



COVID-19 and Mental/Behavioral Health

Sonja Gaines

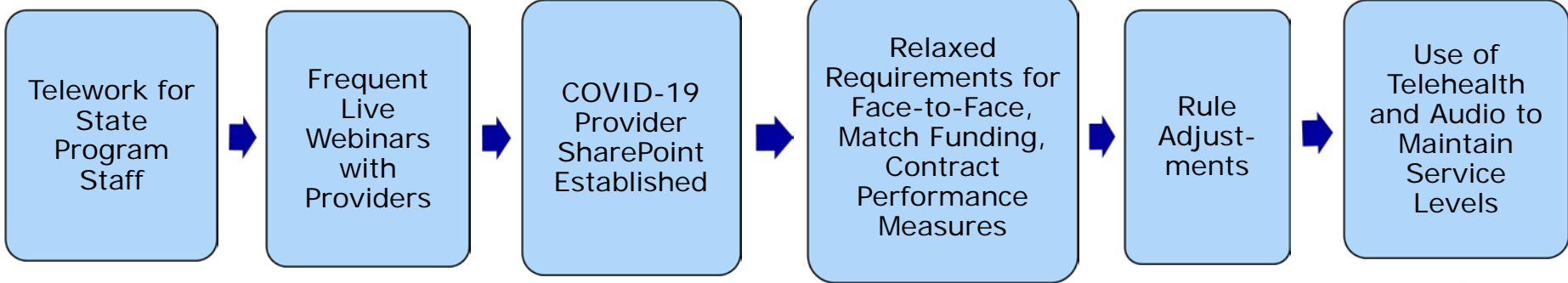
Deputy Executive Commissioner
for IDD & Behavioral Health Services



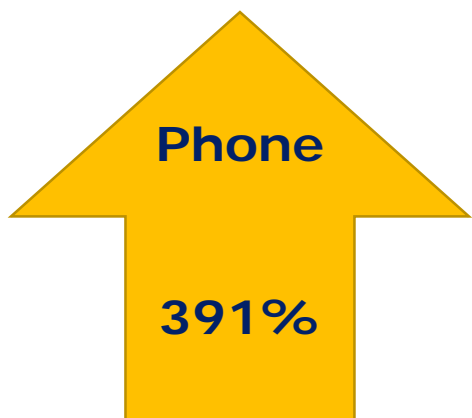
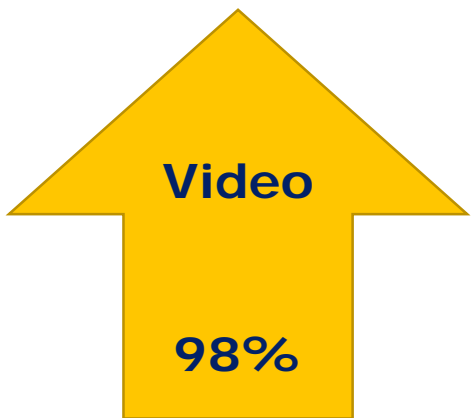
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March 4, 2021

COVID-19 Supports and Adjustments



Mental Health Providers maintained service levels by adjusting to remote technology:



COVID-19 Resources

Tips to Reduce Stress



- Focus on what you can control, including your thoughts and behaviors.
- Remember that you are resilient, and so is humankind. We will get through this.
- Limit exposure to news or social media updates.
- Maintain a healthy diet and exercise routine.
- Do what you can to reduce your risk by taking comfort that you are caring for yourself and others.
- Be gentle with yourself and others.
- Create a regular routine, especially for children, and work from home if you are able to.
- Model peaceful behavior for those around you. Remember, everyone experiences stress in different ways.
- Use technology to connect with others frequently.



