

Mental and Behavioral Health during COVID-19

1

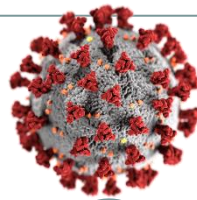
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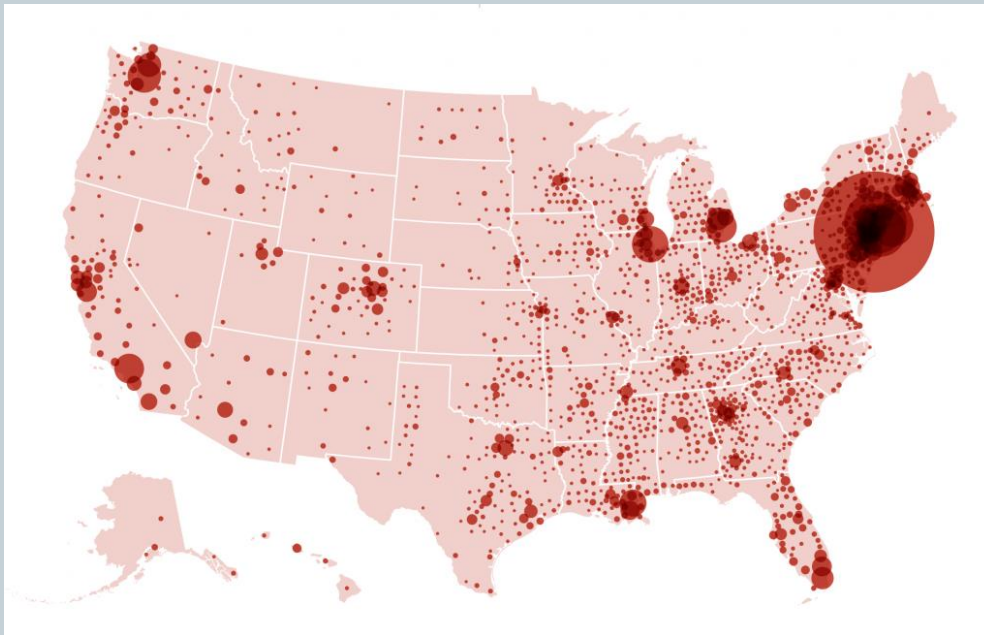
**WITH
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DOCTORAL STUDENT &
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GLOBAL MENTAL HEALTH LAB
TEACHERS COLLEGE
COLUMBIA UNIVERSITY**





3

- December 2019: an outbreak of a novel coronavirus pneumonia occurred in Wuhan, China
- June 2020: 8,162,276 cases globally- 441,668 deaths
 - US 2,137,716 cases-116,962 deaths



COVID-19: Unprecedented Effect on Mental Health Systems Around the World

4

- Speed and extend of its impact + unavailable inoculation and treatment
 - High levels of distress around:
 - ✦ Risk and impact of infection (self, loved ones)
 - ✦ Measures for prevention of infection (business, agency and school closures; social distancing/quarantine/isolation) and
 - ✦ Immediate and long term impact of infection on economy, education, and livelihood



Impact of COVID-19 on Mental Health

5

- Neurobiological effect of SARS-COV-2 :
 - Inflammation (“cytokine storm”) and respiratory symptoms can increase risk for depression, anxiety, suicidality (Majd et al, 2020)
- Effects of medical procedures on mental health :
 - In a British prospective study of 5,000 in ICU, 46% of patients developed anxiety, 40% depression and 22% PTSD symptoms within a year of their discharge from the ICU (Hatch et al, 2018). *Similar first reports from Mt Sinai NYC.*



