Member Meeting
Thursday, July 9, 2020

The Connection
N.E.W. MENTAL HEALTH
WELCOME and THANK YOU!

...for all you are doing to competently and compassionately serve our community during this unprecedented time...

Self-Care is a priority and necessity - not a luxury - in the work that we do.
Agenda:

- Update from ThedaCare and Ascension Health Systems re: COVID-19 preparedness and access to MH/SU services
- Updates from Beth
- COVID-19 & Mental Health
- Project Spotlight:
  Sarah Bassing Sutton, Community Suicide Prevention Coordinator

Slide deck will be posted on www.newmentalhealthconnection.org after today’s meeting
**Wisconsin**
(As of 8am, 7/7/20)

- **Positive**: 32,556 (+495 from 7/6)
- **Negative**: 601,012 (+12,099 from 7/6)
- **Ever Hospitalized**: 3,639 (11%) (+37 from 7/6)
- **Deaths**: 805 (+9 from 7/6)
- **Active Cases**: 5,988 (18%)
- **Recovered Cases**: 25,758 (79%)
- **Total Hospital Bed Utilization**: 79%
The NEW Mental Health Connection: Responding to COVID-19

We can help:

**PPE/Masks** - I have access to supply chains for both paper and handmade cloth masks, and would support an application for urgent funding for PPE (Email beth@newmentalhealthconnection.org by 4pm Friday)

**Cleaning Protocols** – Contact County Public Health Department

**Reopening Guidance** – Contact County Public Health Department
September: Suicide Prevention Month

Interested in participating in a larger community effort?

Suicide Prevention Month - Email: Sarah@newmentalhealthconnection.org

Screening Day – Email: Beth@newmentalhealthconnection.org

Thursday, October 8, 2020:
Virtual Event to drive people to the online screening tool
Federal agencies and experts warn that a historic wave of mental health problems is approaching – a shadow pandemic of psychological and social injuries, trailing the disease by weeks, months or years, consisting of depression, substance abuse, PTSD and suicide.
## COVID-19 & Mental Health: A “Perfect Storm”

### INCREASING Risk Factors:
- Isolation & disconnection
- Loss of natural supports
- Financial instability / Job loss
- Relationship stress
- Limited access to healthcare
- Alcohol use (up 60%)
- Feeling hopeless/burdensome
- Access to lethal means (guns, prescription medication, etc.)
- Uncertainty

### DECREASING Protective Factors:
- Connectedness & relationships
- Access to preventive healthcare
- Social supports
- Sense of purpose/meaningfulness (job or hobby)
- Resilience / Distress Tolerance
- Engagement in faith community
- Empowerment
- Healthy Coping Skills
- Routine

**Reminder about reporting to the general public**
Impact of COVID-19 on Mental Health & Suicide

(Kaiser Family Foundation Poll)

- 45% of adults say the crisis has had a “negative impact” on their mental health
- 19% say it has had a “major impact” on their mental health
- 65% of adults who lost income report worsened mental health
- 50% increase in local police contacts for mental health crisis and suicide-related behaviors
- 891% increase in calls to SAMHSA’s Disaster Distress Hotline
Wellbeing has declined significantly

(General Public and Healthcare Professionals)

https://suicidology.org/2020/05/05/ai-healthcare-professionals-mental-health/
Projected Deaths of Despair

Alongside the thousands of deaths from COVID-19, the growing epidemic of “deaths of despair” is increasing due to the pandemic—as many as 75,000 more people will die from drug or alcohol misuse and suicide (Well Being Trust (WBT) and Robert Graham Center for Policy Studies in Primary Care).

For every 1% increase in unemployment rate, over a year, we would lose 775 more Americans to suicide, 1,200 to overdose and increase by 10,000 those experiencing depression, anxiety and addiction.

<table>
<thead>
<tr>
<th>Table: Possible Additional Deaths of COVID-19 Recession on Deaths of Despair, Alternative Scenarios</th>
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<tbody>
<tr>
<td>Percent Change in Mortality with One Point Increase in Unemployment</td>
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<td>2024</td>
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<td>2025</td>
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<td>2028</td>
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<td>2029</td>
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<td>Total</td>
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</tbody>
</table>

Types of Recovery: Slow—Same as Great Recession; Medium—Twice as Fast; Fast—Four Times as fast.

WI Unemployment Rate today: 12%
Substance Use and COVID-19
• According to the Overdose Mapping Application Program, suspected overdoses nationally increased (as compared to 2019):
  18% in March
  29% in April
  42% in May
• Milwaukee County reported dispatch calls for overdoses increased 50% in May
• Alcohol sales increased by 60% during the “safer at home” lockdown in WI

Lethal Means and COVID-19
• Gun sales have skyrocketed
• In March, 2.5 million firearms were sold, including 1.5 million handguns, the highest recorded firearm sales ever recorded
• Individuals who buy handguns have a 22x greater risk of firearm related suicide in the first year of ownership versus those who don’t
Youth Mental Health & COVID-19

Children thrive when they are safe and protected, when family and community connections are stable and nurturing, and when their basic needs are met.

The coronavirus pandemic and the unprecedented measures to contain its spread are disrupting nearly every aspect of children’s lives: their health, development, learning, behavior, their families’ economic security, their protection from violence and abuse, and their mental health.

The COVID-19 pandemic may worsen existing mental health problems and lead to more cases among children and adolescents because of the unique combination of the public health crisis, social isolation, and economic recession.

