Addressing Communities at High Risk: The Impact of COVID 19 on Mental Health

Learning from employers, researchers, and providers as they share their findings and experiences in addressing the heightened mental health needs of high-risk employees and communities.

April 1, 2021 | 1:00 pm ET
Welcome and Introduction

MODERATOR
Scott Conard, MD, DABFP, FAAFM
CEO
Converging Health
Chief Medical Advisor
National Alliance of Healthcare Purchaser Coalitions
Agenda

SPEAKERS AND TOPICS

Welcome & Introduction
- Scott Conard, MD – Moderator
- Greg Martin – PCORI Update

Engagement – PCORI-funded Research
- Speaker: Yu-Ping Chang, PhD

Assessment – PCORI-funded Research
- Speaker: Tiffany F. Haynes, PhD

Integration
- Speaker: Wayne B. Jonas, MD

Implementation – Employer Case Study
- Speaker: Ashley Bacot

Q & A
- Scott Conard, MD – Moderator
- Susan Frank
- Audience
- Participant Survey
Engagement

Yu-Ping Chang PhD, RN, FGSA, FIAAN, FAAN
Professor and Associate Dean for Research and Scholarship
Patricia H. and Richard E. Garman Endowed Professor
Chair, Family, Community and Health Systems Science Division
School of Nursing
The State University of New York, University at Buffalo 101C Wende Hall
PROJECT OVERVIEW

YU-PING CHANG, PHD, RN, FGSA, FIAAN, FAAN

Professor and Associate Dean for Research and Scholarship
Patricia H. and Richard E. Garman Endowed Professor
Chair, Family, Community and Health Systems Science Division

University at Buffalo
School of Nursing
Comparing Two Ways to Mitigate the Impact of the COVID-19 Pandemic on Mental Health among Adults from Underserved and Racial Minority Communities (COVID-2020C2-11158)

- Started in Nov 2020

- Compare a mindfulness-based stress reduction (MBSR) group intervention via teleconference with an MSBR mobile app in reducing worry and improving other mental health outcomes among adults living in low-income racial and ethnic minority neighborhoods who lack access to mental health care

- Randomized controlled trial with a 3-arm design and community-based participatory approach
STUDY BACKGROUND

What led us to pursue this study?
Why we decided to focus on mental health

• Nearly half of adults in the United States reported that their mental health has been negatively impacted due to worry and stress over the COVID-19 virus (Kaiser Family Foundation, 2020).

• This stress manifests itself physiologically, leading to increased incidence of multiple health problems which are already a concern for many African Americans and others living in disadvantaged communities across the country.

• The introduction of COVID-19 has further exacerbated the profound inequities in health care for communities of color.

• COVID-19 disproportionately impacts African American communities – death rate, essential workers, crowded living conditions, unemployment.
Target Area – City of Buffalo, NY

- Buffalo is the sixth most segregated metro area in the US, and its African-American residents are both less healthy and are poorer than white residents on average. (Brookings Institution)

- Erie County, NY testing data showed that per-capita COVID-19 case counts were 88% higher in the county’s five majority African-American Zip Codes (all within the City of Buffalo) than they were in the rest of the county.

- An urgent need to provide interventions to minimize the impact of the COVID-19 pandemic on the mental health of residents living in predominately African American communities.
HEALTH AND HEALTHCARE INEQUITIES

The Impact of COVID-19

University at Buffalo
School of Nursing
How we created a REAL Community-Based Participatory Research (CBPR) Project

There is a big difference between research performed...
Our Engagement Timeline (to date)

2015

- African American Health Disparities Task Force
- PCORI COVID-19 Targeted PFA
- Multiple Meetings with Community Stakeholders
- UB Community Health Equity Research Institute

Now

- Wrote & Submitted Application WITH 13 Partners (6 organization)
- Worked with Core Stakeholders to Recruit New Members to Team
- Funding announcement and meeting with Stakeholders
- Job Descriptions, Postings, Applicant Review, Interviewing and Hiring WITH Stakeholders
- Focus Groups, Intervention Development and Refinement WITH Stakeholders (ongoing)
- Pilot Intervention WITH Stakeholders
Overcoming the Challenges of Engagement

