

Central Nervous System Effects of CoVID-19 – Two Years into the Pandemic

Cynthia Turner-Graham, M.D., DLFAPA
For Sound Mind Enterprises, Inc.

April 21, 2022



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Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

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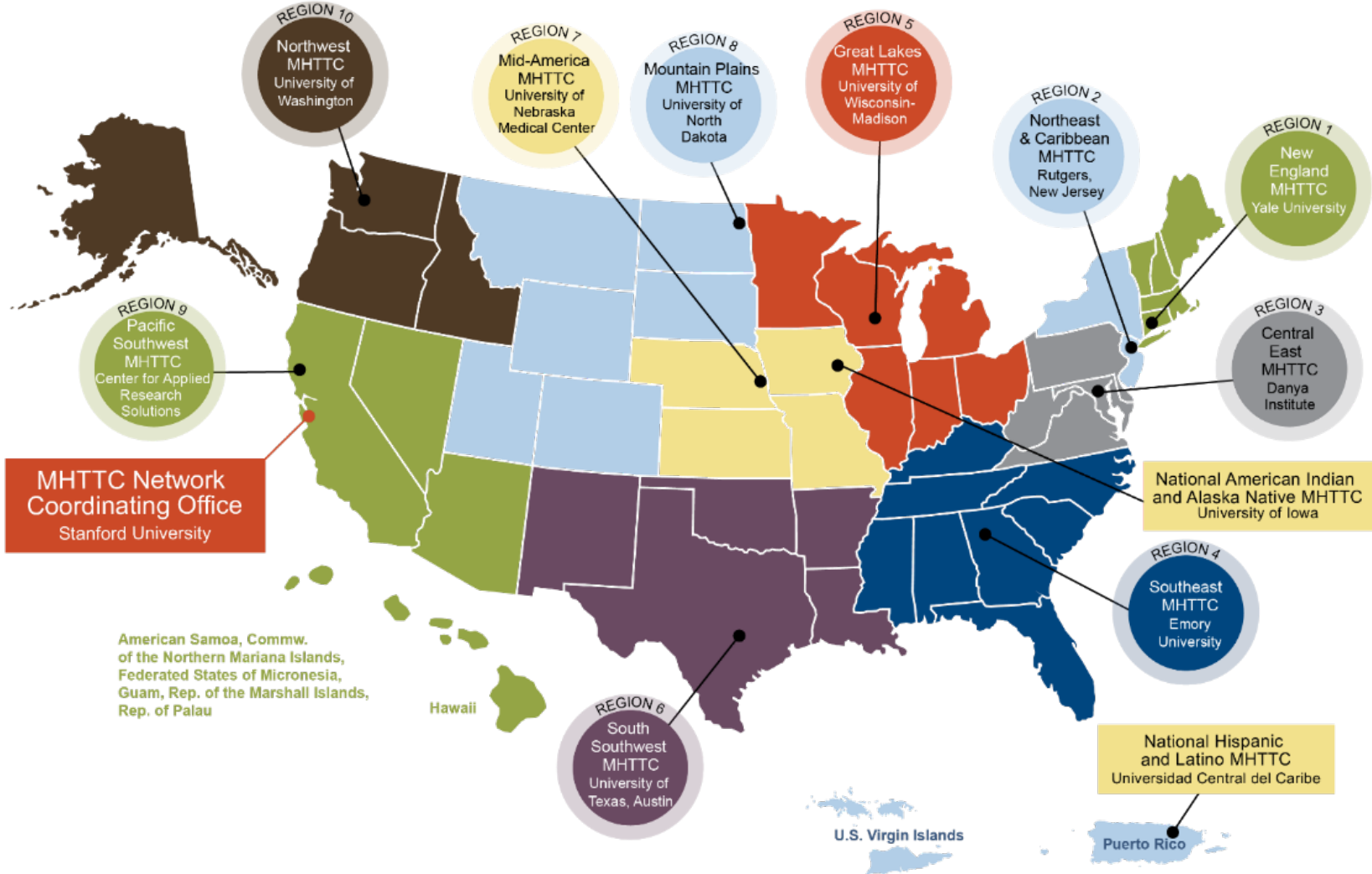


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MHTTC Purpose

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.

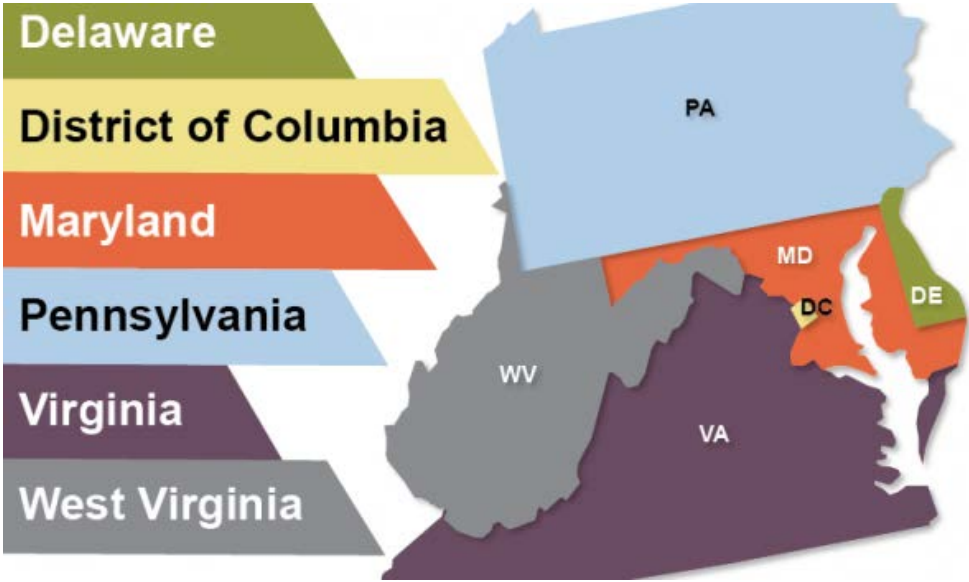


Central East MHTTC Goals

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

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At the time of this presentation, Miriam Delphin-Rittmon served as Assistant Secretary for Mental Health and Substance Use and Administrator of SAMHSA. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by SAMHSA/HHS, or the U.S. Government.

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- The MHTTC Network is funded through SAMHSA to provide this training. As part of receiving this funding we are required to submit data related to the quality of this event.
- At the end of today's training please take a moment to complete a **brief** survey about today's training.

Access Here

<https://ttc-gpra.org/P?s=122713>



Central Nervous System Effects of COVID-19 – Two Years into the Pandemic

Thursday, April 21, 2022

Presenter: Cynthia Turner-Graham, MD
President, Black Psychiatrists of America

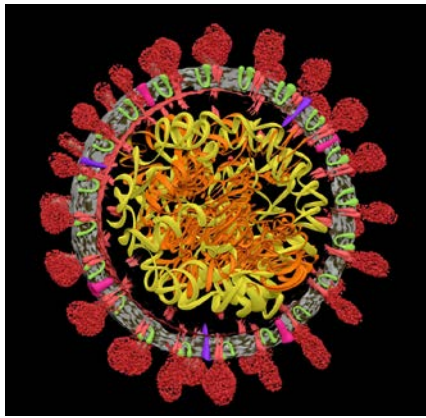
Moderator: Anelle Primm, MD, MPH
Council of Elders, Black Psychiatrists of America

COVID-19: An Unprecedented Disaster

- Disparate levels of illness, death and economic fallout in Black and other racially marginalized communities
- Acute COVID-19 can affect the central nervous system causing loss of taste and smell, headaches, stroke, delirium, and brain inflammation
- People with pre-existing mental, neurological, or substance use disorders are at greater risk for COVID-19 infection and more vulnerable to severe outcomes

Today's Program

- Special thanks to the CE-MHTTC for its support of this session of the Black Psychiatrists of America Health Equity Webinar Series
- Focus is regional on DE, MD, PA, VA, DC, and WV, yet information has national relevance
- Cynthia Turner-Graham, MD, President, Black Psychiatrists of America, is our featured guest



The REAL Long Haul

“The psychiatric and behavioral impacts of disasters are experienced by more people over a greater geography, across a much longer period of time than all other medical effects combined. . .

If history is any predictor, we should expect a significant tail of mental health needs that extend for a considerable period of time after this event.”

