

# Vaccines, Vacations & Variants of Concern

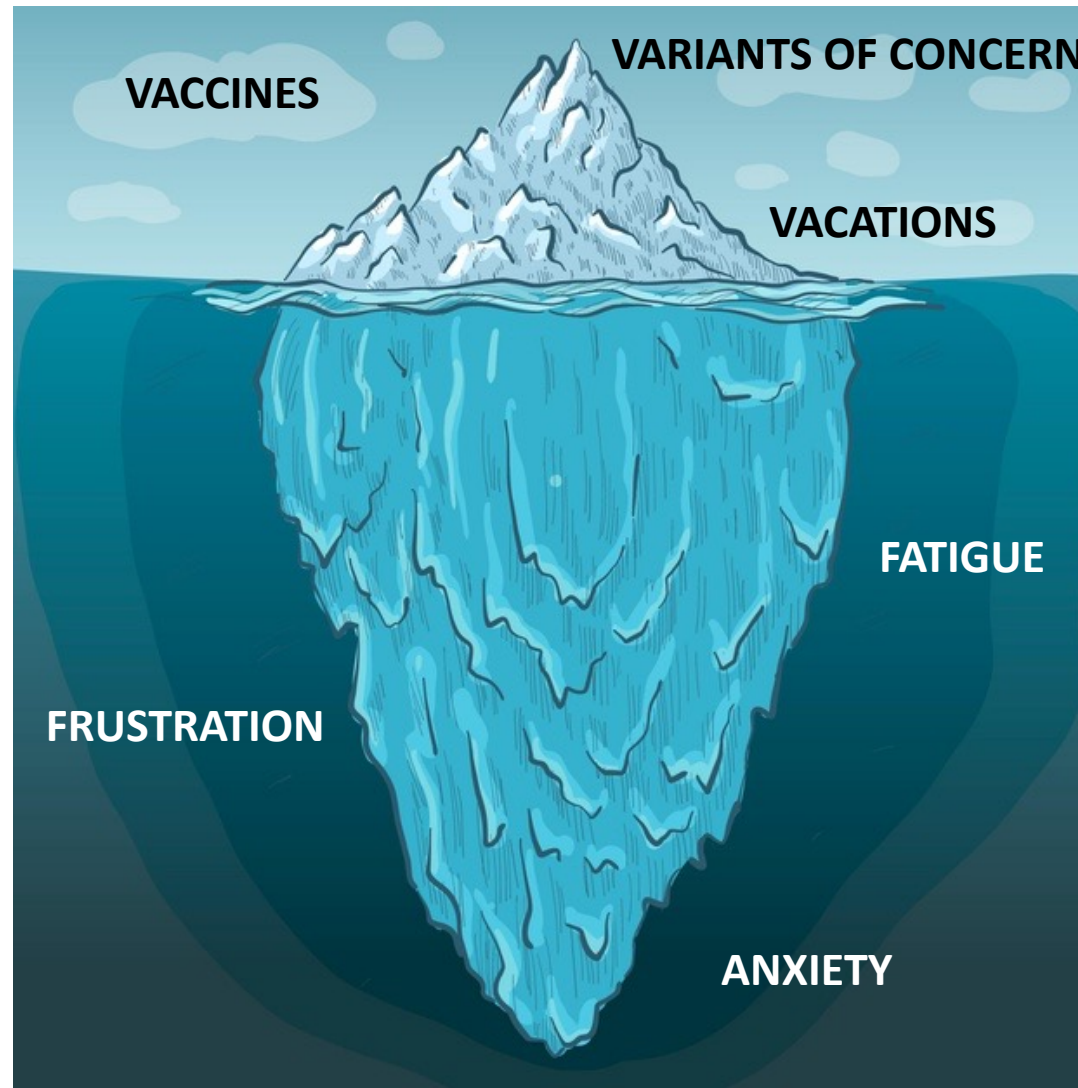
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Supporting our Mental Health

July 2021



A partnership between CAMH and the Provincial Network on Developmental Services; funded by the Ministry of Children, Community and Social Services



# Variants of Concern

- What they are
- Why are they worrisome
- What can we do about it



# Variants

An iceberg floating in a blue ocean under a blue sky with white clouds. The word "Variants" is written in large black letters across the top of the iceberg. The iceberg is split horizontally by the water line. The portion above water is the visible tip, while the much larger portion below water represents hidden factors. Various text labels are placed within the submerged part of the iceberg, representing underlying challenges and factors.

Being vaccinated but still vulnerable

Mixed messages

"slow" response in Canada relative to other countries

No vaccines for <12 y/o

Employee trust

Spread from unvaccinated members

More mutations

Anti-vaxxers

Underlying health condition

Family

Unvaccinated friends

Re-returning to work – how?

Spread of fact versus fake info

# Vaccines

- What is happening in Canada
- Common challenges around vaccinations
- Vaccine safety



An illustration of an iceberg floating in the ocean. The tip of the iceberg is above the water line, and the much larger base is submerged. The word "Vaccines" is written in large black letters across the tip. Various text labels are placed on the submerged part of the iceberg, representing hidden challenges. Small blue fish are scattered in the water around the iceberg. The sky is blue with white clouds.

