STATE OF CONNECTICUT
DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES
A Healthcare Service Agency

NED LAMONT
GOVERNOR

MIRIAM E. DELPHIN-RITTMON, Ph.D.
COMMISSIONER

MEMORANDUM

To: DMHAS Staff

From: Miriam E. Delphin-Rittmon, Ph.D.

Date: March 30, 2020

Subject: DMHAS COVID-19 Staff Update #10

Yesterday, the President announced that he would be extending the federal social distancing guidelines through April 30. Public health experts also anticipate seeing a peak in COVID-19 activity over the next two weeks. DMHAS has taken significant steps to prepare for a rise in COVID-19 cases:

- Identified spaces in all state-operated facilities to be used for the isolation of patients suspected of or who been confirmed to have COVID-19;
- Distributed personal protective equipment (PPE) including n95 masks, surgical masks, gowns, gloves and hand sanitizer to all state-operated facilities; and,
- Developed quarantine and isolation protocols for patients and staff that have been reviewed and approved by the Department of Public Health.

As the country braces for an anticipated surge of cases, many of us may feel a rise in our own anxiety and stress levels. Now, perhaps more than ever before, it's important that we all pay attention to our own mental health and practice self-care. If you are finding yourself having a hard time coping with these changes or in need of support, I encourage you to reach out. Below are resources that may be of help to you:

- State of CT Coronavirus Website Mental Health Resources: https://portal.ct.gov/Coronavirus/Pages/Public-Health-Resources/Mental-Health-Resources
- Solutions EAP: 1-800-526-3485
- Speak to a DMHAS chaplain at 860-999-1629 from 9am to 9pm

I appreciate all that you do every day. Each and every one of you plays an integral role in the work we do and supporting the individuals we serve along on their path of recovery. I know these are difficult times, but I am confident that we will see the other side of this. Please take care of yourselves and each other.