



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.

- [Training and Technical Assistance Related to COVID-19: MHTTC Resources](#)

- **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](#)
 - [Disaster Shelter Guidance](#)
 - [Activities and Initiatives Supporting the COVID-19 Response and the President’s Plan for Opening America Up Again](#)

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
- [Depression and Bipolar Alliance](#): Covid-19 Resources

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](#)
- [National Alliance to End Homelessness - A Framework for Covid-19 Homelessness Response](#)
- [National Conference on State Legislatures - State Action on Coronavirus \(COVID-19\)](#)

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:

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.

CITY, COUNTY, AND STATE NEWS

NEW YORK CITY, NY: NYC Launchers Mission Vet Check during COVID-19: The city Department of Veterans' Services (DVS) has introduced a new project, called VetCheck, which will make supportive check-in calls to the veterans across the city during the coronavirus (COVID-19) pandemic. The new project, which is a partnership with the Mayor's Office of ThriveNYC, is designed to offer New York City's veterans support and a connection to the veteran community during the pandemic. It's also intended to provide immediate information about

essential public services, including free meals, COVID-19 test site locations, and mental health resources. The initiative will collaborate with veteran-serving organizations, such as the United War Veterans Council, The Mission Continues, Catholic War Veterans, Travis Manion Foundation, and various American Legion and Veteran of Foreign Wars posts. "New York City's veterans deserve every resource our city has to offer, particularly during this isolating and difficult time," said Susan Herman, director of the Mayor's Office of ThriveNYC. "ThriveNYC is proud to support Mission: VetCheck, which mobilizes the power of volunteers and the energy of the veteran community to connect veterans to one another and to vital public resources." VetCheck will train volunteers from the city's veteran community to make compassionate check-in calls to other veterans. Volunteers will be offered supplemental training resources through PsychArmor, an organization that provides military-specific training. Veterans who are interested in helping their fellow veterans by making check-in calls can sign up to volunteer.

NEW YORK CITY, NY: *Thrive in Your Workplace Initiative Releases COVID-19 Mental Health Guide:* Thrive in Your Workplace initiative released their COVID-19 Mental Health Guide, which is designed to help all employers promote employee mental health during and following the coronavirus outbreak. The guide urges employers to do their part in reducing the stigma of mental health challenges, building awareness of available mental health resources, and encouraging employees in need to connect to mental health support. You can [view the guide here](#).

BUTLER COUNTY, PA: *County Commissioners Asking For Increase In Mental Health Funding:* The Butler County Commissioners are joining with colleagues across the state to ask for an increase in state funding for mental health services. The County Commissioners Association of Pennsylvania has announced an initiative to increase mental health funding which has remained static in recent years while state mandates and service needs increase. According to Human Services officials, the COVID-19 pandemic has brought more strain on individuals as well as families so the number of people expected to utilize these programs is expected to increase. Mental health programs administered by Butler County include crisis services, assertive community treatment, psychiatric rehabilitation, case management, supportive housing programs, outpatient services, certified peer support, and numerous services for children.

MARIN COUNTY, CA: *Marin County Sees Spike In Calls To Mental Health Hotline:* The Marin County Department of Health and Human Services (HHS) has noted a spike in calls to its crisis hotline and to its specialists in the Behavioral Health and Recovery Services Division (BHRS) during the COVID-19 pandemic. Marin is nearing the two-month mark on its stay-at-home health order, which is in place through the end of May to maintain progress slowing the spread of COVID-19.

UTAH COUNTY, UT: *Utah County coalition brings awareness to mental health with virtual races:* To celebrate and bring awareness to Mental Health Awareness Month, Utah County businesses have established a coalition to organize virtual races from May 29-31. Taft, a Provo-based men's shoe company, joined the Room Here coalition earlier this year. Room Here is a nonprofit coalition of business leaders from across the state of Utah that aims to raise awareness about the importance of mental health, normalize the conversation around mental health and provide Utahns with better access to mental health resources.

