



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.*



thepcc.org/covid

COVID-19 Survey

Weekly survey results and analysis are posted here every Wednesday.

May 21, 2020

Primary Care & COVID-19: Week 10 Survey

May 13, 2020

Primary Care & COVID-19: Week 9 Survey

May 6, 2020

Primary Care & COVID-19: Week 8 Survey

April 30, 2020

Primary Care & COVID-19: Week 7 Survey

April 23, 2020

Primary Care & COVID-19: Week 6 Survey

1 of 2 [next >](#)



Are you a physician, nurse practitioner, or PA working in primary care?

Help PCC and the Larry A. Green Center track how your practice is responding to the COVID-19 outbreak by completing the Green Center's weekly survey.

Working in Primary Care?
Take The Survey!

Take the survey now (open until noon ET on Tuesday, May 26).

COVID-19 Updates

May 21, 2020

New Primary Care Survey Shows Practices in Trouble Now and in the Future

May 5, 2020 | New York Times

Doctors Without Patients: 'Our Waiting Rooms Are Like Ghost Towns'

May 4, 2020

Washington hospitals, community health centers face a new crisis: red ink

1 of 4 [next >](#)

Health Plan Honor Roll

Health plans that are offering support to primary care during the COVID-19 crisis

COVID-19 Resources

PCC Webinar: Primary Care's Role in Responding to COVID-19

UPMC Ready to Test for Coronavirus