- Involved key community stakeholders from the beginning – Participants played a meaningful role to contributing to the grant submission.
- We benefitted by working with existing relationships.
- We took meaningful time to discuss ways to best ensure the success for the project.
- Open-minded for changes – hiring process and sharing leadership
OUR ADVISORY COMMITTEE

Building a concerned coalition
We currently have 18 members representing the following stakeholder groups:

- Patients/Consumers
- Patient/Caregiver Advocacy Organizations
- Community-Based Organizations
- Clinicians
- Clinics/Hospitals/Health System Representatives
- Purchasers
- Payers
- Policy Makers
- Training Institutions
- Subject Matter Experts

*We are constantly engaging the community and actively seeking to recruit members to our Advisory Committee*
Expected Findings and long-Term Benefits

• Provide guidance for providers on ways to overcome barriers of access to mental health care in underserved communities.

• Yield lessons on strategies for personalized and culturally-appropriate tailoring of interventions considering mental health needs, social determinates of health, and cultural values of African American communities.

• Provide actionable findings that can be immediately adopted by the healthcare providers, patients, and the community, and can be easily replicated throughout the country, both during and after COVID.
Assessment

Tiffany F. Haynes, PhD
Associate Professor, Department of Health Behavior and Health Education
Health Promotion and Prevention Research (HPPR) Doctoral Program, Co-Director
UAMS Translational Research Institute (TRI) Community Engagement Core, Associate Director
Fay W. Boozman College of Public Health
University of Arkansas for Medical Sciences (UAMS)
The Impact of COVID-19 on the Mental Health of High-Risk Populations: Understanding the Needs of Frontline and Essential Workers
Acknowledgements

• Team:
  • Tiffany Haynes, PhD
  • Khiela Holmes, PhD
  • Dr. George Pro, PhD
  • Dr. Nickolas Zaller, PhD
  • Ms. Leta Anthony
  • Ms. Ruby Welch
  • Dr. Keneshia Bryant-Moore, PhD
  • Ellen Hutchins, MPH

  • Research reported in this presentation was funded through a Patient-Centered Outcomes Research Institute (PCORI) Engagement Award (EAIN 00170).
Mental health Impacts of COVID-19

- The COVID-19 pandemic has increased STRESS:
  - Stay at home orders
  - Cancellations of gatherings
  - Cancellation of school or move to virtual school
  - Loss of income

- Increases in COVID-19 stressors has increased mental health symptoms:
  - Increased reports of anxiety and depression symptoms
  - Increased substance use (i.e. alcohol use)

Kaiser Family Foundation, The Implications of COVID-19 for Mental Health and Substance Use
Mental health Impacts of COVID-19

• Some populations may have a greater risk of experiencing the psychological impact of COVID-19

1. Those with previous history of mental health and/or substance use disorders
2. Those who are currently incarcerated
3. Frontline healthcare and essential workers
Frontline and Essential Workers

Who are frontline and essential workers?:

- Those who work in industries that are critical to keeping the nation running. Frontline and essential workers are those who were required to work outside of the home putting themselves at risk of exposure.
  - Healthcare providers
  - Grocery store personnel
  - Educators
  - First Responders (Firefighters and Police)
Mental health Impact of COVID-19 on Frontline and Essential Workers

Increased stress:
Increased Anxiety
Changes in mood or irritability level
Recommendations to address the mental health impact of COVID-19

Creating a supportive work environment

Employees are feeling a loss of morale that impacts their mental health and productivity.

1. Create a safe environment to share
   1. Making sure that employees feel heard
   2. Make sure that employers respond to employees needs

2. Find ways to show appreciation, but make sure the incentives are what employees want.
   1. Mental Health Days
   2. Financial Incentives
Recommendations to address the mental health impact of COVID-19

Raising awareness about mental health among employers

Supervisors and Upper Management need to start the conversation about the importance of mental health and create an environment where it is ok to reach out for help.

