

New York City Department of Health and
Mental Hygiene

Mental Hygiene Provider Webinar

Hillary Kunins, MD, MPH, MS
Executive Deputy Commissioner
Division of Mental Hygiene
October 20, 2020

Agenda

- Accomplishments
- COVID-19 Updates
- Behavioral Health Impact of COVID-19
- Influenza Update
- Coastal Storm Preparations
- Questions and Answers

Thank You!

Providers of behavioral health and intellectual and developmental disability services helped sustain and support New Yorkers through the COVID-19 surge in New York City (NYC)! Thank you for:

- Adapting to virtual and telehealth services
- Meeting challenges of mitigating COVID-19 spread in congregate settings
- Navigating staffing shortages and maintaining staff levels for necessary in-person work
- Continuing to meet the needs of New Yorkers through all phases of the COVID-19 pandemic

Division of Mental Hygiene

Resources for the Public and Providers

- [Coping and Emotional Wellbeing webpage](#)
- Stay Home Stay Connected & Suicide Prevention media campaigns
- Methadone delivery service

Surveillance and Needs Assessment

- Monitor population-level mental health, alcohol and drug use, and behavioral health service use
- Health Opinion Poll (HOP) questions
- [Impact of COVID-19 on Mental Health in New York City](#)

Support for Providers

- COVID-19-related practice guidance
- Support on isolation/quarantine, access to personal protective equipment (PPE), telehealth
- Webinars on influenza and staffing shortages

Where We Are Now

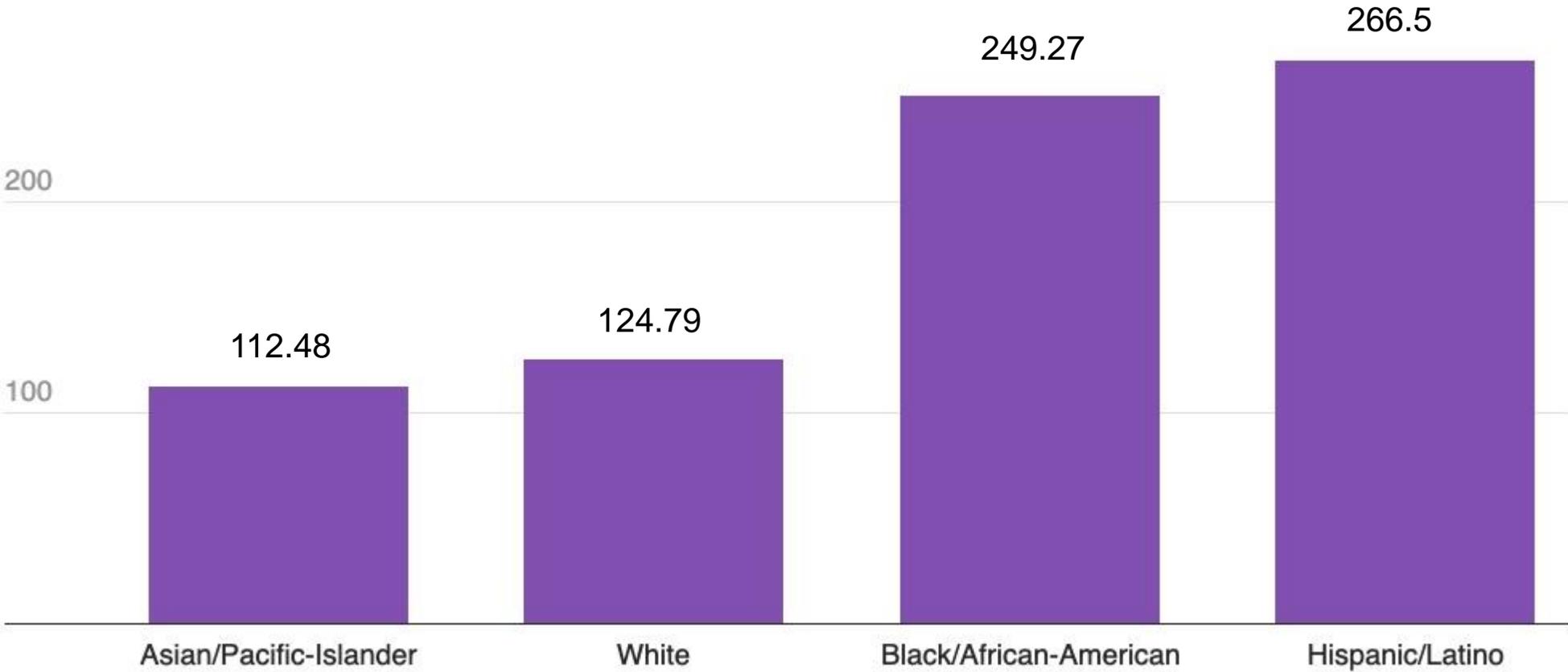
- Over one million deaths due to COVID-19 have been reported worldwide
- Highest recent burden of disease has been in the Americas and Southeast Asia
- Resurgences are occurring in several European countries
- Cases are on the rise in the United States
- NYC public schools have resumed in-person classes and indoor dining at 25% capacity started September 30th
- A concerning increase in case counts and hospitalizations has been observed in certain areas of NYC, though citywide test positivity remains less than 2%
- The NYC Department of Health and Mental Hygiene (Health Department) issued a Commissioner's Order to reduce risk at nonpublic schools in certain ZIP codes with increased transmission and is working with partners in affected communities to reinforce COVID-19 guidance and precautions

