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FLATTENING THE CURVE

COVID-19 Mental Health Crisis

C.J. Davis, President & CEO



35%

of Americans say their mental health
has worsened over the past week, an
increase of 22% a week earlier

SOCIAL DISTANCING SOCIAL ISOLATION

Instead, practice physical distancing with emotional connection

WHY IS ISOLATION SO CONCERNING?

Isolation Impacts
hopelessness,
helplessness,
interpersonal loss,
loneliness,
depressed mood, and
suicide/suicidal ideations



Putting it Into Perspective

MENTAL HEALTH CRISIS BEFORE COVID-19

- Suicide has been climbing for years
- 17.3 million Americans have been depressed
- 80% of American who need care generally don't seek it
- People are isolated from others AND isolated from care
- Loneliness has been linked to Addictions and substance use



CURRENT MENTAL HEALTH STATE OF THE STATE SINCE COVID-19

Online therapy has increased 65% since February

App-based treatment seen 50% increase in new users

MyStrength/7 Cups

Insurers begin to waive co-pays during COVID

Privacy restrictions have been reduced: Email, text, telephone





GROUPS

A-COVID

COVID with pre-existing Mental Health Diagnosis

Quarantined Individuals

Front Line Workers



THE NEXT PUBLIC HEALTH CRISIS

COVID-19

