

COVID-19 and Mental Health

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Project ECHO

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Outline

1. Working with Existing Psychiatric Disorders
2. Working with Emerging Psychiatric Disorders
3. Addressing the Mental Health Needs of the General Public
4. New Directions

1

Working with Existing Psychiatric Disorders

Psychotic Disorders

- Cognitive deficits
- Injectable medications
- Stigma
 - Drowsiness
 - Involuntary movements
 - Sialorrhea (drooling)
- Paranoia and the Evil World
- Social isolation

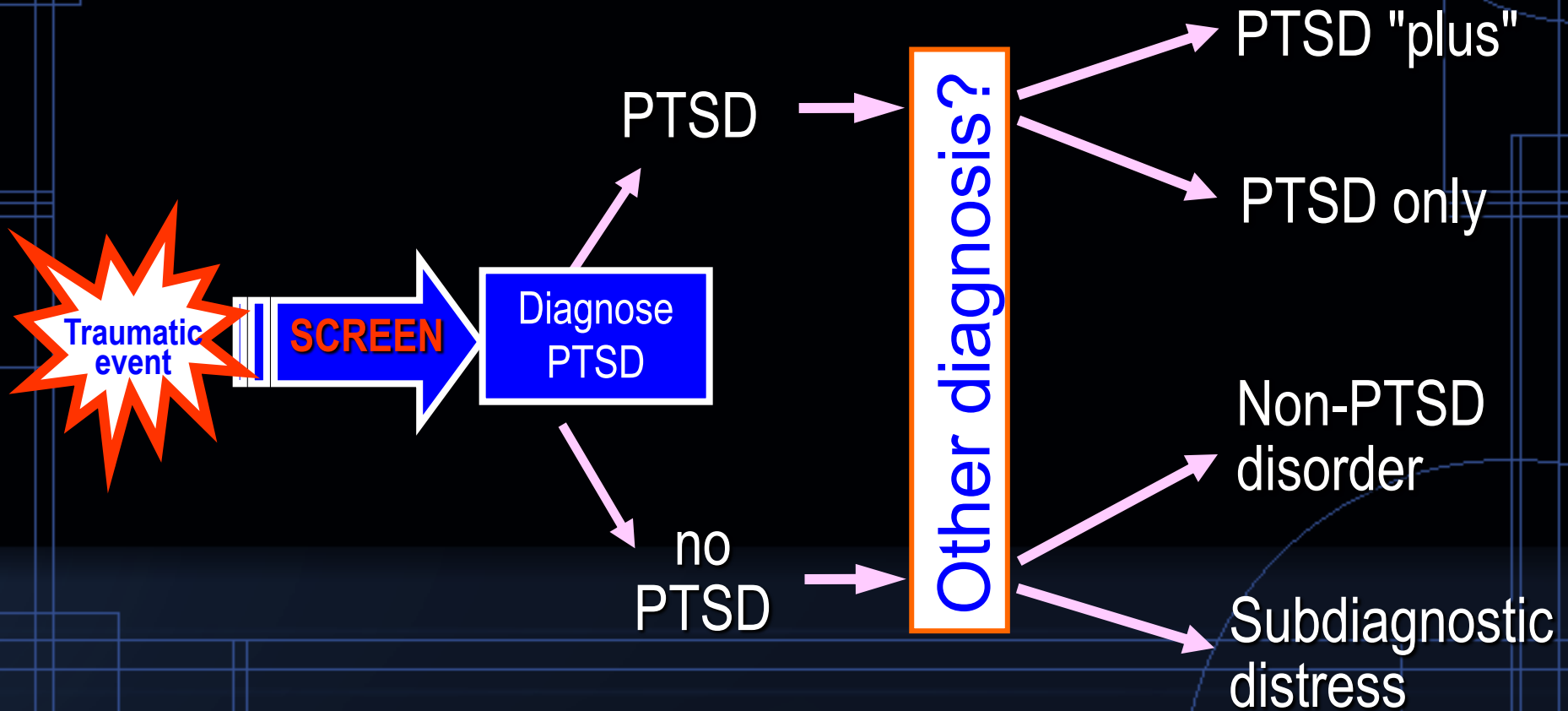
Depression and Suicide

- Economic difficulties
- Social isolation
- Access to MH treatments
- Guilt
- Late spring/Early summer
- The “Pulling Together” effect

