



## **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](#)
    - [Disaster Distress Hotline](#)
    - [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
- [Well Being Trust](#) – Covid-19 Mental Health Resources
- [PsychHub](#) - COVID-19 Mental Health Resource Hub

### ***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 FEDERAL 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

### [National Endowment for the Arts- NEA Coronavirus Aid, Relief, and Economic Security \(CARES\) Act, FY2020](#)

- **Eligibility:** County governments, State governments, Nonprofits having a 501(c)(3) status with the IRS, other than institutions of higher education, Special district governments, Independent school districts, Private institutions of higher education, City or township governments, Native American tribal governments (Federally recognized), Public and State controlled institutions of higher education
- **Purpose:** The Coronavirus Aid, Relief, and Economic Security (CARES) Act recognizes that the nonprofit arts industry is an important sector of America's economy. The National Endowment for the Arts will award funds to nonprofit arts organizations across the country to help these entities and their employees endure the economic hardships caused by the forced closure of their operations due to the spread of COVID-19. As part of this important investment, the Arts Endowment has designed a plan to expedite the distribution of critical funds to the national, regional, state, and local levels to help retain as many jobs as possible, as quickly as possible. These funds are intended to help save jobs in the arts sector and keep the doors open to the thousands of organizations that add value to America's economy and the creative life of our communities. This program will be carried out through one-time grants to eligible nonprofit organizations including arts organizations, local arts agencies, statewide assemblies of local arts agencies, arts service organizations, units of state or local government, federally recognized tribal communities or tribes, and a wide range of other organizations that can help advance the goals of the Arts Endowment and this program. Grants will be made either to organizations for their own operations, or to designated local arts agencies, eligible to sub grant, for sub granting programs to eligible nonprofit organizations (see "Sub granting Funds").

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

**SAN DIEGO, CA: Mayor Falconer announces \$25 million commitment to mental health services to help with Covid-19 outbreak:** The funds will go toward mental health assessment and treatment, detoxification, crisis stabilization, residential treatment and supportive housing. Mayor Kevin Falconer, Chairman Greg Cox, and Supervisor Nathan Fletcher discussed a \$25 million commitment to behavioral health providers. The investment will help those with mental illness or addiction. Sponsored by Cox and Fletcher, the Behavioral Health Impact Fund will allow "community-based organizations to serve more clients for longer periods of time."

**SAN FRANCISCO, CA: Mayor London Breed Expands Counseling Services for Frontline Covid-19 Workers:** Noting the stressful working conditions for health care and emergency employees, Mayor London Breed on Wednesday announced expanded counseling and mental health services for them. An existing employee assistance program will expand to provide 24/7 one-on-one counseling for any first responder and city employee in need. They will also receive a connection to mental health professionals under their health care plans for long-term mental health counseling if necessary. In addition to this service, Breed announced the

launch of Heal San Francisco, a broader effort to coordinate mental health services for public, private, and non-profit health care workers. Heal San Francisco will provide access to 375 licensed clinicians who are volunteering their time during the coronavirus emergency to provide mental health care for San Francisco's frontline health care workers. Health care workers can access the clinicians by requesting their help through their supervisor or human resources department. The mental health service expansion includes a partnership with Cordico, a wellness app, that first responders can use to connect to the mental health resources offered by The City.

**BOONE COUNTY, KY: *Boone County Schools reaching out to families with mental health check-in:*** Boone County Schools wants to make sure the mental health of its students is protected just as much as their physical health. Guidance counselors are reaching out to parents as part of the district's Wellness Balance Helpline. The calls provide resources, notes and check-ins from counselors every day. Teachers, counselors and administrators are even trying to make sure students are getting fresh air and family time. They also set up a helpline where counselors are available. "We've got links on Google if we want to schedule time with them, if the kids need time with them so they've been very available plus they send out little blurbs every day as little reminders to check". Counselors talk to kids about how they're coping right down to what "color" they are feeling that day. "I think that's the biggest thing we want them to learn: I feel this way so what do I do about it and we hope that's carrying on to their families." The BCS Wellness Balance Helpline is staffed by school psychologists and counselors. It will be open from 8 a.m. to 4 p.m. Monday through Friday.