Impact of COVID-19 on Mental Health

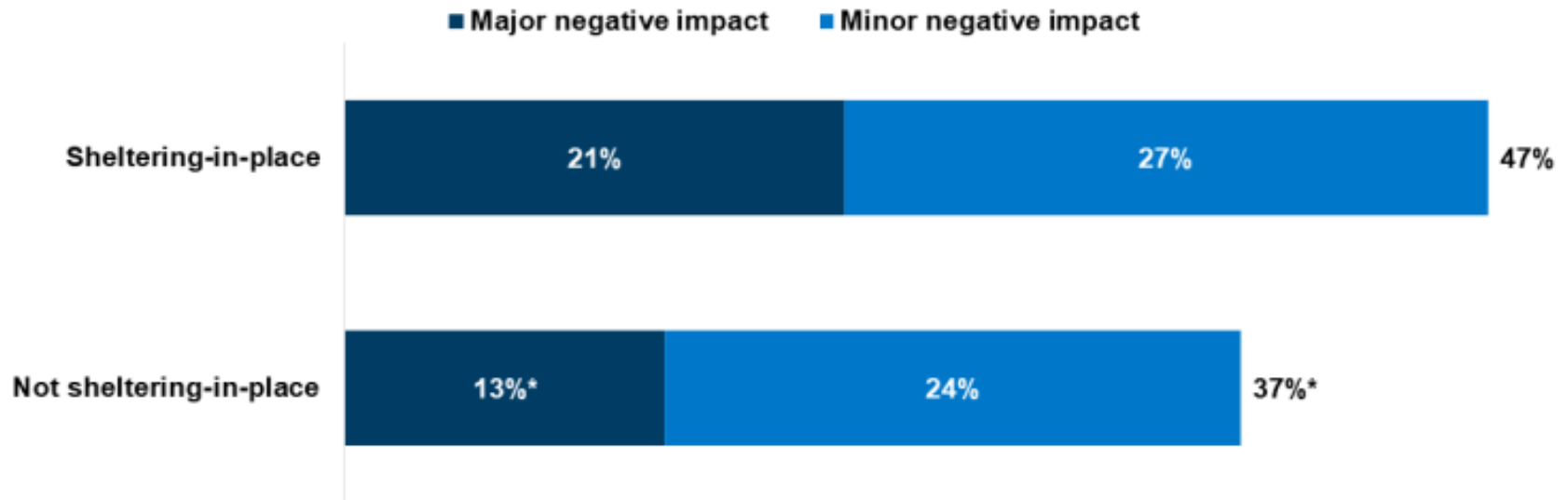
6

- Losses: of loved ones, resources, parental employment and livelihood
 - Loved ones die alone at the hospital, no rituals and communal support
 - Loss of resources, family income and daily stressors have a large impact on ability to adapt to adversity (Rasmussen et al, 2010)
- Social Distancing, isolation, confinement during severe adversity

Impact of COVID-19 on Mental Health

7

Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, Based on Sheltering-in-Place Status



NOTES: *Indicates a statistically significant difference between those sheltering-in-place and those not sheltering-in-place at the $p < 0.05$ level. Distribution may not sum to total due to rounding.

SOURCE: KFF Health Tracking Poll (conducted March 25-30, 2020).

KFF
HENRY J KAISER
FAMILY FOUNDATION



Impact of COVID-19 on Mental Health

8

- Increase in domestic violence/abuse
- Increased rates of child abuse neglect, and exploitation during the Ebola outbreak in west Africa from 2014 to 2016 (Lee, J, 2020)

The Shadow Pandemic: Violence Against Women and Girls and COVID-19

Globally,

243 million



women and girls aged 15-49 have been subjected to sexual and/or physical violence perpetrated by an intimate partner in the previous 12 months.

The number is likely to **INCREASE** as security, health, and money worries heighten tensions and strains are accentuated by cramped and confined living conditions.

Emerging data shows that since the outbreak of COVID-19, violence against women and girls (VAWG), and particularly domestic violence, has **INTENSIFIED**.

In **France**, reports of domestic violence have increased by **30%** since the lockdown on March 17.

In **Cyprus** and **Singapore** helplines have registered an increase in calls of **30%** and **33%**, respectively.

In **Argentina** emergency calls for domestic violence cases have increased by **25%** since the lockdown on March 20.

Increased cases of domestic violence and demand for emergency shelter have also been reported in **Canada, Germany, Spain, the United Kingdom** and **the United States**.



Impact of COVID-19 on Mental Health of Children

9

- Disturbance of schooling, daily routines, physical activities
 - Schools have been suspended in 188 countries
 - UNESCO: 90% of enrolled learners (1.5 billion young people) are now out of education
 - When out of school children are physically less active, have more screen time, irregular sleep patterns, and poorer diets, resulting in weight gain and a loss of cardiorespiratory fitness (Lee, J. 2020)
- Deterioration of parental mental health
 - When mother is depressed, child and adolescent's internalizing and externalizing problems increase (Weissman, et al, 2006)



Impact of COVID-19 on mental health of children

10

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Mean Point Prevalence Estimates: Mental health disorders in conflict settings

