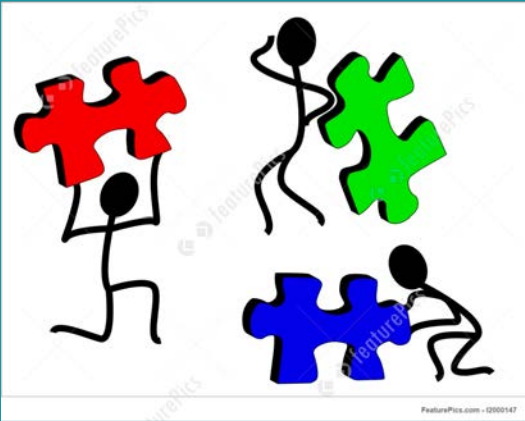


Mental Health and COVID-19

Arkansas Academy of Family Physicians
January 8, 2021



Patty Gibson MD

pldgibson@gmail.com

501-615-5935



Round Puzzle

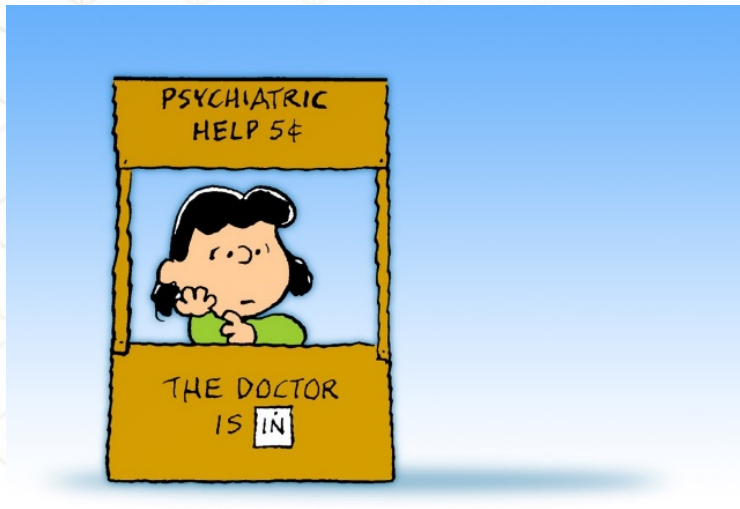
Ages 12+



1000 PIECES 🧩

BLAZING WITH COLOR





P. Gibson - Disclosures

- Baptist - AR Health Group Behavioral Health Integration team
- Baptist Health UAMS Medical Education Program
- AR Behavioral Health Integration Network – co-founder, CMO
- Qualchoice/Centene – Medical Advisory Committee

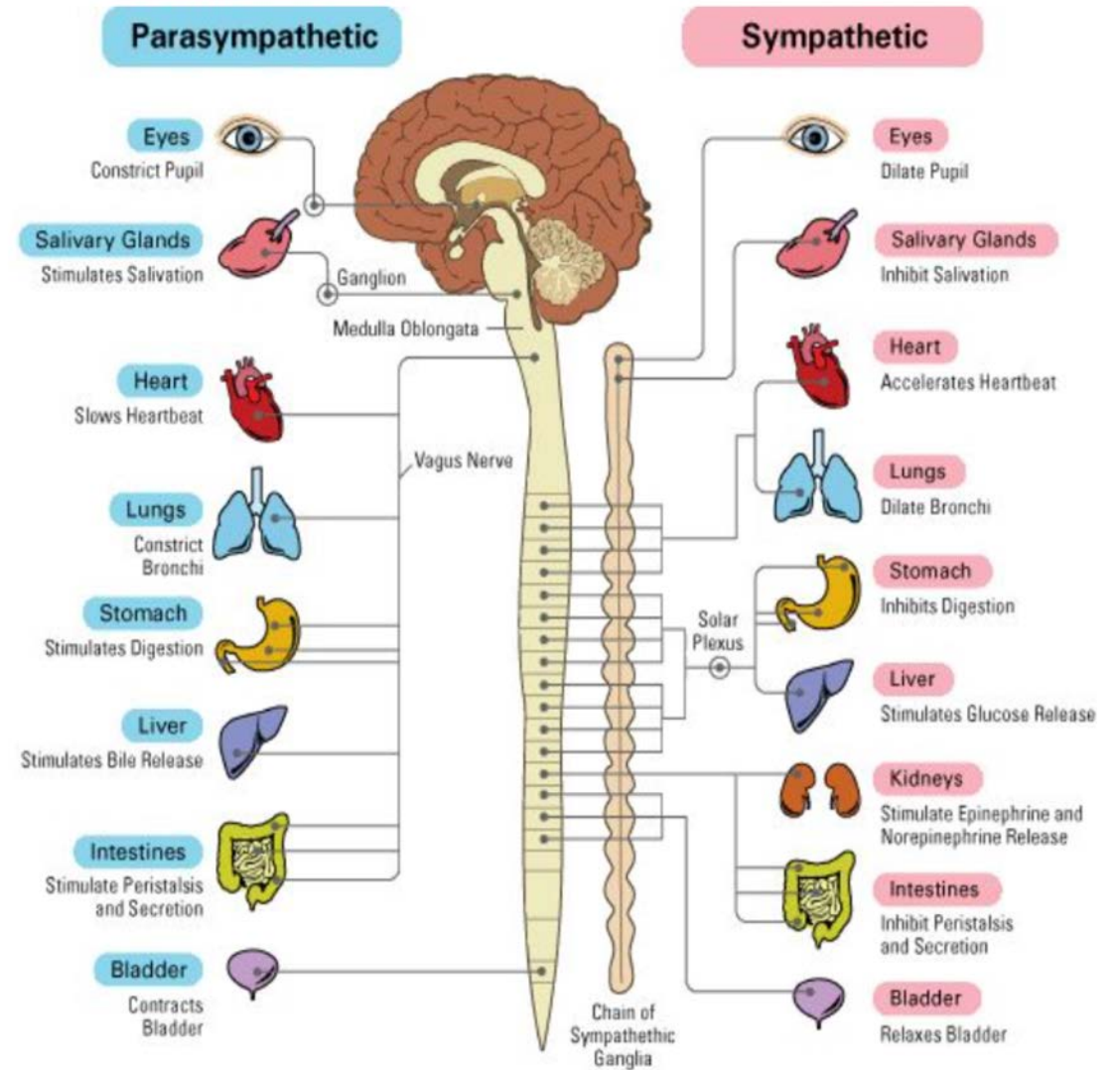
Objectives

At the conclusion of this presentation, participants will be able to:

1. Describe the effect of the COVID-19 pandemic on the mental health of individuals in the United States and Arkansas
2. Recognize the possible effect of the pandemic in their own practices, families, and themselves
3. Develop a plan of action to assist their patients and themselves to cope with the stressors, improve their well-being, and maximize daily function

Take Aways

- The Brain is an Organ
- Autonomic Nervous System



Latest Updates on COVID-19

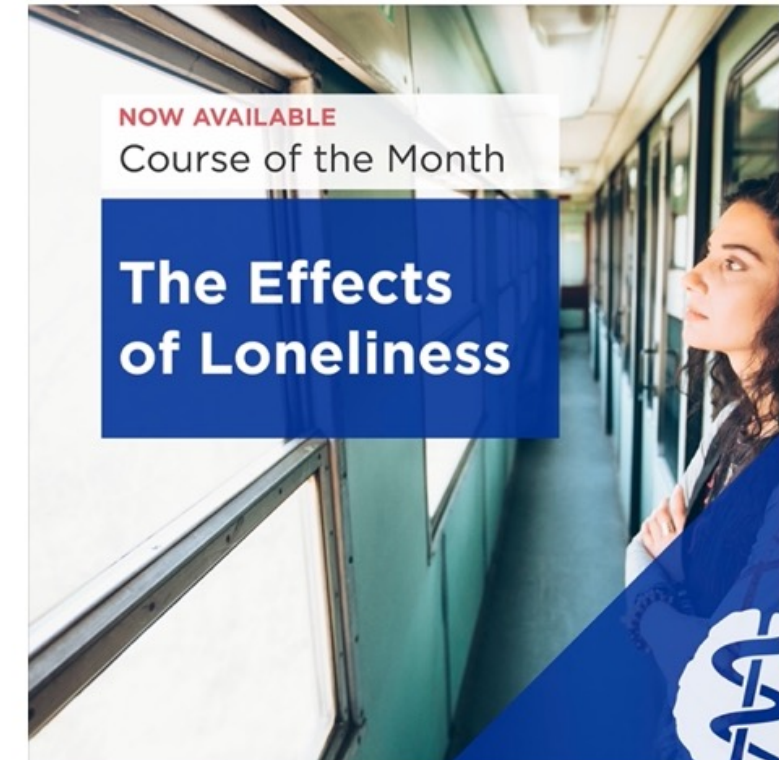
Keeping Arkansas Physicians In Mind and Informed.



