



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 \(Updated\)](#)
- [National Conference on State Legislatures - State Action on Coronavirus \(COVID-19\)](#)
- [Bloomberg Philanthropies - Management Metrics for Cities in the COVID–19 Crisis \(New\)](#)
- [American Psychiatric Association Foundation, Center for Workplace Mental Health - Employee Mental Health & Well-being During & Beyond 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 \(SAS\)](#)

CITY, COUNTY, AND STATE NEWS

CANADA: Program pairing police officers, mental health workers seeks permanent funding for 24/7 service:

While a number of Canadian cities grapple with who should be responding to mental health calls after recent instances of police shooting the people they came to help, the Thunder Bay Police Services Board (TBPSB) is throwing its support behind the Joint Mobile Crisis Response team initiative. The initiative pairs officers and mental health workers, who respond together to mental health calls in the northwestern Ontario city. The program, which began as a pilot project in June 2018, is a partnership between the Thunder Bay Police Service (TBPS) and the Canadian Mental Health Association. It has quickly shown its worth. Between June 2018 and August 2019, the team answered 1,500 calls for service. Recently, the group passed a resolution calling on the LHIN to provide the team with stable, permanent funding so it can become a 24/7 service.

BURLINGTON, VT: Mayor Miro Weinberger proposes social workers respond to mental health calls: Mayor Miro Weinberger is proposing putting money into a community center, allowing social workers to respond to mental health calls alongside police. The mayor wants to work with the Howard Center and other community partners to expand “on street” social services. Mayor Weinberger's proposed budget creates a racial equity and police transformation fund. Part of the money will commit the city to working with the Howard Center on this effort, developing a plan by July 15 on how to either expand its Street Outreach Team, First Call program, and potentially create a new embedded social worker pilot.

PALM SPRINGS, CA: *Mental health team at PSUSD encourages expression of feelings through art:* Palm Springs Unified School District's team of mental health professionals have been continuing their work with students they had been working with prior to the COVID-19 pandemic causing the physical closure of schools throughout Riverside County. The need for mental health support for local children has increased, and PSUSD's team has responded to those needs and are working with many more children who are struggling through an array of emotional challenges. "During conversations with students of different grade levels, common themes evolved around daily struggles, transitions, loss of freedom, dreams that dissolved, boredom, frustration, anger, sadness, distress, anxiety and fear," said Dr. Joaquin Galeano, a clinical psychologist and a member of PSUSD's mental health department. "But, there was also a sense of making the best out of the situation, of really getting to know and spending time with families, of adjusting and accommodating to the new world's reality, of attempting to create comfort with very limited resources, and, at times, having the opportunity of being creative and reinventing oneself." Galeano along with therapists Mireya Gonzalez and Tamara Hagy-Lopez, encouraged the students they were working with to express themselves through art. "As a way of creating meaning in the form of art, on a willing and voluntary basis, some students agreed to articulate their thoughts and feelings about the meaning of the lockdown, being seniors in high school, or dealing in general with the rapid and drastic changes in their lives," said Galeano. A created online exhibit shows the artwork created through a process of free association. Students expressed themselves through artwork created with acrylic, chalk and pencil. Those who view the exhibit can see common themes and get a sense of what kids are feeling. Read more [here](#)

PHILADELPHIA, PA: *Safe injection site on hold after federal judge grants stay:* The plan for a safe injection site to open in Philadelphia is on hold. A federal judge granted a stay Wednesday, citing the ongoing pandemic and civil unrest in his decision. Back in February, Safehouse, a non-profit chaired by former Governor Ed Rendell, announced its intention to spend almost \$2 million a year to operate a safe injection site in Philadelphia. Mayor Jim Kenney announced last year he and other city officials supported Safehouse's plan to open locations where people can inject drugs under the supervision of a doctor or nurse who can administer an overdose antidote if necessary. Residents in South Philadelphia protested to prevent the safe injection site from opening in their neighborhood. An appeals court will have to decide if the safe injections site is legal.

