

**Behavioral Health: The Impact of the COVID-19 Pandemic**  
**OptumHealth Education**  
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**B4Stage4**

# Session Objectives

- Describe the impact of the COVID 19 pandemic on an individual's overall health and emotional well-being.
- State the importance of integrating into general pandemic health care the psychosocial needs and support for patients, health care providers, and the public during the pandemic.
- Discuss the implications of social-distancing practices and the current financial crisis on mental health, as well as challenges to accessing mental health services.

# The Impact of COVID-19 on mental health and emotional well-being.

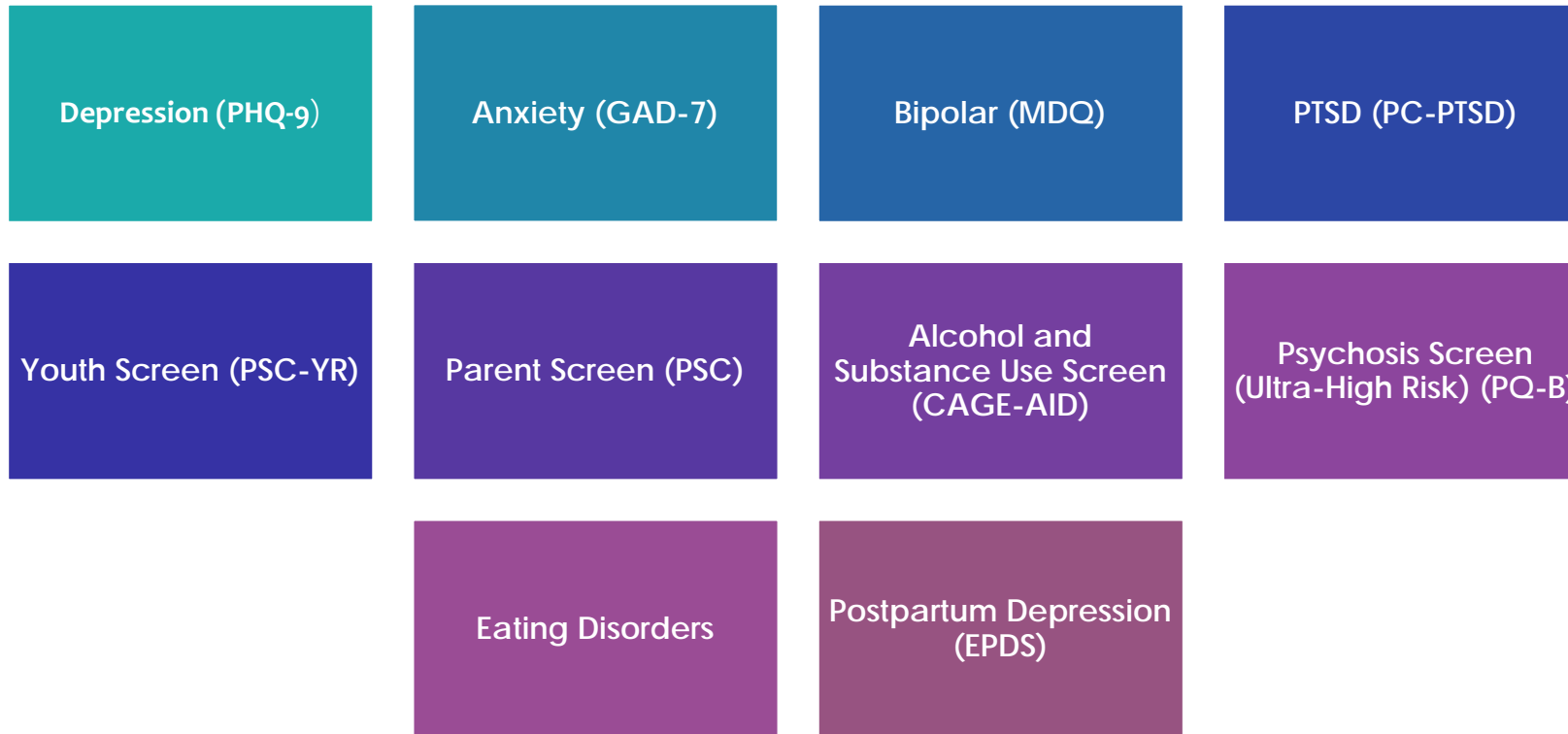
The pandemic is taking a toll on both physical and mental health.



