



## **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
- [Johns Hopkins Bloomberg School of Public Health](#): Mental Health Resources During COVID-19 *(New)*

### ***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**

**UNITED KINGDOM: *New online resources to boost mental health of pupils and teachers:*** The UK Department of Education said that schools and colleges in the country will be provided new online resources to improve mental health support for both staff and students. The resources are expected to encourage them to speak out more confidently regarding the anxieties and concerns they have due to the Covid-19 pandemic. According to the department, videos, webinars, and also teaching materials, prepared in partnership with charities, will be made available to schools and colleges. The online resources are designed to help in fostering conversations related to mental health and are anticipated to reassure several youngsters who are worried about the effect of the novel coronavirus on their lives. Apart from awarding the grants, the department said that a new £95,000 pilot project in partnership with the Education Support Partnership will focus on the mental health of both teachers' and leaders' mental health. The project will offer online peer-support and telephone supervision from experts to nearly 250 school leaders.

**PHILADELPHIA, PA: *IBC, City of Philadelphia Team Up To Address Mental Health Needs of City Residents:*** In Philadelphia, Independence Blue Cross and the city's Department of Behavioral Health and Intellectual disAbility Services have joined forces to encourage to the city residents to seek help for mental and behavioral health issues and reduce the stubbornly lingering stigma about doing so. The MindPHLtogether consists of a website that has screening and referrals tools, a social media campaign, and virtual meetings. Launched last month, the campaign is the first broad public health awareness campaign that her company has sponsored with the City of Philadelphia, says Ginny Calega, M.D., vice president of medical affairs of Independence Blue Cross and a member of the Managed Healthcare Executive® editorial advisory board. independence is supporting the advertising and extensive social media promotions for the campaign and was instrumental in funding and guiding the website. Philadelphia has a dynamic "med-ed" economy, and an influx of millennials

has enlivened the city; the population has been growing for the past 13 years, according to an April 2020 Pew Charitable Trusts report about Philadelphia that was written before COVID-19 and George Floyd's killing. But 25% of the city's household have incomes that are below the poverty line, and, as the Pew report notes, the city has the highest poverty rate among the 10 largest American cities.

**ALASKA: *Mental Health Trust Authority directs \$500,000 to Permanent Supportive Housing Initiative:*** The Alaska Mental Health Trust Authority board of trustees unanimously approved a grant of \$500,000 to Home for Good Anchorage (HFG), a Permanent Supportive Housing effort. This grant follows an initial \$500,000 investment the Trust made in 2019 to support HFG's pilot phase." A public-private partnership led by United Way of Anchorage and supported by multiple community partners, including Providence Alaska, will provide 150 new housing units and offer intensive case management to residents.

**COLORADO: *Behavioral Health Task Force to Include Covid-19 Committee:*** The Colorado Behavioral Health Task Force, which the state's Department of Human Services created in early 2019, will now address the effects of COVID-19 on the behavioral health system through a special committee. "This emergency has been especially challenging for the one million Coloradans who already struggle with behavioral health conditions," said Michelle Barnes, executive director of the department. "This committee will help us understand how COVID-19 has affected Coloradans' ability to access services and what we can do to prepare our system for any future crises. We know things like job loss, reduced hours, social isolation, closures of schools and businesses, and access to basic needs like food and housing have had a great impact on mental health and substance use."

**LOUISIANA: *Lawmakers Expand Access to Mental Health Services via Telehealth:*** Louisiana lawmakers have passed legislation adding mental health services to the state's telehealth toolkit and expanding the list of providers able to use the technology. Louisiana lawmakers have passed legislation expanding the state's telehealth guidelines to include behavioral health services. Faced with an increase in stress, anxiety and other issues caused in part by the coronavirus pandemic, lawmakers pushed through HB 449, which enables healthcare providers to use connected health platforms to deliver telemental health services and expands the list of providers able to use the technology to include psychiatric mental health nurse practitioners. The bill now awaits Governor John Bel Edwards' signature.

**NORTH CAROLINA: *Governor Cooper Signs School Mental Health Bill into Law:*** North Carolina Governor Roy Cooper signed into law on Thursday morning a bill which makes various changes to school safety funding, programs, and reporting requirements. House Bill 75 appropriates approximately \$38.8 million to implement certain school safety provisions for the 2019-20 fiscal year, and another \$29.8 million for the following fiscal year. Out of these funds, \$18.1 million in non-recurring funding is specifically designated in 2019-20 for school safety grants, covering safety equipment, community partnerships, students in crisis, and school resource officers. The bill also designates \$20 million in recurring funds to supplement the Instructional Support Allotment for 2019-20, to be used to increase the number of school mental health support personnel in each LEA; the bill further designates \$23 million in recurring funds in the following fiscal year for the same purpose. The bill also changes reporting requirements for school safety, requiring the superintendent of each LEA to submit a report on the number of school mental health personnel employed in the district to their local board of education before February 15 every year. Using this data, the State Superintendent would then submit a report to the legislature on the yearly differences in the number of mental health support personnel in each LEA.

