



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](#)
 - [Reopening Guidance](#) *(New)*
 - [Disaster Shelter Guidance](#) *(New)*

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
- [Postpartum Support International](#): PSI COVID-19 Resources *(New)*

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](#)
- [Harvard Kennedy School of Government - COVID-19 Response: Open Data Resources for Local Government Leaders](#) *(New)*
- [National Alliance to End Homelessness - A Framework for Covid-19 Homelessness Response](#) *(New)*

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 15th
- **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 29th
- **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.

[SAMHSA: COVID-19 Emergency Response for Suicide Prevention Grants](#) (New)

- **Due Date:** Friday, May 22nd
- **Eligibility:** State government agencies, including the District of Columbia and U.S. Territories. The State mental health agency or the State health agency with mental or behavioral health functions should be the lead for the ERSP grant. Community-based primary care or behavioral healthcare organizations, Public health agencies, Community-based service providers able to meet psychiatric and psychosocial needs of clients including, for example, shelters for victims of domestic violence, clubhouse-type facilities, Emergency departments, and Federally recognized American Indian/Alaska Native (AI/AN) tribes, tribal organizations, Urban Indian Organizations, and consortia of tribes or tribal organizations.
- **Purpose:** The purpose of this program is to support states and communities during the COVID-19 pandemic in advancing efforts to prevent suicide and suicide attempts among adults age 25 and older in order to reduce the overall suicide rate and number of suicides in the U.S. SAMHSA recognizes the serious concerns for domestic violence victims that are posed by mass stay-at-home and quarantine orders. Under normal circumstances, domestic violence can lead to situations of increased stress, anxiety, depression and trauma. These are all contributing factors to risk for suicide if unaddressed. Current conditions exacerbate this situation for domestic violence victims. Given the unique situation for these particular individuals, SAMHSA is requiring that a minimum of 25 percent of direct services funding be used to support this population. This must be clearly identified in the budget narrative and justification.

CITY, COUNTY, & STATE NEWS

ALAMEDA, CA: *City Hall ‘Shines Light’ on Mental Health Issue:* In recognition of Mental Health Month and to help ensure those struggling know they are not alone, City staff decided to try something new. Alameda joined other cities across the country and shined a green spotlight on City Hall. Lime green is the official color of mental-health awareness. Each Mind Matters is California’s mental-health prevention and early intervention campaign. Each May, the campaign draws attention to stigma reduction and suicide prevention with activities throughout the state. This year’s theme is: “Each Mind Matters: Express Yourself.”

ASPEN, CO: *City of Aspen partners with agencies for mental health, substance abuse programs:* Aspen City Council on Tuesday approved a one-year intergovernmental agreement with local entities to continue to provide mental health and substance abuse services. Mind Springs Health will carry out the services on behalf of the city, Pitkin County, Aspen Valley Hospital and Aspen School District, all of which are funding the effort. Additional money from the city’s tobacco tax allows for a full-time school counselor, rather than a part-time one, which has been the case in the past.

BERKELEY, CA: *Berkeley creates mental health support line for high school students, teachers:* A mental health support line is now available for Berkeley Unified School District, or BUSD, high school students, families and teachers, providing access to licensed professionals during the COVID-19 pandemic. The line was

established by the city of Berkeley and is available Monday through Friday for support, information, consultations and resources from mental health care professionals. The service is offered in English and Spanish. The closure of BUSD schools March 12 suspended access to mental health support for many. The new line is part of the city's effort to provide mental health services during the pandemic. It is designed to connect people with the mental health professionals that students would have been able to see if schools were open. The line is a "warm line" rather than a hotline, meaning that it is not designed for those in acute crises but offers support and resources for those who might need it. The initiative is funded through a \$216,099 grant for crisis triage from the state's Mental Health Services Oversight and Accountability Commission. The grant will fund about three years of services.

SAN FRANCISCO, CA: *SF proposes \$438.5M November bond measure to fund streets, parks, mental health and homeless services:* San Francisco plans to ask voters this November to approve a \$438.5 million bond measure to fund a wide range of needs: street repaving, park improvements and homeless services. The "Health and Recovery Bond" proposed by Mayor London Breed will fund services including supportive housing and mental health and substance use treatment; street repaving and curb ramps; and improvements to parks and recreational facilities. The bond reflects The City's need to expand mental health and homeless services. \$197 million would go toward treatment and supportive housing for people experiencing mental health issues, substance use disorder and homelessness. An additional \$107 million will fund services for mental health and substance use, including "a new Behavioral Health Access Center to provide low-barrier centralized access to the City's network and system of behavioral health services," according to the Capital Planning Committee's report on the bond proposal. Other costs are for an expansion of behavioral health respite facilities and detox facilities.