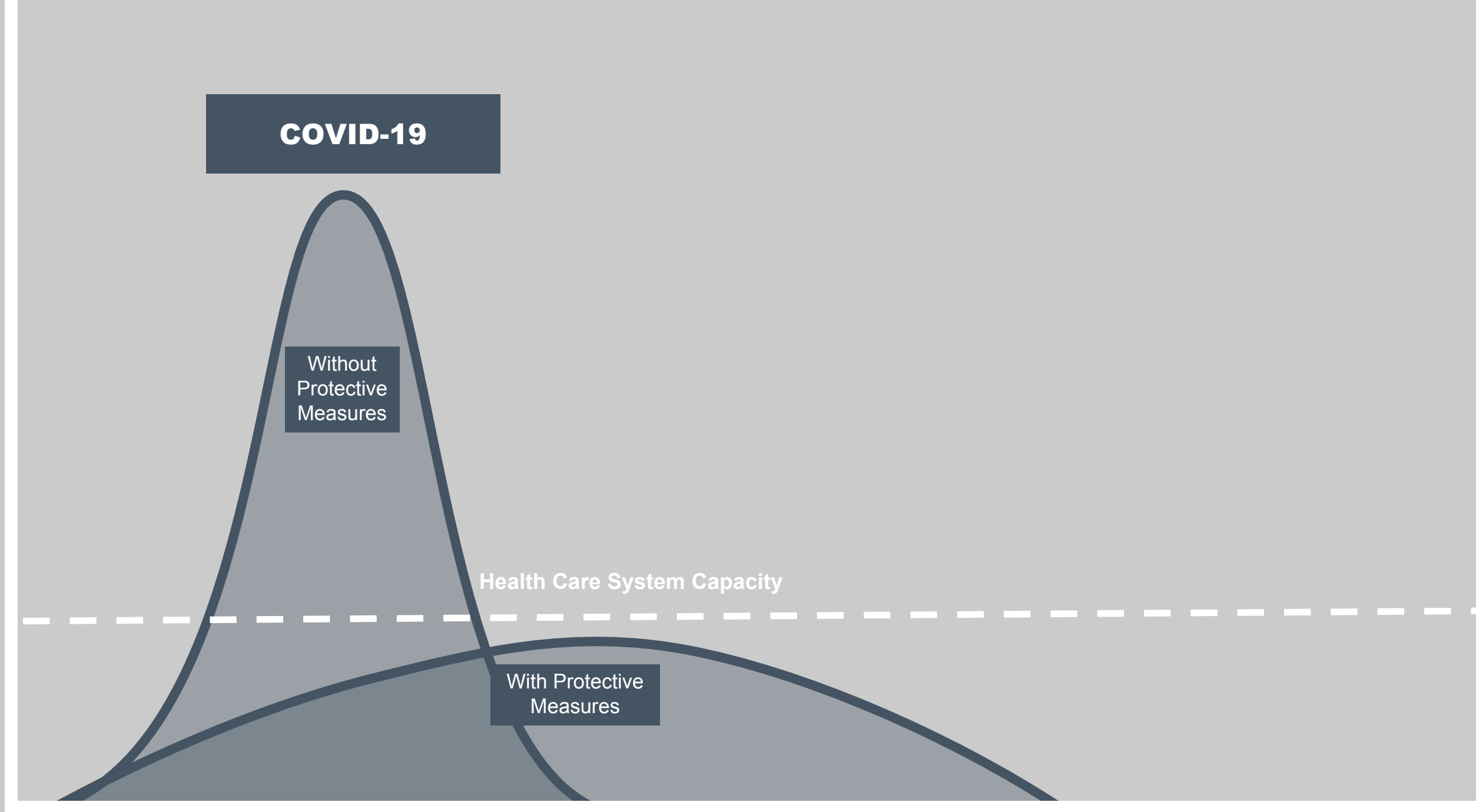
Without
Protective
Measures

Health Care System Capacity

With Protective
Measures

Time Since First Case

Number of Cases



COVID-19

Without
Protective
Measures

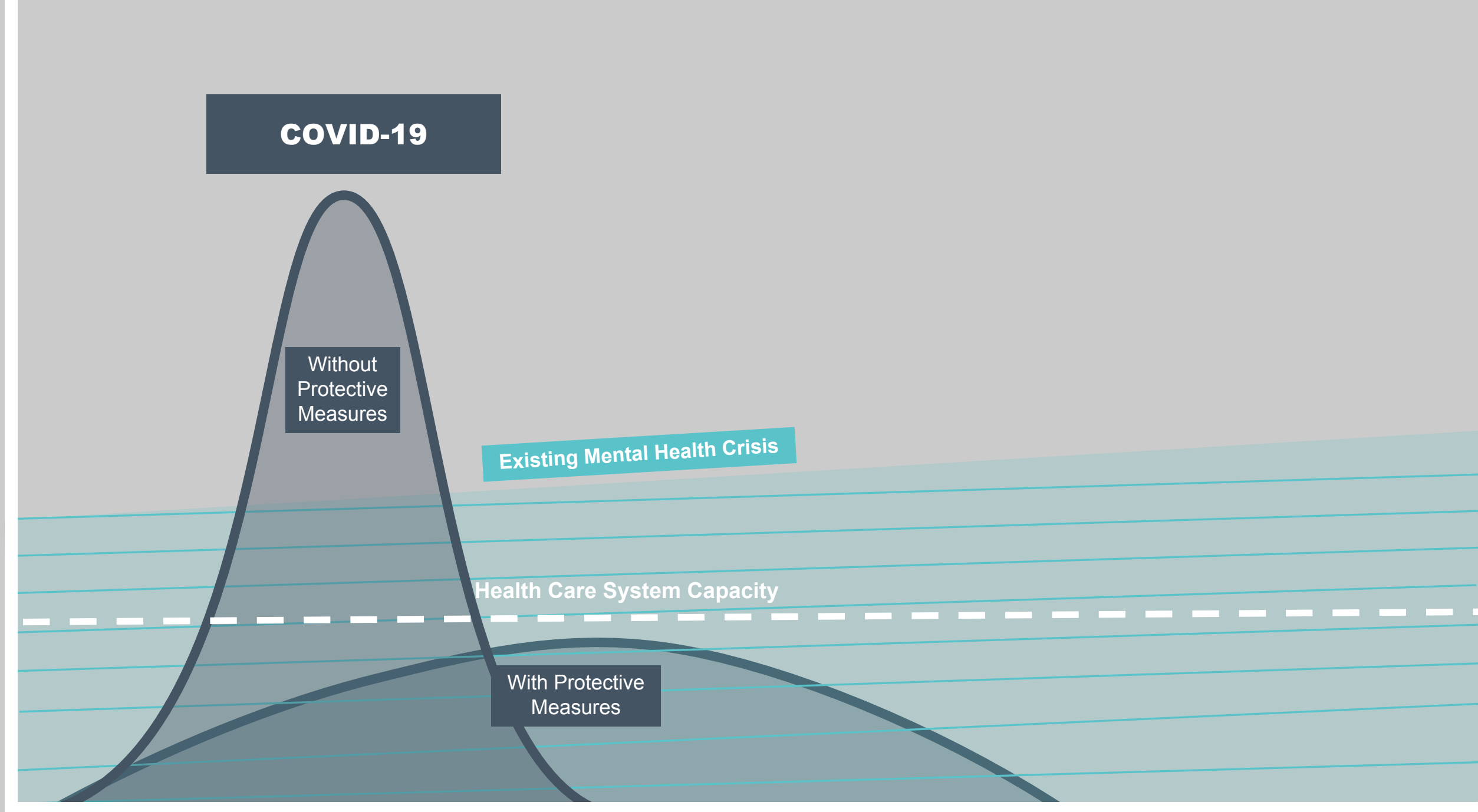
Existing Mental Health Crisis

Health Care System Capacity

With Protective
Measures

Time Since First Case

Number of Cases



COVID-19

COVID-19 Mental Health Crisis

Number of Cases

Without
Protective
Measures

Existing Mental Health Crisis

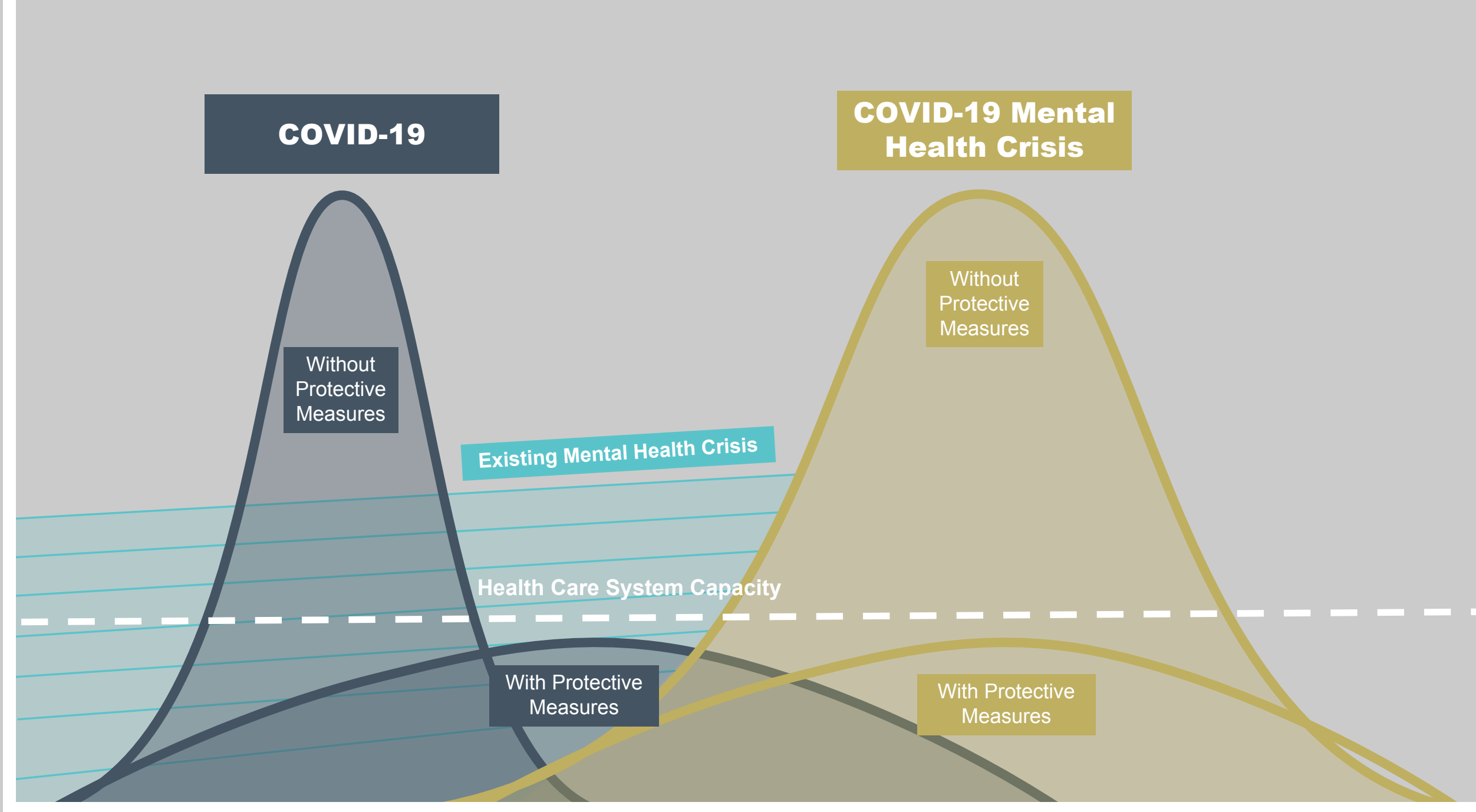
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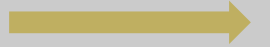
Time Since First Case