COVID-19 Cases, Hospitalizations and Deaths

<i>Measure</i>	<i>Number of NYC Residents</i>
Cases	246,398
Hospitalizations	57,868
Confirmed deaths* Deaths following a positive COVID-19 laboratory test	19,258
Probable deaths Cause of death reported as "COVID-19" or equivalent, but no positive laboratory test	4,647
Updated:	October 14, at 1 p.m.

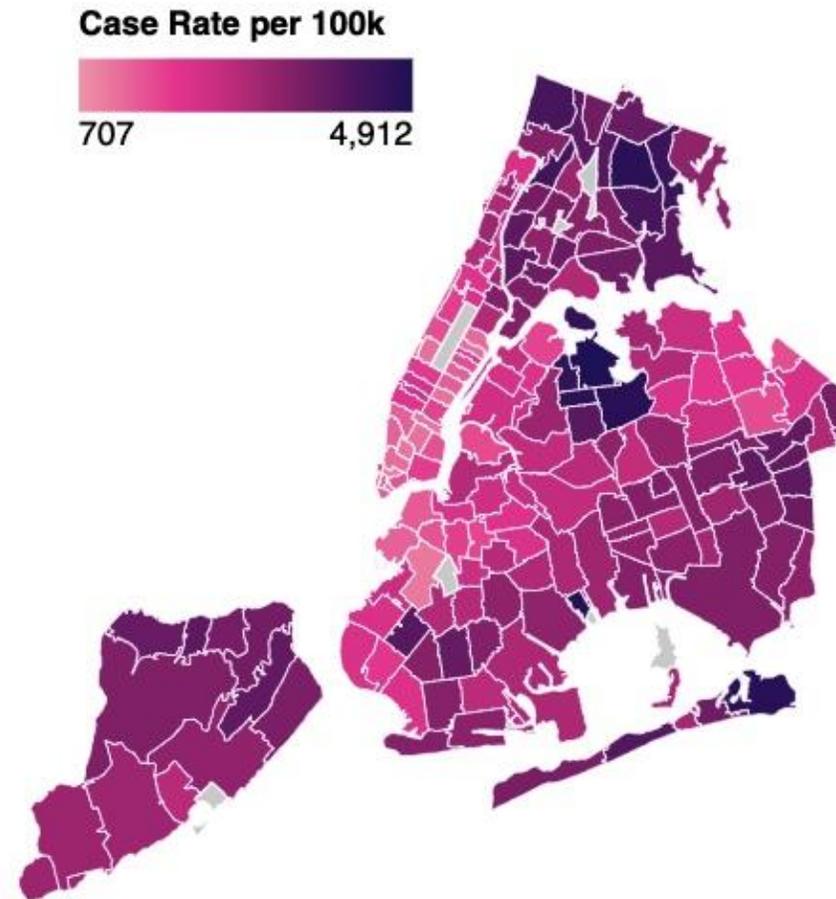
**Due to data collection differences, the City's reported total of confirmed deaths for any given day is usually different than the State's data about NYC deaths. For more information, [visit our Github repository](#).*

