



Central East (HHS Region 3)

**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# COVID and Post-Trauma Care Part 1

Supports for Transitioning Young Adults Impacted  
by COVID-19 and other Traumas

December 7, 2020



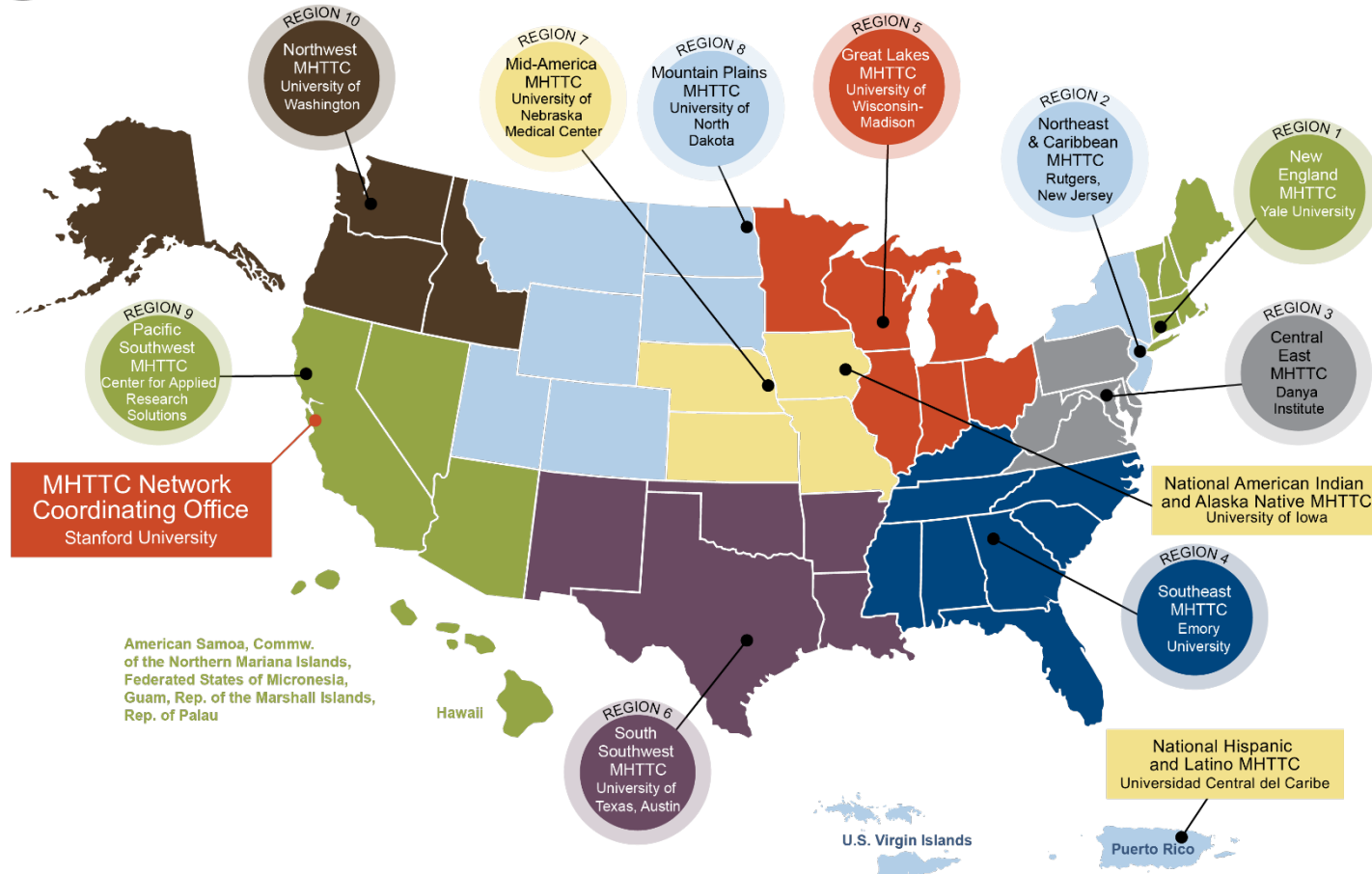
# MHTTC Network



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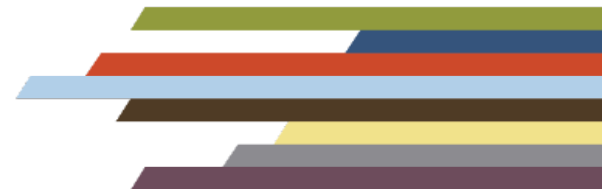


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MHTTC

# MHTTC Purpose

The MHTTC Network vision is to unify science, education and service to transform lives through evidence-based and promising treatment and recovery practices in a recovery-oriented system of care.



# Central East MHTTC Goals

## Funded by SAMHSA to:

- **Accelerate** the adoption and implementation of mental health related evidence-based practices
- **Heighten** the awareness, knowledge, and skills of the behavioral health workforce
- **Foster** alliances among culturally diverse practitioners, researchers, policy makers, family members, and consumers
- **Ensure** the availability and delivery of publicly available, free of charge, training and technical assistance

# Central East Region

## HHS REGION 3

Delaware

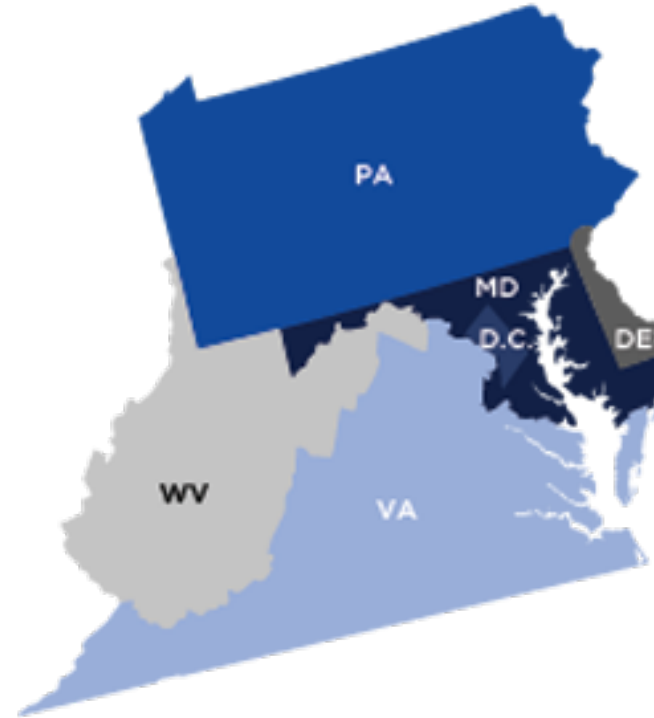
District of Columbia

Maryland

Pennsylvania

Virginia

West Virginia



# The series . . .

## COVID and Post-Trauma Care Series

December 7, 2020 - 2:00 – 3:00 pm (Eastern Time)

**Part 1: Supports for Transitioning Young Adults impacted by COVID-19 and other Traumas**

January 11, 2021 - 2:00 – 3:00 PM (Eastern Time)

**Part 2: Supports for Individuals with Serious Mental Illnesses and/or Co-Occurring Disorders Impacted by COVID-19 and Other Traumas**

January 25, 2021 - 2:00 – 3:00 PM (Eastern Time)

**Part 3: Supports for First Responders Impacted by COVID-19 and Other Traumas**

**Community  
of Practice  
Discussions  
Follow Each  
Webinar**

# Today's Presenters

***Philip Rainer, MSW, LCSW-R, SAP***  
**Senior Program Associate**  
**Advocates for Human Potential**



***Tara Fischer, M.S.W., LICSW***  
**Senior Program Associate**  
**Advocates for Human Potential**



# Today's Objectives

- Describe three ways in which COVID-19 and other traumatic experiences are impacting the mental health of transition aged young adults.
- Identify multiple resources young adults find effective and preferable to manage their health and well-being.
- Identify strategies to connect young adults with resources to support successful transitions to adulthood.



# Overview

COVID-19, political polarization, and racial violence can result in behavioral health problems including trauma responses.

## COVID-19 Challenges

- Change in routines
- Employment or educational challenges
- Break in continuity of health care
- Missed significant life events
- Loss of security and safety

# Poll Question

In what way has COVID-19 impacted your well-being?

- No significant impact
- Significant negative impact
- Significant positive impact
- Both a significant positive and negative impact

