

# COVID-19

## Mental Health Challenge Webinar

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St Albans Health and Wellbeing Partnership, 1<sup>st</sup> July 2020

[www.hertfordshire.gov.uk/outbreakplan](http://www.hertfordshire.gov.uk/outbreakplan)

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# PH Contribution to COVID -19

## Resourcing

- Project Management
- Funding for work. Commissioning extra services
- Clinical Capacity
- Co-ordination of programmes (eg Public Mental Health, Behavioural Science)

## Expertise

- Designing and supporting comms messages and campaigns
- Outbreak Management. Science and science-informed actions
- Expert Public Health Advice and Guidance
- Helplines and guidance on call

## Intelligence

- Epidemiological surveillance
- Epidemiological Modelling

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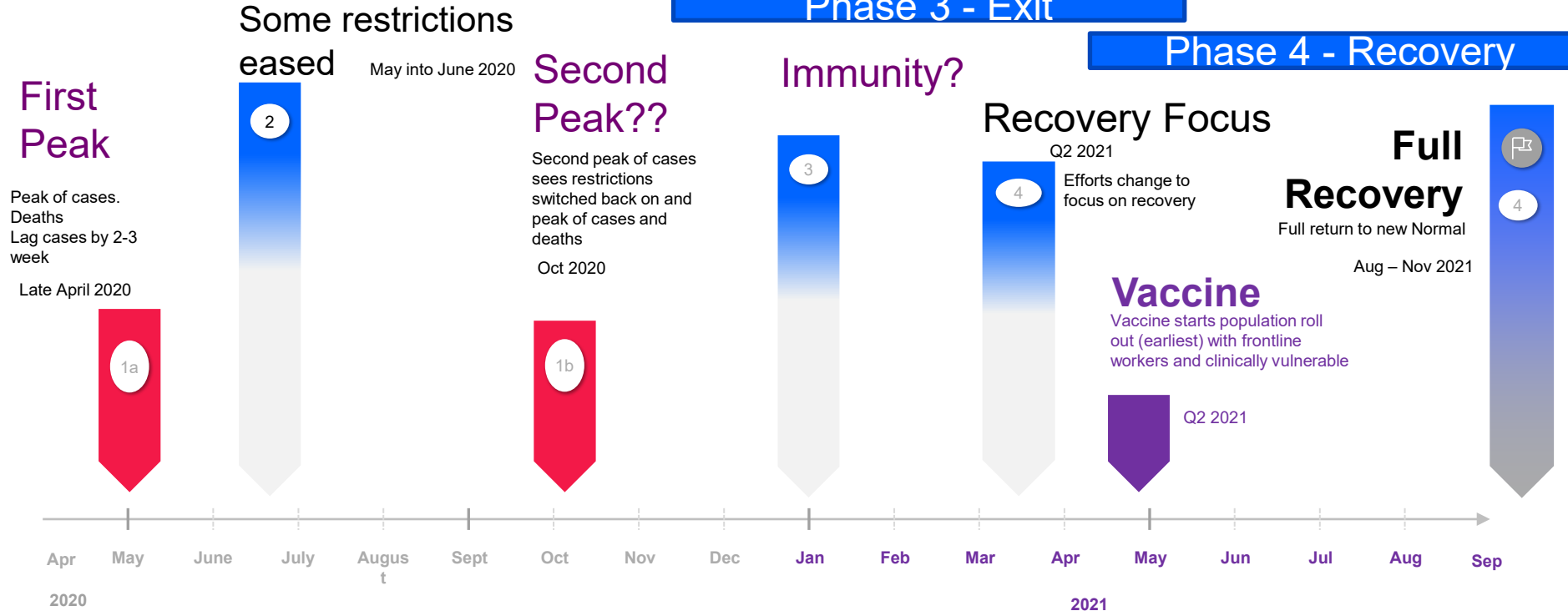
# Where are we? Pandemic Milestones

## Phase 1 – First Two Peaks

## Phase 2 - Control

## Phase 3 - Exit

## Phase 4 - Recovery



This is all provisional. The key drivers of these phases will be levels of infection, recovery and immunity

