Supporting Mental Health During the Coronavirus

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Today’s Presenter

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Michigan – COVID-19 and Our Mental Health

Michigan.gov/staywell
EMOTIONAL PHASES OF A DISASTER: COLLECTIVE REACTIONS

- Pre-Disaster
- Heroic
- Honeymoon: Community Cohesion
- Disillusionment
- Reconstruction: A New Beginning

Adapted from Zunin & Myers as cited in DeWolfe, DJ 2000 (HHS publication No. ADM 90-538)
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Emotional Stressors of Quarantine During the Quarantine Period (Brooks et al, Lancet 2020)

• Duration
• Fear of infection
• Frustration and boredom
• Loss of routine
• Loss of social contact
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Emotional Stressors of Quarantine During the Quarantine Period
(Brooks et al, Lancet 2020)

• Inadequate supplies
• Inadequate information
• Finances
• Stigma
• ?Other
Recent Kaiser Family Foundation Survey

Figure 1

Most Americans – Across Demographic Groups – Say Their Lives Have Been Disrupted By Coronavirus Outbreak

Percent who say their life has been disrupted **a lot or some** by coronavirus outbreak:

<table>
<thead>
<tr>
<th>Group</th>
<th>A lot</th>
<th>Some</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>45%</td>
<td>27%</td>
<td>72%</td>
</tr>
<tr>
<td>Men</td>
<td>40%</td>
<td>30%</td>
<td>70%</td>
</tr>
<tr>
<td>Women</td>
<td>49%</td>
<td>25%</td>
<td>74%</td>
</tr>
<tr>
<td>White</td>
<td>45%</td>
<td>33%</td>
<td>78%</td>
</tr>
<tr>
<td>Black</td>
<td>47%</td>
<td>23%</td>
<td>70%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>40%</td>
<td>14%</td>
<td>54%</td>
</tr>
<tr>
<td>Parent of child &lt;18</td>
<td>49%</td>
<td>24%</td>
<td>73%</td>
</tr>
<tr>
<td>Not a parent</td>
<td>43%</td>
<td>29%</td>
<td>72%</td>
</tr>
</tbody>
</table>

Recent Kaiser Family Foundation Survey

Figure 3
Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, Based on Job or Income Loss

<table>
<thead>
<tr>
<th>Have lost job or income</th>
<th>Major negative impact</th>
<th>Minor negative impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>26%</td>
<td>28%</td>
<td>54%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Have not lost job or income</th>
<th>Major negative impact</th>
<th>Minor negative impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>15%*</td>
<td>25%</td>
<td>40%*</td>
</tr>
</tbody>
</table>

NOTES: *Indicates a statistically significant difference between those who have lost job or income and those who have not lost job or income at the p<0.05 level.
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Figure 4

Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, by Household Income

<table>
<thead>
<tr>
<th>Income Range</th>
<th>Major Negative Impact</th>
<th>Minor Negative Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than $40K</td>
<td>26%</td>
<td>24%</td>
</tr>
<tr>
<td>$40K-$89K</td>
<td>17%*</td>
<td>25%</td>
</tr>
<tr>
<td>$90K+</td>
<td>14%*</td>
<td>29%</td>
</tr>
</tbody>
</table>

NOTES: *Indicates a statistically significant difference between those earning less than $40K at the p<0.05 level.
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Figure 5

Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, by Health Status

<table>
<thead>
<tr>
<th>Health Status</th>
<th>Major negative impact</th>
<th>Minor negative impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent, Very Good, or Good</td>
<td>17%</td>
<td>26%</td>
</tr>
<tr>
<td>Only Fair or Poor Health</td>
<td>29%*</td>
<td>24%</td>
</tr>
</tbody>
</table>

NOTES: *Indicates a statistically significant difference between those with excellent/very good/good health at the p<0.05 level. Distribution may not sum to total due to rounding.

Recent Kaiser Family Foundation Survey

Figure 7
Larger Share Now Reporting Negative Mental Health Impacts

Do you feel that worry or stress related to coronavirus has had a negative impact on your mental health, or not?

- Yes - major impact
- Yes - minor impact
- No

March 11-15 KFF Poll
- 14%
- 18%
- 67%

March 25-30 KFF Poll
- 19%
- 26%
- 54%

Know the Facts:
Understanding Mental Health and Mental Illness
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Mental Illness and Mental Health

What is mental illness?
Mental illnesses are conditions that affect a person’s thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day.

What is mental health?
Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Although the terms are often used interchangeably, poor mental health and mental illness are not the same things. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

https://www.cdc.gov/mentalhealth/learn/index.htm
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How Common is Mental Illness Generally?

• Mental illnesses are among the most common health conditions in the United States.
• More than 50% will be diagnosed with a mental illness or disorder at some point in their lifetime.\(^3\)
• 1 in 5 Americans will experience a mental illness in a given year.\(^4\)
• 1 in 5 children, either currently or at some point during their life, have had a seriously debilitating mental illness.\(^5\)
• 1 in 25 Americans lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.\(^6\)

https://www.cdc.gov/mentalhealth/learn/index.htm
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Mental Health and Overall Health

• Mental health can impact physical health conditions, and vice versa (e.g., diabetes, heart disease)

• Mental health can change over time.

