



NPAIHB

Indian Leadership for Indian Health

NPAIHB COVID-19 Weekly Update

Please sign in using the chat box:

Enter the tribe or organization you are representing
and names of all people participating with you today

Information for Today's Call

Agenda

- ▶ Welcome & Introduction: Chairman Lewis
- ▶ NPAIHB COVID-19 Situation Report: Celeste Davis
- ▶ Mental Health During COVID-19: David Dickinson, Region X SAMHSA
- ▶ Data Update: Victoria Warren-Mears
- ▶ Indian Health Service Update: Dean Seyler
- ▶ State Partner Updates:
 - ▶ Washington: Lou Schmitz, Tamara Fife, Jessie Dean and Tam Lutz
 - ▶ Oregon: Julie Johnson and Sue Steward
 - ▶ Idaho: Joyce Broadsword and Jessica Leston
- ▶ Legislative and Policy Update: Jessica Leston
- ▶ Questions/Comments

Guidelines

- ▶ Please place yourself on mute unless speaking
- ▶ Sign in, using chat box, with your tribe/organization and names of all participants
- ▶ Use the chat box for questions, for Q&A after updates and announcements

NPAIHB COVID-19 Situation Report

Celeste Davis

C-19 Emergency Response - NPAIHB

Situation Report: 12/8/20

- ▶ Vaccine Progress
 - ▶ Pfizer application for EUA tomorrow, Moderna expected on 12/17
 - ▶ Pfizer data released this morning - discussion on Wednesday COVID-19 ECHO
 - ▶ Distribution to states and IHS will begin immediately upon EUA approval
 - ▶ Employers may mandate vaccination
- ▶ Please continue to communicate risks and the preventive measures
- ▶ Crisis Standards of Care? Surge of cases may require change in case and contact investigation goals -
 - ▶ At a minimum, investigate the case and ask the case to notify the contacts
 - ▶ If you suspect a potential outbreak linked to a single source or site - make public announcement

Mental Health and COVID-19

David Dickinson, Region X SAMHSA HHS

Mental Health, Self-Care & Resilience during COVID-19

- David Dickinson
 - Regional Administrator, Region 10
- Substance Abuse and Mental Health Services Administration
 - U.S. Department of Health and Human Services



COVID19 Impact on Behavioral Health

Nearly half of Americans have expressed that they are feeling a decline in their mental health since the novel coronavirus arrived in the U.S.

- Impacting both those with and those without prior behavioral health issues
- 41% of those surveyed reported struggles with MH or SU:
 - Mental disorders (anxiety, depression) (30.9%)
 - Trauma-related disorders (26.3%)
 - Substance use to cope (13.3%) during COVID-19

SAMHSA has seen a 1000% increase in calls to our Disaster Distress Hotline

Studies show there is a relationship between unemployment and suicide.

- One study estimates for every 1% increase in unemployment there is a 1.3% increase in suicides
- High rates of suicidal thinking:
 - 25.5% young adults 18-24 yrs. old



The resulting economic recession, increased isolation, and decreased access to physical, mental and substance use health care as a result of COVID-19 will have long-term implications for mental health

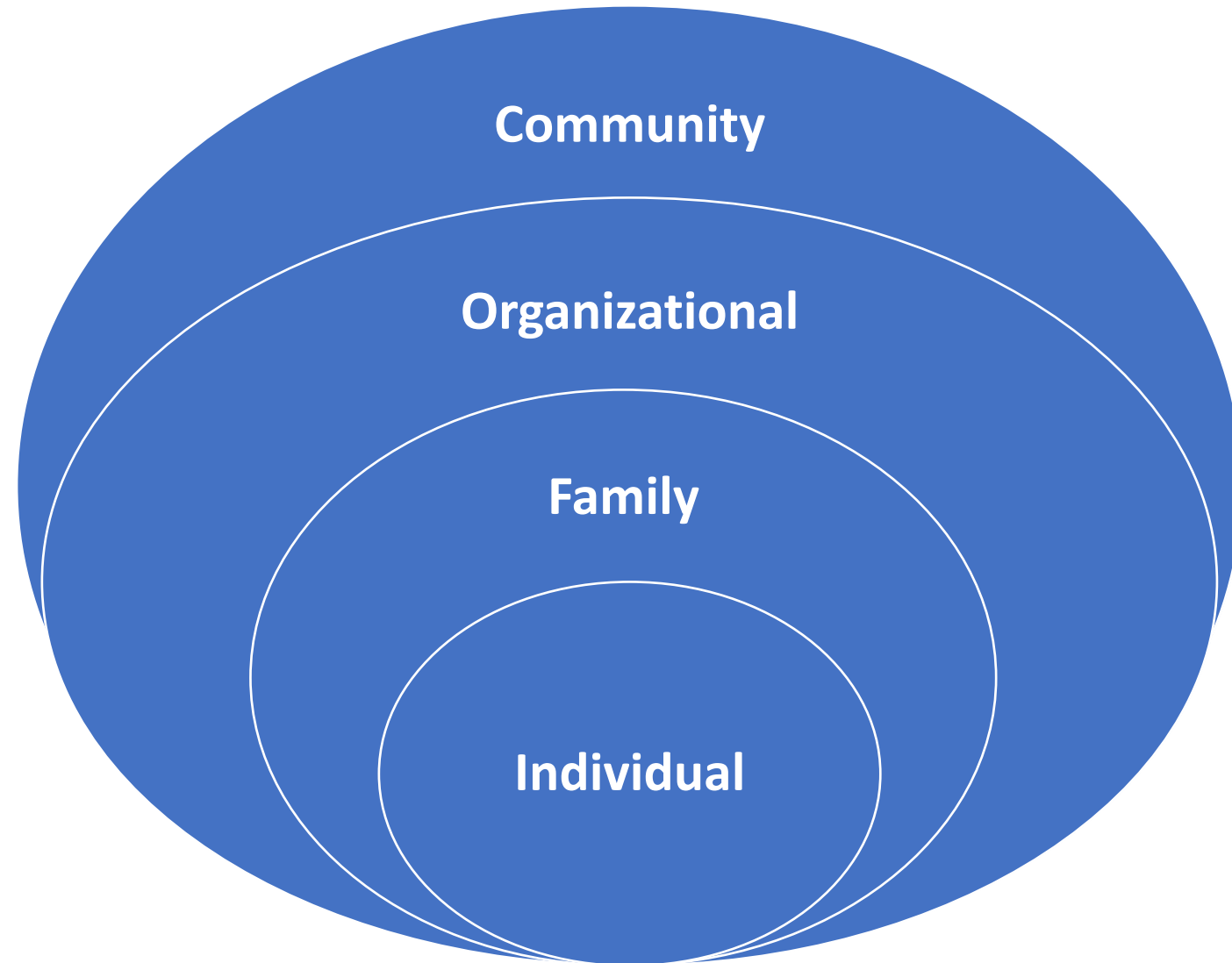
What Is Resilience?