SIOUX CITY, SD: *SCPD Teams Up with Mental Health Providers for Special Crisis Program:* The Sioux City Police Department recently expanded services to partner with mental health producers and other organization to better respond to people with mental health issues. Siouxland Public Media's Sheila Brummer talked to Officer Andrew Dutler and Nicky Eaton with Siouxland Mental Health Center. Eaton is also the Program Director of the Sioux Rivers Regional Assessment and Stabilization Center and MCAT Program that started working with the Sioux City Police Department since November. She also explores the mental health impact of the COVID-19 pandemic. Learn more about the partnership [here](#).

JOHNSON COUNTY, TN: *Johnson County Schools adds School Based Mental Health Clinician in the wake of COVID-19:* The Johnson County School System announced the addition of a school based mental health clinician in light of the COVID-19 pandemic. Dr. Emogene South, Supervisor of Evaluations and Student Services explains this position not only benefits students but system educators as well. "The School Based Mental Health Clinician will work to recognize, diagnose, and treat emotional disorders, and help students develop new strategies to improve their lives and relationships. They will also work alongside our school counselors and teaching staff to provide useful tools and trainings to promote mental health inside the classroom." The School Based Mental Health Clinician will serve students at all six Johnson County school locations. The clinician will provide clinical assessments and interventions for both students and their families. Johnson County Schools is one of just a handful of East Tennessee districts to implement a dedicated mental health clinician.

LOS ANGELES COUNTY, CA: LA County to launch pilot program for homeless people with severe mental illness: The Los Angeles County Board of Supervisors voted Tuesday, June 23, to launch a pilot program that aims to get homeless people gravely disabled by mental illness into treatment, even involuntarily, if necessary to save their lives. Supervisors Kathryn Barger and Mark Ridley-Thomas co-authored a motion to have Homeless Outreach and Mobile Engagement (HOME) teams provide critical treatment interventions for people experiencing homelessness and struggling with mental illness. HOME teams include mental health psychiatrists, mental health counselors, psychiatric nurses, psychiatric social workers, substance abuse counselors, medical case workers and peers, who make mental health evaluations on the street and offer voluntary crisis intervention services along with access to resources like housing. If necessary, the team can also place individuals who are in imminent danger or considered gravely disabled on a 72-hour hold for involuntary evaluation and treatment. Under the pilot program, the teams will be able to seek a court-ordered conservatorship for someone who is not in imminent danger but is gravely disabled and refusing voluntary mental health services.

LOS ANGELES COUNTY, CA: LA County Announces New Mental Health Resources for Latino Communities Affected by COVID-19: In response to a growing body of data showing an increased need for COVID-19-related mental health services, LA County has announced specific resources for the Latino communities. The County's Department of Mental Health, in partnership with the UCLA Hispanic Neuropsychiatric Center of Excellence, is building up a team of 150 Spanish-speaking "promotores" – trusted messengers who will connect people with services. The messengers will work side-by-side with DMH clinicians to ensure vulnerable Latino communities are tested for COVID-19 and connected with improved and expanded mental health resources. Many Latinos in LA County are essential workers who do not have the option of working from home, which puts them at a higher risk of exposure to the virus. Even though a high number of Latinos work in the hospitality, construction, and retail sectors, many lack medical insurance and access to quality mental health care — adding to their anxiety and stress. In LA County, Latinx communities report the highest number of confirmed cases of COVID-19 and the highest death rate. UCLA and DMH have established bilingual support groups for Latino parents of children with disabilities and mental disorders, such as autism and ADHD, as many of these families are struggling due to the pandemic. There are bilingual support groups for elderly persons and caregivers who are also more likely to be struggling at home during this time. In addition to work in the community, UCLA has created resiliency training for DMH psychologists to support them in dealing with their own burnout and grief. At the June 23 virtual Board of Supervisors meeting, the Board voted on a motion authored by Supervisor Solis, and co-authored by Supervisor Janice Hahn, directing the County to improve and expand mental health care for underserved Latino communities.

