



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
- [Johns Hopkins Bloomberg School of Public Health](#): Mental Health Resources During COVID-19
- [Center for Workplace Mental Health](#): A Top Priority: Employee Mental Health & Well-being During and Beyond COVID-19 (*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](#)
- [National Alliance to End Homelessness - A Framework for Covid-19 Homelessness Response](#)
- [National Conference on State Legislatures - State Action on Coronavirus \(COVID-19\)](#)
- [Bloomberg Philanthropies - Management Metrics for Cities in the COVID–19 Crisis](#)
- [American Psychiatric Association Foundation, Center for Workplace Mental Health - Employee Mental Health & Well-being During & Beyond 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 \(SAS\)](#)

CITY, COUNTY, AND STATE NEWS

MADISON, WI: *Madison takes first step in creating mental health first responder pilot program:* The Madison City Council on Tuesday created a task force to address systemic racism in the city and began pursuing alternative ways to respond to mental health crises instead of resorting to calling police officers. The council unanimously agreed for a task force made up of African American community groups to review city policies with an eye toward identifying “critical issues” affecting Madison’s Black residents. Council members also voted unanimously to request the help of the county in creating a mental health first responder pilot program. The program would be modeled after similar initiatives in other cities, such as the Crisis Assistance Helping Out On The Streets (CAHOOTS) program in Eugene, Oregon in which a team consisting of a medic and a social worker respond to some mental health 911 calls. CAHOOTS offers services including crisis counseling, suicide prevention, substance abuse, housing crisis assistance, transportation to social services and non-emergency medical care. The mental health responder resolution asks the Dane County Criminal Justice Council to work with Madison Fire Chief Steven Davis and the city’s Director of Community Development Jim O’Keefe to create the pilot program for the city.

SALT LAKE CITY, UT: *Salt Lake City School District offers free mental health services to students:* The Salt Lake City School District is partnering with Odyssey House to provide free Summer Telehealth School-Based

Therapy to any student in the Salt Lake City School District. The unique school year and uncertainty of what fall brings can cause a lot of stress for students. Available mental health services are funded through a Department of Human Services Suicide Prevention grant and a Salt Lake County Behavioral Health grant. Telehealth therapy services will be free to any student who is not covered by Medicaid or other health insurance, officials say. Students who have health coverage are also invited to access services through Odyssey via their health insurance provider.

SONOMA COUNTY, CA: *Sonoma County supervisors show support for mental health, homelessness tax measure:* Sonoma County supervisors signaled support for a ballot measure that would raise \$25 million annually to plug what officials say are gaps in county mental health and homelessness services. The proposed quarter-cent sales tax would end in 10 years unless extended by voters. It would allocate nearly 25% of the annual revenue toward behavioral health facilities, and nearly half of the money would go toward emergency psychiatric or crisis services. Other funding categories include mental health and substance abuse outpatient services, behavioral health services for the homeless and investments in transitional and permanent supportive housing. Citing systemic state and federal funding problems, mounting community concerns around mental health and homelessness and polling that shows strong support for a ballot measure even in the face of a pandemic-led recession.

ARIZONA: *Governor Doug Ducey Announces \$120,000 To Support First Responder Mental Health:* Governor Doug Ducey announced \$120,000 for Heal the Hero Foundation, supporting its work to mitigate the mental health impacts facing first responders during COVID-19. Heal the Hero Foundation offers technology-based mental health support—along with community education, research and training—for veterans, first responders and abuse survivors. The foundation also provides funding for innovative solutions to address the mental health issues facing various communities. The \$120,000 in one-time funding will support Heal the Hero Foundation’s efforts to build stress resilience for law enforcement personnel, firefighters, emergency medical technicians and other first responders who are vulnerable to physical and mental health issues caused by the stress of the profession. These dollars come from the Crisis Contingency and Safety Net Fund, which was established in March by Arizona’s bipartisan state budget agreement.

NEW YORK: *Governor Andrew Cuomo Proposes Parity Compliance Programs:* Insurers in New York state would have to provide equitable coverage for people with mental health and substance use disorders under proposed regulations announced Thursday. The proposal, announced by Gov. Andrew Cuomo (D), would direct insurance companies to establish “parity compliance programs” to identify discrepancies in coverage of services for those disorders. The state’s action comes as people around the country face increased mental health challenges as a result of the coronavirus pandemic.

