



## **COVID-19 - MENTAL HEALTH RESOURCES**

- **THE CITY OF NEW YORK:**
  - [City of New York – Mental Health Support While at Home Guide](#)
  - [COVID-19: Coping and Emotional Well-being](#)
  
- **DEPARTMENT OF HEALTH AND HUMAN SERVICES**
  - [Mental Health and Coping](#)
  
- **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.

- **THE NATIONAL INSTITUTE OF MENTAL HEALTH (NIMH):**
  - [Covid-19 Sharable Resources](#)
- **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 (WHO):**
  - [Mental Health and Psychological Considerations During COVID-19](#)
  - [Helping Children Cope with Stress](#)
- **CENTERS FOR DISEASE CONTROL (CDC):**
  - [COVID-19 Manage Stress and Anxiety](#)
  - [Therapeutic Options](#)

### ***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
- [National Association of School Psychologists:](#) Helping Children Cope With Changes Resulting From COVID-19
- [National Association of State Mental Health Program Directors](#) - Peer-Led Recommendations for Supporting Individuals Receiving Care in State Psychiatric Facilities during the COVID-19 Crisis

### ***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](#)
- [Local Housing Solutions - COVID-19](#)
- [Cities for Health – Covid-19 Resources](#)
- [National Low Income Housing Coalition – Covid-19 and Housing](#)

## ***COVID-19 SUPPLIES RESOURCES:***

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

## ***COVID-19 DATA TRACKING DASHBOARDS:***

- **Johns Hopkins:** [Johns Hopkins Interactive Tracking Dashboard](#)
- **Johns Hopkins:** [Interactive County by County 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:***

### **FY2020 Assistance to Firefighters Grant Program – COVID-19 Supplemental**

- **Due Date:** Friday, May 15<sup>th</sup>
- **Eligibility:** Fire Departments, Nonaffiliated EMS Organizations, and State Fire Training Academies
- **Purpose:** The Fiscal Year (FY) 2020 Assistance to Firefighters Grant Program – COVID-19 Supplemental (AFG-S) is a supplemental funding opportunity under the Assistance to Firefighters Grant Program (AFG). AFG is one of three grant programs that constitute the Department of Homeland Security (DHS) Federal Emergency Management Agency's (FEMA) focus on enhancing the safety of the public and firefighters with respect to fire and fire-related hazards. The AFG-S Program accomplishes this by providing financial assistance directly to eligible fire departments, nonaffiliated emergency medical service (NAEMS) organizations, and State Fire Training Academies (SFTA) for critical Personal Protective Equipment Personal Protective Equipment and supplies needed to prevent, prepare for, and respond to the COVID-19 public health emergency. The AFG-S Program represents part of a comprehensive set of measures authorized by Congress and implemented by DHS. Among the five basic homeland security missions noted in the DHS Quadrennial Homeland Security Review, the AFG-S Program supports the goal to Strengthen National Preparedness and Resilience.

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

- **Due Date:** Friday, May 29<sup>th</sup>
- **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.

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

### ***CANADA: Canada pledges \$170M to develop online mental health services amid coronavirus outbreak:***

Canada will invest more than \$240 million, or \$170 million in U.S. dollars, toward developing virtual and mental health care amid the coronavirus pandemic, Prime Minister Justin Trudeau announced. The funds will be used to create digital platforms and apps to improve access to mental health support and expand capacity to deliver health care virtually, according to Trudeau's announcement. The investment will support Wellness Together Canada, an online portal that provides Canadians with resources, tools and professional support services to help with wellness and resilience, as well as mental health and substance abuse.

***CHICAGO, IL: Mayor Lori Lightfoot announces recovery committee task forces, including one on mental health:*** Mayor Lightfoot made the announcement in front of the Chicago Water Tower, which is one of the few buildings to survive the Great Chicago Fire. She said the task force will focus on five areas: policy and economic stimulus, mental and emotional health, marketing and business development, regional coordinators and an economic change study.

***MANCHESTER, UK: Mental health services introduced across Manchester in response to Covid-19:*** A city-region response for mental health services across Greater Manchester has been announced due to added pressures caused by coronavirus. Mayor of Greater Manchester, Andy Burnham, and Chair of the Health and Social Care Partnership, Sir Richard Leese announced the agreement to complement work already happening at a local level. As a result, mobile and online services are being launched for children and adults across Greater Manchester to minimize the need for people to attend the hospital. New services include SHOUT, a confidential 24-hour text service for people aged 16 and above who are struggling with a range of issues, including: anxiety, depression, suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues. The service is overseen by clinical supervisors and users will receive support from trained crisis volunteers. Other services include: ChatHealth – a secure and confidential text messaging service for children and young people which will launch soon, Kooth – an online counselling and emotional wellbeing platform for children and young people. BlueIce – an evidence-based app to help young people manage their emotions and reduce urges to self-harm, and SilverCloud – an online therapy program for people aged 16+ proven to help with stress, anxiety, low-mood and depression. The new services can be accessed by people who are already experiencing mental health issues as well as people who may be struggling with the new social distancing and self-isolation restrictions.

