

COVID-19: Legal and Policy Strategies to Promote Mental Health

May 21, 2020

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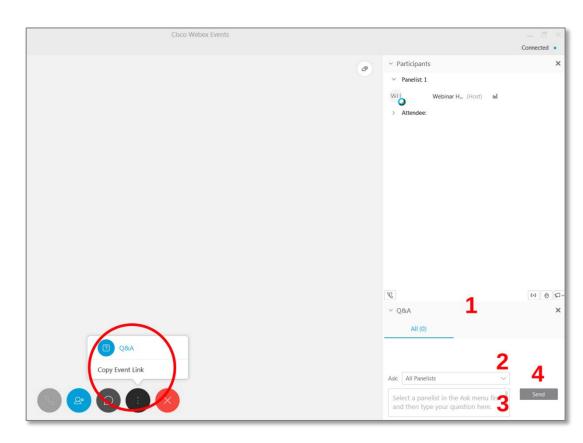






How to Use WebEx Q & A

- 1. Open the Q&A panel
- 2. Select "All Panelists"
- 3. Type your question
- 4. Click "Send"





Moderator



Kayleen Klarich, Marketing and Membership Manager, the Network for Public Health Law – National Office

- Areas of expertise:
 - Development and execution of marketing strategies
 - Management of organizational membership programs



Presenter



Jill Krueger, Director, the Network for Public Health Law – Northern Region Office

- J.D., University of Iowa College of Law
- Research interests/areas of expertise:
 - Mental health and well-being
 - Climate and health
 - Rural health
 - Agricultural and food law
 - Oral health



COVID-19: Legal and Policy Strategies to Promote Mental Health

Jill Krueger



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Plan for the Presentation

- » COVID-19 and Mental Health
- » Psychological First Aid
- » Crisis Counseling Program
- » Social Determinants of Mental Health
- » Access to Care and Tele-Mental Health
- » School Mental Health
- » Suicide Prevention
- » Post Traumatic Growth
- » Question and Answer



COVID-19 and Mental Health



Deaths/Illness

- Grief
- Recovery/ survivor guilt
- Anxiety

Closures

- Economic disruption & anxiety
- Isolation; lack of solitude; loss of freedom
- Online everything

Congregate Living

- Anxiety
- Isolation
- Ethical questions



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The Dual
Continuum
Model, Dr. Corey
Keyes
https://globalhealth.duke
.edu/sites/default/files/e
ventattachments/mental_he
alth_as_a_complete_sta
te - keyes_2014.pdf



Activities which Contribute to Flourishing

- » Interacting
- » Helping Others
- » Playing
- » Moving/ Physical Activity
- » Spiritual Activity
- » Learning Something New



Principles of Mass Trauma Intervention

- » Promote Sense of Safety
- » Promote Calming
- » Promote Sense of Self- and Collective Efficacy
- » Promote Connectedness
- » Promote Hope

Hobfoll et al., Five Essential Elements of Immediate and Mid-Term Mass Trauma Intervention: Empirical Evidence, Psychiatry (Winter 2007).





Parade Party

Join us for a

Signs of Hope

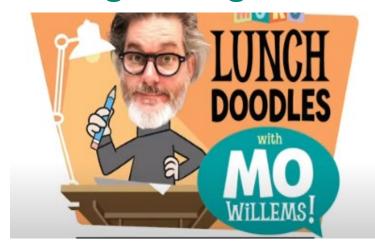
» "Social assistancing"

Gregory S. Schober, *Social Distancing, Social Assistancing, and Gubernatorial Executive Orders in the US*, JPHMP DIRECT, May 14, 2020, https://jphmpdirect.com/2020/05/14/social-distancing-social-assistancing-and-gubernatorial-executive-orders-in-the-us/

- » Dedicated hours for vulnerable community members at grocery stores, and hazard pay for workers
- » Car parade birthday parties, graduations, and weddings
- » Sidewalk chalk at nursing homes



Science is gonna get us out of this, but art is gonna get us through this. -- Mo Willems











Psychological First Aid







What is Psychological First Aid?

- » An evidence-informed approach to increase knowledge, skills, and abilities to support individuals and communities during and immediately following traumatic events.
- » A universal intervention, with particular applications for first responders, health care providers (including mental health providers), supervisors, teachers, care-givers, and parents



Elements of Psychological First Aid

- » Contact and engagement
- » Safety and comfort
- » Stabilization
- » Gather information on current needs/ concerns
- » Practical assistance
- » Connection with social supports
- » Provide information on coping
- » Linkage with collaborative services