Joshua Morganstein, M.D., Chair
APA Committee on Psychiatric Dimensions of
Disasters



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Central Nervous System Effects of CoVID-19 – Two Years into the Pandemic

- 1. Broad reach of CoVID-19 globally and locally**
- 2. Central nervous system-mediated Long-Covid symptoms**
- 3. Differential impact of Long Covid dependent upon race and ethnicity**
- 4. Treatment and rehabilitation programs for persons with Long Covid**
- 5. Long Covid as a disability under the Americans with Disabilities Act**
- 6. How to locate community resources for persons suffering from Long Covid**



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... CoVID in perspective

One day of deaths from Covid in early March of this year exceeded the following:

- # of deaths from Hurricane Katrina
- # of deaths on any two weekdays than deaths during the 9/11 terrorist attacks
- Those who died from CoVID were robbed of at least 10 years of life, leaving to mourn on average 9 close relatives or ~9 million Americans
- 149,000 children lost parent/caregiver



- 1 in 310 Black children have lost a parent or caretaker
- 31% of Black children experience 3 or more co-occurring health-related and economic hardships due to the pandemic



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Daily Trends in Number of COVID-19 Cases in The United States Reported to CDC

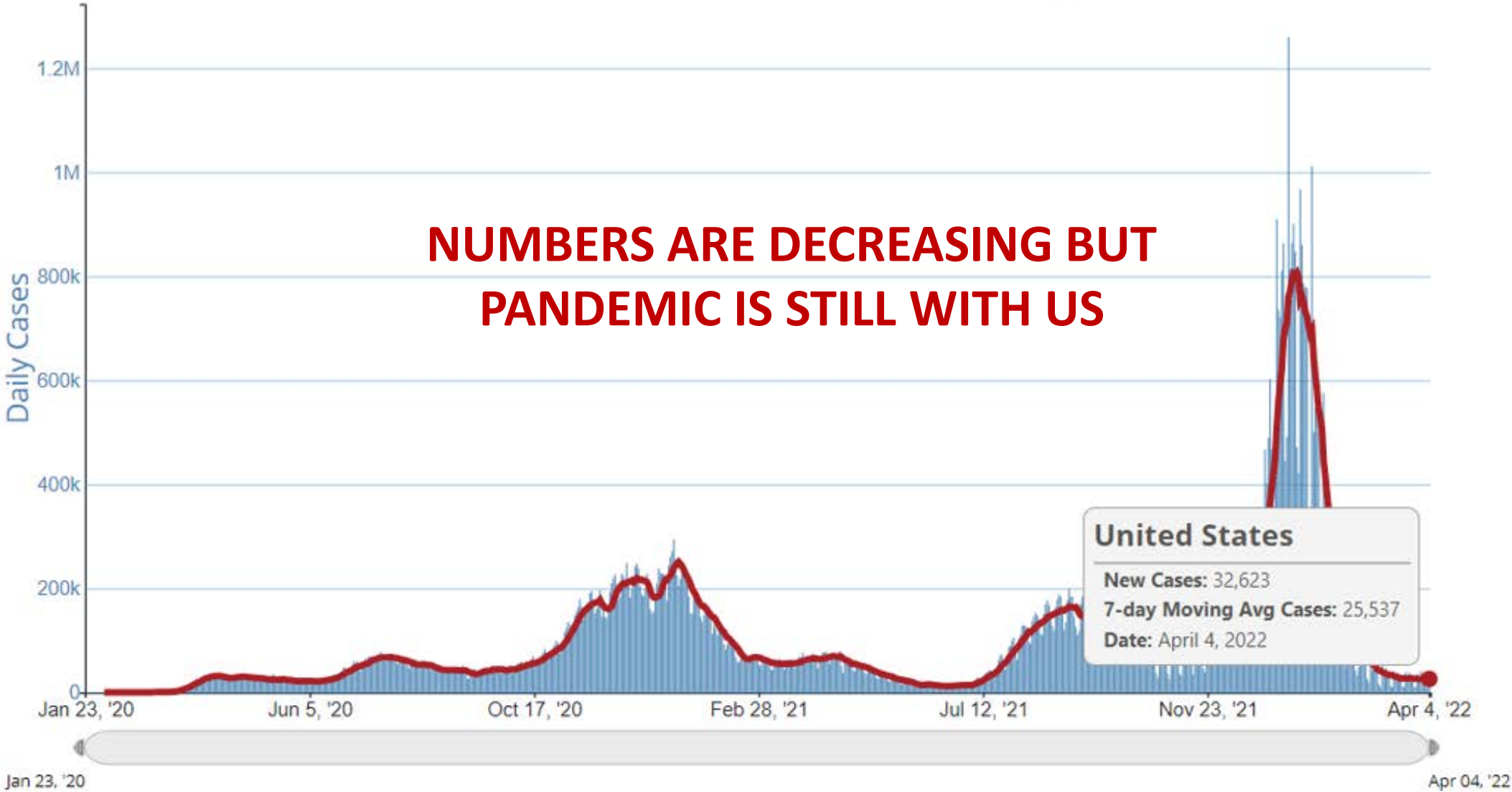
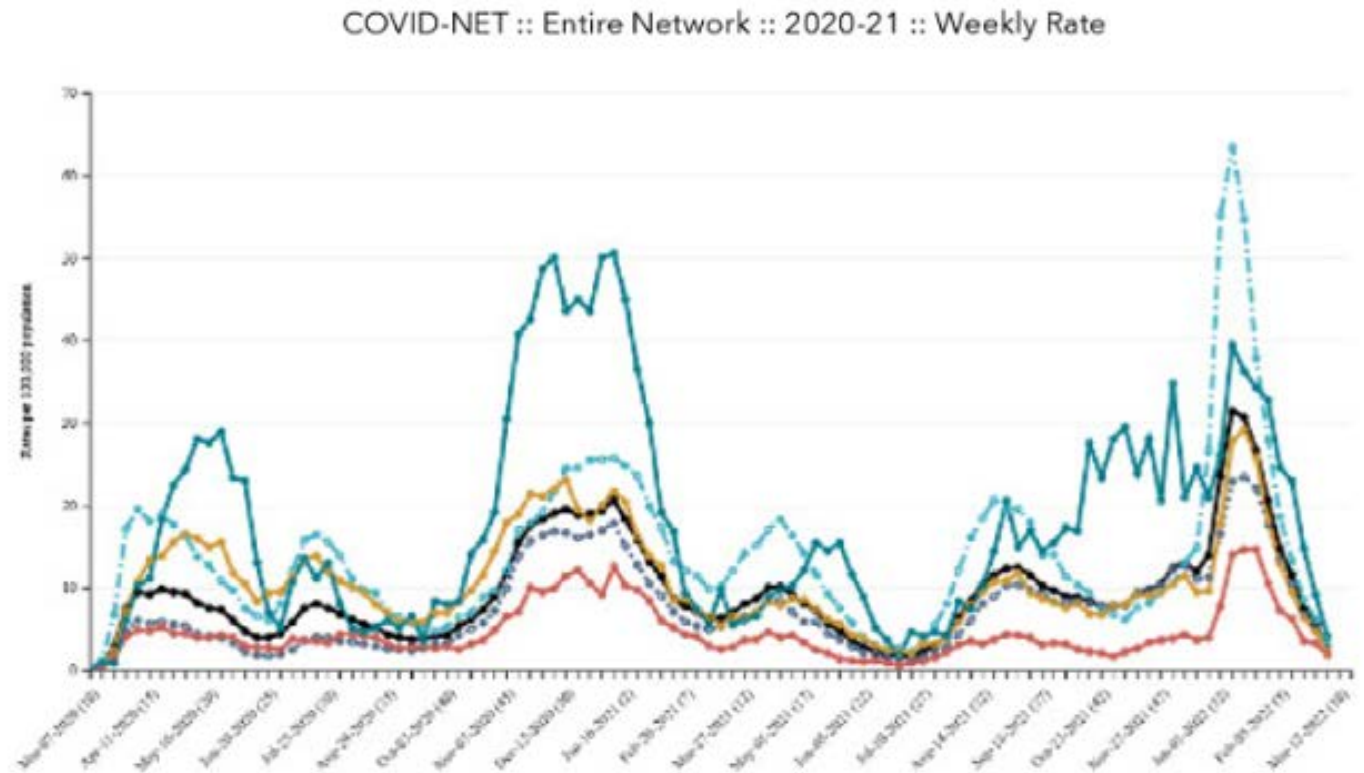