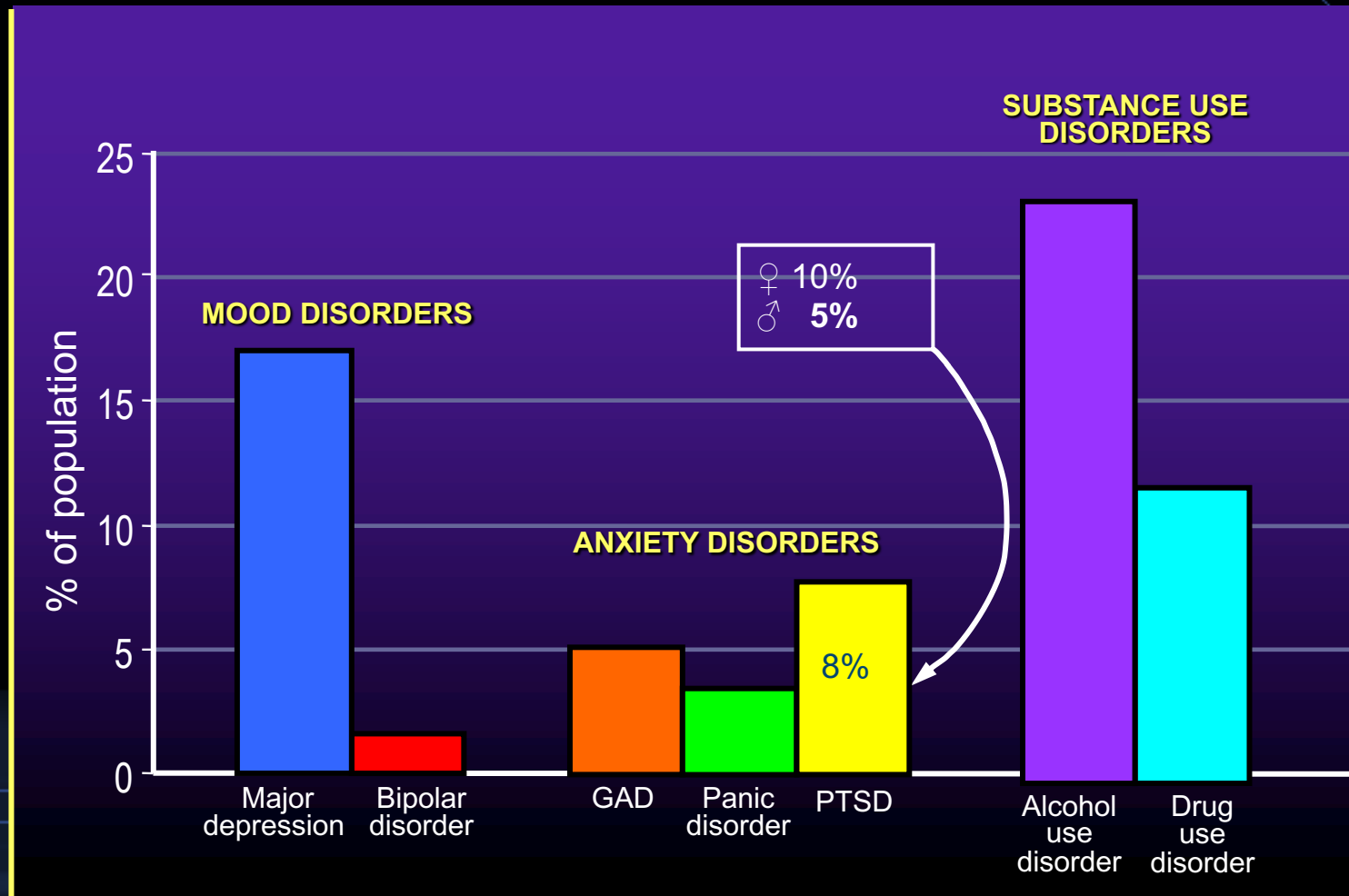
2

Working with Emerging Psychiatric Disorders

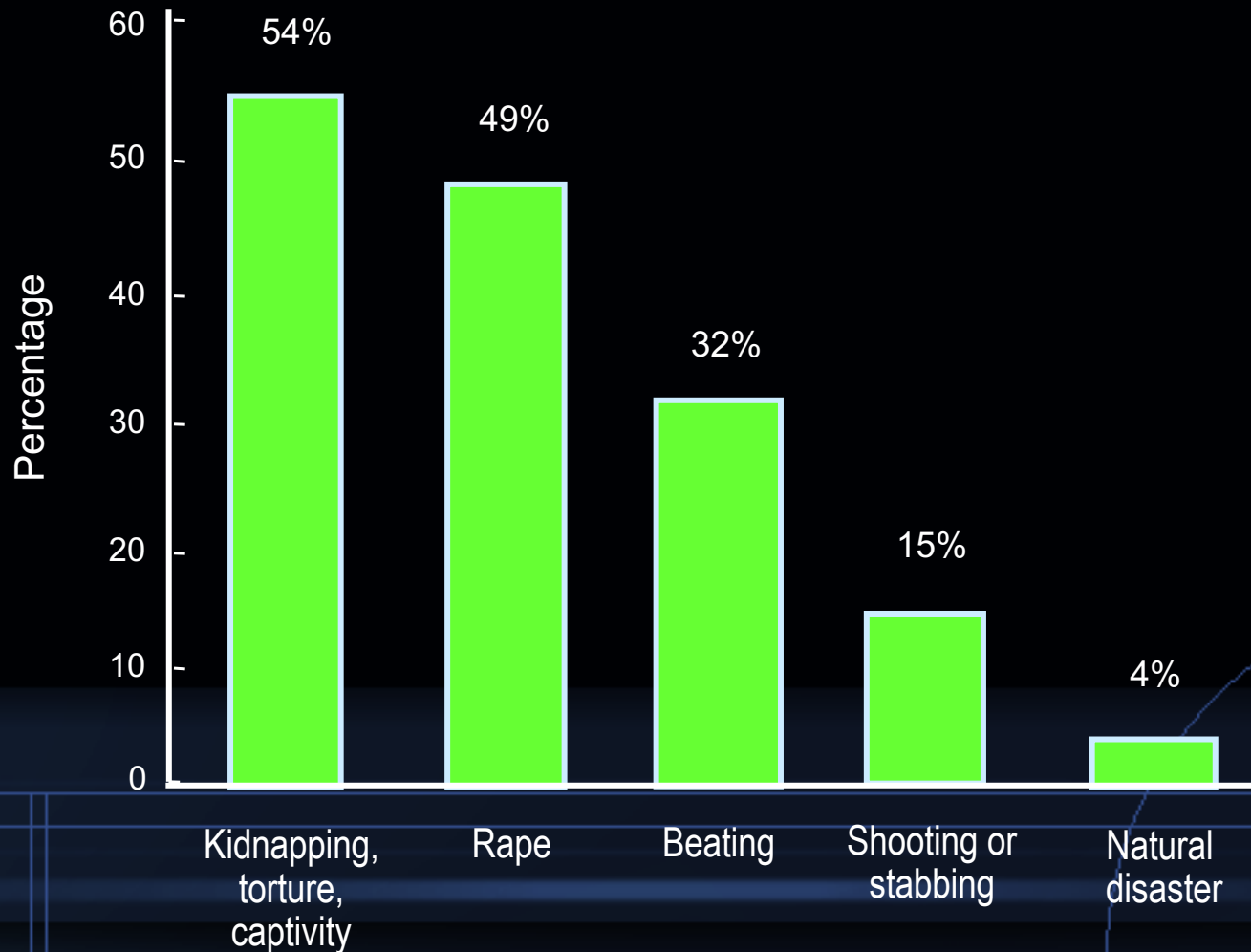