SAN MARCOS, TX: *San Marcos City Council approves mental wellness program for law enforcement:* San Marcos City Council passed an emergency measure Tuesday night reallocating resources to benefit the mental health of the city's law enforcement officers. The \$50,000 emergency measure was passed with a unanimous vote. The money is part of the San Marcos Police Department's asset forfeiture fund. An asset forfeiture fund is money collected from crimes such as drug busts that the department uses for crime reduction and other purposes. "Civil forfeiture laws in Texas allow for monies that are determined to be proceeds of felonious activity to be seized and used later for crime reduction activities and other related activities to benefit public safety," said Chase Stapp Director of San Marcos Department of Public Safety. "One of the allowed uses for example is a mental wellness program or mental health services of various kinds your for public safety employees." The money will provide wellness resources for employees of the San Marcos Police Department as well as the San Marcos Fire Department.

EXECUTIVE

Centers for Disease Control Releases Reopening Protocol Guidance

- The CDC posted six new one-page tools on Thursday that advise [businesses](#), [restaurants and bars](#), [schools](#), [camps](#), [child care centers](#) and [mass transit systems](#) on how to safely reopen during the coronavirus pandemic

SAMHSA Releases Guidance Document on Combatting Racial Disparities

- The guidance is titled "Double Jeopardy: COVID-19 and Behavioral Health Disparities for Black and Latino Communities in the U.S."

- The report highlights the impacts Covid-19 has had on communities of color and discusses policy proposals to help limit disparity impacts moving forward
- You can view the guidance [here](#)

SENATE

Senate Passed By Unanimous Consent the *National Suicide Hotline Designation Act*

- On Wednesday, [The National Suicide Hotline Designation Act](#) passed the Senate via Unanimous Consent
- The bill would designate “988” as the National Suicide Hotline number and provide other resources to suicide prevention
- The House counterpart legislation was included within the *HEROES Act*, but the Senate legislation will need to be taken up separately in the House to ensure its passage

Senate HELP Committee Hosts Virtual Hearing on Coronavirus Response

- On Tuesday, Lawmakers (virtually) questioned four top federal officials overseeing the Trump administration’s coronavirus response
- Appearing with FDA chief Stephen Hahn, CDC Director Robert Redfield, and HHS assistant health secretary Brett Giroir, NIAID’s Anthony Fauci
- Dr. Fauci warned that the U.S. Covid-19 deaths — which have surpassed 80,000 — are likely undercounted. “Most of us feel that the number of deaths are likely higher than that number”
- Sen. Mitt Romney (R-Utah) criticized the Trump administration's coronavirus testing coordinator Adm. Brett Giroir accusing him of framing U.S. testing data in a politically positive light: "I find our testing record nothing to celebrate whatsoever."

HOUSE

House Passes Stimulus 4.0 Legislation, HEROES Act, Which Includes Mental Health Resources

- The House passed the *HEROES Act* today which is \$3 trillion dollar stimulus package in response to the Covid-19 outbreak
- Here are links to more information on the legislation: [bill text](#), and [section by section summary](#)
- In addition to including \$1 trillion dollars in aid to states and localities for lost revenues the bill included funding and various provisions around mental health
- **Substance Abuse and Mental Health Services Administration** – \$3 billion to increase mental health support during this challenging time, to support substance abuse treatment, and to offer increased outreach, including:
 - \$1.5 billion for the Substance Abuse Prevention and Treatment Block Grant;

- \$1 billion for the Community Mental Health Services Block Grant;
 - \$100 million for services to homeless individuals;
 - \$100 million for Project AWARE to identify students and connect them with mental health services;
 - \$10 million for the National Child Traumatic Stress Network
 - \$265 million for emergency response grants to address immediate behavioral health needs as a result of COVID-19;
 - \$25 million for the Suicide Lifeline and Disaster Distress Helpline; and
 - Not less \$150 million for tribes, tribal organizations, urban Indian health organizations, or health service providers to tribes across a variety of programs.
- **\$90 billion for a State Fiscal Stabilization Fund for grants to States to support statewide and local funding for elementary and secondary schools and public postsecondary institutions.**
 - This flexible funding can support: providing school-based supports for impacted students, families, and staff, including counseling, mental health services, family engagement efforts, and the coordination of physical health services;
- **Includes National Suicide Lifeline Improvement Act**
 - Sec. 601. Includes findings related to suicide and mental health crisis counseling and the importance of designating a three-digit code for the National Suicide Prevention Lifeline.
 - Sec. 602. Universal Telephone Number for National Suicide Prevention and Mental Health Crisis Hotline System: Designates 9-8-8 as the universal dialing code for the National Suicide Prevention Lifeline.
 - Sec. 603. State Authority Over Fees: Allows states to impose a fee or charge on voice service subscribers' bills for the support or implementation of 9-8-8 services for the support of the National Suicide Prevention Lifeline.
 - Sec. 604. Location Identification Report. Requires the FCC to evaluate and submit a report to Congress on the feasibility and cost of automatically providing the dispatchable location of calls to 9-8-8.
 - Sec. 605. Report on Certain Training Programs. Requires the Assistant Secretary for Mental Health and Substance Use to submit a report to Congress that details a strategy for offering support or providing technical assistance for training programs for National Suicide Prevention Lifeline counselors to increase competency in serving LGBTQ youth.
 - **Section 30618. Research on the mental health impact of COVID-19:** Directs the NIH's National Institute of Mental Health to support research on the mental health consequences of COVID-19, including the impact on health care providers.
 - **Section 30619. Emergency mental health and substance use training and technical assistance center:** Establishes a technical assistance center at the Substance Abuse and Mental Health Services Administration (SAMHSA) that will support public or nonprofit entities and public health professionals seeking to establish or expand access to mental health and substance use services associated with the COVID-19 public health emergency

