



## **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](#)
  - [Helping Children Cope with Stress](#)
- **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
- [CitiesRise – Local Mental Health Resources](#)
- [American Foundation for Suicide Prevention](#) – Mental Health and 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](#)

### ***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:***

#### **Bureau of Justice Assistance: FY 2020 Coronavirus Emergency Supplemental Funding Program**

- **Eligibility:** States, U.S. Territories, the District of Columbia, units of local government, and federally recognized tribal governments that were identified as eligible for funding under the Fiscal Year (FY)

2019 State and Local Edward Byrne Memorial Justice Assistance Grant (JAG) Program are eligible to apply under the Coronavirus Emergency Supplemental Funding (CESF) Program solicitation

- **Purpose:** The Coronavirus Emergency Supplemental Funding (CESF) Program will provide funding to assist eligible states, local units of government, and tribes in preventing, preparing for, and responding to the coronavirus. Allowable projects and purchases include, but are not limited to, overtime, equipment (including law enforcement and medical personal protective equipment), hiring, supplies (such as gloves, masks, sanitizer), training, travel expenses, and addressing the medical needs of inmates in state, local, and tribal prisons, jails, and detention centers.

### 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.

### SAMHSA Emergency Grants to Address Mental and Substance Use Disorders During COVID-19

- **Eligibility:** State governments, the District of Columbia, Guam, the Commonwealth of Puerto Rico, the Northern Mariana Islands, the Virgin Islands, American Samoa, the Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau. Federally recognized American Indian/Alaska Native (AI/AN) tribes, tribal organizations, Urban Indian Organizations, and consortia of tribes or tribal organizations
- **Purpose:** The current national crisis of COVID-19 will certainly contribute to growth in these numbers. Americans across the country will struggle with increases in depression, anxiety, trauma, and grief. There is also anticipated increase in substance misuse as lives are impacted for individuals and families. The purpose of this program is to provide crisis intervention services, mental and substance use disorder treatment, and other related recovery supports for children and adults impacted by the COVID-19 pandemic. Funding will be provided for states, territories, and tribes to develop comprehensive systems to address these needs. The purpose of this program is specifically to address the needs of individuals with serious mental illness, individuals with substance use disorders, and/or

individuals with co-occurring serious mental illness and substance use disorders. Additionally, the program will also focus on meeting the needs of individuals with mental disorders that are less severe than serious mental illness, including those in the healthcare profession

## **CITY, COUNTY, AND STATE**

**ROCHESTER, MN: *Librarians Staffing New Covid-19 Response Line:*** The public libraries in Rochester, Minn., are closed, but [librarians are now staffing a newly launched hotline](#) to answer residents' questions about Covid-19—and lighten the load on the 911 system.

**LOS ANGELES, CA: *LA Unified School District Announces New Mental Health Hotline For Students, Families:*** The Los Angeles Unified School District announced Wednesday that it would be operating a mental health hotline to help students and families coping with the challenges of the coronavirus pandemic. The hotline, which can be reached at 213-241-3840, will be staffed by counselors and mental health professionals weekdays from 6 a.m.-6 p.m. starting Thursday. Hotline operators will be available to speak to people in both English and Spanish. Teachers can also call in or email [mentalhealth@lausd.net](mailto:mentalhealth@lausd.net) to get advice on how to connect their students with services. “The absence from school creates hardship, loss of stability and friendships, loss of learning and loss of a big part of our students’ social safety net,” LAUSD Superintendent Austin Beutner said. “Their world has been turned upside down, and we need to make sure students have the support they need.” LAUSD officials said the district was continuing to operate the district’s COVID-19 hotline at 213-443-1300 to help answer questions families may have about school operations, technology and other student-related matters.

**CALIFORNIA: *California Turns to Peer-Run Mental Health 'Warm Line' for Help During Pandemic:*** The California Peer-Run Warm Line is a non-emergency mental health hotline that predates the pandemic, and is accessible for those who need help handling these unprecedented times. The service is run by The Mental Health Association of San Francisco and provides emotional support, as well as information and referrals to callers throughout the state by phone and through instant messaging on its website.