Assessment Road Map

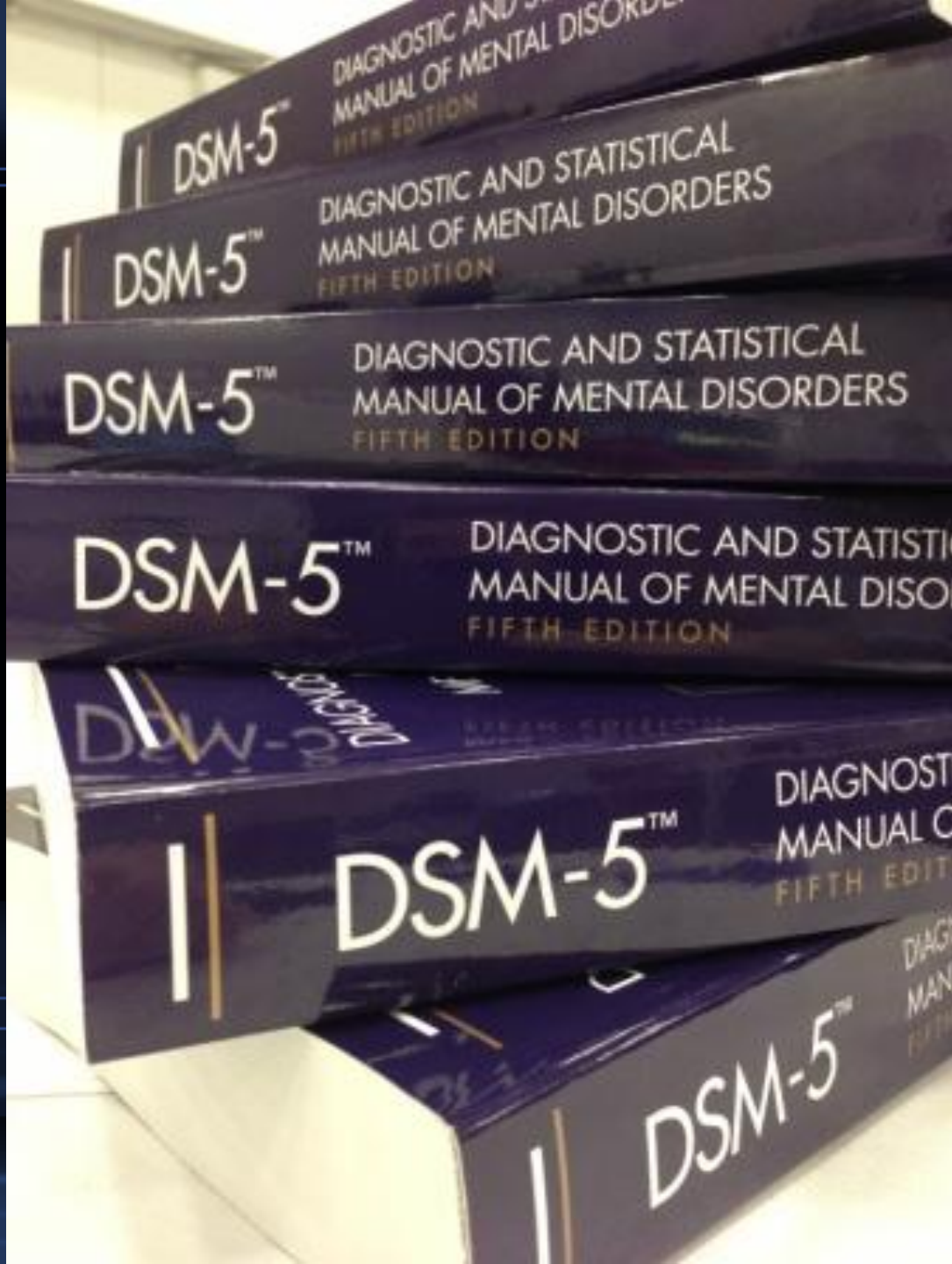


Lifetime Prevalence



Risk of PTSD in the US