# MHA Screening ([www.mhascreening.org](http://www.mhascreening.org)):

## More than 6.5 Million Completed Screens (since 2014)

### Current Average: 10K+ per day



MHA Screening reflects the experiences of a help-seeking population that accesses mental health screening through [www.mhascreening.org](http://www.mhascreening.org). We do not reach the entire population; therefore our numbers are likely to underreport the actual experiences of the population.

# Mental Health and COVID-19: A Growing Crisis

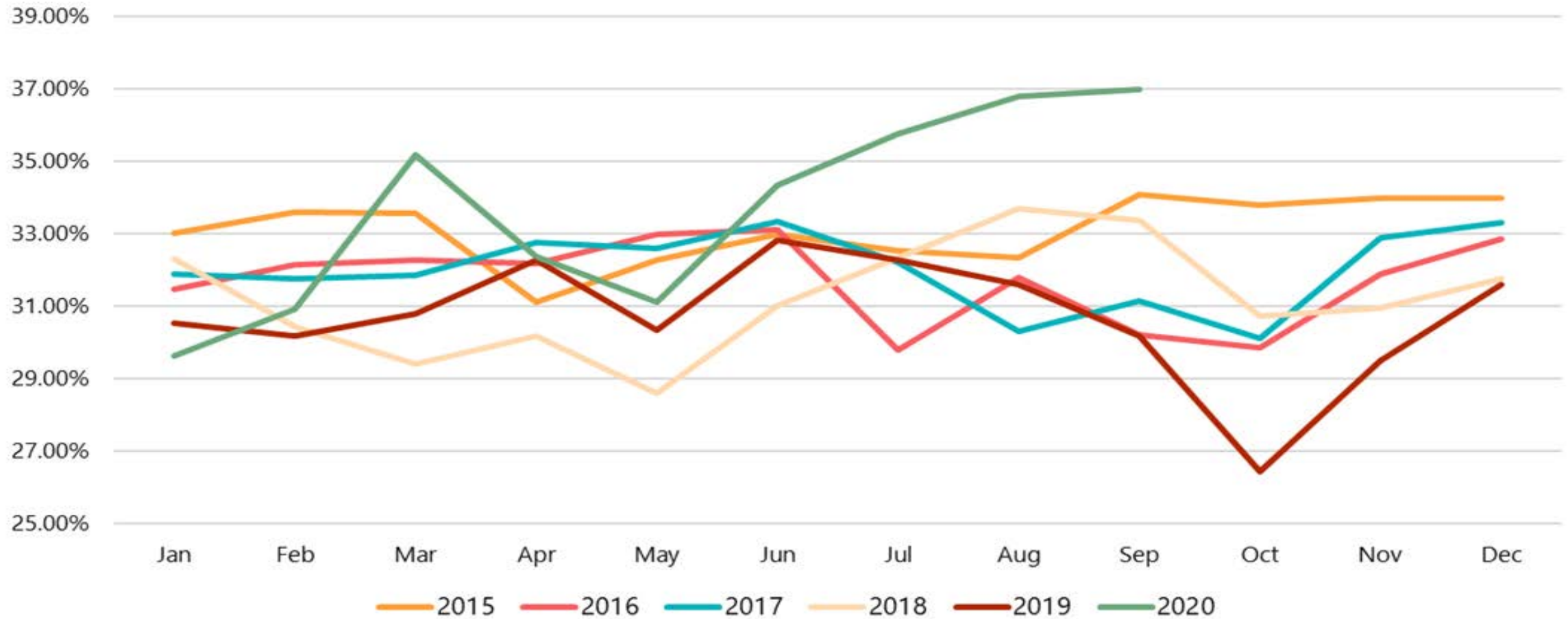
- From late February thru September **535,346 people screened moderate to severe for depression or anxiety** over and above what we would have expected prior to the COVID-19 pandemic.
- From late February thru September an additional **77,974 people screened at risk for psychosis** over and above what we would have expected prior to the COVID-19 pandemic.
- Since March 1, **179,090 depression screeners** reported suicidal or self-harm thinking on more than half the days.

