

COVID-19 Pandemic Response for LOCAL WORKFORCE

SUPPORT FOR WORKERS

The St. Clair County Emergency Operations Center (EOC) has deployed a team to assist organizations and businesses to support their employees as they cope with the stress, anxiety and other complex emotions related to working or returning to work during the COVID-19 pandemic.

*The COVID-19 Pandemic is a **historical traumatic event** that has disrupted daily life in a variety of ways. Due to the length of the pandemic, and the amount of life altering changes to social practice, routine, working conditions, economy and the continuing unknown, the **lingering effects will continue to impact** us for a considerable amount of time.*

*The COVID-19 Pandemic Response Team is made up of a variety of peers and professionals who have been trained to **provide support as a result of this pandemic**.*

Interventions are confidential, intended to support employees through the pandemic and to educate them about managing stress reactions. These interventions are not psychotherapy but intended to provide support and education to participants.

Team Objectives:

1. To allow employees to come together in to talk about how they have been affected by the pandemic
2. To provide support and education regarding normal stress reactions to a traumatic event
3. To provide education regarding the importance of self-care and support for co-workers
4. To expedite recovery and to keep employees performing at their best
5. To minimize absenteeism and to maintain a solid workforce

Group Format:

- Group sessions are between 60 -90 minutes, depending on group size and discussion content
- Groups will need to practice all CDC guidelines regarding masks, social distancing, and gathering size
- Teams can be available at various times to support shift work and reach all employees

FOR MORE INFORMATION OR TO SCHEDULE SESSIONS, CONTACT:

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In Partnership:



**St. Clair County
Community Mental Health**
*Promoting Discovery & Recovery Opportunities
for Healthy Minds & Bodies*

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