• Stress can impact mental health and it can be brought on with sudden trauma or chronic issues
  • With the COVID-19 pandemic stressors can include
    • Coping with grief and loss
    • Coping with isolation
    • Coping with financial hardships
    • Coping with boredom
    • Coping with uncertainty
    • Etc....
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Some Risk Factors for Mental Illness

• Adverse Childhood Events
• Experiences related to chronic medical conditions
• Biological factors such as genetics or injury to the brain or some shift in brain chemistry
• Use of alcohol and drugs
  • Mental illnesses can increase the risk of using alcohol and drugs
• Limited social network
• Acute or chronic significant stress

https://www.cdc.gov/mentalhealth/learn/index.htm
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Risks to Consider (Kaiser Family Foundation Report 2020)

• Social isolation linked to poor mental health
  • Adolescents/older adults at increased risk for depression and suicidal ideation
• Job loss as a risk for depression, anxiety, distress, low self-esteem (and possible substance use and suicidal thinking)
• Lower income individuals with higher rates of negative mental health affects
• Front-line workers at risk of burnout at risk of poor mental health

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Serious Additional Potential Collateral Consequences of COVID-19

- Suicide Risk
- Drug Overdose Death

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• Holding hope and instilling hope...
  • This crisis will end...
  • The great majority of people will do well
  • Strengthened by previous adversity... Call on that
  • Seek out, recognize, amplify kindness/generosity

• From the CENTER FOR THE STUDY OF TRAUMATIC STRESS (for more information visit: https://www.cstsonline.org/covid-19/mental-health-support
HOLDING HOPE: Being Aware and Being Prepared as Individuals
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Supporting Ourselves While Supporting Others

• Vulnerabilities
  • Pre-existing stressors
  • Pre-existing behavioral health/mental health needs
  • Aging/Older adults
  • Pre-existing substance use challenges
  • Trauma histories
  • Limited social networks

• Resilience Factors
  • Having purpose
  • Optimism
  • Humor
  • Problem-solving ability
  • Life attitude
  • Emotional Awareness
  • Ability to manage self-control
  • Family/social supports
  • Belief in self
  • Faith or beliefs
  • Adaptability
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What Are Your Current Reactions?
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What Are Your Self-Help Strategies?

Self Care
Tips for Self-Care

• Acknowledge challenges and address them
• Meet basic needs
• Eat balanced meals
• Exercise
• Take breaks
• Connect with colleagues
• Communicate constructively
• Develop Schedules

• Respect differences
• Reach out to family
• Stay updated but limit exposure to media
• Self-check in
• Forgive yourself for being human
• Have Mindful moments
• Avoid drugs and excessive alcohol
And what about our children?
(See resource guides at Michigan.gov/staywell)

1. Start a conversation and speak to their age and ability
2. Stay active
3. Stay organized with schedules
4. Schedule breaks
5. Attend to food, sleep, playtime, and exercise

CREATING A SAFE & NURTURING HOME

Creating a secure home environment is important so that you and your children can cope with stress and uncertainty in a healthy way – especially during times of stress.

Here is what caregivers can do:
- Be predictable and consistent
- Be responsive
- Be nurturing and affectionate
- Model calm reassurance and thoughtful problem solving
HOLDING HOPE and INSTILLING HOPE in OTHERS: Being Aware and Being Prepared as Community Leaders
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Preparing Michigan to Stay Well!

- Prepare
- Promote variety of coping techniques
- Utilize with local, state and national Resources

STAY HOME. STAY WELL.
Michigan.gov/StayWell
Leadership

- Be present – Connect, communicate, reassure
- Communicate effectively – Share info. get answers
- Ensure equipment – Obtain, train, advocate
- Encourage self-care – Improves performance, cohesion
- Take care of yourself – Lead by example
- Normalize reactions – Talk openly, respect differences
- Provide resources – Peer/org support; encourage use
- Address grief – Anticipate, recognize, honor
- Growth mindset – Be realistic, but look to the future
Populations Warranting Customized Approaches

- Dependence on Systems of Care
- Children & Adolescents
- Cognitive & Mobility Impaired
- Migrants & Refugees
- Economically Disadvantaged; Homelessness
- Responders, Public Health Emergency Workers
- Pregnancy & Postpartum
Racial/Ethnic Minorities in Michigan

- Higher rates of comorbidities put minorities at higher risk
- Marginalized racial/ethnic communities are at higher risk for socioeconomic and political disadvantage
- Historical issues of trust & in disaster or crisis response
The “4 Cs” – Practices To Embed Equity Into Responses To COVID-19

**Center Community:** Let us not forget the importance of community. Let us find ways to continue to be guided by and rooted in our cultural knowledge and wisdom; let us remember our collective responsibility to care for those in most need; and let us choose compassion over fear.

**Care for Self and Others:** Be mindful of the negative impact of stockpiling. Fear and uncertainty can easily lead to taking more than we need; however, the result is that many others will be without.

**Challenge Bias and Racism:** Remember that viruses don’t discriminate, and neither should we. We are all on edge and concerned. That does not excuse violence or prejudice.