American Psychiatric
Association

Sponsored · 

[Free CME course for members] The Effects of Loneliness and Social Support on Mental, Cognitive, and Physical... See More



PSYCHIATRY.ORG

Free Course of the Month

Loneliness is the latest behavi...

[Get Access](#)

The Coronavirus Disease 2019 (COVID-19) Outbreak and Mental Health Current Risks and Recommended Actions

https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2767724?guestAccessKey=bc977163-9772-4587-915c-8b882ecdbcf1&utm_source=silverchair&utm_medium=email&utm_campaign=article_alert-jamapsychiatry&utm_content=etoc&utm_term=010621

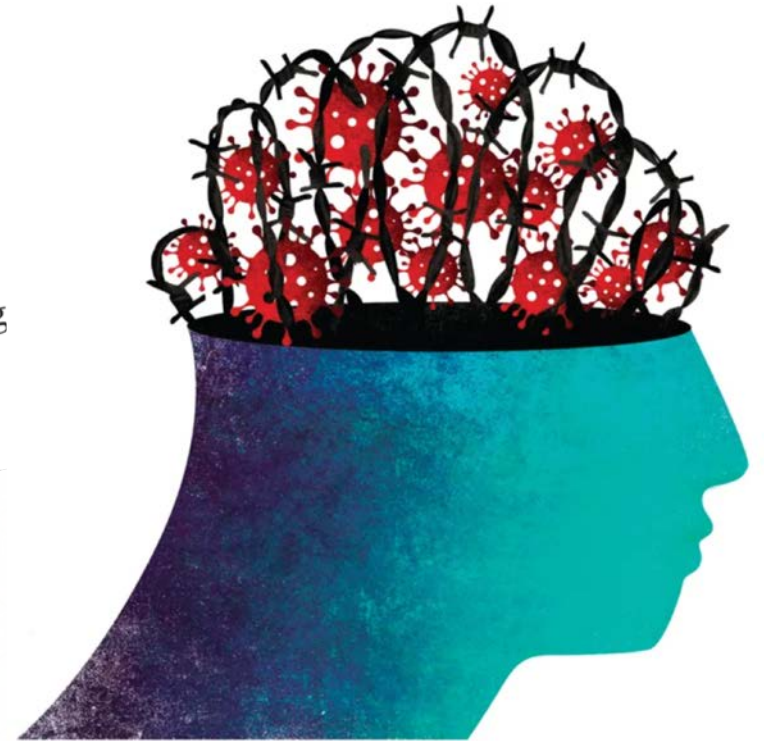
MENTAL HEALTH

The Surprising Mental Toll of COVID

The rise in depression and anxiety is even worse than expected, especially among young

By Claudia Wallis on December 1, 2020

أعرض هذا باللغة العربية



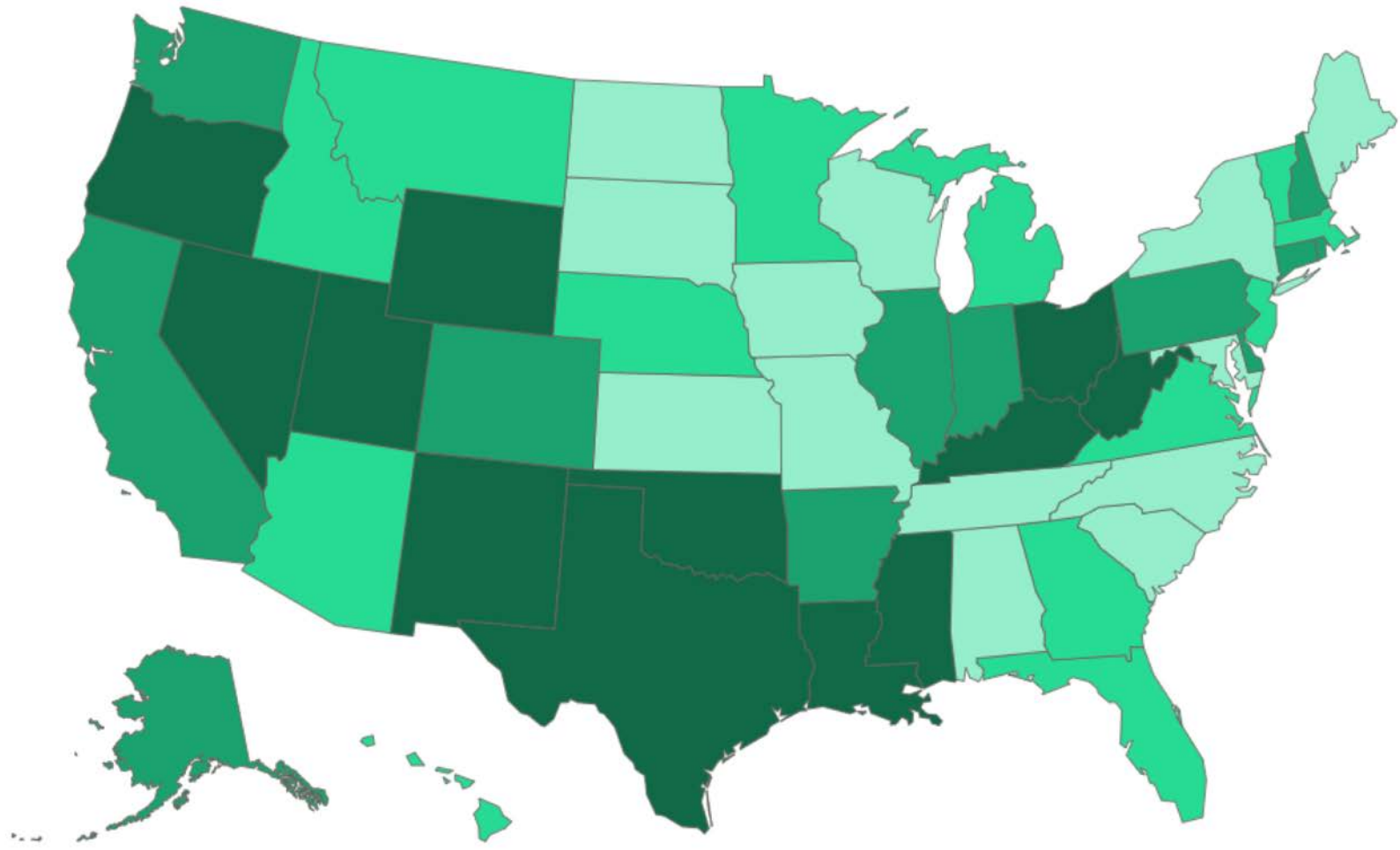
Mental health is one of the biggest pandemic issues we'll face in 2021

