Mental Health & Substance Use: Realities and Challenges during Uncertain Times
The Impact of COVID-19 on Behavioral Health

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Behavioral Health: A National Priority

SAMHSA’s Mission:
Reduce the impact of substance abuse and mental illness on America’s communities

Roles:
- Leadership and Voice
- Data and Surveillance
- Public Education
- Regulation and Standard
- Setting Practice improvement
- Funding

SAMHSA leads public health efforts to advance the behavioral health of the Nation

- Behavioral Health is Essential to Health
- Prevention works
- Treatment is effective
- People recover
### COVID-19 By The Numbers

<table>
<thead>
<tr>
<th></th>
<th>Number of Cases</th>
<th>Number of Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Global</strong></td>
<td>5,593,631 / 6,194,533</td>
<td>353,334 / 376,320</td>
</tr>
<tr>
<td><strong>United States</strong></td>
<td>1,737,950 / 1,816,956</td>
<td>102,785 / 105,846</td>
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<tr>
<td><strong>New Jersey</strong></td>
<td>160,445 / 162,068</td>
<td>11,698 / 11,880</td>
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<tr>
<td><strong>New York</strong></td>
<td>370,770 / 374,085</td>
<td>23,905 / 30,019</td>
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<tr>
<td><strong>New York City</strong></td>
<td>199,968 / 204,872</td>
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<tr>
<td><strong>Puerto Rico</strong></td>
<td>3,873 / 4,508</td>
<td>136 / 140</td>
</tr>
<tr>
<td><strong>US Virgin Islands</strong></td>
<td>70</td>
<td>6</td>
</tr>
</tbody>
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*Source: FEMA Region II Watch Center SPOT Report COVID-19 UPDATE #95: 04 June, 2020*
Number of New Cases In the Past 2 Weeks

Coronavirus Disease 2019 (COVID-19)
Number of New Cases per 100,000 in the past 2 weeks,
by U.S. County, 10 May 2020 - 24 May 2020

Incidence
- Low
- Moderate
- Moderately high
- High
- 1-5 cases in the past 2 weeks
- 0 cases in the past 2 weeks
- No reported cases

Purpose of this map
Describes recent incidence of COVID-19 infection to capture the potential burden of currently ill people who may be infectious and/or accessing healthcare.

Main Findings
- COVID-19 infection remains prevalent throughout the country.
- Elevated incidence of disease during the past 2 weeks remains widespread, including in the Northeast (and the New York City area), the Southwest, the Southeast, areas around Chicago, and parts of Iowa, Indiana, Nebraska, and Wyoming.

Notes: Defined using the number of new cases per 100,000 in the past 2 weeks. Low is >0 to 10, moderate is >10 to 50, moderately high is >50 to 100, and high is >100. Jurisdictions denoted as 0 cases in the past 2 weeks have had at least 1 case previously.

Sources: USAFacts, US Census

HHS.GOV/OPIOIDS

CDC
Comparing Downward Trajectories

Current status of downward trajectories in case reports by state, May 23, 2020

Coronavirus Disease 2019 (COVID-19)
Current consecutive days of downward trajectory in case reports,
by U.S. state, 16 May 2020

Coronavirus Disease 2019 (COVID-19)
Current consecutive days of downward trajectory in case reports,
by U.S. state, 23 May 2020

Days in downward trajectory:
- 1-6 days
- 7-13 days
- 14-20 days
- 21-41 days
- ≥42 days
- Not in downward trajectory
- 1-5 cases in the past 2 weeks
- 0 cases in the past 2 weeks
- No reported cases
We are seeing dramatic increases in calls to our Disaster Distress and other Helplines ~900% increase.

Areas we need to pay close attention to:
- Anxiety
- Depression
- Domestic Violence
- Substance Abuse
- Suicide / OD
- Grief/Loss
- Staff Fatigue
- Moral Injury
- PTSD
- Isolation / Loneliness

Situational Directives:
- Stay At Home Orders
- Social Distancing
- Lack/Loss of Employment
- School Closures
- Teleworking
- Virtual Learning
- Disruption of Normal Routines
- Disruption to services
- Fear at what cannot be seen
- Fear of the unknown
- Fear at what cannot be seen
- Fear of the unknown
- Fear at what cannot be seen
- Fear of the unknown
- Fear at what cannot be seen
- Fear of the unknown
SAMHSA National Action Plan

Provide Public Info
- General info + fact sheets
- Work with FEMA: CCP
- Disaster Distress Helpline/Suicide Prevention Lifeline/National Helpline
- Messaging: Importance of staying connected

Support People with BH Conditions
- Treatment Locators
- Telehealth: CMS approved billable + allowance of telephone services
- Privacy rules relaxed during this emergency
- MAT allowances
- Recovery resources
- Additional Resources $

Help Our Workforce
- National Network of Addiction, Mental Health, and Prevention Technology Transfer Centers
- Opioid Response Network
- Provider Clinical Support System
- SMI-Advisor
- NO COST Trainings and Resources

SAMHSA.GOV/coronavirus
COVID19 Supplemental Funds

$425 Million Authorized Supplemental Behavioral Health Funding

Data Driven Public Health Decisions
Coronavirus (COVID-19)

SAMHSA recognizes the challenges posed by the current COVID-19 situation and is providing the following guidance and resources to assist individuals, providers, communities, and states across the country. SAMHSA stands ready to assist in any manner possible.

