



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

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

STUBENVILLE, OH: *Steubenville to launch mental health court:* Municipal Judge John Mascio likens those who end up in his court due to mental illness or substance use disorders it to a “revolving door,” one he clearly hopes to close by launching a Mental Health Court — an intensive program of supervised probation for those offenders diagnosed with serious to severe mental illness and whose mental illness led to the commission of the offense for which they were convicted. Mascio said he’s already obtained \$60,000 in grant funding for this year, and has applied for certification from the Ohio Supreme Court as a mental health court. Once it’s certified, he said the mental health court will be subject to reporting requirements. He said they’ll be eligible to apply for grants each year through 2024. He said it’s going to be an intensive program, which will require offenders to regularly report to the court and confirm compliance with court ordered treatment on a weekly basis. He anticipates “substantial taxpayer savings” will result: Municipal Court’s program of intensive probation for drug and alcohol offenses, in place since 2014, has already seen jail costs drop from \$120,000 in 2014 to \$79,000 in 2019. He said he’s hoping to get the mental health court operational within the next 90 days.

OVERLAND PARK, KS: *Launching a new mental health program for high school students:* Overland Park announced the launch of WellConnect Teens, a student assistance program for high school students. Now available nationally for the upcoming 2020-2021 school year, the program offers students access to short-term online therapy, web and mobile-based self-management tools and student/life resources through a dedicated teen line. WellConnect Teens provides a safe and confidential way for students to get help when they need it most – at no cost to them. The program can help students learn healthy habits, cope and face challenges like relationship issues, academic performance, anxiety, depression, substance use, bullying, trouble sleeping and more. The program helps teachers too – a dedicated Faculty and Administrator Support Team (FAST) hotline is

available 24/7/365 for administrators and staff members to talk with a clinical consultant about how to best support students struggling inside or outside of the classroom. The program is an expansion of a successful pilot program in partnership with Greenbush - The Southeast Kansas Education Service Center, an educational cooperative serving learners of all ages through partnerships with schools, communities and agencies statewide. WellConnect Teens services are available to eligible students ages 13 and older at participating high schools; online therapy for minors requires parental consent

WORCESTER, MA: *Worcester To Have State's First Modular Building Of Micro-Units To House Chronically*

Homeless: The Worcester Housing Authority has received approval and funding from the Massachusetts Department of Housing and Community Development to build the first-in-the-state modular building of micro-units to house people who've been chronically homeless. The property will feature 25 studio apartments with kitchenettes and bathrooms — 24 for people who've been chronically homeless and one unit for a residential manager. A case manager will work out of an on-site office to help residents manage their finances and stay connected with services, including mental health and addiction treatment, according to Worcester Housing Authority Executive Director Alex Corrales. The state awarded \$2.2 million toward the project that is estimated to cost \$3 million, Corrales said. The remaining cost will be covered by city dollars, funding from the Massachusetts Housing and Shelter Alliance (MHSA)'s Home & Healthy for Good program, and debt to be taken on by the housing authority.

TENNESSEE: *Tennesseans' mental health impacted from COVID-19:* A new poll says Tennesseans' mental health is being impacted from COVID-19. The survey taken by East Tennessee State University shows increased levels of anxiety and depressive disorder. More than half of people reported trouble sleeping and nearly 20% of people had trouble sleeping all the time. Another 53% of pollers reported they felt nervous, anxious or on edge. About 43% of people reported feeling depressed. One in five people reported having physical symptoms when thinking about the coronavirus pandemic, including sweating, trouble breathing, nausea or a pounding heart. ETSU cites the CDC as saying these are symptoms of anxiety or depression.

EXECUTIVE

Trump Administration Releases PREVENTS Roadmap to Combat Veteran Suicide

- On Wednesday, President Donald Trump released the [PREVENTS roadmap](#) to combat veteran suicide, which calls for "a nationwide public health campaign aimed at educating Americans that suicide is preventable," beginning this summer
- The President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS) will focus on a holistic public health approach to suicide prevention seeking to change the culture surrounding mental health and suicide prevention through enhanced community integration, prioritized research activities, and implementation strategies that emphasize improved overall health and well-being
- You can view the roadmap [here](#)

National Institute of Mental Health Issues Notice of Special Interest Regarding Research on Risk and Prevention of Black Youth Suicide

- The National Institute of Mental Health (NIMH), the National Institute on Minority Health and Health Disparities, and the NIH Office of Disease Prevention have issued a [Notice of Special Interest to encourage research focused on Black child and adolescent suicide.](#)

- Over the past several years, there has been a significant increase in the rate of suicide and suicide ideation and behaviors among Black youth. An analysis of data from 2001 to 2015 found that Black youth under 13 were twice as likely to die by suicide than their White peers, and the suicide death rate among Black youth was found to be increasing faster than any other racial or ethnic group.
- NIMH encourages research that addresses Black youth suicide and mental health. Topics of interest include but are not limited to:
 - **Epidemiology, etiology, trajectories**, for example, studies that examine the role of racial disparities in access to mental health services or studies that seek to understand the role of trauma in contributing to mental health difficulties and suicide ideation and behaviors.
 - **Intervention and Services Research**, for example, studies about factors that cause or reduce disparities in outcomes in Black and Black LGBTQ+ youth.
 - **Preventive Interventions**, for example, research to inform understanding of the means younger children use for suicide, or research to examine the mechanisms by which interventions that target other outcomes impact mental health and suicide outcomes in Black youth.
 - **Treatment Interventions**, for example, studies that harmonize and integrate data from treatment trials to examine the impact of the interventions on mental health and suicide in Black youth
 - **Services Interventions**, for example, trials that develop and test technology-based approaches empirically targeted to Black children and adolescents, or that address challenges in service access, use, engagement and retention, quality of care, or setting issues that are commonly or uniquely experienced by Black youth.