**TEXAS: *TX HHS Launches Statewide COVID-19 Mental Health Support Line:*** Texas Health and Human Services has launched a 24/7 statewide mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic. This new resource offers COVID-19-related mental health support for all Texans. People can call the Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919. Operated by the Harris Center for Mental Health and IDD, the support line offers trauma-informed support and psychological first aid to those experiencing stress and anxiety related to COVID-19. Counseling services are confidential and free of charge to people who call the hotline.

## **EXECUTIVE**

### **CMS Issues Opportunities for Telehealth Delivery Methods Guidance**

- The Centers for Medicare & Medicaid Services (CMS) released an [Informational Bulletin](#) to states that identifies opportunities for telehealth delivery methods to increase access to Medicaid services and federal reimbursement for services and treatment for substance use disorders under Medicaid using services delivered via telehealth, including in school-based health centers

- This Informational Bulletin is composed of two parts: Rural Health Care and Medicaid Telehealth Flexibilities; and Medicaid Substance Use Disorder Treatment via Telehealth
- This [guidance](#) in accordance with section 1009(b) of the Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment (SUPPORT) for Patients and Communities Act. While this guidance applies to states generally, it includes information useful for states in light of the ongoing response to the COVID-19 virus. Maximizing telehealth flexibilities will help prevent vulnerable beneficiaries from unnecessarily entering a healthcare facility when their needs can be met remotely

### **President Trump Extended Social Distancing Guidance Until April 30<sup>th</sup>**

- President Trump announced the White House's guidelines to U.S. residents for social distancing would be in place until April 30 at least

### **CMS Announced Steps to Let Hospitals Care for Patients Outside of Their Facilities**

- CMS issued [new temporary rules](#) that will allow hospitals to expand their capacity during the coronavirus epidemic
- The rules allow for the following:
  - Ambulatory centers can, for example, be used to provide cancer or trauma care that would normally be performed in hospitals, thus protecting these patients from coronavirus exposure.
  - Non-hospital sites can be used to treat or quarantine patients, allowing hospitals to convert buildings like hotels or gymnasiums into care sites.
  - Hospitals and labs can test for the coronavirus in patients' homes or in community-based settings outside of hospitals, and hospital emergency departments can test and screen patients for COVID-19 at drive-through or off-campus sites.
  - Hospitals are also given new flexibilities that will allow them to rapidly expand their workforce.

### **CDC Data Shows Nonfatal Drug Overdoses Rise Alongside Fatal Ones**

- Fatal drug overdoses increased by nearly 10% between 2016 and 2017, but [new CDC data](#) reveal that nonfatal drug overdoses also increased during that time period
- Looking at data from emergency departments, researchers found that the number of ED visits for nonfatal drug overdoses in 2017 had increased by more than 4% compared to 2016
- Almost a third of these overdoses involved cocaine, while opioids, non-heroin opioids, and heroin each made up less than 4% of these overdoses
- Overdoses were most common among females, those ages 15-34, and those in Midwestern states

## **IN OTHER NEWS**

### **American Psychiatric Association Releases Report on Libraries as Mental Health Hubs**

- You can view the report [here](#)

### **Polling Showing Rise in Anxiety and Mental Health Related Issues Due to Covid-19**

- A poll by the Kaiser Family Foundation, conducted the week of March 25th, found that 45 percent of adults say the pandemic has negatively affected their mental health, and 19 percent say it has had a “major impact”
- Fluent conducted a survey of over 1.85 million opted-in U.S. adults and as of March 30, the survey revealed a 70% spike in overall nervousness over the last 20 days among Americans ages 18+

## **WEEKEND READING**

[Bloomberg](#): The U.S Mental Health Care System Isn't Ready for Coronavirus

[Vox](#): Doctors and Nurses Are Risking Their Mental Health For Us

[Kaiser Health News](#): Addiction Is A Disease of Isolation – So Pandemic Puts Recovery At Risk

[Newsweek](#): Coronavirus and Mental Health—How to Deal With Fear and Anxiety During the Pandemic

[Buzzfeed](#): The Coronavirus Pandemic Has Made The Opioid Epidemic Even Worse

[Medicine Net](#): Coronavirus Pandemic Foreshadows Mental Health Crisis

[Forbes](#): Flattening The Mental Health Curve

[Washington Post](#): Coronavirus is harming the mental health of tens of millions of people in U.S., new poll finds