Figure 1. Laboratory-Confirmed COVID-19 Associated Hospitalizations

Preliminary weekly rates as of March 5, 2022

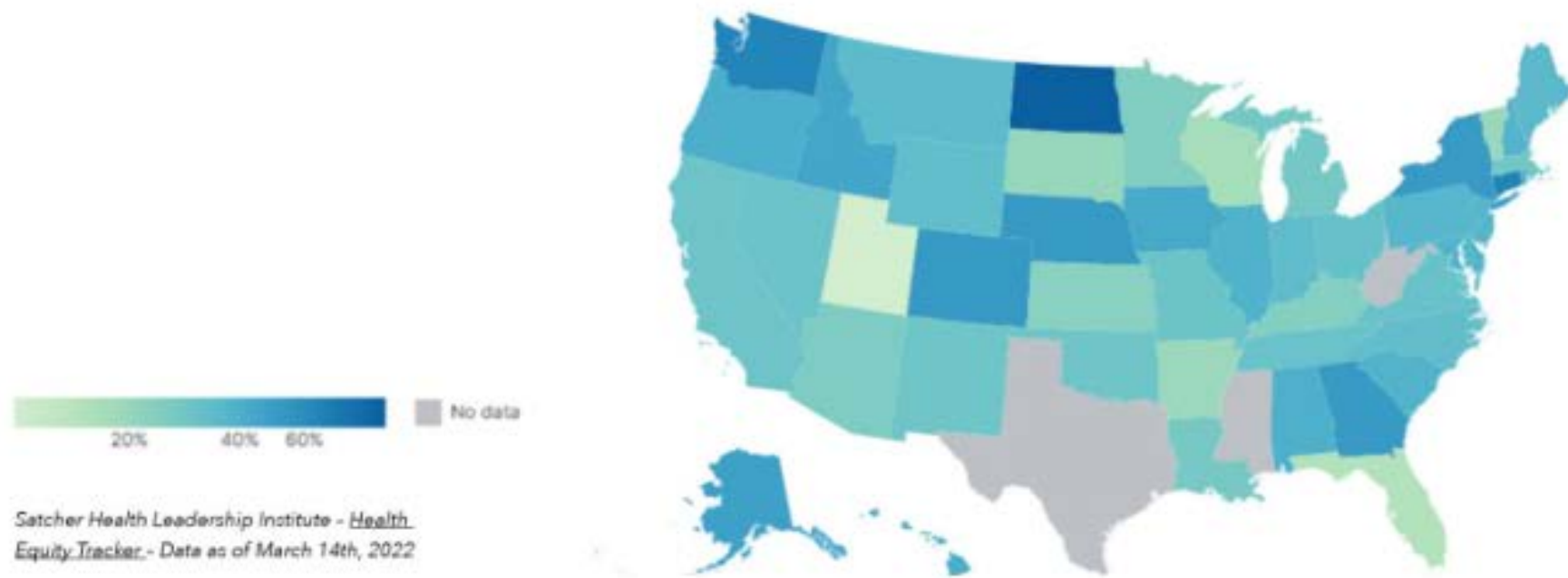


[COVID-NET: COVID- 19-Associated Hospitalization Surveillance Network, Centers for Disease Control and Prevention](#)

From the Associated Hospitalization Surveillance Network, 2022, cited in the THE STATE OF BLACK AMERICA AND COVID, A 2-YEAR ASSESSMENT, March 2022

Figure 2. Share of Total COVID-19 Cases with Unknown Race or Ethnicity by State

Preliminary weekly rates as of March 5, 2022



March 29, 2022



THE STATE OF BLACK AMERICA AND COVID-19

A TWO-YEAR ASSESSMENT

ANTICIPATING LONG-COVID CHALLENGES . . .

Increased burden of infection and decreased access to testing for Black Americans, the report called for:

- elimination of a prior positive COVID test as a criteria for diagnosis of long COVID
- solutions to increase equitable and affordable access to Long COVID care and supportive resources
- inclusion of Black Americans in Long COVID trials, treatment programs and registries

The New York Times

Experts warn of racial disparities in the diagnosis and treatment of long Covid.



Chimère Smith, Ashanti Daniel and Ashley Jackson are advocating for long COVID patients. US News & World Report, July 7, 2021



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What exactly is Long-COVID?



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VIDEO



Cynthia Adinig



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LONG COVID - MANY NAMES

Alternative definitions of 'long-COVID' syndrome.

Nomenclature	Description
Long COVID ^{4,7}	Long-term COVID-19 symptoms characterized by cyclical, progressive, or multiphasic course.
Long COVID ²	Symptoms persisting for >2 months
Long COVID ³	Signs and symptoms that persist for >4 weeks and can be attributed to COVID-19 infection.
Long-haul COVID ¹⁰	Symptoms persisting for >100 days
Long-tail COVID	
Long post-COVID symptoms ⁶	Symptoms lasting for 12–24 weeks
Post-acute COVID syndrome (PACS) ¹³	Persistent symptoms and/or delayed or long-term complications beyond 4 weeks from symptom onset
Post-acute sequelae of SARS-CoV-2 (PASC) ^{14,17}	Symptoms persisting for >1 month
Post-COVID-19 ¹²	Symptoms persisting for >2 months
Persistent post-COVID symptoms ⁶	Symptoms lasting for >24 weeks
Post-COVID-19 syndrome ^{8,18}	Signs and symptoms that develop during or after an infection consistent with COVID-19, present for >12 weeks and are not attributable to alternative diagnoses.



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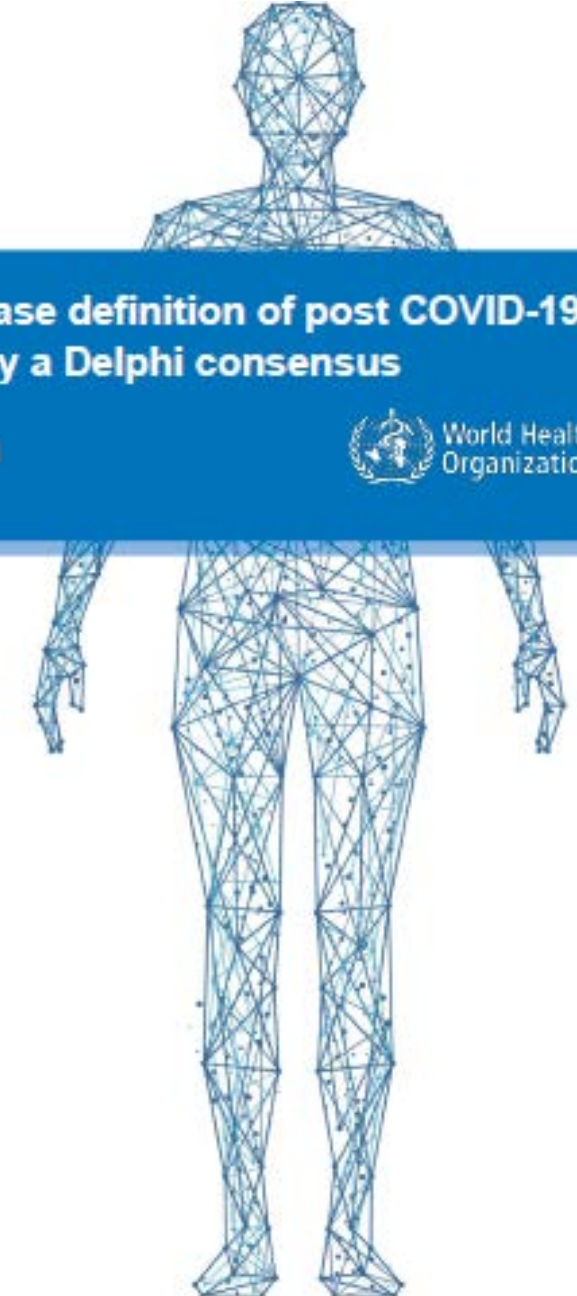
W.H.O. Definition of Long COVID

Post COVID-19 condition occurs in individuals with a history of probable or confirmed SARS CoV-2 infection, usually 3 months from the onset of COVID-19 with symptoms and that last for at least 2 months and cannot be explained by an alternative diagnosis.

Common symptoms include fatigue, shortness of breath, cognitive dysfunction but also others and generally have an impact on everyday functioning. Symptoms may be new onset following initial recovery from an acute COVID-19 episode or persist from the initial illness. Symptoms may also fluctuate or relapse over time.