EXECUTIVE

Federal Communications Commission (FCC) Unanimously Votes to Designate 988 as Dialing Code for National Suicide Prevention Lifeline

- On Thursday, FCC commissioners unanimously voted to designate 988 as a new dialing short-code like 911, intended to help connect consumers with the National Suicide Prevention Lifeline
- Under the proposal, telecom companies would have to implement the 988 short-code by July 16, 2022
- The effort follows the passage of the National Suicide Hotline Improvement Act, H.R. 2345 signed into law in 2018, which directed the FCC to kick-start its inquiries. The House Energy and Commerce

Committee on Wednesday, meanwhile, voted to advance its own substitute bill text for H.R. 4194 which would direct the FCC to name this 988 short-code

- Phone companies will now be on the hook to broadly roll out this short-code over the next two years, which comes with technological challenges. Expect further wrangling involving a small subset of homes not yet transitioned to 10-digit dialing, which involves entering the area code first and is a prerequisite for implementing the 988 code
- Commissioner Jessica Rosenworcel said the commission should make sure people are able to send text messages to the crisis number — a potential pressure point driving future debates

Department of Health and Human Services (HHS) Releases Proposed Changes to CRF 42 Part 2 Regulations

- This week HHS released a revised 42 CFR Part 2 regulation (Part 2) to further facilitate better coordination of care in response to the opioid epidemic while maintaining its confidentiality protections against unauthorized disclosure and use
- The 42 CFR Part 2 regulations serve to protect patient records created by federally assisted programs for the treatment of substance use disorders (SUD)
- **What Has Not Changed Under the New Part 2 Rule:** The revised rule does not alter the basic framework for confidentiality protection of substance use disorder (SUD) patient records created by federally assisted SUD treatment programs. Part 2 continues to prohibit law enforcement's use of SUD patient records in criminal prosecutions against patients, absent a court order. Part 2 also continues to restrict the disclosure of SUD treatment records without patient consent, other than as statutorily authorized in the context of a bona fide medical emergency; or for the purpose of scientific research, audit, or program evaluation; or based on an appropriate court order
- View the fact sheet of the changes [here](#)

Trump Administration Renews Public Health Emergency Declaration Related to the Opioid Crisis

- Sec. Alex Azar has renewed the public health emergency for the 11th time since the declaration was first made in October 2017

Centers for Disease Control (CDC) Data Shows Opioid Crisis Worsening

- A federal snapshot of national data shows drug overdose deaths spiked 11.4 percent year-over-year between January and April, an increase that followed a slight uptick in deaths in 2019
- According to CDC data, there were 70,980 reported deaths from overdoses in 2019, surpassing the peak of 70,699 deaths in 2017. The numbers represent a 4.6 percent increase from the previous year
- Thirty-seven states reported an increase in drug overdose deaths or numbers that were unchanged compared to the previous year. South Dakota saw a 60 percent increase in deaths — by far the largest of any state. Alaska was second with a 30 percent jump, followed by North Dakota, where drug overdose deaths climbed 25 percent

- According to the ONCDP, there was a roughly 11.4 percent year-over-year increase in overdose deaths between January and April. A number of states have separately reported increases, including Kentucky, which estimated a 25 percent increase in overdose deaths from January to March

CONGRESS

House Energy & Commerce Committee Advance Numerous Mental Health Bills to Full House

- The House Energy & Commerce Committee advanced 30 bills to the full House for consideration, including a package of mental health legislation
- The mental health related bills advanced through committee were:
 - **H.R. 5201**, the *“Telemental Health Expansion Act of 2019,”* which was introduced by Reps. Doris Matsui (D-CA) and Bill Johnson (R-OH)
 - **H.R. 7539**, the *“Strengthening Behavioral Health Parity Act,”* which was introduced by Reps. Joe Kennedy III (D-MA) and (R-FL) Gus Bilirakis
 - **H.R. 1646**, the *“Helping Emergency Responders Overcome Act of 2019”* or the *“HERO Act of 2019,”* which was introduced by Rep. Ami Bera (D-CA)
 - **H.R. 4564**, the *“Suicide Prevention Lifeline Improvement Act of 2019,”* which was introduced by Reps. John Katko (R-NY), Don Beyer (D-VA) and Grace Napolitano (R-CA)
 - **H.R. 4585**, the *“Campaign to Prevent Suicide Act,”* which was introduced by Reps. Beyer (D-VA) and Greg Gianforte (R-MT)
 - **H.R. 5619**, the *“Suicide Prevention Act,”* which was introduced by Reps. Chris Stewart (R-UT) and Doris Matsui (D-CA)
 - **H.R. 4194**, the *“National Suicide Hotline Designation Act of 2019,”* which was introduced by Reps. Stewart and Seth Moulton (D-MA)

House Labor-HHS Appropriations Bill Advances to the Full House, Includes Funding Increases for Mental Health and SUD Prevention/Treatment