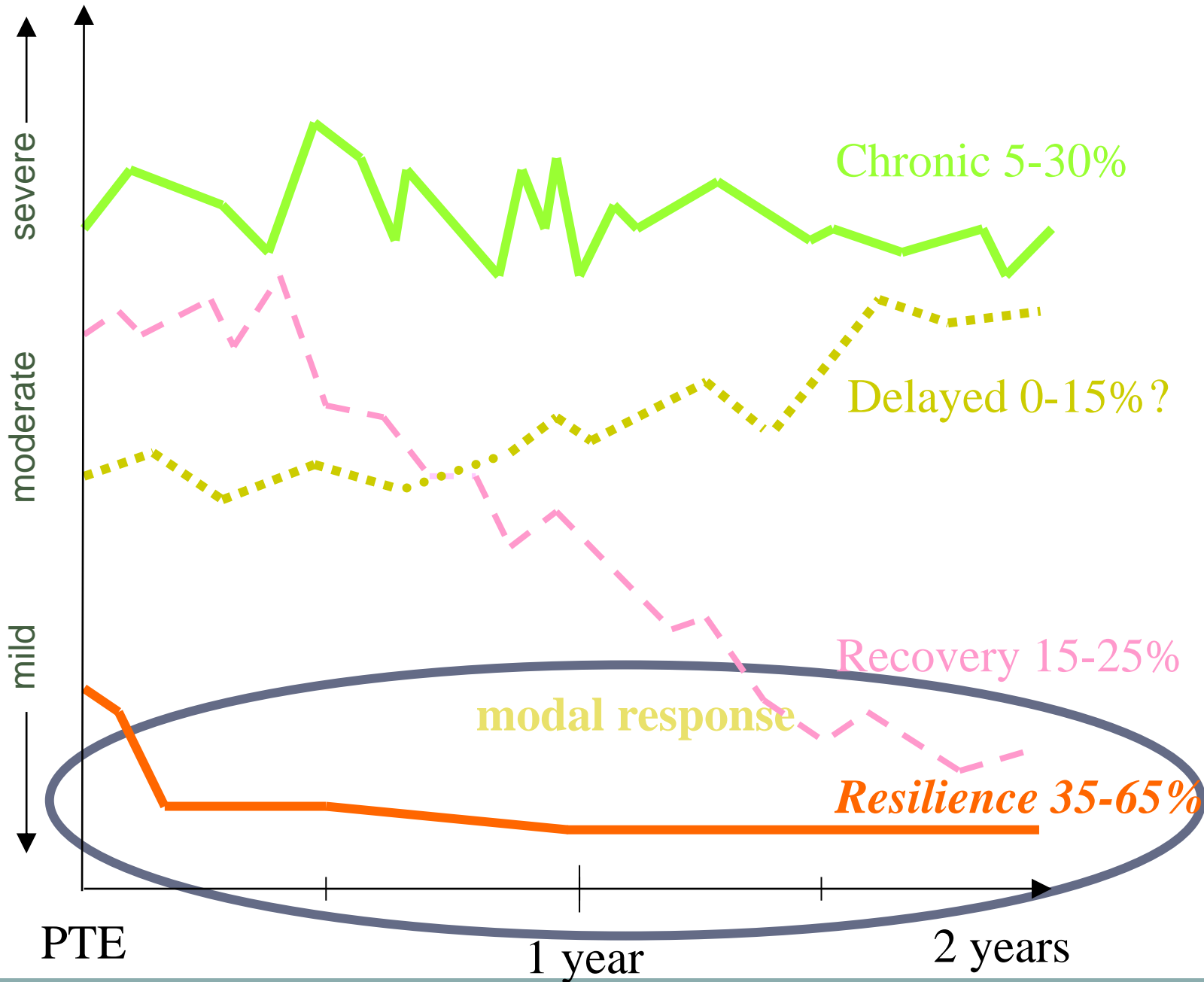
11

	Humanitarian setting
Severe disorders (schizophrenia/psychosis, bipolar, severe depression, severe anxiety (including severe PTSD))	5.1%
Moderate mental disorder (moderate forms of depression and anxiety, including moderate PTSD)	4.0%
Mild mental disorder (mild forms of depression and anxiety, including mild PTSD)	13.0%
TOTAL	22.1%

Charlson et al (2019). New WHO prevalence estimates of mental disorders in conflict settings: a systematic review and meta-analysis. *Lancet* [http://dx.doi.org/10.1016/S0140-6736\(19\)30934-1](http://dx.doi.org/10.1016/S0140-6736(19)30934-1).



Disruptions in normal functioning



COVID-19: Unprecedented Effect on Mental Health Systems Around the World

13

- Need to transfer whole mental health tools, strategies, and health service networks, from in-person to online or mobile platforms
- For the first time during a disaster, mental health has been explicitly identified as a priority

CARING FOR OUR MENTAL HEALTH IN THE TIME OF COVID-19

Lessen stress & anxiety to better care for ourselves & others



Focus on what you can control. Follow the recommendations of the Dept. of Health and other local agencies.



Be cautious about fake news. Avoid arguments online. Limit exposure to news & social media to only specific hours/times of the day.



Adopt a regular routine at home or at work to give a sense of purpose and order to your day.



Maintain good health & increase your resistance to illness. Eat healthy. Stay hydrated. Get enough sleep. Exercise.



Do things that you enjoy and make you feel good.



Stay connected to people whom you value. Use phone, video, or online tools to check on them & to share emotional support.



Practice empathy & compassion. Find ways to help those who need the most support in this time of crisis.



Reach out to a trusted person or seek mental health support from mental health/counseling services in your area if you find it difficult to cope.



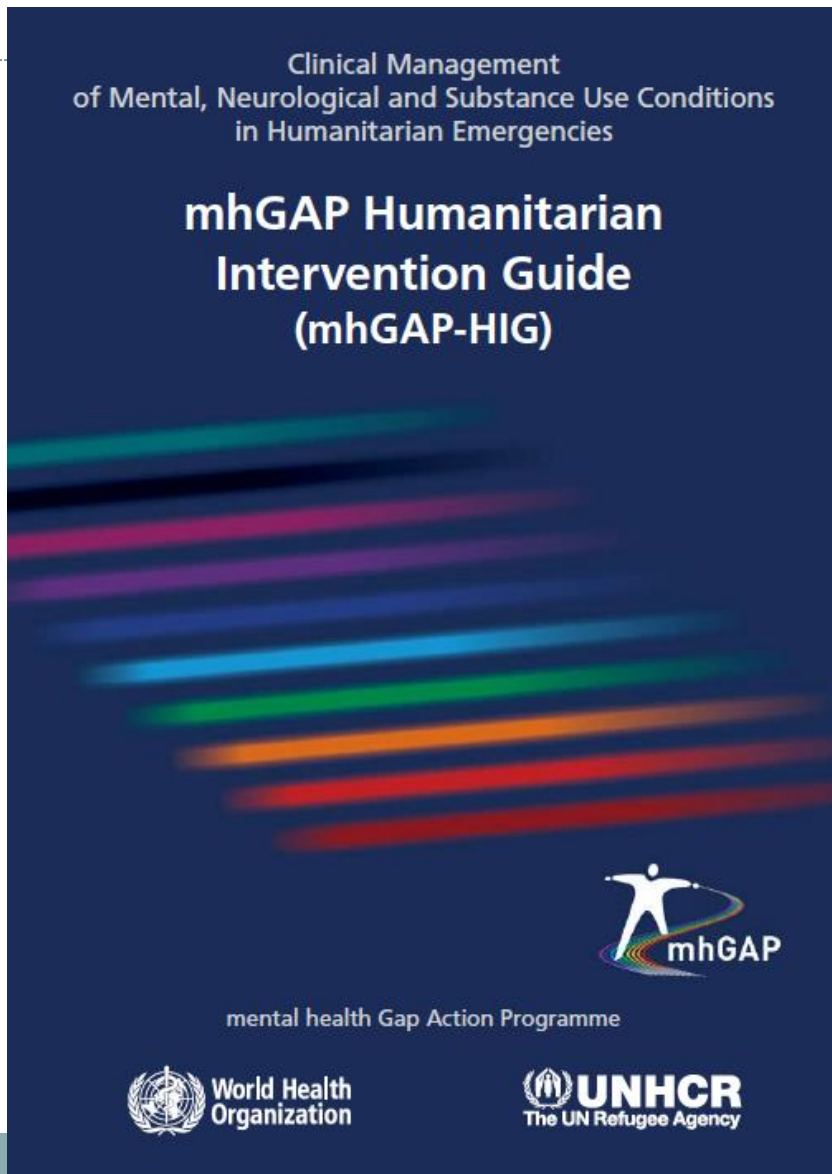
- Majority of people who contract COVID-19 recover.
- Scientists are working on a cure & vaccine.
- There is help from the government, NGO, & private sectors.
- We are together in keeping each other well!