Policy to Support Psychological First Aid

- » Preparedness and Emergency Response Learning Centers at Schools of Public Health developed training (CDC Funds)
- » Public Health Emergency Preparedness (PHEP) and Hospital Preparedness Program (HPP) cooperative agreement deliverables
- » Local health department and hospital/ health care system policies
- » Birkhead GS, Vermeulen K. Sustainability of Psychological First Aid Training for the Disaster Response Workforce. Am J Public Health. 2018.
- » National Child Traumatic Stress Network (21st Century Cures Act, SAMHSA funds)

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Other Workplace Strategies and Supports

- » Stress Management Training
- » Trauma-Informed Workplaces; e.g. San Francisco Health Department
- » Limitations on Hours
- » Sleep Coaching
- » Employee Assistance Programs
- » Farm and Ranch Stress Assistance Network
- » Farmer-Lender Mediation



Trauma Informed System Initiative (SFPHD)

Trauma Organized

Organizations impacted by stress, operating in silos, avoidant of issues and isolated in their practices or service delivery. These organizations can be trauma inducing.

Trauma Informed

These are organizations that develop a shared language to define, normalize and address the impact of trauma on clients and workforce. They operate from a foundational understanding of the nature and impact of trauma.

Healing Organization

Organizations where staff policies, procedures, services and treatment models apply an understanding of trauma embedded within them. Their approaches to providing services are trauma-shielding or trauma-reducing.

- Reactive
- · Reliving/Retelling
- · Avoiding/Numbing
- Fragmented
- Us Vs. Them
- Inequity
- Authoritarian Leadership
- Understanding of the Nature and Impact of Trauma and Recovery
- · Shared Language
- Recognizing Socio-Cultural Trauma and Structural Oppression
- Reflective
- Making Meaning Out of the Past
- Growth and Prevention-Oriented
- Collaborative
- Equity and Accountability
- Relational Leadership

From Trauma-Inducing to Trauma-Reducing

Trauma Informed Systems Program Overview, http://traumatransformed.org/wp-content/uploads/TIS-Program-Overview-11-15-17.pdf



Crisis Counseling Program





PRESIDENTIAL HEHORANDA

Memorandum on Authorizing the Crisis Counseling Assistance and Training Program for Major Disaster Declarations Related to Coronavirus Disease 2019



MEMORANDUM FOR THE SECRETARY OF HOMELAND SECURITY
THE ADMINISTRATOR OF THE FEDERAL EMERGENCY
MANAGEMENT AGENCY

SUBJECT: Authorizing the Crisis Counseling Assistance and

Training Program for Major Diseaser Declarations

Related to Coronavirus Disease 2019

By the authority vested in me as President by the Constitution and the laws of the United States of America, including the Robert T. Stafford Dissater Relief and Emergency Assistance Act, 42 U.S.C. 5121-5207 (the "Stafford Act"), it is hereby ordered as follows:







Social Determinants of Mental health



Emotional



Physical

Practical



Adverse Childhood Experiences

H. Res. 443

In the House of Representatives, U. S.,

February 26, 2018.

Whereas traumatic experiences affect millions of people in the United States and can affect a person's mental, emotional, physical, spiritual, economic, and social well-being;

Whereas adverse childhood experiences (ACEs) can be traumatizing and, if not recognized, can affect health across the lifespan and, in some cases, result in a shortened life span;

Whereas ACEs are recognized as a proxy for toxic stress, which can affect brain development and can cause a lifetime of physical, mental, and social challenges;

Whereas ACEs and trauma are determinants of public health problems in the United States such as obesity, addiction, Blog Post at
https://www.networkfor
phl.org/the_network_bl
og/2018/09/27/1034/co
ngress_points_to_local
communities_adoptin
g_trauma_informed_ap
proaches



Racism and Discrimination



FOR IMMEDIATE RELEASE: APRIL 19, 2020

CONTACT: Alicia McCauley, amccauley@cchr.nyc.gov, 212-416-0105

NYC COMMISSION ON HUMAN RIGHTS ANNOUNCES FORMATION OF COVID-19 RESPONSE TEAM TO ADDRESS INCREASED HARASSMENT AND DISCRIMINATION RELATED TO THE VIRUS

The response team, comprised of staff across the agency's law enforcement and community outreach teams, has taken action in 148 matters and is currently investigating 18 COVID-19-related cases*

NEW YORK—The New York City Commission on Human Rights today announces the formation of a COVID-19 Response Team to handle reports of harassment and discrimination related to the outbreak. The response team is comprised of staff from the Law Enforcement Bureau and the Community Relations Bureau working in coordination to quickly and efficiently track and respond to the sharp increase in reports of harassment and discrimination connected to the pandemic.