Resilience is the ability to:

- Bounce back
- Take on difficult challenges and still find meaning in life
- Respond positively to difficult situations
- Rise above adversity
- Cope when things look bleak
- **Tap into hope**
- Transform unfavorable situations into **wisdom, insight, and compassion**

We can all strengthen our resilience.

- Resilience is not a trait that people either have or do not have.
- Resilience involves behaviors, thoughts, and actions that can be learned and developed in anyone.
- Resilience is tremendously influenced by your environment
- Resilience fluctuates and is situational – be gentle with yourself!



Self-Care

Healthy Coping that can buffer stress

“It’s not the load that breaks us down...it’s the way we carry it.”

- **Eat** as healthfully as you can, and stay **hydrated**.
- **Exercise** and **stretch** as often as you can. (Even if that’s not much!)
- Seek out sources of **enjoyment** and **inspiration**.
- Allow yourself to **feel your emotions**, and give yourself time to **process** through them.
- Stay **engaged** with your support system. Help others.
- Make and keep appropriate **boundaries**.
- Make a **plan**. Write it out or use technology! Look up self-care strategies that appeal to you. Many modern self-care approaches are accessible, and simple.
- Practice **mindfulness**, for example conscious breathing or meditation. Research shows that regular practice can improve brain function and help with stress.

Self-Care

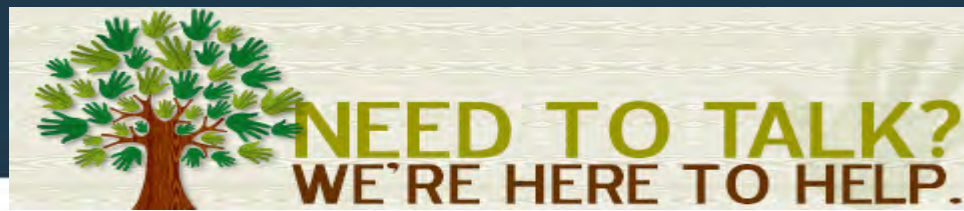
6 questions you might ask yourself each day:

1. What am I grateful for today?
2. Who am I checking in on or connecting with today?
3. What expectations of “normal” am I letting go of today?
4. How am I getting outside today?
5. How am I moving my body today?
6. What beauty am I either creating, cultivating or inviting in today?

SAMHSA Disaster Distress Helpline

- Provides 24/7, year-round crisis counseling and support Staffed by trained counselors who provide:
 - Crisis counseling
 - Information on how to recognize distress and its effects
 - Tips for healthy coping
 - Referrals to local crisis call centers





Suicide Prevention Lifeline [1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

www.suicidepreventionlifeline.org

24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

SAMHSA's National Helpline [1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

www.samhsa.gov/find-help/national-helpline

Also known as, the Treatment Referral Routing Service, the Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

Disaster Distress Helpline [1-800-985-5990](tel:1-800-985-5990)

www.samhsa.gov/find-help/disaster-distress-helpline

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, & counseling.

Veteran's Crisis Line [1-800-273-TALK \(8255\)](tel:1-800-273-TALK)

www.veteranscrisisline.net

Connects veterans (families and friends) in crisis with qualified, caring VA responders through a confidential, toll-free hotline, online chat, or text.

Drug-Free Workplace [1-800-WORKPLACE \(967-5752\)](tel:1-800-WORKPLACE)

www.samhsa.gov/workplace/resources/drug-free-helpline

Assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and program implementation.



