment I am really enjoying artists like Ed Sheeran, Lizzo, AJR, Sam Smith and Dua Lipa.

Favorite Book: Lord of the Rings, Harry Potter and the Dragon Riders of Perm novels by Anne McCaffrey

1st Job: Direct sales at Vector Marketing selling Cutco Knives

Favorite Movie/TV Show: I really love Lord of the Rings, Star Wars and Harry Potter. I am pretty nerdy but I get it from my parents especially my dad. I was raised watching The Princess Bride, The Labyrinth and Clue.

Favorite Memory: I think that my favorite memories are from different times throughout my life when I was able to travel. The summer after 4th grade my family including my Aunt, Uncle and Grandparents went on a vacation to Alaska. It was the 30 year anniversary of my mom's family moving back to Ohio from Alaska. After 7th grade I was part of the People to People student ambassador program and traveled to New Zealand and Australia with 39 other kids and 4 teachers for 3 weeks. Most recently in 2017 my then boyfriend/ now husband took 2 1/2 weeks to drive out to his mom's house in Idaho and see all of the national parks along our way.

Family: I am actually less than a month out from my rescheduled Covid wedding. My husband and I still got married last June but it was very small. A group of our friends had rented a cabin in Butler, Ohio near our wedding venue and since we postponed of large wedding ceremony and celebration they invited us to the cabin where my mom officiated. This year we are having our full celebration but since we are already married we are renewing our vows the day before our 1 year anniversary. My husband is a wood worker and works as a full time handyman/ home remodeler. We are furry parents to 3 senior cats George, Luna and Raven. I have one sibling, my brother who graduated on mother's day this year from OSU with a Masters of Social Work and he is moving to Utah this month to be a Wilderness Therapist. I think we followed after my Mom who is a ordained Presbyterian Chaplin at a retirement community in Westerville. I got my love of computers and technology from my Dad. He works for Verizon Media, formerly known as AOL and CompuServe.

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