



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 2

Supports for Individuals with Serious Mental
Illness and/or Co-occurring Disorders Impacted
by COVID-19 and other Traumas

January 11, 2021

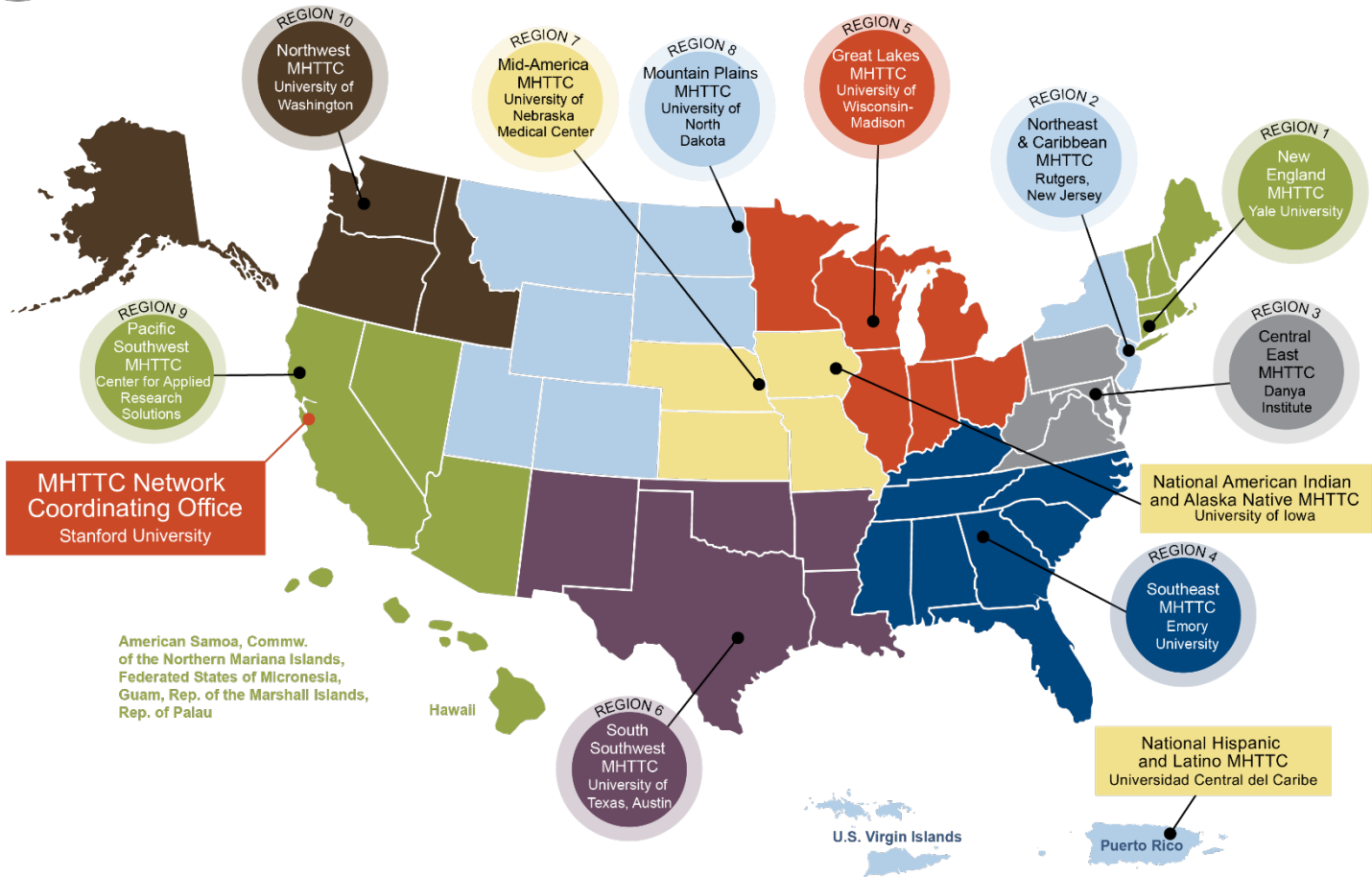
MHTTC Network



MHTTC

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

MHTTC Network



Central East (HHS Region 3)