MONTGOMERY COUNTY, OH: County provides mental health support following tragedies: Last year, 2019, was a difficult one for Montgomery County, Ohio. The county faced two significant tragedies — 15 tornadoes and a deadly shooting — over the course of three months. Following both crises, Montgomery County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) knew they needed to provide emotional and mental health support to the victims. Days before the tornadoes touched down, ADAMHS Executive Director Helen Jones-Kelley said there was a hate group rally held at the downtown courthouse square. She cites this as the start of a sense of devastation in the community. ADAMHS led the efforts with other agencies to establish the Family Assistance Center to serve county residents impacted by the tornadoes. The center, housed in a large church, operated for 24 days and helped more than 1,600 households. The drop-in facility allowed individuals to receive services without making an appointment. The center served as a mental health and disaster recovery hub that provided emotional support, trauma debriefing, crisis services and basic needs to the community. Services provided at the center by various agencies and departments included Social Security card replacements, driver's license replacements, mental health resources, immunization records, birth certificate replacements and legal services. Tornado survivors could enter the center and meet with a crisis worker who would walk them from station to station to help make referrals and assess their level of stress. The county,

which includes the city of Dayton, faced its second tragedy later that summer on Aug. 4 when a gunman killed nine people and wounded 17 others in the entertainment district in Dayton. ADAMHS and community and governmental agencies worked together again to establish the Recovery and Resiliency Center within three hours of the shooting. The center was focused on minimizing the amount of stress and trauma experienced by community members. Crisis responders reached out to businesses and employees of the entertainment district to provide individual and group crisis interventions if needed. ADAMHS also brought in a psychiatry group with a mobile service to provide employees who worked in the entertainment district with support 24/7. ADAMHS now offers an app with resource information that helps residents navigate through a crisis and has partnered with the National Office of Victim Assistance, which trains community members on how to respond to a crisis.

SACRAMENTO COUNTY, CA: *Schools to Become “Centers of Wellness” with Access to Mental Health*

Professionals: David W. Gordon, Sacramento County Superintendent of Schools, and Dr. Peter Beilenson, Director of the Sacramento County Department of Health Services, announced a groundbreaking partnership that will place mental health clinicians in every school in the county over the next several years, making schools “Centers of Wellness” for their local communities. With approval from the Sacramento County Board of Supervisors, the initial cohort will start this fall with ten schools. The goal is for every public school in Sacramento County to have a mental health clinician, or ready access to one. The Sacramento County Office of Education (SCOE) will work with school districts to create a phased rollout, beginning with schools with the greatest needs. Clinicians working in each school will be SCOE employees, supported by sustainable funding from Medi-Cal, California’s public health insurance program for low-income individuals, including families with children. The vision is to identify the mental health needs of students as early as possible, provide treatment and care for those identified, reduce the “downstream” effects of unmet mental health needs, and lessen the stigma associated with mental health needs. SCOE will also provide professional learning for all school and mental health staff to create a system-wide continuum of care for mental health and wellness, linked to the state’s new social and emotional learning guiding principles. The program will include a rigorous evaluation, drawing on extensive data from the mental health landscape and information from Sacramento County districts and schools

SANTA CLARA COUNTY, CA: *Santa Clara County Builds Foundation of Evidence to Monitor Delivery of Mental Health Services*

A comprehensive review of county-funded mental health programs helped Santa Clara County, California, better understand the services offered across its continuum of care. Building a foundation of evidence helps the county monitor program fidelity—that is, the degree to which a program adheres to its research-based design. In 2019, Santa Clara County’s Behavioral Health Services Department (BHSD) partnered with The Pew Charitable Trusts’ Results First initiative to assess the evidence base of interventions offered in outpatient settings for adults with mental health issues. Although BHSD was already making data-driven decisions, it hoped to take this work a step further to ensure that the right services were being delivered in the right amount to the right population. So the department compiled a program inventory, a catalog of programs it funds in county clinics and through contracted community providers. From the start, BHSD intentionally made this process collaborative. One of the first steps was to map the programs being offered across the department’s continuum of care, which contains several levels of services ranging from less intensive (such as case management for adults with mental health barriers to employment) to most intensive (inpatient treatment for psychiatric disorders). BHSD asked community providers to identify discrete interventions they offered their clients. Department staff then convened a small external work group made up of a subset of these providers to validate the list for accuracy. Once this was completed, BHSD and the work group compared the programs in the list to the evidence about what works to reduce mental health symptoms using the Results First Clearinghouse Database. Then they created profiles for the most commonly offered programs, which included fidelity markers such as number and frequency of treatment sessions and target population to be able to compare implementation across providers. For example, according to research, adults

with a clinical diagnosis of depression who are receiving cognitive behavioral therapy should meet with their clinician one to two times a week for 12-20 weeks. Through this process, BHSD identified several opportunities to improve program fidelity and standardize implementation – you can view those [here](#).

