Stress, Trauma & Mental Health in *"Pandemic* Times"

Mental Health Task Force

December 14, 2021

Mental Health in America: Pre-Pandemic Times





General American Trends – Mental Health

- 69% of Americans report struggling with some aspect of mental health*
- 40 million adults affected by anxiety**
- Depressed employees lose 27 work days a year***
- "Suicide rates for US teens and young adults are the highest on record"***
- Life expectancy declined 3 years in a row...****

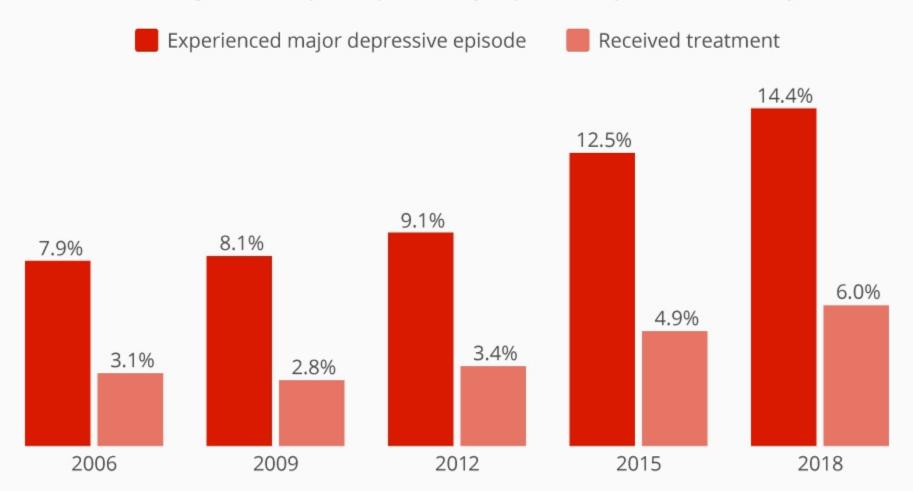
*Ipsos 2017, **ADAA, ***Harvard Mental Health Letter (WHO survey), ****LA Times 2019, Business Insider 2019

General American Trends – Life Expectancy

"The latest CDC data show that the U.S. life expectancy has *declined* over the past few years. Tragically, this troubling trend is largely driven by deaths from drug overdose and suicide. Life expectancy gives us a snapshot of the Nation's overall health and these sobering statistics are a wakeup call that we are losing too many Americans, too early and too often, to conditions that are preventable."

More Teenagers Are Experiencing Depression

Share of U.S. teenagers (12-17 y/o) experiencing depressive episodes*/receiving treatment



statista 🗹

Mental Health & Trauma

"Trauma is to mental health as smoking is to cancer"

-Dr. Steven Sharfstein

Former President, American Psychiatric Association

Hartford Mirror

Trauma and Mental Health Anxiety – 56%

Recent depression – 40%

Chronic depression – 41%

Suicide attempt – 67%

Alcoholism – 65%

ACE Interface

"Pandemic Times"

If that was the state of American mental health before March 2020, what is it in 2021?

onavirus pandemic could inflic tional trauma and PTSD on an recedented scale, scientists wa

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Researchers are warning that the coronavirus pandemic could inflict long-lasting emotional trauma on an unprecedented global scale.

The COVID-19 crisis has combined mental health stressors that have been studied before in other disasters, but which have never been seen consolidated in one global crisis, experts in trauma psychology said.

"The scale of this outbreak as a traumatic event is almost beyond comprehension," said one expert.



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COVID-19 Pandemic and Emotional Well-Being Study

April 2020 United States Data Snapshot



Center on Trauma and Adversity

♥ @f @CenterOnTrauma case.edu/socialwork/traumacenter

Trauma Symptoms

The COVID-19 pandemic is considered a collective trauma because it is experienced by all and its psychological impacts are felt by many within society.

86% reported experiencing 1 or more trauma symptom.



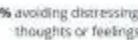
12% re-experiencing



unwanted memories

30% avoiding distressing thoughts or feelings





59% highly alert feelings and reactions

58% negative thoughts

ar mood

Grief Symptoms

The COVID-19 pandemic may arise a sense of grief due to feelings. of loss such as losing a sense of normalicy, control in one's file, a sense of safety and connection, trust in public systems, loss of life. and anticipatory loss of what one expected the future to hold.