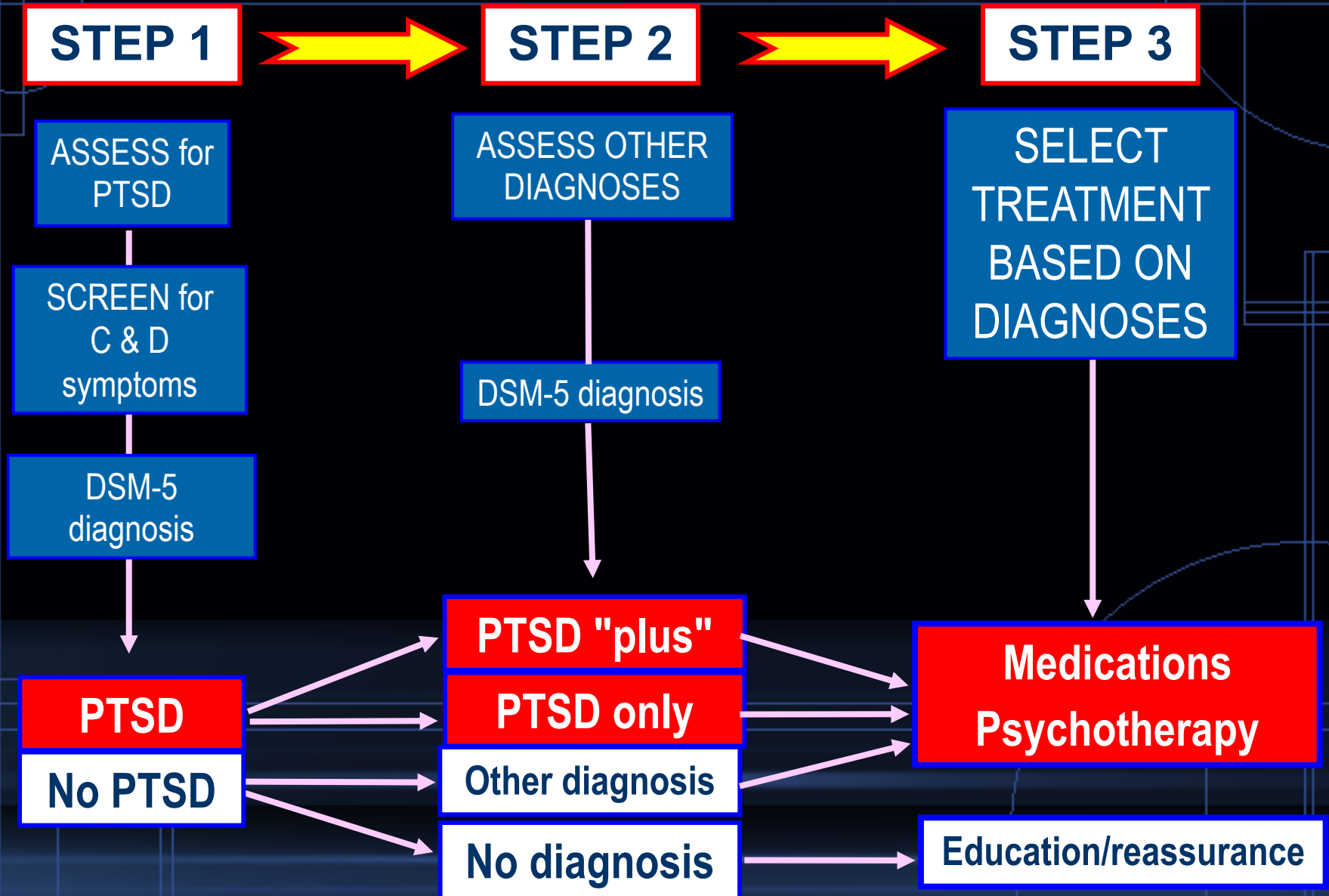




Post-Traumatic Stress Disorder

- A. Exposure to actual or threatened death, serious injury, or sexual violence
- B. Intrusion
- C. Avoidance
- D. Negative Thoughts and Feelings
- E. Arousal and Reactivity

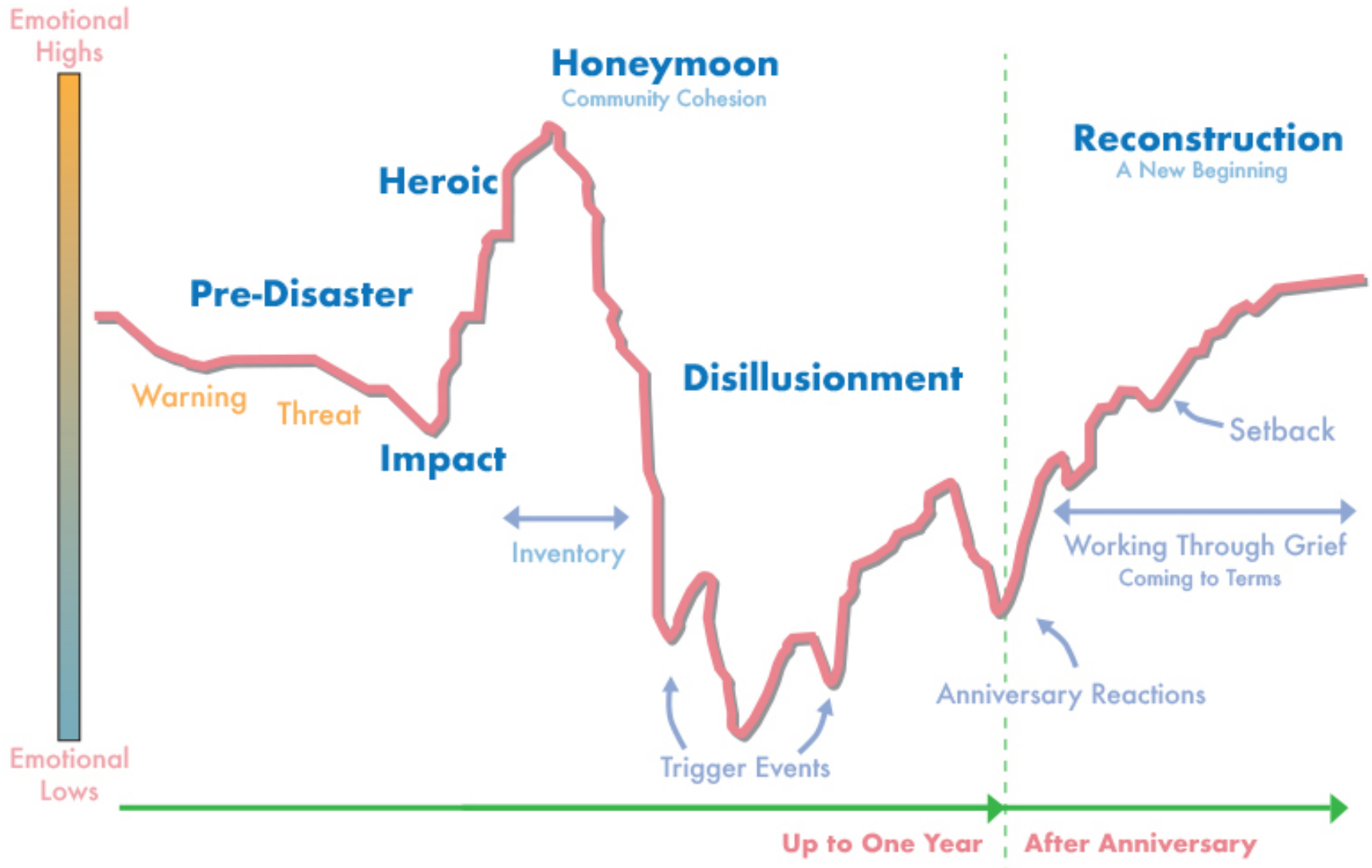
Intervention Road Map



3

Addressing the Mental Health Needs of the General Public

Disaster Psychiatry



Mental Health Consequences

- Anxiety
- Depression
- Substance use
- Loneliness
- Domestic violence/child abuse

Mental Health Solutions

- ✓ Digital technologies
- ✓ Social media
- ✓ Routines
- ✓ Nontraditional groups for psychological first aid
- ✓ Social distancing v. safe places

Quarantine Stressors

- Longer quarantine duration
- Inadequate information
- Inadequate supplies
- Fear, frustration, and boredom
- Financial loss
- Stigma

Quarantine Solutions

- ✓ Keep it as short as possible.
- ✓ Give as much information as possible.
- ✓ Provide adequate supplies.
- ✓ Reduce the boredom.
- ✓ Altruism is better than compulsion.

4

New Directions

Resilience Resources

✓ Individual

What do I do when things get hard?

✓ Community

Who helps me when things get hard?

✓ Existential

Who do I want to be when this is over?

Thank you

NJMS.Rutgers.edu/Psychiatry

APPENDIX

Psychological First Aid

FIVE MAJOR PRINCIPLES

Psychological First Aid

Establish safety.

- ✓ Identify safe areas and behaviors.
- ✓ Provide accurate and updated information.

Psychological First Aid

Teach calming skills.

- ✓ Acknowledge/normalize distress reactions.
- ✓ Safeguard and develop routines; restore a sense of normalcy.
- ✓ Teach diaphragmatic breathing and muscle relaxation techniques.
- ✓ Limit exposure to traditional and social media as increased use enhances distress.

Psychological First Aid

Teach maintenance of natural body rhythms.

- ✓ Nutrition
- ✓ Sleep and rest
- ✓ Sex
- ✓ Exercise

Psychological First Aid

Maximize connectedness to social supports to the extent possible.

- ✓ This may require electronic rather than physical presence.

Psychological First Aid

Foster hope and optimism while not denying risk.

Resources

1. Psychiatry.org
2. CSTSonline.org