N= 1,560,288 (January-September 2020 totals)

# Mental Health and COVID-19: Young People Especially Affected

- These impacts on mental health are **more pronounced in young people** (<25): 9 in 10 are screening with moderate-to-severe depression, **and more than** 8 in 10 are screening with moderate-to-severe anxiety.
- **“Loneliness and isolation”** is cited by the greatest percent of moderate to severe depression (73%) and anxiety (65%) screeners as contributing to mental health problems “right now.”
- There are clear differences by **race/ethnicity/special population** status.

## Percentage Reporting Suicidal Ideation More Than Half or Nearly Every Day 2015-2020



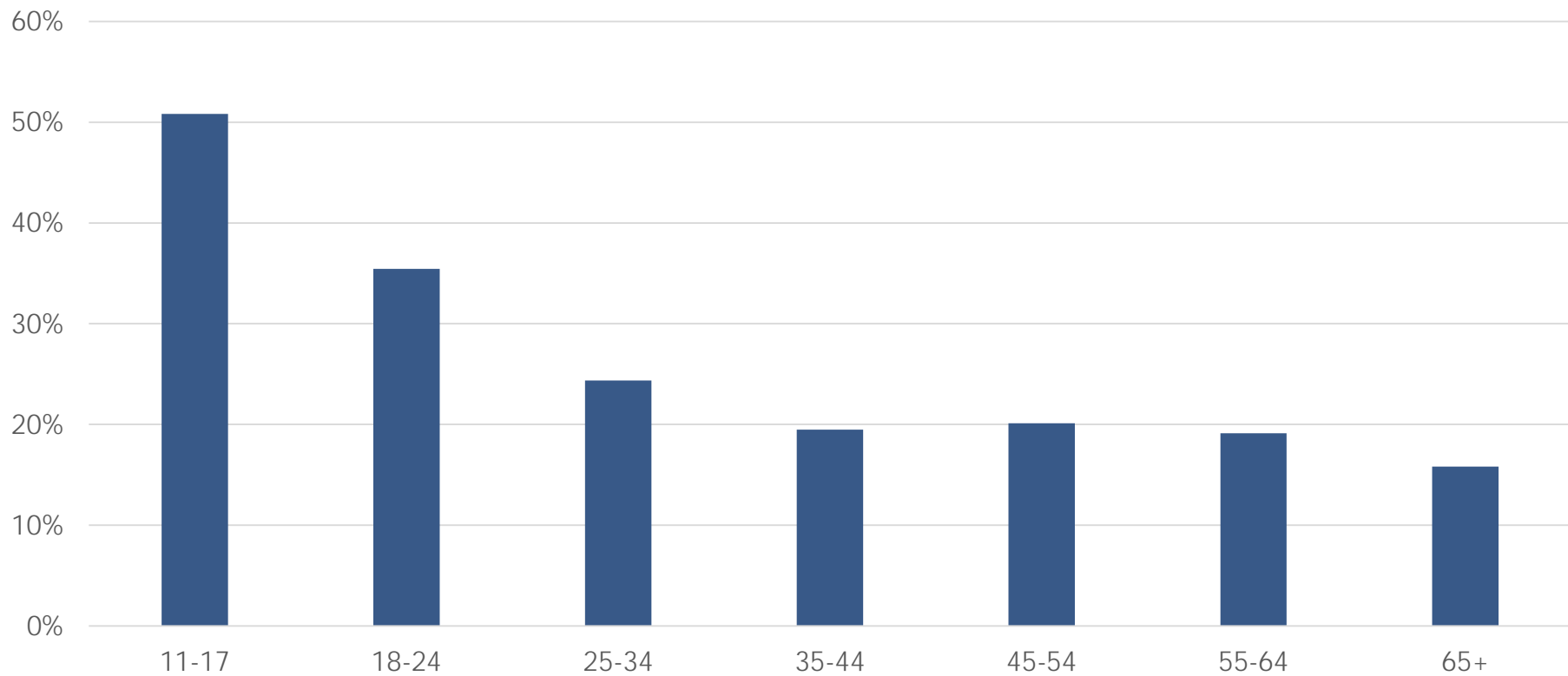
# How do we integrate psychosocial needs into general health care?

