



CITY, COUNTY, AND STATE NEWS

CHICAGO, IL: *Chicago Police Will Now Get Free Mental Health Care:* The Chicago Police Department is trying to better reach out to officers who may need mental health support as the department has seen a surge in suicides in recent years. The department's Officer Support System pilot program launched Tuesday. The program uses data to identify officers "who may be in need of additional support" and helps create a process to provide services to those officers. The program is meant to proactively help officers. Another new program, the Officer Wellness Telehealth Pilot, will give free mental health services to all officers. The services will be provided by experts who specialize in working with police. The renewed focus on supporting officers' mental health comes amid a spike in suicides in the department. At least nine officers have died by suicide in the last two years. Among them was Dion Boyd, a deputy chief who killed himself at a police station just days after being promoted in July. The Department of Justice found Chicago officers commit suicide 60 percent more often than those in other departments. Among the reforms would be "implementing a real officer wellness program and completing the Officer Support System/Early Intervention System pilot that provides support for officers in crisis, improving our peer support program and providing counselors to those in need.

DALLAS, TX: *Dallas ISD prioritizes mental health of students, ramps up Social and Emotional Learning:* With COVID-19 and a lot of unknowns as school begins, Dallas Independent School District is prioritizing the mental health of its students. DISD is ramping up efforts to provide mental health services and focus on Social and Emotional Learning (SEL) when virtual school starts. Every teacher and staff member are now trained in trauma-informed care. Each day, virtual learning will have SEL time built in for teachers to connect with students on a personal level and assess how they are doing emotionally. SEL includes conversations so students can work through their stress and feelings. It also allows time for classmates to get to know their teacher and each other, even in an online setting. DISD offers Social and Emotional Learning resources online for families, including an SEL in Action playlist, where students and parents can work on SEL activities together.

LOS ANGELES, CA: *Element3 Health and the End Loneliness Initiative Join Forces with City of Los Angeles to Combat Isolation and Loneliness Among LA's Older Adults:* The City of Los Angeles Department of Aging and Element3 Health today jointly announced the launch of the End Loneliness Initiative, a collaboration aimed at curtailing the rise of social isolation and loneliness in older adults that is growing in the face of ongoing "shelter in place" measures. Loneliness and isolation had been a significant factor in older adults' health before COVID-19 and has been exacerbated by the ongoing crisis. The initiative seeks to correct and prevent a rise in loneliness, particularly among older adults, who are expected to be hardest hit by continued "shelter in place" measures. As a founding partner of the End Loneliness Initiative, the City of Los Angeles Department of Aging will help provide free solutions to provide meaningful, safe social connections for the region's 1.2 million older adults. As a leading expert in providing meaningful social connections for older adults, Element3 Health spearheaded the initiative to proactively address the loneliness epidemic. The initiative is focused on providing individuals with free access to meaningful social connections centered around activities that they enjoy. Too many other efforts are well-intended but only offer standardized formats which do not address individual interests, talents and hobbies that compel people to become and stay engaged. As part of the End Loneliness Initiative, Element3 Health is marshalling resources to provide all older adults in the nation, starting

with Los Angeles, free access to virtual social and activity clubs. These virtual clubs are designed to connect older adults based on their shared passions in activity clubs that meet virtually on a safe and easy-to-use platform. Virtual chess, embroidery, dance, tai chi and other clubs are helping older adults stay healthy and socially connected, while maintaining the physical distance necessary to preserve their health and the health of their peers.

MASON CITY, OH: *Mason City Schools staff every school with mental health therapists:* For the first time in the district's history, each of the district's school buildings will house a mental health therapist employed by Children's Hospital. "An effort or an emphasis on mental wellness is more important now than it's ever been before," said Superintendent Jonathan Cooper. "We have four buildings with 10,500 students and so we want to make sure that our students have access right there in the building to support them and our families have that access." Mason City Schools partnered with the hospital system years ago, but the partnership is expanding in the 2020-2021 school year to include every school, elementary to high school. District leaders and specialists are expecting to see more anxiety in students related to the pandemic, racial and economic tensions and other stressors. In Mason, both in-person and online learners will have access to the mental health therapists. Parents and counselors can make student referrals or students can self-refer. Hospital staff work with the nonprofit Mindpeace, the organization helps connect mental health providers with schools in order increase children and teen access to mental health support services.

