



## **COVID-19 - MENTAL HEALTH RESOURCES**

- **THE CITY OF NEW YORK:**
  - [City of New York – Mental Health Support While at Home Guide](#)
  - [COVID-19: Coping and Emotional Well-being](#)
- **DEPARTMENT OF HEALTH AND HUMAN SERVICES**
  - [Mental Health and Coping](#)
- **SUBSTANCE ABUSE MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA):**
  - [COVID-19 Homepage](#)
    - [Disaster Distress Hotline](#)
    - [Training and Technical Assistance](#)
    - [FAQs: Provision of Methadone and Buprenorphine for the Treatment of Opioid Use Disorder in the COVID-19 Emergency](#): In response to the Coronavirus Disease (COVID-19) pandemic, SAMHSA is providing answers to Frequently Asked Questions regarding the provision of methadone and buprenorphine for the treatment of Opioid Use Disorder for new and existing patients.
    - [COVID-19 Guidance for Opioid Treatment Programs](#): SAMHSA is offering guidance on pharmacotherapy for opioid use disorder availability in circumstances in which patients may be exposed to highly contagious infectious agents (such as COVID-19).
    - [Use of Telemedicine While Providing Medication Assisted Treatment \(MAT\)](#): Under the Ryan Haight Act of 2008, where controlled substances are prescribed by means of the Internet, the general requirement is that the prescribing Practitioner must have conducted at least one in-person medical evaluation of the patient. U.S.C. 829(e). However, the Act provides an exception to this requirement. 21 U.S.C. 829 (e)(3)(A).
    - [TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs](#): This handbook offers guidance in creating a disaster preparedness and recovery plan for programs that provide treatment for mental illness and substance use disorders. It describes the planning process, preparing for a disaster, roles and responsibilities, training, and testing.
    - [COVID-19 Public Health Emergency Response and 42 CFR Part 2 Guidance](#): In response to the Novel Coronavirus Disease (COVID-19) pandemic, SAMHSA is providing COVID-19 Public Health Emergency Response and 42 CFR Part 2 guidance to ensure that substance use disorder treatment services are uninterrupted during this public health emergency.
    - [TIP 42: Substance Abuse Treatment for Persons with Co-Occurring Disorders](#): This updated (March 2020) TIP is intended to provide addiction counselors and other providers, supervisors, and administrators with the latest science in the screening, assessment, diagnosis, and management of co-occurring disorders.
    - [Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak](#): In the event of an infectious disease outbreak, local officials may require the

public to take measures to limit and control the spread of the disease. This tip sheet provides information about social distancing, quarantine, and isolation.

- [Training and Technical Assistance Related to COVID-19: MHTTC Resources](#)

- **THE NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH):**
  - [Covid-19 Sharable Resources](#)
- **CENTERS FOR MEDICARE AND MEDICAID SERVICES (CMS):**
  - [Medicare Telemedicine Health Care Provider Fact Sheet](#)
- **UNITED NATIONS:**
  - [COVID-19 and Mental Health Impacts](#)
- **WORLD HEALTH ORGANIZATION (WHO):**
  - [Mental Health and Psychological Considerations During COVID-19](#)
  - [Helping Children Cope with Stress](#)
- **CENTERS FOR DISEASE CONTROL (CDC):**
  - [COVID-19 Manage Stress and Anxiety](#)
  - [Therapeutic Options](#)
  - [Reopening Guidance](#)
  - [Disaster Shelter Guidance](#)
  - [Activities and Initiatives Supporting the COVID-19 Response and the President’s Plan for Opening America Up Again](#) *(New)*

### ***COVID-19 ORGANIZATIONAL RESOURCES – MENTAL HEALTH:***

- [Mental Health America](#) - Mental Health And COVID-19: Information And Resources
- [National Alliance on Mental Illness](#) - Updates On The Coronavirus
- [National Council on Behavioral Health](#) - Resources and Tools for Addressing Coronavirus (COVID-19)
- [American Psychiatric Association](#) – Center for Workplace Mental Health Covid-19 Response
- [CitiesRise – Local Mental Health Resources](#)
- [American Foundation for Suicide Prevention](#) – Mental Health and Covid-19
- [Well Being Trust](#) – Covid-19 Mental Health Resources
- [PsychHub](#) - COVID-19 Mental Health Resource Hub
- [National Association of School Psychologists](#): Helping Children Cope With Changes Resulting From COVID-19
- [National Association of State Mental Health Program Directors](#) - Peer-Led Recommendations for Supporting Individuals Receiving Care in State Psychiatric Facilities during the COVID-19 Crisis
- [Postpartum Support International](#): PSI COVID-19 Resources
- [Depression and Bipolar Alliance](#): Covid-19 Resources