**SOUTH DAKOTA: *Lawmakers to study first responders' mental health and resources:*** Lawmakers will study mental health issues experienced by first responders after they defeated a bill earlier this year to include post-traumatic stress disorder in workers compensation for first responders. The Legislature's Executive Board

decided on Monday to create an interim committee on first responders' mental health. It also chose legislators to serve on a separate interim committee that will continue the Legislature's work on reforming state laws regulating mental health services in the state. The interim study will study PTSD in first responders, available resources and how other states have handled the issue. The committee will include legislators, first responders and mental health professionals.

## **EXECUTIVE**

### **First Lady Melania Trump and Education Secretary Betsy DeVos Hosts Zoom Meeting on Social Emotional Learning**

- First Lady Melania Trump and U.S. Education Secretary Betsy DeVos participated in a Zoom meeting for a briefing by Karen Baicker, executive director of the Yale Child Study Center-Scholastic Collaborative for Child and Family Resilience and Denise Daniels, author of “The Moodsters” and “First Aid for Feelings,” on Social Emotional Learning Techniques (SEL) and the mental health implications of COVID-19 as it relates to children and families
- The First Lady opened the discussion highlighting how SEL is a major component of the well-being pillar of her Be Best initiative. Mrs. Trump stressed the importance of supporting the mental health of America’s children as it is vital for their education and gives them the best opportunity to succeed in life. The First Lady then introduced Secretary DeVos who emphasized the importance for America’s rising generation to practice more positive habits like kindness, determination, and respect towards each other. The Secretary noted how students need the freedom to unlock their potential and unleash their creativity so they can be best for themselves, their families, in their communities, and to our country
- Karen Baicker, Executive Director of the Yale Child Study Center-Scholastic Collaborative for Child and Family Resilience, then opened up the discussion on the current mental health crisis as it relates to children and families, and touched upon the long-term emotional recovery for parents, children and teachers during the current pandemic
- After the briefing, the First Lady and Secretary DeVos engaged in a question and answer session touching upon various topics and the “First Aid for Feelings” workbook. They learned how the workbook has helped children to cope during the coronavirus pandemic and how it has helped to alleviate stress and anxiety and encourage youth to express their thoughts and feelings, while at the same time providing parents and caregivers with simple strategies to help kids handle emotions.
- The discussion also focused on how schools are able to build upon SEL skills learned at home during the coronavirus pandemic and the practical ways schools can use these resources when they return to school in the fall. Additionally, the group discussed the barriers to children accessing SEL resources and the innovative ways to work together to share this information more broadly

### **United States Preventive Services Task Force Recommends Screening All Adults for Unhealthy Drug Use**

- The U.S. Preventive Services Task Force is [now recommending](#) that all adults 18 and over be screened regularly for unhealthy drug use, which is using illegal drugs or taking medicines not specified for a medical reason

- The new guidance comes after [reviewing studies](#) that evaluated the sensitivity of screening tools — most of which were moderately or highly accurate in identifying unhealthy drug use
- At the same time, even though unhealthy drug use is prevalent in about 8% of adolescents, the USPTF concludes that there isn't enough evidence about the benefits of screening this population to recommend that this group be screened as well

### **Food and Drug Administration Launches Pilot to Go After Illegal Opioid Sales**

- The FDA and the National Telecommunications and Information Administration just launched a [120-day pilot program](#) to prevent the availability of illegal opioids online
- Illegal sales of opioids online have boomed in recent years, and the FDA has worked to crack down on these sales, including by sending warning letters to entire networks of unlawful sellers online
- The pilot is a continuation of this work, as part of which the FDA will notify three companies that manage and maintain registries of Internet domain names — Neustar, Verisign, and the Public Interest Registry — when it issues warning letters to sites illegally selling opioids
- The NTIA will work with the companies to review the FDA's letters and decide whether to take further action, including possibly suspending or blocking the domains
- At the end of the four months, the NTIA and FDA will assess whether this program can continue to be a potential solution to addressing illegal online sales of opioids.

## **IN OTHER NEWS**

### **Stanford University Study Shows First Time Gun Owners More At Risk for Suicide**

- The most expansive study to date tracking gun owners and suicide rates found an elevated risk of suicide among a large sample of first-time handgun owners
- Led by Dr. David Studdert, LL.B., Sc.D. professor of law and medicine at Stanford University, the study, reported June 4 in The New England Journal of Medicine, examined all legal gun sales in California and cross-referenced those purchases with the state's mortality records for suicide deaths and voter registration database
- By comparing gun sales to the voter registration and suicide data, the investigator tracked the cohort from October 2004 to December 2016. To ensure cohort members were first-time gun purchasers, the researchers checked gun record sales as far back as 1985. Cohort members who later sold their guns were reclassified as non-owners. The study tracked a cohort of 676,425 first-time handgun owners among California residents over the course of 12 years and compared mortality rates of non-owners by gender
- Key Findings:
  - Male first-time handgun owners were eight times more likely to die by firearm-related suicides in the subsequent 12 years than male non-owners