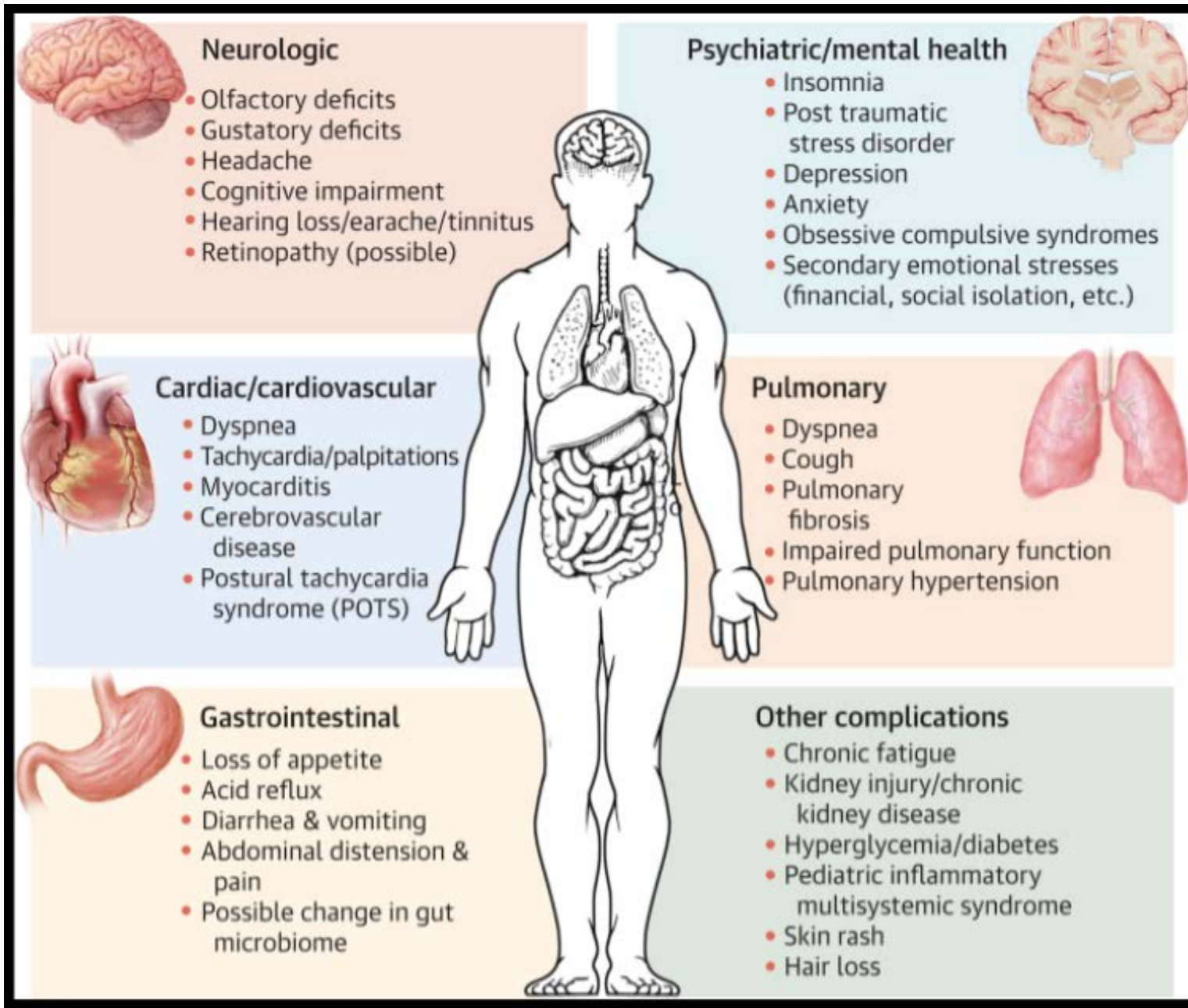
A clinical case definition of post COVID-19 condition by a Delphi consensus

6 October 2021



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ACUTE COVID

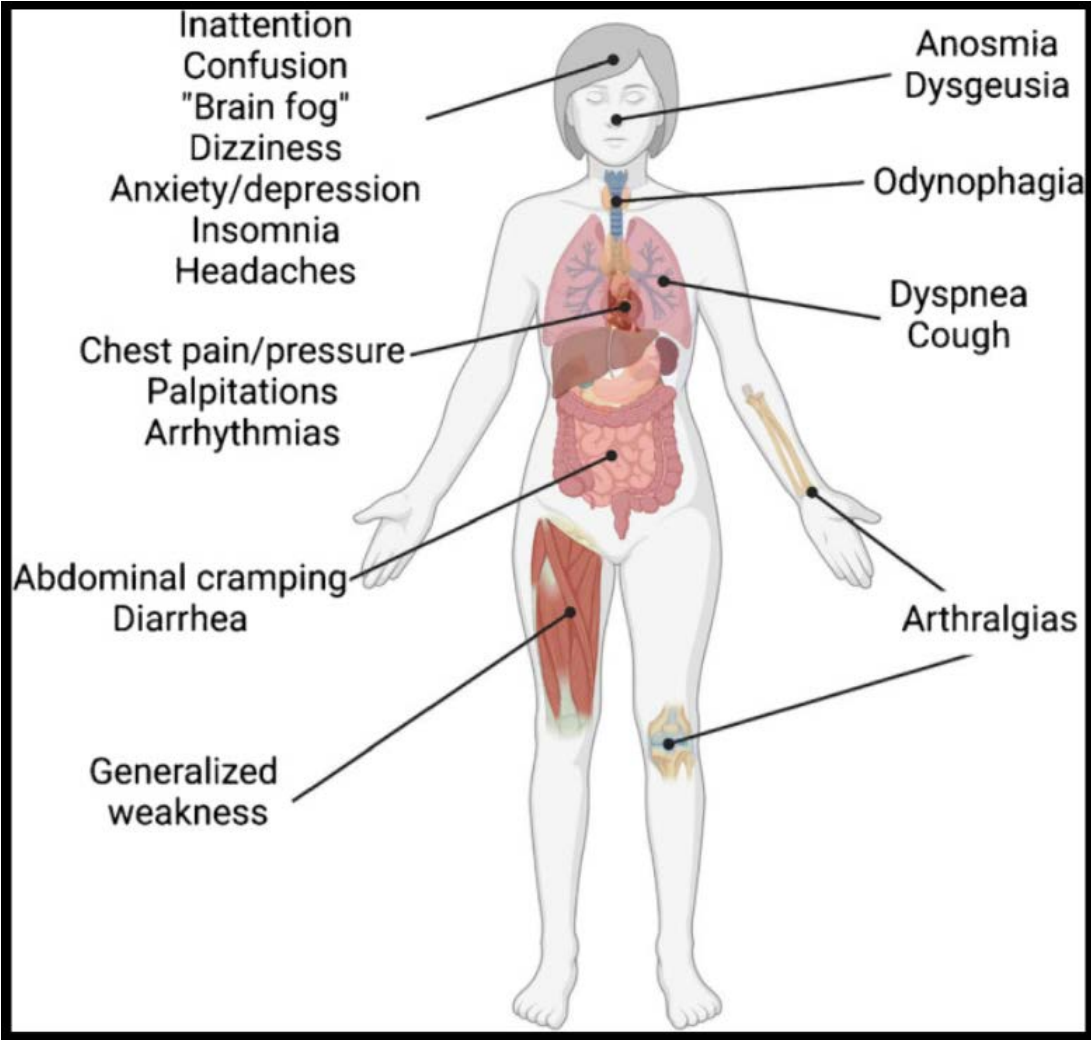


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LONG COVID



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Differential Mental Health Impact of Long Covid

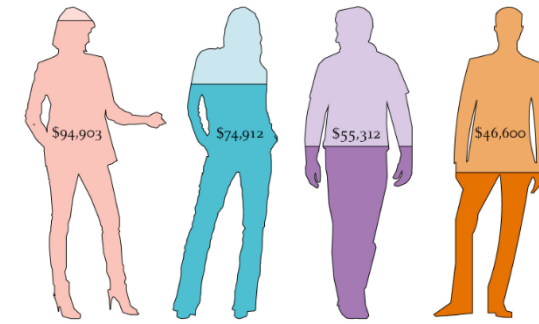


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Evidence for “Continuous Traumatic Stress Disorder”



Asian White Hispanic Black

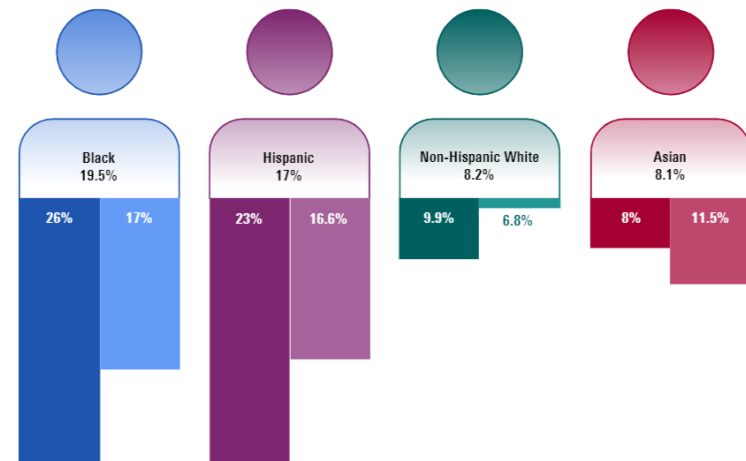
<https://www.chase.com/personal/investments/learning-and-insights/article/a-look-at-the-present-day-us-racial-wealth-gap>

‘I lost everything’: Black women get evicted more than anyone else. A looming eviction crisis will make it worse

Housing And Homelessness, Race And Racism, Women's Issues, Seattle, Evictions
Posted on AllSides April 5th, 2022

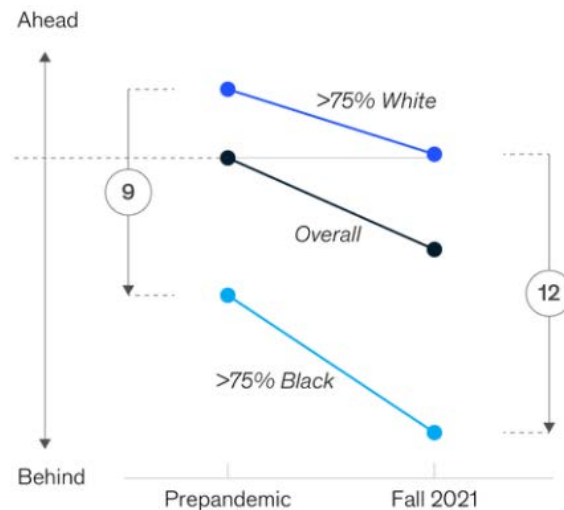
Poverty Rates by Race and Age in 2020

■ Children (under 18) ■ Elderly (age 65 and above)



Source: U.S. Census Bureau, data as of December 2021.