SAMHSA Resources and Information

NEW: Intimate Partner Violence and Child Abuse Considerations During COVID-19 (PDF | 328 KB)

Emergency Grants to Address Mental and Substance Use Disorders During COVID-19 CLOSED

COVID-19 Information for SAMHSA Discretionary Grant Recipients


TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs
Sample Resources

TAKING CARE OF YOUR BEHAVIORAL HEALTH

Tips For Social Distancing, Quarantine, And Isolation During An Infectious Disease Outbreak

What Is Social Distancing?
Social distancing is a way to keep people from interacting closely or frequently enough to spread an infectious disease. Schools and other gathering places such as movie theaters may close, and sports events and religious services may be canceled.

What Is Quarantine?
Quarantine separates and restricts the movement of people who have been exposed to a contagious disease to slow its spread. It lasts long enough to ensure the person has not contracted an infectious disease.

What Is Isolation?
Isolation prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

Introduction
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 government has the right to enforce federal and state laws related to public health if people within the country get sick with highly contagious diseases that have the potential to develop into outbreaks or pandemics.

This tip sheet describes feelings and thoughts you may have during and after social distancing, quarantine, and isolation. It also suggests ways to care for your behavioral health during these experiences and provides resources for more help.

What To Expect: Typical Reactions
Everyone reacts differently to stressful situations such as an infectious disease outbreak that requires social distancing, quarantine, or isolation. People may feel:

- Anxiety, worry, or fear related to:
  - Your own health status
  - The health status of others whom you may have exposed to the disease
  - The realization that your friends and family may feel if they need to go into quarantine as a result of contact with you
  - The experience of monitoring yourself, or being monitored by others for signs and symptoms of the disease
  - Time taken off from work and the potential loss of income and job security
  - The challenges of securing things you need, such as groceries and personal care items
  - Concern about being able to effectively care for children or others in your care
  - Uncertainty or frustration about how long you will need to remain in this situation, and uncertainty about the future
  - Loneliness associated with feeling cut off from the world and from loved ones
  - Anger if you think you were exposed to the disease because of others’ negligence
  - Bereavement and frustration because you may not be able to work or engage in regular day-to-day activities
  - Uncertainty or ambivalence about the situation
  - A desire to use alcohol or drugs to cope
  - Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping

Intimate Partner Violence and Child Abuse Considerations During COVID-19

As the COVID-19 pandemic continues, Americans are required to stay home to protect themselves and their communities. However, the home may not be safe for many families who experience domestic violence, which may include both intimate partners and children. COVID-19 has caused major economic devastation, disconnected many from community resources and support systems, and created widespread uncertainty and panic. Such conditions may stimulate violence in families where it didn’t exist before and worsen situations in homes where mistreatment and violence has been a problem. Violence in the home has an overall cost to society, leading to potentially adverse physical and mental health outcomes, including a higher risk of chronic disease, substance use, depression, post-traumatic stress disorder, and risky sexual behaviors. Further, victims of domestic violence including intimate partner abuse and child abuse are at great risk for injuries including death.

Intimate Partner Violence

According to CDC, approximately 1 in 4 women and nearly 1 in 10 men have experienced intimate partner violence (IPV) sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime. Moreover, more than 43 million women and 38 million men experienced psychological aggression by an intimate partner in their lifetime. Approximately
Examples of Virtual Recovery Resources:

- **In The Rooms Online Recovery Meetings**: Provides online support through live meetings and discussion groups.
- **Online 12 Step Meetings**: Alcoholics Anonymous and Narcotics Anonymous.
- **The Phoenix**: A sober active community has introduced daily live-streamed, virtual programming for CrossFit, Yoga, and Meditation along with other online social events.
- **Sober Recovery**: Provides an online forum for those in recovery and their friends and family.
- **National Alliance for Mental Illness (NAMI)**: Coronavirus Information and Resources Guide.
- **Hazelden Betty Ford Foundation**: Contains online support meetings, blogs, mobile apps, social media groups, and movie suggestions, including the online support community, The Daily Pledge and “Tips for Staying Connected and Safeguarding Your Addiction Recovery”.
- **Shatterproof**: “How I’m Coping with COVID-19 and Social Isolation as a Person in Long-Term Recovery” provides helpful suggestions.
- **The Chopra Center**: “Anxious About the Coronavirus? Here Are Eight Practical Tips on How to Stay Calm and Support Your Immune System.”

