

2020 Food Safety
Summit COVID-19
Survey:
Thematic Analysis of
Results

PARTNERS WITH A COMMON PURPOSE



What is Partners with a Common Purpose?

- Who we are
- What we do
- How we do it
- How can you be involved

<https://pwcp.info>



Food Safety
Summit
2020 PwCP
Questionnaire



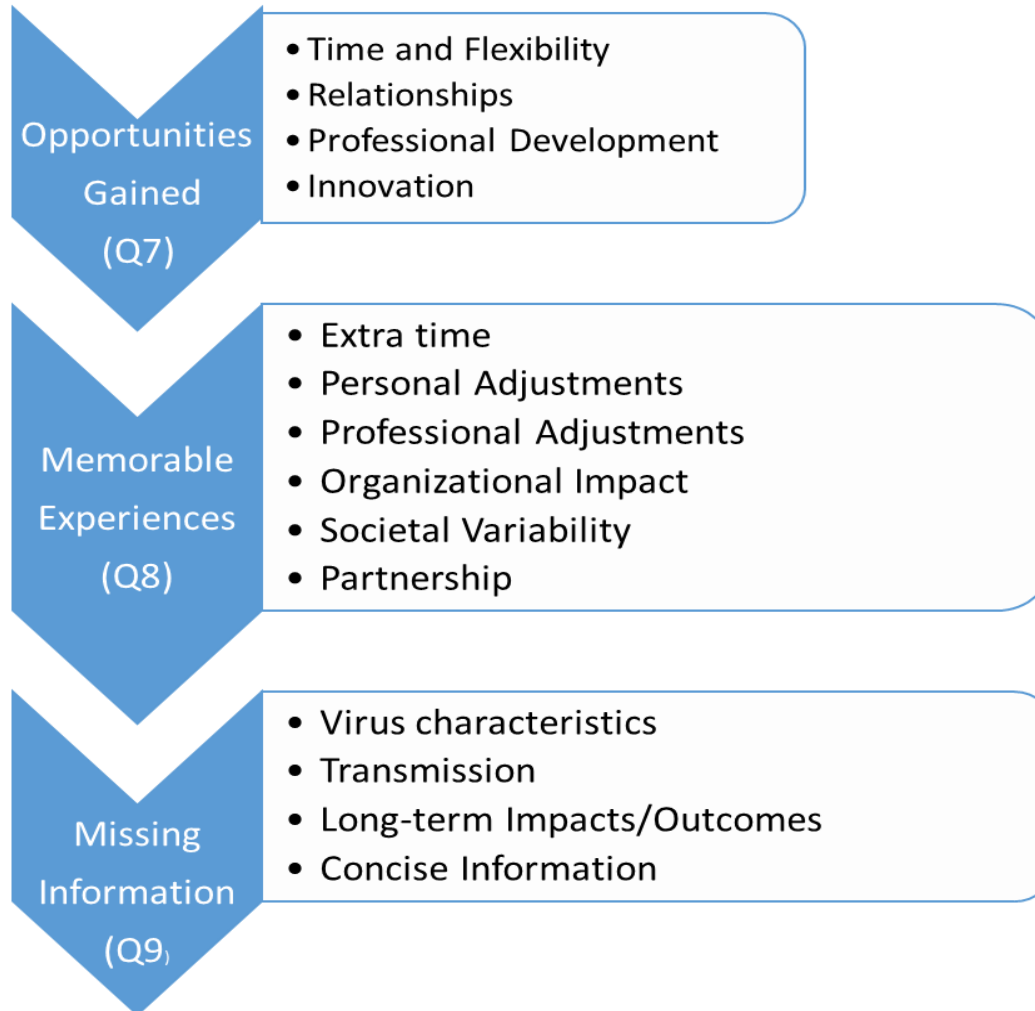
2020 COVID-19 Survey

- Subset of questions from the Food Safety Summit 2020 PwCP Questionnaire
- Focused on how the participants were dealing with and experiencing the pandemic
- 299 Total Responses
- Mix of Academia, Regulatory, Industry, Trade Association, and Consultant participants





Thematic Analysis Summary



Other Mental Health Surveys/Outreach

- GA Stress Survey Part 1 & 2: [AFDO's "Valentine's Celebration of HEART during Worldwide Pandemic" – Association of Food and Drug Officials](#)
- [Stress in America™: One Year Later, A New Wave of Pandemic Health Concerns \(apa.org\)](#)
- [2021 Emerging From the Pandemic Survey - Willis Towers Watson](#)