COVID-19 Death Rates by Race/Ethnicity in NYC, Since March 2020



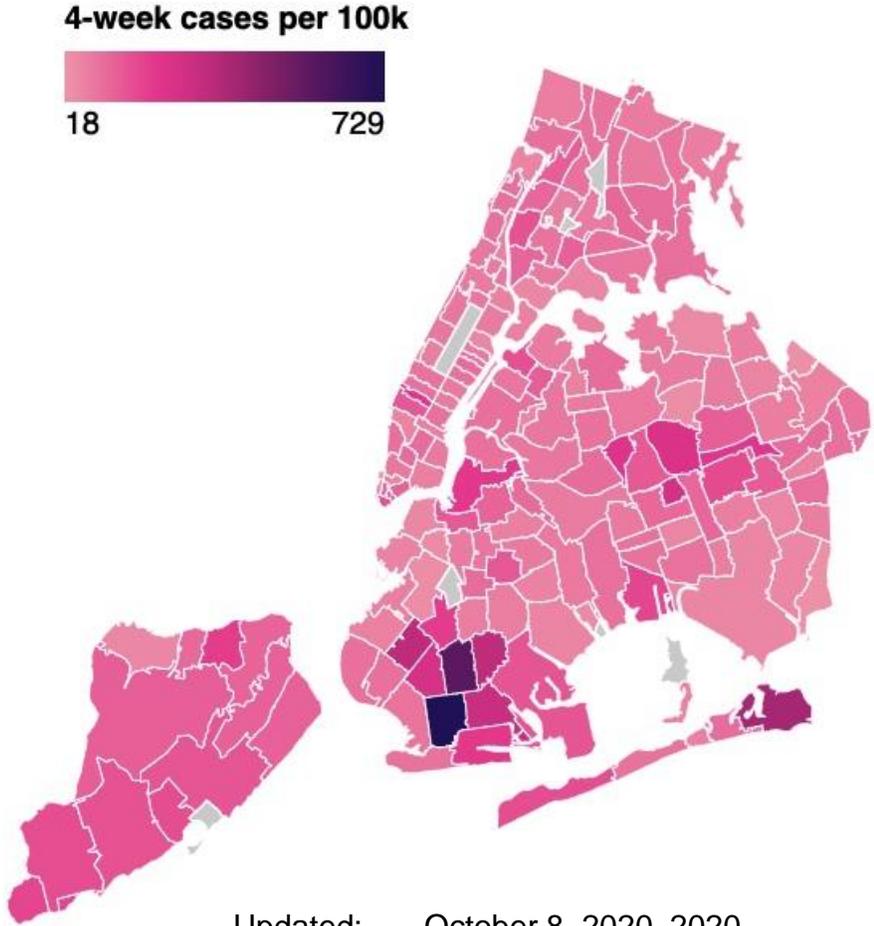
Updated: October 14, 2020, at 1 p.m.

COVID-19 Case Rate by ZIP Code, Since March 2020



Updated: October 14, 2020, at 1 p.m.

