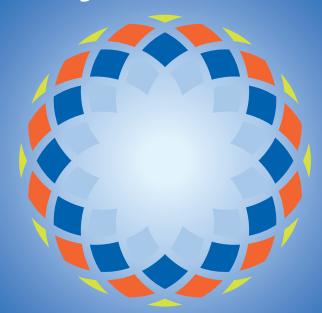
COVID-19 – System Transformation



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Moving toward a community of action.

Mental health is "a state of well-being in which every individual realizes his or her own potential, can cope with normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

Vision: Be Well Orange County will lead the nation in optimal mental health² and wellness for all residents.

¹ World Health Organization. Mental Health: A State of Well-Being, 2014. http://www.who.int/features/facilities/mental_health/en

² In the following document, the terms mental health and wellness encompass substance dependence and abuse.

Ecosystem Tomorrow



Distributed Leadership Structure for Collective Impact

Se Well Ecosystem





The 6 Results

1 Reduce Stigma

Improved mental health awareness, attitudes, and understanding throughout the Orange County community

Indicator 1a:

Public awareness and changed conversation

Indicator 1b:

Ability to recognize disorders (self & others)

Indicator 1c:

Knowledge of professional help and treatment availability

Indicator 1d:

Knowledge of effective self-help strategies

2

Prevent and Act Early

Effective prevention and early intervention services are available to all Orange County residents

Indicator 2a:

Investments in prevention & early intervention

Indicator 2b:

Expand Social-Emotional Learning in early childhood education/care settings

Indicator 2c:

Outreach, engagement by peers, and early diagnosis

3

Close Treatment Gaps and Improve Access

All Orange County residents can access needed programs and services when and where they need them

Emphasis on interorganizational transitions of care and warm connections

Indicator 3a:

Mental health equity and disparities

Indicator 3b:

Expand utilization of peer services & grow provider pool

Indicator 3c:

Optimal interorganizational care pathways and warm connections

The 6 Results

4

All Orange County residents can access crisis support through a network of facilities, mobile teams, and digital tools

Indicator 4a:

Incidence of MH crises and suicides (attempts, completions)

Indicator 4b:

Appropriate utilization of CSUs vs. ED and inpatient services

Indicator 4c:

Utilization of mobile support services and navigation app

5

Establish Community Wellness Hubs

Coordinated, integrated, responsive health, behavioral health, and wellness services capacity

Integrated primary care/behavioral health, urgent needs, mobile treatment strategically located in three geographic regional areas

Indicator 5a:

Inter-agency and interorganizational collaboration

Indicator 5b:

Implement core Hub services, and region-specific services

Indicator 5c:

Broad array of services (e.g., crisis, wellness, mobile health, in-home support, peer run education)

6

Align Partners, Policie and Programs

Addressing complex, interrelated issues of mental illness, addiction, and homelessness, among others

Indicator 6a:

Homeless System of Care

Indicator 6b:

ACEs & Trauma informed care

Indicator 6c:

Cross-sector partnerships

Indicator 6d:

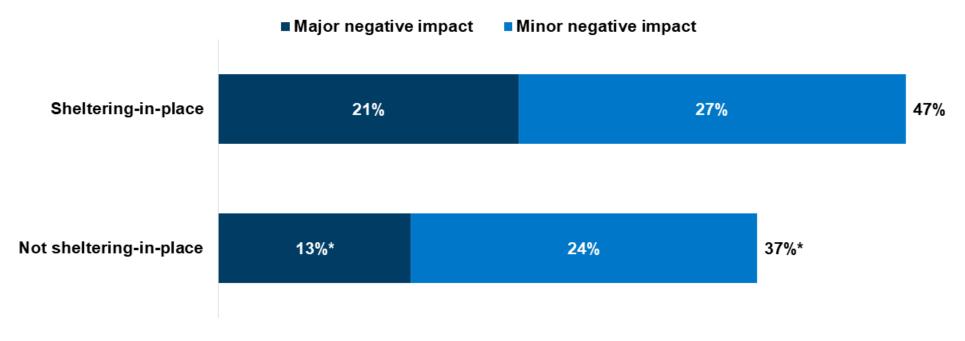
University-BH program partnerships

COVID-19 & Mental Health

- Disease uncertainty high risk groups, death
- Frontline health care providers and first responders' emotional health
- Social isolation
- Physical isolation especially in children/youth and seniors
- Job loss and income insecurity poverty, legacy loss
- Undercounted domestic violence
- Undercounted child abuse

Figure 1

Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, Based on Sheltering-in-Place Status



NOTES: *Indicates a statistically significant difference between those sheltering-in-place and those not sheltering-in-place at the p<0.05 level. Distribution may not sum to total due to rounding.

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



COVID-19 & Women's Mental Health

- International data show women have been more likely to experience symptoms of stress, anxiety and depression during the pandemic
- Australian data show loneliness has been more of a problem for women (28%) than men (16%) during this past month under lockdown
- Caregiver load has also been a source of stress, with women almost three times more likely than men to be looking after children full-time on their own during COVID-19 → extra stress on women who telework
- Younger female workers are disproportionately affected by the economic crisis in the wake of COVID-19
- Global increase in domestic violence

COVID-19 & Mental Health System

- Express Scripts has recently reported:
 - 40 % increase in a prescription of pills for anxiety
 - 20 % increase in prescriptions for depression pills and
 - 50 % increase in sleeping pills
- Uptick in calls to the hotline and warmline
- WebMD's poll among readers (3100) found that 26% said they felt a sense of trauma from COVID-19

Long-term Effects of the Pandemic

- The longer that there is unemployment, the longer there will be mental distress and increased risk of suicide
- Asian economic recession (1997-1998): unemployment → increase in suicide in Japan, Hongkong and South Korea. Effect seen in these populations in the US
- Suicide is highly linked to unemployment in financial insecurity: for every 1 % increase in unemployment there will be a 1 % increase in suicide
- Projection an increase of between 8,000 and 10,000 additional suicides in the United States as a consequence of the pandemic

McIntyre, R & Lee, Y. (2020) Preventing Suicide in the Context of COVID-19 Pandemic. World Psychiatry, 19(2):250-251

Strategies

- Individual:
 - Eat and sleep well
 - Stay socially connected, even if you can't see others in person
 - Limit news and social media
- Community:
 - Support for the vulnerable seniors, children, frontline health care workers
 - Neighborhood connection food drives, safety & wellness check
- System:
 - Increase mental health care
 - Increase access to care telemedicine
 - Physical health, mental health and substance use treatment integration

Resources

- National Domestic Violence Hotline: 800-799-SAFE (7233) and 800-787-3224 (TTY)
 - Text LOVEIS to 22522 or use the live chat option at www.thehotline.org
- National Suicide Prevention Lifeline: 800-273-TALK (8255)
 - Lifeline Chat: https://suicidepreventionlifeline.org/chat
- Orange County Warmline: 877-910-9276
 - Call or text 714-991-6412
- Postpartum Support International HelpLine: 800-944-4773
 - Text Message to 503-894-9453 (English) or 971-420-0294 (Español)

Thank You and Be Well!