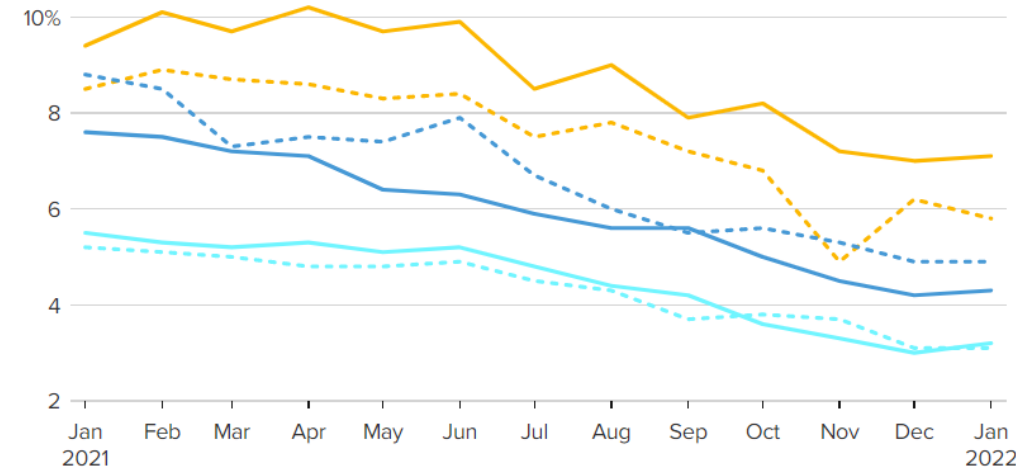
Unfinished learning by race, months



*Values shown in bubbles have been rounded to the nearest whole number.
Source: Curriculum Associates i-Ready assessment data

U.S. unemployment rates for Black, Hispanic, and white workers

— Men - - Women



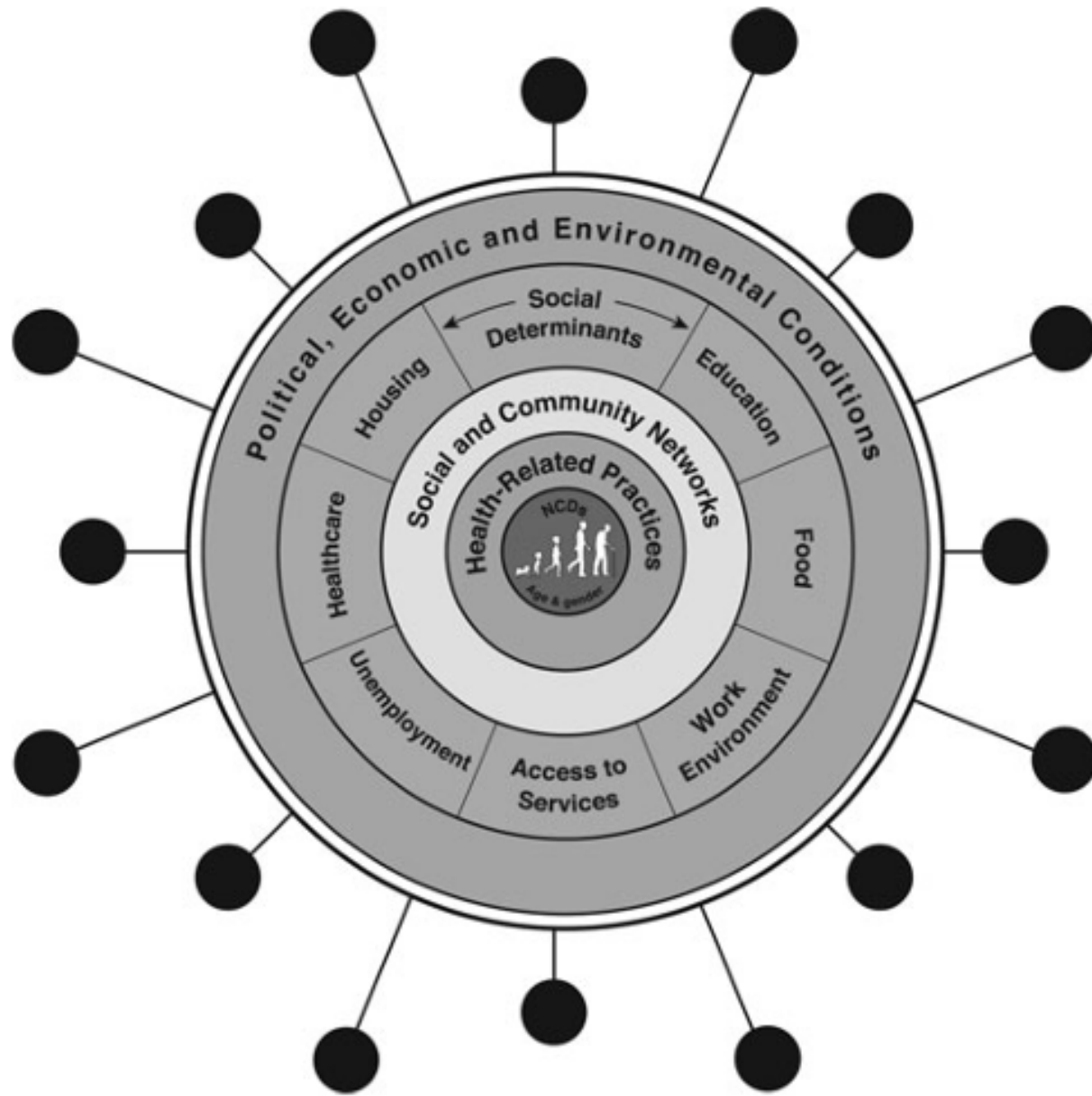
Source: Bureau of Labor Statistics. Data is seasonally adjusted and includes those 20 years and older. As of Jan. 2022.