COVID-19 Case Rate by ZIP Code, Last Four Weeks



Updated: October 8, 2020, 2020

COVID-19 Cases and Deaths, Last Four Weeks



Updated: October 8, 2020, 2020

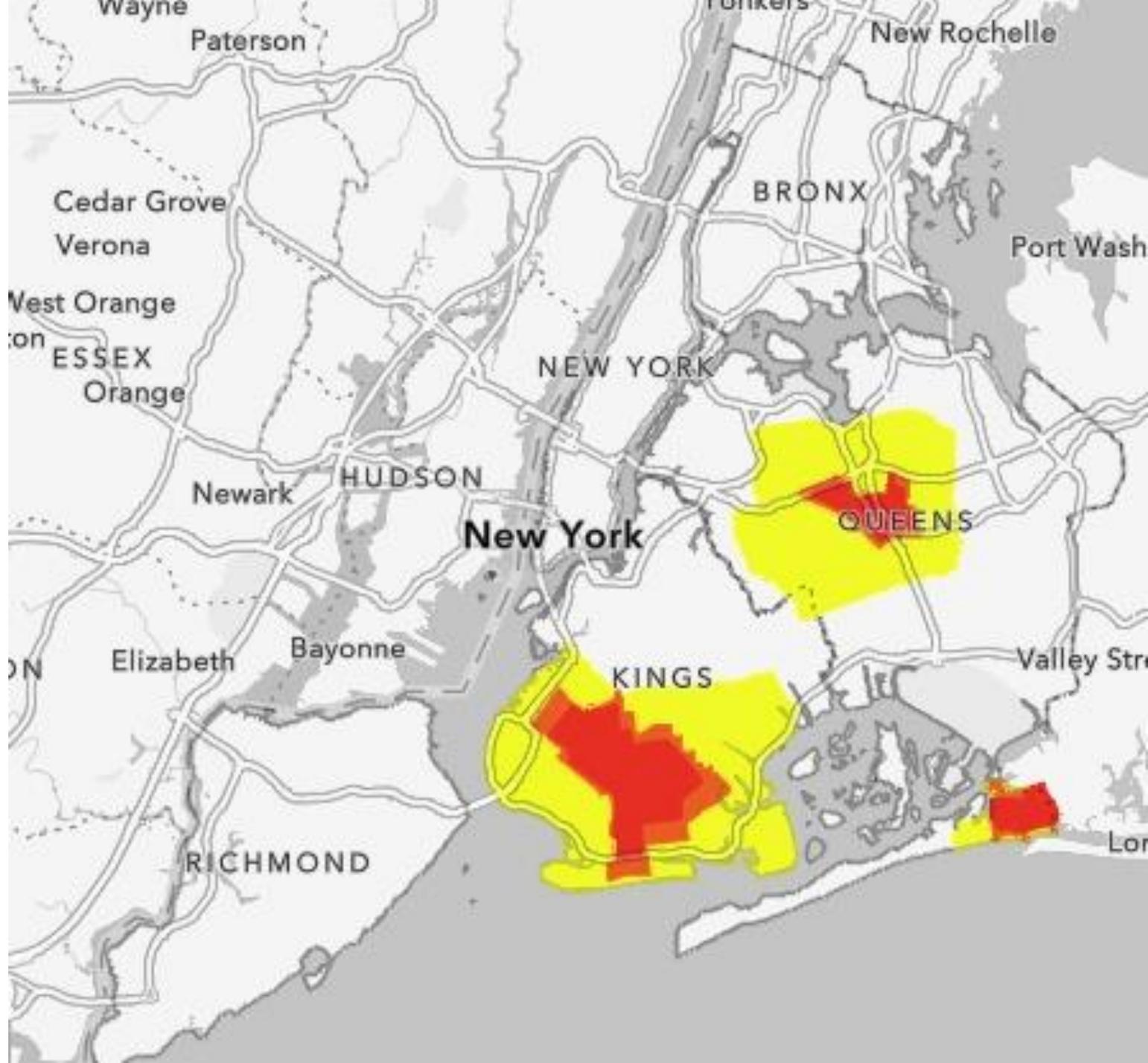
COVID-19 Zones

Restrictions are in place for businesses and schools in State-designated COVID-19 zones for a minimum of 14 days.

- **Red Zone:** Cluster
- **Orange Zone:** Warning Zone
- **Yellow Zone:** Precautionary Zone

COVID-19 Zone Finder

See if you are in a zone by
visiting nyc.gov/covidzone.



COVID-19 Zones

- Review this [fact sheet](#) to learn about the restrictions for schools, businesses, food service establishments, houses of worship and gatherings by zone.
- In all zones, [essential businesses](#), such as **health care facilities, doctors' offices and pharmacies, are allowed to remain open.**
 - Behavioral health and intellectual and developmental disability services are considered essential services
- Regardless of a site's zone, learn more about reducing risk including implementing telehealth services during the COVID-19 public health emergency.
 - [New York State Office of Mental Health Guidance](#)
 - [New York State Office of Addiction Services and Supports Guidance](#)

Prevent The Spread of COVID-19 in NYC



Stay home if you are sick



Keep physical distance



Wear a face covering



Keep your hands clean



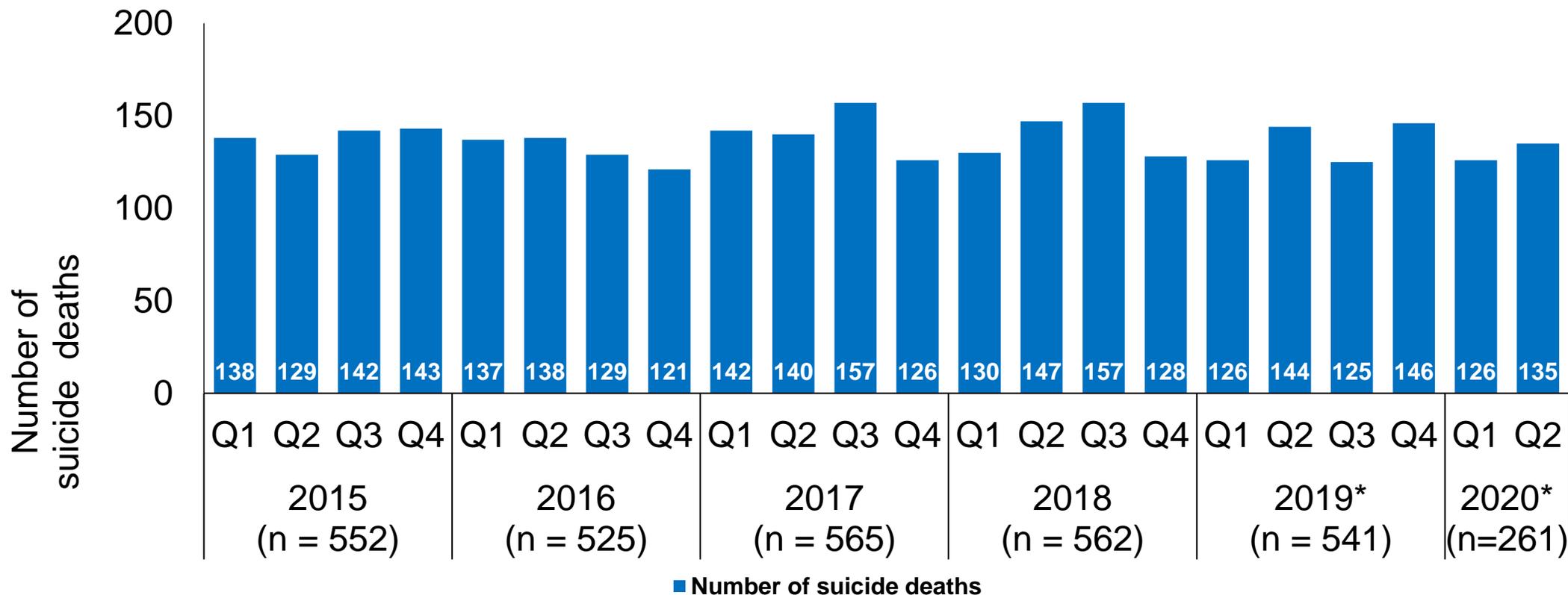
Get Tested: Find a testing site at nyc.gov/covidtest.