PSYCHOLOGICAL ASSOCIATION OF THE PHILIPPINES



**MANAGEMENT OF THE
MENTAL HEALTH
EFFECTS OF COVID-19**

mhGAP (WHO/UNHCR 2015)



- Basic evidence-based interventions for the identification and management of mental disorders in humanitarian settings
- Can be delivered by non-specialized health workers
- UNHCR scaling up in refugee settings



Mental healthcare by mental health specialists (psychiatric, nurses, psychologists, psychiatrists, etc.)

Specialised services

Basic mental healthcare by primary healthcare doctors
Basic emotional and practical support by community workers

Focused non-specialised supports

Activating social networks
Communal traditional supports
Supportive age-friendly spaces

Strengthening community and family supports

Advocacy for basic services that are safe, socially appropriate and protect dignity

Social considerations in basic services and security



MHPSS response to the COVID-19 outbreak in Lebanon-V1.0

17



- Developed as part of the national response to the COVID-19 outbreak
- Aims at addressing the MHPSS aspects of the COVID-19 outbreak in Lebanon for all persons living in the country including Palestinian refugees and Syrians displaced using an integrated approach
- Developed by the MOPH-National Mental Health Programme with WHO and UNICEF, in line with the IASC Briefing note on addressing mental health and psychosocial aspects of COVID-19 Outbreak- version 1.0 and the local needs, health system and national mental health strategy

This is a dynamic document subject to revisions based on arising needs.



MHPSS response to the COVID-19 outbreak in Lebanon-V1.0

18

Goals

- I. Promote mental health and mitigate COVID-19 related stressors including stigma and discrimination against persons affected and health workers**
- II. Provide mental health support to the persons in quarantine in the hospital or at home and their families**
- III. Support the mental health of health workers and first responders in the response**
- IV. Ensure continuity of mental health care for persons using mental health services in line with IPC guidelines**



Human Rights Protection Frame

19

Equality



Equity

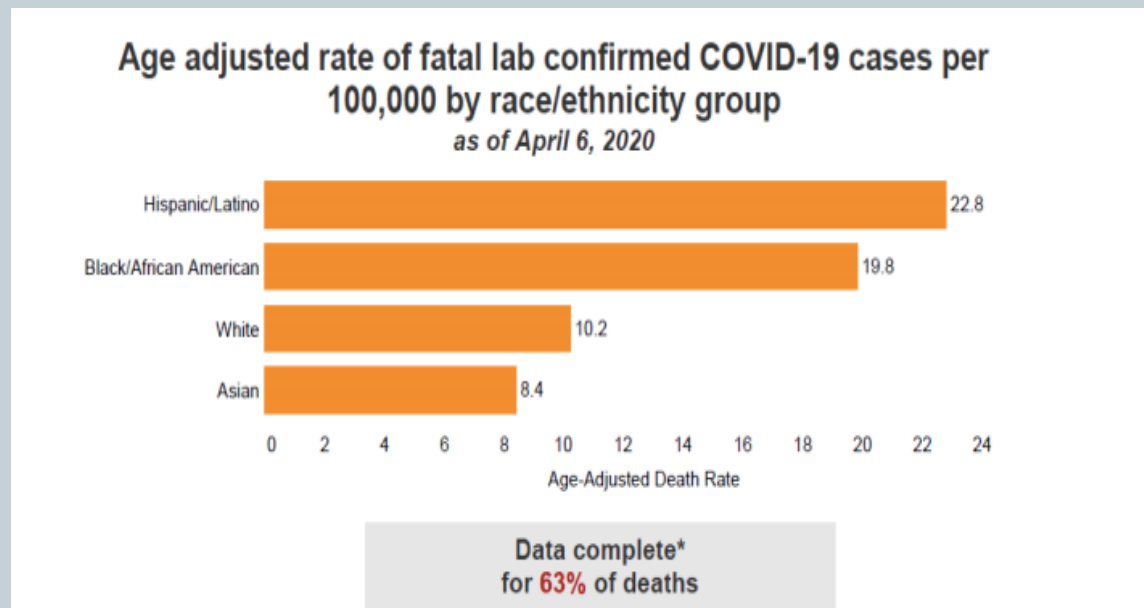


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COVID-19 & Health Disparities

20

- Communities of color carry the burden of essential work and COVID-19
 - Context is crucial in the disparities dialogue: in NYC, Black and Hispanic residents are 2x more likely to die by COVID-19 than their White & Asian counterparts
 - ✦ 6-fold increase in the rate of death for African Americans (Yancy, 2020)



Data are derived from the Bureau of Communicable Disease Surveillance Systems (April 6, 2020)



Yancy, C. W. (2020). COVID-19 and African Americans. *Jama*.

