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Isolation

Chloe Olson
University of Nebraska Medical Center

Teresa Eberhart
University of Nebraska Medical Center

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Chloe
Olson

Dr. Chloe Olson graduated from medical school at UNMC and completed psychiatry residency at University of South Dakota. She works as an adult inpatient psychiatrist at Lasting Hope Recovery Center. She is volunteer faculty at UNMC. Her clinical interests include catatonia, clozapine, psychopharmacology, and physician-led care. Her personal interests include dogs, true crime, and watercolor painting.

Teresa
Eberhart

Teresa Eberhart, MS, CTRS believes that understanding the perspective of the individuals she cares for is crucial in providing quality care and best outcomes. As a Recreation Therapist with over 25 years of experience, Teresa facilitates a variety of expressive activities to encourage individuals to share their stories. For the past ten years, Teresa has worked as a Certified Therapeutic Recreation Specialist at Lasting Hope Recovery Center. She received her BS from South Dakota State University and her MS from University of North Carolina - Chapel Hill in Recreation Therapy Administration.

I s o l a t i o n

A collective group poem by
Lasting Hope Recovery Center patients
in COVID isolation on January 19, 2022,
during recreation therapy with Teresa Eberhart.
Edited for length and submitted by Chloe Olson, MD.

Isolation is

Sitting alone with the slow passage of time.

Boring.

Terrible, horrible and depressing.

Like living in a space bubble.

Separation, segregation, and seclusion.

Insanity.

Lying in bed.

Lonely and scary, being alone with your own thoughts.

Internal.

Like hell.

Your time.

A time to find your own self-worth and conservancy into your own way of being.

A forced friend.

Too close to home when you don't have a home.

Louder racing thoughts, my voice being unheard.

Depression lingers, but I have to tell myself

THINGS WILL GET BETTER...

AND BELIEVE IT THIS TIME.

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