



COVID-19 - MENTAL HEALTH RESOURCES

- **THE CITY OF NEW YORK:**
 - [City of New York – Mental Health Support While at Home Guide](#)
- **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:**
 - [Mental Health and Psychological Considerations During COVID-19](#)
- **CENTERS FOR DISEASE CONTROL (CDC):**
 - [COVID-19 Manage Stress and Anxiety](#)
- **SUBSTANCE ABUSE MENTAL HEALTH SERVICES ADMINISTRATION (SAMHSA):**
 - [COVID-19 Homepage](#)
 - [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.

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

COVID-19 ORGANIZATIONAL RESOURCES – GENERAL:

- [National League of Cities COVID-19 Response](#)
- [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](#)

COVID-19 SUPPLIES RESOURCES:

- [National PPE Coalition](#)
- [Project N-95](#)

COVID-19 DATA TRACKING DASHBOARDS:

- **Johns Hopkins:** [Johns Hopkins Interactive 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 \(SAS\)](#)

COVID-19 RELATED GRANTS:

Hospital Associations COVID-19 Preparedness and Response Activities

- **Eligibility:** Eligible entities include 53 hospital associations in all states, the District of Columbia, New York City, and Puerto Rico.
- **Purpose:** The purpose of this NOFO is to support the urgent preparedness and response needs of hospitals, health systems, and physicians and nurses on the front lines of the COVID-19 outbreak in

order to help prepare them to identify, isolate, assess, transport, and treat patients with or persons under investigation for COVID-19 or other special pathogens. This NOFO will provide targeted awards to 53 hospital associations in all states, the District of Columbia, New York City, and Puerto Rico. Funding will be distributed to hospital associations using a formula specific to COVID-19, which takes into account criteria such as at-risk populations and other vulnerabilities associated with this pandemic (e.g., population density; size of populations with increased risk for mortality from COVID-19, such as older adults and individuals with comorbid health conditions; and health care capacity). Hospital associations will then distribute funds to hospitals and related health care entities within their state or jurisdiction, which may be used to train staff to implement pandemic preparedness plans to respond to COVID-19; procure supplies and equipment (with attention to supply chain shortages); rapidly ramp up infection control and triage training for health care professionals, especially considering growing supply chain shortages; retrofit separate areas to screen and treat large numbers of persons with suspected COVID-19 infections; implement expanded telemedicine and telehealth capabilities, and; increase the numbers of patient care beds to provide surge capacity using temporary structures, such as temporary hospitals that are deployed in a pandemic.

CITY, COUNTY, AND STATE

MICHIGAN: *Eliminating Mental Health Question Off of State Bar:* The Michigan Supreme Court has ordered that questions on the State Bar exam related to mental health be removed. Through an order issued this week, starting with the February 2021 bar exam, applicants will be asked if any conduct or behavior in the past five years could affect their ability to practice law properly. Current applicants had to disclose any "treatment, counseling, treatment refusal, counseling refusal, mental condition, emotional condition and nervous condition that impairs or distorts daily life, and to disclose the details and provide names and addresses of all personal and medical parties involved," court officials said.

NEW YORK: *6,175 Mental Health Professional Volunteer to Help with Covid-19 Response:* New York Gov. Andrew Cuomo said in a press conference Wednesday that 6,175 mental health professionals have volunteered to help people cope with the emotional stress from the coronavirus pandemic through free online services. Nine in 10 Americans are concerned about the coronavirus and half are worried about their jobs and ability to pay the bills, according to the latest [Axios-Ipsos Coronavirus Index](#). 43% of Americans surveyed said their emotional well-being has declined in the past week.

SOUTH CAROLINA: *Major SC insurers to cover virtual mental health visits during coronavirus concerns:* Insurers like Medicare and Blue Cross Blue Shield — who state employees can get insurance through — have vowed to cover mental health-related visits during the coronavirus concerns. Earlier this week, S.C. Gov. Henry McMaster called on insurance companies to provide incentives for doctors to treat patients using telehealth. That way, it would open up spaces in doctor's offices for patients who are gravely ill. Anthem is waiving any costs related to telehealth visits, including mental health-related visits, for anyone with one of their insurance plans. UnitedHealthcare is providing a free emotional support line that is staffed by mental health experts at all hours.

