



COVID-19 Behavioral Health Task Force Report

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COVID19 BH Task Force 4 Strategic Priorities

A Behavioral Health Taskforce lead by AHCCS and ADHS that is multidisciplinary and multi-jurisdictional coming together throughout the pandemic to develop implementation steps to reduce the burden on our healthcare system

COVID19 BH Task Force: 4 Strategic Priorities

1. Implement efforts to increase resiliency amongst all Arizonans with specific targeted strategies for populations at risk of/with behavioral health needs
2. Ensure access to crisis, outpatient and other BH services/levels of care
3. Evaluate and enhance first responder and health care provider support services
4. Provide best practice resources for BH providers on how to minimize risk of COVID transmission

Increase Resiliency of Arizonans

1. Address the needs of all Arizonans experiencing life changes due to COVID-19
 - ADHS and ASU Center for Mindfulness, Compassion and Resilience-daily webinars for continuing mindfulness practice and support
2. Address the needs of school aged children and their families
 - PAXIS Institute: PAX GBG and other efforts to support teachers
 - BH in schools: leveraging telehealth and remaining socially connected while physically distancing
3. Address the needs of Arizonans experiencing loss during COVID-19
 - Compassion and end of life support: HOV is offering bereavement webinars and tips to memorialize and celebrate loved ones
4. Suicide prevention: targeted efforts for at-risk groups-ADHS and AHCCCS partnership

Ensure Access to Crisis, Outpatient and other BH Services/Levels of Care

1. Maintain Statewide BH Crisis System with enhanced targeted approach to address concerns re COVID-19
 - Addition of 211 COVID-19 Hotline operated by the Crisis Response Network (CRN)
2. Maintain access to outpatient BH services while physically distancing to limit the spread
 - Expanded services available via telehealth/telephonically
 - Public media/messaging campaign
 - BH utilization tracking

Evaluate and Enhance Support Services for First Responders and Health Care Providers

- FEMA Crisis Counseling Assistance and Training Program Grant-AHCCCS/ADHS Grant Response due 5.14.2020
 - The mission of the Crisis Counseling Assistance and Training Program (CCP) is to assist individuals and communities in recovering from the challenging effects of natural and human-caused disasters through the provision of community-based outreach and psychoeducational services.
 - Short term disaster relief Grant to support community based outreach and individual needs assessment that includes the identification of serious emotional distress
 - Individual Counseling
 - Group Counseling
 - Brief Educational Supportive Contacts
 - Public Education Meetings
 - Assessment, Referral and Resource Linkage
 - Community Networking and Support

AHCCCS SAMHSA Grant Award

- AHCCCS awarded 2 million SAMHSA Emergency COVID-19 Grant on April 16, 2020
 - Limited dollars to support discharging Members from hospitals who are at risk for COVID and cannot return home or to a residential setting and would allow some of the funds for recovery housing
 - Implementation beginning in April 2020

Provide best practice resources for BH providers on how to minimize risk of COVID transmission

1. Disseminate ADHS and County resources
2. Disseminate BH specific resources
 - Arizona specific developed protocol
 - Inpatient units managing T36
 - National resources including SAMHSA

Thank You.

General Resources

- [ADHS & ASU Center for Mindfulness, Compassion and Resilience](#)
- [American Medical Association - Managing Mental Health During COVID-19](#)
- [American Psychiatric Association - COVID-19 Resources](#)
- [American Psychiatric Nurse Association - COVID-19 Tips and Resources for Psychiatric-Mental Health](#)
- [ArizonaTogether.org](#)
- [Arizona Adverse Childhood Experience Consortium-COVID-19 Resources Hospice of the Valley Virtual Support Groups for Grief & Loss](#)
- [HHS - Considering Faith, Community and Mental Health During the COVID-19 Crisis](#)
- [SAMHSA Coronavirus \(COVID-19\) Guidance and Resources](#)
- [ACL Coronavirus disease 2019 \(COVID-19\) Guidance and Resources](#)
- For Doctors, By Doctors - a hotline for fellow Physicians to offer peer support to each other: 1-888-409-0141
8:00 am-12:00 midnight EST 7 days a week
- [Health Current - AZ Health Information Exchange](#)
- [COVID-19 Healthcare Planning Checklist](#)
- [CMS COVID-19 Long-Term Care Facility Guidance](#)

General Resources

Articles

- [The Grief Over Canceled Milestones Is Real. Here's How to Cope](#)
- [Harvard Business Review, That Discomfort You're Feeling is Grief](#)
- NASMHPD- Peer-Led Recommendations for Supporting Individuals Receiving Care in State Psychiatric Facilities during the COVID-19 Crisis
- Substance Abuse and Mental Health Services Administration (SAMHSA)- Intimate partner violence and child abuse during COVID-19
- [The Opioid Crisis and the Black/African American Population: An Urgent Issue](#)
- [After Incarceration: A Guide To Helping Women Reenter the Community](#)
- [How COVID-19 may increase domestic violence and child abuse](#)

Virtual support group meetings

- [Alcoholics Anonymous](#)
- [Narcotics Anonymous](#)
- [Al-Anon](#)
- [Smart Recovery](#)
- [Life Ring Secular Recovery](#)

Teacher/Educator/Parent Resources

- [National Center for School Mental Health: \(NCSMH\)](#)
- If you are in crisis, call the [National Suicide Prevention Lifeline](#) at 1800 273-TALK (8255) or contact the Crisis Text Line by texting TALK to 741741
- Chat: [Suicide Prevention Lifeline Chat](#)
- Many counselors or other behavioral health professionals may be available through telehealth services
- The [American Foundation for Suicide Prevention](#) has great resources specific to mental health and COVID-19 (talking points, radio PSA, social sharing, guidance, etc)
- Some important tips from the American Foundation for Suicide Prevention:
 - Stay focused on what you can control
 - Limits news intake
 - Stick to a daily routine
 - Stay connected to the people you care about
 - Reach out when you are feeling lonely
 - Check in on older neighbors
- The national [Disaster Distress Helpline](#) is available to anyone experiencing emotional distress related to COVID-19. Call 1-800-985-5990 or text TalkWithUs to 66746 to speak to a caring counselor.
- SAMHSA's "[Coping With Stress During Infectious Disease Outbreaks](#)" page outlines the signs of stress and steps you can take to alleviate stress.
- [AHCCCS - Suicide Prevention website](#)
- For veterans, resources include the [Be Connected Support Line 1-866-4AZ-VETS \(429-8387\)](#), and the [Veterans Crisis Line](#) 1-800-273-8255 and press 1
- For LGBTQ youth, [The Trevor Lifeline 1-866-488-7386](#) or text "TREVOR" to 678-678 provides 24/7 support
- [Resources by County](#)

Telehealth Resources

- [CMS Toolkit](#)

Webinars

[The Science of Happiness, Health & Well-being during COVID-19](#) May 1st at 2pm

[Combating Social Isolation for Seniors during the COVID-19 Pandemic](#) May 7th at 1pm