By Kristen Rogers, CNN

🕒 Updated 9:17 AM ET, Mon January 4, 2021

Symptoms of Anxiety Disorder or Depressive Disorder

Quartile Range 32.4-39.2 39.3-41.3 41.4-43.7 43.8-47.6

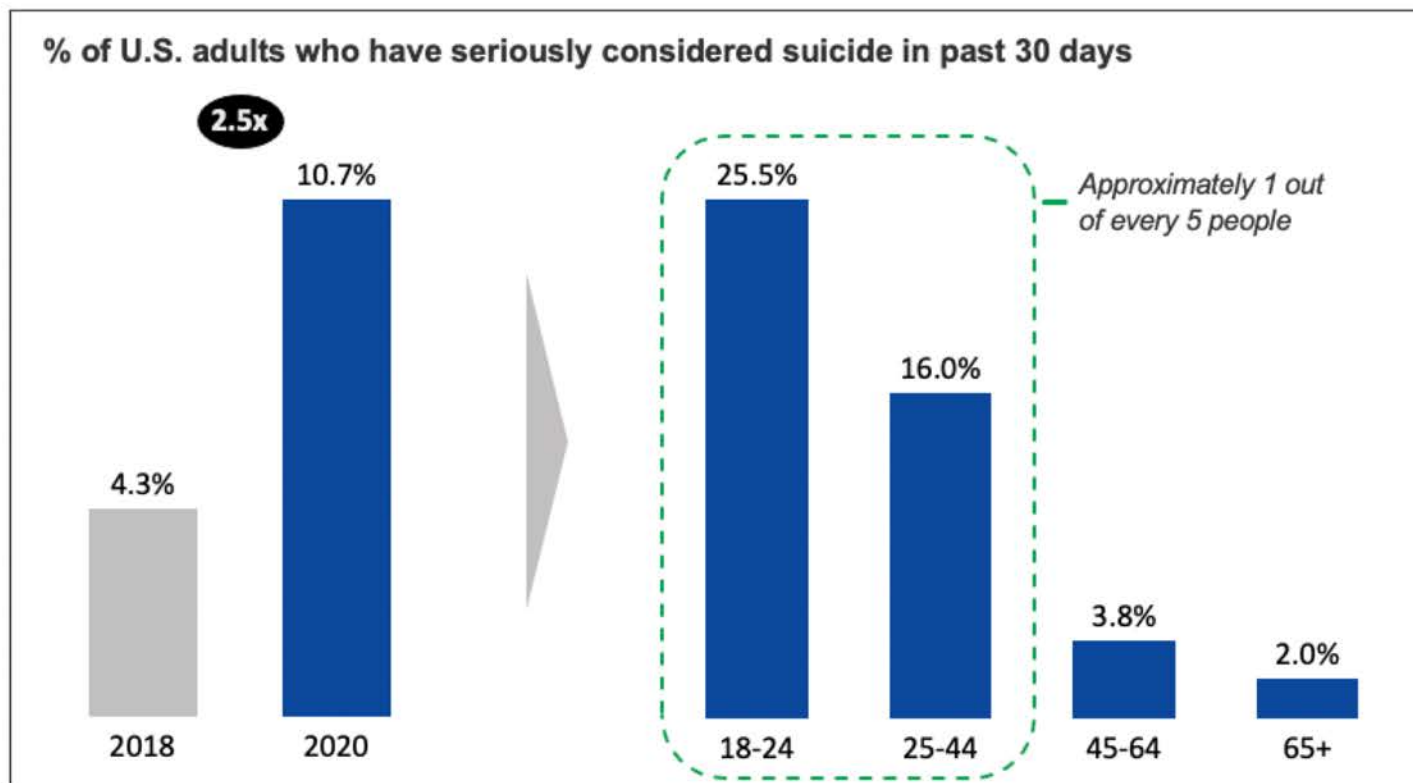


Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020

Characteristic	All respondents who completed surveys during June 24–30, 2020 weighted* no. (%)	Conditions				Started or increased substance use to cope with pandemic-related stress or emotions [¶]	Seriously considered suicide in past 30 days	≥1 adverse mental or behavioral health symptom
		Anxiety disorder [†]	Depressive disorder [†]	Anxiety or depressive disorder [†]	COVID-19–related TSRD [§]			
All respondents	5,470 (100)	25.5	24.3	30.9	26.3	13.3	10.7	40.9
Northeast	1,193 (21.8)	23.9	23.9	29.9	22.8	12.8	10.2	37.1
Midwest	1,015 (18.6)	22.7	21.1	27.5	24.4	9.0	7.5	36.1
South	1,921 (35.1)	27.9	26.5	33.4	29.1	15.4	12.5	44.4
West	1,340 (24.5)	25.8	24.2	30.9	26.7	14.0	10.9	43

Czeisler ME, Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1external icon>

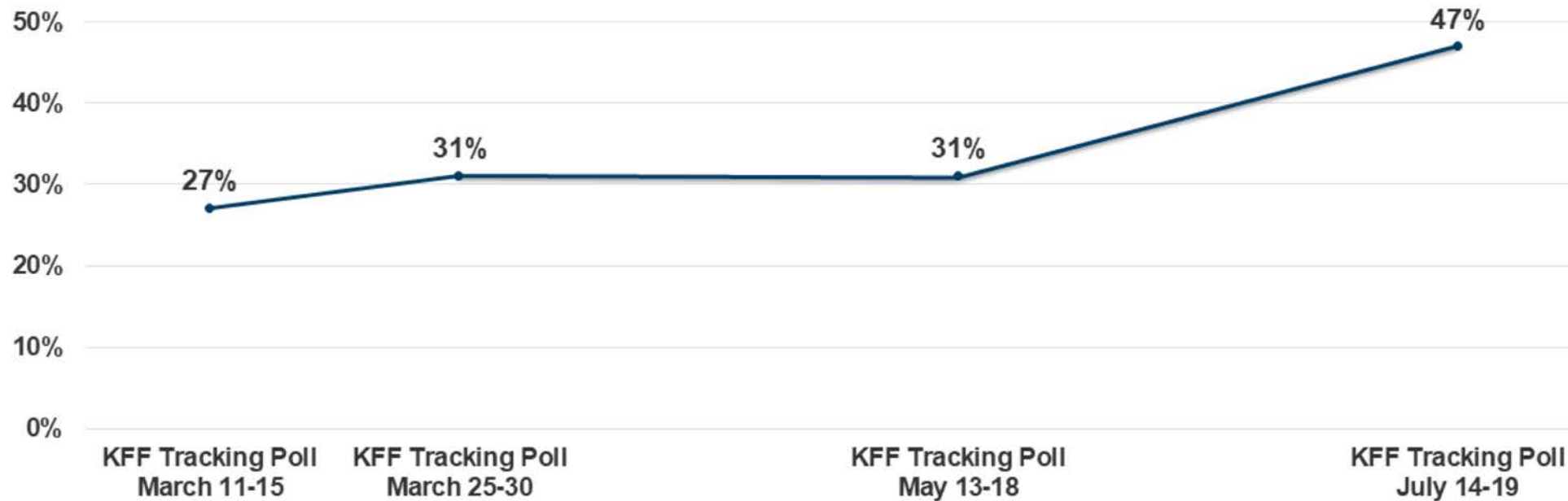
SUICIDAL IDEATION AMONG ADULTS IS NOW 2.5X HIGHER THAN IN 2018, DRIVEN BY 18-44-YEAR-OLDS



Sources: Czeisler, ME, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic – United States, June 24–30, 2020. Morbidity and Mortality Weekly Report. US Department of Health and Human Services, Centers for Disease Control and Prevention. 14 Aug 2020; 69(32): 1049-1057.
Substance Abuse and Mental Health Services Administration. Key Substance Use and Mental Health Indicators in the United States: Results from the 2018 National Survey on Drug Use and Health. Rockville, MD: US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration; 2018.



Percent of Older Adults (Ages 65 and Up) Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health



SOURCE: KFF Tracking Poll (conducted March 11-15, March 25-30, May 13-18, and July 14-19, 2020).

