



WEST CENTRAL NEWS

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24/7 Emergency Help for Those in Crisis
800-564-2578

Opinion: Teleheath May Be The Pandemic's Silver Lining

A recent issue of the New Hampshire *Union Leader* featured an Op-ed by West Central's CEO & President, Roger Osmun, Ph.D. Citing the Covid-19 pandemic as the trigger for a dive into telehealth services for mental and behavioral healthcare providers, Dr. Osmun discusses why this may be a good thing for clients in the long term. Telehealth allows us to reach those who are housebound, those living with mobility limitations, and even those with transportation problems. While there will always be a need for in-person services, the generation growing up in the digital age is apt to embrace telehealth services readily, giving them access to the care they need.

It's an expensive effort to take on. Is it worth the cost? Have you tried teletherapy? Read Dr. Osmun's Opinion and let us know what you think about telehealth services by emailing us at info@wcbh.org.

[Dr. Osmun's Opinion, The New Hampshire Union Leader](#)



Roger Osmun: Telehealth may
be the pandemic's silver lining

Jun 8, 2020 Updated Jun 8, 2020





Does Working at Home Give You That Foggy Feeling? Give Your Brain a Break!!!

Remember when you dreamed of working at home? No commute, throwing in a load of laundry during the day, sleeping a little later in the mornings, and curling up on your couch in sweatpants to email your colleagues? It sounded so much less stressful. Three months later...ummm...how's that working out?

With the State's reopening plan, many people are heading back to the office. Some can't wait! But others are taking it more slowly as they watch new coronavirus spikes around the country. Of course, whether you can work at home depends on the type of work you do and, for some, whether you can stand the isolation any longer.

If you're continuing to work at home, you've probably found you need a break from the "office" you never leave. Brain fog and burnout are real issues - especially when social activities and other interactions are curtailed. Zoom and videoconferencing only go so far - how do you stay sharp?

- **Aerobic Exercise** - there's a clear correlation between physical activity and cognitive function. Blood flow to the brain is improved so when you return to work, you actually think more quickly. Walk, swim, run or dance - whatever you enjoy! Just get your heart rate up!!!
- **Play Music** - not your stereo, but an instrument! Playing an instrument has been linked to protecting brain health. It requires your brain to work in a different way than most job-related tasks, allowing your brain a change of pace. So find that old ukulele or recorder, and give it a try!
- **Stretch** - The evidence is in - people who stretch *and* do aerobic exercise have better cognitive function than those who don't. Better sleep is also a frequent benefit. You don't need to sign up for online classes or commit to hours at the gym. Just two or three stretch breaks during the day can increase your flexibility and push you out of a brain rut.

It's easy to forget self-care when your home office is staring at you 24/7. So set your phone alarm or place a bright orange post-it with your reminders in a place where you can't avoid seeing them. And leave the laundry for another time...

West Central In The News: What We're Doing (And What Still Needs to Be Done)



Covid-19 dominates conversations about health right now, and it's easy to lose sight of mental health issues. But 70% of recently polled Americans met the criteria for "moderate to serious mental distress," so we need to prioritize mental health, as well. Dr. William Torrey, professor and vice chair for clinical services for the Department of Psychiatry at Dartmouth-Hitchcock Medical Center in Lebanon, and a West Central Board member, believes "stressors that come with the pandemic can bring out those illnesses and make them worse." New Hampshire has made some progress and has the capability to do more, Torrey added. "We need ongoing organization of the system and investment in the health of citizens...there's no health without mental health."

To read Dr. Torrey's full article in the June 11, 2020 issue of the *Concord Monitor*, click on the link below.

[Read The Full Article Here](#)

Despite the relatively low number of Covid-19 cases in the Upper Valley and Sullivan County, we are not immune from the trauma that Dr. Torrey likens to that experienced by survivors of an earthquake. Read the *Valley News* article on the mental health effects of the pandemic on local residents, here:

[Read About Some Of The Effects of Covid-19 in the Upper Valley Region](#)

[Click Here](#) for a link to a recent *Valley News* article referencing West Central's new telehealth offerings and how we're helping

one client navigate the Covid-19 pandemic through remote interface. Our Assertive Community Treatment (ACT) program team gives clients 24/7/365 support needed to live at home and manage their illness. [Click Here](#) for more information on ACT.



Looking for Covid-19 Mental Health & Wellness Tips? Look No Further...

The City of Lebanon shared West Central's comprehensive [Covid-19 Mental Health Information](#) on it's website. This information is also featured on the Upper Valley Business Alliance website. [Click Here To View on the Upper Valley Business Alliance Website](#)

To schedule an appointment with us,
please call 603-542-5128.

If you're in crisis, our Emergency Services line is open 24/7 at:
1-800-564-2578



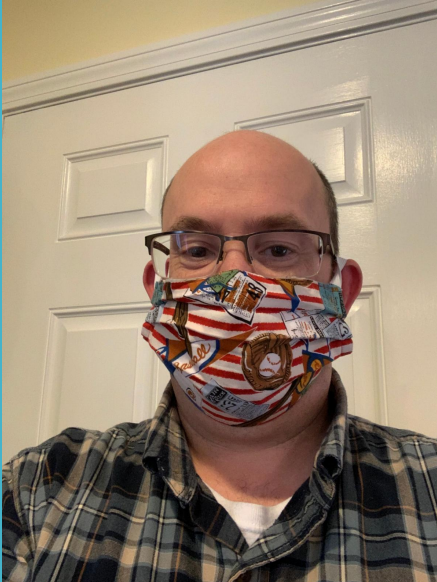
Do you know them???