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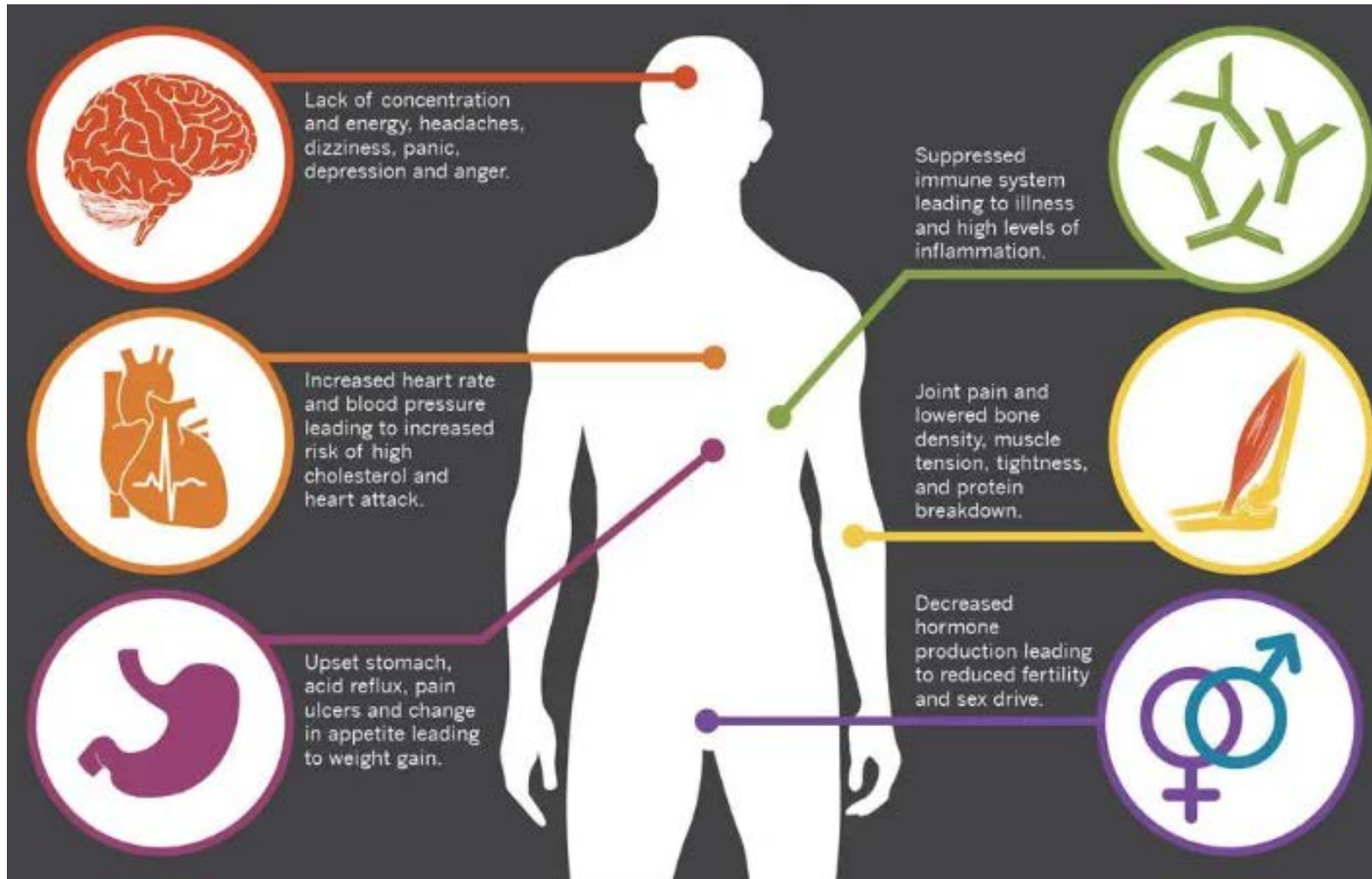


SYNDEMIC - definition

A set of closely intertwined and mutual enhancing health problems that significantly affect the overall health status of a population within the context of a perpetuating configuration of noxious social conditions.

A syndemic exists when risk factors or comorbidities are intertwined, interactive and cumulative— adversely exacerbating the disease burden and additively increasing its negative effects

STRESS, ALLOSTATIC LOAD AND WEATHERING



Racism's Hidden Toll



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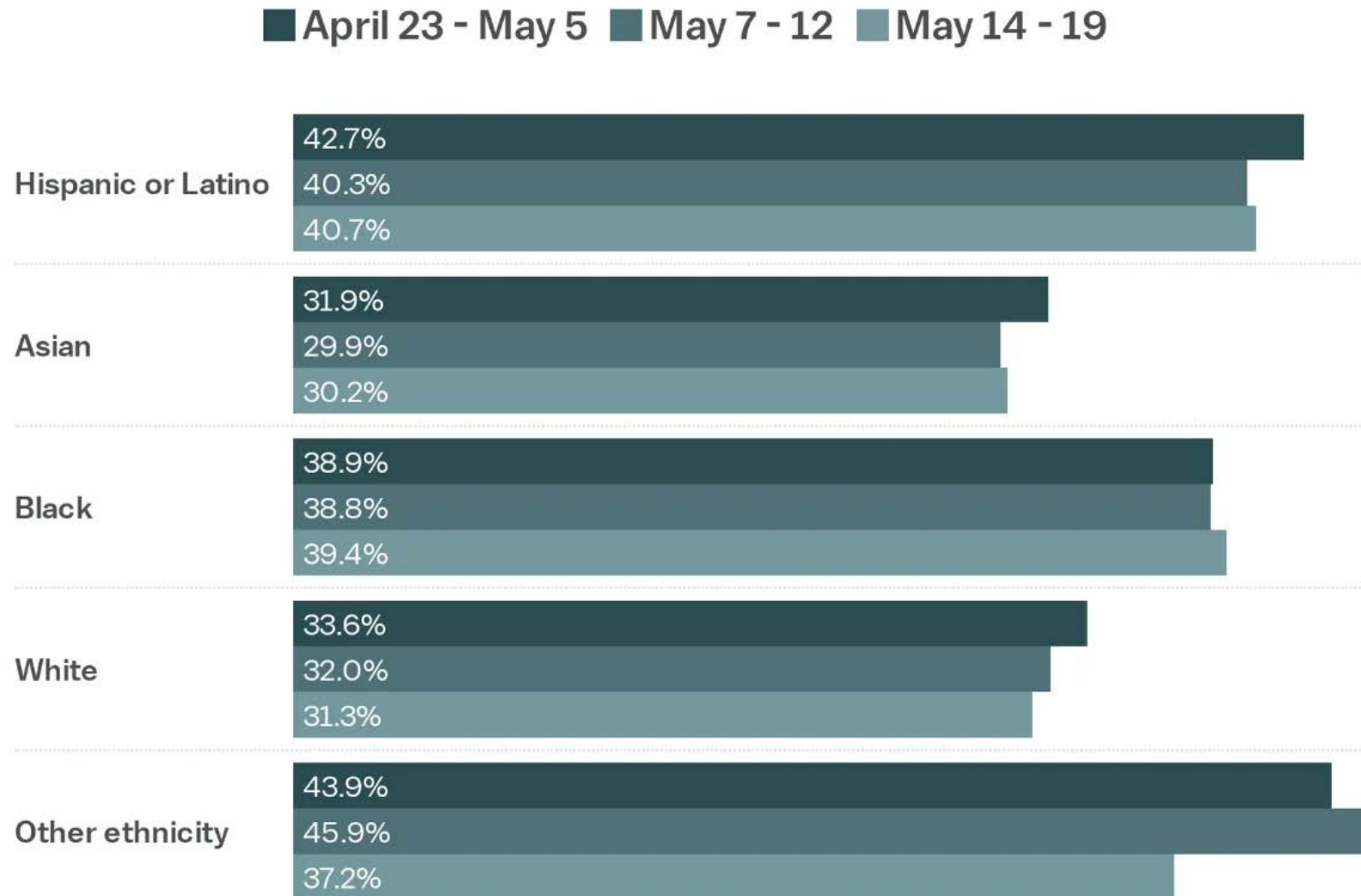
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“Racial disparity in COVID extends across the progression of the infection from **acquisition to progression to mortality, and each stage brings for African Americans greater secondary psychological risk.**”