**LUCAS COUNTY, OH: *Lucas County adding Covid-19 Emotional Support Line to help people deal with mental health during isolation:*** Experts in Lucas County are opening up more opportunities to help with anxiety, depression and even addiction during the pandemic. On Friday, a new "COVID-19 Emotional Support" line was established for help, specifically in dealing with what challenges coronavirus has presented. The Mental Health and Recovery Services Board is expecting an influx of calls with people not able to leave their homes.

**NASSAU COUNTY, NY: *Nassau Launches Virtual Mental Health Program During COVID-19 Outbreak:*** Nassau County is launching a mental health program to help those who are feeling alone during the coronavirus pandemic. The goal of the program, is to let someone know they are not alone during this difficult time. The app works similar to FaceTime, but is not strictly for iPhone users. Anyone with a smartphone can download it and have a video conversation with their friends. Lawmakers say tools such as that are important to maintain a healthy mental state during this time.

**SANTA FE COUNTY, NM: *County rolls out mobile mental health services:*** The contractor providing a mobile mental health crisis response team in Santa Fe County said its services will be provided remotely and it will prioritize people with chronic mental illness amid the COVID-19 pandemic. The local team will support first responders over the phone during a behavioral health crisis and will offer some phone-based outreach services. The mobile team is offering remote counseling and other support to homeless people housed in motels or in the dorms of the city-owned midtown campus. Caseworkers and therapists are trying to offer video sessions of activities such as art therapy and yoga.

**MONTANA: *Expanding Warmline Capabilities:*** The state health department is expanding hours and staffing of phone lines for mental health therapy and suicide prevention. This comes amid a surge of requests from Montanans seeking emotional support during the ongoing coronavirus crisis. The state health department is expanding call-in hours to what's called the Montana Warmline. The Warmline typically gets between 250 and 300 calls per month. The department says it received that many calls in the last week and a half. The state health department says it has increased funding going to Warmline and other mental health call-in lines to pay for increasing staff hours. Montana's two Suicide Prevention call centers typically get about 18 calls a day. But between March 13 and March 31 state officials say they fielded an average of 39 calls a day.

**NEW YORK: Gov. Andrew Cuomo brings New Yorkers free mental health resources with Headspace app:** The governor of New York has teamed up with meditation app Headspace to offer free content from the mental health resource for those in the Empire State grappling with anxiety surrounding the coronavirus pandemic. Headspace, which typically costs users \$12.99 per month or \$69.99 per year, curated a special collection of meditation, sleep and movement exercises to help uplift individuals through stressful times. The content includes audio meditation tracks that are 10 minutes and less, and tracks to help people fall asleep that are close to an hour long. There's also a meditation series available for kids.

**OKLAHOMA: Providing iPads to Help Increase Tele-mental health Capacity:** The Department of Mental Health and Substance Abuse is taking action to help those feeling depressed while home during the coronavirus pandemic. Starting Friday, every city-county health department in the state will be equipped with an iPad. Someone walking in needing help can use the iPad to speak with a mental health professional. The person can take the iPad home with them to continue conversations with the provider. "There's a button on it. They hit the button and it links up to community mental health providers in their area. Someone is able to talk with them and work through it," said Carrie Slatton-Hodges, the Interim Commissioner for the Oklahoma Department of Mental Health and Substance Abuse Services. Eighty-one sites across the state will have the iPads starting Friday. Because of the state's large presence of telehealth technology, Slatton-Hodges said the department has been able to continue performing 90% of services.

## **EXECUTIVE**

### **Calls to SAMHSA Disaster Distress Helpline Jump 891%**

- Last month the "Disaster Distress Helpline" at the Substance Abuse and Mental Health Services Administration (SAMHSA) saw an 891% increase in call volume compared with March 2019
- In fact, this March - ending little more than a week ago - saw 338% more calls to the helpline than in the month before, when the deadly virus began to take hold inside the U.S
- The agency's spokesman would not offer specific total figures, but the U.S. official said that last month the agency received more than 22,000 calls and text messages seeking help.