Access to Health Care



Ideas. Experience. Practical answer









CRISIS STANDARDS OF CARE

ISSUE Brief

COVID-19: Racial Disparities and Crisis Standards of Care

Introduction

Recent racial demographic data suggests huge racial disparities in COVID-19 infections and death. The COVID-19 pandemic has motivated states to develop Crisis Standards of Care (CSC) plans responsive to possible shortfalls in resources, such as ventilators. The emergence of these two circumstances (racial inequities) and CSC planning (anticipated resource shortfalls) raises the question of how CSC planning might incorporate growing racial justice concerns about COVID-19 and resource allocation. This issue brief examines evidence of racial disparities with respect to



Employment





Housing



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Access to the Outdoors and Nature





Access to Care and Tele-Mental Health



Before the COVID-19 crisis, America's infrastructure for mental-health and addiction services was fragmented, overburdened, and underfunded.

Benjamin Miller, chief strategy officer at Well Being Trust, on "The Coming Mental Health Crisis." *The Atlantic*, May 14, 2020.



Tele-mental Health

» Key Issues

Data privacy and security, reimbursement, licensure

- » Federal Response
- » State Response
- » Expanded Tele-mental Health after the Pandemic

Psychology Interjurisdictional Compact

Broadband access

» Resources

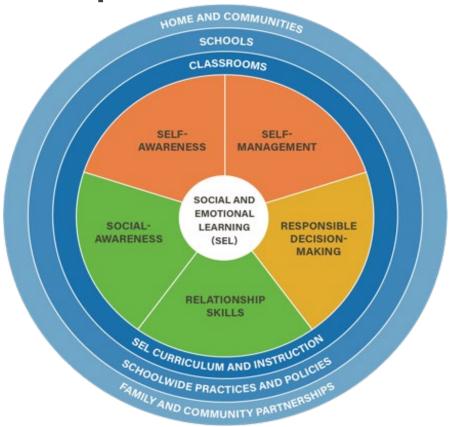
Center for Connected Health Policy



School Mental Health



Social and Emotional Learning/ Character Development



Social and Emotional Competencies Framework from CASEL, the Emotional Collaborative on Academic, Social, and Emotional Learning





The Mood Meter, from Marc Brackett, Permission to Feel



Austin School District SEL Resource Page





Mental Health in Health Education





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Trauma-Informed Schools





Mental Health First Aid Training for Teachers



State Board of Education

Marva Johnson, Chair Andy Tuck, Vice Chair Members Gary Chartrand Ben Gibson Tom Grady Michael Olenick Joe York

MEMORANDUM

TO: School District Superintendents

FROM: Hershel Lyons

DATE: June 29, 2018

SUBJECT: Youth Mental Health First Aid Training Pursuant to Senate Bill 7026

The Florida Department of Education (FDOE) announces, pursuant to section (s.) 1012.584, Florida Statutes (F.S.), Continuing education and inservice training for youth mental health awareness and assistance, the selection of evidenced-based Youth Mental Health First Aid (YMHFA) training. YMHFA consists of an eight-hour face-to-face course that facilitates mental health literacy and gives adults the necessary skills to interact with youth who are developing a mental health problem or experiencing a mental health crisis, including helping adults working with youth identify, understand and respond to signs of mental illness.

Pam Stewart Commissioner of Education

Contact Information:

Monica Verra-Tirado, Ed.D.

850-245-0475

Monica.Verra-Tirado@fldoe.org

DPS: 2018-102



Access to Books



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Winning COVID-19 children's books address facts, emotions surrounding pandemic

By Rebecca Baggett | Emory Report | May 18, 2020

When Jeffrey Koplan's grandchildren began asking him questions about COVID-19, he was inspired to help provide answers — not just for them, but for all kids. Koplan serves as vice president for global health at Emory and founded the Emory Global Health Institute, which launched a competition for a children's e-book about the pandemic.

In keeping with EGHI's 13-year history of bringing diverse disciplines together to tackle global health issues, the competition called for e-books that could help explain the pandemic and the changing behaviors that have come with it in a way that would appeal to children ages 6-9. The competition was announced April 14, with submissions due by April 29. While EGHI marketed the competition widely, organizers never expected that 486 participants would register and that 260 of those would submit books.



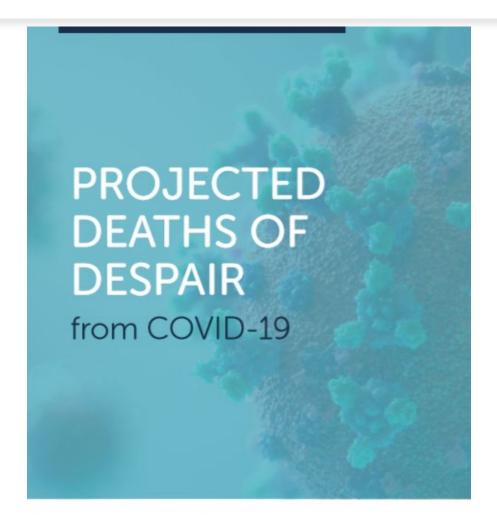
by Beth Bacon and Kary Lee

In "COVID-19 Helpers," the winning story, Seattle-based author and illustrator Beth Bacon and Kary Lee describe how people from all walks of life are helping to fight the virus.



