



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](#)

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 \(COVID-19\)](#)

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 \(SAS\)](#)

CITY, COUNTY, AND STATE NEWS

BALTIMORE, MD: Baltimore City leaders introduce mental health effort to combat impact of COVID-19:

Baltimore City leaders introduced a new mental health recovery effort to combat the traumatic impact of the coronavirus pandemic. “Baltimore will not wait for the end of the pandemic to begin our mental health recovery” Mayor Jack Young said. “It is essential that we provide residents the resources to cope and recover during this critical time. We understand trauma is real in our city and we will address it head on, because that is the only way we can truly continue to build Baltimore.” The new initiative aims to provide pathways for citizens to get treatment, along with opportunities to emotionally support others. Councilman Zeke Cohen, who sponsored an earlier trauma-related care act, has been tapped to lead the effort. The initiative will include an ongoing webinar with a focus on healing through the arts, self-care, community healing, and other topics. It will work to map and connect institutions like hospitals, community organizations, religious institutions, and others to offer support for people in need. The initiative will include an ongoing webinar with a focus on healing through the arts, self-care, community healing, and other topics. It will work to map and connect institutions like hospitals, community organizations, religious institutions, and others to offer support for people in need.

RICHMOND, VA: Mayor Stoney commits to enacting crisis alert, independent citizen review board:

Richmond Mayor Levar Stoney has committed to enacting a crisis alert to aid police in deescalating situations involving mental health crises. Stoney announced the commitments while speaking to a crowd of thousands before a march on Tuesday in protest of nationwide displays of police brutality on African-Americans and the death of George Floyd at the hands of Minneapolis police. The crisis alert, also known as a Marcus Alert, is named after Essex County Public Schools teacher and VCU graduate Marcus David Peters, who was killed in 2018 by a Richmond Police officer while experiencing a mental health crisis. The alert would enable the RPD and

Richmond Behavioral Health Authority (RBHA) to work collaboratively on calls for service related to persons experiencing a mental or behavioral health crisis, with a focus on de-escalation by law enforcement and crisis intervention by mental health experts.

KING COUNTY, WA: *As sales tax plummets in King County, mental health and drug program funding dries up:* King County will have to find a way to make up \$20 million in funding for its Mental Illness and Drug Dependency funding by the end of the year. King County has 0.1% Sales Tax to fund mental health and addiction services. Over the next three years, the county is projecting a \$42 million deficit. The funding — known as MIDD — goes toward a variety of diversion courts, mental health and drug dependency services across the county. Lodging taxes this March were down 90 percent year-over-year. Restaurant and bar sales tax revenue was down 70 percent, and clothing stores and auto dealership revenue were each down by about 60 percent. The MIDD program is entirely funded through sales tax. And while the county could theoretically choose to fund MIDD programs through its general fund, that budget is also facing a \$150 million deficit in the 2021-22 biennium budget.

SOLANO COUNTY, CA: *Solano Youth Invited to 'Mental Health Mondays' Zoom Webchats:* Solano County youth 14 to 21 years old are invited to participate in an upcoming series of free mental health webchats held through Zoom. Mental Health Mondays Webchats are facilitated by student wellness specialists from Solano County Office of Education's Student and Program Support Department, giving youth a safe space to ask questions and exchange information with their peers about mental health. Last month, SCOE's Youth Development Department hosted the "Coping with COVID" webchat series for youth on a wide range of topics including: mental health, stress and anxiety management, mindfulness, and routine and schedules. The series, particularly Mental Health Mondays, was successful and received positive feedback, and is now extended through June. "In the wake of the COVID-19 worldwide pandemic, our young people are facing unprecedented challenges and stresses that can have a lasting impact on their overall well-being," said Solano County Superintendent of Schools Lisette Estrella-Henderson.

ALABAMA: *Trauma response training now offered in the state by Alabama Department of Mental Health:* The Alabama Department of Mental Health (ADMH) announced the addition of 19 new Nationally Certified Trauma Trainers in the state of Alabama to offer trauma-informed response training throughout the state. The certification is provided by the Substance Abuse Mental Health Service Administration's (SAMHSA) GAINS Center for Behavioral Health and Justice Transformation. ADMH was one of 10 communities chosen nationally to participate in the trauma-informed care experience and this training includes seven ADMH staff members. The training, "How Being Trauma-Informed Improves Criminal Justice System Responses," helps educate criminal justice professionals about the impact of trauma and how to develop trauma-informed responses. During the four-hour highly interactive training, professionals increase their understanding of trauma, create an awareness of the impact of trauma on behavior, and develop trauma-informed responses. This is tailored to community-based criminal justice professionals including: community correction (probation, parole, and pretrial services officers), court personnel, police, behavioral health care providers, and other human service providers.

NEW YORK: *SUNY, Office of Mental Health partner to launch university crisis text line:* In partnership with the state Office of Mental Health, the State University of New York has launched a crisis text line and online suicide prevention training program to help New Yorkers, particularly students, confront mental health issues exacerbated by the COVID-19 pandemic. The free and confidential crisis text line can be accessed by texting Got5U to 741-741, a branch of New York's existing crisis text line available to anyone, which can be accessed by texting Got5 to 741-741. While counseling centers at all 64 SUNY campuses remain open for virtual appointments, trained crisis text line staffers are available 24/7 to listen to and talk with students, faculty, staff and community members about depression, anxiety, stress, suicidal thoughts, substance use, relationship

issues, domestic violence, COVID-19 stressors and other mental health issues. Either text line is open to anyone, not just those affiliated with SUNY, an OMH spokesperson told the Times. The partnership's online suicide prevention training initiative is piloted by the QPR Institute, a national training program founded in 1999, through the joint efforts of Spokane Mental Health and other Washington state health and research groups. The SUNY and OMH two-component initiative is funded by a portion of a \$3.68 million Garrett Lee Smith grant awarded to New York's OMH last year through the U.S. Substance Abuse and Mental Health Services Administration.