### ***COVID-19 ORGANIZATIONAL RESOURCES – GENERAL:***

- [National League of Cities COVID-19 Response](#)
- [National League of Cities – CARES Act City Impacts](#)
- [United States Conference of Mayors COVID-19 Response](#)
- [National Association of Counties COVID-19 Response](#)
- [Trust for America’s Health – Resource Portal](#)

- [United States of Care – Covid-19 Response](#)
- [The New Deal – Coronavirus Policy Resources Database](#)
- [Local Housing Solutions - COVID-19](#)
- [Cities for Health – Covid-19 Resources](#)
- [National Low Income Housing Coalition – Covid-19 and Housing](#)
- [Harvard Kennedy School of Government - COVID-19 Response: Open Data Resources for Local Government Leaders](#)
- [National Alliance to End Homelessness - A Framework for Covid-19 Homelessness Response](#)
- [National Conference on State Legislatures - State Action on Coronavirus \(COVID-19\) \*\(New\)\*](#)

### ***COVID-19 SUPPLIES RESOURCES:***

- [National PPE Coalition](#)
- [Project N-95](#)

### ***COVID-19 DATA TRACKING DASHBOARDS:***

- **Johns Hopkins:** [Johns Hopkins Interactive Tracking Dashboard](#)
- **Johns Hopkins:** [Interactive County by County Tracking Dashboard](#)
- **Splunk:** [Splunk Dashboard for Coronavirus Tracking](#)
- **Tableau:** [COVID-19 dashboard, data resources and public health response information \(Tableau\)](#)
- **Elucd:** [National Public Perception Dashboard on COVID-19](#)
- **SAS:** [2019 Novel Coronavirus Dashboards \(SAS\)](#)

### ***COVID-19 RELATED FEDERAL GRANTS:***

#### **SAMHSA: COVID-19 Emergency Response for Suicide Prevention Grants**

- **Due Date:** Friday, May 22<sup>nd</sup>
- **Eligibility:** State government agencies, including the District of Columbia and U.S. Territories. The State mental health agency or the State health agency with mental or behavioral health functions should be the lead for the ERSP grant. Community-based primary care or behavioral healthcare organizations, Public health agencies, Community-based service providers able to meet psychiatric and psychosocial needs of clients including, for example, shelters for victims of domestic violence, clubhouse-type facilities, Emergency departments, and Federally recognized American Indian/Alaska Native (AI/AN) tribes, tribal organizations, Urban Indian Organizations, and consortia of tribes or tribal organizations.
- **Purpose:** The purpose of this program is to support states and communities during the COVID-19 pandemic in advancing efforts to prevent suicide and suicide attempts among adults age 25 and older in order to reduce the overall suicide rate and number of suicides in the U.S. SAMHSA recognizes the serious concerns for domestic violence victims that are posed by mass stay-at-home and quarantine orders. Under normal circumstances, domestic violence can lead to situations of increased stress, anxiety, depression and trauma. These are all contributing factors to risk for suicide if unaddressed. Current conditions exacerbate this situation for domestic violence victims. Given the unique situation for these particular individuals, SAMHSA is requiring that a minimum of 25 percent of direct services funding be used to support this population. This must be clearly identified in the budget narrative and justification.

## Bureau of Justice Assistance: FY 2020 Coronavirus Emergency Supplemental Funding Program

- **Due Date:** Friday, May 29<sup>th</sup>
- **Eligibility:** States, U.S. Territories, the District of Columbia, units of local government, and federally recognized tribal governments that were identified as eligible for funding under the Fiscal Year (FY) 2019 State and Local Edward Byrne Memorial Justice Assistance Grant (JAG) Program are eligible to apply under the Coronavirus Emergency Supplemental Funding (CESF) Program solicitation
- **Purpose:** The Coronavirus Emergency Supplemental Funding (CESF) Program will provide funding to assist eligible states, local units of government, and tribes in preventing, preparing for, and responding to the coronavirus. Allowable projects and purchases include, but are not limited to, overtime, equipment (including law enforcement and medical personal protective equipment), hiring, supplies (such as gloves, masks, sanitizer), training, travel expenses, and addressing the medical needs of inmates in state, local, and tribal prisons, jails, and detention centers.

