



CITY, COUNTY, AND STATE

CHICAGO, IL: *Chicago Police To Get Help With Mental Health Crisis Calls:* For the first time ever, Chicago police will have a team of mental health experts riding with trained officers on mental health calls. CPD said they'll have about 24 officers to start. Details are still being worked out. Over the summer, Chicago police sent some of their own to Houston to learn from officers there. The Houston Police Department has been a pioneer in the arena and has been sending trained officers with mental health experts for these same types of calls.

DENVER, CO: *The City and County of Denver and the Denver Health and Hospital Authority released a landmark strategic framework designed to further improve outcomes for people challenged by behavioral health disorders: [Road To Wellness: A Strategic Framework to Improve Behavioral Health in Denver](#)* will provide a roadmap for stakeholders in the behavioral health community to help navigate towards shared objectives around building a healthy community. While Denver has a large system of support services to assist residents and address mental health crises, this new framework will improve existing services, systems, and responses to ensure they provide consistent and comprehensive care. Through the goals described in the framework, *Road To Wellness* provides focus and definition to guide the efforts of individuals and entities working in the behavioral health space. Work on *Road To Wellness* began in October 2018 when Mayor Michael Hancock brought together a steering committee tasked with developing a framework. More than 100 individuals and 50 organizations participated in the process, including people who have experienced behavioral health challenges, homeless service providers, librarians, educators, and first responders. The *Road To Wellness* strategic framework lays out steps to further improve behavioral health outcomes for any and all Denver residents who suffer from behavioral health disorders. The framework advocates for systems and communities where people can be healthy, articulating five "interconnected and overlapping" goals to ensure that: Our communities promote well-being; When we seek care, we get the care we need; We have access to compassionate, integrated, coordinated care; We act early and manage crises in the appropriate setting; and We have the data to understand and improve behavioral health.

SAN DIEGO, CA: *Mayor Kevin Faulconer announced new mental health investments in his sixth and final State of the City address:* The Mayor announced a partnership with the County of San Diego to tackle drug and mental health problems faced by the city's homeless population. "We will deploy mental health teams to all the city's bridge shelter and place people with severe addiction in residential care. And follow it up with a significant increase in County resources to make sure everyone who is struggling with addiction and mental illness is directly connected to housing and treatment."

LOUDOUN COUNTY, VA: *Loudoun County Public Schools holds 3rd annual Mental Health Awareness Conference:* Over 300 people participated in the Loudoun County Public Schools' (LCPS) Mental Health and Wellness Conference, parents and students learned about anxiety, stress, resilience and more. More than 20 local health care providers in the county came to not only show support but to let parents and students know more about their services available.

MONTGOMERY COUNTY, OH: *County to offer overdose reversal drug to businesses for public use:* After a decade that saw more than 2,600 people die of overdose deaths in Montgomery County, businesses will soon be able to request a free opioid rescue kit that contains the overdose-reversing drug naloxone. Spearheaded by the county's Community Overdose Action Team, the first 30 boxes have been purchased at a cost of about \$240 per box. Each opioid rescue kit ships with a bilingual overdose recognition and response instruction booklet on how to administer a dose of intranasal naloxone and use the included CPR rescue breathing device. The county will keep each box stocked with four doses of naloxone. A two-dose box of naloxone costs between \$60 and \$75, but a \$2 million federal grant to ADAMHS is covering the cost of the medication for law enforcement and first responders.

ALASKA: *New legislation would require K-12 mental health curriculum:* New legislation, House Bill 181, in the Alaskan Legislature would require mental health curriculum in K-12 health classrooms. The goal is to make sure students are adequately educated on vital information about mental health symptoms, resources, and treatment.

MICHIGAN: *Senate passes mental health hotline bill:* The legislation was passed in the state Senate to create the Michigan Crisis and Access line. The hotline would connect people with mental health resources throughout the state. This week the Senate voted to create the Michigan Crisis and Access Line to connect callers with needed resources. The hotline would combine the suicide hotline, opioid hotline and in-patient psych bed registry. If the legislation passes, Michigan will become only the second state to have a service like this.

TENNESSEE: *Governor promises increased mental health funding:* Governor Bill Lee promised this week increased funding for mental health resources during a tour of a Nashville facility dealing with psychiatric patients. The governor added that whatever increase comes this year for mental health funding, it will be larger than the increase last year. Governor Lee will unveil his funding choices for the Tennessee government budget in the upcoming State of State speech.

EXECUTIVE

New CDC Data Shows 1 in 3 adults with arthritis also has a history of depression

- New CDC data shows that chronic pain conditions are associated with an increased risk of mental health conditions and nearly a third of those with arthritis have a history of depression
- Overall trends: Nearly 20% of adults reported experiencing some kind of mental distress — such as stress or other emotional changes — for at least 14 of the previous 30 days
- Demographic trends: Women with arthritis were likelier than men to experience trouble with their mental health, as were people in the LGBTQ community. Women and LGBTQ individuals were also more likely to have a history of depression
- Geographic trends: Those in Appalachian and Southern states were more likely to have frequent trouble with their mental health, but there were no consistent geographic patterns when it came to a history of depression

Federal Comment Opportunity: FCC Proposed Rule Implementing 988 at the Suicide Hotline Telephone Number

- The Federal Communications Commission published its proposed rule implementing 988 as the suicide hotline phone number within 18 months
- The deadline for comments is Friday, February 14th
- You can find the proposed rule [here](#)

SENATE

Senate Democrats Send Letter to FDA Commissioner Hahn Criticizing Vaping Regs

- Sen. Patty Murray (D-WA) led 31 Senate colleagues in a letter to new FDA Commissioner Steve Hahn, criticizing the agency's decision to leave menthol-flavored e-cigarettes and flavored e-liquids used in "open tank" e-cigarettes on the market
- Murray, the Senate HELP Committee ranking member, and her colleagues warned Hahn that the flavored e-cigarettes and single-use devices — which haven't undergone FDA review — will place millions of children at risk of addiction
- You can view the letter [here](#)

