The Critical Role for Prevention
*During and Post Pandemic*

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Violence and Trauma Team

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Your Presenter(s)

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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?

Associated Press
U.S. online alcohol sales jump 243% during coronavirus pandemic
Published: April 2, 2020 at 11:21 a.m. ET

Online alcohol sales far outpaced in-store sales

BBC News
Coronavirus: Is my lockdown drinking normal?
By Lauren Turner
BBC News

Coronavirus: Is my lockdown drinking normal?

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

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

- 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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online</td>
<td>42</td>
</tr>
<tr>
<td>24 Packs - Beer</td>
<td>24</td>
</tr>
<tr>
<td>3 Liter Box Wine</td>
<td>53</td>
</tr>
<tr>
<td>Beer</td>
<td>14</td>
</tr>
<tr>
<td>Spirits</td>
<td>26</td>
</tr>
<tr>
<td>Wine</td>
<td>28</td>
</tr>
</tbody>
</table>

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.

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.

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.

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, 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 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

Source: CNN
In the Headlines:
What are the concerns relevant to Prevention?

The Struggle to Cope With Depression Amid Coronavirus
The pandemic is especially destabilizing

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

Medical Workers’ Looming Mental-Health Crisis
By Anna Silman

We’re committed to keeping our patients and colleagues safe.
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?

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

Some cities see jumps in domestic violence during the pandemic
By Casey Tolan, CNN
Updated 10:37 AM EDT, Sat April 04, 2020

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
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

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.

Coronavirus (COVID-19): Revised State Revenue Projections

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 nation.
Groups Already Report Economic Impact

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Percent</th>
</tr>
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<tbody>
<tr>
<td>Total</td>
<td>39 %</td>
</tr>
<tr>
<td>Male</td>
<td>40 %</td>
</tr>
<tr>
<td>Female</td>
<td>37 %</td>
</tr>
<tr>
<td>White</td>
<td>36 %</td>
</tr>
<tr>
<td>Black</td>
<td>42 %</td>
</tr>
<tr>
<td>Hispanic</td>
<td>44 %</td>
</tr>
<tr>
<td>Parent of child&lt;18</td>
<td>47 %</td>
</tr>
<tr>
<td>Not a parent</td>
<td>35 %</td>
</tr>
</tbody>
</table>

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.

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<th>Parent of child&lt;18</th>
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</thead>
<tbody>
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<td>Lost job, income, or</td>
<td>39%</td>
<td>40%</td>
<td>37%</td>
<td>36%</td>
<td>42%</td>
<td>44%</td>
<td>47%</td>
<td>35%</td>
</tr>
<tr>
<td>hours</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

Source: Bureau of Labor Statistics
Social Determinants and Equity

In the Headlines:

What are the concerns relevant to Prevention?

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.

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.

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.

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).

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?

- Education
- Job Status
- Support
- Income
- Community Safety
- 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.
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.

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>45%</td>
</tr>
<tr>
<td>Black</td>
<td>33%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>8.1%</td>
</tr>
<tr>
<td>Asian</td>
<td>5.5%</td>
</tr>
<tr>
<td>American Indian</td>
<td>0.3%</td>
</tr>
<tr>
<td>Alaskan Native</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>7.9%</td>
</tr>
</tbody>
</table>

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.

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

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

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

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

**Provocateur** to ensure that the most vulnerable populations are prioritized in the response.
Great Lakes (HHS Region 5)

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