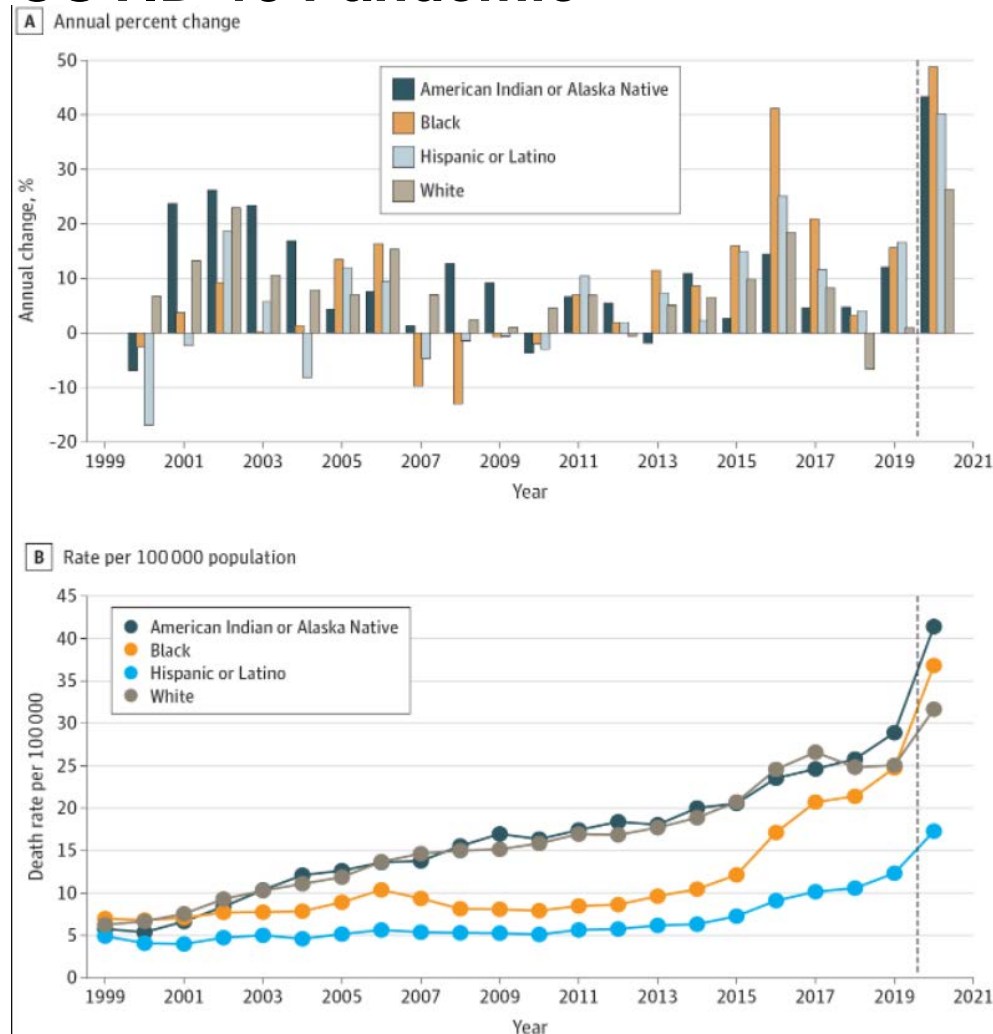


Share of Americans reporting anxiety or depression symptoms by ethnicity



Source: National Center for Health Statistics (NCHS) and US Census Bureau

Evaluation of Increases in Drug Overdose Mortality Rates in the US by Race and Ethnicity Before and During the COVID-19 Pandemic



Teenage Fentanyl Deaths Are Soaring, and Black Teens Are Hit Hardest

Doctors see victims as young as 14 in emergency rooms

February 11, 2022,

Overdose deaths linked to synthetic opioids like fentanyl tripled among teenagers and went up five times among Black teens in the past two years, according to provisional data from the Centers for Disease Control and Prevention.

JAMA Psychiatry. 2022;79(4):379-381.

doi:10.1001/jamapsychiatry.2022.0004



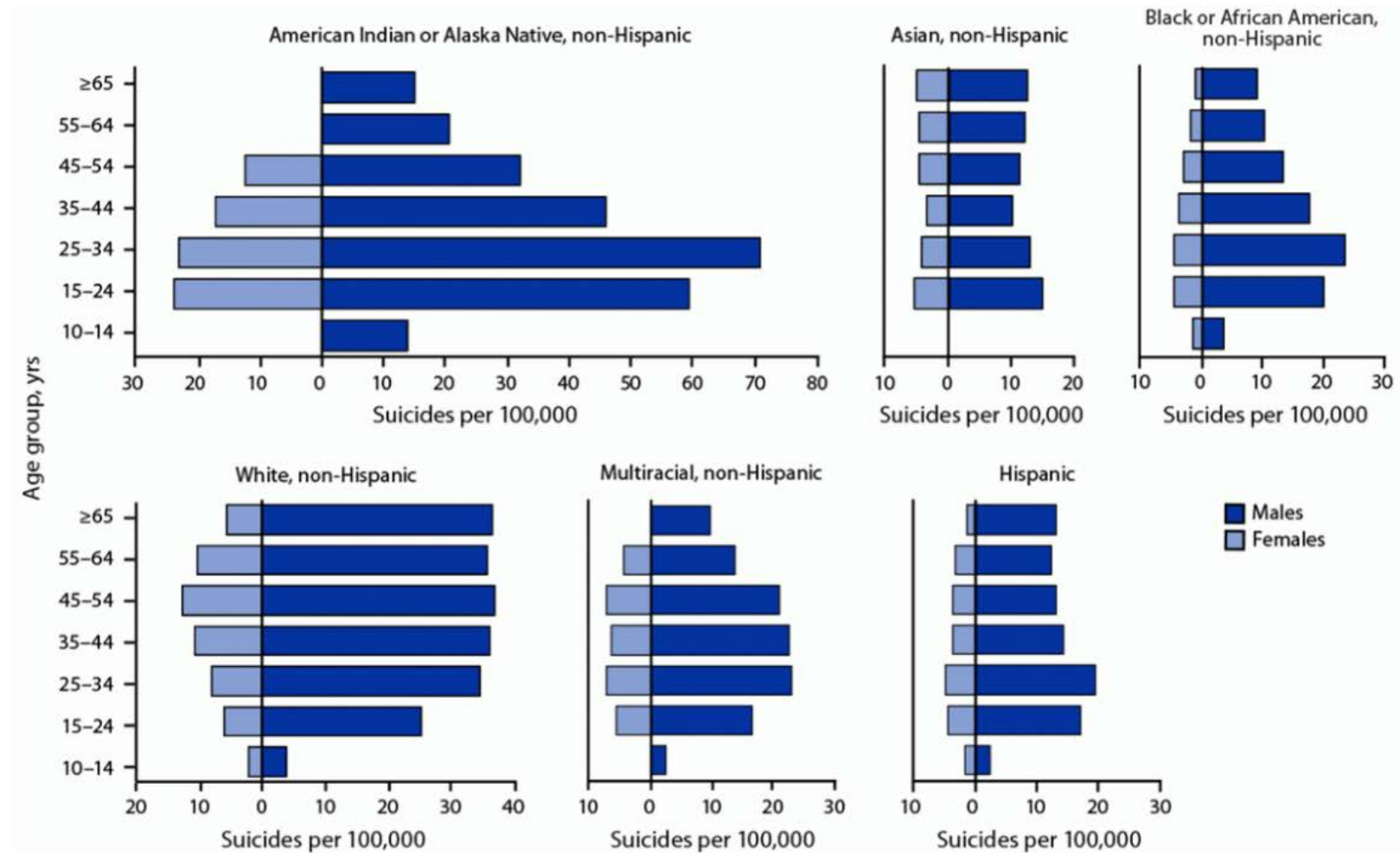
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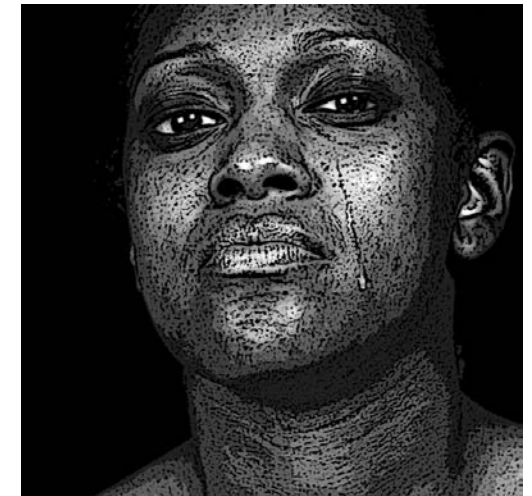
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Changes in US Suicide Rates 2019-2020

FIGURE 1. Crude rate* of suicide,† stratified by race/ethnicity,§ sex, and age group¶ — National Vital Statistics System, United States, 2019–2020

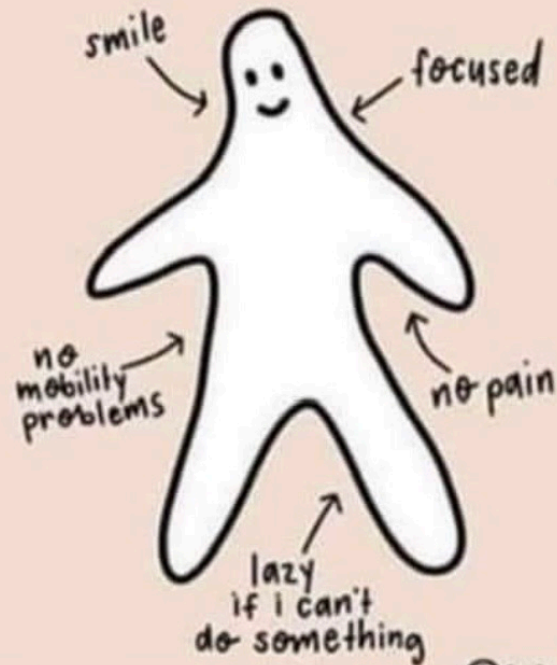


* Death rates per 100,000 population.



INVISIBLE illness

WHAT YOU
SEE



WHAT I
FEEL



@ALYSERURIANIDESIGN

'Lest we forget...