MINNESOTA: Gov. Tim Walz signs bills eliminating prekindergarten suspensions, expanding teacher mental health training: Gov. Walz signed into law bills to eliminate suspensions for pre-k children and requiring annual mental health training for all teachers.

MINNESOTA: COVID Cares phone line, Minnesota mental health professionals offer support in time of crisis: Jordan Robinson was looking for a way to give back. A licensed psychologist and president-elect of the Minnesota Psychological Association, he was in search of an opportunity to use his skills to help others cope in this unprecedented time of stress and trauma. When he heard about COVID Cares Support Service, a statewide phone line offering free, anonymous support for people experiencing stress and anxiety staffed by a volunteer team of licensed mental health professionals, Robinson was excited to sign up for a couple of weekly shifts. The call line, which launched in April, was first designed to support health care workers, but has since expanded to offer its services to any Minnesotan in need of mental health support. Over 90 volunteers will take calls from 9 a.m. to 9 p.m. seven days a week through Aug. 31. If the need continues, the service may be extended. A partnership between the Minnesota Psychiatric Society, the Minnesota Psychological Association, the Minnesota Association of Black Psychologists, and Mental Health Minnesota, COVID Cares Support Service was inspired by similar volunteer-staffed support lines in other states. The call for volunteers was distributed earlier this spring through a number of the state's mental health networks. Phone line volunteers come from a range of mental health backgrounds and include psychiatrists, psychologists, licensed marriage and family therapists, clinical counselors, licensed alcohol and drug counselors and clinical social workers. It quickly became clear that COVID Cares had the capacity to help more than just health care workers, and as the weeks of quarantine added up, and civil unrest spiked in the wake of the killing of George Floyd, organizers decided to expand the service to offer support to all Minnesotans, not just people who work in health care. While the original intent of the line was a good idea, the organizers were happy to offer the service to any Minnesotan experiencing the stress and emotional toll of these difficult times. You can read more [here](#).

EXECUTIVE

Federal Communications Commission (FCC) Announces July Vote on Finalizing "988"

- The FCC will vote next month to change the national suicide prevention hotline to a simple and easier to remember 988 number than the current 10-digit version
- "988 will save lives," FCC chairman Ajit Pai said in a statement, adding, "We believe that 988 — which has an echo of the 911 number we all know as an emergency number — will help people access mental health services." If the change is adopted, people will be able to reach the hotline through 988 by July 2022, and the current number, 800-273-TALK (8255), will continue to be in effect
- An FCC report published last summer estimated that with a shorter number, the already-strapped crisis hotline will need an additional \$50 million in funding to field the extra calls that will likely be placed due to rising suicide rates and the shorter number

Department of Health and Human Services (HHS) Announces Mental Health Innovation Challenge

- The Department of Health and Human Services [invites](#) stakeholder teams, including health care providers, to submit innovative proposals through Sept. 8 for an online platform to connect older adults, veterans, disabled people and other vulnerable populations to technologies and social engagement programs that can address loneliness and social isolation
- The Mobilizing and Empowering the Nation and Technology to Address Loneliness and social isolation (MENTAL) Health Innovation Challenge plans to announce in January the winning system, which will become part of a national public awareness campaign
- "We need a multipronged public health approach to change the way we address social isolation, especially among our most at-risk populations," [said](#) U.S. Surgeon General Jerome Adams, M.D.
- You can view the challenge [here](#)

Department of Health and Human Services Announces Partnership with Morehouse College on Covid-19 Disparities

- The Department of Health and Human Services has formed with Morehouse Medical School to provide COVID-19 information to hard-hit minority, lower-income, and rural communities, as well as graphics on COVID-19 infection and testing disparities

Employee Benefits Security Administration (EBSA) Releases Proposal on Self-Compliance Tool

- EBSA recently proposed a new Self-Compliance Tool to help improve compliance with the Mental Health Parity and Addiction Equity Act (MHPAEA) and other related requirements with ERISA
- The tool enables group health plans, plan sponsors, plan administrators, health insurance issuers, and others to determine if a group health plan or a health insurance issuer is in compliance with the requirements of both laws
- You can review the proposal [here](#).