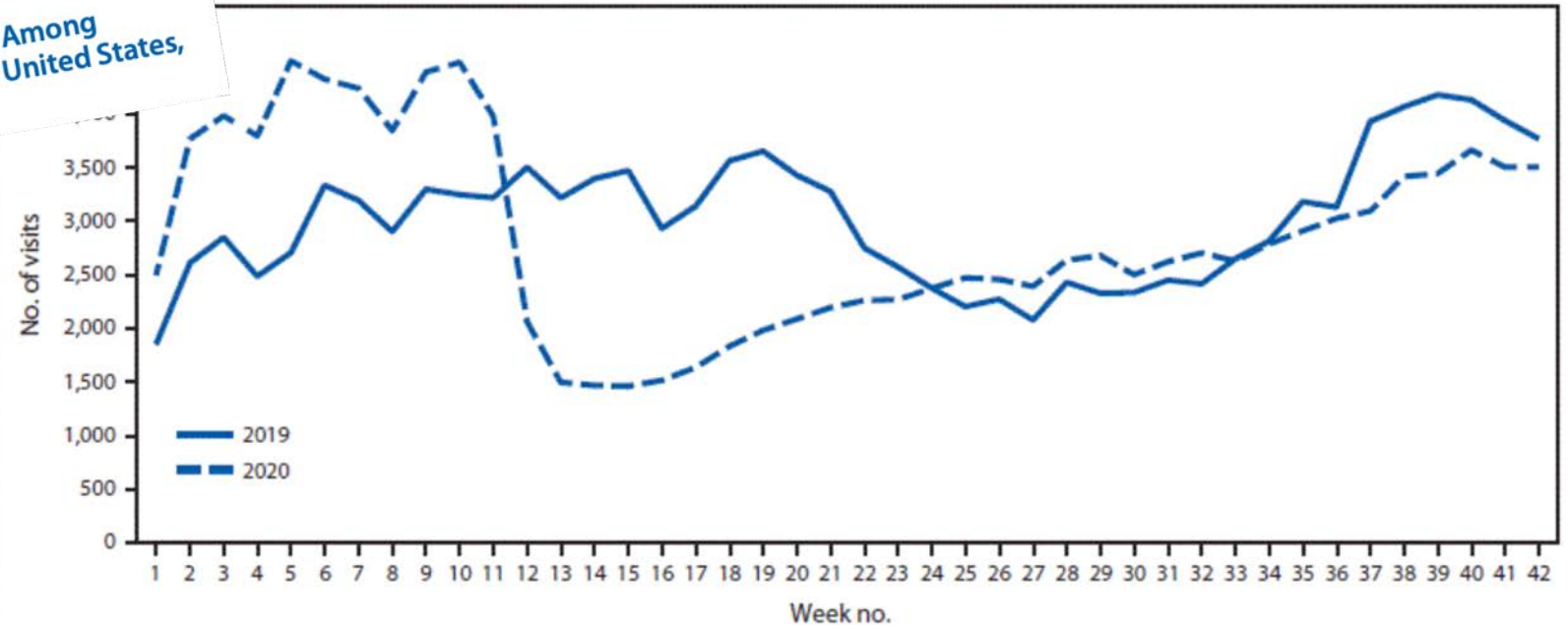


Figure 4: Percent of Older Adults (Ages 65 and Up) Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health

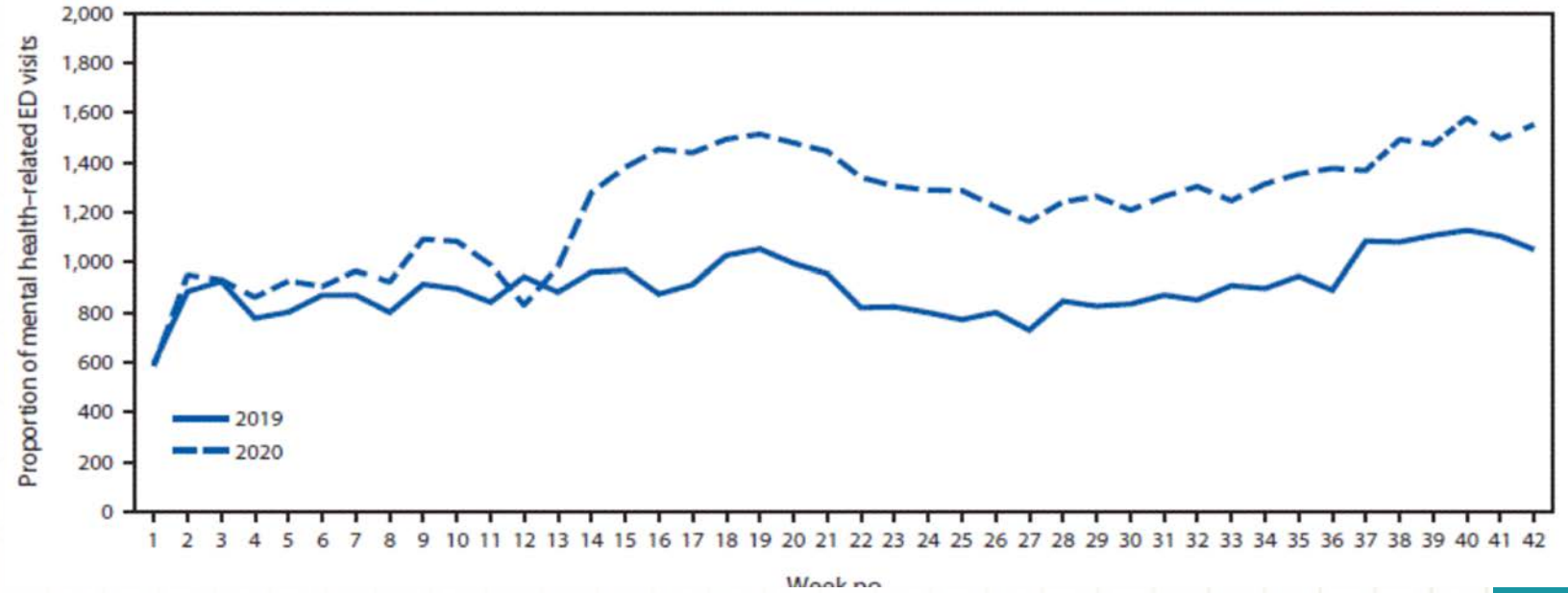
Mental Health–Related Emergency Department Visits Among Children Aged <18 Years During the COVID-19 Pandemic — United States, January 1–October 17, 2020



A. Mental health–related ED visits



B. Proportion of mental health–related ED visits per 100,000 pediatric ED visits per week



Policy Brief: COVID-19 and the Need for Action on Mental Health

13 MAY 2020

Impact on brain health:

- **COVID-19 can cause neurological manifestations, including headache, impaired sense of smell and taste, agitation, delirium, stroke and meningo-encephalitis.²⁰**
- **Underlying neurological conditions increase the risk of hospitalization for COVID-19, especially for older adults.²¹**
- **Stress, social isolation and violence in the family are likely to affect brain health and development in young children and adolescents.²²**
- **Social isolation, reduced physical activity and reduced intellectual stimulation increase the risk of cognitive decline and dementia in older adults.²³**

Microvascular Injury in the Brains of Patients with COVID-19

New England Journal of Medicine, December 30, 2020.

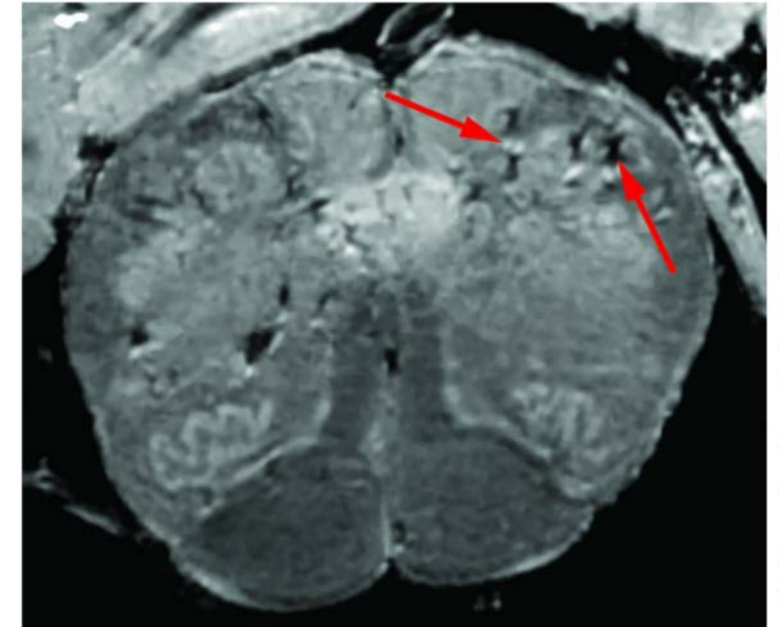
NIH study uncovers blood vessel damage and inflammation in COVID-19 patients' brains but no infection

- *Results from a study of 19 deceased patients suggests brain damage is a byproduct of a patient's illness.*

"We were completely surprised. Originally, we expected to see damage that is caused by a lack of oxygen. Instead, we saw multifocal areas of damage that is usually associated with strokes and neuroinflammatory diseases," said Dr. Nath.