94% reported experiencing 1 or more grief symptom.

feelings and manage consequence



29% overwhelmed Teelings



73% avoiding or denying loss of control

88% resilient coping - balanced capacity to deal with

COVID-19 Pandemic Concerns

	B4%
i	79%
	-77%
	75%
8	. 73%
1	72%
8	71%
6	70%
8	66%
	65%

Limited access to essential medical supplies for health care workers. Linited access to testing and medical support for patients. The toil that this pandemic is having or will have on children, the older generations, or vulnerable people.

People struggling to pay for rent or montpages (housing costs) due to economic impacts of COVID-19.

Rising financial insecurity among minimum wage and hourly workers.

The toll that social isolation will have on acciety's mental health.

Rising stress due to dosures of schools, community centers, and other supportive community institutions.

Rising unemployment rates as businesses are forced to shut down.

Damage to my nation's economy as businesses are forced to shut down

The uncertainty antilor mass channel of information about the view will have on society's mental health

Macro effects of chronic & collective stress/trauma

Trauma/Mental Health

Neurosociology

The vulnerable are more vulnerable

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"Trauma is to mental health as smoking is to cancer"

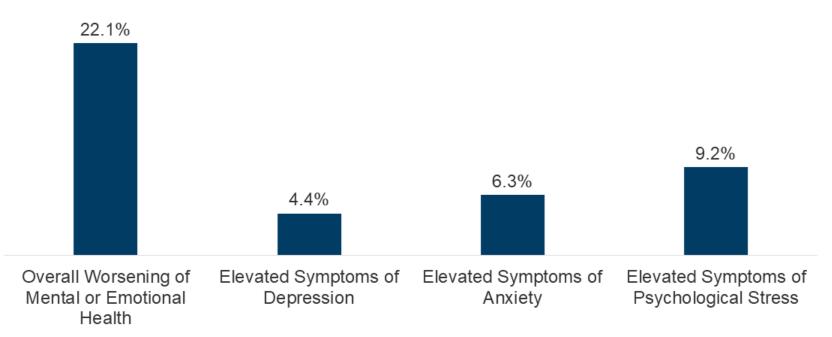
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Figure 3

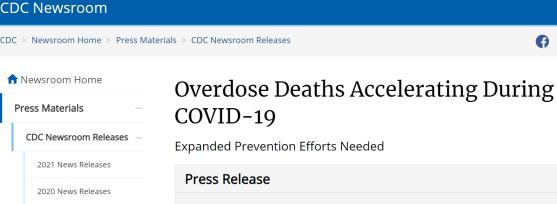
Share of Parents Reporting Worsening Mental Health For Their Children Ages 5-12, October-November 2020



SOURCE: Verlenden JV, Pampati S, Rasberry CN, et al. Association of Children's Mode of School Instruction with Child and Parent Experiences and Well-Being During the COVID-19 Pandemic — COVID Experiences Survey, United States, October 8–November 13, 2020. MMWR Morb Mortal Wkly Rep 2021;70:369–376. DOI: http://dx.doi.org/10.15585/mmwr.mm7011a1



The 2020-2021 Mental Health Tsunami



NEWS · 03 FEBRUARY 2021

Embargoed Until: Thursday, December 17, 2020 **COVID's mental-health toll: how** scientists are tracking a surge in depression

Researchers are using huge data sets tc

US adults reporting symptoms of anxiety or depression



Alison Abbott

source: Office for National Statistics (UK data); Centers for Disease Control and Prevention (US data).

Los Angeles Times

Surgeon general warns of emerging youth mental health crisis in rare public advisory