***MINNEAPOLIS, MN: Minneapolis Launches Mental-Health Fund for COVID Stress Relief:*** In Minneapolis, the city's Division of Race and Equity created an emergency mental health fund to address impacts across the city. The COVID-19 Emergency Mental Health Fund is \$200,000 to support mental-health providers that serve at-risk people who can't get to in-person therapy, counseling, or other mental and spiritual health-related services. The fund was announced by the city's Division of Race and Equity's ReCAST program, a citywide initiative to promote wellbeing and community healing by addressing systemic trauma through culturally specific services. That program is in turn funded through a larger five year grant from the Substance Abuse and Mental Health Services Administration within the Department of Health and Human Services. With a focus on helping people of color, women, indigenous people, disabled people, and those who are undocumented. The fund allowed for providers to apply for \$2,500 to \$7,500 in reimbursement-based funding to continue offering care to their clients or to take on new clients. (Because of a high number of applications, the department is no longer accepting new applicants.) The funds can also be used to build out necessary infrastructure—like the technology needed to offer remote services during social distancing—that can be used beyond the pandemic,

but the majority of the funds are designed to make services themselves more accessible during the economic crisis COVID-19 has created. The funds are intentionally open to a broad interpretation of mental health providers in order to support the different, yet equally valuable, ways people receive mental health support.

**TOPEKA, KS: *Launches City-Wide Warm line:*** In Topeka, Kansas, Mayor Michelle De La Isla instituted a "warm line" system to connect volunteers with lonely residents who need to talk to someone.

**LOS ANGELES COUNTY, CA: *The LA County Department of Mental Health is Hosting 'WE RISE 2020: VIRTUAL MAY' to Strengthen Mental Health and Support Covid-19 Recovery:*** Throughout May, LA County is promoting Wellbeing, Connection and Access to Quality Mental Health Care During Mental Health Awareness Month. Under the banner of the groundbreaking WE RISE initiative, the Los Angeles Department of Mental Health (LACDMH) is hosting dozens of virtual events in recognition of Mental Health Awareness Month in May and as part of the Department's ongoing efforts to help residents heal and thrive during the novel coronavirus (COVID-19) pandemic. WE RISE 2020: Virtual May is a month-long spotlight on wellbeing and healing through art, music and creative expression to help the entire community. Now in its third year, WE RISE 2020 has been completely adapted for virtual platforms – to meet people where they currently gather and safeguard everyone's health amidst COVID-19. This year, WE RISE will also broaden its scope to support the resilience, recovery and wellbeing of all County residents, young and old, who are navigating the mental and emotional impacts related to COVID-19. Virtual events kick off on May 1, with dozens of opportunities for residents to build community with each other, take time for self-reflection and connect to resources – all for free. Programming highlights include: one-on-one conversations and live performances by diverse artists and celebrities; a Teen Town Hall; family-friendly activities like story time and art workshops; fireside chats with community leaders and grassroots organizations; a live event honoring the military and veterans on Memorial Day weekend; and even a virtual prom. WE RISE is the signature experience of the Department's broader WHY WE RISE public education campaign, which is part of a national movement to transform the mental health system and help break through barriers by defying old assumptions about mental health, combatting stigma and recognizing the role that related social conditions play in the wellbeing of individuals and communities.

**PALM BEACH COUNTY, FL: *Palm Beach County schools establish mental health helpline:*** The School District of Palm Beach County continues its effort to be available for students during this social distancing period. The district has set up a mental health helpline available Monday through Friday from 8 a.m. to 4:30 p.m.

**COLORADO: *Mental health and financial security are two of the top concerns among Coloradans during the COVID-19 pandemic:*** Healthier Colorado and The Colorado Health Foundation on Thursday released new results from a statewide survey about the coronavirus outbreak. The survey looks at the concerns, needs, experiences and attitudes of Coloradans as they navigate through this unprecedented time. Nearly half (43%) said they believed the worst was yet to come. Here are some of the key findings from the survey: A majority of Coloradans say the stress and worry from the coronavirus outbreak has impacted their mental health. More Coloradans are worried about paying for necessities of daily living like housing, food, utilities and prescription drugs. Coloradans overwhelmingly feel the government should do more to make health care more affordable, support individuals who cannot afford food and housing, and provide paid sick and family leave. Most people feel there are significant changes ahead to the way we live, socialize and work, even after the coronavirus outbreak is under control. More than half of those surveyed, about 53%, reported that their mental health has worsened due to stress and anxiety over the pandemic.