CFR Part 2 Rule Moves Through Office of Management and Budget (OMB)

- A rule on 42 CFR Part 2, which governs the privacy of substance use disorder records, has cleared the White House budget office, presumably to bring it into alignment with the changes in the *CARES Act*
- There are two privacy regimes in health care — one, for most types of records in HIPAA and the other for substance use disorder records, in Part 2
- Many in the health care sector felt the Part 2 standard, which required explicit patient consent to share data, was overly restrictive and harmed patient care
- Bringing the Part 2 standard into alignment with HIPAA has been tricky, with advocates concerned about the risks of commercializing data or of that data being used by law enforcement
- The CARES Act resolved the argument by preserving Part 2 privacy restrictions outside of health care settings, while allowing patients to give revocable, one-time permissions to share data. The rule now presumably formalizes the change and fills out the details

SAMHSA Releases Guide on Stimulant Use Disorders

- This guide supports health care providers, systems, and communities seeking to treat stimulant use disorders

- The guide describes relevant research findings, examines best practices, identifies knowledge gaps and implementation challenges, and offers useful resources
- You can view the guide [here](#)

CONGRESS

Congressmembers Cheri Bustos and Susan Wild Introduce Crisis Care Improvement and Suicide Prevention Act of 2020

- Reps. Cheri Bustos (D-IL-17) and Susan Wild (D-PA-07) have introduced [the Crisis Care Improvement and Suicide Prevention Act of 2020](#).
- This legislation would direct states to use 5% of their Mental Health Block Grant funding for crisis care services to upgrade and expand crisis care programs
- View background on the legislation [here](#)

Senate HELP Committee Hosts Hearing on Telehealth Reform

- Senate HELP Committee members during the first congressional hearing on telehealth's pandemic-related boom indicated they're still in the early stages of understanding the implications from the rapid expansion in virtual care
- Senate HELP Chair [Lamar Alexander](#) on Wednesday called on Medicare to permanently lift restrictions on telehealth coverage in rural areas
- Other committee members said they would push for other changes in the next coronavirus relief package, including a bill that would expand telehealth coverage for behavioral health services.

Bipartisan senators call for making telehealth expansion permanent post-coronavirus

- A group of 30 senators from both sides of the aisle wrote to Senate Majority Leader Mitch McConnell (R-Ky.) and Senate Minority Leader Charles Schumer (D-N.Y.) calls for provisions from the CONNECT for Health Act included in previous COVID-19 legislation be extended after the public health emergency is over
- "Americans have benefited significantly from this expansion of telehealth and have come to rely on its availability," said the lawmakers led by Sens. Brian Schatz (D-Hawaii) and Roger Wicker (R-Miss.). "Congress should expand access to telehealth services on a permanent basis so that telehealth remains an option for all Medicare beneficiaries both now and after the pandemic."

IN OTHER NEWS

Gallup Poll Shows U.S. Parents Say COVID-19 Harming Child's Mental Health

- The potential for heightened mental health challenges confronting schools in the fall is evident in new Gallup Panel polling of parents with school-aged children conducted via the web in May

- Nearly three in 10 (29%) say their child is "already experiencing harm" to their emotional or mental health because of social distancing and closures
- Another 14% indicate their children are approaching their limits, saying they could continue social distancing a few more weeks until their mental health suffers
- You can view the entire poll [here](#)

BrainsWay Launches New Website to Enhance Mental Health Awareness

- BrainsWay Ltd. a global leader in the advanced noninvasive treatment of brain disorders, today announced the launch of its newly redesigned website. The new site features a modern and user-friendly layout, with easy access to mental health resources for both patients and healthcare professionals
- BrainsWay is committed to raising awareness and providing education around mental health, specifically for those with major depressive disorder and obsessive-compulsive disorder (OCD)
- BrainsWay's new website will be updated on a regular basis with new resources, the latest research, and a locator for local Deep TMS providers, among other tools. Visitors are encouraged to explore the new site at www.brainsway.com

WEEKEND READING

STAT: Facing a broken mental health system, many U.S. teens fall off a dangerous 'cliff' in their care

ROLL CALL: Virus, racism pose more mental health risks for black Americans

THE HILL: America's mental health is under siege — Congress can help now

MARKET WATCH: As activists call to defund the police, mental-health advocates say 'the time is now' to rethink public safety

CBS: CAHOOTS gains national attention as a non-police mental health response

HOUSTON CHRONICLE: COVID-19's coming mental health toll is a 'disease of despair'

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