Behavioral Health Treatment Services Locator

Find alcohol, drug, or mental health treatment facilities and programs around the country at findtreatment.samhsa.gov.

Buprenorphine Practitioner & Treatment Program Locator

Find information on locating practitioners and treatment programs authorized to treat opioids at www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator.

Early Serious Mental Illness Treatment Locator

Find treatment programs in your state that treat recent onset of serious mental illnesses at www.samhsa.gov/esmi-treatment-locator.

Opioid Treatment Program Directory

Find treatment programs in your state that treat addiction and dependence on opioids at dpt2.samhsa.gov/treatment/.

National American Indian/Alaska Native ATTC



Virtual Native Talking Circle: Staying Connected in Challenging Times

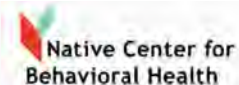
Please join us for our bi-weekly virtual talking circle. This group will be facilitated by a Native guest and will focus on concerns about yourself, your family, your work, and/or your tribal community. There is no expectation to participate in this event. This is a respectful meeting space. Come share your concerns, offer support, and respect the group's privacy.

TODAY, Monday, December 7th

1:30-3:00 EST . 12:30-2:00 CST . 11:30-1:00 MST . 10:30-12:00 PST . 9:30-11:00 AKST

Contact Steve Steine for details: stevensteine@uiowa.edu

Register

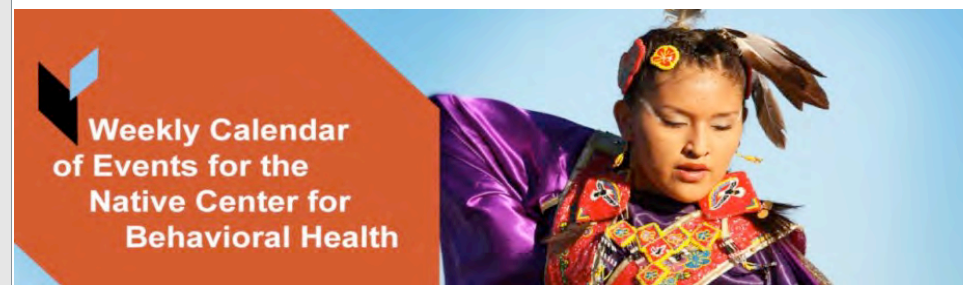


National AI/AN Addiction, Mental Health, & Prevention TTCs

attcnetwork.org/native

mhttnetwork.org/native

pttcnetwork.org/native



Monday, December 7

National American Indian & Alaska Native ATTC:
Virtual Native Talking Circle

1:30-3 EST . 12:30-2 CST . 11:30-1 MST . 10:30-12 PST . 9:30-11 . AKST

[Register](#)

Tuesday, December 8

National American Indian & Alaska Native ATTC & PTTC:
Native American Storytelling: Culture is Prevention

3-4 EDT . 2-3 CDT . 1-2 MDT . 12-1 PDT . 11-12 AKDT

[Register](#)

Wednesday, December 9

National American Indian & Alaska Native ATTC:
TOR grantee Caring and Sharing

**This meeting is specifically for Tribal Opioid Response grantees*

4-5 EST . 3-4 CST . 2-3 MST . 1-2 PST . 12-1 AKST

[Register](#)

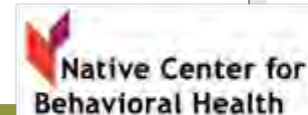
Thursday, December 10

National American Indian & Alaska Native
MHTTC K-12 Program:

Special Weekly Series for the Entire School Community: Helping Schools Serving Native American and Alaska Native Students Amidst COVID-19

3-4 EST . 2-3 CST . 1-2 MST . 12-1 PST . 11-12 AKST

[Register](#)



https://www.samhsa.gov/



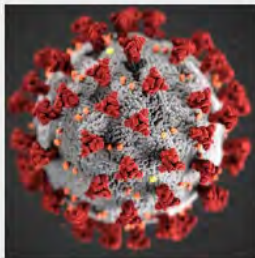
Substance Abuse and Mental Health
Services Administration

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Current Topics



COVID-19
Guidance and
Resources

Disaster Planning
Handbook for
Behavioral Health
Treatment Programs

Technical Assistance Publication Series
TAP 34



TAP 34: Disaster
Planning
Handbook for
Behavioral Health
Treatment
Programs



Millions of
Americans have a
substance use
disorder. Help is
available.



Letter to Mental
Health
Commissioners



Dear Colleague
Letter from Dr.
McCance-Katz on
Oral Fluids HIV
Testing



Recovery
Housing: Best
Practices and
Suggested
Guidelines

Newsroom
Coronavirus
COVID-19 Information for SAMHSA Discretionary Grant Recipients
Media Guidelines for Bullying Prevention
Press Announcements
SAMHSA in the News
Speeches and Presentations
Infographics
Logo Use Guidelines

Coronavirus (COVID-19)

SAMHSA recognizes the challenges posed by the current COVID-19 situation and is providing the following guidance and resources to assist individuals, providers, communities, and states across the country. SAMHSA stands ready to assist in any manner possible.