SAN ANTONIO, TX: *Launches 'CAHOOTS' mental health program:* Sheriff Javier Salazar is launching a pilot of a "CAHOOTS" type mental health program within the Bexar County Sheriff's Office. The Sheriff's Office, is looking at what the peak times for dispatched calls will be and the ultimate costs. They are considering the types of calls mental health professionals respond to and not respond to and how everyone will be trained and equipped. The CAHOOTS program is budgeted at about \$2.1 million annually, while the combined annual budgets for the Eugene and Springfield police departments are \$90 million. In 2019, the CAHOOTS teams answered 17% of the Eugene Police Department's overall call volume, the Sheriff Office says. In addition, the program saves the city of Eugene an estimated \$8.5 million in public safety spending annually.

DALLAS COUNTY, TX: *Dallas County invests \$5 million to reduce police intervention on mental health calls:* Dallas County Commissioners unanimously approved spending \$5 million to help reduce the interventions for law enforcement on mental health calls. The programs presented by Dallas County Administrator Darryl Martin came from the New Directions for Public Safety document, produced by a working group of activists and city managers in Dallas County over the last six weeks. The funding will allow for \$1 million for the completion of the Deflection Center at Homeward Bound, a behavioral health treatment center in Dallas. Martin says it will provide an alternative to jail for individuals presenting with mental health or substance use disorders interacting with police. An additional \$3 million would go to implementation of "alternative response models" for cities in Dallas County to reduce interactions between law enforcement and individuals for certain mental health, substance abuse and homeless calls.

MADERA COUNTY, CA: *County starts new mental health program for youth:* The Madera County Youth Behavioral Health Collaborative, in partnership with the Madera County Superintendent of Schools, local school superintendents, Camarena Health Centers, and Madera County Department of Behavioral Health, will provide increased access to mental health and behavioral health services in the school, home, and community to students throughout Madera County, who are identified as in need of mental health support and intervention. The program will address two county-wide needs: Navigation and case management services for students and families, and additional capacity to assist with new interventions before calling school resource officers or law enforcement to conduct an assessment for a 5150 hold. Grant funds will be used to contract with Camarena Health, the county's largest community health care provider, to hire three behavioral health community navigators, two licensed clinical social workers, and a program coordinator. Each BHCN will be

assigned to one of three regions within the county. They will ensure the students and their families are able to access the available resources and treatment options, coordinate care, and serve as a liaison to the school staff to ensure that students have the school-based support services they need to successfully return to and remain in class. The LCSWs will be deployed throughout the county to provide responsive additional capacity during an initial student crisis. Whenever possible, they will use interactive video and audio technology to provide support to school staff to de-escalate stressful situations and to develop preventative measures before a 5150 referral is made. Tele-mental health services will be a key service delivery strategy for this program, both to cover the geographic range of the mostly rural county efficiently and effectively and to address potential social-distancing requirements brought about by COVID-19. The goals of the partnership are to: Increase access to behavioral health services in locations that are easily accessible to students and their families; Emphasize preventive and early intervention services that maximize the healthy development of children and minimize the long-term need for public resources; Provide case management services to children and families with multiple needs; Enhance crisis services that are responsive to the needs of children and youth; Facilitate linkages and access to a continuum of ongoing and sustained services for students with identified social-emotional, behavioral, and academic needs; and Identify gaps in services to targeted populations.

