Coronavirus Preparedness for People with Chronic Diseases: What Are the Mental Health Implications?

FRIDAY, APRIL, 17, 2020
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National Health Council Member Resources

• NHC COVID-19 Website: https://nationalhealthcouncil.org/issue/covid-19/
• Weekly teleconference with member CEOs
• Any member questions/requests about:
  ◦ Public policy related to COVID-19 should be directed to Eric Gascho, NHC’s Vice President, Policy and Government Affairs
  ◦ Sample HR policies/procedures or best practices in meeting management should be directed to Susan Gaffney, Vice President, Membership, Development, and Operations
If you have a question during the presentation…

Please submit questions via the Webex chat function.
Speakers

Marc Boutin, JD, National Health Council
Paul Gionfriddo, Mental Health America
Dawn Brown, National Alliance on Mental Illness
Tia Dole, PhD, The Trevor Project

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Anxiety & COVID-19

PAUL GIONFRIDDO
PRESIDENT & CHIEF EXECUTIVE OFFICER

MENTAL HEALTH AMERICA
COVID-19 and Mental Health: What We Are Learning from www.mhascreening.org

National Health Council, April 17, 2020

Paul Gionfriddo
President and CEO
Mental Health and COVID-19
Toplines: MHA Screening

- COVID-19 worry is leading to increases in mental health conditions, led by more than 4,895 additional moderate-to-severe anxiety screening results in February, March, and the first half of April. The increase is accelerating rapidly in each time period.

- The numbers of anxiety, youth, and depression screeners all increased by 18-22% in March 2020. The pace of anxiety screenings in April has increased even more.

- Even when the number of screeners for a mental health condition did not increase, the severity of their March results often did – the percent with severe psychosis increased by 7% over the average of the previous 5 months.

- These impacts on mental health are more pronounced in young people (<25), with roughly 9 in 10 screening with moderate-to-severe depression, and people with chronic conditions, with more than 85% screening with moderate-to-severe anxiety and depression.

- This is clearly a COVID-19 problem. “Loneliness and isolation” is cited by the greatest percent of screeners (58%) as contributing to mental health problems “right now,” followed closely by COVID-19 (48%).

- There was a 33% increase in the percent share of depression screeners who reported having a chronic condition and a 36% increase in the percent share of anxiety screeners who reported having a chronic condition.
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MHA Screening (www.mhascreening.org): Nearly 5 Million Completed Screens

<table>
<thead>
<tr>
<th>Category</th>
<th>Screening Tool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression (PHQ-9)</td>
<td>Anxiety (GAD-7)</td>
</tr>
<tr>
<td>PTSD (PC-PTSD)</td>
<td>Bipolar (MDQ)</td>
</tr>
<tr>
<td>Alcohol and Substance Use Screen (CAGE-AID)</td>
<td>Youth Screen (PSC-YR)</td>
</tr>
<tr>
<td>Psychosis Screen (Ultra-High Risk) (PQ-B)</td>
<td>Parent Screen (PSC)</td>
</tr>
<tr>
<td>Eating Disorders</td>
<td></td>
</tr>
</tbody>
</table>
MHA Screening

• Began in April 2014.

• Access to screening tools is free and anonymous at [www.mhascreening.org](http://www.mhascreening.org).

• Most screeners voluntarily give de-identified demographic data.

• Screeners are young, (74% < 25 years), female (72%).

• Help-seeking population (63% positive).

• Otherwise representative of the population.
Anxiety, Depression, and Youth Screens Increased Significantly in March 2020

- Anxiety: 22%
- Depression: 18%
- Youth: 22%
Coronavirus Anxiety?
GAD-7 Average Screenings Per Day

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Average Screenings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/1 - 1/31</td>
<td>300</td>
</tr>
<tr>
<td>2/1 - 2/29</td>
<td>350</td>
</tr>
<tr>
<td>3/1 - 3/31</td>
<td>400</td>
</tr>
<tr>
<td>4/1 - 4/14</td>
<td>500</td>
</tr>
</tbody>
</table>
More Than 4,895 Excess Screeners Have Anxiety Since COVID-19 Pandemic

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Depression Numbers Up 18% in March: Severity Up, Youth More Affected

Overall, February to March 2020

<table>
<thead>
<tr>
<th>Month</th>
<th>Screeners</th>
<th>Moderate to Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>February</td>
<td>13,000</td>
<td>70%</td>
</tr>
<tr>
<td>March</td>
<td>16,000</td>
<td>95%</td>
</tr>
</tbody>
</table>

Youth Depression, March 2020

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Screeners</th>
<th>Moderate to Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>11-17 yr old</td>
<td>3,500</td>
<td>95%</td>
</tr>
<tr>
<td>18-24 yr old</td>
<td>3,550</td>
<td>90%</td>
</tr>
</tbody>
</table>

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A Higher Proportion of Screeners Report Having a Chronic Physical Condition

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March 2020: People with All Chronic Conditions Higher for Depression, Anxiety

![Bar chart showing the percentage of people with chronic conditions experiencing depression and anxiety.](chart.png)
LGBTQ+ Population: High Severity & Significant Increase in Screening Numbers

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What Are the Main Things Contributing to Your Mental Health Problems Right Now?

