

# COVID WEBINAR

## Mental Health and the COVID-19 Pandemic: An Overview for Nurses

Friday, August 19th at 1:00 pm Eastern Time



**NATIONAL  
NURSE-LED CARE  
CONSORTIUM**  
a PHMC affiliate



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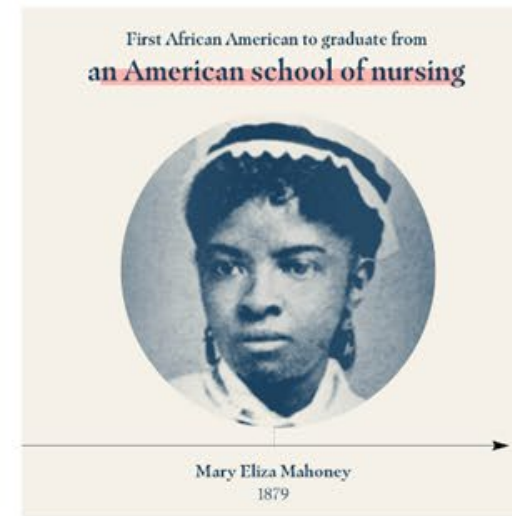


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NNCC supports comprehensive, community-based primary care and public health nursing through policy and advocacy, program development and management, technical assistance and support, and direct, nurse-led healthcare services.

Learn more at [NurseLedCare.org](https://NurseLedCare.org)

# CDC COVID Vaccine Project Goals



Q: Can I get the vaccine if I don't have insurance?

A: Yes, Covid-19 vaccines are 100% free in the United States.

- Empower nurses with necessary information to engage care teams and communities about COVID-19 vaccines.
- Provide learning opportunities to share up-to-date guidance, support peer engagement among nursing colleagues, and strengthen the nursing role.
- Amplify the nursing voice by featuring nurse champions through our podcast and other media outlets.

Learn more at [NurseLedCare.org](https://NurseLedCare.org)

# Housekeeping Items

## Question & Answer

- Click Q&A and type your questions into the open field.
- The Moderator will either send a typed response or answer your questions live at the end of the presentation.

## Continuing Education Credits

- Please complete the evaluation survey after today's training.
- Certificate will arrive within 4 weeks of completing the survey.

The screenshot displays a Zoom meeting interface. At the top, it shows 'Zoom Participant ID: 42 Meeting ID: 752-948-988' and a 'Recording...' indicator. Below this, a 'Talking:' field is visible. The meeting details are as follows:

Meeting Topic:	test1
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## ▶ Mental Health and the COVID-19 Pandemic: An Overview for Nurses

Joseph Palmeri, MSN, RN

Anita Iyengar, DNP, RN, PMHCNS-BC, CNE

August 19, 2022

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# Learning objectives

After the presentation, participants will be able to:

1. Identify one recent trend in mental health occurrences
2. State the National Suicide and Crisis Lifeline number and describe its purpose
3. Name one potential benefit of self-care for nurses

# Part 1

## Global mental health and the COVID-19 pandemic



# Global mental health during the COVID-19 pandemic

1. Pandemic's impact on global mental health is continually evolving
2. 25% increase in anxiety and depression during first year
3. Young people, women, and people with chronic medical illnesses at disproportionate mental health risk
4. Availability of services is inadequate for existing and new onset conditions
5. Healthcare employees are at risk

(World Health Organization [WHO], 2022)

# Pandemic-related stressors

Source: World Health Organization 2022

Duration of threat

Fear of infection

Acute illness

Post-COVID illness

Bereavement

Finances

Other



# Part 2

## Mental health in the United States



**NEARLY 50 M**  
OR 19.86% OF AMERICAN  
ADULTS EXPERIENCED A  
MENTAL ILLNESS IN 2019.

**24.7%**  
OF ADULTS WITH A MENTAL  
ILLNESS REPORT AN UNMET  
NEED FOR TREATMENT. THIS  
NUMBER HAS NOT DECLINED  
SINCE 2011.

**MORE THAN  
HALF**  
OF ADULTS WITH A  
MENTAL ILLNESS DO NOT  
RECEIVE TREATMENT,  
TOTALING OVER 27  
MILLION U.S. ADULTS.

**11.1%**  
OF AMERICANS WITH A  
MENTAL ILLNESS ARE  
UNINSURED, THE SECOND  
YEAR IN A ROW THAT THIS  
INDICATOR INCREASED  
SINCE THE PASSAGE OF  
THE AFFORDABLE CARE  
ACT (ACA).

**4.58%** OF ADULTS REPORT HAVING  
SERIOUS THOUGHTS OF SUICIDE.  
THIS HAS INCREASED EVERY YEAR  
SINCE 2011-2012.

**15.08%** OF YOUTH EXPERIENCED A  
MAJOR DEPRESSIVE EPISODE  
IN THE PAST YEAR.

**OVER 60%** OF YOUTH WITH MAJOR  
DEPRESSION DO NOT  
RECEIVE ANY MENTAL  
HEALTH TREATMENT.  
**NEARLY 1 IN 3** ARE  
GOING  
WITHOUT  
TREATMENT.

**10.6%**  
OR OVER 2.5 MILLION YOUTH  
IN THE U.S. HAVE SEVERE  
MAJOR DEPRESSION.  
THIS RATE WAS HIGHEST  
AMONG YOUTH WHO IDENTIFY  
AS MORE THAN ONE RACE, AT

**14.5%**

**8.1%** OF CHILDREN HAD PRIVATE  
INSURANCE THAT DID NOT COVER  
MENTAL HEALTH SERVICES,  
TOTALING 950,000 YOUTH.

EVEN AMONG YOUTH  
WITH SEVERE  
DEPRESSION WHO  
RECEIVE SOME TREATMENT,  
**ONLY 27%**  
RECEIVE CONSISTENT CARE.  
IN STATES WITH THE LEAST  
ACCESS, ONLY  
**12%**  
RECEIVE CONSISTENT CARE.