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CALIFORNIA

Neurosociology

State Dependence of Cognition

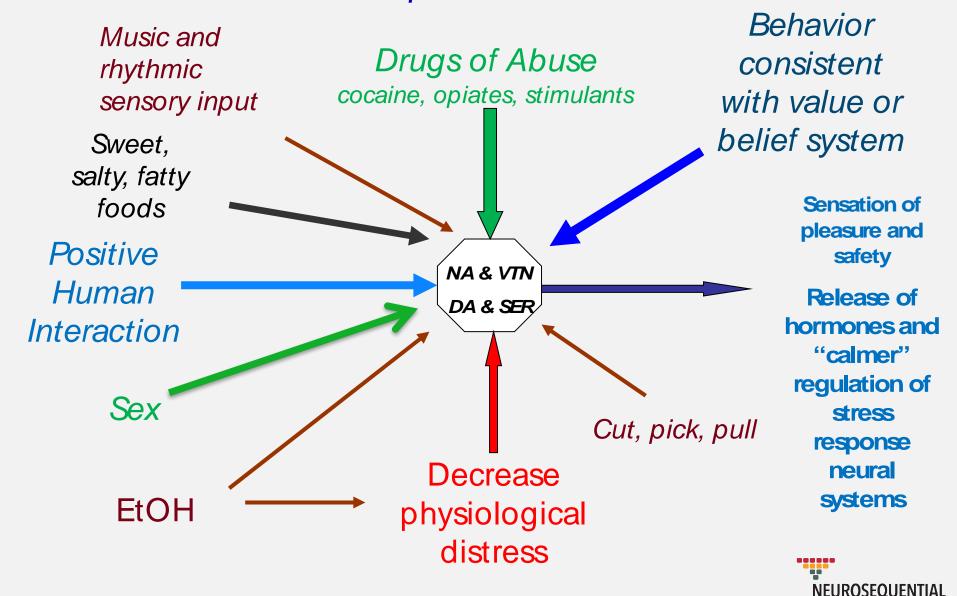
Functional IQ	120-100	110-80	90-60	70-50
PRIMARY Secondary Brain Area	NEOCORTEX <i>Cortex</i>	CORTEX <i>Limbic</i>	LIMBIC Diencephalon	DIENCEPHALON Brainstem
Cognition	Abstract Reflective	Concrete Routine	Emotional Reactive	Reactive Reflexive
Mental State	CALM	ALERT	ALARM	FEAR



Organizational Pressures	Resource-surplus Predictable Stable/Safe	Resource-limited Unpredictable Novel	Resource-poor Inconsistent Threatening
Prevailing Cognitive Capacity	Abstract Creative (Group IQ = 120)	Concrete Superstitious/Defensive (Group IQ = 100)	Reactive Regressive (Group IQ = 60)
Prevailing Affective 'Tone'	CALM	ANXIETY	FEAR
Systemic Solutions	Reflective INNOVATIVE	Concrete SIMPLISTIC	Fear-based REACTIONARY
Focus of Solution	FUTURE Intentional Inflection	SHORT-TERM Serendipitous Inflection	PRESENT Forced Inflection
Policies and Practices	Abstract Conceptual	Concrete Superstitious Intrusive	Restrictive Punitive
Staff & Supervisory Practices	Nurturing Flexible Enriching	Ambivalent Obsessive Controlling	Apathetic Oppressive Harsh



Activation of "Reward" Neural Systems in the Human Brain Multiple Mediators



NETWORK'

Prolonged Stress Activation

Understanding Chronic Duress

Activation of our body's stress response systems requires emotional and physical energy.

A key consequence of prolonged stress is exhaustion.

Expect more fatigue; expect everyone to be less capable of focus; expect more irritability from yourself and others.

Be gentle with yourself and others.



The vulnerable are more vulnerable

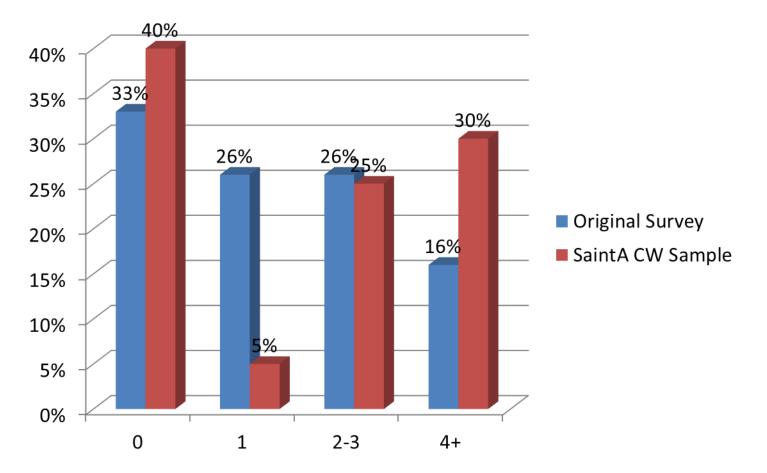
Trauma on trauma

People with a history of childhood trauma, trauma & secondary trauma are more vulnerable to current trauma 5CT

Tra>Cor(6.

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This is also true for the staff who support the vulnerable





Questions?



Connectedness is the key.