Mental Health Resources

- <https://www.mentalhealthfirstaid.org/about/>
- NeuroLink: <http://www.anineurolink.com>
- www.mindmyhive.com
- [Strive – virtual mental wellness program](#)
- [Feeling Blah During the Pandemic? It's Called Languishing - The New York Times \(nytimes.com\)](#)

AWARENESS	BALANCE	CONNECTIONS
Your ability to function is interfered with or altered	Keep balance in your life: <ul style="list-style-type: none"> • Practice self-care • Take mini-escapes • Nurture Yourself by finding sources of pleasure joy and diversion • Get medical treatment • Get professional help 	Talk your stress out with someone else Connect with those in your community: <ul style="list-style-type: none"> • Co-worker • Therapist • Clergy • Family • Friend • Supervisor
The situation or incident does not seem "typical or ordinary" <i>it feels traumatic</i>		
"Compassion stress" affects or breaks through normal boundaries	Practice a balance exercise: <ul style="list-style-type: none"> • List one thing that brings you joy • Name 3 things you feel grateful for today • Reach out to those you love • Think about something that made you laugh today 	Build a positive support system that supports you Information courtesy of: The American Institute for Stress https://www.stress.org/military/for-practitionersleaders/compassion-fatigue
You regularly wake up tired in the morning and struggle to get to work		
You feel as if you are working harder but accomplishing less	Find your passion: <ul style="list-style-type: none"> • Find your hidden sources of energy & healing power • Identify what fuels you • Prioritize what you value 	
You're becoming frustrated or irritated easily		
You're losing compassion for some people while becoming over involved with others	Balance for your soul: <ul style="list-style-type: none"> • Have quiet time alone • Become aware of what restores and replenishes you • Find ways to acknowledge loss and grief • Focus on what you can control • Look at situations as challenges and opportunities 	
Routinely feel bored or disgusted		
You're experiencing illness, aches, and pains		

Coping with Disaster
in the agricultural community

You are not alone. Across the state and nation, farmers struggle to cope with the effects of natural disaster. Find more information at agr.georgia.gov/disaster-relief

National Suicide Prevention Hotline
Toll-free: 1-800-273-8255
Contact the National Suicide Prevention Life-line right away if you or someone you know threatens to hurt or kill themselves or someone else, or talks or writes about death, dying or suicide.

Treatment Locator
Findtreatment.samhsa.gov/locator/home

SAMHSA's Disaster Distress Helpline
Toll-free: 1-800-985-5990 (English, Español)
SMS: Text TalkWithUs to 66746
SMS (Español): Escríbme Hablamos a 66746
TTY: 1-800-846-8517
Disasterdistress.samhsa.gov
Disasterdistress.samhsa.gov/espanol

Georgia Crisis and Access Line (GCAL)
Toll Free: 1-800-715-4225
Georgia's 24/7 toll-free line staffed by licensed mental health professionals. Language assistance is available.
dhhdd.georgia.gov/access-services

Know When to Get Help

While it's normal to feel sad, anxious or worried after a disaster, some may still feel those emotions a year or more after a disaster. If you or someone you know struggles to cope with strong feelings after a few weeks/months or experiences continued interference with normal functioning, get help by accessing one of the resources found in this business card.

Georgia COVID-19 Emotional Support Line
866-399-8938

Monday thru Friday, 9am - 11pm

GIVING

108 TOTAL CLIENTS SERVED
SEPTEMBER 2020

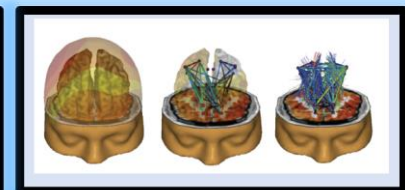
42%	57	58
MENTAL HEALTH SERVICES	MENTAL HEALTH SERVICES	MENTAL HEALTH SERVICES
10	30	9
MENTAL HEALTH SERVICES	MENTAL HEALTH SERVICES	MENTAL HEALTH SERVICES
1	1	1
MENTAL HEALTH SERVICES	MENTAL HEALTH SERVICES	MENTAL HEALTH SERVICES

\$86,887

We Help Food Service Workers
It's what we do and it's who we are.

This September, we helped Food Service workers by providing them with mental resources. We helped the workers for the whole person - emotionally, physically, and mentally. We became an extended Food Service worker with the tools and resources they need to thrive, not just survive.

We found our staff with the same advice. That's why we have a licensed professional, certified counselor for our employees at no personal cost. We want to help our employees with mental health struggles and ensure a culture of compassion for ourselves and for our clients.



Track your personal changes and progress over time!

Simply, download **NeuroLinkQ** app and answer the questions, then view your results with a **map of your brain** and corresponding graphs, and charts.



Wrap Up and Discussion