SAMHSA Resources and Information

[Emergency Grants to Address Mental and Substance Use Disorders During COVID-19](#) **CLOSED**

[COVID-19 Information for SAMHSA Discretionary Grant Recipients](#)

[COVID-19 Public Health Emergency Response and 42 CFR Part 2 Guidance \(PDF | 168 KB\)](#)

[TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs](#)

[Considerations for the Care and Treatment of Mental and Substance Use Disorders in the COVID-19 Epidemic: March 20, 2020 \(PDF | 76 KB\)](#)

[Considerations for Crisis Centers and Clinicians in Managing the Treatment of Alcohol or Benzodiazepine Withdrawal during the COVID-19 Epidemic: March 19, 2020 \(PDF | 213 KB\)](#)

Workforce Support - <https://www.samhsa.gov/coronavirus>

<https://www.samhsa.gov/sites/default/files/training-and-technical-assistance-covid19.pdf>

Technical Assistance Resources – UPDATED WEEKLY

- Mental Health Resources
 - Recorded Webinars
 - Upcoming Webinars

Thank you for your commitment to health!
SAMHSA's mission is to reduce the impact of substance
abuse and mental illness on America's communities.

David Dickinson, MA, Regional Administrator
Office: 206-615-3893 Cell: 206-678-5160

david.dickinson@samhsa.hhs.gov

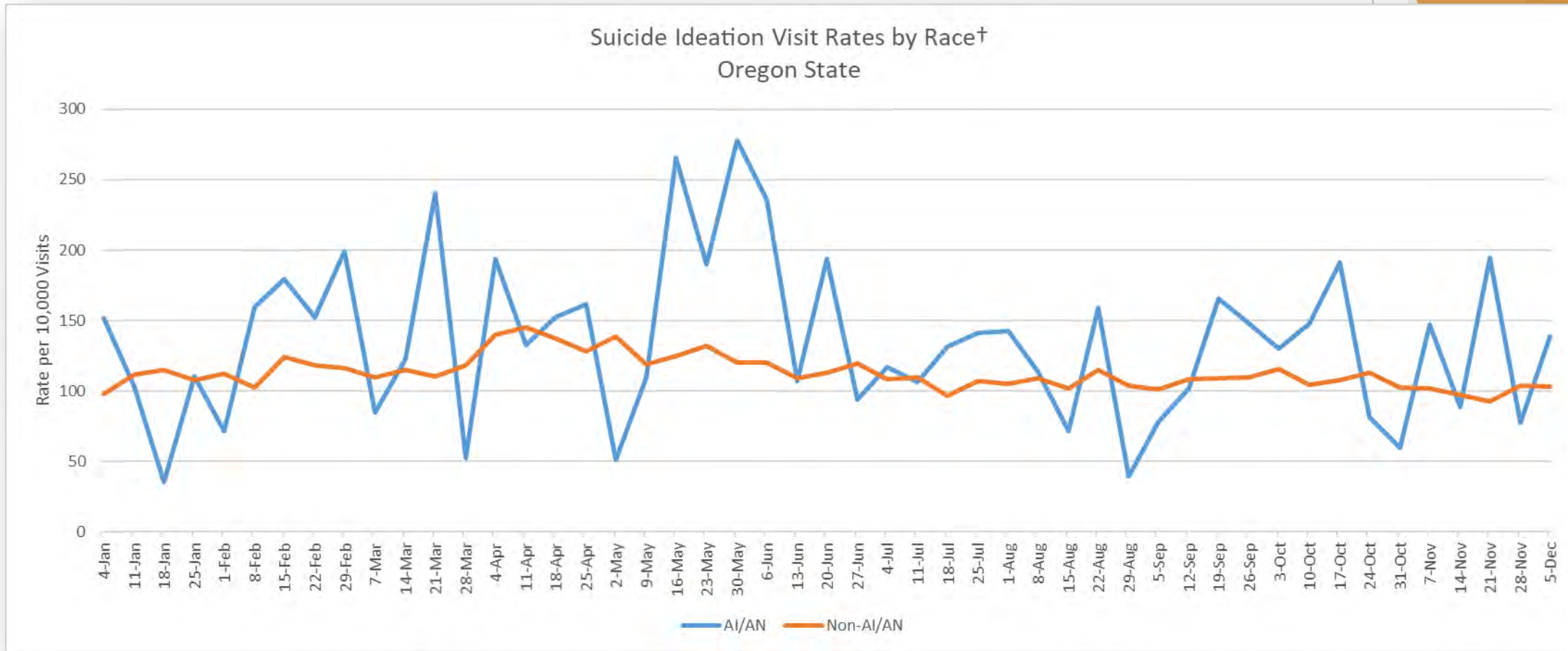
www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)