## CITY, COUNTY, AND STATE NEWS

**NEW YORK CITY, NY: *New York City Begins Methadone Delivery Service for People with Addictions:*** New York City's health department will make the delivery option available for methadone to some patients, such as older people or those with health conditions like diabetes who are particularly vulnerable to developing serious cases of Covid-19. In a first, the department, in collaboration with the New York State Office of Addiction Services and Supports, will deliver methadone to the homes of patients who have coronavirus, suspect they might have the virus, or fall into another category of high-risk individuals, like the elderly or those with chronic health conditions. Methadone helps curb cravings and eases the withdrawal symptoms experienced by people getting off opioids without producing a high. In March, the U.S. Substance Abuse and Mental Health Services Administration issued new guidance that loosened restrictions on methadone, allowing "stable" patients—those who have shown they are able to keep up with a consistent treatment plan—to receive up to 28 days' worth of doses. New patients can get 14 days' worth. New York City implemented this change and took it a step further for certain patients. In mid-April, the health department piloted methadone delivery at isolation hotels for homeless residents of the city who had tested positive for Covid-19 or were exposed to someone who had tested positive. Now, home delivery will be available to a much greater number of the roughly 28,500 methadone patients registered with the city's 68 opioid treatment programs. Working in teams of two and equipped with masks and wipes, couriers will make approximately 1,300 curbside deliveries per month, according to health department estimates. Anyone who takes methadone can be referred for delivery by their treatment coordinator if they have a positive diagnosis or Covid-19 symptoms. The city suggests that all patients over 50 years' old who have an underlying health condition, including lung disease, heart disease, diabetes, or cancer, also be referred for home delivery (more than half of New Yorkers on methadone are over 45 years old). Patients can also now assign a family member to pick up their methadone for them for any reason.

**CHICAGO, IL: *\$1.2 Million for COVID-19 Mental Health Project:*** To deal with the mental health issues faced by many during the pandemic, Chicago Mayor Lori Lightfoot announced a series of initiatives to help people affected by COVID-19. The mayor said the city will spend \$1.2 million and will partner with four mental health organizations to help residents with an array of issues that came about during the pandemic. "Many of our Chicagoans have been struggling with heightened levels of anxiety, depression and trauma, sometimes, unfortunately, with tragic consequences," Lightfoot said. "We have not only lost our mobility, but in many ways our sense of security, whether from the stress of job security, the safety of loved ones or the forced isolation that's come from social distancing." The funds will allow the expansion of access for people with

serious conditions including schizophrenia, bipolar disorder or co-occurring disorders. The four partner organizations – Friend Health, Healthcare Alternative Systems, Thresholds, and Trilogy Behavioral Healthcare – will expand to Assertive Community Treatment (ACT) services and Community Support Teams (CST) with a focus on Chicago’s south and west Sides. “These teams will provide services to persons who may benefit from a higher level of support and will increase community-based mental health services in communities of highest need across Chicago,” said CDPH Commissioner Allison Arwady, M.D. “This is so important right now because COVID-19 can exacerbate preexisting vulnerabilities in those with mental health conditions.”

**PALMDALE, CA: *City of Palmdale Hosted Mental Health Awareness Virtual Town Hall:*** The City of Palmdale hosted a Mental Health Virtual Town Hall via Zoom on Monday featuring mental health expert John Glover from Mental Health America and Dennis Anderson, a veteran’s advocate and social worker with High Desert Medical Group. The virtual town hall provided an opportunity for residents to gain valuable tools for coping with mental health concerns, and a chance to lean on the support provided by those with knowledge and experience in the field.

**PHOENIX, AZ: *Phoenix Police Address Employee Mental Health With Three-Prong Approach:*** The City of Phoenix is highlighting different programming during mental health awareness month. This week the Phoenix Police Department's Employee Assistance Unit, or EAU, addresses mental health for its employees was highlighted. "We, in law enforcement, are really bad – we like helping others, but sometimes we're bad at asking for help," Sgt. Jared Lowe with the department's Employee Assistance Unit said. He and his team of seven detectives take a three-prong approach to wellness. The first prong is peer support with the message that you are not alone. They do this through 24/7, confidential services to employees and their families for issues like anger, addiction, loss, divorce, or anything else that comes up on the job or at home. If more help is needed, they refer out – that's where the second prong comes in. Crisis Preparation Recovery, or CPR, is a behavioral health company contracted by Phoenix Police. The final prong of the three-prong approach is spirituality. Pastor Bob Fesmire is one of five volunteer chaplains available to Phoenix Police employees, day or night, should they want it. He works mostly out of his truck, responding to critical incident scenes, visiting injured officers in the hospital, or meeting up with officers or their families outside of work. "It's what happens, and what they see, what they hear, what they smell, what they touch, what they experience, every day of our lives," Pastor Bob said. "As that accumulates, within their life and over the course of their career, it can create a lot of strain on them and their families. So we protect them as they protect us."