Hooper, M. W., Nápoles, A. M., & Pérez-Stable, E. J. (2020). COVID-19 and racial/ethnic disparities. *Jama*.

Human Rights Protection Frame

21

Equality



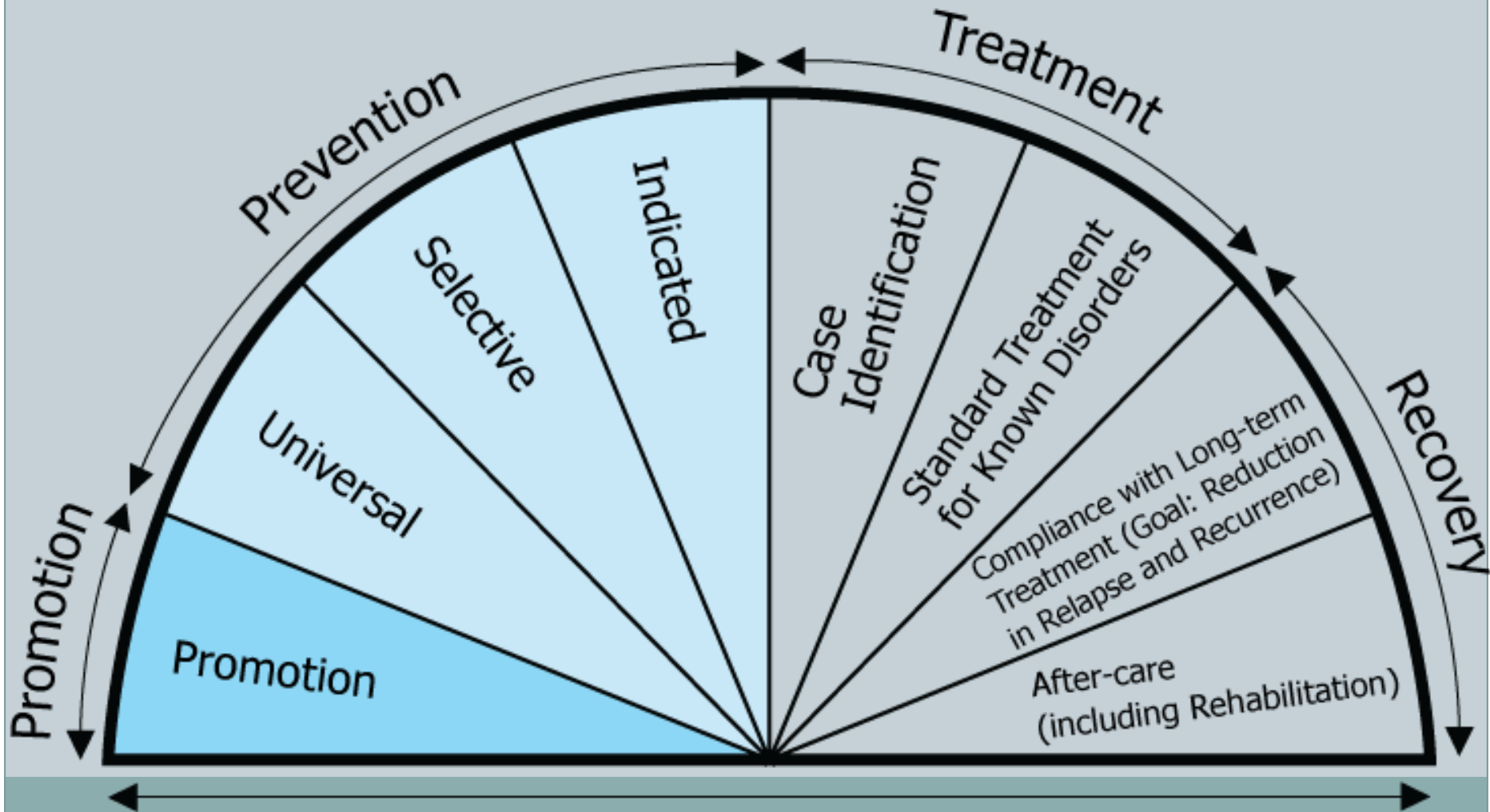
Equity



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Behavioral Health Continuum of Care Model

22



For Everyone

23

- When referring to people with COVID-19, do not attach the disease to any particular ethnicity or nationality.
- Do not refer to people with the disease as “COVID-19 cases/victims/families” or “the diseased” instead:
 - “People who have COVID-19/are being treated/recovering from COVID-19”
- Find opportunities to amplify positive and hopeful stories of people who experienced COVID-19.
- Honor carers and healthcare workers in your community.