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Treatment and rehabilitation programs for Persons with Long COVID



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UCLA Health: Model of Post-Care

- Holistic patient-centered management focusing on quality of life and function
- Facilitating standardized, trauma-informed care
- Setting realistic expectations with patients and their families
- Continuing follow-up over the course of illness
- Establishing partnerships with specialists for physical and mental health care
- Connecting patients to social services, including
 - assistance for other hardships (e.g., financial, family illness, bereavement, caregiving)
 - Accessing disability resources
 - Supporting reasonable accommodations for work or school
 - Connecting to patient support groups



UCLA Health: Model of Post-Care (cont.d)

Long COVID program's leadership includes experts from:

- Internal medicine
- Cardiology
- Neurology
- Psychology
- Pulmonology

Each member of the team:

- Brings highly specialized knowledge to ensure that treatments are precise and effective
- Works together to treat the whole person, not just individual symptoms



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<<<NEWS FLASH>>>



THE WHITE HOUSE

BRIEFING ROOM

FACT SHEET: The Biden Administration Accelerates Whole-of-Government Effort to Prevent, Detect, and Treat Long COVID

APRIL 05, 2022 • STATEMENTS AND RELEASES

U.S. Government Accountability Office



Science, Technology Assessment, and Analytics

SCIENCE & TECH SPOTLIGHT:

LONG COVID

Secretary of HHS instructed to

1. coordinate a new effort across the federal government to develop and issue the first-ever national research action plan on Long COVID
2. advance progress in prevention, diagnosis, treatment and services
3. issue a report outlining services and supports needed across federal agencies to serve the needs of those with Long COVID, as well as mental health and substance use issues, specifically addressing needs of high-risk communities, and disparate access to services and supports

MARCH 2022

WHY THIS MATTERS

Long COVID has potentially affected up to 23 million Americans, pushing an estimated 1 million people out of work. The full magnitude of health and economic effects is unknown but is expected to be significant. The causes of long COVID are not fully understood, complicating diagnosis and treatment. The condition raises policy questions, such as how best to support patients.



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Long COVID as a disability under the Americans with Disabilities Act



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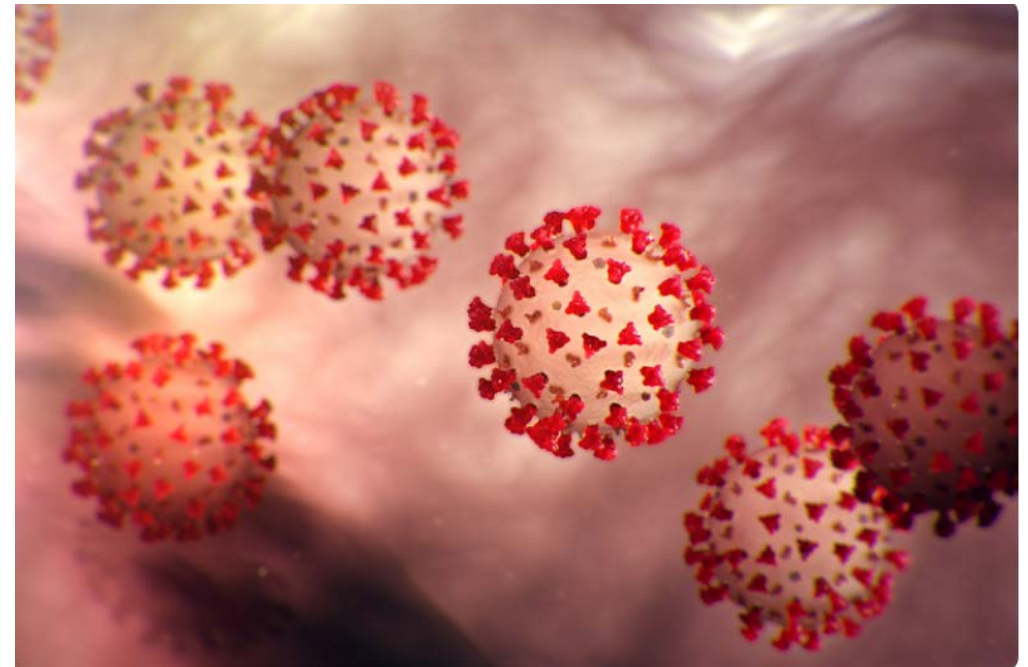
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Documentation of Disability from Long COVID Part I

At least 2 or 3 of following manifestations are also required in a single category

Neurologic:	Smell/taste disturbance, myalgia, muscle weakness, motor disturbance, generalized hyperalgesia, neuromuscular pain, new headaches, disturbed sleep patterns, unrefreshing sleep drowsiness
Neurocognitive:	Difficulty thinking/processing, short-term memory loss, difficulty to focus, depression/anxiety, hypersensitivity to noise/light, tinnitus, double vision, PTSD
Neuroendocrine:	Thermostatic instability, anorexia
Autonomic dysfunction:	Orthostatic intolerance, cardiovascular, respiratory gastro-intestinal (GI), genito-urinary (GU)
Immune system:	Fever or chills, flu-like symptoms, susceptibility to virus, sore throat, lymph node pain/tenderness, sensitivity to chemicals (foods, medications, or odors)
Laboratory findings:	Consistent with a hyperinflammatory and/or hypercoagulability conditions kidney insufficiency



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Documentation of Disability from Long COVID

Part II

<p align="center">Patient has at the least 3 of the following 4 symptoms</p>	
<p>ADL reduction:</p>	<p>A substantial reduction or impairment in the ability to engage in pre-illness levels of occupational, educational, social, or personal activities that persists for more than 4-6 weeks after diagnosis</p>
<p>Fatigue:</p>	<p>The fatigue is of new or definite onset (not lifelong) and is not the result of ongoing excessive exertion. The fatigue is not substantially alleviated by rest and is often profound.</p>
<p>Neuromuscular symptoms:</p>	<p>Chronic, debilitating pain, numbness or weakness in their hands, feet, arms and legs due to unexplained nerve damage.</p>
<p>Neuropsychiatric symptoms:</p>	<p>dementia, delirium, anxiety, psychotic disorder, depression, and post-traumatic stress disorder</p>



Documented history of COVID19 according to WHO criteria or SARS-CoV2 infection defined by the specific diagnostic techniques
AND
Negative PCR

Exclusion Criteria

Medical conditions causing chronic fatigue
Psychiatric disorders
Primary brain disorders
Substance abuse
Eating disorder
Active process of disease
History of depression and anxiety

Documentation of Disability from Long COVID Part III



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REASONABLE ACCOMMODATIONS UNDER ADA

Employer Response and Possible Accommodations

Applicants or employees with disabilities are not automatically entitled to reasonable accommodations under the ADA. They are entitled to a reasonable accommodation when their disability requires it and where the accommodation is not an undue hardship for the employer (something that causes significant difficulty or expense). Possible accommodations can include:

Leave

Part-time or modified work schedules

Job restructuring

Reassignment to another position or work station



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How to Locate Community Resources for Persons Suffering from Long COVID



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LONG COVID RESOURCES

THERAPY / COUNSELING

- [Psychology Today](#) has a searchable database that filters by location, insurance, ethnicity, type of therapy, price, and more
- [InnoPsych](#) offers a directory of therapists of color
- [Therapy for Black Girls](#)
- [Melanin & Mental Health](#) offers a directory of providers
- [AAKOMA Project](#) offers five free virtual therapy sessions ((nonprofit founded by Dr. Alfiere M. Breland-Noble)
- [Black Men Heal](#) provides free therapy sessions
- [The Loveland Foundation](#) has a free therapy fund for Black women and girls
- [The Boris Lawrence Henson Foundation](#) has a free therapy fund, and a directory of mental health providers serving the African American community. CAN APPLY FOR 5 FREE SESSIONS



Find Post-COVID Care Centers (PCCC) in Your State
[Survivor Corps website](#)

Long COVID Care Provider Tools & Resources

[Accountable Health Communities Social Needs Screening Tool](#)

[CDC tool for providing trauma-informed care](#)

[CDC tool to facilitate cross-cultural communication](#)

[American Association of Physical Medicine & Rehabilitation](#)

[American Association of Family Physicians](#)



LONG COVID RESOURCES

SUPPORT GROUPS

[We are Body Politic](#)

[Survivor Corps](#)

[Long Covid Alliance](#)

[Long Covid Kids](#)

[Stop the Wait](#)



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BBQ and Better (Mental Health) Luncheon Central Station Barbershop & Grooming Dr. S. Kent Butler, Psychologist and Professor University of Central Florida



Octavio Jones / WUSF Public Media

“When I’m vulnerable I become in touch with who I am, when I become in touch with who I am, I’m able to be in touch with my child and in touch with my wife, and I’m able to reach other men in ways that they never thought could be reached.”

**Maress Scott
Community Activist / Anti-gun Advocate
St. Petersburg, FL**



OCTAVIO JONES / WUSF Public Media



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THE WELL PRESENTS ANNUAL HYBRID CONFERENCE

HEALING *while* BLACK

LIBERATED AND LIVING WELL

SAVE THE DATE

JULY 29-31, 2022

[Healing While Black Summit website](#)



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Questions



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a program managed by



[Central East MHTTC website](#)

[Oscar Morgan, Project Director](#)

[Danya Institute website](#)

[Email](#)

240-645-1145

Let's connect:

