



Quarterly Forum

April 22, 2021



Mayor's Fitness Council
City of San Antonio

SABGH WELCOME

Abby Ammerman, MPH

Co-Chair, Education Committee

San Antonio Business Group on Health

MENTAL HEALTH IN THE COVID-19 ERA

Andy Keller, PhD.

President and CEO, Linda Perryman Evans Presidential Chair, of the Meadows
Mental Health Policy Institute

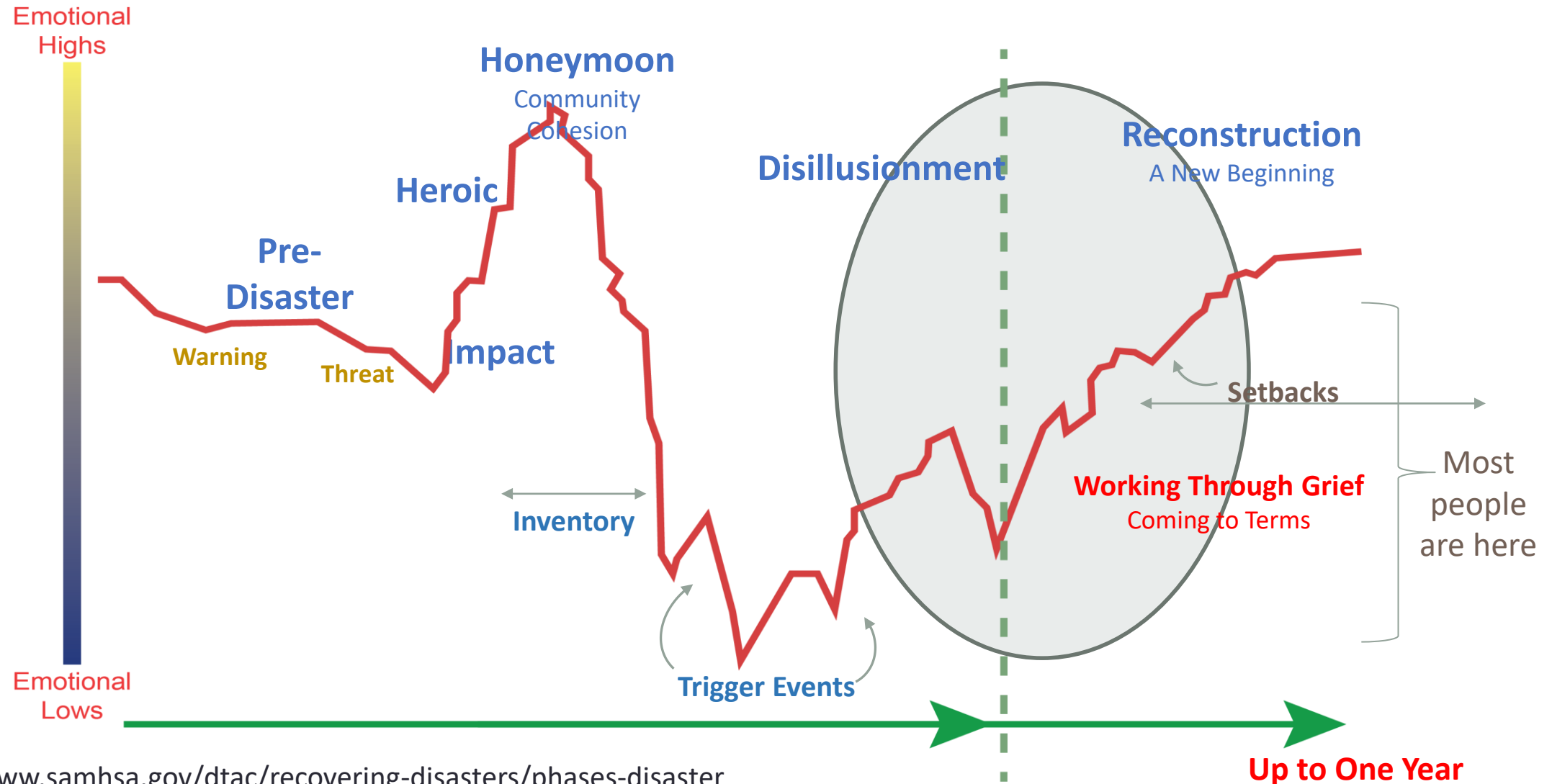
BE AN “OUT LOUD” ADVOCATE FOR MENTAL HEALTH AND SELF CARE

Brae Jacobson

Sr. Manager, Benefits

H-E-B, LP.

Phases of a Disaster: Effect on Emotional Well-Being



COVID Anniversary: Reflection and Remembrance

- **Reflection:** The reflection brought about by the anniversary of a disaster or traumatic event is often a turning point in the recovery process
- It is important to reflect and assess where you are as company and where you are individually between Disillusionment and Reconstruction
- The disillusionment phase can last months and even years. It is often extended by one or more trigger events, usually including the anniversary of the disaster.
- **Anniversary Reactions:** can spill over into your personal and family life, work performance, and relationships with colleagues
- **Remembrance** Many welcome the cleansing tears, commemoration, and fellowship that the anniversary of the event offers. They see it as a time to honor the memory of what they have lost. They might light a candle, share favorite memories and stories, or attend a worship service.

Mental and Neurological Long Haul Effects

- New research released this month shows that almost a third of COVID-19 patients go on to develop "long-haul" neurological or psychiatric conditions months after being infected
 - Used data from more than 236,000 COVID-19 survivors
 - 34% of patients were diagnosed with such disorders in the six months after infection with the new coronavirus.
 - 13% of those patients, it was their first such diagnosis.
 - One third went on to experience neurological or mental health issues within six months of their coronavirus infection. Most common diagnosis:
 - Anxiety (17%)
 - Mood disorders (14%)
 - Substance abuse disorders (7%)
 - Insomnia (5%)

Looking Ahead

- The pandemic has both short- and long-term implications for mental health and substance use,.
- Phased COVID-19 vaccinations are taking place across the country, perhaps signaling that the end of the pandemic is on the horizon. However, many of the stressful conditions employed to mitigate the spread of the coronavirus are likely to persist for the near future, given the slow and troubled rollout of vaccinations across the country, instances of people refusing the vaccine due to fear or uncertainty, and the need for vaccinated people to continue taking existing precautions to mitigate the outbreak.
- History has shown that the mental health impact of disasters outlasts the physical impact, suggesting today's elevated mental health need will continue well beyond the coronavirus outbreak itself. For example, an analysis of the psychological toll on health care providers during outbreaks found that psychological distress can last up to three years after an outbreak.
- it will be important to consider how the increased need for mental health and substance use services will likely persist long term, even if new cases and deaths due to the novel coronavirus subside.

Stage One: Awareness and Education

- Survey employees and communicate in their mental health language
- Diversity in mental health messaging is essential
- Add or enhance emotional wellbeing programs
 - Mindfulness, happiness, stress management, or resiliency programs
 - Incorporate “mental fitness” into your existing physical health programs
- Re-engage and strategize with your EAP or use free online resources
 - Mental Health Awareness Month- May
 - Stigma Free Pledge and Campaign



Stage Two: Prevention and Early Intervention

- Create a cadence of mental health communications and resources
- Provide a link to confidential, mental health self-assessment tools
- Release brief mental health education videos
- Promote free or (free + subscription) mobile apps
 - Calm and Headspace
 - Simple Habit (sleep, meditation)
 - Intimind (Spanish, meditation and mindfulness)
 - Liberate (meditation for the Black Community)
- Encourage leaders to share personal testimonials
- Integrate mental health training into wellness champion's skillsets and training
 - Mental Health First Aid
- Use the creative arts as a bridge to creating a mental health culture
 - Mental health film festival- The Unlonely Film Festival
 - Mentalhealtharttx



Mental Health Information Resources About Us

LOG IN

TAKE A MENTAL HEALTH TEST

Take a Mental Health Test

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

DEPRESSION TEST +

POSTPARTUM DEPRESSION TEST +

ANXIETY TEST +

PSYCHOSIS TEST +

BIPOLAR TEST +

EATING DISORDER TEST +

PTSD TEST +

PARENT TEST +

YOUTH TEST +

ADDICTION TEST +

PRUEBA DE ANSIEDAD (ANXIETY TEST - SPANISH) +

PRUEBA DE DEPRESIÓN (DEPRESSION TEST - SPANISH) +

WORK HEALTH SURVEY +

PsychHub

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Stage Three: Active Intervention and Support

- EAP enhancements- increasing the number of free EAP counseling sessions
- Mental health benefit- eliminate copays for outpatient mental health sessions.
- Promote how to navigate mental health teletherapy
- Consumer subscription services for text therapy, coaching, virtual therapy, and mental health medication management
- Expand mental health care to include non-traditional providers
 - Life coaches
 - Chaplains
- Promote more intensive digital therapy apps
 - Cognitive Behavioral Therapy (CBT) apps can be used in conjunction with therapy, life coaching, or can be used alone to teach yourself to “be your own therapist.”

Stage Four: Recovery and Maintenance

- Wellness champion(s), mental health advocate(s), or health coaches are key resources to maintain an active calendar of education and activities
- Provide mental health training to all “people leaders”
- Invite guest speakers from the mental health community to speak on mental health issues
- Interview your EAP or mental health vendors about how they outreach to people who have both medical and mental health conditions
- Solicit testimonials of positive mental health outcomes

Resources

- <https://www.mhanational.org/mental-health-month>
- <https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree>
- <https://www.nami.org/Your-Journey/Identity-and-Cultural-Dimension>
- <https://www.artandhealing.org/uff4/-mental>
- <https://www.instagram.com/mentalhealtharttx/>

THANK YOU

Brae Jacobson

Sr. Manager, Benefits

H-E-B Grocery

Jacobson.brae@heb.com

512-540-1810

QUESTIONS

Andy Keller

Brae Jacobson

CLOSING REMARKS

Mental Health Resources

- Within your Organization
 - Employee Assistance Program
 - Medical Insurance Provider
- City of San Antonio
 - Mental and Behavioral Health Toolkit
 - SAPD Mental Health Unit and Crisis Intervention Team (CIT) program
 - Resources and Webinars on the City's website
- CDC – Search Mental Health for a variety of resources

Thank you for joining us!