COVID-19 and Mental Health in NYC

- The Health Department released a new report about the [Impact of COVID-19 on Mental Health in New York City](#)
- Health Opinion Polls (April and May):
 - Stress, anxiety and depression;
 - Parents report negative emotional or behavioral health effects on children.
- Mortality data (provisional and subject to change):
 - 261 suicide deaths in the first six months of 2020 compared to 270 in 2019

Suicide Deaths, January to June 2020

Suicide deaths January 2015 through June 2020, by quarter



*2019-2020 data are provisional and subject to change.

Source: NYC DOHMH Bureau of Vital Statistics, data extracted September 18, 2020.

Anxiety, Depression and Children's Behavioral Health During COVID-19

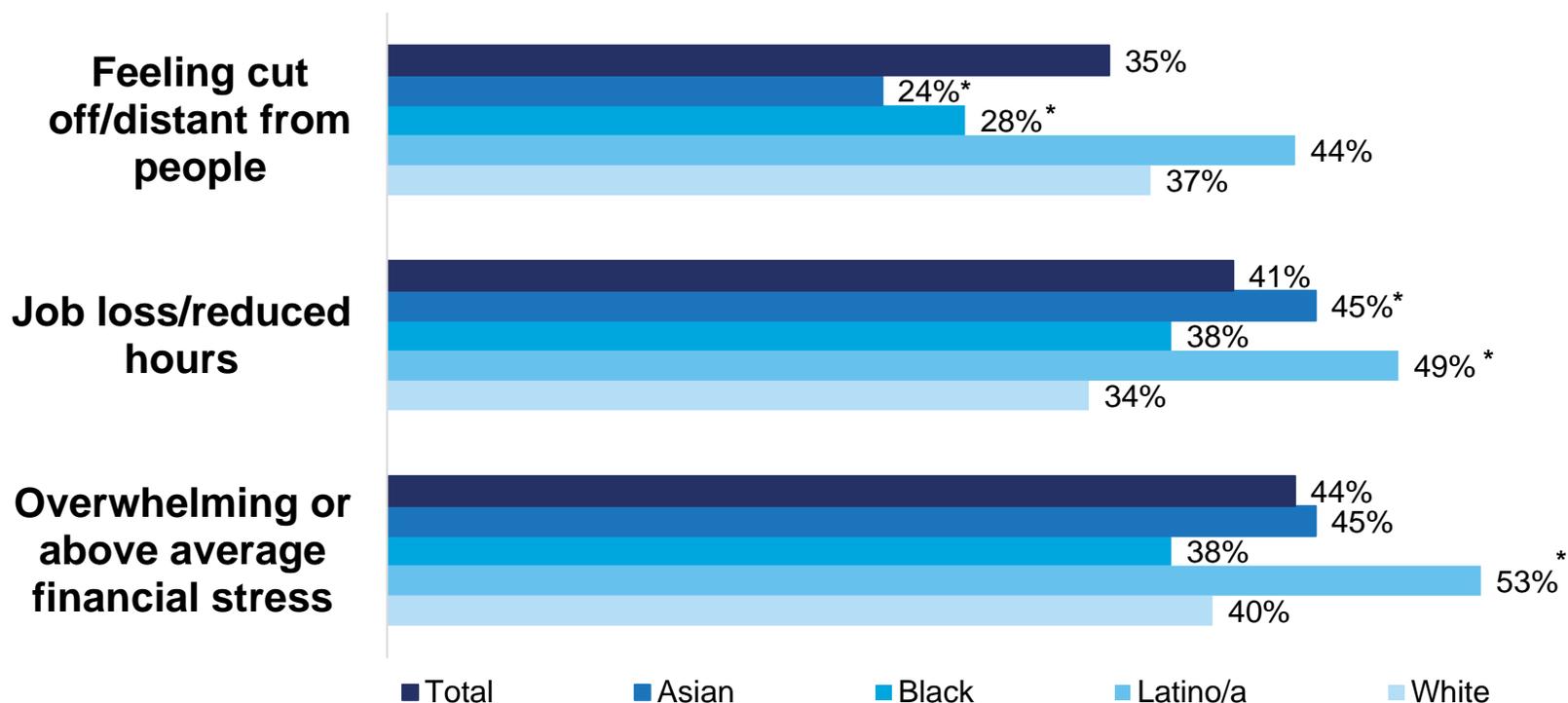
 % adult New Yorkers experiencing anxiety and depression
 % adults reporting negative impact of pandemic on behavioral health of child(ren) in household



Source: New York City Health Opinion Poll, May 13-20, 2020;
New York City Health Opinion Poll, April 16 – 23, 2020.