- The rate of suicide by firearm in female handgun owners was 35 times higher than for females who were non-owners
- Risk of suicide peaked from the first day of gun acquisition through the 30th day (crude rate of 471 per 100,000 person- years), accounted for 14 percent of all suicides by firearms during the 12-year study period. This rate was about 100 times higher than for non-owners
- California requires a 10-day waiting period for gun sales and during that 10-day period, one cohort member died by firearm-related suicide followed by 102 suicides by firearm during the first week of gun possession. This spike in suicide deaths during the first week of gun ownership may indicate the person's suicidal intent in acquiring a gun to end their life
- The suicide risk continued remaining relatively high for handgun owners, with 52 percent of all firearm-related suicides occurring within the first year of gun ownership

### **Depression Symptoms More Associated with Increased Risk of Cardiovascular Disease**

- A [large study](#) finds that symptoms of depression are associated with an increased risk of cardiovascular disease
- People from 21 economically diverse countries were followed for a median of nine years, and nearly 16,000 reported at least four symptoms of depression, including tiredness and unintentional changes in weight
- At follow-up, those with depression were 14% more likely to have cardiovascular disease and 23% more likely to have had heart attack
- Individuals with depression were also more likely to have died during the follow-up period
- Researchers found that the association between depression and heart disease was highest among those who reported the most symptoms of depression (seven in this study) and lowest among those who only reported one symptom.

### **New Study Shows that More than 10% of Homeless Population Might Have Bipolar Disorder**

- A [small review](#) of studies with homeless individuals finds that around 10% of this population may have bipolar disorder
- Scientists analyzed 10 studies — which included a total of 4,300 homeless individuals with bipolar disorder —and found that the prevalence of the condition was 11%, while only around 1% of those in the general population are thought to have it
- Bipolar disorder among homeless people in non-European countries (mainly North America and Brazil) was more than 13%
- The researchers suggest that the increased prevalence of physical, emotional, and sexual trauma among homeless people may be among the reasons that may explain the more than tenfold difference in the prevalence of bipolar disorder in this population versus in other individuals

## Women Preventive Services Initiative Recommends Screening for Anxiety Disorders

- The Women's Preventive Services Initiative — a coalition of U.S. women's health professional and patient organizations — is [recommending](#) that girls and women over the age of 13 be screened for anxiety even if they don't currently have a diagnosis of an anxiety disorder
- Such screening is not a routine part of preventive health checkups, even though the U.S. Preventive Services Task Force also recommends it
- The WPSI looked at a new [systemic review](#) that analyzed 35 studies and although none of the studies included in the review directly evaluated whether routine screening was effective or harmful, the screening tools that were included in the studies were moderately or highly accurate in identifying anxiety. And because anxiety can be treated, "early detection through the use of a brief questionnaire could prevent years of symptoms and impairment in the lives of women at every stage of life," the recommendation states

## The Addiction Policy Forum Conducted Study on Covid-19 Impact on Those Living with SUD's

- Addiction Policy Forum conducted a [pilot study](#) to better understand the impact of COVID-19 on individuals with a SUD and to inform future research
- A web-based survey was administered to their network of patients, families and survivors between April 27 and May 8, 2020
- The survey was completed by 1,079 SUD patients and impacted individuals whose responses were included in the analyses for this research report
- Key Takeaways:
  - 1 in 3 (34%) of the 1,079 respondents reported changes or disruptions in accessing treatment or recovery support services
  - 14% say they were unable to receive their needed services
  - 2% say they were unable to access naloxone services
  - 20% of respondents reported increased substance use since the COVID-19 pandemic began
  - Nationwide, 4% of respondents report an overdose has occurred since the pandemic began. The South Atlantic region reported the greatest number and percent of overdoses
  - The top emotions reported by respondents are worry (62%), sadness (51%), fear (51%) and loneliness (42%)
  - 87% of those who report access disruptions (n=266) also report emotional changes since the pandemic began, compared to 72% of those who do not report access disruptions (n=806)
  - 48% of patients and families reported fear of becoming infected with COVID-19 as a top concern, followed by spreading the virus (46%) and social isolation (40%)

## WEEKEND READING

[THE ATLANTIC](#): The Millennial Mental-Health Crisis

[STAT](#): For Black Youth, A Time of Upheaval Takes a Toll on Mental Health



**USA TODAY:** Coronavirus, Police Violence Boost Risks of Rising Black Youth Suicide

**THE HILL:** We need a '9-1-1' for mental health — we need '9-8-8'

**BUSINESS INSIDER:** Prince William revealed that he has been secretly volunteering for a mental health hotline amid the coronavirus pandemic

**KAISER HEALTH NEWS:** In Hard-Hit Areas, COVID's Ripple Effects Strain Mental Health Care Systems

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