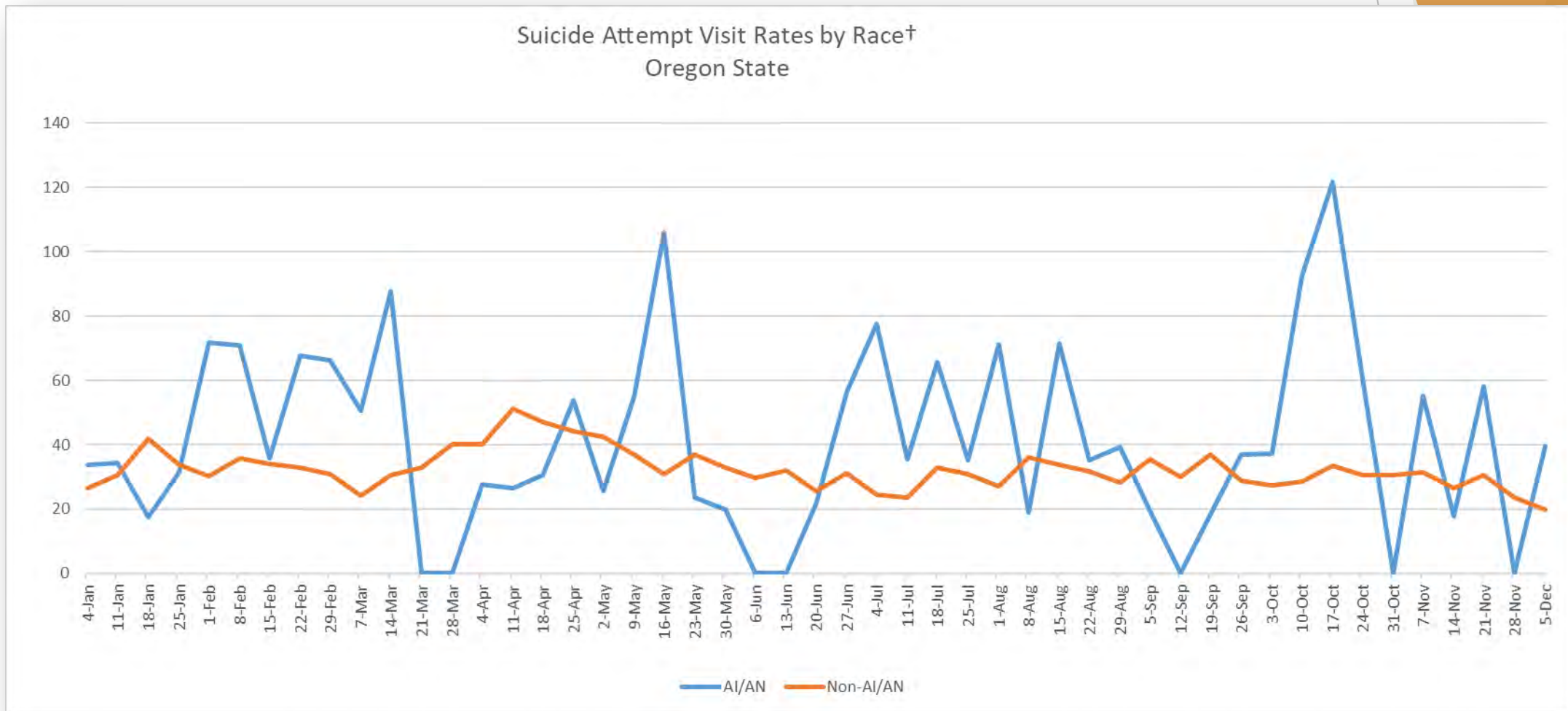
Data Update

Victoria Warren-Mears

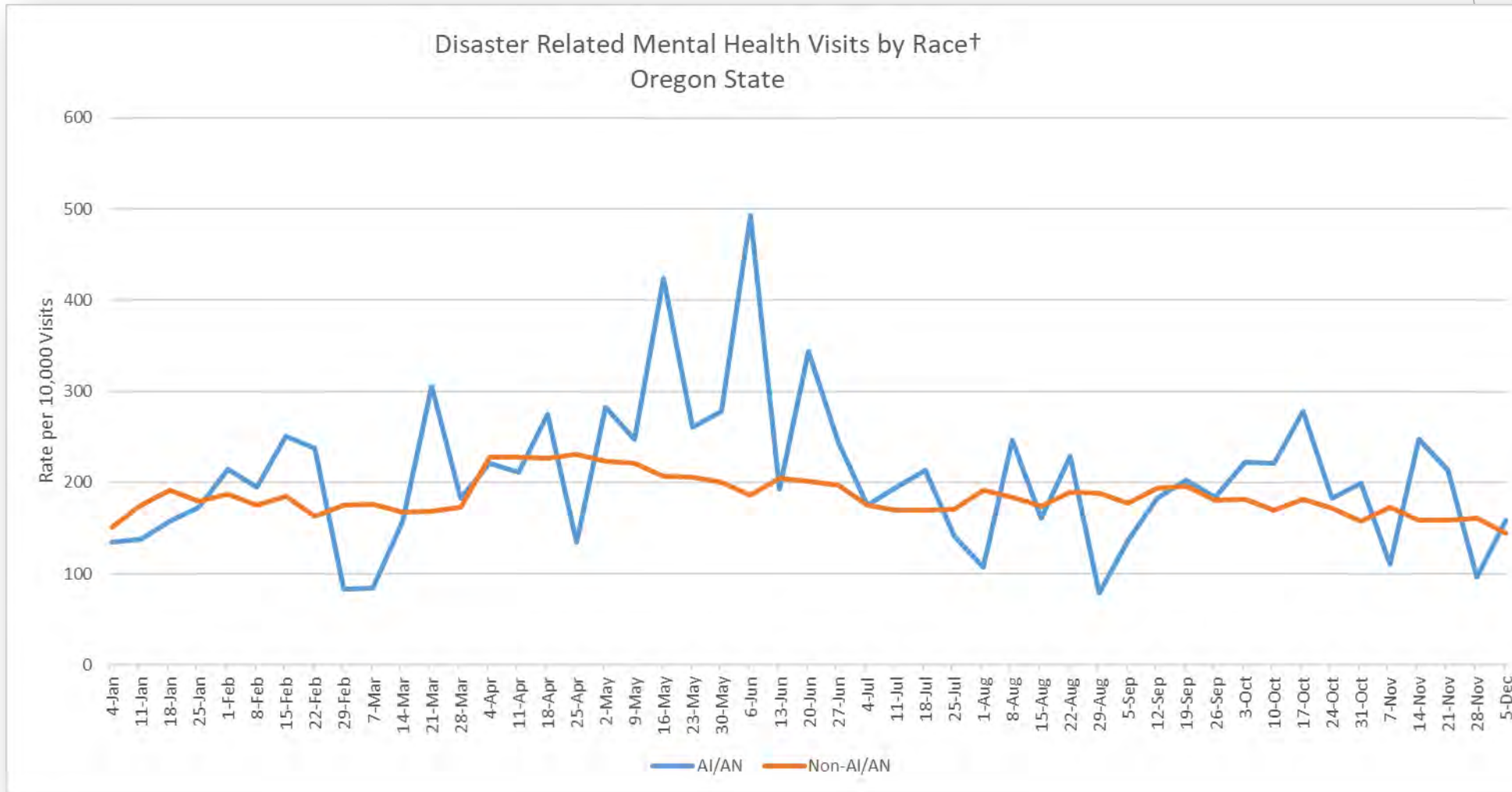