Risk Factors for Poor Mental Health Outcomes

% adult New Yorkers experiencing COVID-19 related stressors



Source: New York City Health Opinion Poll, May 13- 20, 2020.

*Significantly different than White adults, $p < 0.05$

COVID-19 Use of Mental Health Services

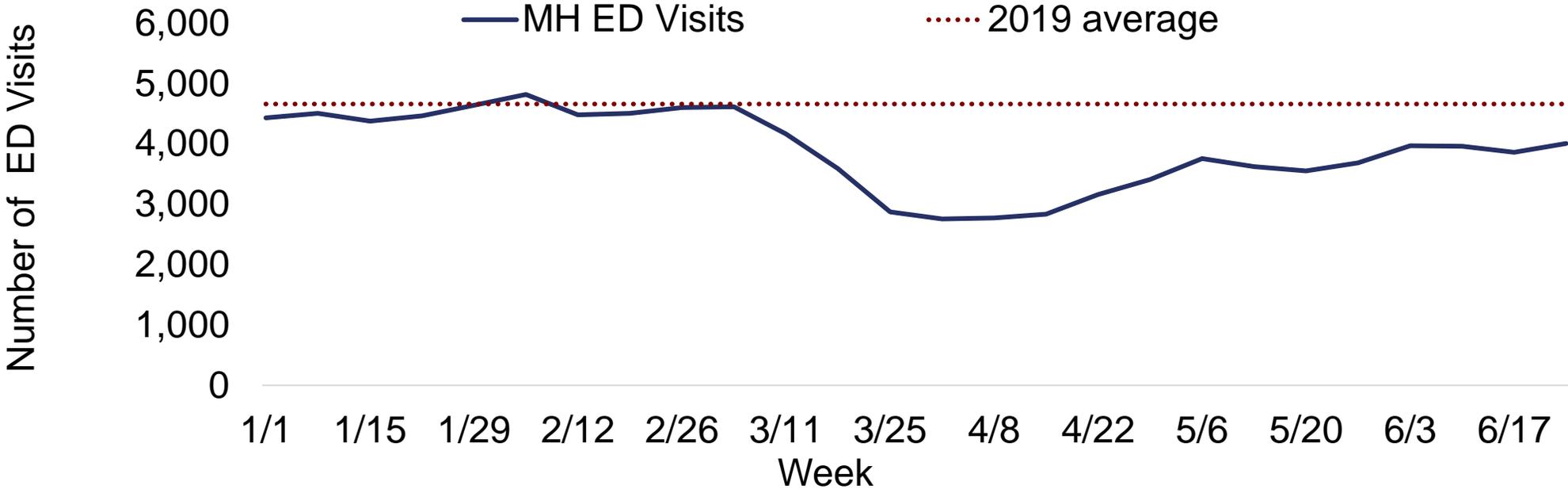
- **14%** of adult New Yorkers report an unmet need for mental health services since the stay at home order was implemented.¹
- **15%** of adult New Yorkers report difficulty accessing mental health services **for a child** during this time period.²

