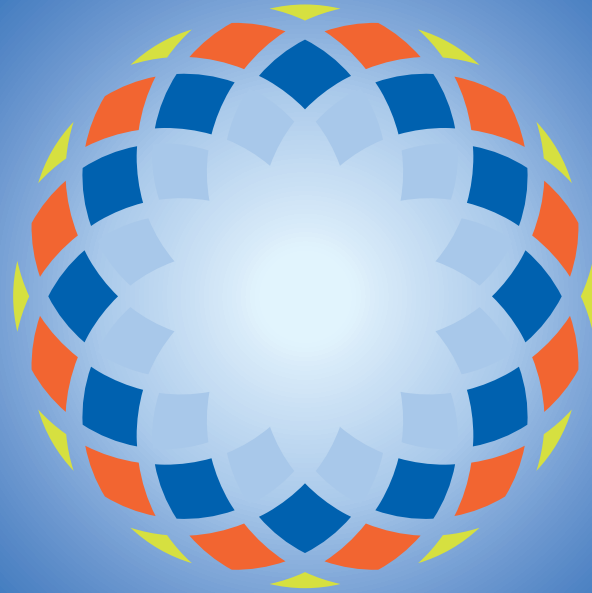


# COVID-19 – System Transformation



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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.”<sup>1</sup>

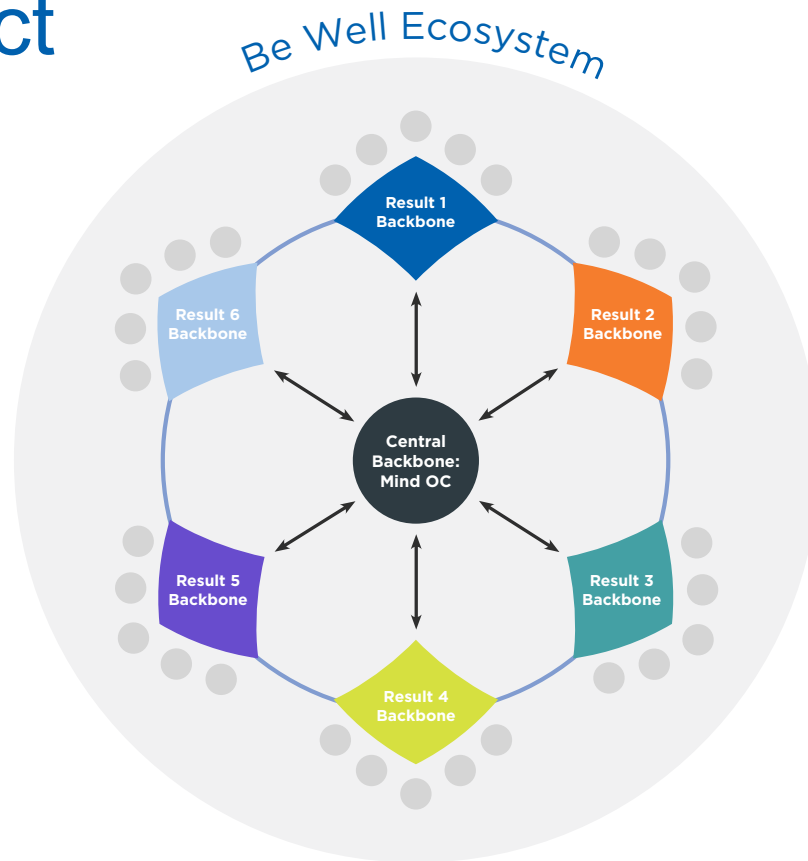
**Vision:** Be Well Orange County will lead the nation in optimal mental health<sup>2</sup> and wellness for all residents.