COVID-19

COVID-19 Mental Health Crisis

1-3 Years



Without
Protective
Measures

Existing Mental Health Crisis

Without
Protective
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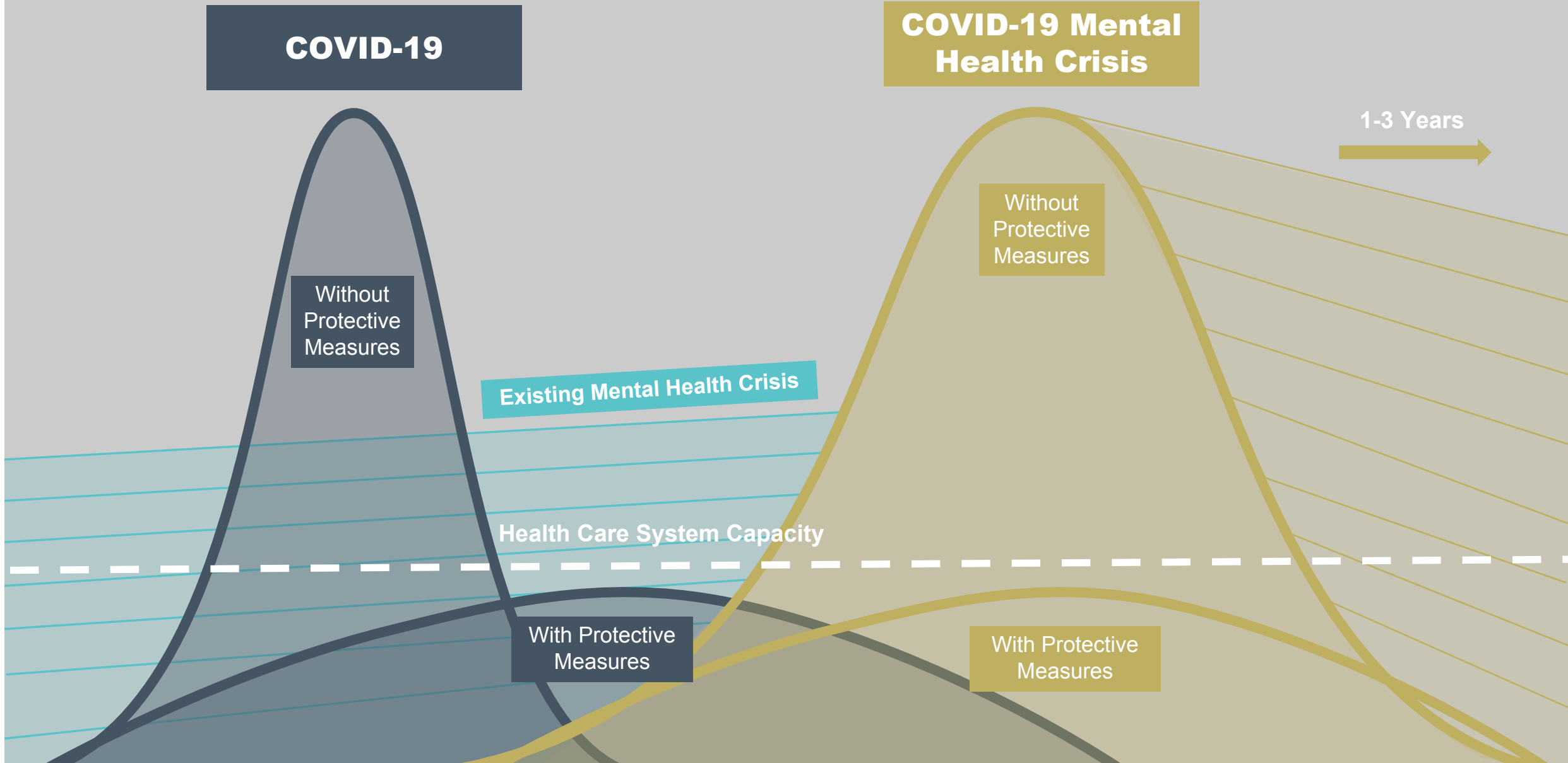
Health Care System Capacity

