Behavioral Health and Primary Care During and After COVID–19

MONDAY, JUNE 29, 2020 | 2:00–3:00 ET
1. PCC Announcements & Introductions  
   *PCC staff, Arthur Evans Jr.*

2. *Projected Deaths of Despair From COVID-19 report*  
   *Jack Westfall  
   Benjamin Miller*

3. Patient perspective  
   *Kelly Davis*

4. Moderated discussion  
   *All panelists*

6. Participant Q&A  
   *Arthur Evans Jr.*
Primary Care & COVID-19

Surveys

- Isolation, economic strain, and delayed care due to COVID-19 will mean serious behavioral health repercussions for patients in the long-term. Patients are reporting that strain now in their surveys.

- 32% of clinicians expect to see a dramatic increase in the prevalence of substance abuse

- 24% of clinicians expect to see dramatic increases in domestic violence among patients

- 74% of clinicians expect to see an increase in patients with mental health needs

- Over half (52%) of patients say they have trouble with feelings of isolation/loneliness

- Nearly half (48%) of patients say they are struggling with anxiety/depression
Today's Speakers

JACK WESTFALL, MD, MPH
Robert Graham Center

BENJAMIN MILLER, PsyD
Well Being Trust

KELLY DAVIS
Mental Health America

MODERATOR

ARTHUR C. EVANS JR
PhD
American Psychological Association
COVID-19 and our Mental Health
Benjamin F. Miller, PsyD
Well Being Trust

Jack Westfall, MD
Robert Graham Center
In the face of a global crisis, we are at a critical pivot point for mental health in our country and policy makers must rise to the challenge.

While progress has been made, work remains to be done.
PAIN IN THE NATION

Deaths from drugs, alcohol and suicide 1999 to 2025 (PROJECTED)

1999

PainInTheNation.org
Annual deaths from alcohol, drugs and suicide in the U.S., 1999-2018

Source: TFAH and WBT analysis of National Center for Health Statistics data
Mental illness is epidemic within the coronavirus pandemic

In the face of a global crisis, we are at a critical pivot point for mental health in our country and policymakers must rise to the challenge.

Benjamin F. Miller  Opinion contributor
Published 1:46 p.m. ET Apr. 8, 2020

The Science of Helping Out
During a crisis, the people who cope best are those who help others.

'We Carry That Burden.' Medical Workers Fighting COVID-19 Are Facing a Mental Health Crisis
PROJECTED DEATHS OF DESPAIR
from COVID-19
Our analysis

• The analysis builds on three sets of assumptions regarding (a) the economy, (b) the relationship between deaths of despair and unemployment, and (c) the geographic variation of the impact.
<table>
<thead>
<tr>
<th></th>
<th>Slow</th>
<th>Medium</th>
<th>Fast</th>
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</thead>
<tbody>
<tr>
<td><strong>2020</strong></td>
<td>9,859</td>
<td>9,333</td>
<td>8,343</td>
</tr>
<tr>
<td><strong>2021</strong></td>
<td>18,347</td>
<td>16,103</td>
<td>12,209</td>
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<tr>
<td><strong>2022</strong></td>
<td>15,879</td>
<td>11,840</td>
<td>5,832</td>
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<tr>
<td><strong>2023</strong></td>
<td>13,410</td>
<td>8,025</td>
<td>1,261</td>
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<tr>
<td><strong>2024</strong></td>
<td>10,394</td>
<td>3,973</td>
<td>-</td>
</tr>
<tr>
<td><strong>2025</strong></td>
<td>7,651</td>
<td>870</td>
<td>-</td>
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<tr>
<td><strong>2026</strong></td>
<td>7,103</td>
<td>316</td>
<td>-</td>
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<tr>
<td><strong>2027</strong></td>
<td>5,732</td>
<td>-</td>
<td>-</td>
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<tr>
<td><strong>2028</strong></td>
<td>4,086</td>
<td>-</td>
<td>-</td>
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<tr>
<td><strong>2029</strong></td>
<td>3,812</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>96,273</strong></td>
<td><strong>50,460</strong></td>
<td><strong>27,644</strong></td>
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Types of Recovery: Slow—Same as Great Recession; Medium—Twice as Fast; Fast—Four Times as Fast.
What can be done? (High level)

- Get people working
- Get people connected
- Get people facts
- Get people care
Thank you!

jwestfall@aaafp.org
ben@wellbeingtrust.org
MHA Screening ([www.mhascreening.org](http://www.mhascreening.org)): Nearly 5 Million Completed Screens

<table>
<thead>
<tr>
<th>Depression (PHQ-9)</th>
<th>Anxiety (GAD-7)</th>
<th>Bipolar (MDQ)</th>
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</thead>
<tbody>
<tr>
<td>PTSD (PC-PTSD)</td>
<td>Youth Screen (PSC-YR)</td>
<td>Parent Screen (PSC)</td>
</tr>
<tr>
<td>Alcohol and Substance Use Screen (CAGE-AID)</td>
<td>Psychosis Screen (Ultra-High Risk) (PQ-B)</td>
<td>Eating Disorders</td>
</tr>
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</table>
Mental Health and COVID-19: More Than 88,000 Impacted by Anxiety and Depression

➢ Since the beginning of the worry about COVID-19 in mid-to-late February, there have been at least 88,405 additional positive depression and anxiety screening results over what had been expected (using November 2019-January 2020 average as a baseline).

➢ There have been 54,093 additional moderate to severe depression and more than 34,312 additional moderate to severe anxiety screening results from late February through the end of May.

➢ The per day number of anxiety screenings completed in May was 370% higher than in January, before coronavirus stress began. The per day number of depression screens was 394% higher in May than in January.

➢ These impacts on mental health are more pronounced in young people (<25): roughly 9 in 10 are screening with moderate-to-severe depression, and 8 in 10 are screening with moderate-to-severe anxiety.
Mental Health and COVID-19: Thoughts of Suicide & Self-Harm at Epidemic Levels

➢ “Loneliness and isolation” is cited by the greatest percent of moderate to severe depression (73%) and anxiety (62%) screeners as contributing to mental health problems “right now.” These percentages have been steady since mid-April.

➢ Despite a dramatic jump in screeners in May (more than 211,945 versus 69,626 in April), severity continued to track equal to or higher than our pre-pandemic baselines.

➢ In May 2020, **21,165 depression screeners reported thinking of suicide or self-harm** on more than half of days to nearly every day, with 11,894 reporting these thoughts nearly every day.

➢ Special populations are also experiencing high anxiety and depression, including LGBTQ, caregivers, students, veterans/active duty, and people with chronic health conditions.

➢ This isn’t just affecting people with anxiety and depression, but other mental health conditions, too. Among psychosis screeners in May, more than 16,000 were at risk, and the percentage at risk (73%) also increased.
Peer Support and Peer Specialists

- People want information, DIY tools, connection to peers
- Peer support largely shifted online
- Support, navigation, skill building
- Can help fill gaps and reimagine future
For More Resources

• For MHA COVID-19 resources: https://www.mhanational.org/covid19
• For other mental health COVID-19 resources: https://psychhub.com/covid-19/
• To take a free mental health screen: https://screening.mhanational.org
Panelist Discussion