



The Second Pandemic: Coronavirus and Mental Health

Dr. Anthony Bobo

The Second Pandemic: Coronavirus and the Mental Health Crisis

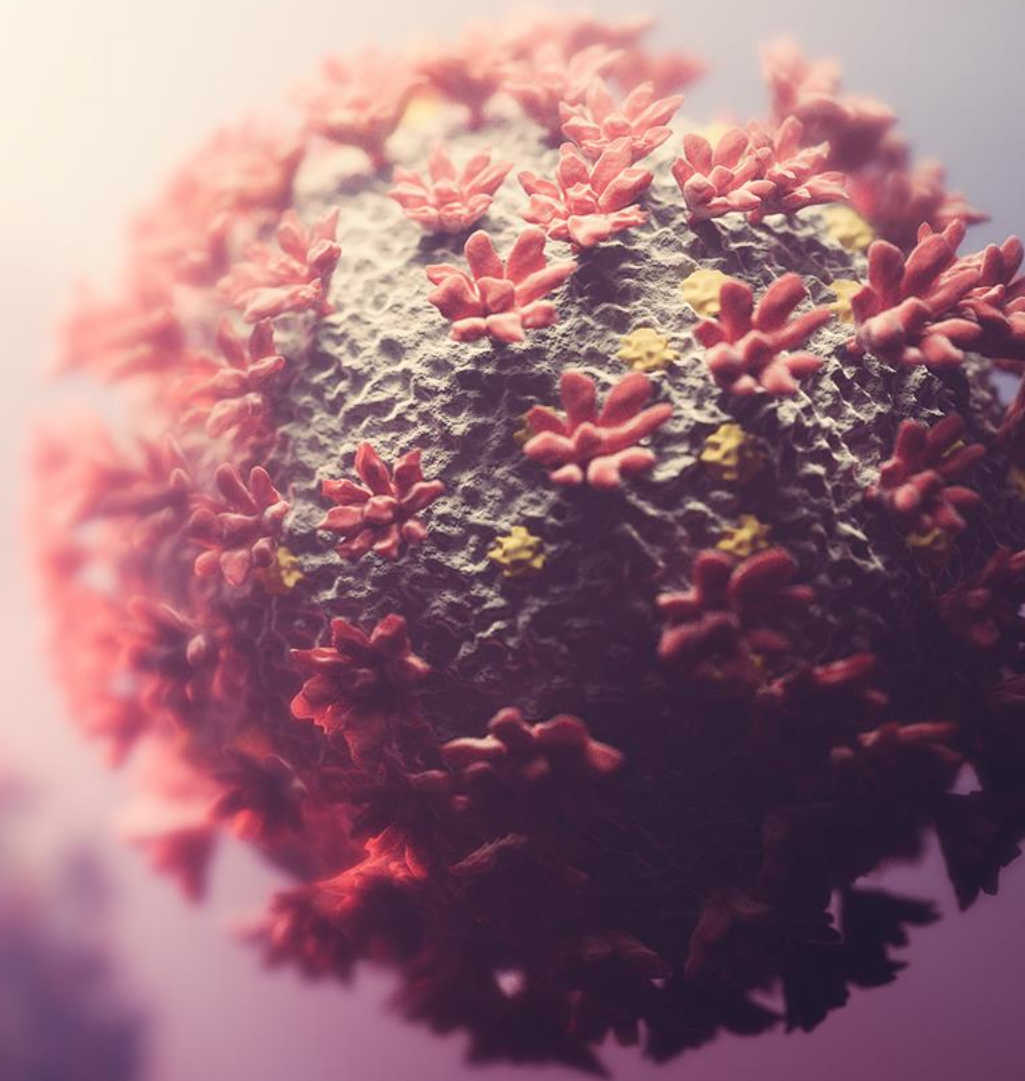
A Presentation to the Ohio Collaborative to Prevent Infant Mortality
Virtual Town Hall Meeting

Anthony Bobo, Ph.D, NCSP
May 29, 2020

Coronavirus and the Mental Health Crisis

Advanced Organizer:

- Introduction
- The Effect on the Nation
- The Effect on the Family
- The Effect on the Children
- The Effect on the Caretaker
- Self-Care Plans
- Conclusions



Coronavirus and the Mental Health Crisis

Introduction

“Three months into the coronavirus pandemic, the country is on the verge of another health crisis, with daily doses of death, isolation and fear generating widespread psychological trauma.

Federal agencies and experts warn that a historic wave of mental-health problems is approaching: depression, substance abuse, post-traumatic stress disorder and suicide.”

The Washington Post, May 2020

A close-up photograph of a person's face, focusing on their eyes and a blue surgical mask. The mask covers the lower half of the face. Overlaid on the image are several glowing, translucent blue coronavirus particles, which are spherical with characteristic surface spikes. The background is a soft, out-of-focus blue.

Coronavirus and the Mental Health Crisis

ARE WE PREPARED ?

Coronavirus and the Mental Health Crisis

The Effect on the Nation

Nearly half of Americans report the coronavirus crisis is harming their mental health, according to a Kaiser Family Foundation poll (2020).

According to the National Institute of Mental Health, there has been an 1000% increase in responses to the federal agency hotlines for suicide in April 2020, as compared to April 2019.

According to the Substance Abuse and Mental Health Service Administration, the American mental health system is underfunded, fragmented, and difficult to access (2020).

Coronavirus and the Mental Health Crisis

The Effect on the Nation

- The age-adjusted suicide rate in 2018 was 14.2 per 100,000 individuals.
- The rate of suicide is highest in middle-aged white men.
- In 2018, men died by suicide 3.56x more often than women.
- On average, there are 132 suicides per day.
- White males accounted for 69.67% of suicide deaths in 2018.
- In 2018, firearms accounted for 50.57% of all suicide deaths.

(CDC, 2020)



Coronavirus and the Mental Health Crisis

The Effect on the Family

The CDC says there have been a few case reports of preterm birth among babies whose mothers were confirmed to have COVID-19.

In general, developing a high fever early in pregnancy could increase the risk of certain birth defects



Coronavirus and the Mental Health Crisis

The Effect on the Family

In May, the CDC issued an advisory about pediatric multisystem inflammatory syndrome (MIS-C), that seems to be linked to COVID-19.

Current research suggests it has to do with a child's immune response to COVID-19.

Symptoms can include fever, rash, eye irritation, swollen hands or feet and belly pain.

Coronavirus and the Mental Health Crisis

The Effect on Children

“Barnet Pav-Zuckerman’s son is still too young to express how he feels in words. So instead, he screams and storms out of the house. Then, he sits cross-legged in the driveway, taking deep breaths.”, due to the isolation.

“ ‘This is truly the most stressful time that they’ve ever experienced’ ”, Barnet said.

The Washington Post (2020)

Coronavirus and the Mental Health Crisis

The Effect on Children

School closings have significantly reduced mental health services to children.

57% of all children receive some form of mental health services
I the school setting

National Institute of Mental Health (2020)

Coronavirus and the Mental Health Crisis

The Effect on the Care Giver

Lorna Breen



Coronavirus and the Mental Health Crisis

Self Care Plans

1. Know Your Role.
2. Communicate with Family and Friends.
3. Let Supervisors Know when You Need Help or a Break.
4. Have a Buddy System.
5. Maintain Healthy Diet, Exercise, and Sleep.

Coronavirus and the Mental Health Crisis

Conclusions and Take-Aways

- Greater advocacy for mental health funding and services.
- Care-givers must take initiative for individual health preservation.
- Newborns, infants, and children will be at higher risk for mental illness.
- A national plan to address the residual effects of the Coronavirus.