# Vaccines

**False sense of security: forgoing masks**

**Experience of side effects discouraging others**

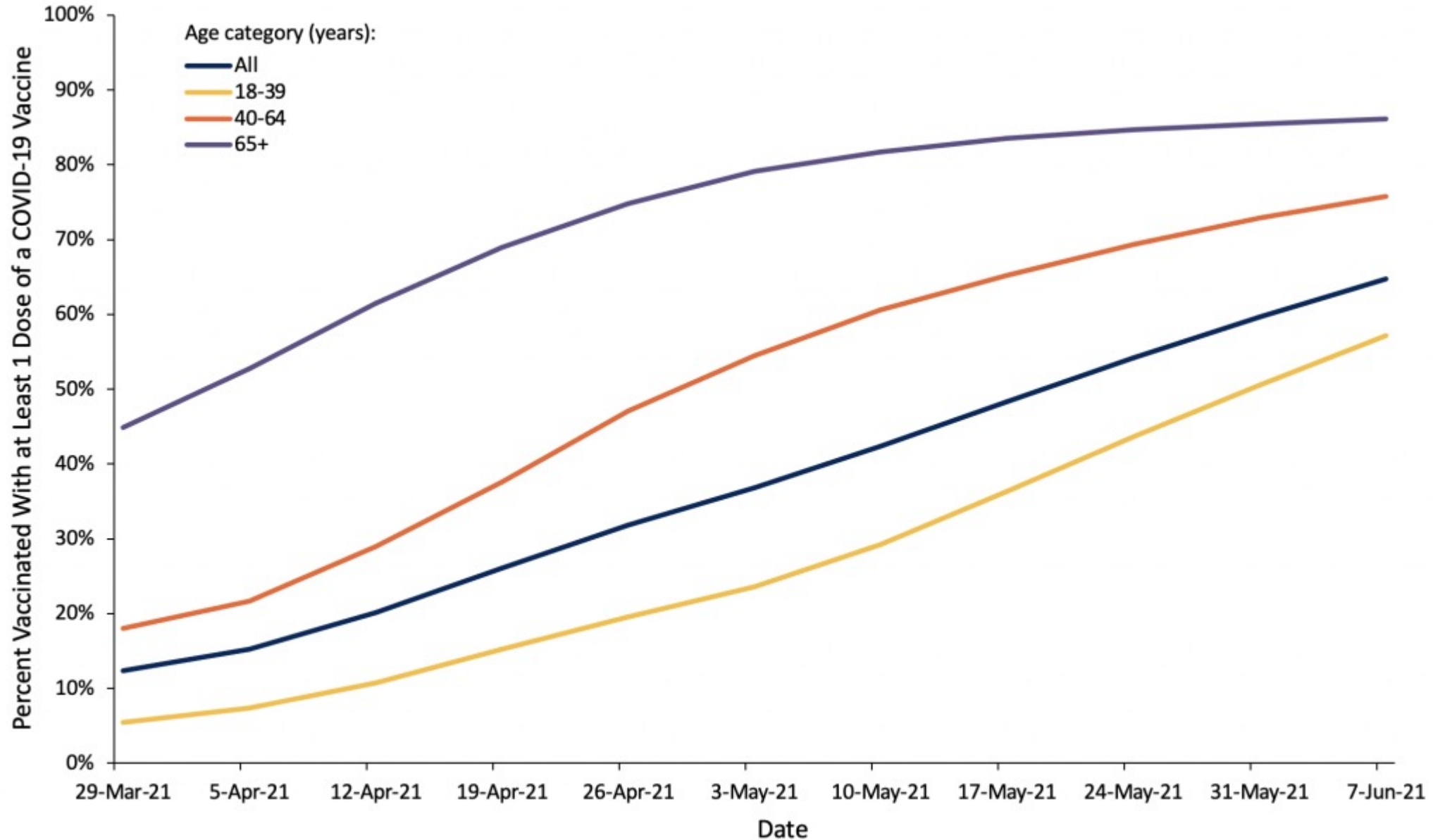
**Barrier to access**

**Mixing**

**Who is 2<sup>nd</sup> dose priority?**

**No time – busy lives**

## Vaccine rollout for Ontario adults with developmental disabilities (first vaccine) until June 7, 2021





- What are vacations and why we need them
- Why are they important
- How can we re-imagine our vacations and rest time



<https://www.weareteachers.com/most-affordable-vacations-for-teachers/>



# **V**acations

An iceberg floating in a blue ocean under a light blue sky with white clouds. The visible tip of the iceberg is white and jagged. The word 'Vacations' is written in large black font across the tip. The submerged part of the iceberg is dark blue and contains several text labels. Small blue fish are scattered in the water around the iceberg.

**Mass transit**

**Transmission from tourism**

**Work responsibilities**

**Family responsibilities**

**Non essential travel**

**Guilt**

**Time off**

**Lack of staffing**



# Do you work as a front-line staff in the Developmental Services sector?

## What is the purpose of this study?

We are interested in learning about your experiences in supporting adults with developmental disabilities during COVID-19.

We invite you to take part in this short online survey to better understand the impact of the pandemic on your work. This information will help us determine staff needs and provide tailored support for staff at this time and in the future.

## Questions about this study?

Email [DStaff.Study@camh.ca](mailto:DStaff.Study@camh.ca) or call 416-535-8501 x 37822

## Interested in participating?

Get started at:

<https://is.gd/staffsurvey2021>

V2: June 18, 2020  
REB: #084/2020

For information about programs and services at CAMH, please visit [www.camh.ca](http://www.camh.ca) or call 416-535-8501 (or 1-800-463-6273)

**camh**  
mental health is health



We are excited to offer **developmental sector staff** an opportunity to participate in a brief virtual ACT-based workshop.

The workshop aims to supporting workplace mental health.

There is a total of **three 2-hour sessions** (*July 16, July 23, & Aug 20* from 9:30 -11:30 AM EST) hosted through the WebEx platform.

Deadline to register to participate is **July 7<sup>th</sup>, 2021**

For more information contact [sarah.davis@camh.ca](mailto:sarah.davis@camh.ca)