

Webinar: Supporting the Mental Health and Treatment Needs of Individuals Experiencing Homelessness During COVID-19 Supplemental Resources

Resource Guide: Treating Unhoused People with Addiction During COVID-19, American Society of Addiction Medicine (ASAM)

This resource provides recommendations for how systems and service providers can adapt to support individuals with unstable housing and substance use disorders during the COVID-19 pandemic. Topics include caring for patients with addiction experiencing homelessness, considerations for isolation and quarantine, community coordination, and harm reduction.

[View the ASAM Toolkit](#)

SAMHSA TIP 55: Behavioral Health Services for People Who Are Homeless

This manual offers skills and resources to service providers who are providing treatment or prevention services for people who are experiencing or at risk of homelessness. [View SAMHSA TIP 55](#)

Report: Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic - United States, June 24–30, 2020, Center for Disease Control and Prevention (CDC)

This Morbidity and Mortality Weekly Report (MMWR) from the CDC provides findings from representative panel surveys that were conducted among adults across the U.S during June 24–30, 2020. The CDC found elevated levels of adverse mental health conditions, substance use, and suicidal ideation, with disproportionate effects seen among young adults, Hispanic persons, Black persons, essential workers, unpaid adult caregivers, and those in treatment for preexisting psychiatric conditions. [View the CDC Report](#)

Key Findings

- **Anxiety and Depressive Disorders:** 40.9% of respondents reported having at least one adverse mental or behavioral health symptom, including those who reported symptoms of anxiety disorder or depressive disorder (30.9%) and those having symptoms of a trauma and stress related disorder related to the pandemic (26.3%).
- **Suicidal Ideation:** 10.7% of respondents reported having seriously considered suicide in the 30 days before completing the survey. 30.7% of self-reported caregivers for adults and 21.7% of essential workers reported having suicidal ideations.
 - The survey found significantly higher reports of suicidal ideation among respondents aged 18-24 years (25.5%). In addition, 18.6% of Hispanic respondents and 15.1% of Black, non-Hispanic respondents reported having suicidal ideation.
- **Substance Use:** 13.3% of respondents reported starting or increasing substance use to cope with stress or emotions related to COVID-19.

Report: COVID-19 and Mental Health: A Growing Crisis, Mental Health America (MHA)

From January to September 2020, over 1.5 million people seeking mental health resources took an online mental health screening offered by MHA. A summary of MHA's findings was published in October 2020. [View the MHA Report](#)

Key Findings

- The number of people seeking resources for anxiety and depression increased significantly. From January to September 2020, there was a 93% increase in anxiety screenings and 62% increase in depression screenings based on 2019 total numbers.
- More people are reporting frequent thoughts of suicide and self-harm than have been recorded in the program since 2014. Since the COVID-19 pandemic began, over 178,000 people have reported frequent suicidal ideation. 37% of people reported having thoughts of suicide more than half or nearly every day in September 2020.
 - Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth. In September 2020, over half of 11-17-year-olds reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks. From January to September 2020, 77,470 youth reported experiencing frequent suicidal ideation, including 27,980 LGBTQ+ youth.
- During this time period, the proportion of youth ages 11-17 accessing mental health screenings increased by 9%, and the proportion of individuals identifying as Asian or Pacific Islander increased by 7%.
- Black or African Americans have had the highest average percent change over time for anxiety and depression. Native American or American Indian screeners have had the highest average percent change over time for suicidal ideation.

Survey: Patients with Depression and Anxiety Surge as Psychologists Respond to the Coronavirus Pandemic, American Psychological Association (APA)

The APA conducted a COVID-19 Telehealth Practitioner Survey of psychologists between August and October 2020. Most psychologists were treating patients remotely, and a third were treating patients living in a different state from where they practice. [View the APA Telehealth Survey Summary](#)

Key Findings

- 74% of psychologists reported increased demand for anxiety disorders treatment and 60% reported increased demand for depressive disorders treatment, compared to before the pandemic. 51% of psychologists reported increased demand for trauma and stress related disorders treatment.
- 37% of psychologists reported having more referrals and 44% experienced fewer no shows or cancellations.