Federal Judge Upholds Trump Administration Hospital Price Transparency Rule

- A federal judge upheld the Trump administration's rules requiring hospitals to publicly disclose the prices they've negotiated with insurers
- The American Hospital Association sued to block the rules, arguing that they exceeded the administration's legal authority and infringed on hospitals' First Amendment rights. The court rejected both arguments
- Judge Carl Nichols wrote in his decision - "The publication of charges will allow the agency to further its interest of informing patients about the cost of care, which will in turn advance its other interest — bringing down the cost of health care,"
- The AHA will appeal this ruling to the D.C. Circuit Court of Appeals, and says it will seek expedited review. The disclosure rules are set to take effect in January

Department of Justice Announces \$42 Million in Grants to Combat the Opioid Crisis

- The Department of Justice's Office of Community Oriented Policing Services (COPS Office) announced nearly \$42 million in funding to support state-level law enforcement agencies in combating the illegal manufacturing and distribution of methamphetamine, heroin, fentanyl, carfentanil, and prescription opioids
- The complete list of Anti-Heroin Task Force Program award recipients, including funding amounts, can be found [here](#)

New CDC Data Shows 1 in 10 Adults Has a Painkiller Prescription

- According to [new CDC data](#), nearly 11% of adults reported having a recent prescription for a pain medicine
- Here's more from the survey, which looked at 2015-2018 data and asked people about prescriptions in the month prior to being surveyed:
 - 10.7% adults said they had at least one prescription for a pain medication in the 30 days before being surveyed. Around 6% said they used prescription opioids.
 - Prescription pain medication use increased with age. Around 5% of those ages 20-39 had a prescription, compared to 15% aged 60 and over.
 - Prescription pain medication use was higher among women than among men. White adults were most likely to have a prescription, while Asian adults were least likely to have one.

CONGRESS

House Energy and Commerce, Health Subcommittee to Host Hearing on Mental Health

- The Health Subcommittee will host a hearing next Tuesday on "High Anxiety and Stress: Legislation to Improve Mental Health During Crisis."
- The subcommittee will focus on various pieces of legislation including:
 - H.R. 884 the "Medicare Mental Health Access Act";
 - H.R. 945 the "Mental Health Access Improvement Act of 2019";
 - H.R. 1109 the "Mental Health Services for Students Act of 2019";
 - H.R. 1646 the "Helping Emergency Responders Overcome Act of 2019";
 - H.R. 2519 the "Improving Mental Health Access from the Emergency Department Act of 2019";
 - H.R. 2874 the "Behavioral Health Coverage Transparency Act";
 - H.R. 3165 the "Mental Health Parity Compliance Act";
 - H.R. 3539 the "Behavioral Health Intervention Guidelines Act of 2019";
 - H.R. 4428 the "Greater Mental Health Access Act";
 - H.R. 4564 the "Suicide Prevention Lifeline Improvement Act of 2019";
 - H.R. 4585 the "Campaign to Prevent Suicide Act";
 - H.R. 4861 the "Effective Suicide Screening and Assessment in the Emergency Department Act of 2019";
 - H.R. 5201 the "Telemental Health Expansion Act of 2019";

- H.R. 5469 the "Pursuing Equity in Mental Health Act of 2019";
- H.R. 5619 the "Suicide Prevention Act";
- H.R. 5855 the "Bipartisan Solution to Cyclical Violence Act of 2020";
- H.R. 6645 To direct the Health and Human Services secretary, acting through the director of the National Institute of Mental Health, to conduct or support research on the mental health consequences of SARS-CoV-2 or COVID-19;
- H.R. 7080 the "Stopping the Mental Health Pandemic Act";
- H.R. 7147 the "Creating Resources to Improve Situations of Inherent Severity Act";
- H.R. 7159 the "Crisis Care Improvement and Suicide Prevention Act of 2020";
- H.R. 7293 the "Suicide Training and Awareness Nationally Delivered for Universal Prevention (STANDUP) Act of 2020";

IN OTHER NEWS

The Brookings Institute Releases Report on “Well-Being and Mental Health amid Covid-19: Differences in Resilience Across Minorities and Whites”