(Golberstein E, Wen H, Miller BF. Coronavirus Disease 2019 (COVID-19) and Mental Health for Children and Adolescents. JAMA Pediatr. Published online April 14, 2020.)
Youth & Adult Adjustment Over Time in Crisis

(The arc of recovery is long for all, unending for some)

A = baseline functioning
B = event
C = vulnerable state
D = usual coping mechanisms fail
E = helplessness, hopelessness
F = improved functioning
G = continued impairment
H = return to baseline
I = post-traumatic growth
Good News from the Mental Health System of Care

- Mental healthcare providers have capacity and open appointments
- Most providers are offering video and/or phone counseling and are working toward a return to in-person
- There is capacity for prevention and intervention, with less capacity for crisis, so reach out early
- Every level of care continues to be available: outpatient counseling, intensive outpatient, partial hospitalization, inpatient and residential

Crisis provides opportunity for system innovation!
Project Spotlight!

Early Warning System
Real Time Data on Suicide Related Behavior

Data: March 13 – June 25, 2020
Calumet, Outagamie and Winnebago Counties

Project ZERO
EVERYONE MATTERS
Incident calls over time (n = 733)

Data includes: Calumet, Outagamie, and Winnebago Counties
Approx. 42% increase in call volume overtime

March 13: Schools out
March 17: Bars/restaurants close
March 23: Safer at Home announced

April 7th: Election
April 16th: Safer at Home Extended
May 13: Safer at Home repealed
22 Completed Suicides from March 13-June 30

NOT INCLUDED:
- Intentional Overdose deaths
- Single motor vehicle accidents
- Pending

Percent Incident by Call Type

- Mental Health
- Suicidal Ideation: 70%
- Suicide Attempt: 20%
- Completed Suicide: 22
Suicides in Outagamie and Winnebago Co.

Bar chart showing the number of suicides in March, April, May, and June for 2018, 2019, and 2020.

Line chart showing the number of suicides by month from January to December for 2018, 2019, and 2020.
Percent Incident by Gender and Age

 Calls for Individuals age 35+ have increased 40-55%

- Female: 46%
- Male: 54%
- Transgender (F-M): 0%
- Transgender (M-f): 0%

Ages:
- 10 to 14
- 15 to 17
- 18 to 24
- 25 to 34
- 35 to 44
- 45 to 54
- 55 to 64
- 65 to 74
- 75+
Percent Mechanism of Injury

- Poisoning (Prescription Drug): 22.1%
- Sharp Object: 19.1%
- Firearm: 13.7%
- Poisoning (Non-Prescription Drug): 7.3%
- Hanging: 7.1%
- Fall from Heights: 6.6%
- Jumping in Front of Vehicle: 4.5%
- Other/Unknown: 19.6%
Calls by Day of the Week and Time of Day

- Midnight to 5:59 a.m.: 14%
- 6:00 a.m. to 11:59 a.m.: 18%
- Noon to 5:59 p.m.: 32%
- 6:00 p.m. to 11:59 p.m.: 36%
- 68% of calls from 12p-12a
Primary Triggering Circumstances

~42% of calls had more than one listed

- Mental Health: 41%
- Relationship Issue: 27%
- Substance Use: 11%
- Physical Health: 5%
- Financial Issue: 5%
- Unknown: 3%
- Other: 3%
- Death of a Loved One: 3%

#1 Mental Health
#2 Relationship Issues
#3 Substance Use
## COVID-19 Mentions in Incident Calls

### March 13-June 25

<table>
<thead>
<tr>
<th>Topic</th>
<th>March 13-April 15</th>
<th>April 16- April 30</th>
<th>May 1-May 30</th>
<th>June 1-June 25</th>
<th>Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Job/school-related</td>
<td>8</td>
<td>4</td>
<td>3</td>
<td></td>
<td>15</td>
</tr>
<tr>
<td>Fear</td>
<td>4</td>
<td>2</td>
<td>2</td>
<td>1</td>
<td>9</td>
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<tr>
<td>Non-specified</td>
<td>2</td>
<td>1</td>
<td></td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Loss of access to mental health services/resources</td>
<td>6</td>
<td>1</td>
<td>7</td>
<td>2</td>
<td>16</td>
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<tr>
<td>Social Isolation</td>
<td>3</td>
<td>2</td>
<td>3</td>
<td>1</td>
<td>9</td>
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<tr>
<td>Tested positive for COVID</td>
<td>2</td>
<td></td>
<td>1</td>
<td>2</td>
<td>5</td>
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<tr>
<td>“Cooped up”</td>
<td>2</td>
<td>1</td>
<td>1</td>
<td></td>
<td>4</td>
</tr>
<tr>
<td>Suicide by COVID</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>Depressed/Stress</td>
<td>1</td>
<td>1</td>
<td>5</td>
<td>2</td>
<td>9</td>
</tr>
</tbody>
</table>
As a result of all this....

Opportunities for Innovation!

• Urgent appointments and the creation of a Mental Health Navigator

• Incorporation of VCR/Certified Peer Specialists into the new system response to suicide related behavior

• Emergency Department Re-imagined way of caring for mental health/suicide crisis

• Tiered Response to calls for service- Diversion Possibilities
If any of these areas of innovation are a fit for your organization and you are interested in being involved please contact me!

Sarah Bassing-Sutton
Community Suicide Prevention Coordinator
920-420-4903
sarah@newmentalhealthconnection.org
Member Agency Announcements?

Next Meeting: September 10, 2020