<sup>1</sup> World Health Organization. Mental Health: A State of Well-Being, 2014. [http://www.who.int/features/facilities/mental\\_health/en](http://www.who.int/features/facilities/mental_health/en)

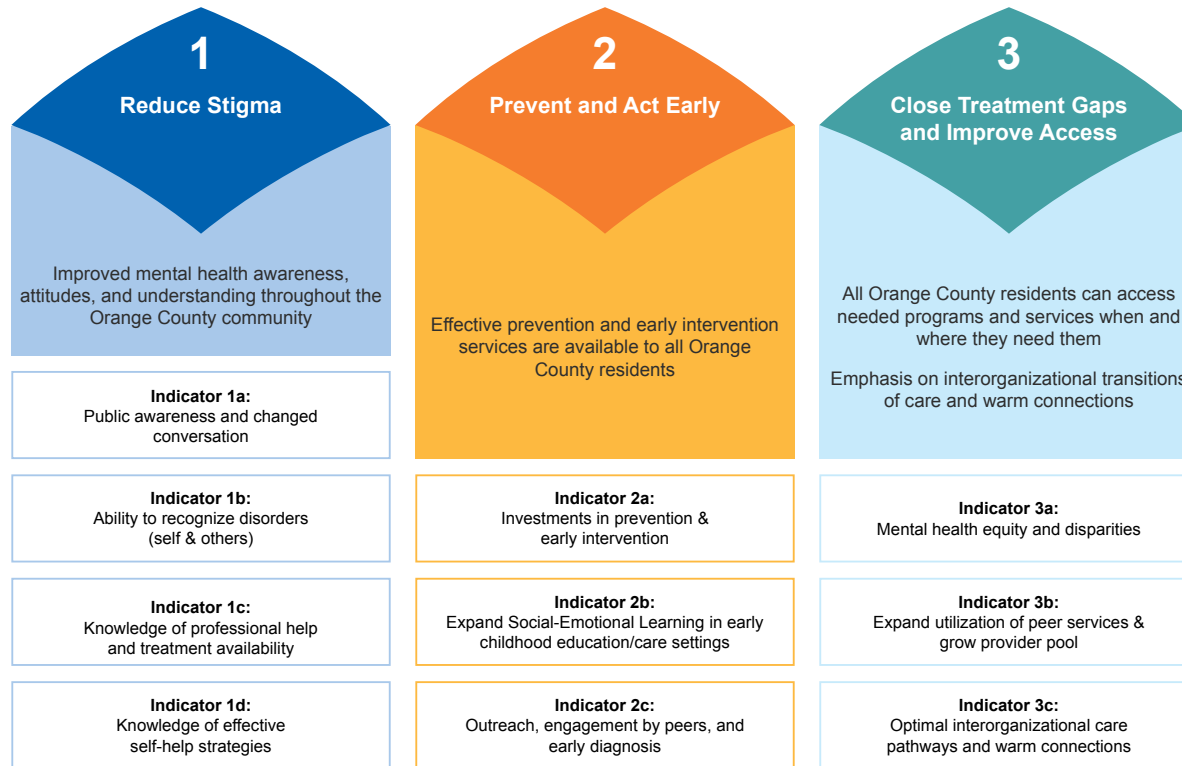
<sup>2</sup> In the following document, the terms mental health and wellness encompass substance dependence and abuse.