Suicide Ideation OR through 12/5/2020



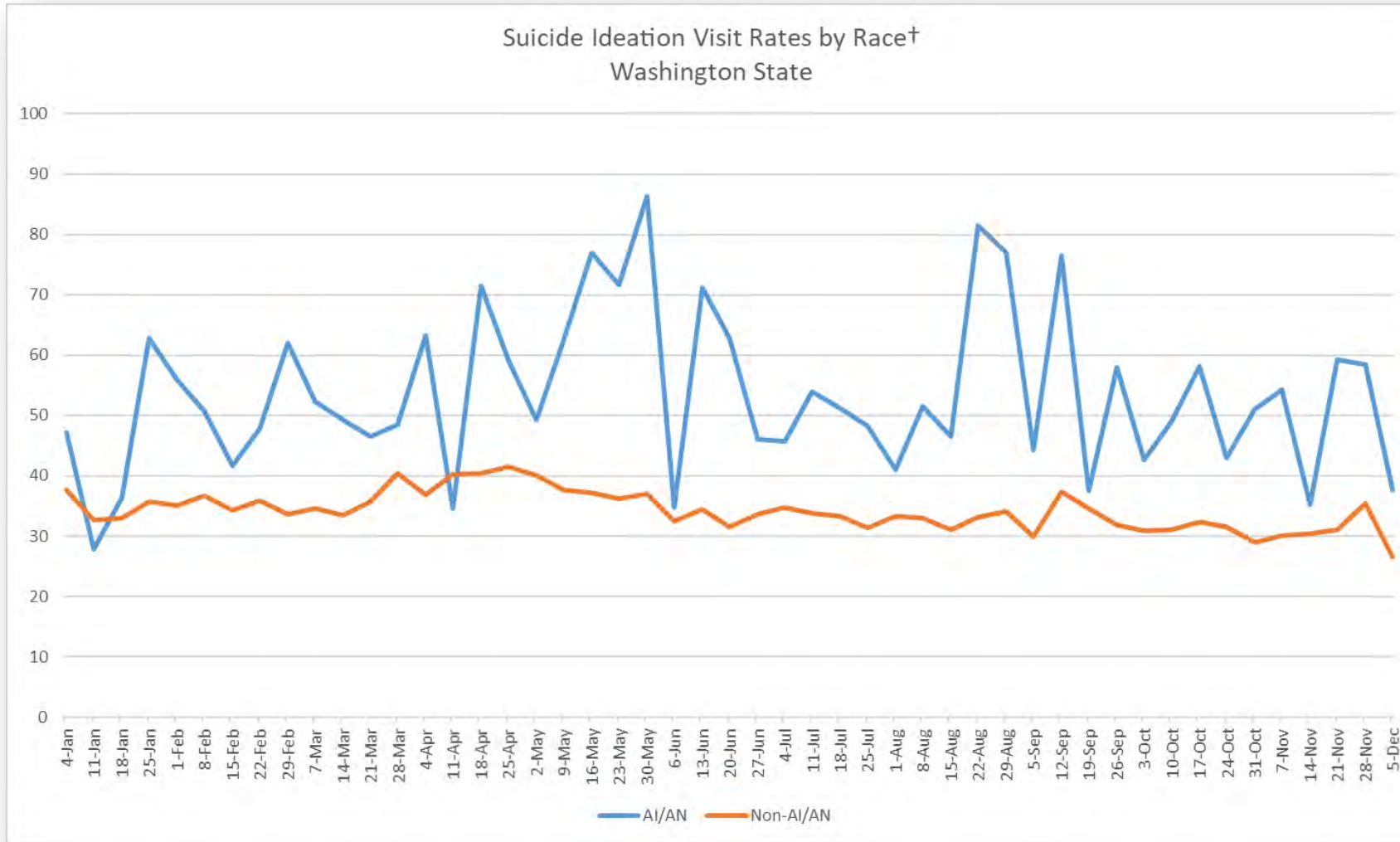
Suicide Attempt