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## Acknowledgements

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could apply for assistance where those of us sitting there working couldn't." In addition, workers said they were required to report back within four hours of the shutdown ending. This timeline caused stress and anxiety as they were attuned constantly to news developments knowing that any day they would have to be back to work within a few hours. Workers also stressed about the backlog of work that was piling up and worried about how missing deadlines and other commitments would affect their business relationships. Thus, while financial stress played a big part in those suffering from poor mental health, these other confounding issues also contributed to stress during the shutdown.

Some workers expressed skepticism that therapists or other mental health professionals could have helped them during the shutdown: "It wouldn't [have] helped....it would not have helped to seek a mental health professional's help 'cause the only thing that would help me is knowing when I was going back to work." They weren't sure what skill or stress management techniques could help them if the ultimate stressor were still present. However, they did acknowledge how commiserating with colleagues in online forums during the shutdown and participating in the focus group was "cathartic."

## 2) *Pawns and Poor*



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- 2) Access to Services and Resources - Government workers said it was difficult for those working without pay to visit services (like the food pantry) as they tend to operate during business hours. They suggested it would be helpful for food pantries to institute a process where designated friends, family, or furloughed workers could pick up food for those working without pay. Two nonprofits who operate food pantries in the Ogden area noted they together served 536 more families, an increase of roughly 30%. These data suggest a strong need for assistance, considering that many working without pay were not able to access those food pantries.
- 3) Childcare - Government workers noted how hard it was for some colleagues with children to continue paying for childcare during the shutdown. Those furloughed couldn't give up a spot at the childcare by withdrawing their child, and those working without pay had to send their children but had no way of paying (primarily single parents). They suggested that the designated backbone organization collect donations for childcare and distribute these funds to those in need.
- 4) Events/Meals - Government workers stated they found participating in the focus groups to be therapeutic. They said that during the shutdown social media groups also provided outlets to vent and to help each other. They expressed a desire for a potential backbone agency to organize events such as dinners that would serve two purposes: 1) give furloughed workers the ability to get together for a sense of community, commiserate, and share what they knew of resources and services; 2) serve as a resource fair where local food pantries, mental healthcare providers, banks, credit unions, etc. could be present to make workers aware of what resources and services are available to them.
- 5) Communication Strategy - Both nonprofit and government workers discussed the best way to reach furloughed workers during the next shutdown. They both mentioned social media, local television news, the local newspaper (the *Standard-Examiner*), word of mouth, and online social media support groups as being effective last time. Those efforts should therefore be intensified, expanded, and coordinated during the next government shutdown (e.g., host