<table>
<thead>
<tr>
<th>Reason</th>
<th>Number of Responses</th>
<th>Percent of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loneliness/Isolation</td>
<td>701</td>
<td>58%</td>
</tr>
<tr>
<td>COVID-19</td>
<td>572</td>
<td>48%</td>
</tr>
<tr>
<td>Past Trauma</td>
<td>499</td>
<td>41%</td>
</tr>
<tr>
<td>Relationship Probs.</td>
<td>455</td>
<td>38%</td>
</tr>
<tr>
<td>Current Events</td>
<td>406</td>
<td>34%</td>
</tr>
<tr>
<td>Financial Probs.</td>
<td>350</td>
<td>29%</td>
</tr>
<tr>
<td>Grief</td>
<td>268</td>
<td>22%</td>
</tr>
</tbody>
</table>

N=1,204, collected 4/13-4/15, “Choose up to 3”
For More Resources

- For MHA COVID-19 resources: https://www.mhanational.org/covid1
- For other mental health COVID-19 resources: https://psychhub.com/covid-19/
- To take a free mental health screen: https://screening.mhanational.org
Contact Us

Mental Health America
500 Montgomery Street
Suite 820
Alexandria, VA 22314

Facebook.com/mentalhealthamerica
Twitter.com/mentalhealtham
Instagram.com/mentalhealthamerica
Youtube.com/mentalhealthamerica
pgionfriddo@mhanational.org
@pgionfriddo
Self-Care Resources

DAWN BROWN
DIRECTOR, INFORMATION AND ENGAGEMENT SERVICES
NATIONAL ALLIANCE ON MENTAL ILLNESS
Information on COVID-19

“We recognize that people living with mental illness face additional challenges dealing with COVID-19, as do their caregivers and loved ones.”

LEARN MORE
Uncharted Territory, “You’re on your own”

Normal Before
- Routines and established expectations create certainty
- Support system helps with day-to-day management
- Confident in wellbeing
- Financial security

New Normal Now
- Changes in employment, closing and treatment changes
- Quarantine restrictions
- Threat of getting seriously sick
- Threat of financial losses from unemployment, investments and economy
Mental Health Impact

<table>
<thead>
<tr>
<th>Hurts</th>
<th>Helps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Isolation</td>
<td>Take control of what you can</td>
</tr>
<tr>
<td>Anxiety</td>
<td>Strive for self-reliance</td>
</tr>
<tr>
<td>Depression</td>
<td>Locate new resources and technology</td>
</tr>
<tr>
<td>PTSD</td>
<td>Practice physical distancing not social distancing</td>
</tr>
</tbody>
</table>
COVID-19 Resource and Information Guide

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I'M HAVING A LOT OF STRESS OR ANXIETY BECAUSE OF COVID-19. WHAT CAN I DO?

HOW CAN I GET MY MEDICATION WHILE I'M QUARANTINED?

I FEEL ISOLATED AND LONELY. HOW CAN I FIND CONNECTION WHILE QUARANTINED OR AT HOME?

I'M HAVING FINANCIAL TROUBLE BECAUSE OF THE EFFECTS OF COVID-19. WHAT ASSISTANCE PROGRAMS CAN HELP ME?
Complicated

Coordinated &

Precarious
Resilience & Strength
Agenda

1. Special Issues
   - Issues facing LGBTQ Youth

2. Interventions
   - Self/Practitioner Interventions

3. Wrap Up
   - Final Questions
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COVID and LGBTQ Youth

- Consequences of social distancing
  - Isolation from support
  - Close proximity to non-supportive family members
- Economic strain
  - Particular circumstances for LGBTQ youth
- Worries about present and future
- Emotional resources
- Special considerations
  - Trans youth
  - Youth with unstable housing
Agenda

1. Special Issues
   Issues facing LGBTQ Youth

2. Interventions
   Self/Practitioner Interventions

3. Wrap Up
   Final Questions
Self and Practitioner interventions

Self

- Connect/Disconnect
- Non-judgemental stance
- Educate self
- Set a schedule
- Go outside

Practitioner

- Help find resources
- Silence isn’t helpful
- Stay connected if you can
- Be flexible
Agenda

1. Special Issues
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QUESTIONS?

Please submit questions via the Webex chat function
THANK YOU