<https://www.ninds.nih.gov/>



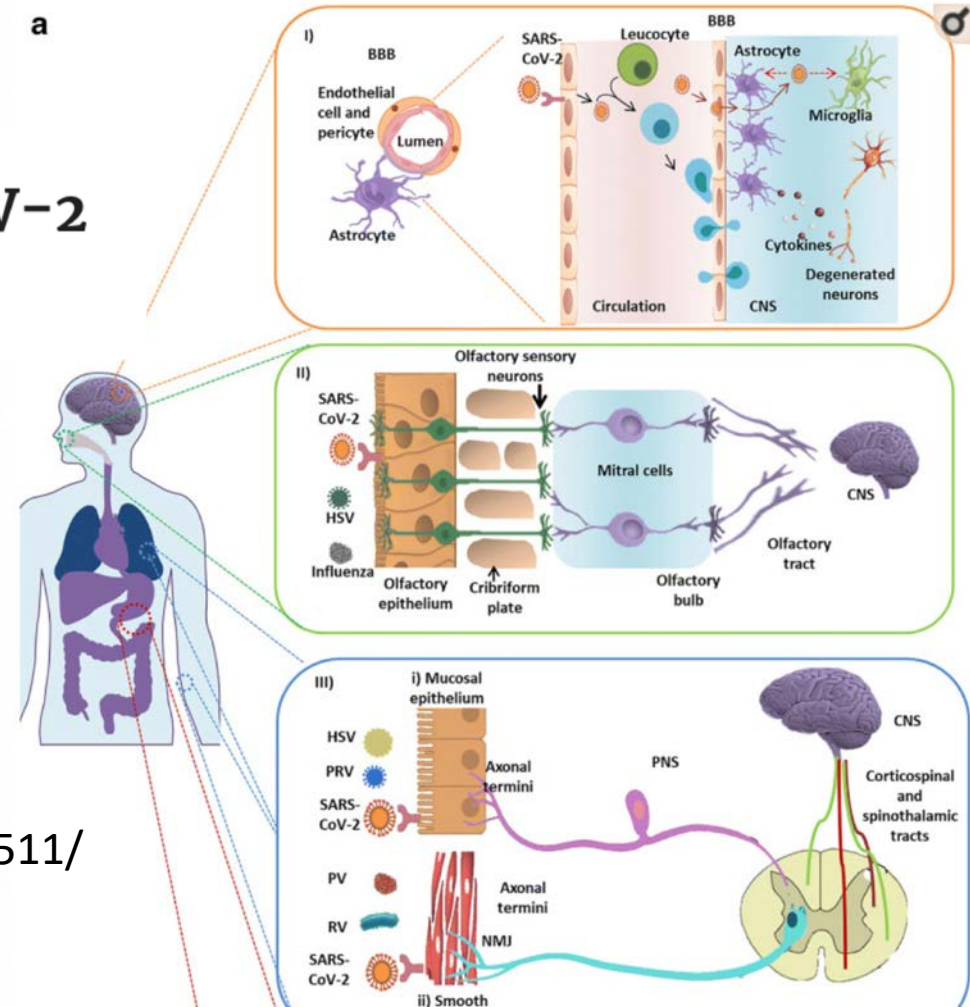
NIH researchers consistently found blood vessel damage in the brains of COVID-19 patients but no signs of SARS-CoV-2 infections. Arrows point to light and dark spots that are indicative of blood vessel damage observed in the study.

NIAID

Study Uncovers Blood Vessel Damage & Inflammation in COVID-19 Patients' Brains but No Infection

Unraveling the Possible Routes of SARS-CoV-2 Invasion into the Central Nervous System

<https://neurosciencenews.com/covid-blood-brain-inflammation-17511/>







COVID-19 disrupting mental health services in most countries, WHO survey

World Mental Health Day on 10 October to highlight urgent need to increase investment in chronically underfunded sector

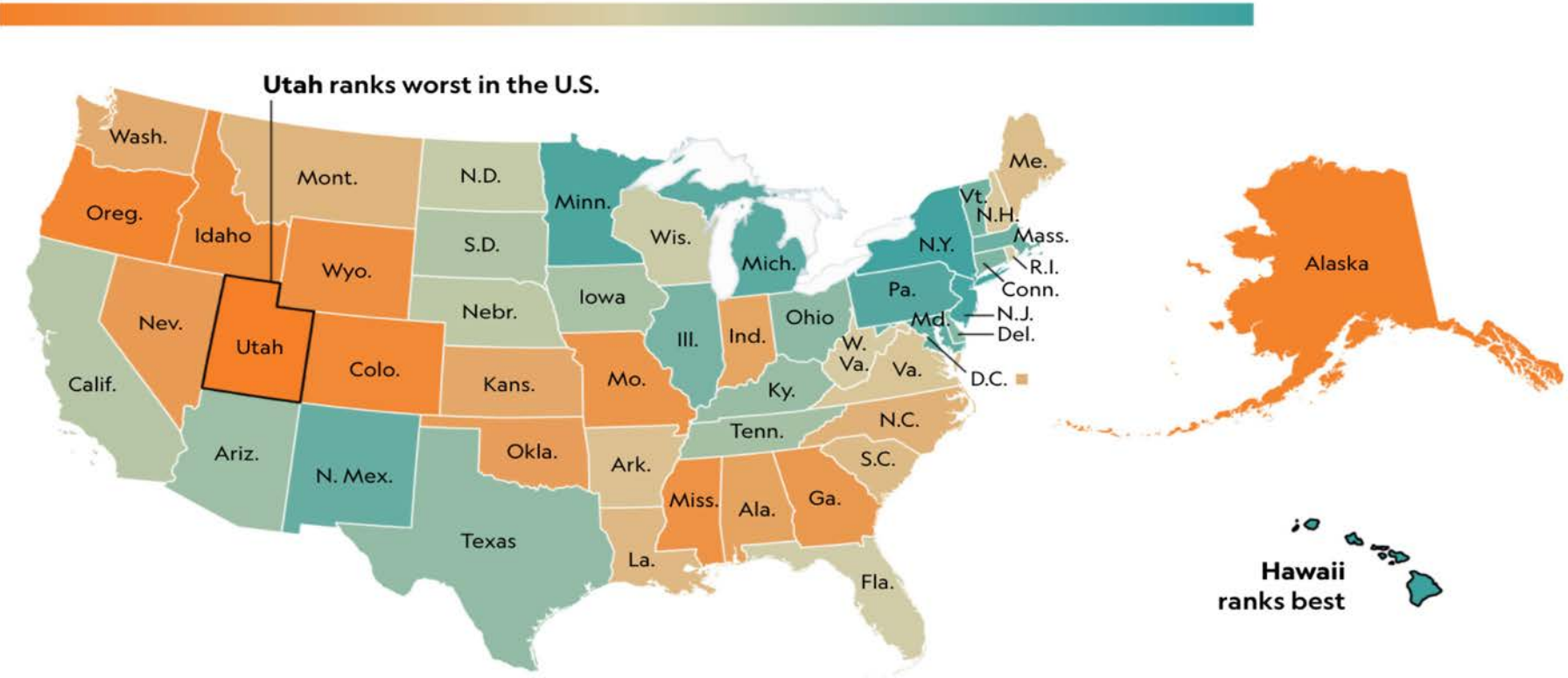
5 October 2020 | News release | Reading time: 3 min (886 words)

Prevalence of mental illness and access to help

Nineteen percent of adults experienced diagnosable mental, behavioral, or emotional disorders before COVID-19. Data ranking adult health care takes into account several factors, including substance use disorder, serious thoughts of suicide, lack of insurance, and inability to afford to see a doctor.