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HOW TO WORK TOGETHER TO FLATTEN THIS CURVE

Check in on each other

Encourage friends, employees,
colleagues and family members
to engage in care

Remain in care



WHAT CAN EMPLOYERS DO?

Opportunity to form/solidify your culture

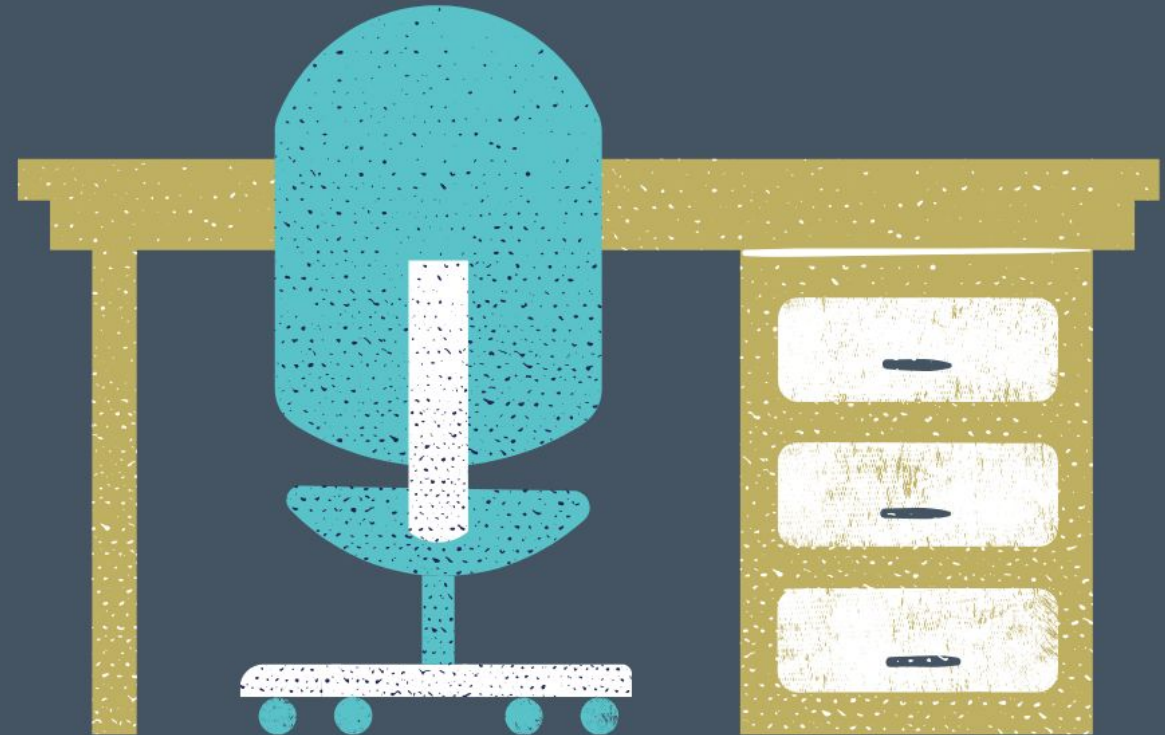
Connect regularly

Establish a Check-in protocol

EAP services ready?

Create a BeWell Community

More information the better



SYMPTOMS TO LOOKS FOR

We are all adjusting. Some of our workforce's symptoms will and will not manifest into increased incident rates of both anxiety and depression.



Difficulty Concentrating



Fatigue/Sleep Disturbances



Paranoia and Fear



Irritability and Moodiness



High/Low Job Performance



Generalized Worry and Apprehension



Thinking About the Worst



CARE IS JUST A PHONE CALL AWAY



24-HOUR CRISIS LINE
1-800-494-7355



SCHEDULE AN APPOINTMENT
417-761-5000





QUESTIONS?

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