Stress Due to COVID-19 (WHO, 2020)

24

When we are experiencing difficult and challenging times (like COVID) it is normal to feel:

- worried about loved ones, especially if they are at risk of illness
- worried about personal health and safety
- concerned about disruption of health care services
- socially isolated or sometimes lonely, especially when living alone
- bored, tired, or lacking energy and productivity
- uncertain about the future and unable to concentrate on make plans





Physical

- » Headaches, tremors in hands, increased heart rate
- » Muscular pains/aches
- » Cold sweating
- » Tiredness, sleep disturbance, decreased appetite
- » Gastrointestinal problems
- » Persistent pain without any apparent cause, or pain above the level of what you may expect from an injury



Psychological

- » Impaired concentration and decision-making, anxiety, recurrent thoughts or memories
- » Forgetfulness
- » Irritability
- » Worry, sadness or crying, loss of pleasure from usual activities
- » Tearfulness, anger
- » Guilt/survivor shame



Social

- » Social withdrawal
- » Inability to perform day-to-day tasks
- » Increased conflict with family or community members
- » Inability to perform well at work/difficulties in school.
- » Misuse of medicines or substances (e.g. smoking, alcohol, cannabis, etc.)
- » Lack of interest in usual activities

For Everyone Contd.

26

**Take breaks
from the news**



**Make time to
unwind**



**Set goals
and priorities**



**Take care
of your body**



**Connect with
others**



**Focus on
the facts**



For Parents



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



Evidence-based strategies to buffer the effects of adversity in children

28

- Increase connection and communication skills (write letters to friends, relatives)
- Establish daily routines and adequate sleep
- Reduce unnecessary information about the disaster
- Increase physical activity (ask the kid to dance for you, put together a show/play)
- Mindfulness/Relaxation
- Religion/Spirituality

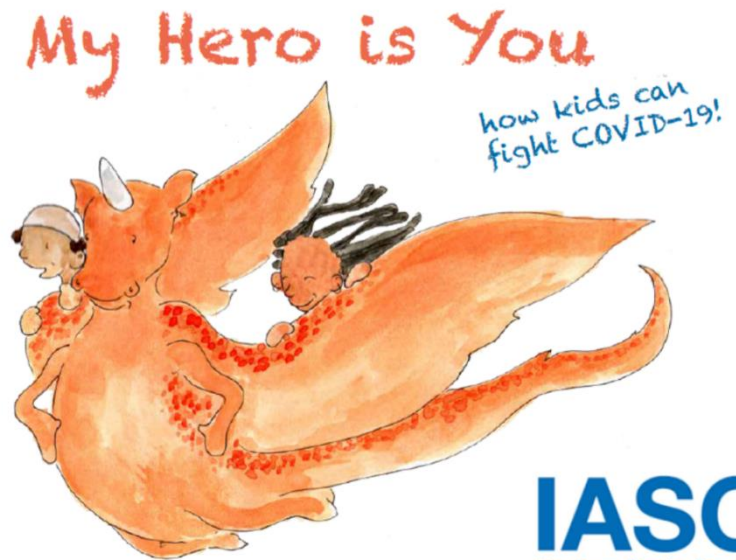
Evidence-based strategies to buffer the effects of adversity in children

29

- Improving caregiver mental health
- Increasing positive reinforcement levels at home
- De-escalate conflicts that can erupt out of control
- Identify other adults who can step in and assist
- Create a frame to understand impact of stress (“fight or flight” leading to irritability)

My Hero is You

- Illustrated book to explain COVID-19 to children aged 5-11
- 73 languages (and counting)
- Audio and videos



For Caregivers of Older Adults

31

- Facilitate ways to maintain social connections.
- Encourage them to stay active, maintain mobility and reduce boredom.
- Find ways where they can connect with others (e.g. Facetime with grandchildren).
- Curate a list of reliable media sources and write them down.

**COVID-19:
We Must Care
for Older Adults'
Mental Health**



New York State, Office of Mental Health *Emotional Support Strategies & Resources*

33

New York State
COVID-19 EMOTIONAL SUPPORT HELPLINE

It's okay to admit when things feel hard.
We're here to listen.

1-844-863-9314

8 AM - 10 PM, 7 days a week



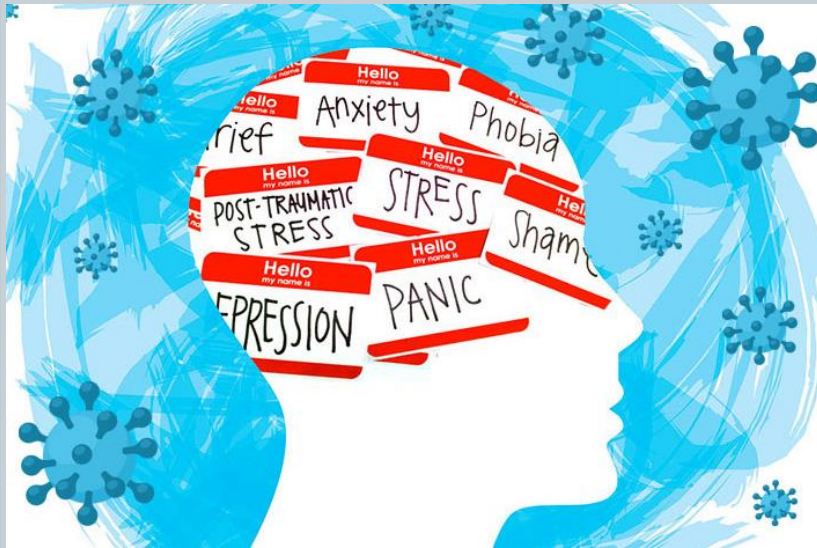
Office of
Mental Health



For Individuals/Patients Receiving Mental Health Services

34

- As soon as possible, work with your mental health provider on:
 - Developing a coping plan (with practical skills – walking outside, connecting with others) for everyday stressors.
 - Relapse prevention drill.
 - Identify options if your routine services (pharmacy, clinic visits etc) are disrupted.
- Seek positive peer support
- Limit alcohol/substance use