- **Section 30633. Grants to address substance use during COVID-19:** Authorizes SAMHSA to award grants to support local, tribal, and state substance use efforts that need further assistance as a result of COVID-19.
- **Section 80013. Vet Center mental health care and services for National Guard and Reserve members responding to the COVID-19 public health emergency:** Permits any National Guard or Reserve member to receive mental health care at Vet Centers if deployed for more than 14 days in support of the COVID-19 public health emergency.

IN OTHER NEWS

CDC Issues Report on Postpartum Depression Rates

- A [new CDC report](#) finds that around 1 in 8 women report experiencing symptoms of postpartum depression
- The analysis, which looked at 2018 data from 30 states and Puerto Rico, found that rates of postpartum depression symptoms ranged from a little under 10% in Illinois to almost 24% in Mississippi
- An overwhelming majority of women reported making at least one visit to their physician after giving birth, and most reported being asked about their mental health during this visit. But this also varied by location: Women in Vermont were almost always asked about their mental health, while those in Puerto Rico were among the least likely to be asked
- At the same time, women who were younger than 19, or white or Pacific Islander, or had a history of depression during prenatal visits were more likely to be asked about depression during a postpartum visit

Kaiser Permanente Partnering with E-Sports to Raise Mental Health Awareness within Gaming Community

- Kaiser Permanente is partnering with e-sports organization Cloud9 in a new initiative — called "Presence of Mind" — to provide mental health resources and support to Cloud9's "League of Legends" video game team as well as to the broader gaming community
- The reasoning for the partnership from the e-sports community is that “Mental health conditions tend to develop in youth — 50% start before age of 14 and 75% before the age of 24. And an estimated 75% of youth are taking part in the gaming community. We think this is a really great opportunity to reach youth in that community. It's also about decreasing the stigma associated with mental health and accessing care for it”
- There are three aspects to the partnership: One is working directly with the [League of Legends] team and coaches [by] bringing in our experts and educating the team about mental health conditions. Another is working with [the streaming platform] Twitch, where millions of people spend time watching people play, to do a series of fireside chat interviews with gamers and our expert staff on mental health. And third is working with moderators who are in the midst of these games so that they better understand mental health and are bringing awareness to the topic

New Data Shows Emergency Department Visits for Mental Health in Children is Spiking

- According to [new data](#) Emergency department visits for mental health disorders among children have spiked in recent years
- Here's more from the study, which looked at national emergency room data between 2007-2016 among those ages 5-17:
 - For all mental health issues in this age group, ED visits rose by 60%. The increase was highest in those ages 10 and older
 - Visits related to anxiety and impulse control increased by 117% during the 10-year study period, while visits for deliberate self-harm spiked by nearly 330%
 - Urban areas saw a larger increase in mental health visits to EDs than rural areas
 - Girls also made visits more than their male peers

WEEKEND READING

[The Atlantic](#): The Coming Mental-Health Crisis

[The New York Times](#): Coronavirus Lockdown May Spur Surge in Mental Illness, U.N. Warns

[Time Magazine](#): Could COVID-19 Finally Destigmatize Mental Illness?

[Los Angeles Times](#): We need to prepare for the mental health effects of coronavirus on kids

[CNBC](#): How Covid-19 is impacting the mental health of millennial moms

[Forbes](#): Supporting Youth Mental Health: Let's Seize The Day

[Route Fifty](#): Fear, Isolation, Depression: The Mental Health Fallout of a Worldwide Pandemic

The information in this email originated from various news sources including: Axios, Stat, Kaiser Health News, Politico, Roll Call, The Hill, Vox, and City Lab