- The report covers two areas of inquiry – the first is differential levels of life satisfaction, optimism, and reported mental health across race and income cohorts in the context of COVID-19. The second is how employment changes related to COVID-19 affected respondents’ well-being and mental health.
- You can view the report [here](#)

The Harris Poll Releases State of Teen Mental Health Poll During Covid-19

- National 4-H Council commissioned a survey with The Harris Poll to explore teens’ perceptions and experiences around mental health. The survey, which polled over 1,500 diverse youth ages 13-19 nationwide, explored the role of resilience in mental health along with gathering youth perspectives on the state of mental health issues in their community and the nation. The survey was conducted online from May 4 to May 14, 2020.
- Key Findings:
 - 81% of teens say mental health is a significant issue for young people in the U.S., and 64% of teens believe that the experience of COVID-19 will have a lasting impact on their generation’s mental health.
 - In this stressful climate, 7 in 10 teens have experienced struggles with mental health.
 - 55% of teens say they’ve experienced anxiety, 45% excessive stress, and 43% depression.
 - 61% of teens said that COVID-19 pandemic has increased their feeling of loneliness.
 - Teens today report spending 75% of their waking hours on screens during COVID-19.
 - 82% of teens calling on America to talk more openly and honestly about mental health issues in this country.
 - 79% of teens surveyed wish there was an inclusive environment or safe space for people in school to talk about mental health.
- You can view the poll [here](#)

American Medical Association (AMA) Releases Recommendations on “How to Reignite the Fight Against the Opioid Epidemic”

- In an [op-ed published in Morning Consult](#), AMA Immediate Past President Patrice A. Harris, MD, MA, wrote that there remains an urgent need to remove health insurers’ barriers to evidence-based treatment for patients with pain and substance-use disorders, enforcing mental health and substance-use disorder parity, and other actions necessary if the epidemic is going to end.
- Dr. Harris called for further steps to be taken to prevent the opioid epidemic from worsening. These state-level measures include:
 - Adopting the new SAMHSA and DEA rules and guidance for the duration of the COVID-19 pandemic, which includes being able to use telemedicine to evaluate and prescribe.
 - Removing prior authorization, step therapy and other administrative barriers for medicines used to treat opioid use disorder.
 - Removing arbitrary dose, quantity and refill restrictions and other barriers to controlled substances so pain patients can get needed medications.
 - Enacting, implementing and supporting harm-reduction strategies, including removing barriers to sterile needle and syringe services programs and increasing access to naloxone.
- You can view the recommendations [here](#)

Cleveland Cavaliers Basketball Star Kevin Love Commits \$500k to UCLA Mental Health Effort

- Kevin Love isn't slowing down his push to raise mental health awareness. The Cleveland Cavaliers forward, who has been outspoken about his own struggles with panic attacks and anxiety, committed \$500,000 through his foundation to UCLA's psychology department on Monday.
- Love played one season for the Bruins (2007-08) and he's helping his alma mater's work in diagnosing, preventing, treating and destigmatizing anxiety and depression.
- Love's gift came one day after he received the Arthur Ashe Courage Award at the ESPYs for his efforts in mental health.
- "I hope one day we are able to erase the stigma around anxiety and depression, and we can only do that by improving diagnosis and treatment, fostering public conversations about mental health and encouraging people to seek help when they need it," Love said.
- Love first went public with his personal battles during the 2018 season. Since then, he has been active in spreading information nationally on mental health issues. Love credited San Antonio's DeMar DeRozan, who has also fought depression, for giving him the strength to come forward.

WEEKEND READING

[BLOOMBERG](#): Online Mental Health Treatment Shouldn't End with the Pandemic

[NPR](#): The Plea for More Black Mental Health Workers

[STAT](#): Covid-19 could cause a mental health crisis. It can also spark post-traumatic growth

[EdNC](#): Mandatory SEL shows students that mental health is just as important as grades

[USA TODAY](#): As suicide, addiction death projections soar amid COVID-19, treatment centers struggle to stay alive too

[VICE](#): Police Are the First to Respond to Mental Health Crises. They Shouldn't Be

[THE WASHINGTON POST](#): Postpartum Stress Worsens Because of Coronavirus

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