### **CDC Data Shows U.S. suicide rates have increased by 35% in Past 20 Years**

- [New data](#) from the CDC reveal that between 1999-2018, the rate of suicides in the U.S. rose by 35%
- The suicide rate in 1999 was 10.5 suicide deaths per 100,00 people in the U.S., but that increased by 35% for a rate of 14.2 suicide deaths per 100,000 people in 2018
- Males had a suicide rate that was 3.5-4.5 times higher than females for the 20-year duration. Among males, the suicide rate was highest in those aged 75 and over, while among females, those ages 45-64 had the highest suicide rate
- In 2018, suicides among both males and females were higher in rural rather than urban areas. In urban areas, however, males had suicide rates that were 3.5-3.9 times the rate among females

## **New Video Available on Medicare Coverage and Payment of Virtual Services**

- CMS released a [video](#) providing answers to common questions about the Medicare telehealth services benefit
- CMS is expanding this benefit on a temporary and emergency basis under the 1135 waiver authority and Coronavirus Preparedness and Response Supplemental Appropriations Act.

## **IN OTHER NEWS**

### **Mental Health Leaders and National Health Insurers Launch COVID-19 Mental Health Resource Hub**

- A coalition of the nation's leading mental health advocacy groups and health insurance companies launched a [COVID-19 Mental Health Resource Hub](#)
- The COVID-19 Mental Health Resource Hub is a free resource designed to provide resources to support the mental wellness of individuals, health care professionals and others working on the front lines in communities across the country
- The [Resource Hub](#) is a collaboration among several leaders in the mental health community, including Psych Hub, the American Foundation for Suicide Prevention, American Psychological Association, Mental Health America, and the National Alliance on Mental Illness; government partners the U.S. Department of Veterans Affairs and Los Angeles County Department of Mental Health; national healthcare payors Aetna, a CVS Health company, Anthem, Inc., Beacon Health Options, Centene Corporation, Cigna, Humana, Optum, and UnitedHealthcare; and academic partners Columbia University Department of Psychiatry and UCLA Division of Population Behavioral Health

### **New Research Shows earlier the first cigarette, the more likely smoking extends into adulthood**

- According to new research the younger you are when you first take up smoking, the more likely it is you'll be a daily smoker in adulthood
- Scientists analyzed data from a cohort of nearly 6,700 individuals who reported smoking as kids and teens in the 1970s and 1980s, and who shared information about their smoking habits as adults in their 20s and 40s. The data revealed that those children who started smoking at an early age were more likely to be daily smokers when in their 20s and less likely to have quit by their 40s
- For instance, only around 8% of those who first tried smoking after turning 18 were daily smokers in their 20s, compared to 50% of those who tried cigarettes between the ages of 6-12. At the same time, more than 56% of those who were daily smokers in their 20s and had never smoked as children or teens reported quitting by their 40s, compared to 37% of those who had smoked as youth

### **Politico Hosted a Mental Health Covid-19 Webinar**

- POLITICO hosted a conversation with health care reporter Brianna Ehley for a virtual Coronavirus Special Report on mental health with Joshua A. Gordon, director of the National Institute of Mental Health and Paul Gionfriddo, president of Mental Health America, to discuss the psychological and emotional challenges that arise with social distancing, healthy coping mechanisms and how all of this and more is being incorporated into the broader public health response.

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

## **WEEKEND READING**

**USA TODAY:** Mental illness is epidemic within the coronavirus pandemic

**WALL STREET JOURNAL:** Coronavirus Pandemic Takes Toll on Mental Health

**NY TIMES:** Mental Health in the Age of the Coronavirus

**STAT NEWS:** The Covid-19 crisis too few are talking about: health care workers' mental health

**CNN:** Health care workers face a mental health crisis as they battle the coronavirus pandemic

**HEALTHLINE:** COVID-19 Can Have Serious Effects on People with Mental Health Disorders

**POLITICO:** America's having a nervous breakdown. Can telemedicine fix it?

**BUSINESS INSIDER:** Mental health benefits are becoming America's most competitive office perk in the age of coronavirus