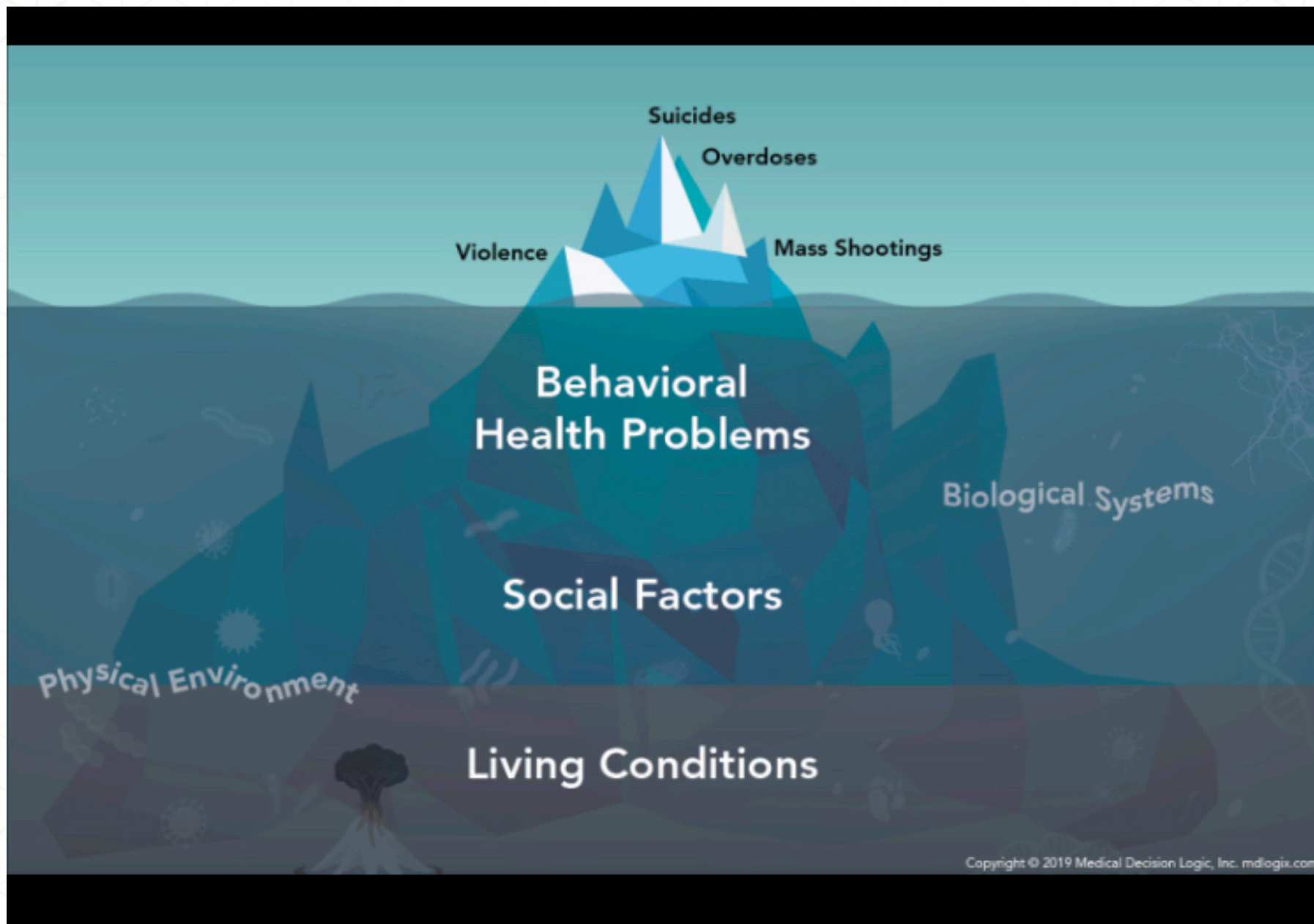
States with higher rates of mental illness prevalence and less access to care

States with lower rates of mental illness prevalence and more access to care



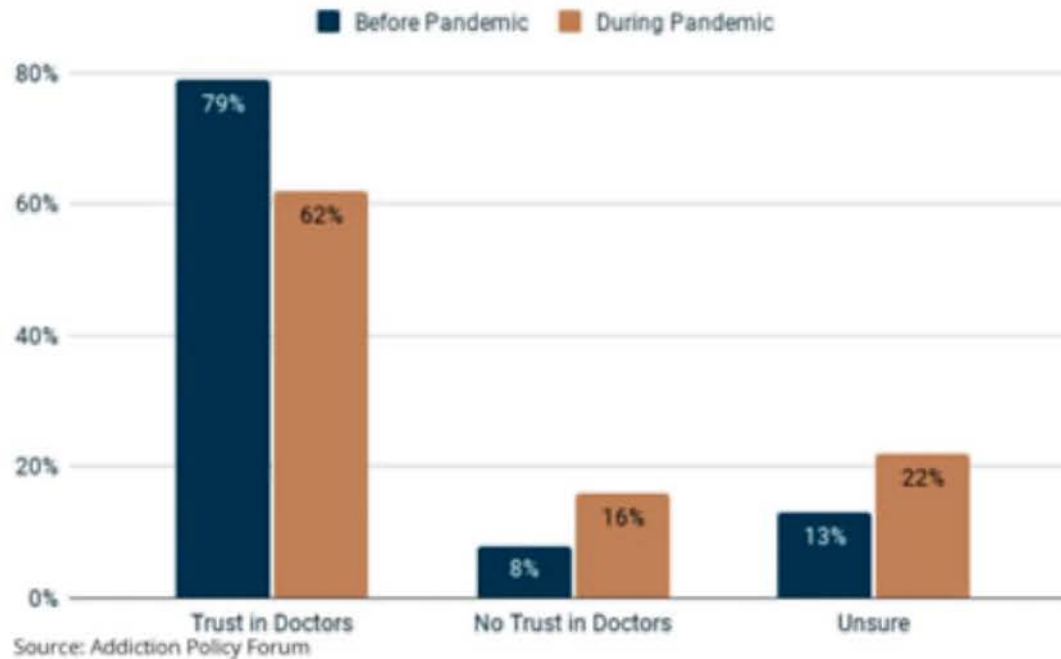
CHRISTINE FELLEENZ, NG STAFF. SOURCE: MENTAL HEALTH AMERICA

Most recent available data collected up to 2018.



Results

Trust in Doctors and Healthcare Providers & Sources of Information



Sources of information for health decisions used by participants included doctors and other healthcare providers (80%), family (17%) and TV/newspapers (13%).