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

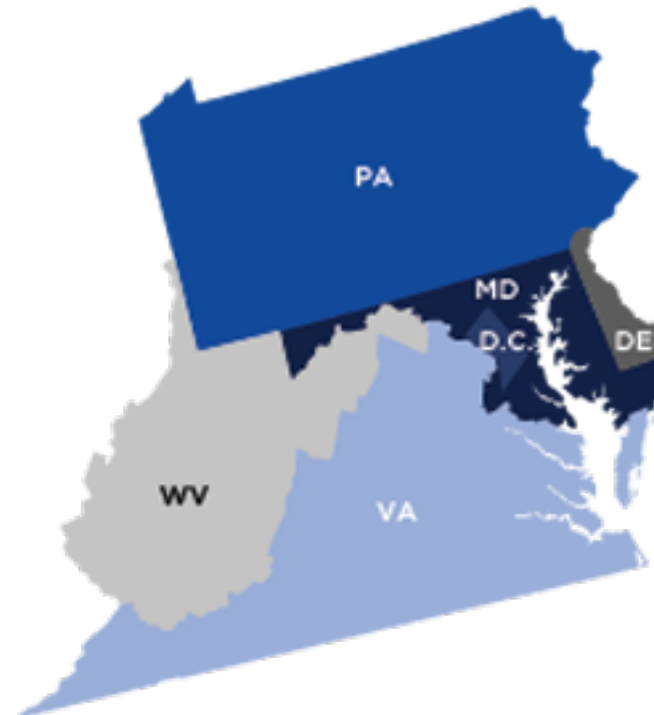
District of Columbia

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



Pat Tucker, MBA, MA
Senior Program Manager
Advocates for Human Potential



Today's Objectives

- Describe how COVID-19 and other traumatic experiences are impacting adults with serious mental illness (SMI) and/or those with co-occurring substance use disorders (SUD)
- Identify resources effective in supporting their health and well-being when in-person supports are less available
- Recognize person-centered and strengths-based strategies to reinforce proactive and protective actions essential for this adult population with long-standing recovery challenges

Serious Mental Illness (SMI)

Serious Mental Illness

- Estimated 13.1 million adults (18+)-5.2% US population
- General Criteria
 1. Adults age 18 and older;
 2. Who currently or at any time in the past year have had a diagnosable mental, behavioral, or emotional disorder
 3. And resulting in substantial impairment in carrying out major life activities.

[2019 SAMHSA National Survey](#)



Central East (HHS Region 3)

MHTTC

Substance Use Disorders

Addiction

- Chronic, relapsing disorder
- Compulsive drug seeking and use
- Adverse consequences

[NIDA \(2020\)](#)

