

# **NEW YORK CITY, RACIAL EQUITY, AND BEHAVIORAL HEALTH DURING THE COVID-19 PANDEMIC**

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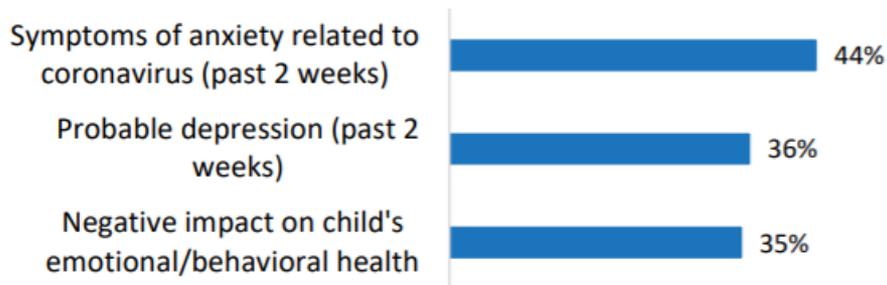
# Overview

- COVID-19 Impact on Mental Health in NYC
- Racial Trauma and Health Inequities
- Equity-Informed Behavioral Health Strategies
- COVID-19 Community Conversations (3C)
- NYC Methadone Delivery System (MDS)
- NYC Health Justice Network

# COVID-19 Impact on Mental Health and Risk Factors

## Anxiety, Depression, and Children's Behavioral Health during the COVID-19 Pandemic

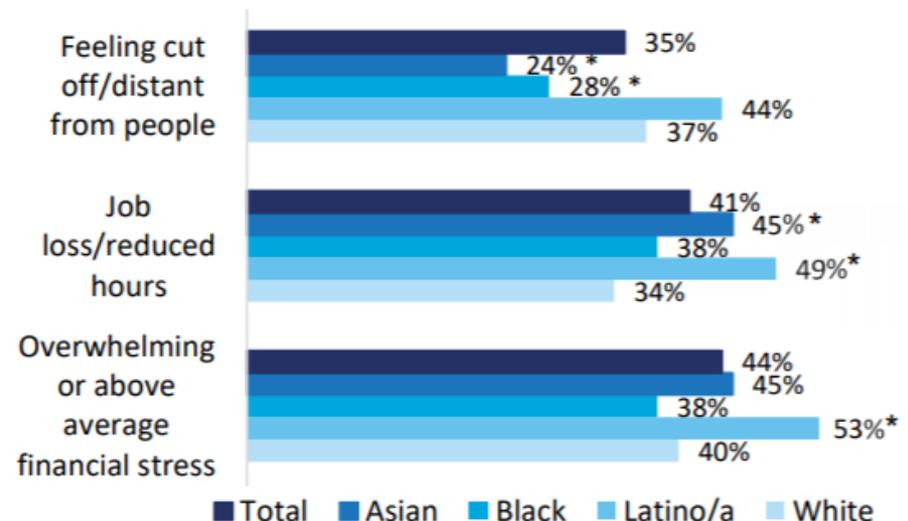
*(% adult New Yorkers experiencing anxiety and depression; % adults reporting negative impact of pandemic on behavioral health of children(ren) in household)*



Source: New York City Health Opinion Poll, May 13-20, 2020.  
New York City Health Opinion Poll, April 16 - 23, 2020

## Risk Factors for Poor Mental Health Outcomes

*(% adult New Yorkers experiencing COVID-19 related stressors)*



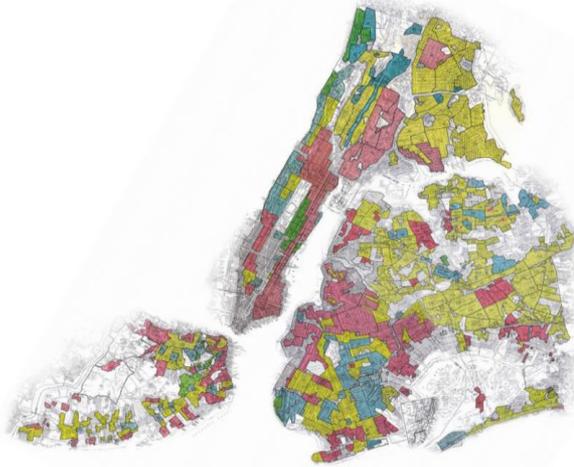
Legend: Total (Dark Blue), Asian (Medium Blue), Black (Light Blue), Latino/a (Lightest Blue), White (Darkest Blue)