**SAN DIEGO, CA: *City Helping Mental Health During Pandemic Through Poetry:*** The city of San Diego has designed a creative program to help people cope with the pandemic through writing poems. It's called the "San Diego Poetry Together Challenge." The city's poet laureate, Ron Salisbury, picks a theme every two weeks and people from across the city and county submit poems about that specific topic. For the first round of the challenge, San Diegans submitted 90 poems about dreams during these days of seclusion. Salisbury picked his top three choices and they were posted on the city's website Sunday. The new, current prompt announced Sunday is “How has the concept of waiting changed for you?” Salisbury said he can’t wait to read the next poems from people all over San Diego. “Keep writing, it is a tremendous opportunity for us to read your poems and it’s a tremendous opportunity for the poets and writers of San Diego to express themselves,”.

**BENTON COUNTY, OR: *Benton County launches mental health training course for residents under stress:*** The Benton County Health Department began a new mental health service last week to provide relief during the COVID-19 pandemic. “As we were beginning our emergency response,” said the department's interim co-director, Dannielle Brown, “we identified that this was likely going to be a need. It was something that we needed to decide to develop early on rather than wait.” So county behavioral health staff from the Emergency Operations Center are offering training on coping skills and management strategies. The goal, Brown said, is for the training to help relieve stressors like being home from work and taking care of kids while they’re out of

school. "It could be you or I who are having additional stress, anxiety (or) depression related to the COVID emergency, or not necessarily related to the COVID emergency," Brown said. "It can be anyone." The training, which launched May 11, is offered individually or in groups through a secure service in the form of a video chat or over the phone. It's based on the Skills for Psychological Recovery curriculum by the Substance Abuse and Mental Health Services Administration and is offered in four to six sessions. The service should not be confused with therapy or other programs for people with severe mental health needs. It is rather, Brown said, for people with issues that stem from the novel coronavirus outbreak or related crises. The Health Department has three dedicated, trained employees leading the service. They'll continue to offer the sessions as they are needed, Brown said.

**LAKE COUNTY, FL: *Lake County School Officials Create Scholarship Fund to Educate Mental Health Liaisons:*** A scholarship fund has been set up to help educate school mental health liaisons. Officials say it's important to identify struggling students before it's too late. Tahirah Patterson is one of the school's mental health liaisons. "We have a lot of peer pressure, social media bullying, owning up to your parent's expectations. Those normal developmental phases that they are going through are now exacerbated by this pandemic at this point," Patterson said.

**SONOMA COUNTY, CA: *Supervisors Approve 16-Bed Sonoma County Mental Health Facility:*** The Sonoma County Board of Supervisors approved the establishment of a psychiatric health facility — or PHF — Tuesday for the county. The Sonoma County Healing Center could be up and running as soon as 2020 or early 2021. The county's Department of Health Services has contracted with Crestwood Behavioral Health, Inc., to operate the facility that will provide much-needed acute care psychiatric beds for the department. The addition of the 16-bed facility with 24/7 care for the short-term treatment of residents experiencing mental illness is touted as a significant advancement for Sonoma County's mental health services system. The facility that is expected to improve mental health care in the county is also expected to save money for the county. Patients at the PHF will receive intensive psychiatric treatment for an average of eight days. All patients will be enrolled in County mental health services, which will authorize services, transport patients to the facility and transport discharged residents from the facility to their home or to longer term treatment settings.

## **EXECUTIVE**

### **SAMHSA Assistant Secretary McCance-Katz Addresses the White House Cabinet Meeting**

- SAMHSA Asst. Secretary Elinore McCance-Katz made an appearance at Tuesday's White House Cabinet meeting, where she argued that in her capacity as "a psychiatrist who also happens to hold a PhD in infectious disease epidemiology," she's worried about the shutdown driving economic trauma that boosts addiction and substance use
- Asst. Sec. McCance-Katz also shared comments that she had recently made to governors: "Virus containment cannot be our only goal, no matter the cost to Americans," McCance-Katz said, adding that "if we ignore the reality of the enormous mental health strain we've put on our citizens ... I'm saddened but certain that the next major public health crisis of our time will be that of mental and substance use disorders, and it is not far behind."