“Being Prepared” (Relapse Drill— *D. Miklowitz*)

35

- What will tell you that you are developing symptoms of (mental health condition)

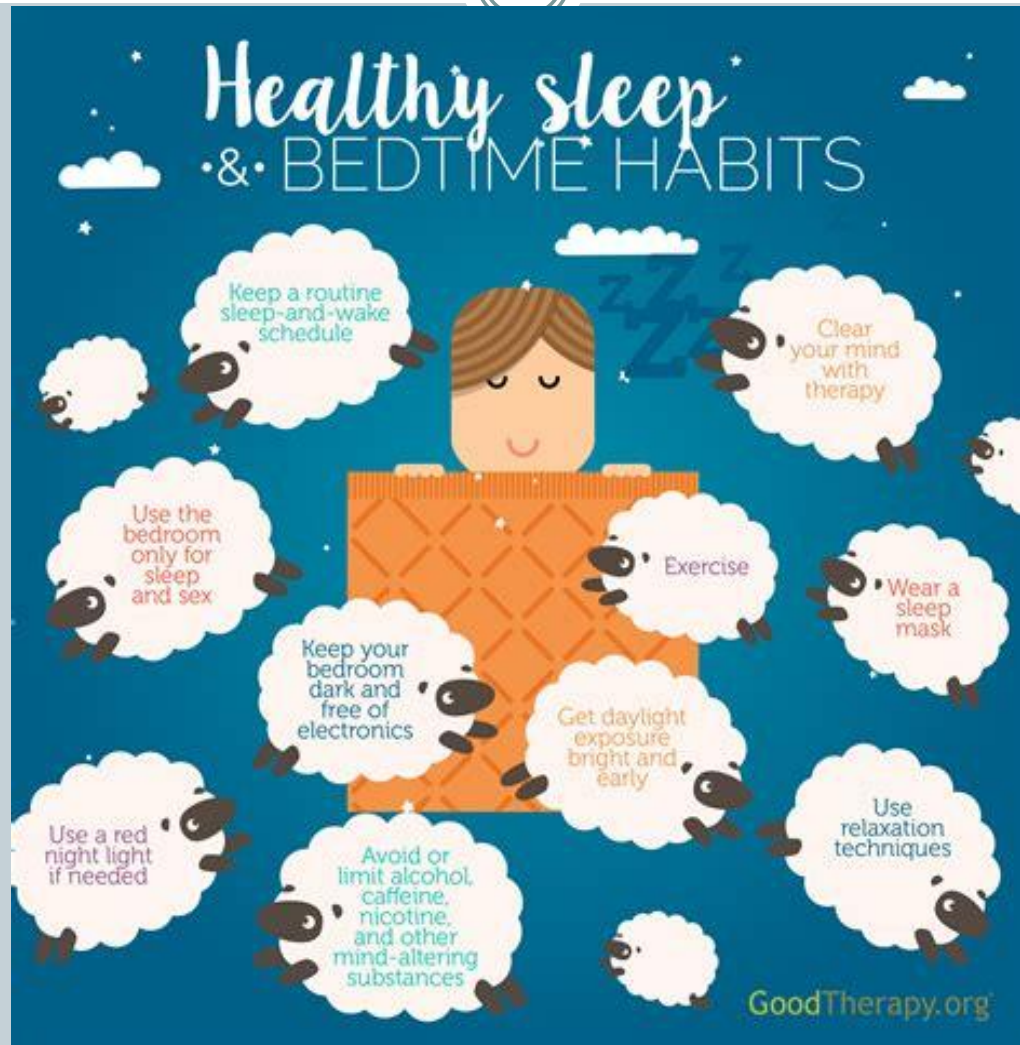


- A plan of action
 - What would I do to prevent a full-blown depressive episode?
 - What would I ask my friends or family to do for me?
 - What would I ask my friends or family to say to me?
 - Contact therapeutic team
 - Arrange medication adjustments
 - Identify people who can help (e.g. childcare, transportation, hygiene)

Regular daily routines/sleep

For more severe cases : CBT-I

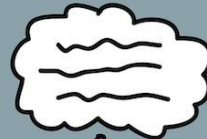
36



Mindfulness

37

Your body is present.



Is your mind?