1) Learn warning signs of mental illness and
2) Have referral options available
Recommendations to address the mental health impact of COVID-19

**Increase availability of mental health services**

Many participants voiced concerns about seeking services through the workplace (i.e. EAP)

1. Many suggested that employers needed to have options to refer employees to community based services.

2. Employers should explore the option of having other services such as support groups available on site.
Conclusions

Frontline and Essential Workers are feeling the stress from COVID-19.
Employers can help workers cope with the added stress

Creating a Supportive Work Environment
Raising Awareness about Mental Health
Increasing Availability of Mental Health Services
Contact Me:

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Integration

Wayne B. Jonas, M.D.
Executive Director
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Whole person care during covid

Wayne B. Jonas, MD
Executive Director, integrative health programs, Samueli Foundation

@DrWayneJonas
Covid and our current health care system

**PRIMARY CARE PHYSICIANS**

By the end of 2020,
- 25% permanently lost practice members
- 41% have unfilled staff roles
- 48% report mental exhaustion

*Primary Care Collab. Covid Survey, Larry Green Center, Nov-Dec 2020*

**FAMILY DECISION MAKERS**

- More mental health crises
- More obesity, addiction, community violence
- Increases in racial disparities

*Primary Care Collab. Covid Survey, Larry Green Center, Feb 2021*

**HEALTH CARE EXECUTIVES**

- ICUs at and over capacity
- Revenues have declined
- Rural systems are closing
- Quality improvements on hold

*Fierce Healthcare, Feb 2021*

Disparities, NEJM, July 2020
Though many Americans intend to be more mindful about self-care post pandemic, many are struggling to maintain their whole health in this time.

- 80% say they will be more mindful about practicing self-care regularly once the pandemic is over.
- 83% say technology has been essential in helping them remain connected with others during COVID-19.
- 46% say they are struggling to find ways to maintain their whole health (i.e., physical, mental, and spiritual health) during COVID-19.
- 47% say they felt isolated from friends and family during COVID-19.

Source: The Harris Poll, June 2020 – drwaynejonas.com/COVIDsurvey
WHO DIES WITH COVID?

The Same People as Before COVID

- Elderly
- Chronic Disease
- Blacks
- Hispanics
- Low Income
- Poor Healthcare
- Service Jobs

Source: CDC - COVID-NET
https://gis.cdc.gov/grasp/covidnet/COVID19_5.htm
Accessed 02/22/2021.
Covid impact on Life Expectancy

- 1-year reduction
- 3-4 times that in people of color

We project that COVID-19 will reduce US life expectancy in 2020 by 1.13 y. Estimated reductions for the Black and Latino populations are 3 to 4 times that for Whites. Consequently, COVID-19 is expected to reverse over 10 y of progress made in closing the Black–White gap in life expectancy and reduce the previous Latino mortality advantage by over 70%. Some reduction in life expectancy may persist beyond 2020 because of continued COVID-19 mortality and long-term health, social, and economic impacts of the pandemic.

One half to one third of post-COVID patients have significant symptoms 20-60 days after the infection.

Who gets long-covid?

Risk factors for persistence of symptoms: high blood pressure, obesity, mental health conditions

BODY & EXTERNAL
• Chronic pain/ Headache
• Organ damage
• Breathlessness

BEHAVIOR & LIFESTYLE
• Fatigue/ Sleeping issues
• Stress management
• Limits on activity

SOCIAL & EMOTIONAL
• Anxiety, depression, PTSD
• Social isolation

SPIRITUAL & MENTAL
• Memory issues/ brain fog
• Loss of purpose/ apathy

Take a whole person approach to care

Explore your personal determinants of health and wellbeing

*Focus on “What Matters?”*
The Center of the COVID CRISIS

- **Alan Roth, DO**, chair, Dept of Family Medicine, Jamaica Hospital Medical Center, Queens, NY
  - Most diverse city in American
  - Cares for 1.2 million patients
  - 75% Medicaid or no insurance
- 2019 — Started placing **integrative health practices** (IHP) into their care in a safety net hospital
- 2020
  - Center of the first COVID surge
  - Launched a post-COVID clinic using IHP