1. New York City Health Opinion Poll, May 13 – 20, 2020.

2. New York City Health Opinion Poll, April 16 – 23, 2020.

Mental Health Emergency Department Visits

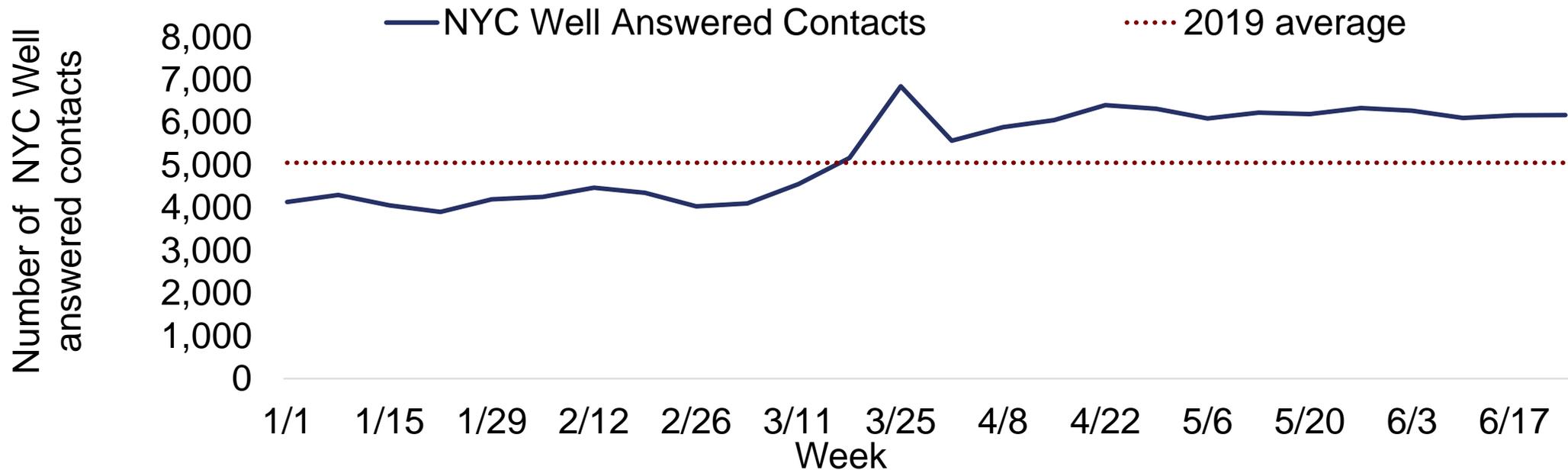
January through June 2020, by week



Source: NYC Health Department Syndromic Surveillance Data, Bureau of Communicable Diseases, July 2020. Data is presented weekly.

NYC Well Answered Contacts (Calls, Texts, Chats)

January through June 2020, by week



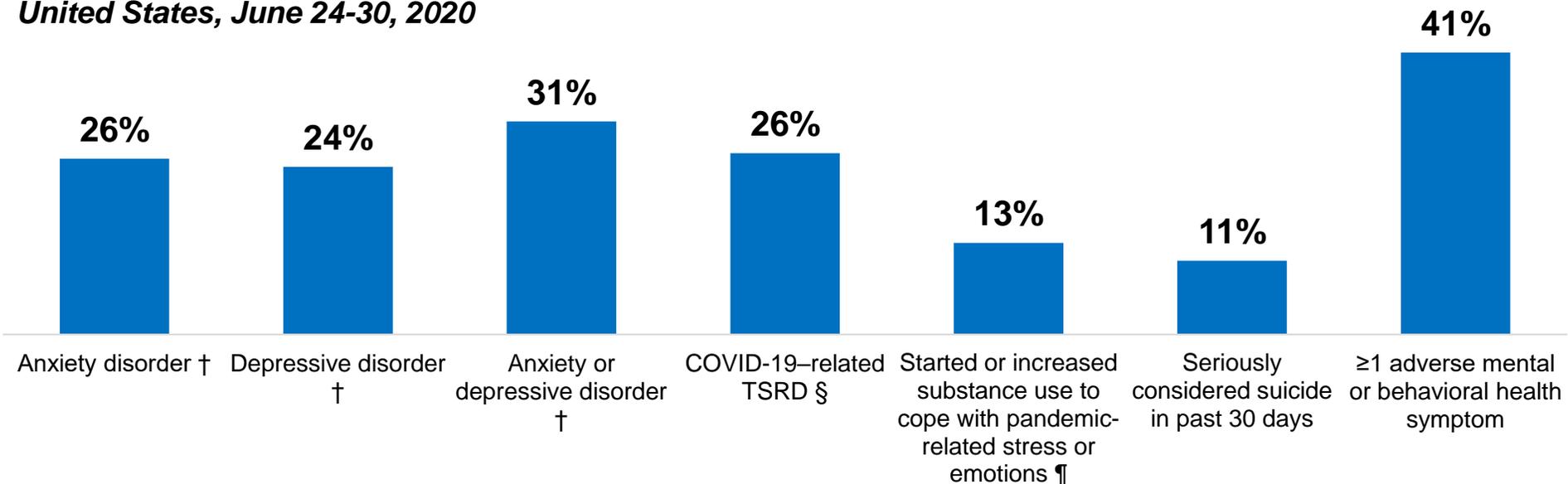
Source: NYC Well Administrative data, July 2020. Data is presented weekly.

CDC's Morbidity and Mortality Weekly Report (MMWR):
Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic
(United States, June 24-30, 2020)

- During June 24-30, 2020, **5,412 adults across the United States** completed web-based surveys to assess mental health and substance use challenges related to COVID-19.

Prevalence of adverse mental health outcomes and increased substance use to cope with stress or emotions related to COVID-19

United States, June 24-30, 2020



† Symptoms of anxiety disorder and depressive disorder were assessed via the four-item Patient Health Questionnaire (PHQ-4).

§ Disorders classified as TSRDs in the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5) include posttraumatic stress disorder (PTSD), acute stress disorder (ASD), and adjustment disorders (ADs), among others.

¶ 104 respondents selected "Prefer not to answer."