Past

Present

Future

DOUG NEILL

WHO Tools available on line

38

2016:

- Group IPT Manual launched by the WHO, Geneva, October 11th, World Mental Health Day
**Verdeli, Clougherty and Weissman.*

2017:

- IPC for Primary Care, WHO MENA Region
**Weissman, Verdeli and Khalid Saeed.*



العلاج بين الشخصي الجماعي للاكتئاب

التجربة الميدانية العامة لمنظمة الصحة العالمية، الإصدار ٢٠١٦، ١، ١
سلسلة التدخلات النفسية منخفضة الحدو - ٣

 COLUMBIA UNIVERSITY
IN THE CITY OF NEW YORK

منظمة
الصحة العالمية 



Interpersonal Psychotherapy for depression

39

- Grief (of loved ones, health care workers losses of patients)
- Disputes (emphasis on emotion regulation and de-escalation)
- Role transitions (loss of jobs, homes, etc)
- Loneliness/social isolation

Positive Unintended Consequences of the Pandemic on Mental Health Systems Reform

40

- Given climate change, epidemics, and global increases in forcible displacement, violence, and state fragility:
 - It is important to have flexible and versatile systems of mental health care
 - Capacity for remote care and monitoring
 - Community-based, where community gate-keepers (community leaders, lay health workers, and religious leaders, teachers, persons with lived experience, etc.) play a central role
- There are discussions in families and communities about mental health (demand for information, resources, offers for volunteering)



Emotional Flexibility

(Bonanno et al, 2011)

41



1347-1351 BC

42



THANK YOU

**New York State
Office of Mental Health
COVID-19 Hotline:
Resources & Referrals**

COVID-19 Information/Updates

45

- NYS DOH Coronavirus Hotline: 1-888-364-3065
- NYS Coronavirus response updates:
<https://coronavirus.health.ny.gov/home>
- CDC, updates/information:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- CDC, What to do if you think you have been exposed to COVID-19: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- NYC Thrive/Mayor's Office: Mental Health Support New Yorkers Can Access While Staying Home:
https://thrivenyc.cityofnewyork.us/mental_health_support_while_home

Crisis Situations

46

- Suicide Prevention Lifeline:
 - 1-800-273-TALK (8255) for English
 - 1-888-628-9454 for Spanish
- National Domestic Violence Hotline: 1-800-799-7233
- NYS Coalition Against Domestic Violence: 1-800-942-6906
- Child Abuse Hotline: 800-342-3720
- SAMHSA's Disaster Distress Helpline: 1-800-985-5990 (English/Spanish); TTY: 1-800-846-8517
- Veterans mental health/suicide hotline: 1-800-273-8255, or text 838-25

Accessing Treatment

47

- **Identifying Supports:**
 - Aunt Bertha (www.auntbertha.com) allows you to locate supports by zip code.


 auntbertha | The Social Care Network

 Support [Sign Up](#) [Log In](#)

Search for **free or reduced cost** services like medical care, food, job training, and more.

Zip

90210

 Search

3,611,418 people use it (and growing daily)

By continuing, you agree to the [Terms & Privacy](#).

COVID-19 Volunteerings

48

- Health care workers:
<https://coronavirus.health.ny.gov/get-involved-how-you-can-help>
- General Public, NYC:
<https://www.newyorkcares.org/projects/support-covid-19-relief-efforts>
- General Public, NYS:
<https://www.volunteernewyork.org/>
- Blood Donation site locator:
<https://donate.nybc.org/donor/schedules/zip>

Peer Support

49

- Veterans Peer Support Call - DAILY at 1p.m. EST: [1-800-767-1750](tel:1-800-767-1750) x99873
- NAMI-NYS helpline: [518-248-7634](tel:518-248-7634)
- Mental Health Empowerment Project warm line for people with mental illness: [1-800-643-7462](tel:1-800-643-7462)

Special Populations

50

Seniors/Elderly:

- **Senior service (senior centers, meals on wheels, etc) locator for NYC:** <https://www1.nyc.gov/site/dfta/services/find-help.page>
- **NYC Grocery Delivery for Elderly, Disabled:** <https://www.invisiblehandsdeliver.com/about-us>
- **County Offices for the Aging locator (scroll down for filters):** <https://aging.ny.gov/local-offices>
- **NY Connects, statewide social services finder:** <https://www.nyconnects.ny.gov/welcome>
- **US Administration on Aging Eldercare Locator:** <https://eldercare.acl.gov/Public/Index.aspx> or 1-800-677-1116
- **Dementia Support:** Alzheimer's Association web-page, "Coronavirus (COVID-19): Tips for Dementia Caregivers," [https://www.alz.org/help-support/caregiving/coronavirus-\(covid-19\)-tips-for-dementia-care](https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)

Special Populations

51

- Veterans: VA facility locator: VA locator
 - Veterans mental health/suicide hotline: 1-800-273-8255, or text 838-25
- First Responders/Essential Workers:
 - CDC Self-care Guidance:
<https://emergency.cdc.gov/coping/responders.asp>

Self-Care/Coping Resources

52

- **Social Distancing, Quarantine, Isolation:**
SAMHSA Tip Sheet:
<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

SAMHSA
Substance Abuse and Mental Health
Services Administration

**TAKING CARE OF YOUR
BEHAVIORAL HEALTH**

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

Relaxation/Self-Care Resources

53

Meditation:

- Headspace is offering free meditations on their website and on their app
- The Insight Timer app has free guided meditations
- NYAPRS will offer a daily meditation at 8am M-F on YouTube, access via their site: <https://www.nyaprs.org/>

Online Yoga:

- Yoga with Adriene on Youtube - always free online
- YogaWorks - free online classes during this time

Online Exercise:

- Les Mills Free Workouts - during this time
- Pamela Reif on Youtube - always free
- Popsugar Fitness - always free
- Fitness Blender – selection of free workouts
- Planet Fitness free live workout sessions - during this time