**Continue Pushing for Systems Change:** We have already seen action to eliminate co-pays on COVID-19 tests. Many cities and states across the country are pushing for moratoriums on evictions, the shut-off of utilities, and the pay back of student loans during this time. Let us work together to continue creating systems that heal, rather than harm.

Minnesota Department of Health [https://www.health.state.mn.us/communities/equity/announce/index.html](https://www.health.state.mn.us/communities/equity/announce/index.html)
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Suicide Risk Prevention and COVID-19
(Gunnell et al. Lancet 2020)

- Mental Illness and Suicide Crises- Provide contacts, services, supports
- Financial instability- Develop safety nets (e.g., food banks, housing options, unemployment)
- Domestic violence- Develop support systems across stakeholders
- Alcohol consumption- Develop messaging, monitoring and resources
- Isolation/Bereavement- Community support programs, check-in programs
- Access to Suicide Means- Keep retailers vigilant, monitor access areas
- Media Stories- Use responsible media reporting guidelines
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www.michigan.gov/staywell

Mental Health Resources

If you're feeling emotional distress due to the COVID-19 pandemic, help is available. There are many ways to connect with emotional-support services without the need to leave home.
Michigan COVID-19 - Questions
Call the COVID-19 Hotline at 888-535-6136

Stay Well Counseling Line available 24 hours a day 7 days a week
Emotional support and crisis counseling (via a SAMHSA/FEMA grant)

General questions answered Monday – Friday from 8 am – 5 pm

Email COVID19@Michigan.gov
Emails will be answered Monday – Friday from 8 am – 5pm
## Michigan Stay Well

### IF YOU...

| Questions | Help
| --- | --- |
| Have questions about COVID-19 illness, Executive Orders, or related issues. | MDHHS COVID-19 Hotline and Email Response  
   Call: 1-888-535-6136 / 8 am – 5 pm, 7 days a week  
   Email: COVID19@michigan.gov - / 8 am – 5 pm, Monday through Friday |
| Would like to manage feelings of COVID-19 stress and anxiety through meditation, sleep, and movement exercises. | Headspace web service  
   Free to all Michiganders (normally a paid service)  
   Visit: headspace.com/mi |
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Michigan Crisis Text Line
Text with someone to assist with emotional stress and anxiety
Text the keyword RESTORE to 741741
Open 24/7

Michigan PEER Warmline
Talk with someone who understand serious mental illness or substance use challenges to lower stress
1-888-PEER-753  (888-733-7753)
Available every day from 10 a.m. to 2 a.m.
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• National Suicide Prevention Lifeline
  Call: 1-800-273-8255 - Available 24/7
  Text TALK to 741741
  Visit: suicidepreventionlifeline.org

• National Suicide Prevention Deaf and Hard of Hearing Hotline
  Access 24/7 video relay service
  Call: 1-800-273-8255 (TTY 1-800-799-4889)
  Visit: suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/
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Michigan Local Community Mental health Services Program
Mental Health and Substance Use Prevention Services
Call 211 or visit https://cmham.org/membership/cmhsp-directory/

National Disaster Distress Helpline
Experiencing emotional distress in context of the COVID-19 crisis
Call 1-800-985-5950
Text the keyword TALKWITHUS to 66746
Available 24/7
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Video Resources

Behavioral Health Guides
Michigan Stay Well

Resource Guidelines: www.michigan.gov/coronavirus/0,9753,7-406-98178_99557---,00.html

- Support for Individuals with Substance Use Disorders During Covid-19
- Welcoming Home an Adult Child with SUD during COVID-19
- National Alliance on Mental Illness COVID-19 Resource and Information Guide
- Supporting Emotional Health of the Health Care Workforce
- Supporting First Responders During COVID-19
- Supporting Emotional Health of the Behavioral Health Workforce During COVID-19
- Additional COVID-19 Guidance for Older Adults
- Addressing Emotional Needs While You're Sick: Guidance for Individuals
- Addressing Patients Emotional Needs During COVID-19 Workup and Diagnosis: Guidance for Clinicians
- Mental Health Resources for Veterans During COVID-19
- Communicating with Children During COVID-19
- Supporting Corrections Staff
- Supporting Deaf & Hard of Hearing
- Supporting Law Enforcement During COVID-19
- Supporting Peers in the Behavioral Health Network
Michigan Stay Well Resources Utilization

- National Disaster Distress Helpline: 800-1000% increase in utilization with COVID-19 pandemic
- Michigan COVID-19 inbox responded to 21,998 emails from 3/16 to 5/6
- Michigan Peer Warmline: 2,696 calls from April 23 to May 8
  - 82%-wanted to talk to someone for support, wellness, coping skills
  - 17%-needed a specific resource
  - 1%-crisis call suicide, abuse, mental health concerns, substance use
- Crisis Text Line: 791 conversations with 721 texters from 4/30 to 5/8
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Thank You

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Upcoming Webinars

Register for the upcoming webinars here:
http://www.mml.org/coronavirus

- May 18, 2 p.m., COVID-19 Updates and Resources for Local Governments Series