Trust in Healthcare and COVID-19 Vaccine Readiness Among Individuals with Substance Use Disorder

N=87

Addiction Policy Forum



Coping After Disaster

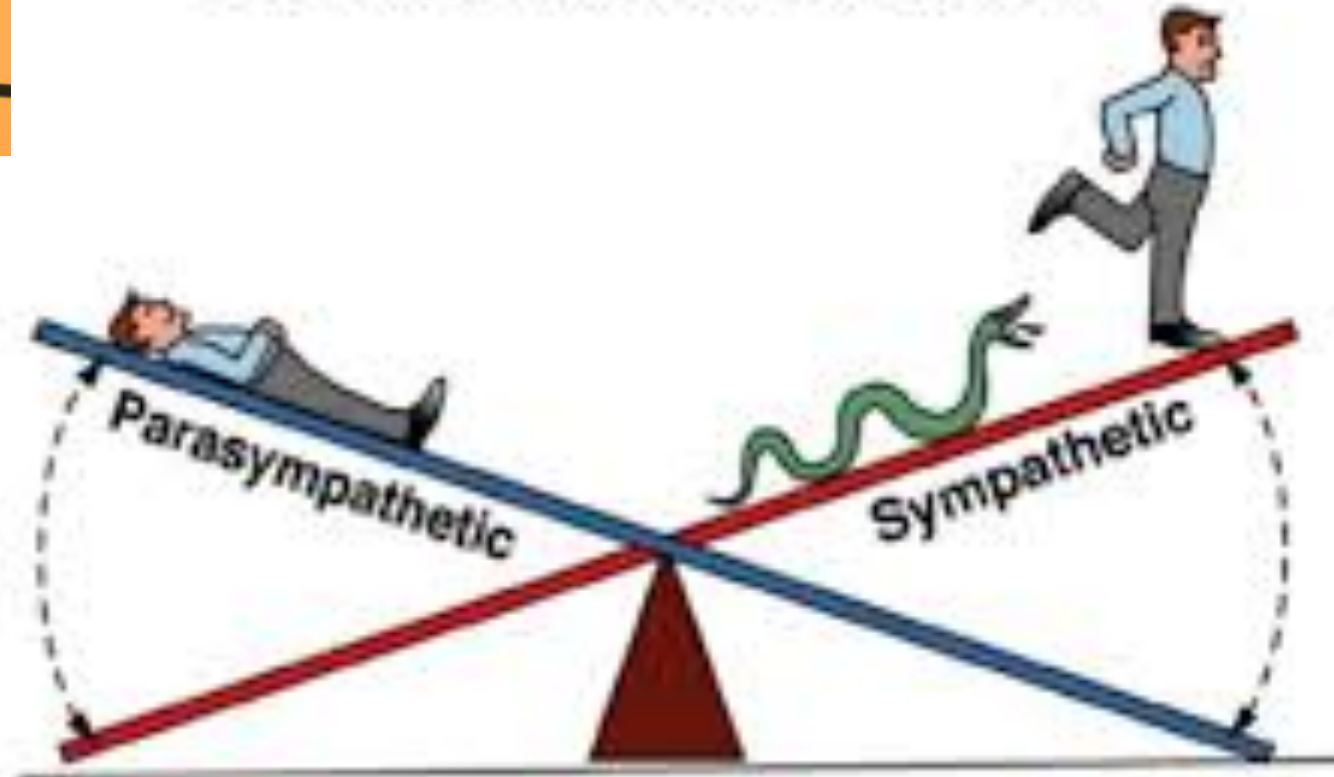
Common reactions in adults after a disaster:

- Trouble falling asleep or staying asleep
- Sadness, depression, hyperactivity, irritability or anger
- Having no feelings at all or feeling numb
- A lack of energy or feeling exhausted all the time/li>
- Lack of appetite or, the opposite, eating all the time
- Trouble concentrating or feeling confused
- Social isolation, reduced or restricted activities
- Thinking no one else is having the same reactions as you
- Headaches, stomachaches or other body pains
- Misusing alcohol, tobacco, drugs or prescription medications to cope

<https://www.psychiatry.org/patients-families/coping-after-disaster-trauma>



Homeostasis is a Synergistic Balance between the Autonomic Branches

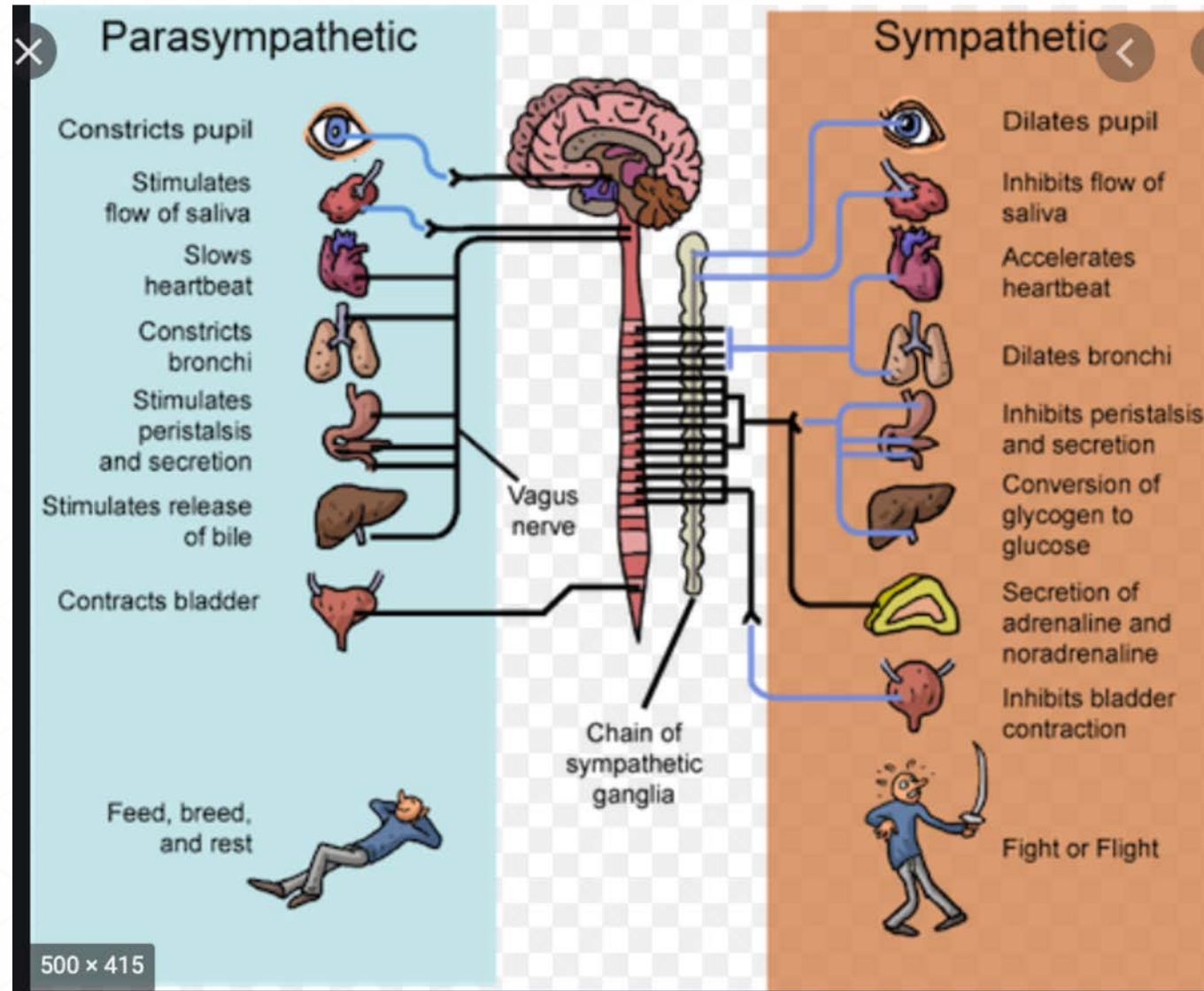


'Rest, Heal & Digest':
Parasympathetic
activity dominates.

