

COVID Updates DMH

Wednesday April 1, 2020

Dear DMH family,

We did not have a ton of updates by Monday, so I put it off until mid-week. So, happy Wednesday! I was trying to think of an April fool's joke, but I'll spare you my cheesy ideas. By now, most of you have settled into a new routine and have figured out how to make a cool zoom background! I have discovered this is a great way to hide the children and spouse passing by in the background multiple times during a call! By using scenes from past travels, it also helps remind me that we will again be back out discovering the world. This is simply a moment in time to practice what we all as public health and prevention scientists believe in - but have had a hard time convincing the non-enlightened of prior to this crisis – that prevention can preclude the need for treatment, and that community and individual-level behavioral interventions work!

I continue to see your beautiful faces at seminars and research meetings, and that makes me so happy. I also continue to be inspired by your work ethic and energy. I personally have found the balance of working in a single room, parenting, spousing, daughtering, cleaning, etc. to be exhausting, which makes me even more appreciative of the efforts you are all putting into your own work, to new covid-related activities, to your students, and to each other. Thank you so much. This isn't an easy time, but you are each showing your passion for your work and for each other through this!

Below are some updates that are hopefully helpful:

For fun: While homeschooling my son Bryce, he taught me this measurement joke from math today: [What do you call 3ft of trash?...a junk yard!](#) I also head this gem: [“30 days has September, April, June, and November. All the rest have 31, except for March, which has 8000.”](#)

Education: In addition to the option to take courses pass/fail, the school's deadline for graduation requirements submissions for 4th term have been extended to May 1. For MHS students, this means your thesis deadline has been extended to April 13, which will allow your advisor and other readers time to comment, and you to revise, prior to this new deadline.

Research: A reminder that NIH grant applications for due dates between March 9, 2020, and May 1, 2020 will now be accepted through May 1, 2020. For details click [here](#) and [here](#).

Also, the university is organizing COVID-related research activities, primarily focused on Baltimore's health. If you are interested in helping, please see [this link](#) and fill out information about your expertise and what you are willing to do. Please let me and Adam Spira know if you end up working on a particular project.

On campus: In accordance with the Governor's [stay at home order](#), please continue working and learning from home, except for essential tasks that require you to come in. For those who

must come in, please let [Carlina Carter](#) know first, and be reminded that Hampton House and Washington St building are only open between 9AM-4PM. Even in these hours, you will need to sign in to the building.

Email overload? I recognize how many emails you are getting. If you feel overwhelmed, don't worry. The [school emails are here](#), and these department emails are [here](#).

How can you contribute?

Sharing: If you would like to send in a picture of you with a statement of how you are managing mental health, or a video about this, please let me know. We are planning a campaign to promote mental health and wellbeing and would love to have you in it!

Sewing: A locally-owned fabric shop, [Domesticity](#), is organizing face mask-making, including pick-up and delivery of supplies to JHH. Click on the banner at the top of the page and scroll down to Hopkins. They also request that people wash the cotton fabric in warm water before cutting, in case it shrinks. And avoid scented products like fabric softener or dryer sheets, as the scent chemicals can trigger allergies and asthma.

Your own mental health: The mental health task force has continued to collect and generate content to promote mental and behavioral health at this time. Our long compendium of resources can be found [here](#), and we will continue to distribute one-pagers for specific topics. The previous one on JHU resources is [here](#). Adam Spiral also shared some [tips for sleeping well](#). A few new resource compilations are below:

Working from home:

JHU Support

- **JHU Working from Home Support:** Topics include remote access guide, training and resources, productivity, and wellness.

Courses

- **Remote Working: Setting Yourself and Your Teams Up for Success [LinkedIn Learning]:** Free courses covering topics such as thriving at work, managing stress for positive change, building resilience, etc.

Articles

- **Seven tips to manage your mental health and well-being during the COVID-19 outbreak** [Nature Career Column]
- **How to work from home and be productive** [Cleveland Clinic]: Tips for being productive while also maintaining mental health
- **Working from home because of COVID-19? Here are 10 ways to spend your time** [Science]
- **Working from home with kids feels unsustainable. Here's how to ease the burden** [Vox]

Managing Course Expectations:

- **Students: Preparing to Take Courses Remotely:** Guidelines adapted from JHU's Center for Educational Resources for students to help improve the transition to remote learning.

- **Five Tips for Moving Teaching Online:** Career Feature from Nature, scientific journal, on ways to embrace the digital classroom.
- **Seven tips to manage your mental health and well-being during the COVID-19 outbreak:** Career Column from Nature, scientific journal, on ways to adapt to e-learning.
- **Adjusting Study Habits for Remote Learning:** Remote Learning Guide created by the Miami University's Bernard B. Rinella, Jr. Learning Center.
- **Supervisor Tips and Tools for Motivating Remote Staff to Stay Engaged and Productive:** Guide designed by the University of Pittsburgh to support supervisors in helping to keep employees engaged and productive while working remotely during the COVID-19 pandemic.

I hope you are all holding up. Please continue to send any questions or concerns to me. We are eager to help in whatever ways we can. I also want to continue to thank our amazing admin staff for their efforts as we all work from home yet still get seminars and meetings to run, grants out the door, budgets balanced, people paid, and many other tasks! I personally am so grateful!

Warmly,

Dani