

12/15/20 Minutes

Mental Health Subcommittee of the CSB Quarterly Meeting

Participants:

DOHMH: Marivel Davila, Minakshi Tikoo, Anastasia Roussos, Marnie Davidoff, Jessica Jeavons, Krista Becker, Victoria Merlino, Kirklyn Escondo

Subcommittee Members: Scott Shapiro, Liz Roberts, Tony Hannigan, Warren Burke

1. Updates/Reminders:

- Upcoming DOHMH/OMH Racial Equity Webinar Series: Racism: A Public Mental Health Crisis Creating a Culture of Bold Change webinars
 - LGBTQIA+ Community and Intersectionality: Lens of Intersectionality in Racial Equity Work- Wednesday January 6th, 2021 10:00am-11:30am
 - [To Join Us on 1/6, Please Click Here to Register](#)
 - Description: A deeper look and dialogue about racial inequity and systemic racism through the lens of intersectionality. This session will address the complexity of human experiences, complicated relationships and the innate need to be connected to others. This webinar is designed to discover the intersectionality of people of color (POC) in the LGBTQIA+ community dealing with the multifaceted challenges of the “isms”. The speaker will provide information on the history of the Intersectionality Theory and explore implications of this theory on research, relationships, policy, and public health.
- Changes in membership/appointing new members
 - Leaving: Jo Park left her position, Tony retiring
 - Thank them both for their participation and contributions to the Subcommittee
 - New potential members needed:
 - We are looking for two new members with expertise in child and/or adult MH, demographic diversity.
 - New candidates will require City Hall approval
- DOHMH COVID Updates
 - Vaccine Planning:
 - NYC Started vaccinating as of 12/14/20
 - Phase 1- Limited doses are available
 - 1A- Healthcare personnel and staff/residents of long term care settings
 - 1B-1C Within the week we should know which of the following groups fall in 1B/1C
 - Essential Workers
 - 65+
 - People with pre-existing conditions
 - Phase 2- Vaccines are available to anyone who wants one
 - Phase 3- Vaccination can shift
 - Links to more information on vaccine planning:
 - [ACIP Recommendations](#)

- [DOHMH COVID-19 Vaccine website](#)
- Resources to Share
 - [COVID Impact on MH report](#) (released in September 2020)
 - NYC DOHMH: Behavioral Health Resources for Health Care Providers and Personnel During COVID-19 (12.1.20)- [LINK](#)
 - Coping with Grief and Loss During COVID-19 - attached (in English) and available in this [LINK](#) (will be available in several languages)
 - [Dear Colleague letter on long-term sequelae of COVID, including MH.](#)
- 2. Supporting NYC communities during the pandemic and into the future:**
- 3. DOHMH key data (*Marivel Davila- DOHMH*)
 - a. DOHMH shared Health Opinion Poll (HOP) data- *data is not intended for public consumption and specific data points cannot be shared in the official meeting minutes*
 - Data shared are broken down by race to highlight disparities and frame the discussion in terms of equity
 - Findings include a slight decrease from May in the percentage of respondents meeting the threshold for probable anxiety. Among respondents who reported experiencing symptoms of anxiety nearly every day, several days or more than half the days, concerns around physical (COVI-19) and mental health of self and loved ones were the most frequently reported worries.
 - While more than half of respondents reported symptoms of depression during the past two weeks, the proportion of respondents with probable depression decreased slightly from March of 2020.
 - Differences in the percentage of respondents that met the threshold for probable anxiety and depression were found across race/ethnicity and neighborhood poverty level.
 - Findings around unmet mental health need were also presented, including parent/caregiver report of their children’s emotional and behavioral health and difficulties accessing mental health services for their children .
 - The percent of respondents reporting alcohol consumption and fears around interpersonal violence were also presented.
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- 4. Key DOHMH Work
 - DOHMH’s Immediate work (*Minakshi Tikoo- DOHMH*)
 - 3C (COVID-19 community conversations):
 - Phase 1: Focusing on MH trauma and conversations around COVID-19
 - We are on track to meet our goal of reaching 10k people by the end of Dec and we have reached 26 of the 27 high-needs neighborhoods of NYC
 - Phase 2: Will focus on skill-building for our providers and will be launched in Jan. 2021
 - CCP- Project Hope
 - A Crisis Counseling Program- FEMA program that came to NYS via SAMHSA

- In the grant application we stated we would be working with 21 providers and 520 Crisis Counselors. Currently we have identified 19 of the 21 providers
- Right now we are implementing a media campaign and have executed 5 contracts with providers
- Discussion with members of what the mental health system should be doing to support NYC communities, during the pandemic and into the future:
 - approaches to treatment that would address emergent needs as a result of the pandemic
 1. Are existing treatments meeting current needs?
 2. What needs are we not sufficiently addressing?
 - Communications/ engagement is needed to the populations that really need these services and help
 - This would include working through CBOs that aren't traditional MH providers to reach these populations
 - Support around racial trauma is needed.
 - Next Step: Discuss this at a future meeting
 3. What supports do providers need?
 - More supports are needed for our social service and mental health providers, especially those providing in-person services. They are experiencing burnout from supporting others with complex needs/trauma throughout the pandemic yet are missing from the narrative of the "healthcare heroes."
 4. Are adult and child providers getting new referrals?
 - If not, what kind of outreach are they engaging in? What supports are they looking for from us?
 5. Regarding social determinants of health - what needs are provider organizations and peers observing, how are they meeting them, what support is needed from government to help them to do so?
 - Question to be covered at a future meeting

5. Next steps and follow-up:

- a. Follow up at a future meeting on discussion items, including supporting people suffering from racial trauma and to address social determinants of health