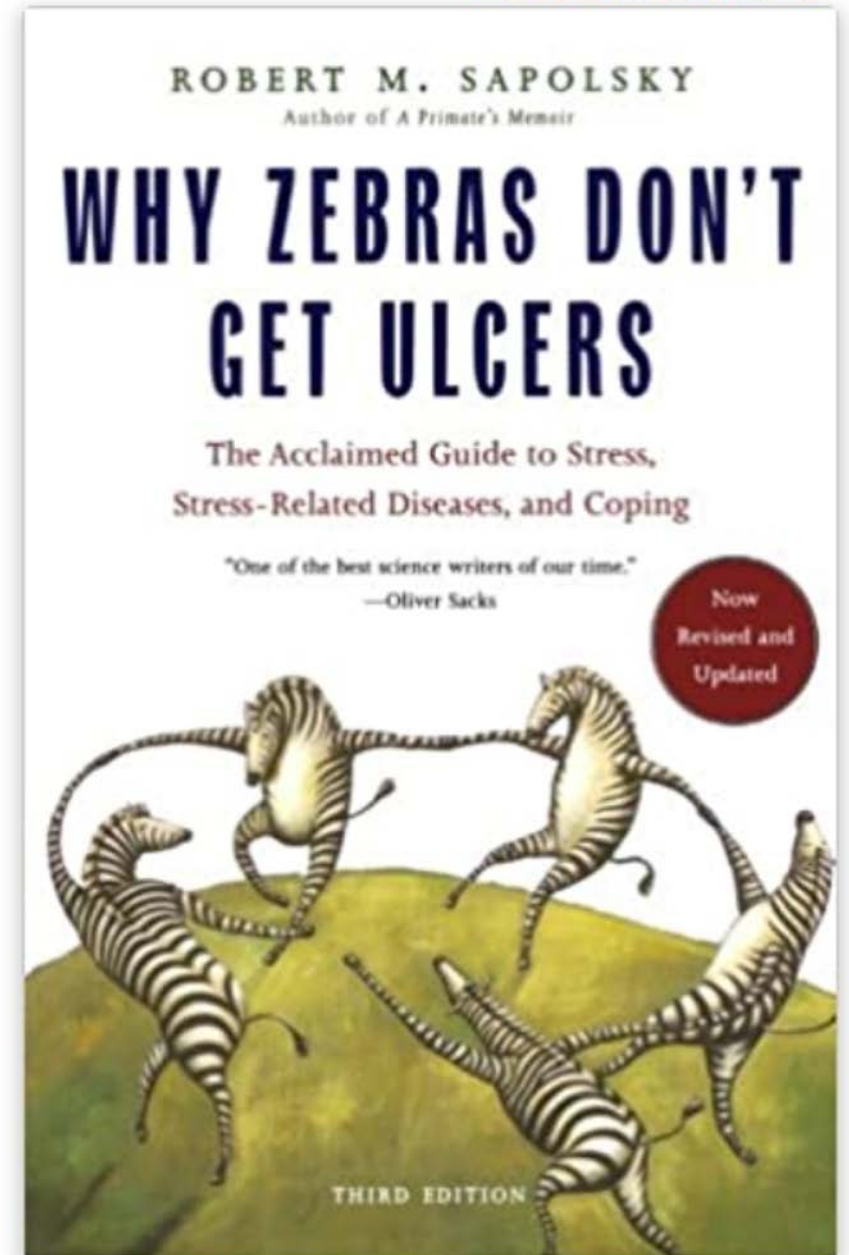
'Fight or Flight':
Sympathetic
activity dominates.

Autonomic Nervous System

Rest
Nest
Digest

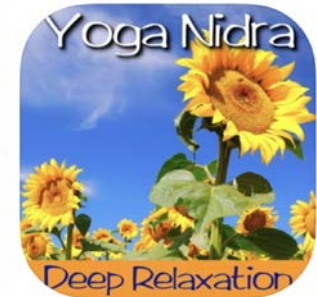


Fight
Flight
Freeze





- Rest/Sleep
- Nutrition
- Activity/Exercise
- Social/Family
- Play/Fun
- Spiritual



Headspace



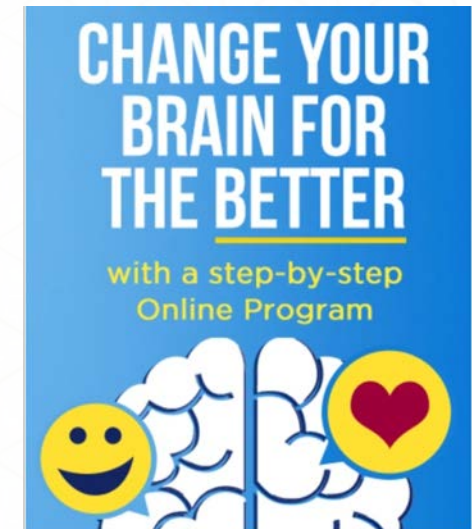
Mindful Breath Calm Breathing
Relax, Meditate, Sleep, Focus



Breathe 2 Relax

YOU CAN be a Happy MD



- Strategies for Physician Burnout Prevention <https://www.thehappyemd.com/>
- AMA – Caring For Caregivers During COVID-19 <https://www.ama-assn.org/delivering-care/public-health/caring-our-caregivers-during-covid-19>
- Rick Hanson, PhD – Psychologist – Positive Neuroplasticity <https://www.rickhanson.net/being-resilient-during-coronavirus/>
- Headspace <https://www.headspace.com/health-covid-19>



Psychological First Aid

- https://www.ptsd.va.gov/professional/treat/type/psych_firstaid_manual.asp



Download
iTunes (iOS) 
Google Play
(Android) 

Documents
Flyer (PDF)

PFA Mobile

Following disasters or emergencies, the PFA Mobile app can assist responders who provide Psychological First Aid (PFA) to adults, families, and children. Materials in PFA Mobile are adapted from the [Psychological First Aid Field Operations Guide](#) (2nd Edition).

The app allows responders to:

- Read summaries of the 8 core PFA actions.
- Match PFA interventions to specific stress reactions of survivors.
- Get mentor tips for applying PFA in the field.
- Self-assess to determine their own readiness to conduct PFA.
- Assess and track survivors' needs to simplify data collection and referrals.



- Crisis Textline: Text TALK to 741741
- National Suicide Prevention Lifeline: Call 1-800-273-8255
or chat with Lifeline (<https://suicidepreventionlifeline.org/chat/>)
- Veterans Crisis Line: Call 1-800-273-8255 or text 838255
- Physician Support Line: Call 1-888-409-0141
- NAMI Helpline: Call 1-800-950-6264 (available Monday thru Friday, 10 a.m. to 6 p.m. ET)

Resources

- Arkansas Dept of Health: Covid-19 Guidance for Behavioral and Mental Health <https://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-behavioral-and-mental-health>
- AR Medical Society <https://www.arkmed.org/covid19/>
- AMA – Managing Mental Health during Covid-19 <https://www.ama-assn.org/delivering-care/public-health/managing-mental-health-during-covid-19>
- National Institute of Mental Health <https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.shtml>

AMA – Behavioral Health Integration into Physician Practices

<https://www.ama-assn.org/delivering-care/public-health/behavioral-health-integration-physician-practices>

<https://www.ama-assn.org/delivering-care/public-health/compendium-behavioral-health-integration-resources-physician>

BHI Compendium

Learn what your practice needs to make the best decisions for the mental health of your patients.



[Download Now \(PDF\)](#)

References

ACES AWARE <https://www.acesaware.org/>

CDC-Adverse Childhood Experiences <https://www.cdc.gov/violenceprevention/aces/index.html>

CDC – Household Pulse Survey <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

CNN Health <https://www.cnn.com/2021/01/04/health/mental-health-during-covid-19-2021-stress-wellness/index.html>

Czeisler MÉ , Lane RI, Petrosky E, et al. Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057.

DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1external icon>

Lee MH, Perl DP, Nair G, Li W, Maric D, Murray H, Dodd SJ, Koretsky AP, Watts JA, Cheung V, Masliah E, Horkayne-Szakaly I, Jones R, Stram MN, Moncur J, Hefti M, Folkerth RD, Nath A. Microvascular Injury in the Brains of Patients with COVID-19. New England Journal of Medicine, December 30, 2020 DOI: 10.1056/NEJMc2033369.

National Institute of Neurological Disorders and Stroke <https://www.ninds.nih.gov/>
<https://neurosciencenews.com/covid-blood-brain-inflammation-17511/>

Leeb RT, Bitsko RH, Radhakrishnan L, Martinez P, Njai R, Holland KM. Mental Health–Related Emergency Department Visits Among Children Aged <18 Years During the COVID-19 Pandemic — United States, January 1–October 17, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1675–1680. DOI: <http://dx.doi.org/10.15585/mmwr.mm6945a3external icon>

Scientific American <https://www.scientificamerican.com/article/the-surprising-mental-toll-of-covid/>

United Nations Policy Brief: Covid-19 and the Need for Action on Mental Health (May 13, 2020)
https://www.un.org/sites/un2.un.org/files/un_policy_brief-covid_and_mental_health_final.pdf





Thoughts?