Suicide Prevention













98

National
Suicide Hotline
Designation
Act





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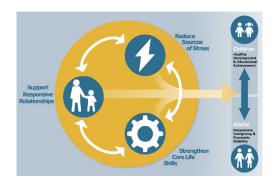


Post Traumatic Growth





Principles to Improve Outcomes



Harvard University Center on the Developing Child

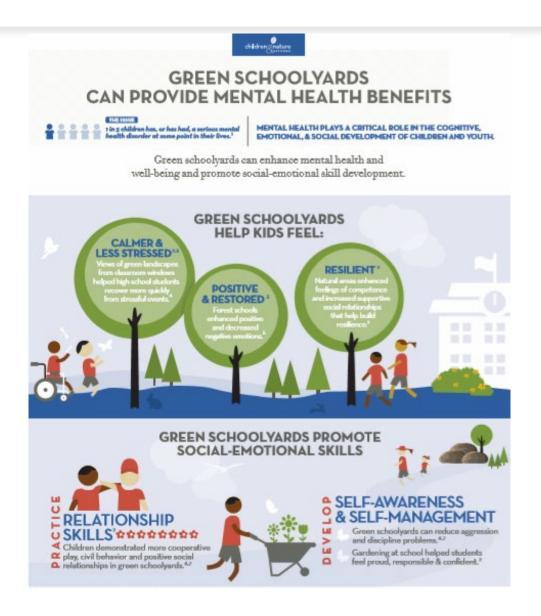


High Quality, Universal Pre-Kindergarten



National Institute for Early Education Research





A Civilian
Conservation
Corps for the
21st Century?

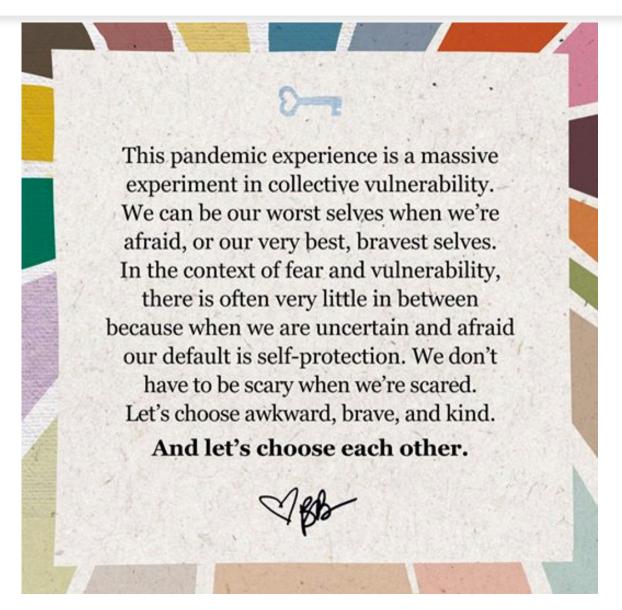


Just Right . . .



The Three Bears, Paul Galdone







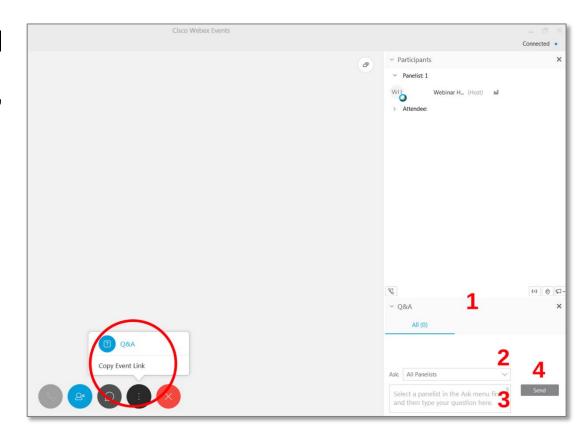
Contact Me:

Jill Krueger jkrueger@networkforphl.org 952-452-9705



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Thank you for attending

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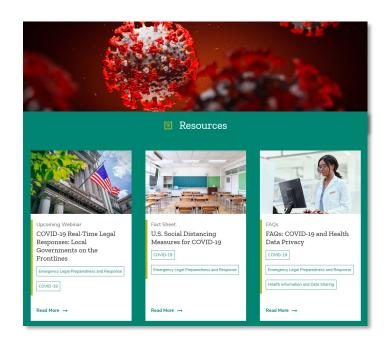
COVID-19: Navigating Public Health Emergency Legal Responses Underlying Re-opening State/Local Economies

1:00 - 2:00pm EST | May 28

COVID-19: Real-Time Guidance, Resources and Information

View resources & request assistance at networkforphl.org/covid19







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