EXECUTIVE

Trump Administration Rescinds Mental Health Funds for Maine School Districts

- The Trump administration has rescinded federal mental health funding for three school districts in Maine — the results of a policy change banning federal funds from supporting organizations that allow marijuana use as a treatment for mental health disorders and substance use disorders

Trump Administration Awards \$20.3 Million in Addiction Fellowship Training Grants

- The Trump administration has awarded \$20.3 million in grants to [44 recipients](#), including medical centers and universities, to expand fellowship training in addiction medicine
- The funds are supposed to boost the workforce of specialists helping underserved communities hard-hit by the opioid epidemic that are integrating primary care and mental health care

CONGRESS

Senators Call for Robust Support for Children's Mental Health Care in Upcoming COVID-19 Response Legislation

- 21 Senators sent a letter calling for robust funding for children's behavioral health care in upcoming COVID-19 response legislation
- The Senators discuss the toll that the pandemic is having on young people's mental health. "As families struggle and suffer, so do the children. It is an unrealistic expectation for children to seamlessly adapt to their families' and society's new way of life without guidance and support," wrote the Senators. "It is essential to provide behavioral health support through the pandemic, and it is essential to include child-specific care. Parents and caregivers must be able to find support and guidance to help their children and adolescents cope positively."
- In particular, the Senators point to the need for increased funding for telehealth programs that children can use to receive the mental health care that they need. They are also calling for increased funding for suicide prevention and for programs that address the impact of trauma on children
- Read the Senators' letter [here](#) or below.

IN OTHER NEWS

Mental Health America Announces 88k People Screened for Anxiety and Depression from Covid-19

- New data from Mental Health America's online screening program shows more than 88,000 people were screened for anxiety or depression stemming from the stresses of a global health crisis that has killed more than 100,000 Americans and left more than 40 million people jobless
- More Americans have sought help for anxiety and depression amid the coronavirus pandemic and thousands of people say they've thought about suicide or self-harm
- More than 211,000 people took one of Mental Health America's anonymous [online screenings](#) in May. Almost four times more people used those online tools in May than in January. Roughly 88,000 of those screenings showed signs of anxiety or depression, the group said. More than 21,000 reported thinking about suicide or self-harm
- You can view the results [here](#)

Inaccurate mental health provider directories more likely to yield surprise medical bills

- [New research](#) suggests that patients encounter inaccurate directories when trying to find mental health care providers
- Previous research has identified "[ghost networks](#)" of psychiatrists — incorrect lists of providers who accept a particular type of health insurance — as a common phenomenon
- In the new study, researchers surveyed a small group of people who had used outpatient mental health services in the previous year and found that more than half of those who used a directory to identify a provider ran into one of four common issues, such as incorrect contact information and the provider being out-of-network
- These patients were also four times as likely to receive a surprise bill than those who didn't encounter issues with a provider directory. However, only 17% of those who encountered an inaccuracy reported lodging a complaint with a government agency or their insurance provider

Telehealth claims balloon by over 4,300% in a year

- A new [FAIR Health study](#) finds that insurance claim lines for telehealth increased by more than 4,300% from March 2019 to March this year
- 0.17% of medical claim lines in March 2019 were related to telehealth, compared to more than 7.5% this March, an increase by more than 4,300%
- Consistent with last year, mental health conditions made up the most telemedicine claim lines, followed by acute respiratory infections and diseases
- The influence of the pandemic was most pronounced when looking at geographic trends - Northeastern states in the U.S., which were among the hardest hit, saw a more than 15,500% increase in telehealth use

Census Bureau May Survey Finds 34% of Respondents Experiencing Anxiety and Depressive Disorder due to Covid-19

- For the survey, the Census Bureau contacted one million households between May 7 and May 12 to measure how the country's coronavirus epidemic has affected Americans' education, employment, finances, health, and housing
- Over 42,000 households responded to the survey, which asked respondents four questions very similar to the Patient Health Questionnaire (PHQ-2) and Generalized Anxiety Disorder (GAD-2) mental health screening tools used by some primary care doctors to screen for depression and anxiety
- The survey found that a total of 34.4% of respondents reported experiencing symptoms of anxiety disorder or depressive disorder, with 24.1% reporting symptoms of depression and 30% reporting symptoms of anxiety
- You can view it [here](#)

WEEKEND READING

STAT NEWS: In the face of Covid-19, the U.S. needs to change how it deals with mental illness

ED SURGE: The Next Pandemic: Mental Health

MEDICAL NEWS TODAY: Covid-19 Mental Health Impact on People of Color and Minority Groups

FORBES: As a Crises Loom More Restaurant Chains Add Mental Health Benefits

THE HILL: Mental health crisis puts everyone on the front lines

****The information in this email was compiled from various news sources, including: Axios, Politico, STAT, CQ Roll Call, The Hill, Kaiser Health News, and Vox****