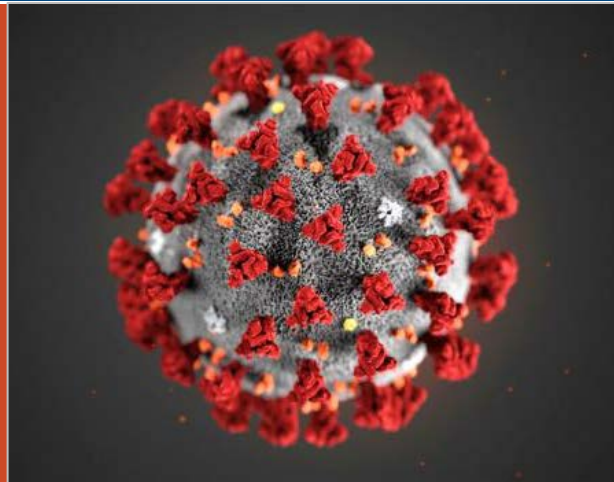


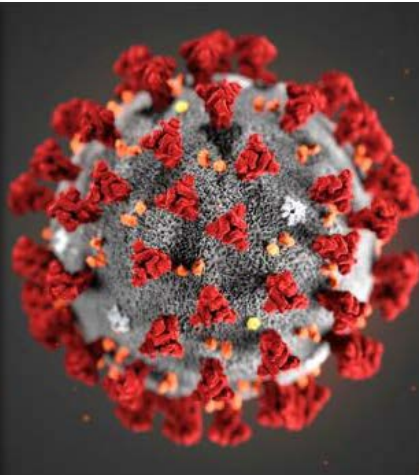
The Critical Role for Prevention *During and Post Pandemic*



Jennifer Myers
Training Development Manager
Violence and Trauma Team

Chuck Klevgaard
Prevention Manager, Great Lakes PTTC

Your Presenter(s)



Jennifer Myers

Training Development Manager
Violence and Trauma Team

Chuck Klevgaard, SCPS

Prevention Manager
Great Lakes PTTC

Objectives

By the end of this webinar, you will be able to:

- Identify how the pandemic is resulting in increased alcohol use and associated problems.
- Describe how social isolation, uncertainty, and grief can lead to depression and/or anxiety.
- Discuss how the erosion of social and economic determinants will elevate the role for prevention in support of the most vulnerable communities and populations.
- List immediate and long-term actions that prevention professionals can take to proactively prepare the communities

POLL QUESTION

Which of the following issues concern you most about the impact of the Coronavirus in your community?



- A. Increased access to alcohol
- B. Increased misuse of alcohol leading to more individuals developing substance use disorders.
- C. A wave of depression
- D. Economic and employment problems
- E. All the above

Alcohol Consumption and Risks In the Headlines:

What are the concerns relevant to Prevention ?

MarketWatch

Associated Press

U.S. online alcohol sales jump 243% during coronavirus pandemic

Published: April 2, 2020 at 11:21 a.m. ET

By Associated Press

26

Online alcohol sales far outpaced in-store sales




WINE COUNTRY, Amy Poehler and Maya Rudolph, 2019. Netflix/Everett Collection

BBC NEWS

Coronavirus: Is my lockdown drinking normal?

By Lauren Turner
BBC News

18 April 2020 | UK



GETTY IMAGES

Pubs and bars may be closed across the UK, but supermarket alcohol sales are on the rise, off-licences have been classified as essential businesses and recycling bins have been seen overflowing with wine and beer bottles.

BUSINESS INSIDER

The trauma of the coronavirus pandemic could cause a nationwide spike in alcohol and drug use, experts say

Charles Davis Mar 30, 2020, 10:13 AM



People stand in long lines to buy alcohol at Argonaut Wine and Liquor on March 23, 2020 in Denver, Colorado. Michael Ciaglo/Getty Images

- Substance use disorder researchers told Business Insider that the trauma of a pandemic may cause a spike in addiction.

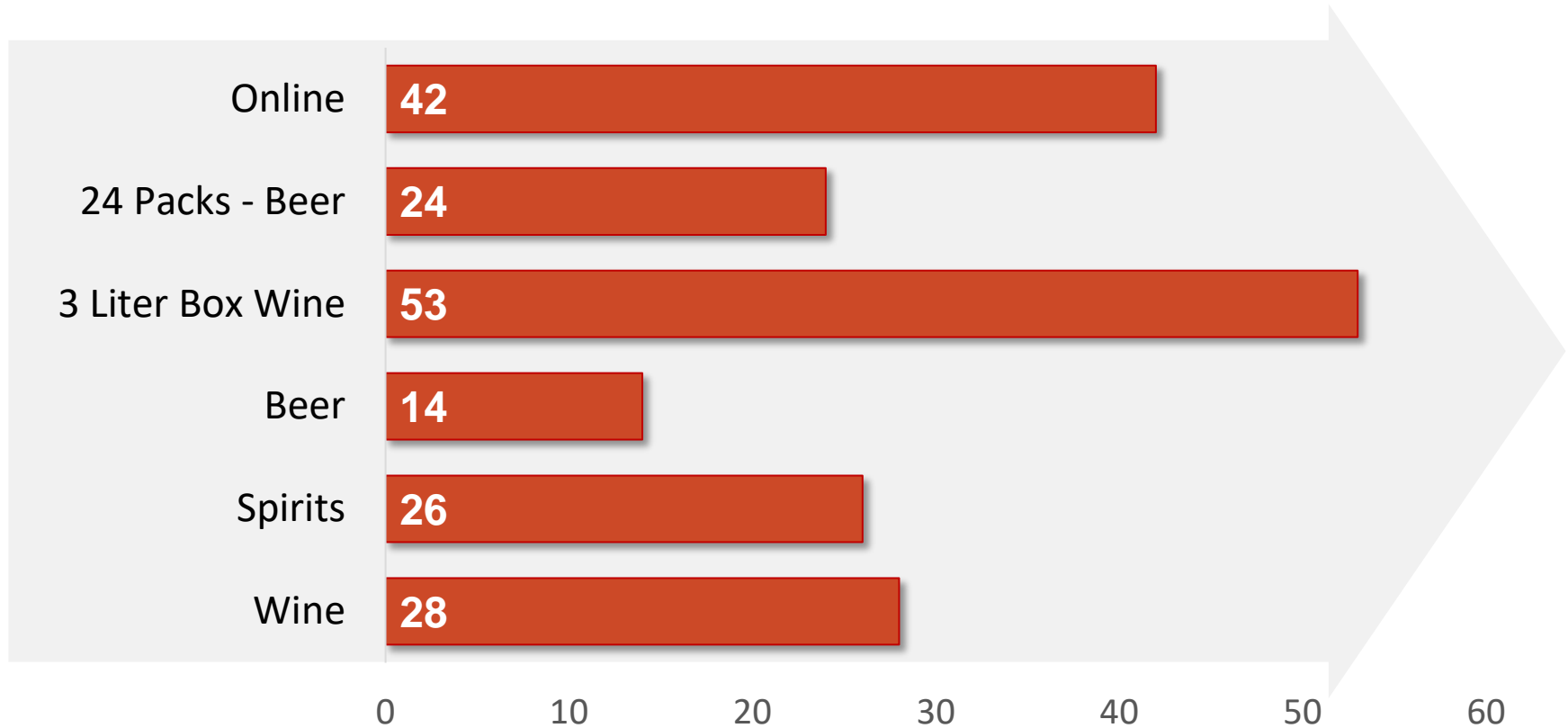
As People stay home and alcohol sales increase...