Co-occurring Disorders



Comorbidity

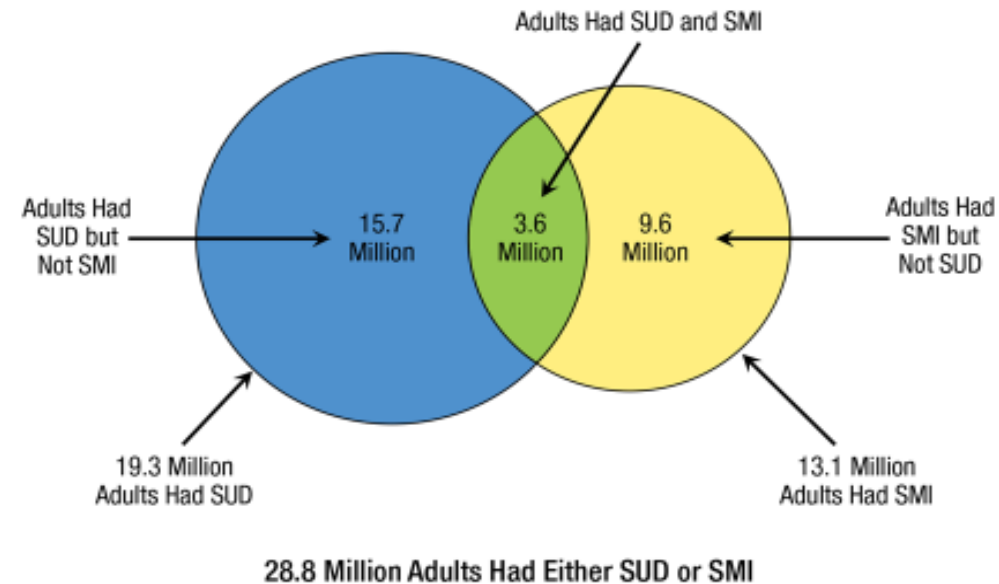
- Two or more disorders affecting an individual at the same time.
- 3.6 million adults in the US have both SMI and SUD

[SAMHSA Survey Results \(2019\)](#)

Co-occurring SMI/SUD – NSDUH 2019

FFR1.58

Past Year Substance Use Disorder (SUD) and Serious Mental Illness (SMI) among Adults Aged 18 or Older: 2019



58

SAMHSA
Substance Abuse and Mental Health
Services Administration

Quiz

- How are people with SMI/SUD you work with or have worked with being impacted by COVID-19 and how could they deal with it?
- What resources might be helpful in supporting health and well-being in the absence of in-person support?
- What strength-based strategies would you recommend to persons with long-term recovery challenges in dealing with COVID-19?

SMI and Increased Risk of COVID Infection

Disorder	Risk Factor
Depression	10.43 times greater
Schizophrenia	9.89 times greater
Bipolar	7.69 times greater
ADHD	7.31 times greater

[World Psychiatry \(2020\)](#)

SMI and Rate of Hospitalization and Death

Hospitalization

- COVID-19 without SMI: 18.6%
- COVID-19 with SMI: 27.4%

Death

- COVID-19 without SMI: 4.7%
- COVID-19 with SMI: 8.5%



[World Psychiatry \(2020\)](#)

SUD and Increased Risk of COVID-19

Likelihood of COVID-19 and Recent SUD vs. No SUD diagnosis

- Recent Opioid Use Disorder diagnosis-10.2 times more likely
- Recent Tobacco Use Disorder Diagnosis-8.2 times more likely
- Recent Alcohol Use Disorder Diagnosis-7.8 times more likely
- Cocaine Use Disorder Diagnosis-6.5 times more likely
- Cannabis Use Disorder Diagnosis-5.3 times more likely

[NIDA \(2020\)](#)

SUD and Rate of Hospitalization and Death

Hospitalization

- COVID-19 without SUD: 30%
- COVID-19 with SUD: 41%

Death

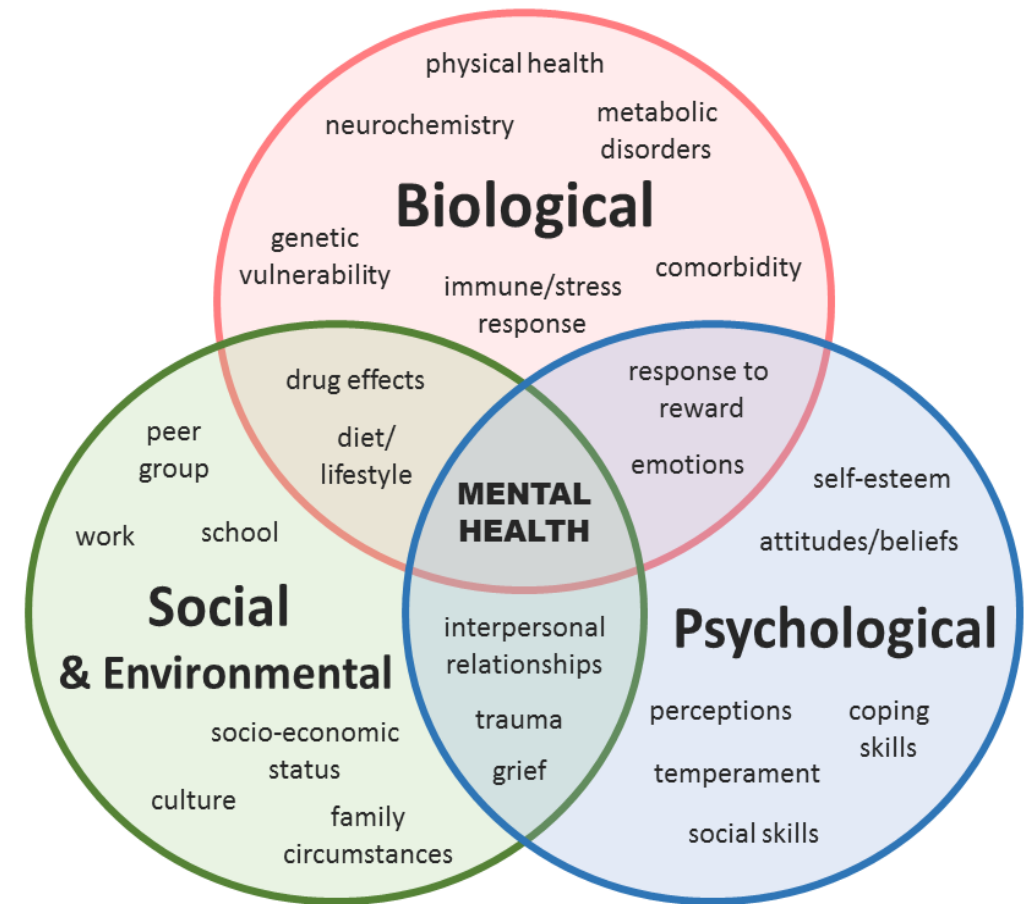
- COVID-19 without SUD: 6.6%
- COVID-19 with SUD: 9.6%

[NIDA \(2020\)](#)



Biopsychosocial Perspective - COVID-19 and SMI/SUD

Critically, it is now generally accepted that illness and health are the result of an interaction between biological, psychological, and social factors.”



[Clinical Rehabilitation \(2017\)](#)

[Open Learning](#)

Biological Factors

- Compromised breathing: Smoking, Opioid use
- Suppressed immune function: Chronic stress and cortisol
- Obesity
- Diabetes
- Lifestyle factors

[Journal of Psychosomatic Research \(2017\)](#)

Underlying Medical Conditions Increase Risk

- Cancer
- Chronic kidney disease
- COPD
- Heart conditions
- Immunocompromised state
- Obesity
- Pregnancy
- Sickle Cell disease
- Smoking
- Type 2 diabetes

[CDC \(2019\)](#)

Common Medical Co-morbidities and SMI

- Heart Disease
- Diabetes
- COPD
- Smoking
- Cancer
- Obesity
- Chronic Kidney Disease
- Asthma
- Substance Use Disorder

[World Psychiatry \(2020\)](#)

SUDs and Medical Risks

- Opioids compromise respiration
- Can lead to reduced blood oxygen, harming the brain, heart, and lung health.
- Drug seeking increases risk of contracting infectious diseases.
- Tobacco use by smoking and vaping damages lung health.
- Due to stigma, more reluctant to seek all kinds of medical care.

[NIDA \(2020\)](#)

Psychological Factors

- Trauma of COVID itself.
- Grief and loss
- Depression
- Anxiety
- Paranoia
- Poor Decision Making and Coping Strategies
- Cognitive impairment
 - Limited comprehension of safety protocols
 - Difficulty organizing behavior to practice safety protocols

Trauma and SMI

- Traumatic life events common in persons with SMI
- High rates of PTSD
 - Avoidance
 - Overarousal
 - Re-experiencing trauma
 - Re-traumatization
 - Substance Abuse
 - Difficulties with interpersonal relationships

[Schizophrenia Research \(2002\)](#)

Social Factors

- Increased isolation
- Congregate living-Hospital, community residences, jail/prison, shelters, homeless encampments
- Telehealth: Can't access on-line counseling without Wi-Fi, smartphone, data
- Public Transportation-increased exposure
- Loss of supported employment: Financial and Social loss
- Fear of backslide to where I started without SSI/SSDI check
- Day treatment closed
- Clubhouse closed

Homelessness, SMI/SUD and COVID-19

Mental Illness and Substance Use

- About 30% of people who are chronically homeless have mental health conditions.
- About 50% have co-occurring substance use problems
- Over 60 % have experienced **lifetime** mental health problems
- Over 80% have experienced **lifetime** alcohol and/or drug problems

[SAMHSA \(2011\)](#)

Increased Vulnerability – Homelessness

More Vulnerable

- Diminished health conditions
- Higher rates of chronic illnesses
- Compromised immune systems
- Less access to healthcare providers, testing, and appropriate follow-up care.
- Greater risk of infection
- Greater difficulty following recommendations to prevent COVID-19
- Worthlessness, Invisible People

[CDC \(2019\)](#)

[Psychiatry Research \(2020\)](#)

Resources Supporting Health and Well-being

- Telehealth services: Phone and On-line
- Outreach calls
- After hours crisis and support services
- Hotlines and warmlines
- Peer support services
- Websites
- Apps
- Physical Activity-outside If possible

Wellness and Recovery Resources

SAMHSA

The National Disaster Distress Helpline (call 1-800-985-5990 or text TalkWithUs to 66746) offers 24/7/365 emotional support & if you have any medical concerns speak to a trusted healthcare provider.

[Mental Health America COVID-19 - Wellness and Coping Skills](#)

- [MHA Crisis Text Line](#)
- [MHA Inspire Community](#)
- [Peer Run Warm Lines MHA Resources](#)

Additional Wellness and Recovery Resources

- [NAMI COVID-19 Resources](#)
- [Maryland Department of Health COVID Fact Sheet](#)
- [We Connect Recovery Online Support Meetings](#)
- [Dual Recovery Anonymous Meeting Resources](#)
- [WRAP Guide for Overcoming Isolation During the COVID-19 Crisis](#)
- [COVID Coach Mobile Apps](#)

Health Behavior

Encourage Health Behavior Choices (Again!)

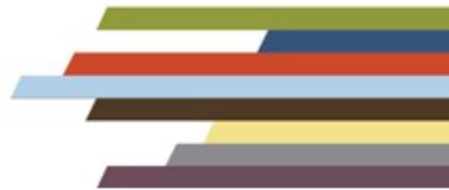
- Physical Activity
- Get outdoors: Full spectrum daylight, green spaces
- Quality sleep
- Good nutrition
- Physical distancing, not social distancing
- Hand washing
- Wear a mask in public

Quiz Revisited

- How are people with SMI/SUD you work with or have worked with being impacted by COVID-19 and how could they deal with it?
- What resources might be helpful in supporting health and well-being in the absence of in-person support?
- What strength-based strategies would you recommend to persons with long-term recovery challenges in dealing with COVID-19?

What might you add or change to your initial answers in consideration of our discussion?

Questions



Evaluation



[Evaluation Link](#)

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

Appreciation



Contact Us



Central East (HHS Region 3)

MHTTC

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

a program managed by



[Central East MHTTC website](#)
[Oscar Morgan, Project Director](#)

[Danya Institute website](#)
[Email](#)
240-645-1145

Funding for this presentation was made possible by SAMHSA grant no. 3H79SM081785. The views expressed by speakers and moderators do not necessarily reflect the official policies of HHS; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Central East (HHS Region 3)

MHTTC