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

PANELISTS



**JACK WESTFALL,
MD, MPH**

Robert Graham
Center



**BENJAMIN MILLER,
PsyD**

Well Being Trust



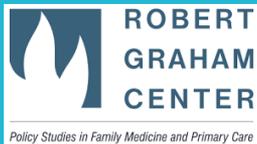
KELLY DAVIS

Mental Health
America



**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.

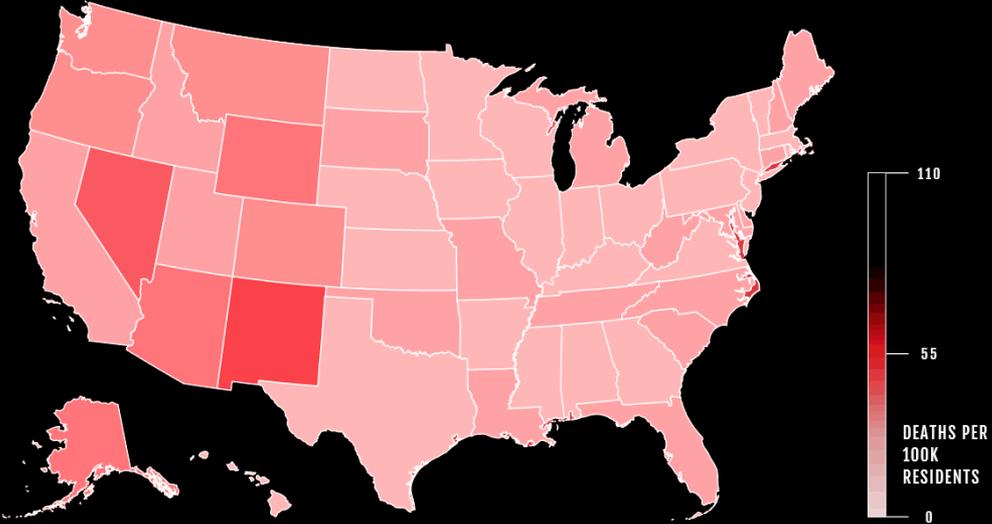




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PAIN IN THE NATION

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

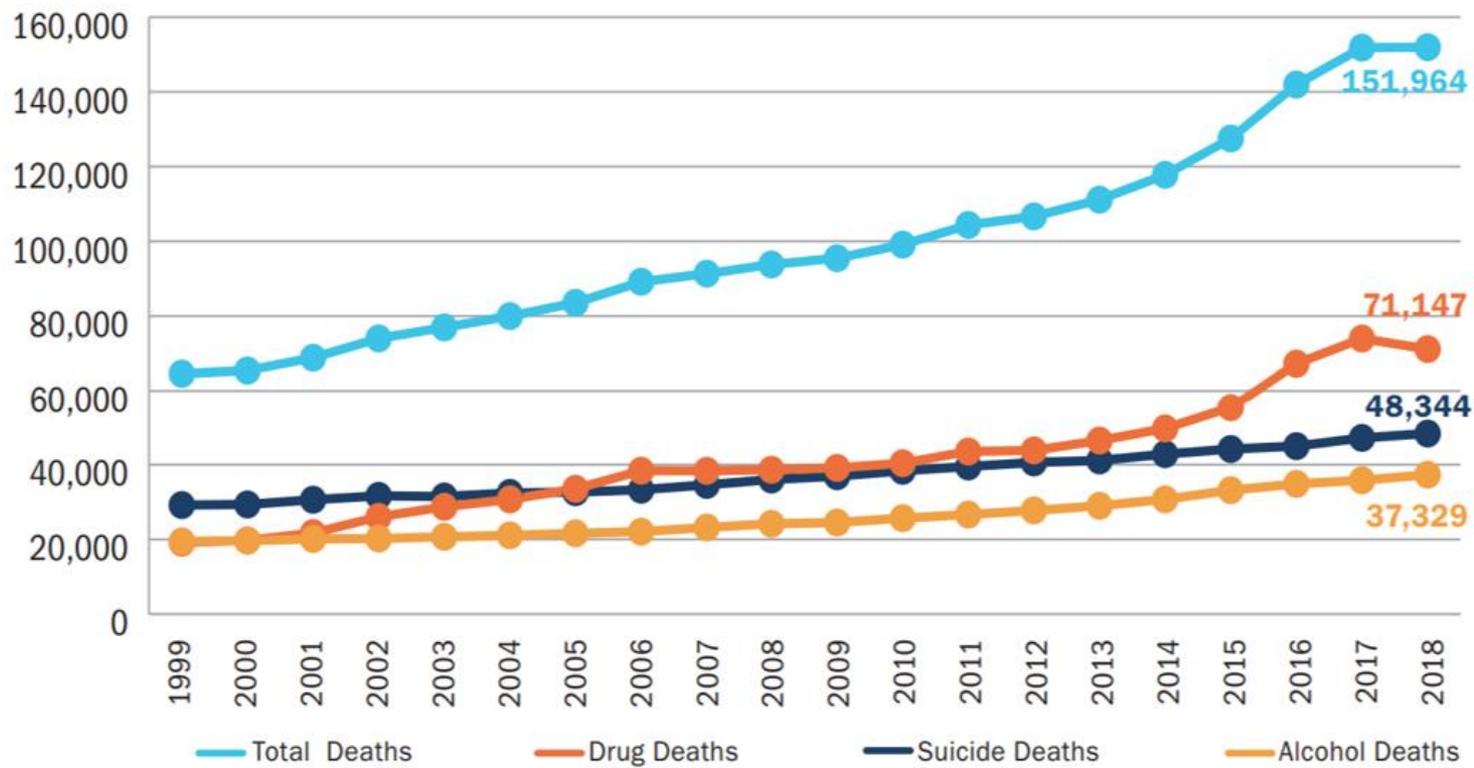


1999



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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





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OPINION This piece expresses the views of its author(s), separate from those of this publication.

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 New York Times

The Science of Helping Out

During a crisis, the people who cope best are those who help others.



HEALTH • COVID-19

'We Carry That Burden.' Medical Workers Fighting COVID-19 Are Facing a Mental Health Crisis



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PROJECTED DEATHS OF DESPAIR

from COVID-19



ROBERT
GRAHAM
CENTER

Policy Studies in Family Medicine and Primary Care



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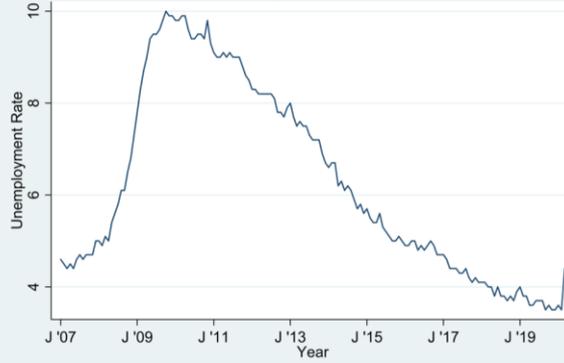
Our analysis