**SAMHSA’s National Helpline – 1-800-662-HELP (4357)**
Workforce Support

SAMHSA’s National TA Compilations of resources

- COVID-19 Specific Federal Resources
- Addiction Technology Transfer Center resources
- Resources for Leaders
- Resources for Everyone
- Resources for Clinicians
- Resources for Families
- Resources for Tribal Communities
- Resources for First Responders

https://attcnetwork.org/centers/global-attc/pandemic-response-resources
Workforce Support Continued

- Addiction Resources
  - Learning Series
  - Past and Future Webinars on topics such as: Telehealth
- Prevention Resources
- Serious Mental Illness Advisor Resources
- Center of Excellence on Protected Health Information Resources
- Provider Clinical Support Resources
- Opioid Response Network Resources
- Mental Health Resources (Recorded & Upcoming Webinars)

Telehealth Learning and Consultation (TLC) Tuesdays - Mountain Plains MHTTC, Mid-America MHTTC, and Mid-America ATTC Collaboration

- April 7, 11-12pm ET: Telehealth Billing
- April 14, 11-12pm ET: Telehealth Tools
- April 21, 11-12pm ET: Telehealth with Children and Adolescents
- April 28, 11-12pm ET: Telehealth Troubleshooting

https://mhttcnetwork.org/centers/mid-america-mhttc/telehealth-learning-and-consultation-tlc-tuesdays
Mental Illness and Substance Use Disorders in America

Pandora’s Box

- **Flexibilities with Regulatory Guidelines**
  - Medicare 1135 waiver for any physical or mental health service, and does not enforce the “established-relationship” requirement.

- **New CMS Procedure Codes for telehealth rules, services, and rates**
  - CMS added 85 more physician procedure codes to the list of Medicare fee-for-service (FFS) Tele-psychiatry / Tele-behavioral health

- **Service Delivery**

- However this is not a panacea for consumers or for provider organizations.
  - common issues include a lack of access to broadband internet or low digital literacy
    - consumers with paranoia, resistance to change, and anxiety disorders.
  - For provider organizations, there are also challenges.
    - The anecdotal reports are that telehealth visits are shorter, leading to less revenue, and reports are starting to come in that some provider organizations are billing only to see the bills either turned down or only partially reimbursed.
Key Takeaways . . . COVID-19 and MH/SUD

1. We are Strong; We are Resilient; We will Persevere.
2. Together, individuals, families, and communities are facing a public health threat: COVID19/Coronavirus.
3. We can Take Control. We can Take Action. (We are not helpless)
   A. Be Optimistic and Hopeful. This public health threat will pass.
   B. Know the Facts: Listen to the public health-medical experts regarding COVID19.
   C. Practice healthy behaviors: Reduce exposure to and spread of COVID19
      A. Follow CDC guidelines (www.cdc.gov/coronavirus)
      B. Practice physical distancing (rather than “social distancing”)
      C. Stay socially connected (You don’t have to be isolated or alone if you are worried)
5. Mental Illness and Addiction are chronic diseases with the potential for both recurrence and long-term recovery.
6. SAMHSA has current COVID19-related information and resources to assist individuals, families, communities, providers, states, territories and Tribes: https://www.samhsa.gov/coronavirus
SAMHSA Resources

store.samhsa.gov
Suicide Prevention Lifeline  **1-800-273-TALK (8255)**
www.suicidepreventionlifeline.org
24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

**SAMHSA's National Helpline  **1-800-662-HELP (4357)**
www.samhsa.gov/find-help/national-helpline
Also known as, the Treatment Referral Routing Service, the Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

**Disaster Distress Helpline  **1-800-985-5990
www.samhsa.gov/find-help/disaster-distress-helpline
Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, & counseling.

**Veteran's Crisis Line  **1-800-273-TALK (8255)
www.veteranscrisisline.net
Connects veterans (families and friends) in crisis with qualified, caring VA responders through a confidential, toll-free hotline, online chat, or text.

**Drug-Free Workplace  **1-800-WORKPLACE (967-5752)
www.samhsa.gov/workplace/resources/drug-free-helpline
Assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and program implementation.

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**Behavioral Health Treatment Services Locator**
Find alcohol, drug, or mental health treatment facilities and programs around the country at findtreatment.samhsa.gov.

**Buprenorphine Practitioner & Treatment Program Locator**
Find information on locating practitioners and treatment programs authorized to treat opioids at www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator.

**Early Serious Mental Illness Treatment Locator**
Find treatment programs in your state that treat recent onset of serious mental illnesses at www.samhsa.gov/esmi-treatment-locator.

**Opioid Treatment Program Directory**
Find treatment programs in your state that treat addiction and dependence on opioids at dpt2.samhsa.gov/treatment/.
Behavioral Health Barometer, Volume 5

store.samhsa.gov
Additional SAMHSA Resources – Find Help

- www.samhsa.gov
- www.suicidepreventionlifeline.org
- www.samhsa.gov/treatment
- www.disasterdistress.gov
- www.mentalhealth.gov
- SAMHSAResources@samhsa.hhs.gov or 877.726.4767
Thank You

Dennis O. Romero, M.A.
Regional Administrator
DHHS Region II
(NJ, NY, PR, US Virgin Islands and the Federally Recognized Tribes in the Northeast)

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U.S. Department of Health and Human Services

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www.samhsa.gov ● 1-877-SAMHSA-7 (1-877-726-4727) ● 1-800-487-4889 (TDD)