EXECUTIVE

Trump Administration Approves Twenty Nine 1135 Medicaid Waivers

- In the last two weeks, CMS has approved 29 emergency Medicaid waivers from states looking to loosen licensing requirements from out-of-state providers, allow services in non-traditional settings and remove prior authorization requirements

- The waivers allowed under President Donald Trump's declaration of a national emergency earlier this month allow states to eschew certain Medicaid requirements on physician enrollment and prior authorization as well as free up where care can be delivered and suspend certain nursing home screening requirements to lower administrative burden.
- You can view a Kaiser Health Analysis of the waivers [here](#)

CONGRESS

Congress Passes Covid-19 Emergency Relief Package #3

- The Senate and House passed a third Covid-19 emergency relief package, which totals over \$2 trillion dollars
- Attached you will find the bill text, along with a section by section summary of the legislation
- The package included funding and various provisions focused on expanding mental health services:
 - **Substance Abuse and Mental Health Services Administration (\$425 million):** Funds are provided to address mental health and substance use disorders as a result of the coronavirus pandemic.
 - **Certified Community Behavioral Health Clinics:** \$250 million to increase access to mental health care services.
 - Extension and 2-State Expansion of CCBHCs: The text includes an extension of current demonstration through Nov. 30, 2020.
 - Expansion of demonstration to two additional states within 6 months. The two states shall be selected based on the applications previously submitted to SAMHSA.
 - **Suicide Prevention:** \$50 million to provide increased support for those most in need of intervention.
 - **SAMHSA Emergency Response Grants:** \$100 million in flexible funding to address mental health, substance use disorders, and provide resources and support to youth and the homeless during the pandemic.
 - **Confidentiality and Disclosure of SUD Records and Guidance on Protected Health Information:** Modifications have been made to 42 CFR Part 2 protecting SUD records. These records may now be shared with prior written consent; once consent is obtained, it is permissible for patient consent to be given once for all future uses for treatment, payment and health care operations.

IN OTHER NEWS

Center for American Progress (CAP) Releases New Report Analyzing Effectiveness of Social Distancing

- CAP has released a [new report](#) that analyzes evidence on the effectiveness of social distancing both in the United States and in other countries. The report includes evidence from other countries showing that social distancing interventions can slow the spread of the disease.
- In the United States, the report looks at social distancing policies that were adopted in mid-March, where there are early signs that the virus is flattening or spreading more slowly in Kentucky, the San Francisco Bay Area, and Washington state.
- The report also analyzes the South Korean response to the pandemic and compares the social distancing practices adopted by different regions and provinces in Italy, one of the nations that has been hit hardest by the coronavirus.

JAMA Study Shows Mental Health Impacts of COVID-19 Patients in China

- A [new study](#), published yesterday in JAMA, examines the mental health outcomes of 1,257 health care workers attending to Covid-19 patients in China
- The six day survey starting Jan. 29 of nearly 1,300 health care workers on the front lines of the coronavirus pandemic revealed that a significant proportion were bearing a mental health burden in the form of depression (50%), anxiety (45), insomnia (34%), and distress (70%)
- “Protecting health care workers is an important component of public health measures for addressing the Covid-19 epidemic,” the study concludes. “Special interventions to promote mental well-being in health care workers exposed to Covid-19 need to be immediately implemented, with women, nurses, and frontline workers requiring particular attention.”
- Although this study focuses on China, the mental health toll on health care workers in other countries is likely to be similar

WEEKEND READING

[Washington Post](#): Ohio State Football Coach Ryan Day Discussed Mental Health During Uncertain Time

[Forbes](#): Mental Health Practices to Maintain or Begin During Coronavirus Outbreak

[The Hill](#): We can't leave those with mental illness, addiction disorders behind

[Forbes](#): Mental Health in the Workplace During Times of Crisis

[Technology Review](#): The Coronavirus Pandemic is a Game Changer for Mental Health Care

[The New York Times](#): In Seattle, It Started with Panic. Then the Deeper Anxiety Set In.

[The Washington Post](#): In an Era of Quarantine, Crisis Hotlines Face Growing and Urgent Demand