Resources

COVID-19 Mental Health Support Line

833-986-1919

Local Disaster Assistance

2-1-1

Disaster Distress Helpline

800-985-5990

Heroes Helpline

833-367-4689

Centers for Disease Control

800-232-4636

National Suicide Prevention Lifeline

English: 800-273-8255
Spanish: 888-628-9454
Deaf: 800-799-4TTY

Crisis Text Line

Text "START" to 741741

Domestic and Sexual Abuse Hotlines

Domestic violence: 800-256-0551
Rape Crisis: 800-256-0661
National Hotline: 800-799-7233
National Hotline TTY: 800-787-3224

Veterans Crisis Line

800-273-8255, press 1

Local Fire, Police & EMS

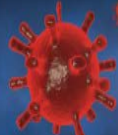
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HEC COMP. 10/20/20 • June 2020



Services for Texans affected by COVID-19

through outreach, referrals, supportive counseling and disaster recovery efforts.



DSHS updates on COVID-19 in Texas:
<https://www.dshs.texas.gov/coronavirus/>

HHSC guidance for the public and mental health and IDD providers:
<https://hhs.texas.gov/services/health/coronavirus-covid-19>

Statewide Behavioral Health Coordinating Council COVID-19 link:
<https://us.networkofcare.org/mh/coronavirus/index.aspx?s=tx>

Centers for Disease Control and Prevention up-to-date national guidance:
<https://www.cdc.gov/>
<https://mentalhealthtx.org/>

- Service Locator
- Educational Information
- Available in 64 languages



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COVID-19 Mental Health Support Line



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Texans experiencing anxiety, stress or emotional challenges because of the COVID-19 pandemic now have a statewide support line available 24/7

Additionally, the COVID-19 Mental Health Support Line has:

- Answered over 12,400 phone calls
- Talked with Texans from 198 counties
- Hosted virtual support groups for frontline health care workers since May 2020

Texas Health and Human Services
COVID-19 Mental Health Support Line

If you or someone you know is feeling overwhelmed by the COVID-19 pandemic, **help is available.**

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Speak with a mental health professional for help dealing with anxiety, depression, stress, grief or worry 24/7.

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Call the toll-free COVID-19 Mental Health Support Line at **833-986-1919.**

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HHSC Crisis Counseling Program



Texas received a total of **\$26.4 million** for the Crisis Counseling Assistance and Training Program (CCP) through the Federal Emergency Management Agency (FEMA) that was implemented through Local Mental Health Authorities (LMHAs) and Local Behavioral Health Authorities (LBHAs) in 254 counties from May 2020 to June 2021

Services as of February 2021

Individuals Crisis Counseling: 21,818

Group Counseling / Public Education: 35,599

Media / Education / Email / Phone: Greater than 2 million

Social Media Reaches: Greater than 4 million

Texas Targeted Opioid Response (TTOR)



Launched Texas
Opioid website:
www.txopioidresponse.org

2,517 lives saved
(overdose reversals)
May 2019 – December
2020

147,004 naloxone kits
disseminated
May 2019 – December 2020

3,645 people trained to
reverse opioid overdose
May 2019 – December
2020

77 percent diagnosed with
Opioid Use Disorder received
Medication Assisted Treatment
December 2020



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Coordinated Response by the Statewide Behavioral Health Coordinating Council

Acquired personal protective equipment (PPE) for mental health providers and institutions

Info shared: understanding the virus, prevention of transmission, etc.

Statewide Behavioral Health Coordinating Council

Info shared: relaxed standards in contracts, rule, and statutory provisions to promote access to behavioral health services

Behavioral Health statewide Survey distributed November 2020: 2,211 responses

Advances During COVID-19



Service Impacts:

- Increased number of Texans served due to 86th Session Investments in Mental Health, Substance Use, and IDD
- Virtually eliminated waitlist for outpatient mental health
- Senate Bill 633 (86R) December 2020 – All Texas Access Report and Virtual Conference
- Texas Targeted Opioid Response yields positive outcomes
- First IDD Strategic Plan Scheduled to be released in fiscal year 2021