OR through 12/5/2020



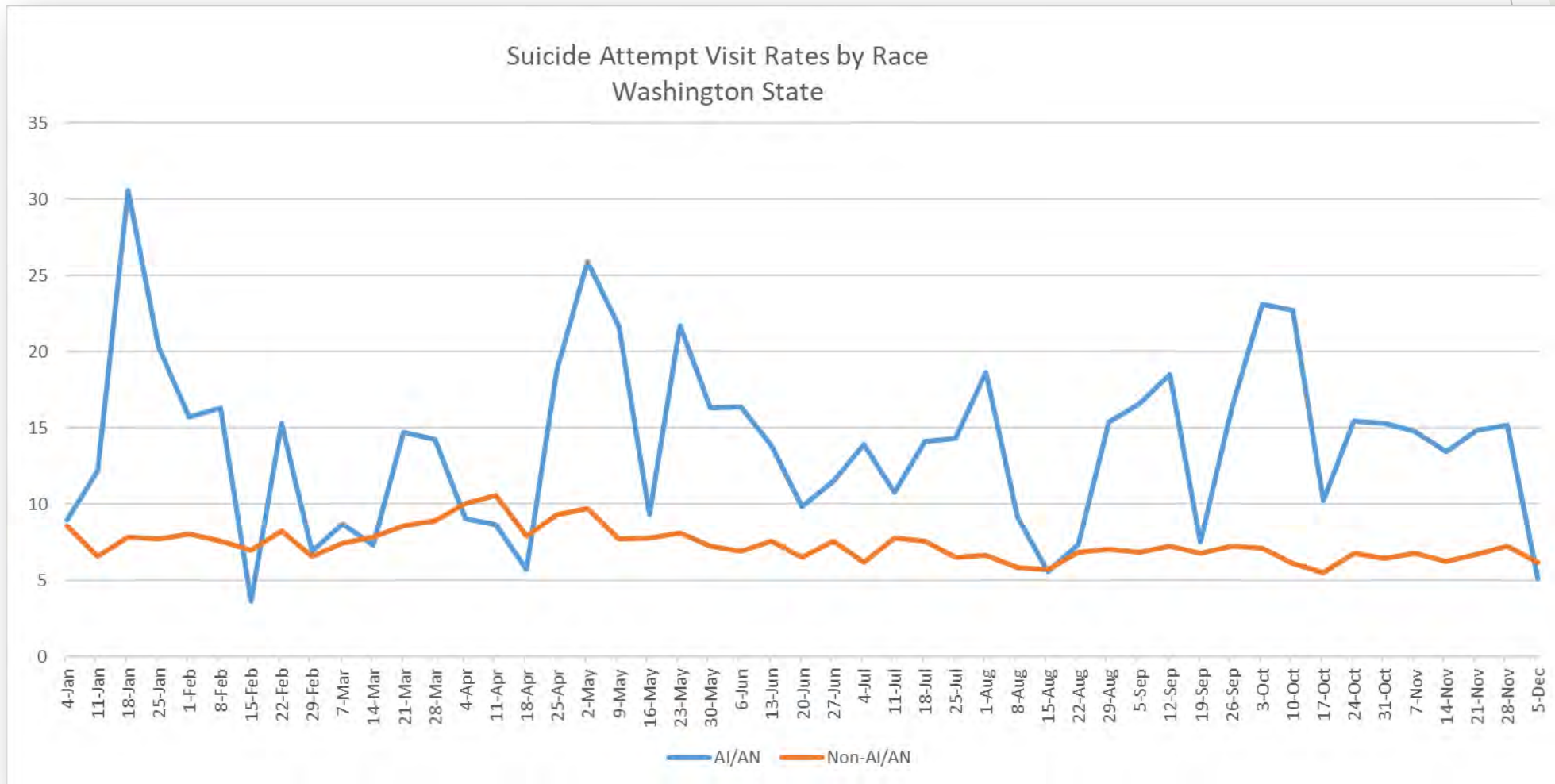
Disaster Related Mental Health Visits OR