**ILLINOIS: *Illinois Lieutenant Governor speaks with students about mental health:*** Illinois Lieutenant Governor Juliana Stratton hosted a virtual conversation with students about their mental health amidst the coronavirus pandemic. "As we begin the month of May tomorrow not only will Governor Pritzker's stay at home order be extended with some modifications but we also kick off mental health awareness month," said Stratton. Illinois

students across the state opened up about their mental health struggles they're having that have stemmed from the pandemic.

**NEW YORK: *New York expanding mental health services for coronavirus frontline workers:*** New York is expanding its efforts to provide mental health services to frontline workers amid the coronavirus pandemic. The services, which will be free of cost, are being offered in conjunction with Kate Spade New York Foundation and includes a 24/7 hotline available to workers. In addition, Co-pays, deductibles and any other out-of-pocket costs for mental health services for frontline pandemic workers will be waived by state insurance regulators.

## **IN OTHER NEWS**

### **'Give An Hour' Extending Mental Health Services to Frontline Hospital Workers**

- Give an Hour, a national nonprofit that provides free mental health services to veterans, service members and their families, has extended its free services to frontline hospital workers who are suffering stress and trauma in the battle against COVID-19
- Give an Hour opened its network of volunteer mental health professions to these heroic workers in New York, New Jersey and Connecticut
- The Give an Hour Hospital Heroes program welcomes fully licensed providers from all mental health disciplines to join us in NY, NJ and CT. These states have temporarily allowed providers throughout the country to assist in this initiative through telehealth
- Give an Hour will also launch clinician volunteer recruitment within the Aetna behavioral health provider network to fortify its capabilities for the current crisis and the future

### **New Well Being Trust Report Shows Covid-19 Could Result in 75k 'Deaths of Despair'**

- According to a [new report](#) the negative effects of the Covid-19 pandemic could result in as many as 75,000 "deaths of despair," or those from suicide or alcohol and other substance abuse
- Unemployment is a risk factor for suicide and substance abuse, and so researchers at the Well Being Trust and the Robert Graham Center looked at projected rates of unemployment for 2020-2029 and combined it with the number of deaths of despair from 2018 as a baseline
- Depending on how steep the unemployment figures could be, the projection for deaths of despair ranged from around 27,000 if the economy recovered quickly to more than 154,000 if the economic downturn lasted for a long time, with 75,000 deaths being the most likely scenario
- To avoid this, policymakers should focus on providing meaningful work to those who are unemployed as a result of Covid-19 — such as by employing them as contact tracers — and should make accessing mental health care easier, the report concludes

### **Analysis Shows Majority of Those with SUDs Aren't Receiving Medication**

- A [new analysis](#) reveals that the majority of people being treated for opioid use disorder aren't receiving medication

- The analysis showed the following:
  - While non-medication interventions such as therapy can help people with the condition, medications such as buprenorphine and methadone have proven to be particularly effective at helping with withdrawal and other symptoms
  - The report found that nearly a third of those who were discharged from opioid treatment programs were neither in self-help groups nor on any kind of anti-opioid medication
  - Equal proportions of people — about 29% — used either only medication or only self-help groups, while only about 10% used both
  - Using only self-help groups for treatment was most common among those in inpatient or residential facilities, while Medicaid recipients were most likely to only rely on medications

### **Big Ten Conference Announces Mental Health Initiatives**

- Big Ten Mental Health and Wellness Cabinet formed as part of comprehensive, holistic approach to mental health will now provide unlimited access to Calm mental fitness app for all Big Ten student-athletes, coaches, full-time members of university athletic departments and Big Ten Conference staff
- The Big Ten Conference formally announced, in conjunction with Mental Health Awareness Month, the formation of the Big Ten Mental Health and Wellness Cabinet, which includes representatives from all 14 Big Ten institutions, as well as sport affiliate members Johns Hopkins (women's and men's lacrosse) and Notre Dame (men's hockey)
- The Cabinet was established in December 2019 by Commissioner Warren to promote optimal mental health for student-athletes and is comprised of 31 individuals representing a wide range of disciplines, including mental health educators, medical doctors, faculty athletic representatives and senior woman administrators. These industry leaders will take a comprehensive, systemic and interdisciplinary approach to establishing mental health programs, while also providing counsel, advice and expertise to the conference office

## **WEEKEND READING**

[USA Today](#): 'Death is our greeter': Doctors, nurses struggle with mental health as coronavirus cases grow

[STAT News](#): Crisis counselors, the 'paramedics of mental health,' wage a wrenching battle on the coronavirus front lines

[The Washington Post](#): The coronavirus pandemic is pushing America into a mental-health crisis

[The Washington Post](#): The covid-19 pandemic has shocked the mental-health system out of complacency

[Buzzfeed](#): The Mental Health Crisis For Frontline Workers Has Already Begun

[EdWeek](#): Schools Struggle to Meet Students' Mounting Mental-Health Needs

[USA Today](#): Cavaliers star Kevin Love shares mental health tips to help deal with coronavirus' impact