Source: AP Photo/ Seth Wenig/
whole PERSON HEALTH DURING COVID-19

- Avoiding Burnout
- Enhancing immune system
- Building Resilience

Dr. Wayne Jonas
Executive Director
Samueli Integrative Health Programs
What’s one thing you can improve today?
1. DO A MIND-BODY PRACTICE
   • once a day

2. GRATITUDE JOURNALING
   • at the end of the day - [LINK]
THE SCIENCE SAYS...
• Loneliness increases inflammation in the body (c-reactive protein) and can lead to the worsening of chronic conditions
• Loneliness can weaken the immune system and increase vulnerability to infection
• Loneliness increases the risk for mental and physical health
• Suicide and death increased

YOUR ROLE IS TO...
• Listen and connect
• Help patients learn about the resources in their area
• Identify what changes they are ready to make
RESOURCES AND LINKS DURING COVID

HEALING PATIENTS IN THIS TIME OF LONELINESS AND SOCIAL ISOLATION

Healing Oriented Practices & Environments

1. PREPARATION
Preventing and managing chronic disease requires considering all aspects of a person’s life—focusing not just on treating disease, but also on promoting health. This requires fully integrating preventive care, complementary care and self-care into the prevention and treatment of disease, illness, and injury. Learn how and how to pay for it.

2. HOPE VISIT
HOPE consists of a set of questions geared to evaluate those aspects of a patient’s life that facilitate or detract from healing. The goal is to identify behaviors that support healing and serve as a tool for delivering integrative health care through a routine office visit. Download tools to get you started.

3. CONTINUING SUPPORT
After an integrative health visit, the hard work will begin for the patient. You can make it easier by connecting the patient’s priorities and health goals to medical advice, and offering support in implementing the changes. Access resources that will help your patients with making behavior changes.

Resources available at drwaynejonas.com/hope
Clinical Implementation

A robust suite of resources and tools including:

• Evidence summaries
• Electronic Health Records
• Coding and billing
• Patient encounter scripts
• Patient tools and resources
• Frameworks for team care
• Patient outcome measurement tools
Looking for better strategies for treating your patients with chronic pain?

- **EARN 4 AMA PRA Category 1 Credits™**
- **EARN 12 AAFP Prescribed Credits**
- **GAIN A CERTIFICATION** in Integrative Approaches to Chronic Pain Management
- **FREE** – thanks to a grant from the Samueli Foundation

LEARN MORE AT [IntegrativePainCME.com](http://IntegrativePainCME.com)
integrative health during COVID

**PROVIDERS**

*Self-care*

*Stress Management*

**PATIENTS**

*Support Healing*

*Build resilience*

**COMMUNITY**

*Preventative Care*

*Loneliness*

*Trauma*
Start Now

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Or visit DrWayneJonas.com/signup to receive our newsletter, videos and commentaries.
Implementation

Ashley Bacot
Risk Manager
Rosen Hotels and Resorts
Mental Health – Implementation

Ashley Bacot – President ProVinsure/Risk Manager Rosen Hotels & Resorts, Inc.
Mental Health Implementation

• History
  • Rosen Hotels & Resorts, Inc
  • Provinsure
  • Rosen Medical Center

• Services
  • Traditional
    • Face-to-face counselling
    • Educational materials
    • Mindfulness resources
  • Pandemic Focus and shift
    • Telephonic counselling
    • Telehealth counselling
    • Text messaging counselling
Mental Health Implementation

Outreach/Removing the Stigma

• Conducted live webinars to educate leaders and managers
  • What signs/symptoms to be looking for in employees at work.
  • What to do/who to contact with concerns.
  • Removal of mental health stigma education.
  • Reminders of the various services offered and available

• Rosen medical center
  • Mental health is assessed during visits
  • Phone lines in each exam room to start mental health services if needed
  • Prescriptive medical treatment available as needed

• Continues education
  • Weekly electronic reminders to all associates
  • Monthly mental health education topics
Wrap up • Q&A • Survey
Thank you!!