MONMOUTH COUNTY, NJ: *Monmouth County 'Stigma-Free' Initiative Urges Persons with Mental Health and Substance Use Disorders to Seek Help:* Monmouth County has debuted 'Stigma-Free Monmouth,' a new website to help spread the message there is assistance for those who suffer from behavioral health illnesses and substance use disorders. During the first seven months of 2020, the number of overdose deaths rose dramatically both in New Jersey and Monmouth County, compared to totals for the entire year of 2019, according to county officials. "In 2019, New Jersey suffered from 3,021 overdose deaths with 187 occurring in Monmouth County. Since January 1 to July 31 of this year, New Jersey has had 1,834 overdose deaths and 111 in Monmouth County," said Freeholder Deputy Director Susan M. Kiley, liaison to the Division of Behavioral Health. "This movement has been gaining momentum, and the launch of the stigma-free website helps advocate awareness and education about this notable health concern." Launched by the Board of Freeholders in collaboration with the Division of Behavioral Health, the website is an initiative of the Monmouth County Stigma-Free Action Committee, which believes that every individual deserves to be treated with respect and that everyone should be able to get help without fear, according to a press release. The stigma-free initiative's goal is to reduce the stigmas associated with mental illnesses and substance use disorders. Monmouth County and other stigma-free zones are raising awareness of the diseases and disorders to help create support for individuals who need to pursue treatment.

SANTA CLARA AND SAN MATEO COUNTIES, CA: *Bay Area schools awarded \$12 million to launch campus-based mental health services:* Santa Clara and San Mateo counties would each receive \$6 million to test out new ways to detect and prevent mental illness in children and adolescents. County health departments are required to ally with local schools, with a goal of reaching students before mental illness becomes a debilitating problem. But each county is taking a different approach: San Mateo is turning the funds around to help its neediest students with universal health screenings and by hiring in-house staff who can connect underserved families to the mental health services they need. Santa Clara is taking the long view, vowing to add mental health professionals at hundreds of schools and laying the groundwork for a mass-scale rollout of school wellness centers equipped to provide therapy on campus. Last year, the California Legislature set aside \$50 million in the state budget for counties willing to find ways to incorporate mental health services into public schools, adding incentives to its long-standing push to get schools more involved in the mental well-being of their students. Santa Clara's grant proposal calls for the creation of wellness centers at all of the county's 55 high schools and 68 middle schools, with a goal of later extending to the 258 elementary schools. The wellness centers would be a place for individual or group counseling as well as a supportive environment for students who are coping with anxiety, depression and other common problems afflicting students. In San

Mateo, the approach is more focused. Four high-needs school districts -- Jefferson Elementary, Jefferson Union, Bayshore Elementary and Cabrillo Unified -- will be staffed to do universal screening for all students, checking for emotional or behavioral health disorders in need of intervention. The goal is to catch symptoms early and support students before it becomes more difficult -- and more expensive -- to treat them. San Mateo will also be using the \$6 million to provide a baseline level of support for 12 participating school districts, ranging from the neediest to the most well-resourced. McGrath said the pool of districts will have access to a new social-emotional learning curriculum and training for staff to better work with students experiencing high stress and trauma.

SUMMIT COUNTY, CO: *Summit County Sheriff's Office to launch second mental health response team:* The Summit County Sheriff's Office is set to ramp up its SMART team operations next week, expanding from one to two teams in hopes of assisting even more individuals facing mental health crises in the community. The county's SMART team — Systemwide Mental Assessment Response Team — launched in a limited capacity in January with officials hoping to work out any kinks in the initiative before rolling it out countywide. But team members quickly found themselves responding to a high number of calls throughout the area, and officials are anxious to get more resources up and running as community members cope with the continued effects of the COVID-19 pandemic. The existing SMART team is composed of a deputy, clinician and case manager and works 40 hours a week from Wednesday through Saturday. The second team will begin offering services from Sunday through Wednesday next week. Since the first team launched at the beginning of January, it has responded to 227 direct calls along with 203 calls to assist other law enforcement agencies, 108 calls to assist non-law enforcement community partners and numerous others. The team also has successfully responded to 10 suicides in progress — wherein someone is actively threatening to kill themselves — and 41 other suicide threats. Among people contacted, many admitted that substances like alcohol or drugs played a role in the incident (108), and many have used the response team more than once (108). The Sheriff's Office estimates that by responding to mental health calls, the team has helped law enforcement and emergency medical personnel return to their other duties, saving 367 hours. Perhaps most importantly, almost all of the individuals who are coming into contact with the SMART team are able to avoid any sort of arrest or mental health confinement. For individuals who were actively in crisis, the team was able to stabilize 142 in place and refer 81 others to community partners. Only 10 individuals were placed on a mental health hold, and only one person has been arrested.

FRANKLIN, TN: *City of Franklin to partner with Find Hope Franklin for program on suicide prevention:* In hopes of reducing the stigma of mental health and bringing awareness to this epidemic, the city of Franklin is working with the Find Hope Franklin initiative to present a special program on suicide prevention that premiered on Sept. 10, which is World Suicide Prevention Day. The program premiered on the city of Franklin Facebook and Instagram channels and was hosted by Mayor Ken Moore and Franklin Police Chief Deb Faulkner. The program will focus on two Williamson County residents who survived a suicide attempt, and one local father who lost a teenage son to suicide. The program will also feature local mental health professionals Amy Alexander, director of the Refuge Center; Cindy Siler from Mercy Community Health Care; Tom Starling, president/CEO of Mental Health America of the Midsouth; and Sej West, director of Volunteer Behavioral Health Care System. These experts will discuss mental health resources available in our community. Williamson County holds the second highest suicide rate in Tennessee for juveniles ages 10-19 years old. Adults in the county struggle too, with more than 50% of suicides being individuals ages 35-64. In 2019, Mayor Moore created a blue-ribbon panel to discuss the mental health crisis in Williamson County. From that panel, an initiative was formed called Find Hope Franklin. This initiative included the creation of the website www.findhopefranklin.com. On the website, people can find local resources to assist those dealing with mental health issues.

EXECUTIVE

SAMHSA Announces 2020 National Recovery Month Webinar Series

- National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with mental and substance use disorders to live healthy and rewarding lives. Now in its 31st year, Recovery Month celebrates the gains made by those living in recovery.
- SAMHSA's Recovery Month upcoming webinars:
 - [September 17: Communities Supporting Recovery](#)
 - [September 24: The Importance of Integrating Recovery Support Services: The Certified Community Behavioral Health Clinic Model](#)
- You can view the national recovery month website [here](#)

CONGRESS

House Energy and Commerce Committee Advances Behavioral Health Legislation to the Floor

- The Full Committee favorably reported the following bills:
 - H.R. 945, the “**Mental Health Access Improvement Act of 2019**,” which was introduced by Reps. Mike Thompson (D-CA) and John Katko (R-NY), would provide for coverage of marriage and family therapist services and mental health counselor services under Medicare Part B. An AINS was adopted to add a study on the impact of the legislation, to include marriage and family therapist services and mental health counselor services in skilled nursing facility consolidated billing, and to make technical and conforming changes.
 - H.R. 2281, the “**Easy Medication Access and Treatment for Opioid Addiction Act**” or the “Easy MAT for Opioid Addiction Act,” which was introduced by Rep. Raul Ruiz (D-CA), would require the Drug Enforcement Agency (DEA) to revise regulations within 180 days of enactment to allow a practitioner to dispense up to a three-day supply of narcotic drugs to an individual for the purpose of maintenance or detoxification treatment at one time. An AINS was adopted to make technical and conforming changes to the bill.
 - H.R. 2466, the “**State Opioid Response Grant Authorization Act**,” which was introduced by Reps. David Trone (D-MD), Kelly Armstrong (R-ND), Mikie Sherrill (D-NJ) and Denver Riggleman (R-VA), would authorize the Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response Grants program. An AINS was adopted to align the State Opioid Response Grants program with SAMHSA grant authority provided through the 21st Century Cures Act. The AINS would also authorize the program through FY 2026.
 - H.R. 3878, the “**Block, Report, And Suspend Shipments Act of 2019**,” which was introduced by Reps. David B. McKinley (R-WV) and Debbie Dingell (D-MI), would create additional requirements for drug manufacturers and distributors who discover a suspicious order for controlled substances. In addition to reporting the suspicious order to DEA, the bill would require a manufacturer or distributor to exercise due diligence, decline to fill the order or series

of orders, notify DEA of each suspicious order or series of orders and the indicators that led to the belief that filling such orders would be a violation. These requirements would become effective six months following enactment. A manager's amendment was adopted to make a technical change to the bill.