- 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



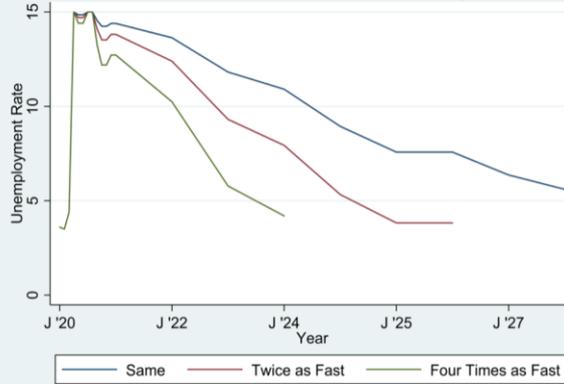
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Actual Unemployment Rate, 2007-2020



Data: Bureau of Labor Statistics

Alternative Durations of Recovery





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Table. Possible Additional Deaths of COVID-19 Recession on Deaths of Despair, Alternative Scenarios

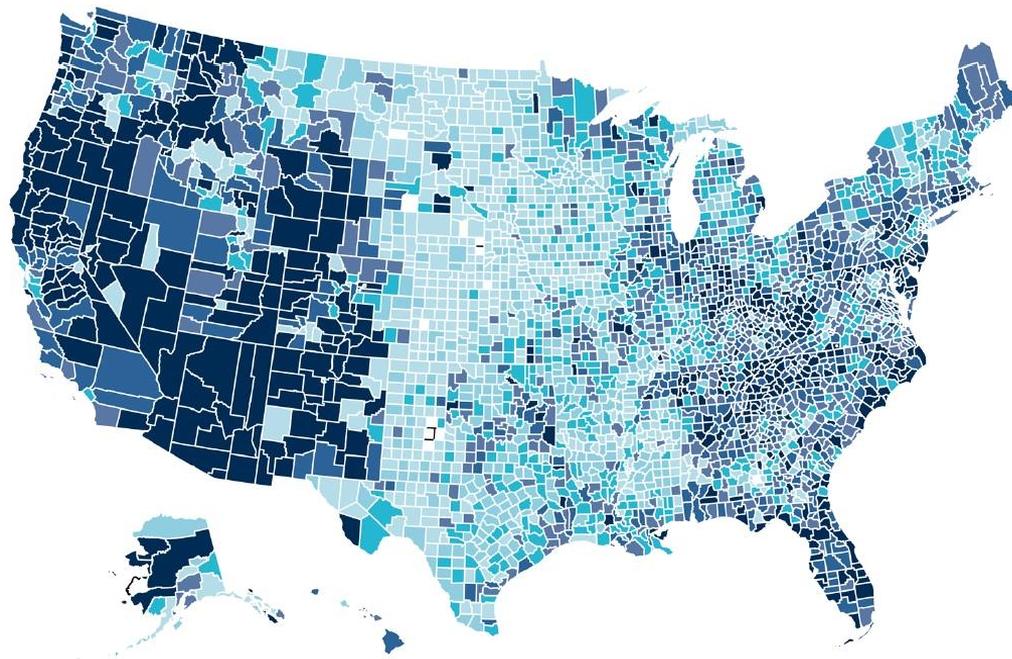
	Percent Change in Mortality with One Point Increase in Unemployment								
	1% increase			1.3% increase			1.6% increase		
	Slow	Medium	Fast	Slow	Medium	Fast	Slow	Medium	Fast
2020	9,859	9,333	8,343	12,817	12,133	10,846	15,774	14,932	13,349
2021	18,347	16,103	12,209	23,851	20,934	15,871	29,355	25,765	19,534
2022	15,879	11,840	5,832	20,642	15,392	7,581	25,406	18,944	9,331
2023	13,410	8,025	1,261	17,434	10,433	1,639	21,457	12,841	2,017
2024	10,394	3,973	-	13,512	5,164	-	16,630	6,356	-
2025	7,651	870	-	9,947	1,131	-	12,242	1,392	-
2026	7,103	316	-	9,234	411	-	11,365	506	-
2027	5,732	-	-	7,451	-	-	9,171	-	-
2028	4,086	-	-	5,312	-	-	6,538	-	-
2029	3,812	-	-	4,956	-	-	6,099	-	-
Total	96,273	50,460	27,644	125,155	65,598	35,937	154,037	80,735	44,230