# Mental health in the United States: Adults

- **Pre-pandemic**, approximately 1 in 5 adults experienced mental illness annually
- **During pandemic:**
  1. Moderate-severe anxiety: Increase
  2. Moderate-severe depression: Increase
  3. Suicidal ideation: Increase

\*Adult screenings January 2020 -September 2020

▪ (Mental Health Association[MHA], n.d.)

# Youth Mental Health Crisis in the US

**Before the pandemic**, mental health challenges were the leading cause of disability and poor health outcomes in the 3-year old to 17 year-old age group.

## Examples:

1. Persistent sadness and hopelessness increased 40% in high school students from 2009-2019
2. Youth suicide rates increased by 57% between 2007-2018

## Youth Mental Health Crisis in the US

- COVID-19 pandemic exacerbated existing youth mental health crisis.
- Suicidal ideation is a major problem, especially among LGBTQ+ youth.
- October 2021: Pediatric health authorities issued [Declaration of emergency in child and adolescent health](#)
- December 2021: U.S. Surgeon General advisory released [Surgeon General's Youth Mental Health Advisory .pdf](#)

# Youth depression

1. Major depression: Rate estimated at 15%; this is a recent increase
2. More than 2.5 million youth have severe major depression that impedes functioning
3. Youth identifying as multiracial have highest rates of severe depression (>1 in 7)

(MHA, 2022)



# Youth Mental Health

“The future of our country depends on how we support and invest in the next generation. ... We need to focus on how we can emerge stronger on the other side... all work together to step up for our children...”.

~U.S. Surgeon General Dr. Vivek Murthy,  
December 2021

# Substance misuse



1. An increasing health risk for adults and youth
2. Substance use disorders are stigmatized.
3. A resource for stigma reduction: [Stigma reduction for substance use disorders \(CDC\)](#)

# Barriers to quality treatment

1. Stigma, public and self: [Stigma and mental illness \(CDC\)](#)
2. Availability of services
3. Affordability of services
4. Equity: [Behavioral health equity \(SAMHSA\)](#)

# Nursing actions to promote mental health

1. Challenge stigma
2. Screening (e.g., suicide risk, depression, substance use)
3. Support school connectedness, a protective factor for youth: [Youth mental health during COVID-19 \(CDC\)](#)
4. Political advocacy. Links to current issues: [Mental health legislation](#) and [Declaration of emergency in child and adolescent health](#)

## Part 3

### Coping with vaccine-

- ▶ related anxiety

# Anxiety and the COVID-19 vaccine

Vaccine hesitancy is multifactorial. When anxiety is a factor, patient education is a supportive intervention.

Teaching points:

1. Eliciting the person's worries
2. Normalizing the anxiety
3. Vaccine safety and efficacy
4. Preparing for anxiety management during the appointment
5. Explaining possible short term side effects (e.g. fatigue) and connection to vaccine's benefits.
6. More information: [Coping with COVID-19 vaccine anxiety](#)

# Part 4

## 988 Suicide and

### ▶ Crisis Lifeline

# 988 Suicide and Crisis Lifeline

Operationalized July 2022

“988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

1. Thoughts of suicide
2. Mental health or substance use crisis, or
3. Any other kind of emotion distress”

Source: <https://www.samhsa.gov/find-help/988/key-messages>



Downloadable pocket card

<https://store.samhsa.gov/product/988-suicide-crisis-lifeline-wallet-card-image>



# Part 5

- ▶ Nurses and self-care

# Self-care is

1. An ethical imperative for nurses
2. An activity set that has meaning and restores the mind, body, and spirit
3. Beneficial to clinical practice

(Scruth & Allen, 2022)

# Free self-care resources

- ▶ [Holistic Self-care for Nurses \(AHNA\)](#)
- ▶ [COVID-19 Self-Care Package for Nurses](#)

**Thank you**

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## References

- Department of Health and Human Services. (27 Dec. 2021). U.S. surgeon general issues advisory on youth mental health crisis further exposed by Covid-19 pandemic.html. pandemic. <https://www.hhs.gov/about/news/2021/12/07/>
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- Substance Abuse and Mental Health Services Administration. (August 3, 2022). 988 Key Messages. SAMHSA, <https://www.samhsa.gov/find-help/988/key-messages>.
- World Health Organization. (2 March 2022). Covid-19 pandemic triggers 25% Increase in prevalence of anxiety and depression worldwide. <https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>.

# Q&A



# COVID FORUM

## Rural Community Health Learning Collaborative: Part Two

Thursday, August 25th at 1:00 EST



**NATIONAL  
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COVID-19  
EPISODES



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# Nurses make change happen.

Be a part of history.

This toolkit was created to give nurses the tools to do their part in the national vaccine effort. It is designed to help you decrease vaccine hesitancy and increase vaccination rates in your community.

<https://vaccinetoolkkit.phmc.org/>

# COVID-19 RESOURCES

[Summary of Guidance for Minimizing the Impact of COVID-19 on Individual Persons, Communities, and Health Care Systems — United States, August 2022](#) (Centers for Disease Control and Prevention)

[What to Do If You Were Exposed to COVID-19](#) (Centers for Disease Control and Prevention)

[Isolation and Precautions for People with COVID-19](#) (Centers for Disease Control and Prevention)

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