Understanding the effects of the pandemic on special, high need populations.



# Young People Experiencing Highest Rates of Suicidal Ideation

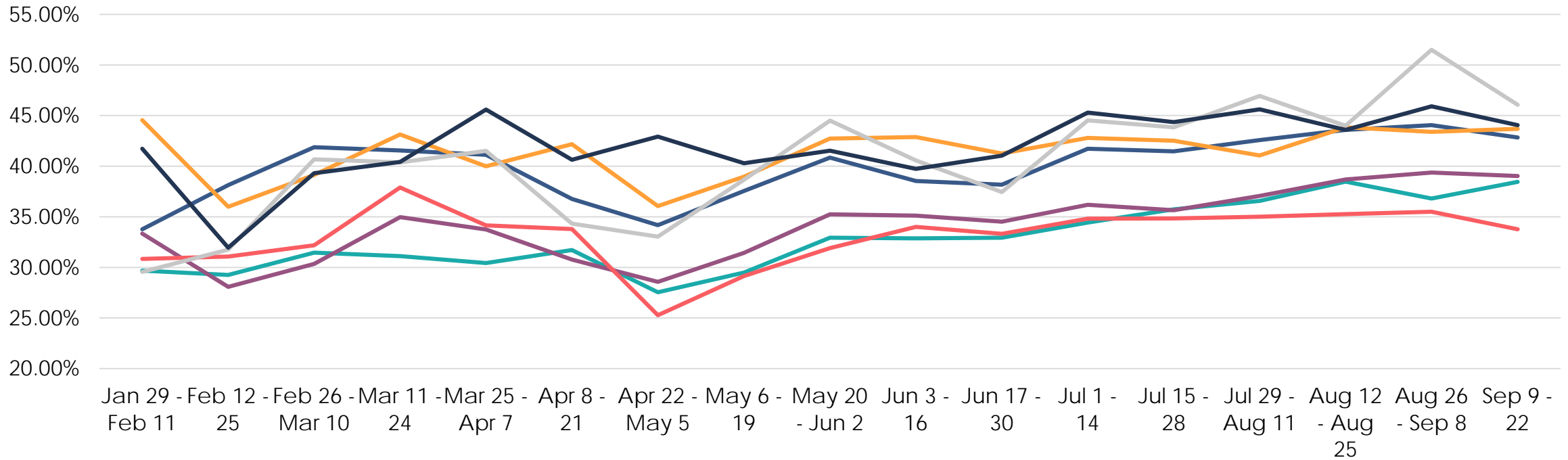
Percent with Suicidal Ideation More than half or Nearly every day, September 2020