CALIFORNIA: *California Education Department Launches Social, Emotional Learning Initiative:* State Superintendent of Public Instruction Tony Thurmond announced Thursday a new collaborative online campaign, "Advance SEL in California," to engage educators, school leaders, and families in a wider conversation about how to advance, elevate, and spur action on Social and Emotional Learning (SEL) in California. The initiative will first gather large-scale input through a forum called WikiWisdom, a virtual resource where educators, school leaders, and families can collaborate, interact with peers, and share best

SEL practices to support students dealing with the impact of the COVID-19 pandemic and over the long term. This 2.5 week-long forum launched on Monday May 18, and has already seen participation from hundreds of California educators. Following the conclusion of the WikiWisdom Forum, the campaign will hold three virtual convening's in July with education stakeholders from around the state to deepen the discussion on the status of SEL in California. Lastly, the project will culminate in a report on the status of Social and Emotional Learning in California, with recommendations for how teachers, school leaders, and families across the state can address the social and emotional needs of students both in response to COVID-19 and over the long term. Joining the State Superintendent to promote this partnership are First Partner Jennifer Siebel Newsom and State Board of Education President Linda Darling-Hammond. "Prioritizing the social and emotional well-being of our kids has perhaps never been more important," said Siebel Newsom. "That's why I am proud to partner on 'Advance SEL in California,' and to help our teachers, school leaders, and families get the tools they need to support our kids in reaching their full potential." To learn more about this work, visit the CDE SEL [web page](#).

IN OTHER NEWS

Walgreens Completes First Phase of Mental Health First Aid Training

- Walgreens has announced it has completed the first phase of its Mental Health First Aid training, which is administered by the National Council for Behavioral Health
- "Every day, in communities across America, our pharmacists are talking with patients with a wide range of conditions, including mental health," said Rina Shah, Walgreens group vice president, specialty and retail pharmacy operations in a Walgreens press release. "With the prevalence and rise of incidents of depression, anxiety, addiction, PTSD, and others, specialized training can be key to identifying warning signs, and working with other providers, even finding gaps in care or treatment. We've long believed pharmacists can play an even greater role as part of patient's care teams, and we're proud to be at the forefront of our industry expanding our efforts in the area of mental health to help meet this growing need."
- Walgreens pharmacists are also the first to complete this specialized training that was developed through a unique collaboration between Walgreens, the National Council for Behavioral Health, and the American Pharmacists Association. This announcement from Walgreens comes as many mental health centers and providers across the country report greater demand

New Study Shows Suicide More Common Among LGBTQ Young People

- [Researchers](#) who combed through 15 years of national death records discovered that the odds of being bullied were nearly five times higher for LGBTQ young people who took their own lives than for others who didn't identify as LGBTQ
- Two-thirds of suicides in LGBTQ children aged 10 to 13 followed bullying, compared to about 1 in 7 non-LGBTQ children
- "Bullying can be a deadly antecedent to suicide, especially among LGBTQ youth," the authors conclude, noting that because LGBTQ information isn't always reported, their statistics probably underestimated the problem

WEEKEND READING

ESPN: Cleveland Cavaliers Kevin Love Says Covid-19 Pandemic Another Reminder of Importance of Mental Wellness

LOS ANGELES TIMES: Mental Health No Longer A Dirty Word in Macho World of NHL

THE WASHINGTON POST: Surge in anxiety and depression show coronavirus toll on mental health in America

FORBES: Being An Agent Of Change For Workplace Mental Health

ESSENCE: How COVID-19 Is Affecting Mental Health Practitioners

FORBES: 25 Million Students On COVID-19: 'Depression, Anxiety And Loneliness' Hitting Peak Levels

NPR: Act Now To Get Ahead Of A Mental Health Crisis, Specialists Advise U.S

****The information compiled in this email was compiled from various news sources: Axios, Politico, CQ Roll Call, The Hill, Vox, Kaiser Health News, and STAT****