



CITY, COUNTY, AND STATE NEWS

OMAHA, NE: *Mayor to veto Omaha City Council funding for mental-health services:* During its meeting on the proposed budget, the City Council decided to shift funds to community programs, mental-health services, and workforce support. But that money isn't coming from where many thought it would. The council voted 4-3 in support of a measure that doesn't remove \$2 million from the Omaha Police Department's budget; instead, it pulls that money from the city's rainy day fund. The council intends \$1.5 million of the funds to be earmarked for mental-health services, with \$350,000 going to Heartland Workforce Solutions for retraining and other jobs services. But Mayor Jean Stothert said she would veto it, saying it would be "reckless" and "irresponsible" to take money from the contingency fund during uncertain economic times. The council would need another "yes" vote to overturn her veto.

PARMA CITY, OH: *Parma City Schools adding social and emotional wellbeing initiative in high schools:* Parma City Schools, which this year is introducing the Hope Squad initiative to its high school buildings. "It's a program that's designed to frankly open up the conversation about mental health with students, as well as de-stigmatize mental health concerns, issues and social-emotional hurdles that our young people are facing," said Robert Hoon, director of the district's Office of Exceptional Students. Grant Us Hope is the organization behind the Hope Squad, which has proven successful in other Ohio districts. The Cincinnati-based nonprofit's mission is to create communities of leadership and advocacy that enhance mental wellness, safety and prevention in schools. The Hope Squad initiative is a school-based, peer-to-peer suicide prevention program for students, with a three-year curriculum that emphasizes suicide prevention fundamentals, self-care and anti-bullying.

RALEIGH, NC: *Raleigh Police to start sending social workers with officers on some 911 calls:* In a few months when Raleigh police respond to a person in a mental health crisis, a social worker may head out with a police officer. And the team will then follow up to connect some of those people with the help they need from nonprofits and community groups. Raleigh Police Chief Cassandra Deck-Brown described the new, planned police unit during a City Council meeting Tuesday afternoon. The new unit is called the ACORNS Team, which stands for "addressing crises through outreach, referrals, networking and service. The eight-person team will have a supervising sergeant a detective, three social workers and three police officers, said Deck-Brown. She hopes to hire and train the new team by the end of the year. Mayor Mary-Ann Baldwin mentioned the unit last week at a meeting of the governor's Task Force for Racial Equity in Criminal Justice. In that forum, Dawn Blagrove, executive director of Emancipate NC, said she supports shifting police resources to the community but was not in favor of Raleigh's new unit.

SAN FRANCISCO, CA: *New 24-Hour Street Crisis Response Team To Replace SF Law Enforcement On Mental Health Calls:* San Francisco Mayor London Breed announced the creation of a new 24-hour Street Crisis Response Team that would be used to respond to behavioral health emergencies in the place of law enforcement. Under the pilot program, the team would provide appropriate responses to 911 and 311 calls regarding people experiencing intoxication, psychosis, or any other mental health or substance abuse-related emergencies. The effort aims to divert those individuals away from emergency rooms and jails and instead place them in behavioral health treatment facilities. The response teams will be equipped with at least one paramedic from the Fire Department and a behavioral health clinician and behavioral health peer from the

San Francisco Department of Public Health. The program will be funded with \$4 million from the city's general fund from the mayor's proposed 2020-2021 and 2021-2022 budget. In addition, if a business tax reform ballot measure is approved by voters in the upcoming November election, the program could receive up to \$16.8 million over the next two years, expanding it. In addition to the response team, Breed's budget proposal also includes the creation of the Office of Coordinated Care within the Department of Public Health, increasing behavioral health bed capacity, as well as expanded hours at the city's Behavioral Health Access Center. The response team pilot program is part of Mental Health SF, the city's plan to improve behavioral health response for homeless San Franciscans, initially proposed by Supervisors Matt Haney and Hillary Ronen. The response team program also fulfills Breed's intentions to divert non-violent calls from law enforcement.

CALVERAS COUNTY, CA: *Calaveras County awarded \$2.5M grant for students' mental health:* The Calaveras Health and Human Services Agency/Behavioral Health Services Division (CHHSA) and Calaveras County Office of Education (CCOE) have received a four-year, \$2.5 million Mental Health Services Act grant to support student mental health at local elementary schools. The grant was awarded to the CHHSA/CCOE partnership and those in three other small counties as part of a competitive funding opportunity offered by the state Mental Health Services Oversight and Accountability Commission. Calaveras County's application received the highest score among the 10 applicants, according to the partnership. Funds will go towards early intervention services for young students via a contract with community-based nonprofit Sierra Child and Family Services to establish on-campus mental wellness "centers" at all elementary schools in Calaveras County. Those centers will host a small team of mental wellness professionals that will work in tandem with school counselors and administrators on-site and can also be deployed throughout the county when needed. Services include training for staff, students and families in coping and resiliency skills; targeted interventions for students experiencing trauma or other mental health stresses; and specific treatment for students exhibiting higher level symptoms. Services will be available to every student, regardless of insurance or income eligibility.

NASSAU COUNTY, NY: *County Executive Laura Curran signs mental health committee bill:* Nassau County Executive Laura Curran signed legislation to direct the county to convene a committee tasked with studying alternative approaches to mental health responses and intervention by law enforcement. Passed unanimously by the Nassau County Legislature, the bill will study mental health police response, and explore creating a mental health unit with the Nassau Police Department. The committee, which will be co-chaired by Nassau County Police Commissioner Patrick Ryder and Department of Human Services Commissioner Carolyn McCummings, will convene its first meeting within 30 days, issuing a report to Curran and the legislature within six months of enactment. Potential recommendations include but are not limited to creating a mental health unit within the Nassau County Police Department; establishing protocols for co-deploying mental and behavioral health professionals and non-law enforcement personnel to mental or behavioral health-related police calls, and conducting a nationwide review of best practices in alternative approaches to mental health crisis intervention.

CONNECTICUT: *Connecticut to train teachers in social, emotional learning:* Connecticut education officials, concerned about the emotional trauma children have faced during the coronavirus pandemic, are making social and emotional learning a priority as schools make plans to reopen in the fall. Gov. Ned Lamont met with education and mental health officials to discuss the issue in a video conference Friday. He announced a partnership between the state and Yale University for a program that is designed to train teachers in how to deal with the stress they and their students have been facing since March. Lamont said he knew the state was having an issue when children who had been isolated at home for months began calling the state's 2-1-1 hotline this summer, looking for someone to talk to about their fears, loneliness and other issues. The training program, developed by Yale's Center for Emotional Intelligence, is a 10-hour course designed to give teachers some skills and strategies that will help them understand and manage their own emotions and those of their students. The course is being offered to all Connecticut school staff, including teachers, paraprofessionals,

counselors, principals, and non-teaching staff through a grant from Dalio Education, a private foundation set up by billionaire hedge fund manager Ray Dalio and his wife, Barbara. State Education Commissioner Miguel Cardona said he hopes that teachers will pass on what they learn to parents, many of whom have taken on a greater role in their children's education during the pandemic.

PENNSYLVANIA: *State To Allow Naloxone Via Mail:* Pennsylvania has issued a standing order that allows community-based organizations to provide naloxone, an opioid overdose antidote, to residents by mail. That expands on a standing order released in 2016 that allows people to buy the drug from pharmacies without a prescription. The new policy is intended to further increase access to the medication amid rising overdose deaths during the pandemic, when fewer people are visiting pharmacies and doctors' offices. Overdose deaths hit a record national high in 2019, according to recently released preliminary CDC data. Federal and state officials are reporting an uptick in deaths for 2020.

SOUTH CAROLINA: *SC Dept of Education launches website for social-emotional learning for teachers, students:* The South Carolina Department of Education launched a new web portal that will aid students with social-emotion learning with information, resources and professional development. Social-emotional learning is the process that children and even adults use to understand and manage emotion, maintain positive relationships and make responsible decisions. Officials said that research shows those who receive support for social-emotional learning do better academically, socially and behaviorally. The website will offer support for teachers, administrators and students, and it will offer lessons for elementary, middle and high school teachers to start the school year.

EXECUTIVE

New Study from the CDC Shows 1 in 4 Americans, 18-24 Years of Age, Say They've Considered Suicide in Past Month

- According to a survey from the Centers of Disease Control and Prevention, one in four Americans between 18 and 24 years old say they've considered suicide in the past month because of the pandemic
- The findings confirm warnings from public health experts about the long-term mental health impacts from the pandemic
- Young adults are one of several groups — including Black and Hispanic people, essential workers and adult caregivers — that reported worse mental health outcomes, increased substance abuse or suicidal thoughts
- The study analyzed 5,412 responses between June 24 and 30 based on self-reporting and found that: 10% overall said they considered suicide, with one in five of them essential workers, anxiety and depression symptoms were three to four times higher than a year ago, and about 13% said they have turned to substance abuse

New Report from the Trevor Project Shows Roadblocks to LGBTQ Mental Health Services

- A new report from the [Trevor Project](#) says 'LGBTQ youth say a slew of roadblocks prevent them from accessing mental health services

- Cost was by far the biggest barrier, but respondents also cited a stigma surrounding mental health issues, as well as skepticism about whether they could trust a therapist
- 54% of LGBTQ youth said they wanted mental health care in the past year but did not receive it
- The problem was worse among Black (62%), Latinx (62%) and Asian American (60%) respondents

New CDC Report Shows Suicide rate in Rural Areas Climbs Higher than Urban U.S.

- A [new CDC report](#) finds although rates of suicide have climbed across the U.S. in the past two decades, that increase has been particularly stark in rural areas
- The rate of suicides in rural areas rose from a rate of 13 deaths per 100,000 people in 2000 to around 19 deaths per 100,000 in 2018. Over the same time period, rates of suicides in urban areas went from 10 deaths per 100,000 people to around 13 deaths per 100,000
- The suicide rate among men in rural areas increased by 34% since 2007, while the rate increased 17% among men in urban areas from 2006 - 2016
- The suicide rate among women in the rural U.S. nearly doubled between 2000 and 2018, while the rate among urban women grew by 50%
- Firearm-related deaths were the leading type of suicide among men in rural and urban areas and among women in rural areas. Women in urban areas most often died by suffocation

New CDC Report Shows 1 in 20 Americans Considered Heavy Drinkers

- New CDC data from 2018 show roughly 1 in 20 women and men engaged in heavy drinking, which is considered an average of seven drinks per week for women and 14 drinks weekly for men
- Among the report's takeaways: Adults who felt depressed or anxious were more likely to engage in heavy drinking than those who did not report those feelings and Non-Hispanic white adults were more likely to engage in heavy drinking than Black, Hispanic or non-Hispanic Asian adults
- The report comes as officials worry that alcohol consumption and other substance use has gone up amid the coronavirus pandemic

IN OTHER NEWS

People with a History of Depression Might Use Cannabis More Often

- A [new survey](#) of more than 16,200 U.S. adults finds that people with a history of depression are more than twice as likely than their peers to report using cannabis every day or nearly every day
- The survey, which included data from 2005 to 2016, also found that the association between depression and frequent cannabis use has grown more significant in recent years

- According to the study, recent portrayals of cannabis use in media have suggested — without evidence, the authors note — that the substance could help with depressive disorders, which could be driving the recent trends, the authors suggest

Text Messaging Intervention Promising for Patients With SMI

- According to a pilot study published online in *Psychiatric Services*, a text-messaging intervention appears a safe, feasible, and clinically promising way to augment care for patients with serious mental illness
- The 3-month pilot was a randomized controlled trial that involved 49 patients with serious mental illness. Among participants, 62% had schizophrenia/schizoaffective disorder, 24% had bipolar disorder, and 14% had depression
- Licensed mental health clinicians were trained in how to serve as mobile interventionists who engaged patients in recovery-oriented texting exchanges. The study compared the mobile interventionist approach as an add-on to assertive community treatment with assertive community treatment alone
- The texting intervention was initiated by 95% of participants assigned to the mobile interventionist arm, who texted 69% of possible days with an average 4 texts per day, according to the study. Some 91% of participants reported satisfaction with the texting intervention, 94% said it made them feel better, and 87% said they would recommend it to a friend
- Post-treatment clinical effect estimations found greater reductions in the severity of paranoid thoughts and depression, researchers found, as well as improved illness management and recovery in the mobile interventionist group. No adverse events were reported

WEEKEND READING

[THE ATLANTIC](#): Mental Health Aftermath of the California Wildfires

[THE WASHINGTON POST](#): Coronavirus Pandemic is Worsening Transgender Mental Health to Alarming Levels

[PSYCHOLOGY TODAY](#): How to Offer Mental Health Interventions in School

[STAT](#): LGBTQ Youth Say Cost, Parent Consent Pose Barriers to Mental Health Care

[ABC NEWS](#): Like the Virus, Coronavirus Pandemic Mental Stress Hits Latinos More

[NAMI](#): How Students Changed the Law to Allow Mental Health Days

[CNN](#): The Opioid Crisis Cost the United States \$2 Trillion Dollars

****The information compiled in this email originated from the following news sources: Axios, Politico, Vox, CQ Roll Call, STAT, Modern Healthcare, and The Hill****