Senate Passed the Following Legislation this Week:

- H.R. 5430 (Rep. Hoyer): A bill to implement the Agreement between the United States of America, the United Mexican States, and Canada attached as an Annex to the Protocol Replacing the North American Free Trade Agreement
- S. 3084 (Sen. Moran): A bill to amend title 38, United States Code, to modify the limitation on pay for certain high-level employees and officers of the Department of Veterans Affairs
- S.Res. 477 (Sen. Murray): A resolution designating the week of February 3 through 7, 2020, as "National School Counseling Week"
- H.R. 886 (Rep. Crist): A bill to direct the Attorney General to establish and carry out a Veteran Treatment Court Program

HOUSE

Energy & Commerce Committee Hearing on State Responses to the Opioid Crisis Focuses on Increased Flexibility

- House Energy and Commerce members used an oversight hearing on the opioid crisis to flag the rising overdose deaths linked to methamphetamines characterizing the stimulants as the "fourth wave" of the opioid epidemic while drug overdose deaths appear to be down for the first time since 1990, meth-related fatalities grew 21 percent between 2017 and 2018
- State officials pressed House lawmakers for more flexibility to spend federal dollars on broader drug treatment and to have more sustainable funding streams, opposed to annual grants

House Passed the Following Legislation this Week:

- H.R.4335 8-K Trading Gap Act
- H.Res.798 Appointing and authorizing managers for the impeachment trial of Donald John Trump, President of the United States
- H.R 1230 Protecting Older Workers Against Discrimination Act
- H.R 2398 Veteran HOUSE Act
- H.Res.790 Providing for congressional disapproval under chapter 8 of title 5, United States Code, of the rule submitted by the Department of Education relating to “Borrower Defense Institutional Accountability”

116th Congress Behavioral Health Legislative Tracker

- You can access our tracker of all behavioral health legislation introduced in the 116th congress [here](#)

IN OTHER NEWS

American Foundation for Suicide Prevention Calls for 20% Reduction by 2025

- The American Foundation for Suicide Prevention (AFSP) released a new plan for reducing the annual rate of suicide in the U.S. by 20% by 2025
- AFSP’s [Project 2025](#) is using the “top minds in the mental healthcare field coupled with dynamic data modeling” to target four key focus areas, which they have deemed represent the highest potential to reach the most people at risk for suicide in the shortest amount of time
- These include: healthcare systems, emergency departments, firearms, and corrections systems
- Currently, the project has just moved into [Phase II](#), which was officially launched in October 2019, building off Phase I development almost 5 years into the project, and includes, in part, an interactive website that helps organizations, individuals and policy creators contextualize the biggest contributing factors to suicide in the US
- View the plan [here](#)

MLB, union to provide \$3M to domestic violence, mental health programs

- Major League Baseball and the players' union announced a \$3 million grant program to support organizations that advocate for positive mental health, relationship skills and survivors of domestic violence
- U.S.-based nonprofit and global non-governmental organizations can apply over the next two years for grants up to \$50,000
- MLB team charities and big league players can apply for up to \$25,000 in a gift-matching component of the program
- The “Healthy Relationships Community Grant” will focus on relationship management skills for youth

New Study Shows Social Unrest in Hong Kong now is associated with more mental health problems

- A [new study](#) finds that recent political events in Hong Kong could mean an increased need for mental health care
- Researchers surveyed between 1,200-1,700 adults at nine different time points over a decade starting in 2009 and found that the prevalence of probable depression after last year's protests in the region was five times higher than before the 2014 Occupy Central protests (which advocated for a democratic electoral system)
- Suspected cases of PTSD after the 2019 protests were also six times higher than before 2014
- Those who used social media for at least two hours daily to monitor political news were also more likely to report mental health distress
- The authors estimate that across the population, these figures could mean a 12% increase in the caseload for mental health practitioners, and warn that Hong Kong is under resourced to handle the extra need

Washington Capitals Announce Various Mental Health Awareness Events

- The Washington Capitals and MedStar Health announced initiatives in support of mental health awareness
- The Washington Capitals and MedStar Health will host Talk Saves Lives in conjunction with the American Foundation for Suicide Prevention (AFSP). Following the Talk Saves Lives program, there will be a Q&A discussion with Capitals players Nick Jensen and Brendan Leipsic and experts in the mental health field, including MedStar Health psychiatrist, Dr. Karen Anderson
- In addition, the Capitals will hosted their first Hockey Talks Mental Health Awareness Night in partnership with MedStar Health on Thursday. The game featured several activations related to mental health, including PSAs and an informational table on the 200-level concourse. In addition, players will wear the Hockey Talks decal on their helmets to further raise awareness about mental health
- The Capitals are among 15 National Hockey League teams hosting Hockey Talks this season

WEEKEND READING

[Today:](#) 'Dudes and Dogs' program aims to help men talk about mental health

[Washington Post:](#) Medicaid Expansion May Have Saved Thousands from Drug Overdose Deaths

[Toronto Star:](#) DeMar DeRozan Helped Change the Conversation about Mental Health

[The 74:](#) Not Many Afterschool Programs Teach Social-Emotional Learning. Wings for Kids Does, and New Gold Standard Study Finds It's Working for Low-Income Students

[Kaiser Health News:](#) Family Doctors in Rural America Tackle Crisis of Addiction and Pain

The information compiled in this email came from various news sources including: Politico, Vox, The Hill, CQ Roll Call, Modern Healthcare, Stat, and Kaiser Health News