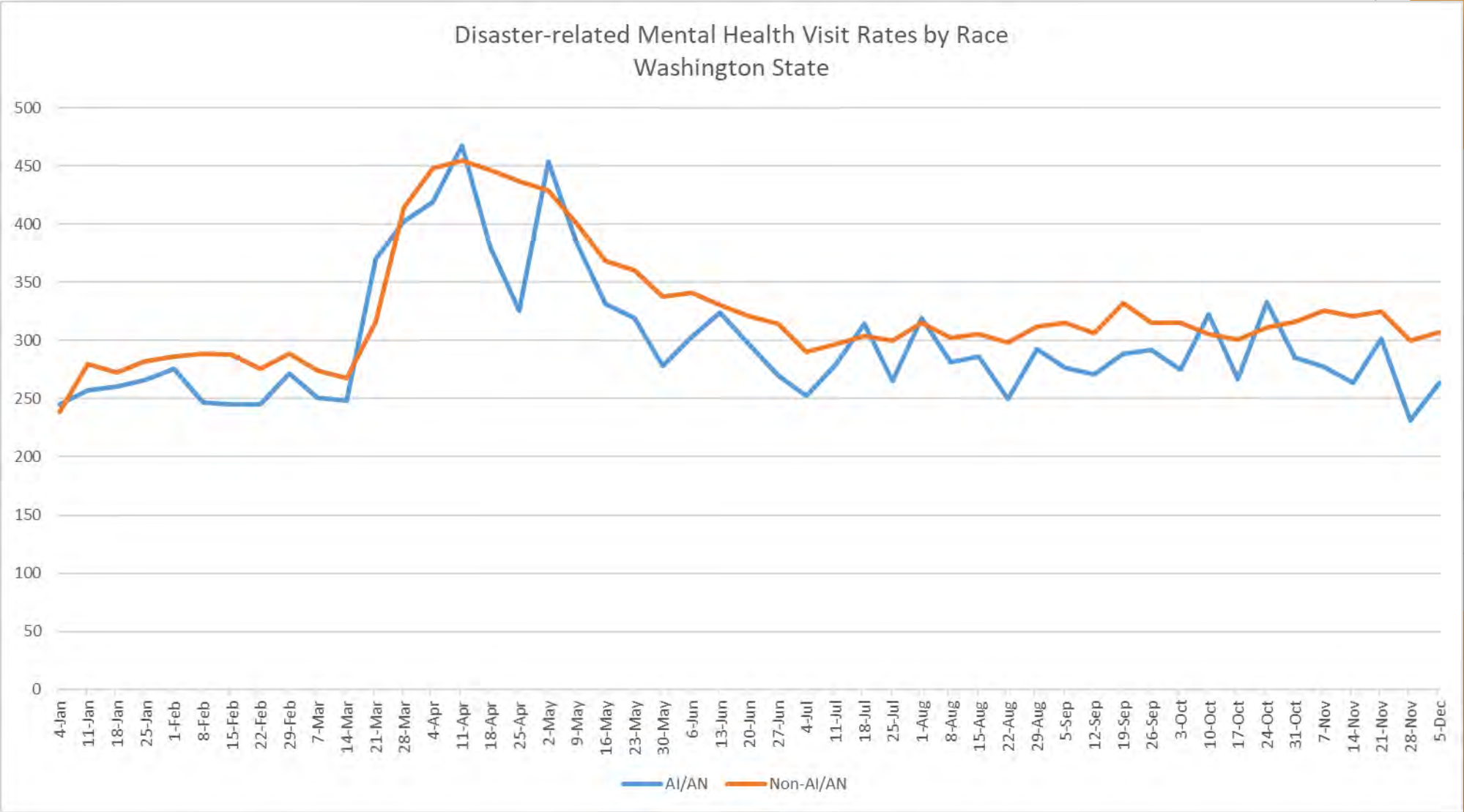
Suicide Ideation WA through 12/5/2020



Suicide Attempt WA State through 12/5/2020



Disaster Related Mental Health WA



Indian Health Service Update

Dean Seyler

State Partner Updates

Washington AIHC/DOH/HCA: Lou Schmitz, Tamara Fife, Jessie Dean, and Tam Lutz

Oregon OHA: Julie Johnson and Sue Steward

Idaho: Joyce Broadsword and Jessica Leston



Legislative and Policy Update

Jessica Leston

Legislative Update

- ▶ Cathy McMorris Rodgers (R-WA, 5th District) is now the ranking member on the House Energy and Commerce Committee. This Committee has jurisdiction over health care, technology, environmental and energy policy.
- ▶ We anticipate another Continuing Resolution that will cover from Dec 11 - Dec 18, 2020.
- ▶ A FY 2021 Omnibus package is still in negotiation, unresolved issues include Veterans Administration funding, border wall funding, and
- ▶ If an Omnibus package occurs, it will most likely become the legislative vehicle for other legislation, including the \$908b COVID-19 relief package discussed last week.
 - ▶ \$908b (\$160b for state, local, and tribal governments)
 - ▶ \$288b for small businesses, \$180b unemployment insurance, \$35b PRF, \$16b MCM
 - ▶ No stimulus checks, temporary liability shield

Policy Update

- ▶ Contribute to the National Indian Health Board 2021 Tribal Health Policy Agenda
 - Tribal health policy agendas, priority lists, or health policy requests that Tribes or Tribal organizations have crafted for the new administration or for 2021
 - Health-related requests that were presented to the current administration
- ▶ *National Indian Health Board Tribal Nations Health Summit*
2021 White House Transition meeting
Wednesday, December 16, 1-6 pm Eastern
(Registration link is live and will be sent out today)
- ▶ Submit information to Carolyn Hornbuckle at NIHB chornbuckle@nihb.org

Questions & Comments