## **IN OTHER NEWS**

### **Medical workers caring for Covid-19 patients in China show elevated signs of mental distress**

- A [small survey](#) of medical workers caring for Covid-19 patients in China finds elevated signs of mental distress

- Nearly 550 medical personnel who were caring for coronavirus patients in one of eight Chinese cities or provinces were asked to take a questionnaire asking them about various health behaviors — including anxiety, sleep, and diet
- Compared to the national average, the health professionals in the survey scored higher on scales of somatization (which represented physical symptoms of underlying psychiatric conditions), anxiety, and obsessive-compulsive symptoms.
- At the same time, the medical workers also had lower scores of interpersonal sensitivity — or the ability to accurately guess others' feelings based on nonverbal cues — which could also be a result of the stress from the pandemic

### **Analysis reveals how people around the world respond to depression treatment**

- A [new review](#) of mental health surveys from 16 countries around the world offers a glimpse into how those with depression respond to treatment
- More than 80,000 who took the WHO's World Mental Health survey between 2002-2016 were included in the analysis and of the more than 2,700 people who had a history of being treated for their major depressive disorder, 68% thought it was helpful
- Those who found treatment beneficial often were older when they sought out treatment; were highly educated; didn't wait long after first experiencing symptoms to seek out treatment; and were prescribed medication by a mental health specialist.

### **Mental health problems may be prevalent among law enforcement, analysis finds**

- A [large analysis](#) of studies on police officers finds that more than a quarter of those in law enforcement consume alcohol at dangerous levels, and demonstrate other behaviors to cause concern about mental health status
- Researchers looked at 67 studies that, overall, included data from more than 272,000 police officers from 24 countries and around 26% of officers screened positive for hazardous drinking, and around 14% met criteria for PTSD or depression
- Around 10% of officers also seemed to have suicidal thoughts or anxiety disorder, while around 1 in 20 were found to be drinking at levels to be considered alcohol-dependent
- Despite the large group, the vast majority of studies were from Western countries and contained data from male officers with a median age of 39, so the findings may not be generalizable to other demographics among law enforcement

### **Researchers warn of long-term mental health impact of novel coronavirus infections**

- According to a new analysis short-term mental health symptoms stemming from a coronavirus infection may continue for a long time after hospitalization



- Researchers found that around 30% of patients hospitalized for SARS and MERS, and almost 70% of the most serious Covid-19 patients experienced symptoms of delirium — general mental disturbance and sometimes hallucinations
- Although there isn't yet data on the long-term mental impacts of Covid-19, studies that looked at data from SARS and MERS patients showed that many of the most severely ill patients experienced depression, anxiety, fatigue, and PTSD for months or even years following their hospitalization
- The authors of the study warn that the studies assessing long-term mental health in SARS and MERS patients didn't have high-quality data — including the lack of a control group in some cases

### **Sierra Tucson Launches Mental Healthcare Program for Frontline Health Workers**

- Sierra Tucson on Wednesday announced the launch of a mental health initiative to provide care for physicians, nurses and other frontline healthcare workers affected by the COVID-19 pandemic
- Healthcare Heroes Trauma Recovery is a three-tiered residential trauma treatment program for caregivers, hospital administrators and other professionals whose careers involving caring for others has been impacted by the pandemic
- Therapies incorporated into treatment include: biofeedback, nervous system healing, EMDR, equine-assisted therapy, trauma yoga and small group discussions
- The three tiers are:
  - Renew and Heal: A 5-day option that promotes recovery and revitalization
  - Trauma Intensive: A 14-day option for healthcare workers whose mental health and overall functioning have been impacted by coronavirus-induced stress
  - Trauma Healing: A 30-day program for healthcare workers who may have had prior trauma and are now experiencing increased symptoms from work dealing with the pandemic

## **WEEKEND READING**

[RealClear Health](#): Mental Health and the Post Covid-19 World

[Los Angeles Times](#): Coronavirus Pandemic Threatens to Deepen Mental Health Crisis

[The Huffington Post](#): The Long-Term Effects Social Distancing May Have On Mental Health

[Business Insider](#): The 'loneliest generation' gets lonelier: How millennials are dealing with the anxieties of isolation and the uncertainties of life after quarantine

[Foreign Policy](#): The Next Pandemic Crisis Is Mental Health

[PBS](#): The ominous consequences of COVID-19 for American mental health

[CNN](#): All employees face mental health risks now. Here's how managers can help

[Forbes](#): It's Not Children's Education We Should Worry About, It's Their Mental Health