Types of Recovery: Slow—Same as Great Recession; Medium—Twice as Fast; Fast—Four Times as fast.



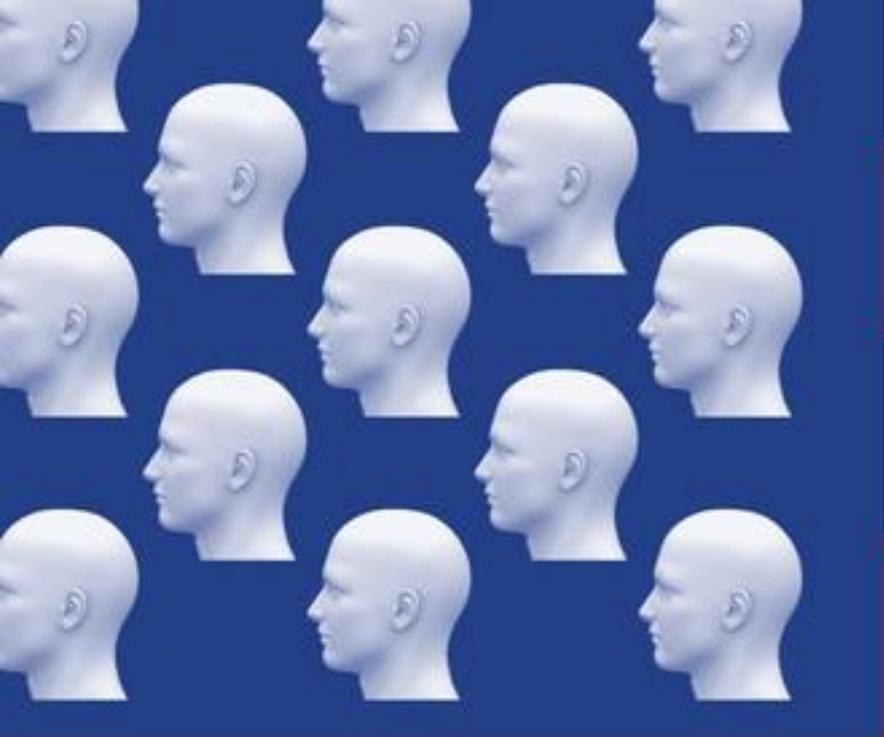
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ESTIMATED ADDITIONAL DEATHS OF DESPAIR, COUNTIES 2020-2029



Crude Rate per 100,000 ■ (9.22,37.27] ■ (6.90,9.22] ■ (5.08,6.90] ■ (3.62,5.08] ■ (1.73,3.62] ■ [0.00,1.73] □ No data

<https://wellbeingtrust.org/news/new-wbt-robert-graham-center-analysis-the-covid-pandemic-could-lead-to-75000-additional-deaths-from-alcohol-and-drug-misuse-and-suicide/>





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HEALING

THE NATION

Advancing Mental Health and Addiction Policy



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What can be done? (High level)

- Get people working
- Get people connected
- Get people facts
- Get people care



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Thank you!

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MHA Screening (www.mhascreening.org): Nearly 5 Million Completed Screens

Depression
(PHQ-9)

Anxiety
(GAD-7)

Bipolar
(MDQ)

PTSD (PC-
PTSD)

Youth Screen
(PSC-YR)

Parent
Screen (PSC)

Alcohol and
Substance
Use Screen
(CAGE-AID)

Psychosis
Screen (Ultra-
High Risk)
(PQ-B)

Eating
Disorders

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



Q&A