- Economic dislocation, job loss and fear of death by disease are triggers for substance use, which heightens the risk of other issues like suicide and domestic violence.
- Stay-at-home orders now in effect limit access to support systems such as friends, neighbors, therapists, church, family and recovery groups.

Drinking Through the Pandemic

Off-premise sales of alcohol in the U.S. were up for the week ending March 14 compared to same period last year.



Source: The Conversion, CC by ND, Nielson

Drinking Through the Pandemic

Off-premise sales of alcohol in the U.S. were up for the week ending March 14 compared to same period last year.

Off-premise sales of alcohol are more likely to be associated with violent crime than drinking in a bar or restaurant, as the drinking takes place without the presence of servers and other patrons. Multiple cities are reporting decreases in property crimes in the wake of the pandemic, but a rise in domestic violence.

0 10 20 30 40 50 60

Source: NIDA: COVID-19: Potential Implications for Individuals with Substance Use Disorders

Drinking Through the Pandemic

Off-premise sales of alcohol in the U.S. were up for the week ending March 14 compared to same period last year.

Long Term: Exposure to an outbreak of a severe infectious disease can, like other disaster exposures, lead to a range of psychiatric conditions, including alcohol abuse/dependence.

0 10 20 30 40 50 60

Wu, P., Liu, X., Fang, Y., Fan, B., Fuller, C. J., Guan, Z., ... & Litvak, I. J. (2008). Alcohol abuse/dependence symptoms among hospital employees exposed to a SAR outbreak. *Alcohol & Alcoholism*, 43(6), 706-712.

The Link Between Stress and Alcohol

Earlier Studies consistently show that alcohol consumption increases in the first year after a disaster. As time passes, that relationship is dampened.



In those studies that looked specifically at the development of AUDs, the results are less consistent. Studies of September 11 survivors have found that AUDs increased.

The Link Between Stress and Alcohol

Earlier Studies consistently show that alcohol consumption increases in the first year after a disaster. As time passes, that relationship is dampened.

Exposure to stress often is psychologically distressing. The impact of stress on alcohol use and the risk of alcohol use disorders (AUDs) depends on the type, timing during the life course, duration, and severity of the stress experienced.

Keyes, K. M., Hatzenbuehler, M. L., Grant, B. F., & Hasin, D. S. (2012). Stress and alcohol: epidemiologic evidence. *Alcohol research: current reviews*.