# Transition Aged Young Adults

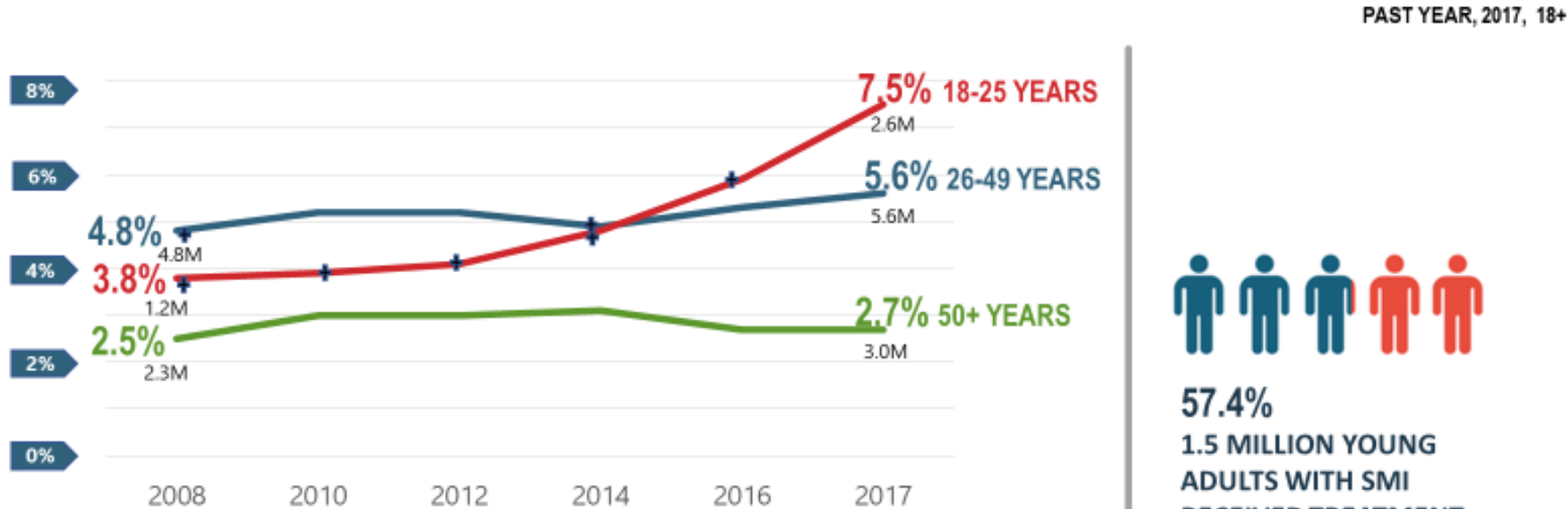
## Context – Roughly ages 16 - 25

- Age of onset for many behavioral health disorders
- BH disorder rates rising since WW II\*
- Experimentation and binge use of substances
- Sense of Invulnerability/Risk taking
- Pleasure seeking/Social risk taking
- Transition: Dependence to Independence

[The Journal of the American Medical Association](#)

# National Survey on Drug Use and Health-2018

## Serious Mental Illness (SMI) among Young Adults Rising and Treatment Increased Compared to Prior Years



**57.4%**  
**1.5 MILLION YOUNG ADULTS WITH SMI RECEIVED TREATMENT**  
 Higher than 2015 (50.7%) and 2016 (51.5%), but 42.6% get NO treatment

[SAMHSA NSDUH Reports](#)

See figure 49 and table A.46 in the 2017 NSDUH Report for additional information.

+ Difference between this estimate and the 2017 estimate is statistically significant at the .05 level.



# Trauma

- Severe psychological **distress following any terrible or life-threatening event.**
- **Symptoms** may include:
  - Severe Anxiety
  - Anger
  - Sadness
  - Survivor's guilt
  - Acute Stress Disorder
  - Post-Traumatic Stress Disorder



# Post Traumatic Stress Disorder & Acute Stress Disorder

## PTSD

- Intrusion Symptoms
- Negative mood
- Dissociative Symptoms
- Avoidance
- Arousal
- Duration more than one month

## ASD

- Intrusion Symptoms
- Negative Mood
- Dissociative Symptoms
- Avoidance
- Arousal
- Duration 3 days to one month after traumatic event

# Trauma and COVID-19

- Serious life-threatening illness impacting the individual, friends, or family
- Death of family members and/or friends
- 24/7/365 news cycle repeating shockingly high numbers of infections, hospitalizations, death
- Inconsistent messaging about self-care
- Feelings of helplessness, anxiety, and despair

[Janiri D, Moser DA et al](#)

# The Impact of COVID-19

## 2020 CDC Study-June

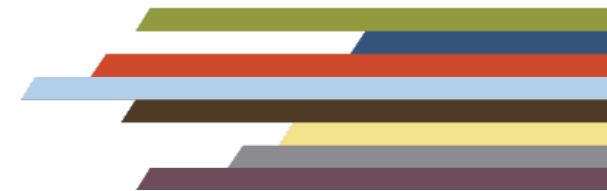
- US adults show negative mental health effects
- Especially negative for young adults, racial/ethnic minorities, essential workers, unpaid adult caregivers.





# Prevalence of Adverse BH outcomes

18- to 25-Year-Olds	
Anxiety Disorders	49.1%
Depressive Disorder	52.3%
Anxiety or Depressive Disorder	62.9%
COVID-19 related TSRD	46.0%
Started or increased Substance Use	24.7%
<u>Seriously</u> Considered Suicide	25.5%
One or more BH symptom	74.9%



# Social Isolation



MHA screenings between April and September 2020, **70% reported that loneliness or isolation was the top contributing factor to mental health issues**, followed by past trauma (46.1%) and relationship problems (42%)

September 2020 anxiety screens up 634% over January 2020

Depression screens up 873%

Suicidal Ideation and thoughts of self-harm highest among youth-over 50% of 11- to 17-year-olds

[Mental Health America](#)

# Isolation and Substance Misuse

- Boredom and loneliness are risk factors
- Anxiety and Depression are risk factors
- Increased risk of overdose
- Nobody to administer naloxone
- Support groups not meeting in person
- On-line relationships may be new and not as engaged.
- Substance misuse is a risk factor for mental health disorders

# Employment Factors

- Job loss and financial stress
- Essential workers-fear of infection
- Food service industry- Job loss and high infection risk
- Difficulty finding employment with shutdowns
- Change in hiring, interviewing, and on-boarding procedures often online and unfamiliar
- Unstructured time leads to boredom and BH risk factors

# Educational Issues

## UNCERTAINTY!

- Living on campus or staying home?
- On-line or in person classes?
- Are my required classes being taught?
- Do I return after Thanksgiving or stay home?
- Do I hang out with new friends or keep social distance?
- Are masks really helpful or not?

## LOSS!

***This isn't what anyone wanted for a learning experience.***

# Grief and Loss

- Little experience coping with loss
- Losses include
  - Loved ones
  - Planned College experience
  - Identity as student, athlete
  - Employment opportunities
  - Security

*Most resolve grief, but for some it leads to depression.*

# Managing COVID Stress

- ✓ Learn about COVID-19
- ✓ Help Stop the Spread
- ✓ Socialize from a distance
- ✓ Find ways to relax
- ✓ Keep a schedule
- ✓ Avoid alcohol and drugs
- ✓ Talk with someone you trust

# Age Group Resources

- [JED Foundation](#)
- [To Write Love On Her Arms](#)
- High school and college campus counseling centers
- [National Suicide Prevention Lifeline \(NSPL\)](#)
- [Active Minds](#)



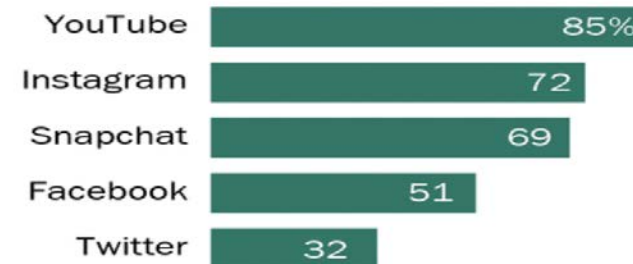
# Youth Online Habits

- Some researchers suggest that time on social media, is contributing to the growth in teen anxiety and depression.
- Young people themselves experience social media as both positive and negative.

[PEW Research Center](#)



*% of 13- to 17-year-olds who say they use ...*



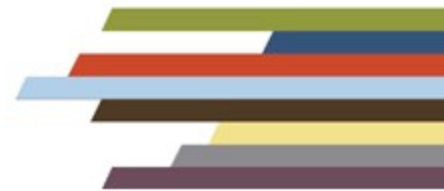
# Leverage Technology Skills

- Social Media Resources
- Online telemental health counseling services
- [PsyberGuide](#) reviews mental health apps quality and usefulness

# Peer Support

- [Youth MOVE National Peer Resources for Coronavirus & Social Distancing](#)
  - [Text Talk Act - Coping During COVID-19](#) - APA text messaging activity for teens. Text APA to 89800 for a series of text messages with tips on how to take care of your mental health and talk with your parents
  - [Yale's 'Happiness' Course is Free Online](#) - Create Coursera account (free) to access
  - [Teen Line Online](#) - or get the Teen Talk App - text TEEN to 839863
- **YouthLine** - confidential, peer-to-peer helpline for ages 13 to 21
  - **CALL:** 877-968-8491 /
  - **TEXT:** 'teen2teen' to 839863
  - **CHAT:** Online
- - [NAMI Basics Free 6 Lesson Class OnDemand](#) - peer to peer support for family members

# Questions



# Evaluation



## [Evaluation Link](#)

Once you complete the evaluation, you will be directed to the resource page and certificate request form.

# Appreciation



# Contact Us



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*a program managed by*



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