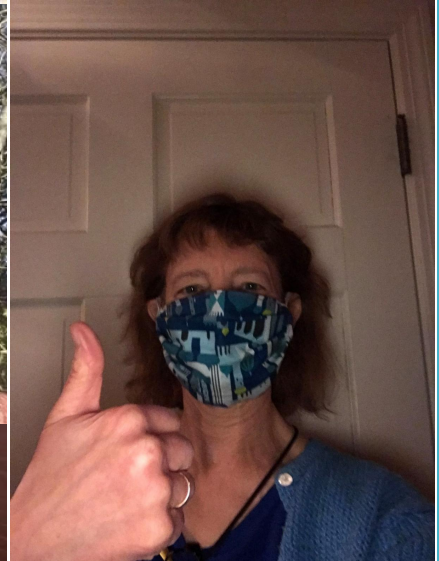
**West Central's
Masked Marvels:
Onward and
Upward...**

Our Masked Marvels, with their superpowers of compassion, skill, and good humor, continue their heroic work in the community under cover of fabulous masks. They inspire us all to be kinder, more thoughtful, and a little more generous of heart. The Masked Marvel idea has made Covid-mask wearing just a bit more fun, and we thank our co-

workers - and all essential workers - for their service. We also thank the **brilliant** Upper Valley Mask Makers, who have provided (and continue to provide) West Central and countless other organizations with beautiful homemade cloth masks. As one West Central staff member said, 'I get really nice comments [on my masks] about the colors and patterns.'

The UV Mask Makers have made and donated over 27,000 masks to the community (see the beautiful ones featured above!), including to West Central. You are all heroes!





To learn more about the Upper Valley Mask Makers, [Click Here](#) to read a recent article in the *Valley News*.

Covid-19 Mental Health Crisis Relief Fund - An Update

We started the Crisis Relief Fund in May to help offset the growing expenses of operating during the

coronavirus pandemic. Personal protective equipment, telehealth audio and video equipment, and maintaining 24/7 Emergency Services are only a few of these costs. The response has been heartening - we've just exceeded our \$75,000 goal with a total of \$75,852 in contributions, but our needs are ongoing as the pandemic wears on. To those who have donated, we are so very grateful. Our front-line doctors, nurses, therapists, case managers, and emergency services providers all thank you!



It's not too late to help! The need continues - if you are able and wish to contribute, please click on the button below. Thank you for sharing the gift of mental health!

Yes, I'll Donate to the Covid-19 Mental Health Crisis Relief Fund

Want to make an appointment? Call (603) 542-5128



From Us to You - West Central's Statement on Current National Events

We are a non-profit, human-services, behavioral health organization. Our values reflect our staff and the clients we serve. We are not a political organization, but many of our clients are among the most vulnerable and marginalized in our region, and we strive to honor and support them without discrimination or judgement. We are here to help and to serve.

To this end, we wish to add our voices to those calling for justice, fairness, and equality for those in the Black American community in the wake of George Floyd's senseless death. We stand with those throughout our country and the world who suffer from the stigma associated with mental illness and

substance use disorders, as well as race-related injustices, and injustice of any kind. We recognize the importance of examining our behaviors and biases in order to effect the considerable change needed to remedy the discrimination and racism that exist in the U.S.

Our future generations, our freedoms, and our safety in society are at stake, and these deserve no less than all our voices to unite and find a peaceful solution.

Foods for Moods **(What to Eat When You're Feeling Down)**

When you're stressed out, what do you eat? You may want "comfort" food, but what your mind and body need when you're feeling down is a little bit different. Food is inevitably linked with comfort - but can certain foods actually help (or hurt) your mood? Yes!



Your blood sugar level is something to think of when choosing foods. When you eat with an eye on keeping your blood glucose levels stable, you can avoid the drop in energy (and sometimes mood) that frequently follows consumption of sugary foods. Sweet delights, in addition to processed carbohydrates (white bread, for instance), can actually increase stress and anxiety levels - exactly the opposite of what you wanted when you took that pint of ice cream out of the fridge.



So what should you eat to support your brain and mood when you're feeling down? Fatty fish, like salmon and tuna, are a good choice, as well as leafy greens, like spinach or kale. Nut butter on whole wheat toast is fast, satisfying, and good for you,

too! Whole grain pasta with cheese, beans, and yogurt are good choices - especially when paired with colorful vegetables

(the darker color generally means more nutrients).

And if you need that ice cream treat (most of us can't resist now and then), try using a small bowl, and leave the carton in the fridge. Your mood will thank you!

Sharing This Newsletter Might Save a Life!

This newsletter goes out to all West Central staff, our Board and Committee members, and many friends and supporters with our heartfelt thanks. Please share it broadly with your friends and family so people remember our name and the work we do as this region's community mental health and substance use center.

(for past newsletters [click here](#))

**When people in need know who we are,
they'll contact us *when they need help*.**



Nurturing Dreams...Transforming Lives...

West Central Behavioral Health serves clients in the Upper Valley and Sullivan County, and has offices in Lebanon, Claremont, and Newport, NH. WCBH is a tax-exempt, 501(c)(3) organization.