# Immediate mental health impact of COVID-19 across life course

	Pre-term	0-5 years	School years	Working age adults	Old age
<b>Key issues to consider</b>	<p>Anxiety about impact of COVID on baby</p> <p>Financial worries</p> <p>Anxiety about delivery and access to care</p> <p>Isolation</p>	<p>Coping with significant changes to routine</p> <p>Isolation from friends</p> <p>Impact of parental stress and coping on child</p>	<p>School progress and exams</p> <p>Boredom</p> <p>Anxiety or depression or other mental health problems</p> <p>Isolation from friends</p> <p>Impact of parental stress</p> <p>Carer stress</p>	<p>Balancing work and home</p> <p>Being out of work</p> <p>Carer stress</p> <p>Anxiety about measures and family or dependents or children</p> <p>Financial worry</p> <p>Isolation</p>	<p>Isolation and disruption of routine</p> <p>Anxiety from being dependent on services</p> <p>Financial worry</p> <p>Fear about impact of COVID if infected</p> <p>Carer stress</p>
<b>Staff/ volunteers</b>	<p>Cumulative load of stress from significant changes. Traumatic incidents. Isolation from work colleagues. Having to manage working from home. Potential bullying from or to others as part of not coping.</p>				
<b>Loss</b>	<p>Loss of loved ones dying may be particularly severe and grieving disrupted because of inability to do normal grieving rites eg being physically close to dying person, have usual funeral rites, attend funeral etc.</p>				
<b>Specific issues</b>	<p>Impact of delayed diagnoses and treatment (eg chronic conditions, surgery, people living in pain). Suicide and self harm risk for most at risk populations. Members of faith communities may feel disconnected during closure of premises. Domestic abuse may be issues across life course. Drug and alcohol issues. People reliant on foodbanks or on low incomes or self-employed may have additional stress. People with learning disabilities and/or autism will have additional needs which should be considered in detail. Student populations may have particular issues, from isolation to exam anxiety and for some being away from home.</p>				

# Members important in explaining what works and what doesn't

1. Non Pharmacological Interventions (NPIs)
  - 1) Hygiene
  - 2) Cleaning and disinfection
  - 3) Physical Distancing (staying too far apart for virus droplets to spread)
  - 4) Disruption of viral transmission opportunities (eg PPE, barriers, rota and queue systems in workplaces and settings where people gather (eg hospitals, gyms, public transport, shops)
  - 5) Use of powers (quarantining people, closing premises)
2. Test, Isolate and Contact Trace
3. Case Finding (proactive and more intensive than Contact Tracing)
4. Vaccine (not yet available)
5. Antivirals (not yet available)

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# Priorities going Forward

- Outbreak Plan
  - Continuing support to reduce and manage impact
  - Epidemiology and Surveillance
- Impact of COVID-19 on Populations
- Public Mental Health Cell
  - Eg Resilience in Care workforce
- Health Inequalities
- Service Delivery

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# BAME COVID-19 Action Plan

## Pillars and role of Members

### Prevent and Protect

- 1.Risk Assess Staff and situations
- 1.Ensure preventive messages and actions
- 1.Ensure Outbreak Plan fully considers BAME populations

### Communications and Behavioural Science

- 1.Behavioural Science led communications and engagement
- 1.Community Language resources and information

### High Risk Reduction “5 Point Plan”

- 1.Taxi Drivers and High Risk Settings infection control support
- 2.Ensure GPs run risk registers on BAME patients at high risk of severe disease to ensure good health - URGENT
- 3.Target BAME SMEs for support
- 4.Vitamin D in care homes and for shielding population

### Co-Create Medium and Longer Term Action

- 1.Co-design and co create engagement, review and action on Health Inequalities
- 2.Co-produce community lead Health Inequalities Action?
- 3.Co-create BAME Network?

# The Longer Term

- Psychological Impacts
- Physical Health Impacts
- Economic, Social, Employment Impacts
  
- Understanding and acting on impacts on our population using a social determinants approach
- Members crucial to this
- Mental Health foundational

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