Your Presenter



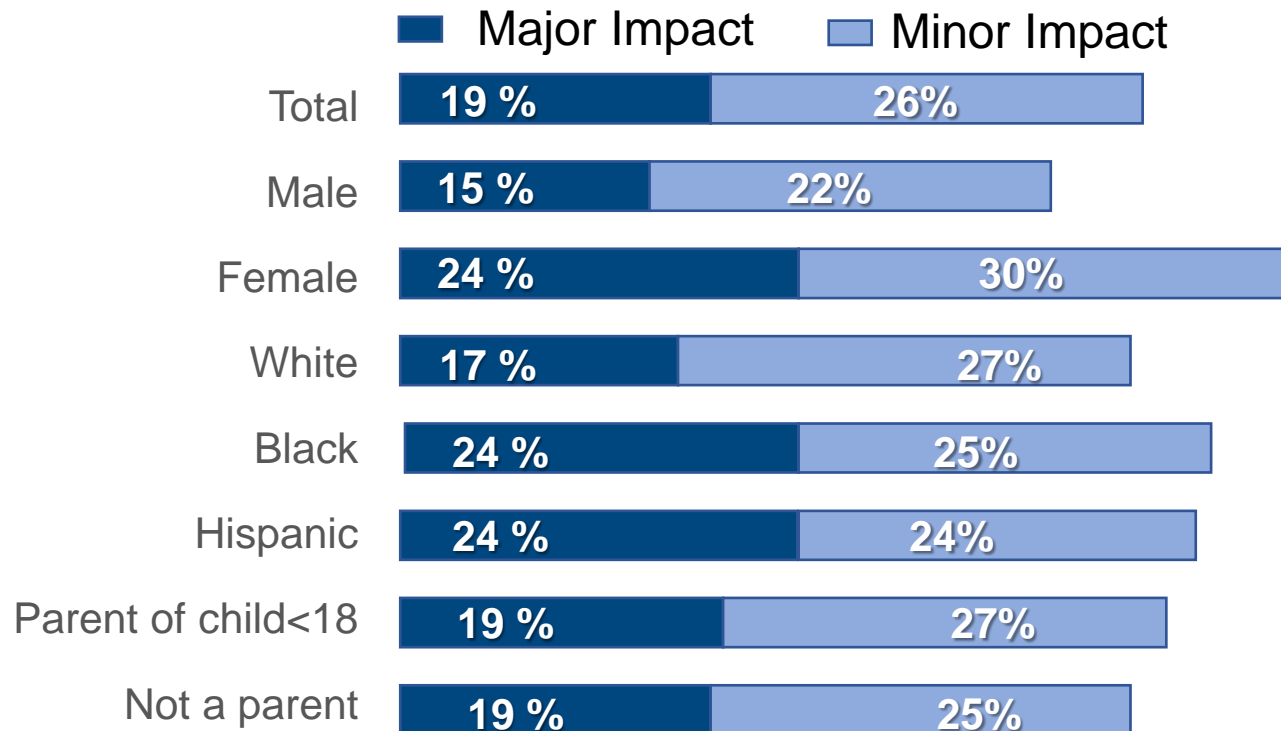
Jennifer Myers

Training Development Manager
Violence and Trauma Team



The Corona Virus Impact on Mental Health

Percent who say they feel that worry or stress related to corona virus had a negative impact on their mental health



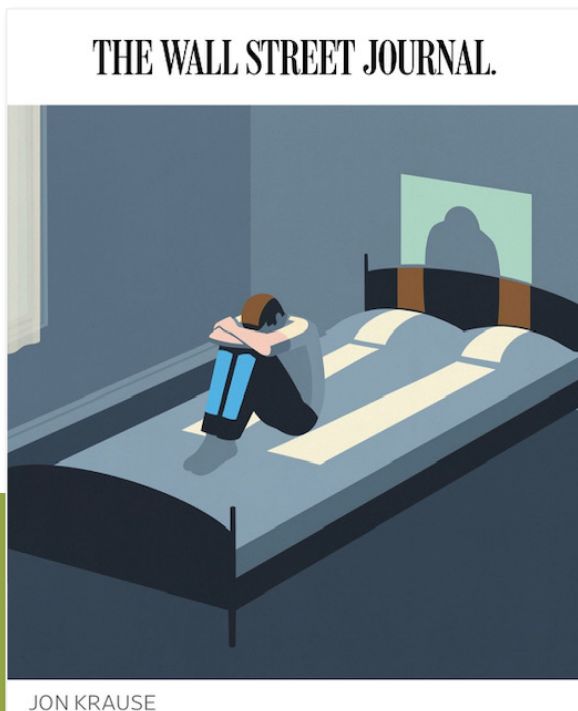
Source: KFF Health Tracking Poll (conducted March 25-30, 2020).

A crisis mental-health hotline has seen an 891% spike in calls

The Disaster Distress Helpline, [1-800-985-5990](tel:1-800-985-5990), is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

Call [1-800-985-5990](tel:1-800-985-5990) or text **TalkWithUs** to **66746** to connect with a trained crisis counselor.

Mental Health In the Headlines: What are the concerns relevant to Prevention ?



THE WALL STREET JOURNAL

JON KRAUSE

The Struggle to Cope With Depression Amid Coronavirus

The pandemic is especially destabilizing

FEATURE

Survivors' burden

Kelly Servick

+ See all authors and affiliations

Science 24 Apr 2020:
Vol. 368, Issue 6489, pp. 359
DOI: 10.1126/science.368.6489.359

Article

Info & Metrics

eLetters

PDF

Survivors' burden

By Kelly Servick

Among those hospitalized with severe COVID-19, these are the lucky ones: people who receive some off-hour mechanical ventilators that have kept them breathing, and leave the hospital. As more and more of these patients return home, clinicians are turning their attention to potential lingering effects of both the virus and the emergency treatment that allow some to survive it.

"The issue we're going to be faced with the most in the coming months is how we're going to help these people recover," says Lauren Ferrante, a pulmonary and critical care physician at the Yale School of Medicine.

COVID-19 damages not just the lungs, but the kidneys, blood vessels, heart, brain, and other organs (see main story, p. 359). Doctors don't yet know what lasting disabilities the virus will cause, but clues come from studies of severe pneumonia—an infection that inflames the air sacs in the lungs, as COVID-19 does. Such infections can progress to acute respiratory distress syndrome (ARDS), in which those sacs fill with fluid. Most patients eventually recover their lung function, but ARDS sometimes leads to scarring that can cause long-term breathing problems, Ferrante says.

After any severe case of pneumonia, a combination of underlying chronic disease and prolonged inflammation seems to increase the risk of other illnesses, including heart attack, stroke, and kidney disease, says Sachin Venk, an epidemiologist and critical care physician at the University of Pittsburgh Medical Center. COVID-19 might prompt "a big increase in these sorts of events," he says.

Patients who spend time in an intensive care unit (ICU), regardless of the illness that put them there, are also prone to a host of physical, cognitive, and mental health problems after leaving. The coronavirus might put ICU survivors at particular risk for some of these problems, in part because it severe lung injury leads many patients to spend prolonged periods on a ventilator under deep sedation, says Dave Neuharth, a critical care physician at Johns Hopkins University's School of Medicine.