- The bill funds the Substance Abuse and Mental Health Services Administration (SAMHSA) SAMHSA at \$6 billion – an increase of \$96 million above the FY 2020 enacted level and \$238 million above the President’s budget request
- SAMHSA funding includes increased support for:
 - **Mental health resources for children and youth:** Including \$107 million for Project AWARE, an increase of \$5 million above the FY 2020 enacted level; and \$72 million for the National Child Traumatic Stress Initiative, an increase of \$3 million above the FY 2020 enacted level
 - **Suicide Prevention:** Including \$21 million for the Zero Suicide program, an increase of \$5 million above the FY 2020 enacted level; and \$21 million for the Suicide Lifeline, an increase of \$2 million above the FY 2020 enacted level
 - \$35 million for a new set-aside in the mental health block grant to support mental health crisis systems
 - **Substance Use Treatment:** \$3.8 billion, an increase of \$10 million above the FY 2020 enacted level, including continued funding for opioid prevention and treatment, recovery and tribal-focused treatment efforts.

- **Substance Abuse Prevention:** \$209 million, an increase of \$3 million above the FY 2020 enacted level
- In addition, the bill includes
 - \$25 million, an increase of \$12.5 million above the FY 2020 enacted level, to specifically support firearm injury and mortality prevention research
 - \$240 million, an increase of \$10 million above the FY 2020 enacted level, to address tobacco and e-cigarettes
 - \$10 million for a new effort focused on social determinates of health
 - \$10 million within the School Safety National Activities program to continue funding for grants that will make schools safer by helping LEAs directly increase the number of mental health and child development experts in schools
- The markup included the adoption of an amendment, offered by Rep. Pocan (D-WI), which directs the Secretary of Health and Human Services to create guidelines for employer-sponsored health plans to submit annual public compliance reports related to coverage of mental and behavioral health services
- A summary of the bill is [here](#). The text of the bill is [here](#). The bill report is [here](#).

IN OTHER NEWS

Manatt Publishes Report on Federal Telehealth Regulatory Changes

- As states and federal agencies continue to combat the COVID-19 pandemic, they are also beginning to develop and implement permanent telehealth policy changes in order to continue to expand access to telehealth services beyond the pandemic period
- Manatt Health has developed a federal and comprehensive 50-state tracker for policy, regulatory and legal changes related to telehealth during the COVID-19 pandemic
- Follow this [link](#) to see these changes broken down by state

Kaiser Family Foundation Releases State by State Mental Health and Substance Use Disorder Fact Sheets

- The coronavirus pandemic and resulting economic downturn have taken a toll on mental health for many people, with over 30% of adults in the U.S. now reporting symptoms consistent with an anxiety and/or depressive disorder
- In this national summary and in the accompanying fact sheets, KFF examines national and state-level data on mental health both before and during the coronavirus pandemic.
- KFF finds that mental health outcomes, access, and coverage vary substantially from state to state.
- For example, in 2017-2018, the share of adults with any mental illness ranged from 16.1% in New Jersey to 25.3% in Utah. In 2018, age-adjusted suicide rates ranged from 7.4 per 100,000 in the District of Columbia to 25.0 per 100,000 in New Mexico
- You can view the fact sheets [here](#)

PsychHub, SHRM Foundation, and One Mind Launching Mental Health and Wellness in the Workplace Initiative

- Psych Hub, the SHRM Foundation, and One Mind have joined together to launch “Mental Health and Wellness in the Workplace,” an initiative to engage HR professionals in wellness education to lead positive change in the workplace. This national partnership promotes a culture of acceptance as many Americans return to the workplace amid the ongoing stress of the COVID-19 pandemic.
- Check out the Workplace Wellness Resource Center to find best-in-class multimedia resources tailored for both managers and employees.
- You can learn more [here](#)

WEEKEND READING

FORBES: It Is Time to Stop Stigmatizing Mental Health Among Healthcare Workers

MEDICAL NEWS TODAY: The Effects of Covid-19 on the Mental Health of Indigenous Communities

QUARTZ: Covid-19 Could Fuel a Parallel Mental Health Epidemic

CNN: Here's the best way to take care of your mental health during the pandemic

MEDICAL NEWS TODAY: Racism in Mental Health Care is an Invisible Barrier

ED SOURCE: State funding may be stagnant, but schools can still find money for mental health services

NEW YORK TIMES: NBA Emphasizes Mental Health as Teams Await Disney 'Bubble'

****The information compiled in this email came from various news sources including: Axios, Modern Healthcare, Politico, STAT, Vox, CQ Roll Call, and the Hill****