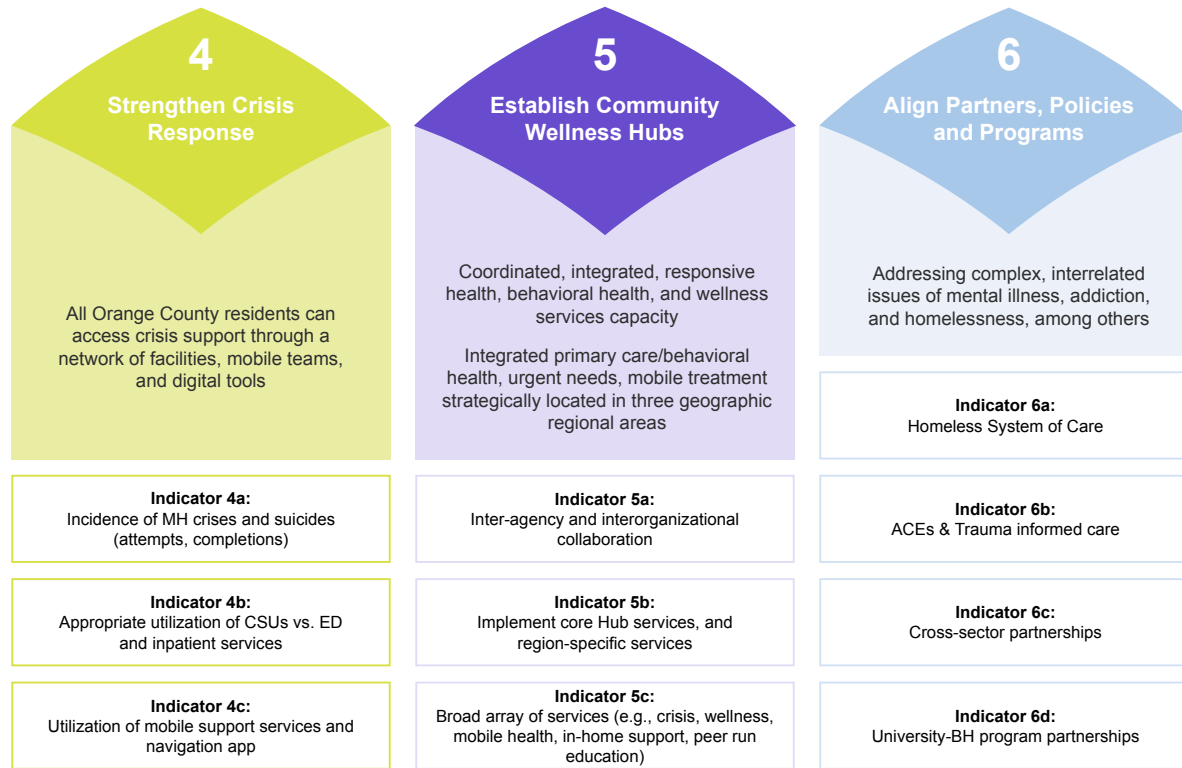
# Distributed Leadership Structure for Collective Impact



# The 6 Results



# The 6 Results

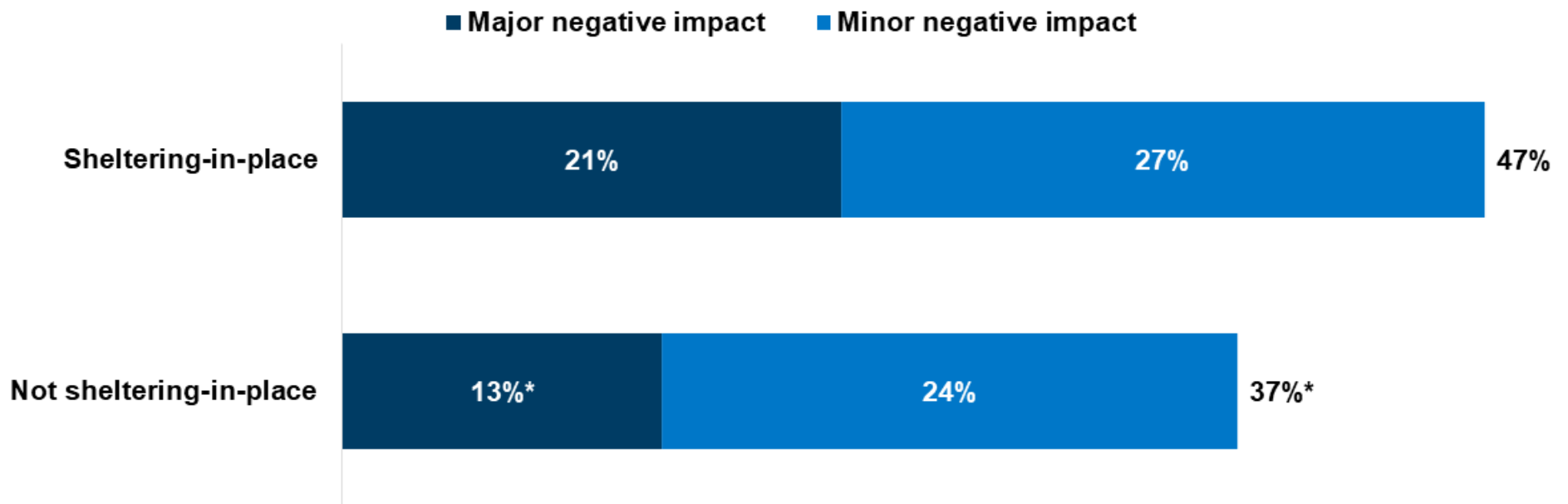


# COVID-19 & Mental Health

- 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

# 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](http://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!