These two patients who otherwise spend periods of ventilation are prone to muscle atrophy and weakness, trouble swallowing, and

arms and legs, and eventually sit, stand, and walk—can reduce their weakness and get them off the ventilator faster. But in some hospitals, a shortage of protective equipment has kept physical therapists away from COVID-19 patients.

Another risk is delirium—a state of confused thinking that can lead to long-term cognitive impairments such as memory deficits. "What we're finding in COVID is that there's a ton of delirium," says E. Wesley Ely, a pulmonologist and critical care physician at Vanderbilt University. One cause is the virus itself, which may affect the brain. But the sedatives prescribed to suppress violent coughing and help patients tolerate the discomfort of a breathing tube can also increase delirium risk. And as hospitals run short of the

family would not be allowed to visit, and [health care workers would] go in with face masks and gowns up, so they're completely fighting," says Shannon Inoue, a professor at Harvard Medical School's Harvard School of Life Health Care System.

Some critical care doctors are starting to question recommendations for ventilator use early in the course of disease. "If we're putting more people on ventilators than maybe we need to, that certainly is going to affect the population health after recovery," says C. Serres, a pulmonary critical care physician at the University of Washington, Seattle.

As some hospitals move past the initial surge in cases, researchers are also trying to look ahead. Ely's team is testing a

subset based rehabilitation program for people who have cognitive impairment after being hospitalized for a critical illness, he says. ICU patient care guidelines that Ely and colleagues have developed over many years recommend a daily orientation of neurologic and cognitive tests to help whether patients can wake up, breathe, and tolerate the ventilator without drugs. But the practice requires close monitoring that is difficult in overcrowded ICUs. Ely says, "Everyday out there is trying to do their best.... But it's not three out of the things we've learned in the last 20 years."

The best of infection has also limited the bedside nurse there there that can calm patients and reduce the need for delirium-

CORONAVIRUS | APR. 22, 2020

Medical Workers' Looming Mental-Health Crisis

By Anna Silman



Photo: Steve Prezant/Getty Images

We're committed to keeping our

Mechanisms for Mental Health Struggles

Extreme, rigid thought processes which lead to extreme, long-lasting emotional states

ex) **Depression:** Life as we know it has changed, next winter, we will again have to isolate; why didn't I take this seriously?

ex) **Anxiety:** No one knows when this will be over, will my family get enough support if I do lose my job? Which family members and/or friends will I lose to COVID-19?

ex) **PTSD:** I was sick with COVID and thought I was going to die; having flashbacks to memories brought on by sedatives and lower levels of Oxygen; previous times felt trapped

ex) **Substance Misuse:** Unhealthy Coping OR Habit?

Healthcare Workers, COVID survivors, Everyone else

- Fear of an invisible enemy
- Lack of support from those supposed to have your back
- Lasting cognitive effects from ventilators, delirium, etc.
- Complicated grief reactions
- Anxiety of the Unknown

Communicating certainty/order; plan; community support; acknowledgement of lessons learned is vital

Domestic Violence In the Headlines:

What are the concerns relevant to Prevention ?

PRESS PLAY WITH MADELEINE BRAND

When 'Safer at Home' is not safe: The rise of domestic violence and vulnerability of children amid coronavirus

Hosted by Madeleine Brand • Apr. 01, 2020

CORONAVIRUS

▶ LISTEN • 10 MIN

MORE



A person in the shadows, raising a hand in fear.

Credit: Pixabay.

CNN

Live TV

Some cities see jumps in domestic violence during the pandemic

By Casey Tolan, CNN

Updated 10:37 AM EDT, Sat April 04, 2020



Editor's Note: (A list of resources for domestic violence victims follows this article.)

(CNN) — As more and more Americans are forced to stay home during the escalating

The Coronavirus Could Cause a Child Abuse Epidemic

This crisis has created conditions for a rise in violence that young victims will find difficult to escape.

By Nina Agrawal

Dr. Agrawal is child abuse pediatrician.

April 7, 2020



Subscribe to the New York Times.



Abuse that is Unaddressed...

Leads to Mental Health
Challenges, Substance Use,
and/or Violence down the road...

Intervention = Prevention

Crisis Text Line Reports Increased Focus on Abuse Concerns

- Texts mentioning sexual assault and emotional abuse were **25% higher** in conversations where people mentioned "quarantine"
- In a survey of texters, **28% said yes** if "fear or experience of harm (verbal, physical, or emotional) from people in your home [is] a current source of distress for you?"
- Texts mentioning the words "hit," "violence," or "abuse" **increased by 14%** in April compared to February

[Crisis Text Line](#) – Text HOME to 741741

Source: BuzzFeednews, These Texts Show The Devastating Impact Of The Coronavirus On People's Mental Health(April 17, 2020)


COVID-19 and the Economy In the Headlines:

What are the concerns relevant to Prevention ?

Forbes

COVID-19 Worldwide: The Pandemic's Impact On The Economy And Markets

Brian Menickella Contributor
Personal Finance
Brian Menickella, co-founder of The Beacon Group of Companies



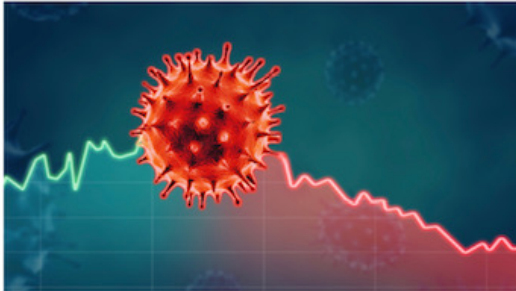
Coronavirus outbreak virus quarantine background
GETTY

At the start of the year, most investors expected the 11-year bull market to continue in 2020, only to be shockingly disabused of that notion by the spread of COVID-19. As a result, the Dow fell from record highs to bear-market territory

Ad Mens' blade running sneakers
Vipupon.com

Coronavirus (COVID-19): Revised State Revenue Projections

4/20/2020



As states grapple with the budgetary and economic consequences of the coronavirus (COVID-19) pandemic, NCSL is tracking actions state legislatures and fiscal offices are taking to adjust current and future fiscal years revenue projections. Check back often for updated legislation and reports.

Midwest Governors collaborate for economy reopening

Harrison Silcox
Published: April 17, 2020 05:44 am | Updated: April 17, 2020 07:20 am

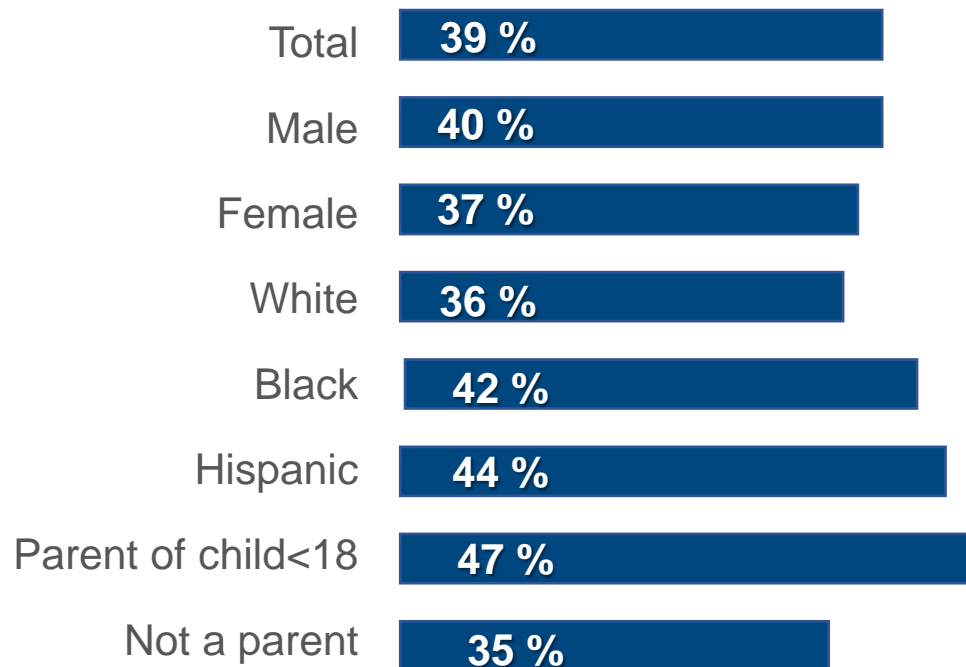


INDIANAPOLIS, Ind. – Gov. Eric Holcomb announced Thursday that he will be working together with other midwest governors to reopen the economy in their areas. Holcomb, along with Gretchen Whitmer (MI), Mike DeWine (OH), Tony Evers (WI), Tim Walz (MN), JB Pritzker (IL), and Andy Beshear (KY) are all coordinating to decide the best way to reopen the economy as the COVID-19 pandemic continues to impact business across the region.

YOUR AD HERE [CLICK TO GET STARTED]

Groups Already Report Economic Impact

Percent who say they lost their job, lost income, or had their hours reduced without pay due to coronavirus.



Source: KFF Health Tracking Poll (conducted March 25-30, 2020).

Groups Already Report Economic Impact

Percent who say they lost their job, lost income, or had their hours reduced without pay due to coronavirus.

Those who report losing a job, income, or hours is similar across household income groups, including about four in ten of those with incomes under \$40,000 (42%), between \$40,000 and \$90,000 (38%), and \$90,000 or more (38%).

While 42% of those under age 65 report losing a job, income, or work hours due to coronavirus, older adults are not immune from this problem, with 25% of those ages 65 and over reporting this experience as well.

Source: KFF Health Tracking Poll (conducted March 25-30, 2020).

Economic Impact

Already, one-fifth of U.S. households have seen reduced hours or lost jobs entirely.

The impact is more pronounced for lower-income workers—one-fourth of households that make less than \$50,000 annually have already reported lost work.

Social Determinants and Equity In the Headlines:

What are the concerns relevant to Prevention ?

The New York Times

The Coronavirus Outbreak | **LIVE** Latest Updates

THE INTERPRETER

As Coronavirus Deepens Inequality, Inequality Worsens Its Spread


The pandemic is widening social and economic divisions that also make the virus deadlier, a self-reinforcing cycle that experts warn could have consequences for years to come.






PATIENT ENGAGEMENT HIT
xtelligent HEALTHCARE MEDIA

How the Coronavirus Affects Social Determinants of Health

The social determinants of health are coming front and center as the public health community works to address the coronavirus.



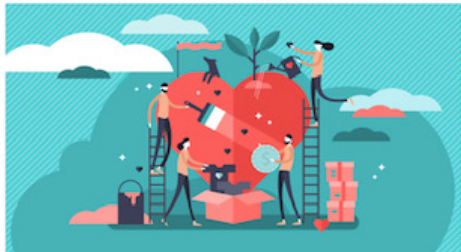
By Sara Heath on March 24, 2020

PatientEngagementHIT

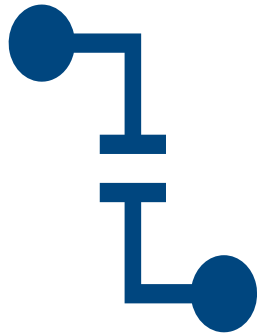
PATIENT CARE ACCESS NEWS

RWJF: Coronavirus Pandemic Highlights Insufficient Health Equity

An op-ed from RWJF President and CEO Richard Besser argues that the coronavirus response is revealing inadequate health equity and public policy.



Equity: Alcohol-related Harm and Social Determinants is Bi-directional



- Alcohol-related harms contribute to loss of earnings, family disruption, interpersonal violence, mental health issues and stigmatization, thus shaping social determinants such as socioeconomic status (SES) and exacerbating inequities.
- The resultant disadvantage may in turn compromise access to treatment (e.g. due to cost or availability), heighten risk of co-occurring health problems and perpetuate cycles of disadvantage

Schmidt L., Mäkelä P., Rehm J., Room R. (2010) Alcohol: equity and social determinants. In Blas E., Kurup A.S. (eds), Equity, Social Determinants and Public Health Programmes. World Health Organization, Geneva, Switzerland

Social Determinants

Conditions in the places where people live, learn, work, and play affect a wide range of health risks and outcomes. These conditions are known as social determinants of health (SDOH).

Secretary's Advisory Committee on Health Promotion and Disease Prevention Objectives for 2020. Healthy People 2020: An Opportunity to Address the Societal Determinants of Health in the United States. July 26, 2010. Available from: <http://www.healthypeople.gov/2010/hp2020/advisory/SocietalDeterminantsHealth.htm>

POLL QUESTION

In planning for recovery, which of the following determinants have eroded the most where you are. Select the two or three you are most concerned about.



- A. Social Factors**
(safety and support)
- B. Economic Factors**
(job loss and income)
- C. Health Behaviors**
(alcohol & tobacco use, diet, exercise)
- D. Healthcare** (access & quality)

Which of these factors have been impacted by the Coronavirus where you are ?

Socioeconomic Factors



Education



Job Status



Support



Income



Community Safety

Physical Environment



40%

10%

30%

20%



Alcohol Use



Diet & Exercise



Tobacco Use



Sexual Activity

Health Behavior



Healthcare

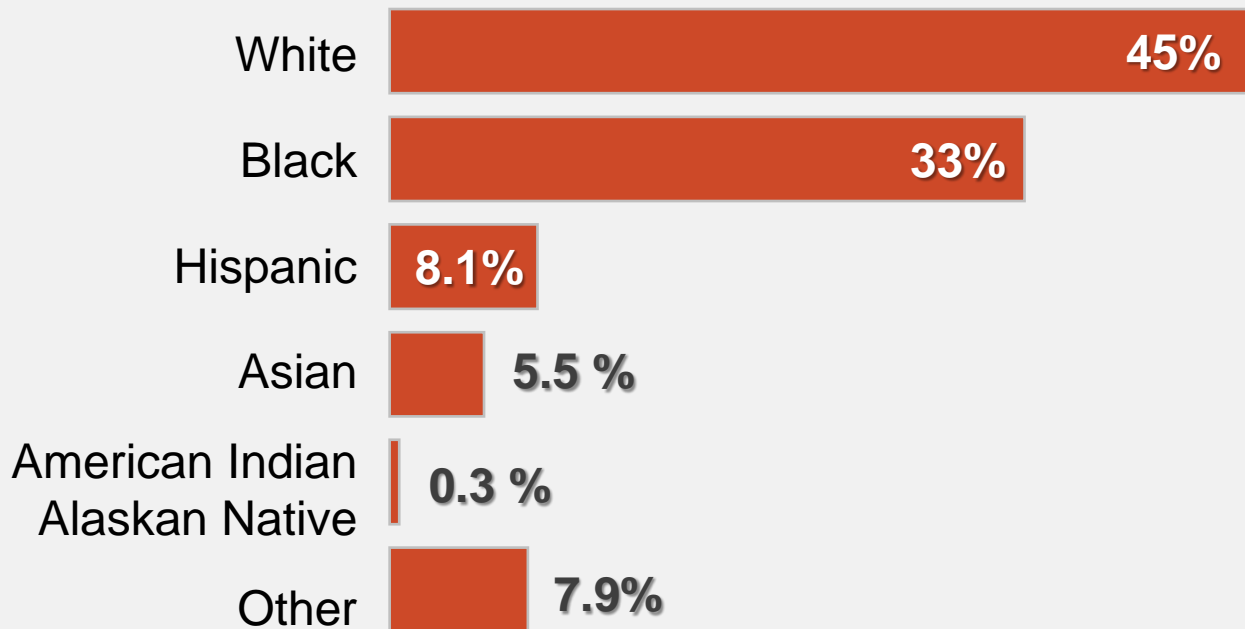
Access to Care
Quality of Care

20 percent of a person's health and well being is related to access to care and quality of care.

The physical environment, social determinants and behavioral factors drive **80 percent** of health outcomes.

Characteristics Of Patients Hospitalized

90% of people in the hospital with COVID-19 had at least one underlying health condition. Half (50%) had high blood pressure, 48% were obese, 35% had chronic lung disease and 28% had diabetes and cardiovascular disease.



Source: A CDC study of multiple datasets offers insight into characteristics of COVID-19 patients in 14 states hospitalized in the month of March.

Characteristics Of Patients Hospitalized

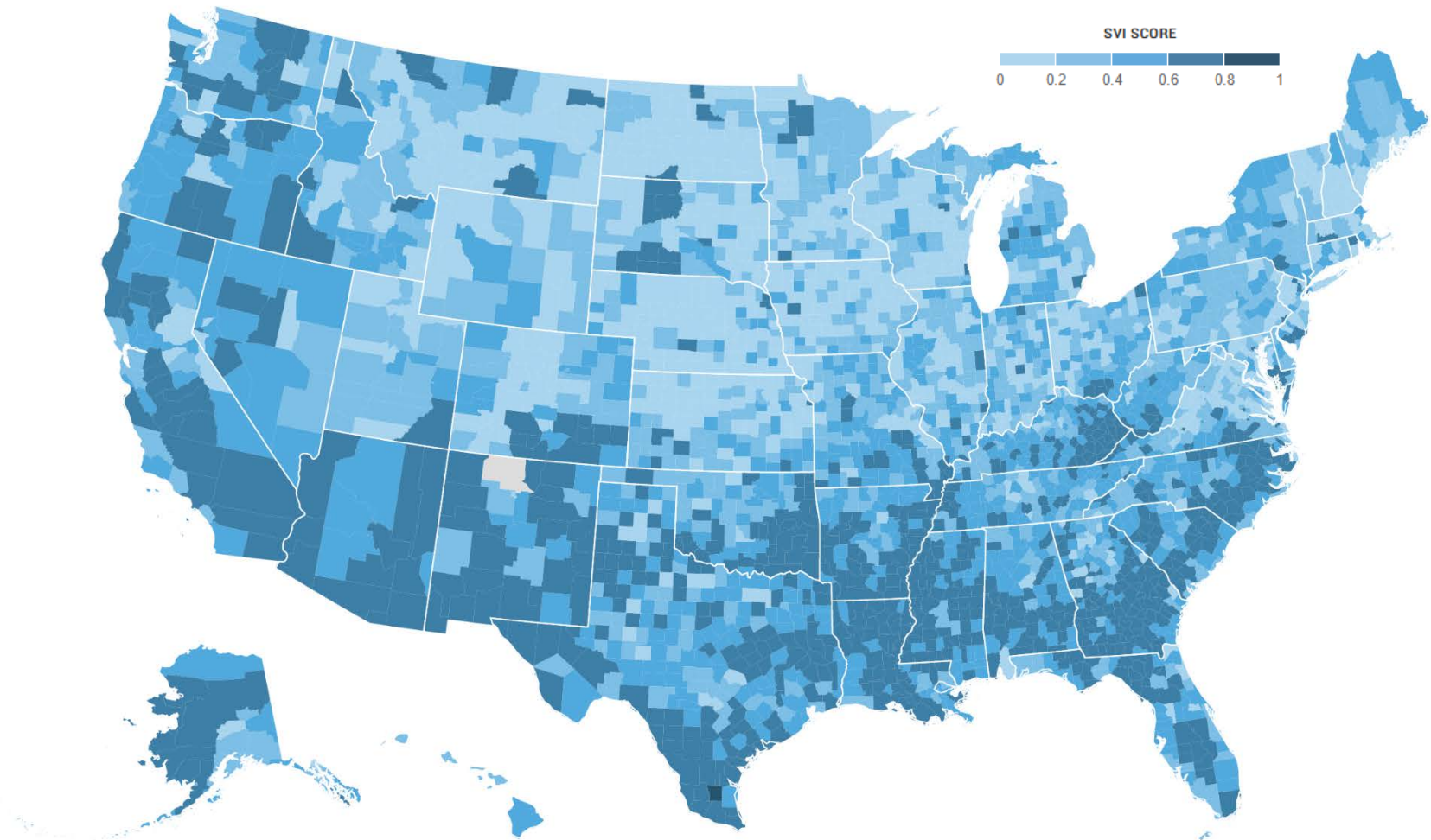
90% of people in the hospital with COVID-19 had at least one underlying health condition. Half (50%) had high blood pressure, 48% were obese, 35% had chronic lung disease and 28% had diabetes and cardiovascular disease.

- **New York City** officials last week said black and Latino residents were dying at twice the rate of white people.
- **In Chicago**, more than 70% of virus-related fatalities were among African Americans — a percentage more than double their share of the population.
- **Black residents in Milwaukee County, Wis.**, have seen similarly disproportionate rates.

Source: A CDC study of multiple datasets offers insight into characteristics of COVID-19 patients in 14 states hospitalized in the month of March.

Counties That May Be Vulnerable As The Virus Spreads

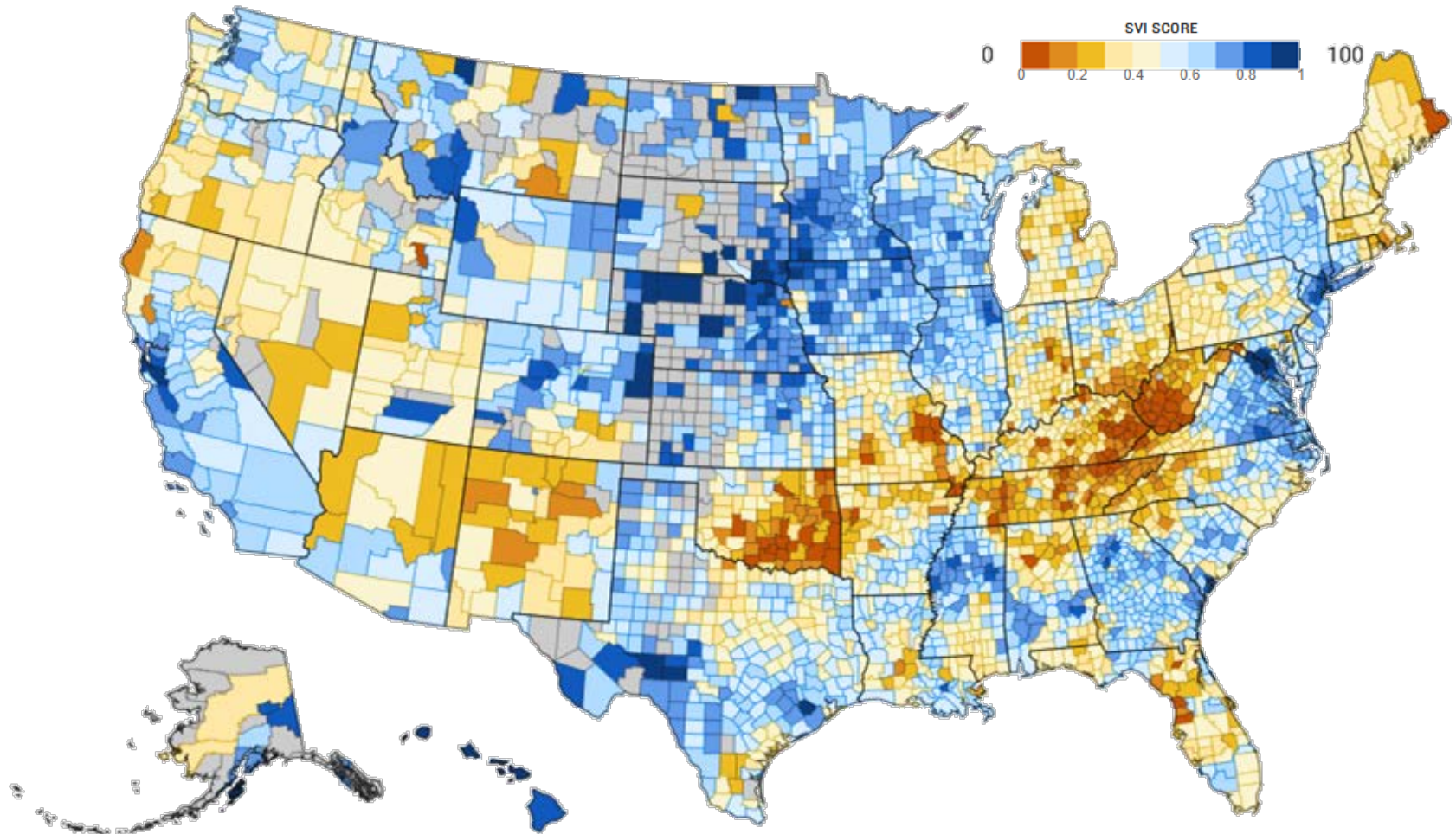
How counties rank on the CDC's social vulnerability index — a combination of demographic and socioeconomic factors including poverty, education levels, housing quality and lack of access to transportation.



Source: CDC Social Vulnerability Index

Healthiest Communities

The Data Explorer in U.S. News' hub displays county-level data points across 10 categories: community vitality, equity, economy, education, environment, food and nutrition, population health, housing, public safety and infrastructure.



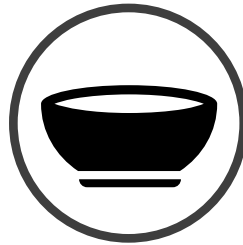
Source: US News and World Report Data Explorer

In Summary:

Planning for Recovery



Housing



Food



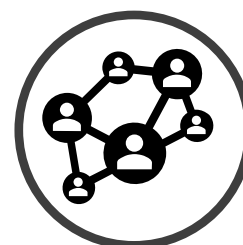
Education



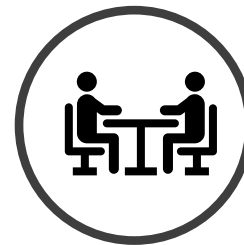
Prejudice



Violence



Social Support



Employment



Health Behaviors

Resilience

The Critical Roles for Prevention



Convener of community partners to essential for a comprehensive response.



Implementer of programs and a catalyst of change in the creation of resilient communities.



Organizer of data, architect of policy and a guru of how to find and utilize best practices.



Facilitator of people, ideas and solutions to stubborn wicked problems.



Process Designer to create seamless systems of care to ensure no one falls through the cracks.



Provocateur to ensure that the most vulnerable populations are prioritized in the response



Great Lakes (HHS Region 5)

PTTC

Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration



<https://pttcnetwork.org/centers/network-coordinating-office/sdh-and-covid-discussion-series>

Listening Sessions



Thursday, April 30: 2-3 pm ET

[Strategic Discussion 2: Strategies to Support the LatinX community.](#) Password: 472743

Tuesday, May 5: 2-3 pm ET

[Strategic Discussion 3: American-Indian/Alaska Native communities: Trauma-Responsive Approaches to Support the Communities.](#) Password: 721216

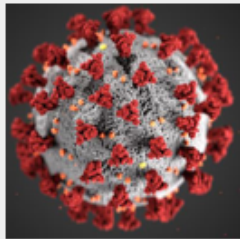
Thursday, May 7: 2-3 pm ET

[Strategic Discussion 4: Asian-American communities and Addressing Stigma.](#) Password: 946684

Tuesday, May 12: 2-3 pm ET

[Strategic Discussion 5: Wrap-up Session Racial equity and health disparities in the age of COVID-19: What new strategies are needed.](#) Password: 100817

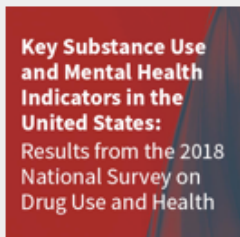
Current Topics




COVID-19
Guidance and
Resources



Letter to Mental
Health
Commissioners



Key Substance Use
and Mental Health
Indicators in the
United States:
Results from the 2018
National Survey on
Drug Use and Health

Watch a video
from Dr.
McCance-Katz on
NSDUH 2018 

- The **SAMHSA Coronavirus (COVID-19) information page** contains several resources for mental health and substance use disorder providers on various topics. This information can be found at <https://www.samhsa.gov/coronavirus>.
- The **SAMHSA DTAC Recovery webpage** contains information and resources to help during the recovery process in the aftermath of disasters. This webpage can be found at <https://www.samhsa.gov/dtac/recovering-disasters>.
- **Psychological First Aid (PFA)**, offered by the National Child Traumatic Stress Network, is a free online course that includes a 6-hour interactive training that puts the participant in the role of a provider in a post-disaster scene. It can be found at:
<https://learn.nctsn.org/course/index.php?categoryid=11>
- **Skills for Psychological Recovery (SPR)**, also offered by the National Child Traumatic Stress Network, is an intervention to help survivors gain skills to manage distress and cope with post-disaster stress. It can be found at:
<https://learn.nctsn.org/enrol/index.php?id=113>

END