Source: New York City Health Opinion Poll, May 13-20, 2020.  
\*Significantly different than White adults, p<0.05

# We Acknowledge a Legacy of Racial Trauma

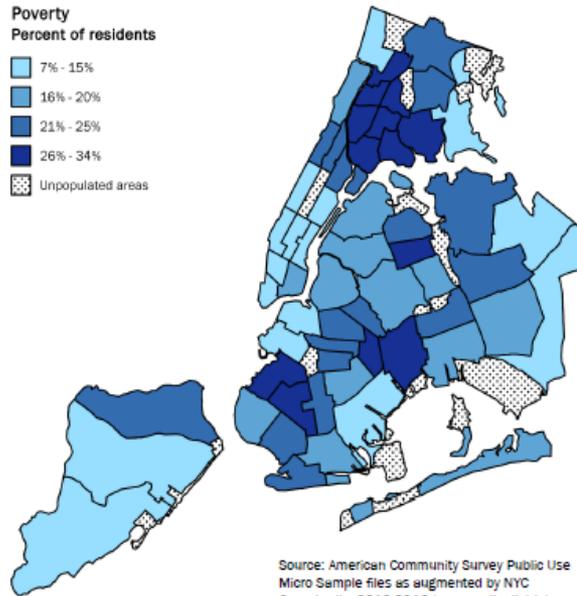
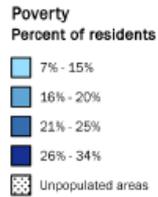
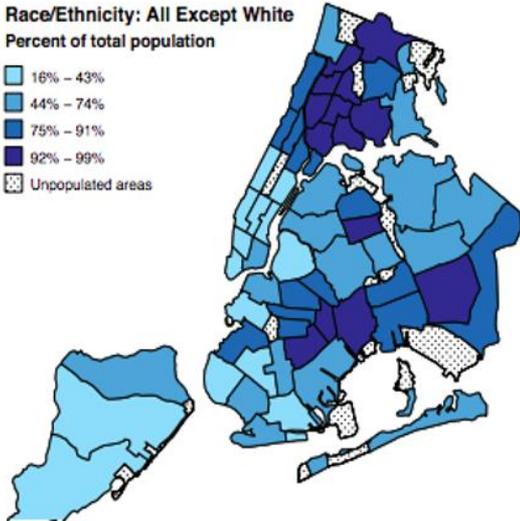
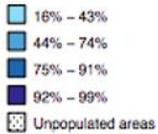
- Institutional and Interpersonal Racism
- Disproportionate Police-Involved Killings
- COVID-19 Pandemic
- Chronic Poverty
- Medical Misdiagnosis and Mistreatment
- Disproportionate Incarceration Rates
- Poor access to health care
- Gentrification/Redlining

# Redlining Map - 1930s

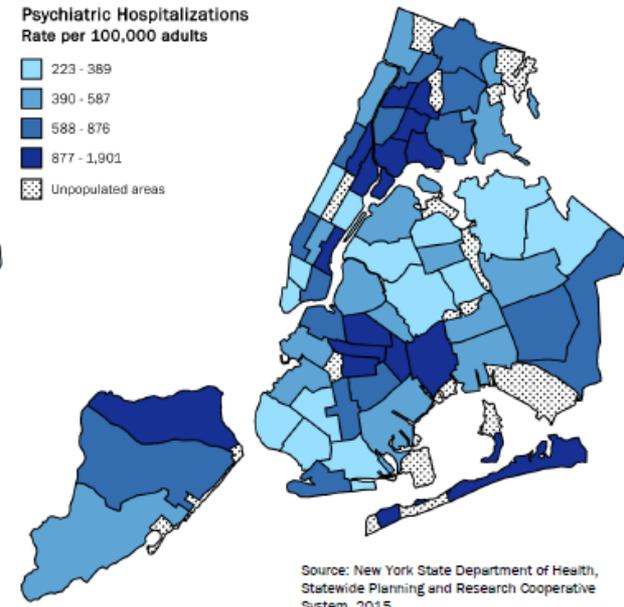


# Race/Ethnicity – 2018 CHP

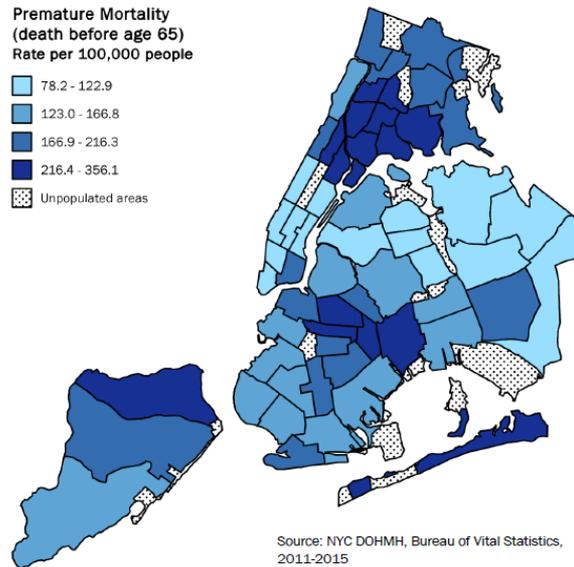
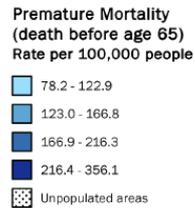
## Race/Ethnicity: All Except White Percent of total population



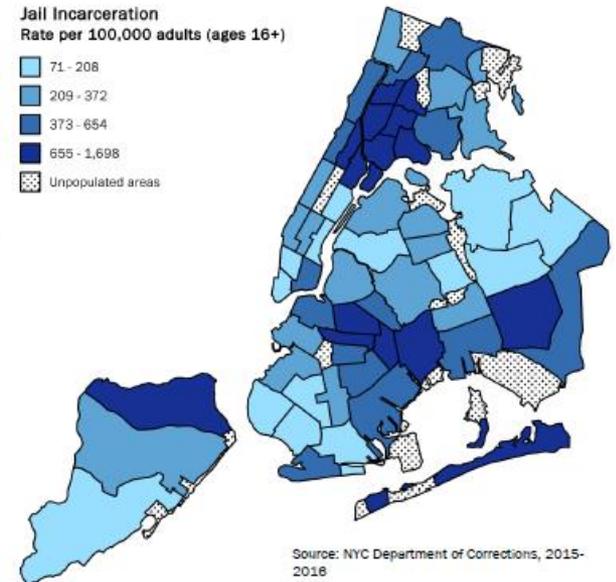
Source: American Community Survey Public Use Micro Sample files as augmented by NYC Opportunity, 2012-2018 (community district and NYC), 2018 (borough)



Source: New York State Department of Health, Statewide Planning and Research Cooperative System, 2015

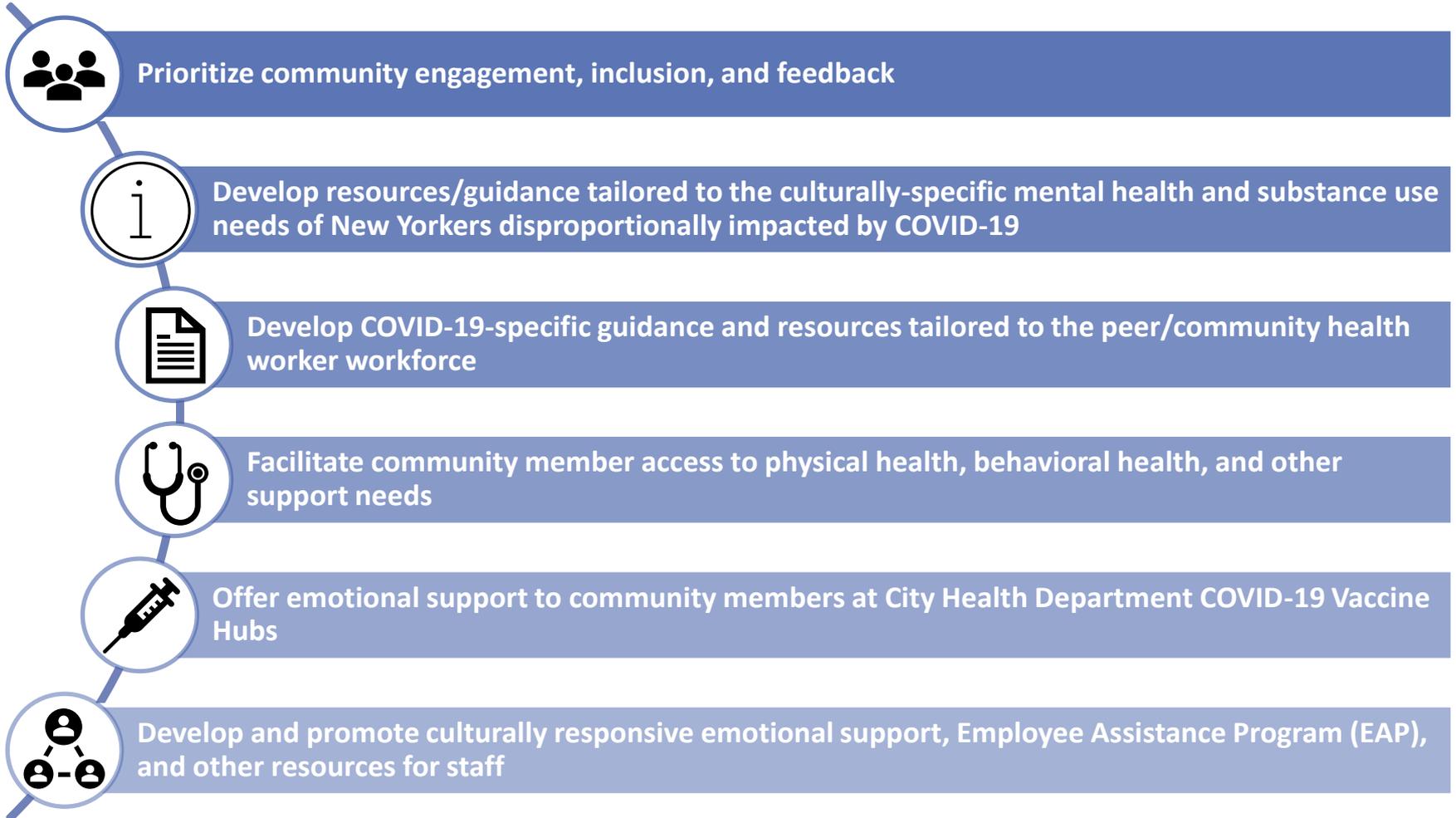


Source: NYC DOHMH, Bureau of Vital Statistics, 2011-2015



Source: NYC Department of Corrections, 2015-2018

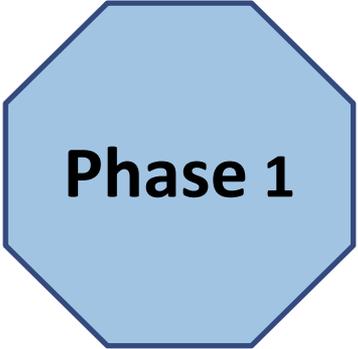
# Broad Equity-Informed COVID Strategies



# Taskforce On Racial Inclusion and Equity (TRIE)

- In May 2020, the Mayor's TRIE addressed the disparate impact of the COVID-19 pandemic on Black, Indigenous, and People of Color (BIPOC) communities, including mental health
- Has identified a need for widespread education and support in the 33 hardest hit NYC communities
- The City has developed a program to hold structured discussions with communities about the impact of the pandemic (including structural racism), providing coping and resiliency skills and informing residents of available mental health resources
- The vaccine subcommittee of the TRIE ensures equity in vaccine distribution

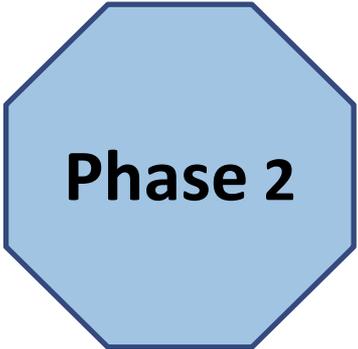
# COVID-19 Community Conversations (3C): Mental Health, Equity & Resilience



## Phase 1

Ninety-minute virtual presentation focused on mental health during the public health emergency.

*Current: Taking Care of Yourself, Your Neighbor, and Your Community: An Equity-Centered Anti-Racist Mental Health Response to COVID-19*



## Phase 2

Three-hour informational and skill-building virtual training on potential mental health impacts, relevant coping skills, and available resources

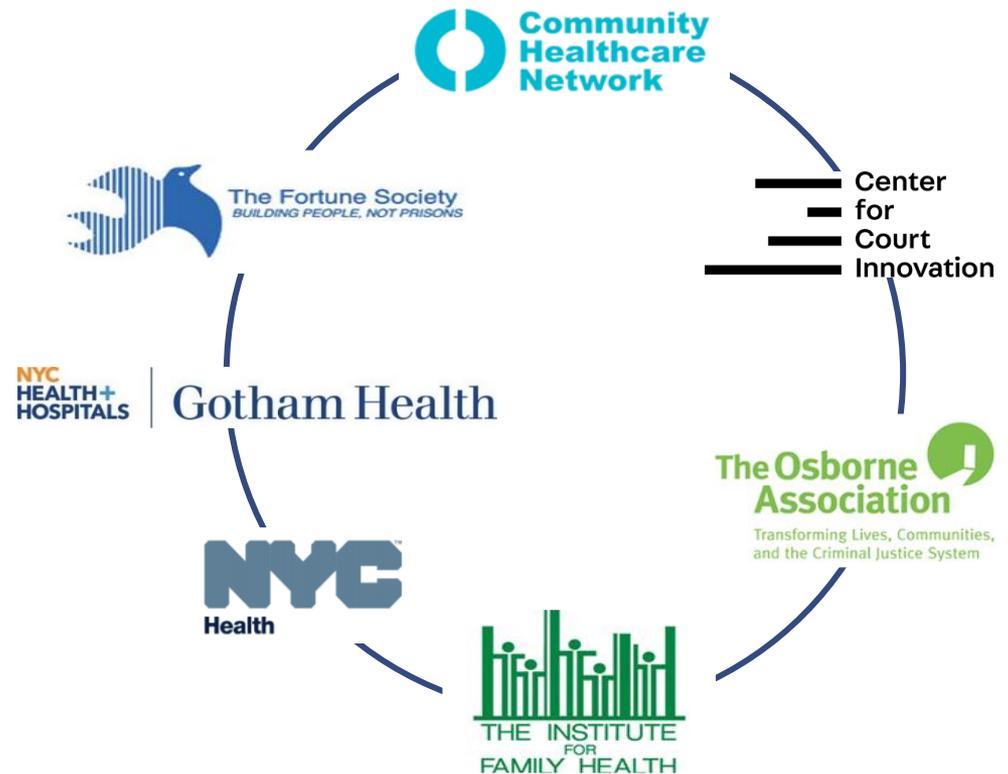
# NYC's Methadone Delivery System: Protecting People in Methadone Treatment

- There are more than **28,000** patients who use methadone in NYC across **68** opioid treatment programs (OTPs):
  - More than half of the patients are over age 45
  - Many patients have underlying health conditions
- People who need to quarantine or isolate due to COVID should not have to compromise their addiction treatment
- Created a methadone delivery system to bring medication to people
- Made over 4,000 deliveries to people in homes and isolation hotels between 4/20/20 and 2/22/21

# NYC Health Justice Network

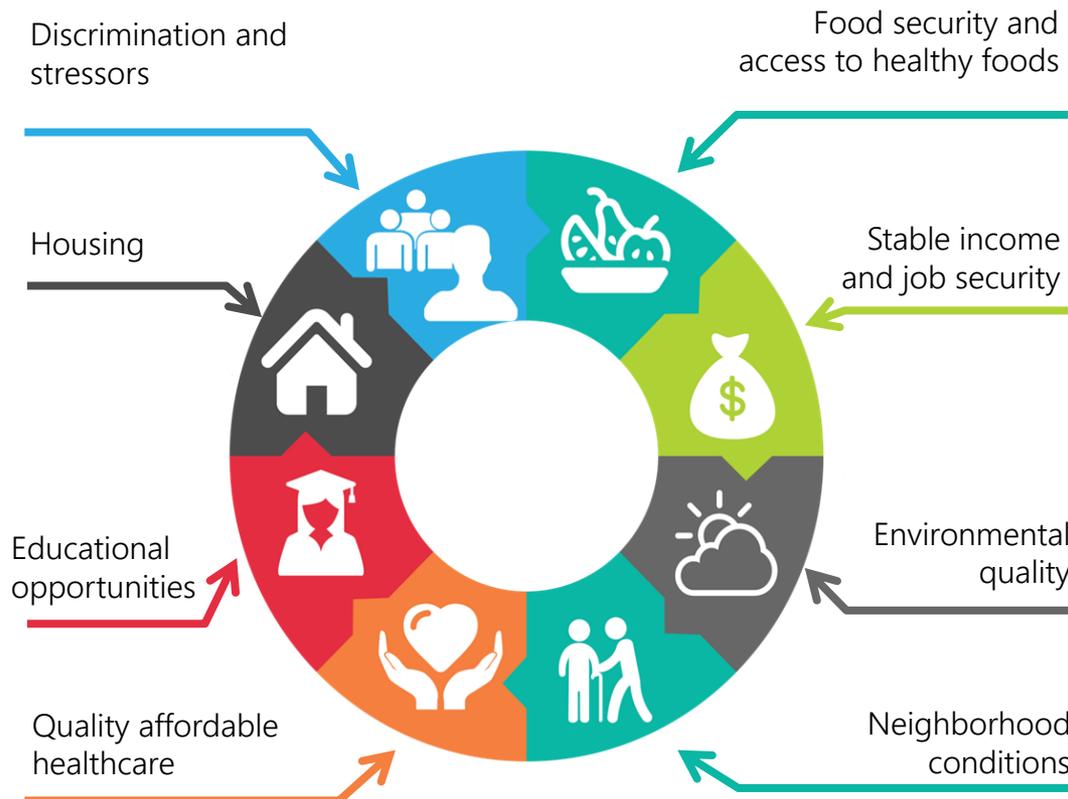
*The NYC Health Justice Network connects people recently released from jail or prison to quality health care and reentry supports. Community Health Workers (CHWs) help participants navigate between primary care and community-based organizations (CBOs)*

- Network of primary care clinics, CBOs, and CHWs
- Voluntary services
- All eligible community members accepted, regardless of crime
- Relationships built on dignity and trust
- Peer model and holistic approach
  - Behavioral health care
  - Physical health care
  - Social services
  - Other support services



# NYC Health Justice Network (HJN)

## Health is affected by:



## HJN Community Health Worker (CHW):

- Specialize in connections to Health and Reentry Services
- Advocate for health, reentry and justice systems
- Provide peer support
- Co-develop individualized goals with participants
- Help participants navigate vital document recovery
- Enroll in educational and/or vocational classes
- Assist in scheduling and attending appointments
- Connect to food pantries and other basic needs
- Provide honest and accurate information on COVID-19 and vaccine

**Thank you!**