Providers Can Help Clients With Changes in Substance Use During the Pandemic

- Talk with your patients in a non-judgmental way about their alcohol and drug use
- Talk with individuals who chose to drink alcohol about [mindful drinking](#)
- Treat opioid use disorder (OUD) with [medicine](#)
- Provide information about how [changes in tolerance impact overdose risk](#) and provide steps people can take to reduce the risk of overdose
- Inform patients they can obtain naloxone—a medicine that reverses overdoses—for free from [participating pharmacies](#) or [community-based programs](#)

Personal Protective Equipment (PPE)

- NYC Emergency Stockpile is no longer supplying most NYC partners.
- Contact your usual suppliers for PPE.
- Find a list of suppliers in the NYC area [here](#)

Strategies to Conserve, Reuse or Optimize the Supply of PPE

- Use telehealth ([Telehealth Best Practices for Behavioral Health Providers During the COVID-19 Pandemic](#))
- Install physical barriers (glass or plastic dividers) at reception areas
- Limit the number of health care workers entering rooms with COVID-19 patients and bundle care activities
- Use [PPE recommended by the NYC Health Department](#)
- Conserve PPE through [reuse and extended use](#) (see also [decontamination strategies for N95 respirators](#))
- Implement [CDC guidance for optimizing PPE](#)

Influenza (Flu) and COVID-19

- Influenza and SARS-CoV-2, the novel coronavirus causing Coronavirus Disease 2019 (COVID-19), are expected to co-circulate this influenza season
- Flu vaccination is part of a comprehensive public health strategy:
 - Reduce the overall burden of respiratory illnesses in NYC
 - Protect individuals at greater risk of flu related illness and complications, the health care system, and other critical infrastructure

Flu Vaccination Recommendation

- **All persons six months and older, especially those at high risk for influenza complications**
 - Infants and young children
 - Pregnant persons
 - Adults 65 years of age and older
 - Persons with certain underlying medical conditions
 - Asthma and chronic lung disease
 - Heart disease
 - Renal, hepatic, neurologic, hematologic, or metabolic disorders, including diabetes
 - Weakened immune system
 - Obesity
 - **Persons who care for individuals at increased risk for influenza complications**

Flu Vaccination Recommendation

This influenza season, the following additional groups should be prioritized for vaccination:

- Those at higher risk for severe COVID-19 illness
 - Older adults, especially 65 and older
 - Residents in a nursing home or long-term care facility
 - Persons of all ages with certain underlying medical conditions
 - Black and Latino New Yorkers, who have disproportionately borne the burden of severe COVID-19 illness and deaths
- Essential workers
 - Health care personnel, including nursing home, long-term care facility and pharmacy staff
 - Other critical infrastructure workforce, particularly if their job requires regular interaction with the public and others

Strongly Recommend Flu Vaccination

Provider Recommendation Is The Strongest Predictor of Vaccination

- Tell your patients that you consider vaccinations, including the flu vaccine, to be a priority
- Explain why you and your family get vaccinated against influenza each year

Access to Flu Vaccination

- Advise patients that flu vaccination is:
 - Available from many primary care providers (PCP)
 - Covered by most insurance plans
 - Available at no cost under the Affordable Care Act (ACA)
 - There may be a copayment for office visits and out-of-network provider restrictions.

Access to Flu Vaccination

There are many options for persons without a PCP and for persons who are currently uninsured:

- Federally Qualified Health Centers
- NYC Health + Hospitals Facilities
- Urgent Care Centers
- For locations:
 - [NYC Health Map](#) (Search for low-cost or free flu vaccination services)
 - Call **311**
 - Text “flu” or “gripe” to 877877
 - Visit **nyc.gov/flu** for a list of community events

Coastal Storm Preparations

- **Evacuation Order:** Through an Executive Order, the Mayor may mandate that residents of specific zones or communities leave their homes for the protection of their health and welfare in the event of an approaching storm.
- **Why is this important to health care facilities?**
 - Staffing plans should consider the evacuation recommendations or order for staff in the hurricane evacuation zones.
 - Health care facilities should keep up to date contact information for all staff, including emergency contacts.
 - Health care facilities should develop coverage plans for staff who may need to evacuate their homes in the event of a flood.

Hurricane Evacuation Zone Finder

Find out if you are in a hurricane zone by visiting maps.nyc.gov/hurricane.



Additional Resources: COVID-19 Community Conversations

- To address the mental health challenges brought on by COVID-19 and structural racism, the Department of Health and Mental Hygiene provides a **free, 1-hour informational virtual presentation** that includes:
 - COVID-19's impact on mental health
 - Health disparities in communities of color
 - Effects of trauma, grief, and anxiety
 - Coping skills and mental health resources available in NYC
- Presentations are available in English, Spanish, Mandarin, and Cantonese
- For more information and to schedule a presentation, please contact Michelle Moe at mmoe@health.nyc.gov

Questions?