- H.R. 4812, the **“Ensuring Compliance Against Drug Diversion Act of 2019,”** which was introduced by Rep. Morgan Griffith (R-VA), would terminate the controlled substance registration of any registrant if the registrant dies, ceases legal existence, discontinues business or professional practice, or surrenders registration. A registrant who ceases legal existence or discontinues business is required to notify DEA. Registrants must receive written consent from DEA in order to assign or transfer a registration. Registrants are also required to return certain documentation if a registrant's work is discontinued.
- H.R. 3797, the **“Medical Marijuana Research Act of 2019,”** which was introduced by Reps. Earl Blumenauer (D-OR), Andy Harris (R-MD), Zoe Lofgren (D-CA), Morgan Griffith (R-VA), Rob Bishop (R-UT) and Debbie Dingell (D-MI), would direct the Secretary of HHS to ensure a supply of marijuana for research purposes through the National Institute on Drug Abuse (NIDA) Drug Supply Program. Among other provisions, the bill would direct NIDA and HHS to act on marijuana research registration applications within 30 days prior to supplying marijuana through the NIDA Drug Supply Program. The bill would direct FDA to issue guidelines on the production of marijuana and to encourage authorized researchers and manufacturers to produce marijuana, in coordination with the law. An AINS was adopted to allow for research utilizing marijuana from State authorized marijuana programs, ensure researchers are in compliance with FDA guidance, and make technical and conforming changes to the bill.
- H.R. 4806, **“Debarment Enforcement of Bad Actor Registrants Act of 2019” or the “DEBAR Act of 2019,”** which was introduced by Rep. Bob Latta (R-OH), would amend the Controlled Substances Act to allow the Attorney General to prohibit any registrant from manufacturing, distributing, or dispensing a controlled substance or a list I chemical if that registrant meets or has met any of the conditions for suspension or revocation of registration under subsection (a) of the Act, or is found unfit to manufacture, distribute, or dispense a controlled substance or a list I chemical. A manager's amendment was adopted to clarify the conditions under which the Attorney General can debar a registrant.
- H.R. 2519, the **“Improving Mental Health Access from the Emergency Department Act of 2019,”** which was introduced by Rep. Raul Ruiz (D-CA), would authorize SAMHSA to award grants to qualifying emergency departments for the purpose of supporting mental health services. Grant recipients would be required to use funds to support the provision of follow-up services for individuals who present for care of acute mental health episodes, such as placement in appropriate facilities. A manager's amendment was adopted to make technical and conforming changes to the bill.
- H.R. 4861, the **“Effective Suicide Screening and Assessment in the Emergency Department Act of 2019,”** which was introduced by Reps. Gus Bilirakis (R-FL) and Eliot Engel (D-NY), would create a grant program to improve the identification, assessment, and treatment of patients in emergency departments who are at risk for suicide by: (1) developing policies and procedures for identifying and assessing individuals who are at risk of suicide; and (2) enhancing the coordination of care for such individuals after discharge.

- H.R. 1109, the “**Mental Health Services for Students Act,**” which was introduced by Reps. Grace Napolitano (D-CA) and John Katko (R-NY), would expand and increase funding for existing SAMHSA grants to support mental health services at schools throughout the country. The program would fund grants that allow for prevention screening for social, emotional, mental, and behavioral issues, including suicide or substance use disorders; treatment and referral for these issues; development of evidence-based programs for students experiencing these issues; and other strategies for schools to treat students. An AINS was adopted to streamline the proposed program and to make technical and conforming changes to the bill.
- H.R. 3539, the “**Behavioral Intervention Guidelines Act of 2019,**” which was introduced by Reps. Drew Ferguson (R-GA), Michael Burgess (R-TX), Joe Kennedy (D-MA) and Jimmy Panetta (D-CA), would require SAMHSA to develop best practices for schools to establish behavioral intervention teams and properly train them on how to intervene and avoid inappropriate use of mental health assessments and law enforcement. No later than one year after enactment, best practices shall be made publicly available on a website of HHS. A manager’s amendment was adopted to make technical and conforming changes to the bill.
- H.R. 7293, the “**Suicide Training and Awareness Nationally Delivered for Universal Prevention Act of 2020**” or the “**STANDUP Act of 2020,**” which was introduced by Reps. Scott Peters (D-CA), Gus Bilirakis (R-FL), Ted Deutch (D-FL) and Brian Fitzpatrick (R-PA), would require State and Tribal educational agencies that receive priority mental health grants under Section 520A of the Public Health Service Act to establish and implement a school-based student suicide awareness and prevention training policy, and collect information on training activities. An AINS was adopted to ensure the school-based policies are culturally and linguistically appropriate and to make technical and conforming changes to the bill.
- H.R. 5469, the “**Pursuing Equity in Mental Health Act of 2019,**” which was introduced by Rep. Bonnie Watson Coleman (D-NJ), would: authorize grants targeted at high-poverty communities for culturally and linguistically appropriate mental health services; support research into disparities in mental health; and reauthorize the Minority Fellowship Program to support more students of color entering the mental health workforce, among other things. An AINS was adopted that strikes Title I of the legislation, and makes other technical and conforming changes to the bill.
- H.R. 5572, the “**Family Support Services for Addiction Act of 2020,**” which was introduced by Reps. David Trone (D-MD) and Dan Meuser (R-PA), would authorize grants at SAMHSA to support family community organizations that develop, expand, and enhance evidence-informed family support services. A manager’s amendment was adopted to make technical and conforming changes to the bill.

IN OTHER NEWS

E-Cigarette Use Amongst Teens Is Decreasing

- A new report shows E-cigarette use among middle and high schoolers dropped significantly since last year, with 1.8 million fewer teens vaping
- The survey, conducted between mid-January and mid-March, highlights the effects of last year's outbreak of vaping-related illnesses and deaths

- In 2019, reports were confirmed of more than 2,600 hospital cases and nearly 60 deaths most likely associated with illicit THC-infused vaping products
- You can view the FDA report [here](#)

New Survey Shows Parents are Continuing to Report Worse Mental Health than at the Start of the Pandemic

- The [latest survey](#) examining parents' well-being during the pandemic finds that more than a quarter still say their mental health has worsened since March
- Consistent with a [previous survey](#)'s findings, this newest 1,000-person poll also found that 1 in 7 parents reported worsening behavioral problems in their children
- Nearly 40% of parents say they have seen cancellations or delays in their children's medical visits since the beginning of the pandemic in the U.S
- Nearly 1 in 2 said a well-child visit was delayed, while around 1 in 10 said a behavioral health checkup was delayed

US Olympic & Paralympic Committee Announces First Ever Mental Health Ambassadors, Philanthropic Support of Mental Health

- The United States Olympic & Paralympic Committee today announced the commitment of the first Mental Health Ambassadors to provide philanthropic funding to the organization in order to advance its support of mental health programming for Team USA athletes
- The ambassadors, Yucca and Gary Rieschel, have pledged to support the mental well-being of U.S. Olympians, Paralympians and hopefuls with a gift of \$1.5 million to the United States Olympic & Paralympic Foundation, the USOPC's nonprofit arm
- The gift also establishes a new Mental Health Fund, which will supplement important funding for USOPC mental health offerings – including in-person and virtual counseling options for Team USA athletes, mental health awareness campaigns, background checks for prospective mental health registry counselors, as well as supplemental funding for athletes who require additional assistance
- Additionally, their contribution covers the cost for the USOPC to hire and retain a director of mental health services and previously announced full-time mental health officers
- The establishment of a Mental Health Fund is the latest in a series of advancements in the space by the USOPC as it continues to explore inventive ways to deliver mental health resources to Team USA athletes. In July, the organization announced the hiring of three mental health officers, who have supported the creation of a USOPC mental health registry, expanded telehealth offerings and worked on an emergency action plan for the Team USA athlete community

WEEKEND READING

USA TODAY: Covid-19 and Social Unrest Increase Need for Therapists of Color

THE NEW YORK TIMES: The Pandemic Is a 'Mental Health Crisis' for Parents

FORBES: Meet the Black Men Making Mental Health Less Taboo

NPR: Pandemic Depression Hits 25% of Americans, Study Finds

ED WEEK: Why Students Need Social Emotional Learning Now

THE BOSTON GLOBE: Black Americans, Suffering Disproportionately from COVID-19, Face a Mounting Mental Health Crisis

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