**21,586**  
11-17-year-olds  
with suicidal  
ideation



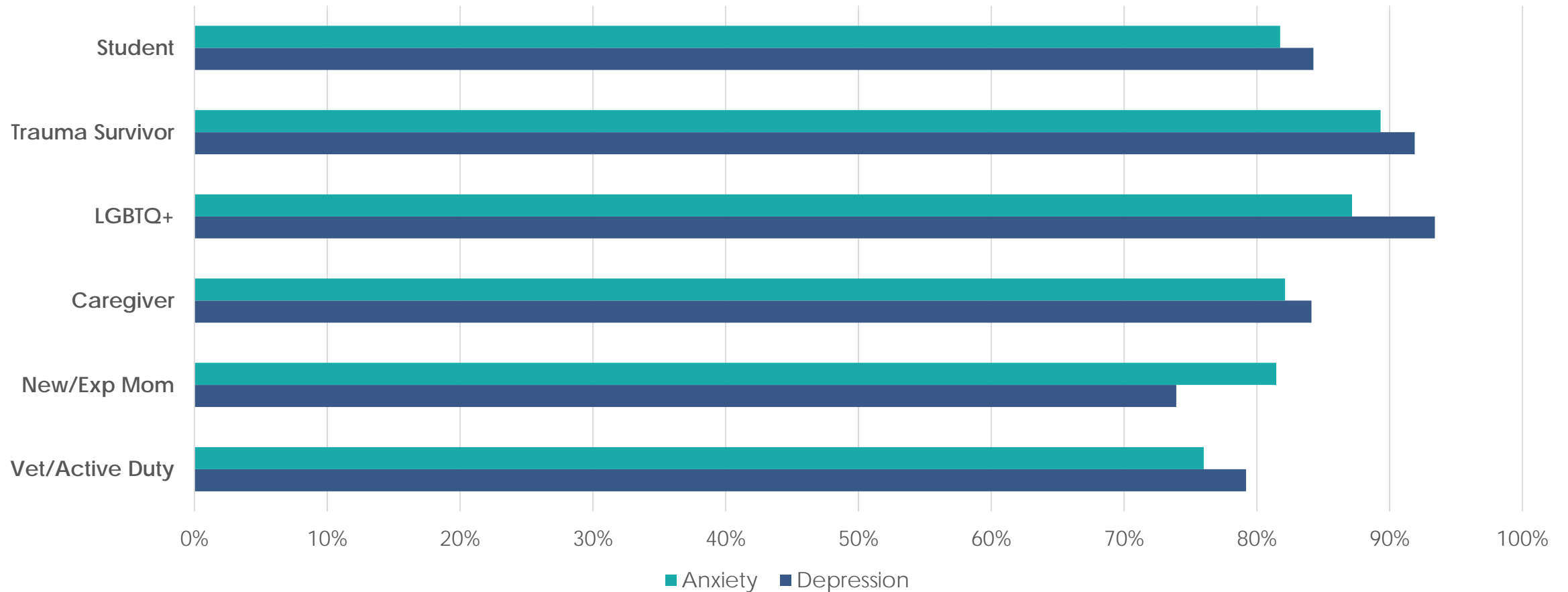
# A/PI, Multiracial, Native Am, Other Experiencing More Self-Harm Thoughts



- Asian or Pacific Islander
- Black or African-American (non-Hispanic)
- Hispanic or Latino
- More than one of the above
- White (non-Hispanic)
- Native American or American Indian
- Other



# Special Populations: Positive for Depression and Anxiety



# Implications of social-distancing & the current financial crisis.

The challenges in accessing mental health services are different for different populations.

# September Anxiety Screeners: The Main Things Contributing to Mental Health Problems Right Now

Reason	Number of Responders	Percent of Respondents
Loneliness or isolation	26936	65%
Past trauma	19735	48%
Relationship problems	16282	39%
Current events (news, politics, etc.)	12318	30%
Coronavirus	10983	26%
Grief or Loss	10387	25%
Financial Problems	9679	23%
Racism	3825	9%

N=41,510, scoring moderate to severe 9/1-9/30, "Choose up to 3"



# September Depression Screeners: The Main Things Contributing to Mental Health Problems Right Now

Reason	Number of Responders	Percent of Respondents
Loneliness or isolation	65197	73%
Past trauma	39682	45%
Relationship problems	38525	43%
Grief or loss	23858	27%
Current events (news, politics, etc.)	21791	25%
Coronavirus	20996	24%
Financial Problems	20894	24%
Racism	6394	7%

N=88,836, scoring moderate to severe 9/1-9/30, "Choose up to 3"

# Main Concerns Are Different Across Race/Ethnicity

September 2020 (N=341,446)

Black or African American screeners cite financial concerns at highest rate

Native American or American Indian screeners report more past trauma

Hispanic or Latino screeners more worried about COVID-19

Hispanic or Latino screeners cite loneliness or isolation at highest rates

Native American or American Indian screeners report most grief or loss

# For More Resources

- For MHA COVID-19 resources:  
<https://www.mhanational.org/covid19>
- For other mental health COVID-19 resources:  
<https://psychhub.com/covid-19/>
- To take a free mental health screen:  
<https://screening.mhanational.org>

# Contact Us



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