

COVID-19 Update - April 3, 2020

Hi all-

Happy Friday! I'm going to let you peek behind the curtain a little bit. When I sit down to write these updates, the formula is usually about 15% what's going on and 85% how I'm feeling about it. Today, it's going to be 100% how I'm feeling about things.

Not gonna lie, it's been a long week. The earth shook, both literally and figuratively, with an earthquake and then the first confirmed cases in our staffing ranks. I feel the concern and uncertainty with everyone else around this public health crisis, but the feeling I can't shake this evening is one of gratitude.

Challenging as it might be, I'm grateful to be part of this outfit at this time. I dig the work, I think it's important, but all of you is what makes this agency special. Your attitude and approach to this situation has been nothing short of amazing, and I can't imagine being anywhere else with anyone else.

I'm also thankful for the leadership team we have at IDOC. Not only do they have full-time jobs trying to make me look smarter than I am, but I wish all of you could see the effort and hours they've put in these past few weeks. What I appreciate even more than that, is how they've put your well-being at the forefront of everything we've done. They are always so quick to credit staff, but I want to shine a little light on how hard they've been working for you.

Another group that's been on my mind a lot is the mental health staff. Especially now, when unease and anxiety is gripping everyone, Dr. Campbell, our clinical supervisors, clinicians, and the entire mental health team have been holding it down. In addition to standing up some additional support groups to help manage the anxiety created by COVID-19, they've been keeping up with their normal duties including groups, individual contacts, intake assessments, etc., amid this "new" and challenging operating environment.

If all goes well, you're not going to hear from me again until Monday. I plan to unplug as best I can this weekend, love on my kiddos, try not to annoy my wife, and probably binge-watch Tiger King for the 4th time. I hope all of you have a great weekend!

Thanks-

Josh