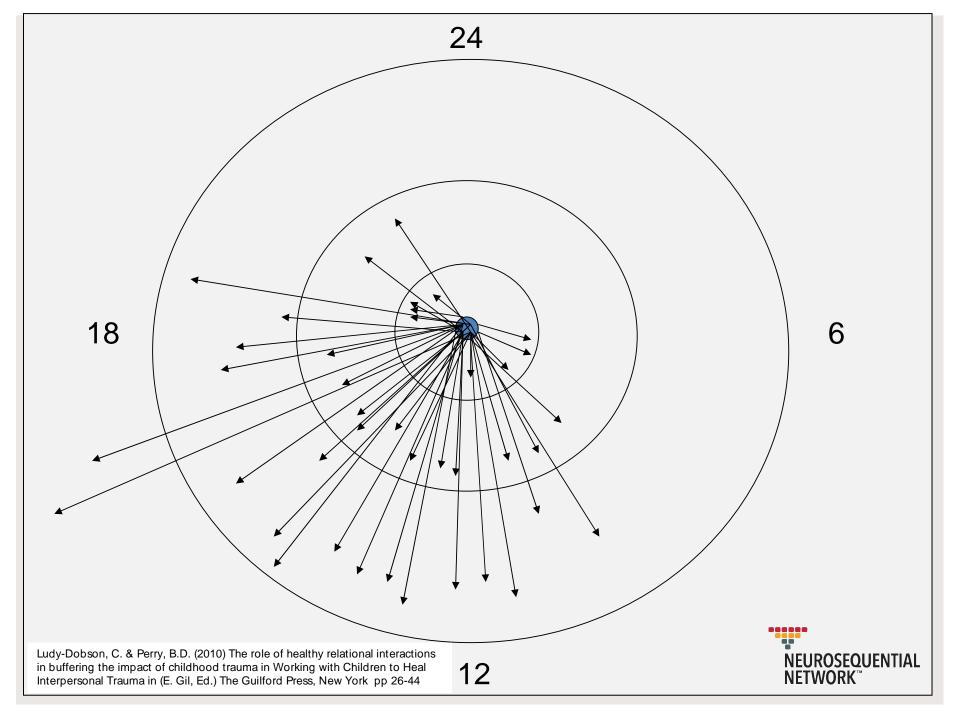
Your history of connectedness is a better predictor of your health than your history of adversity.

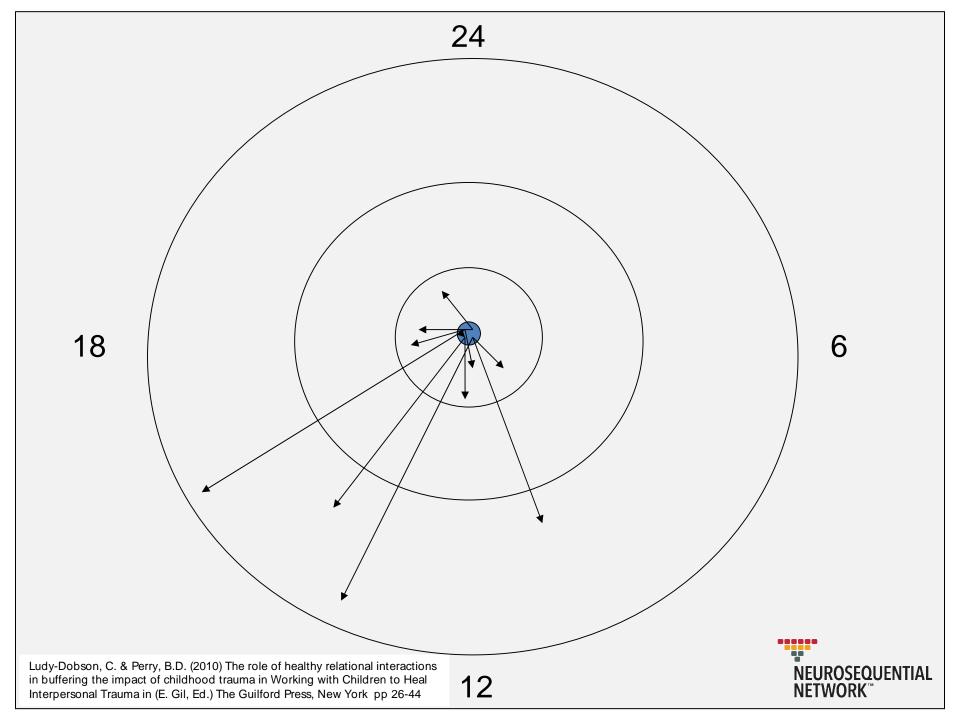
Be with each other. Celebrate diversity. Listen and learn from others. Share time, food, work.

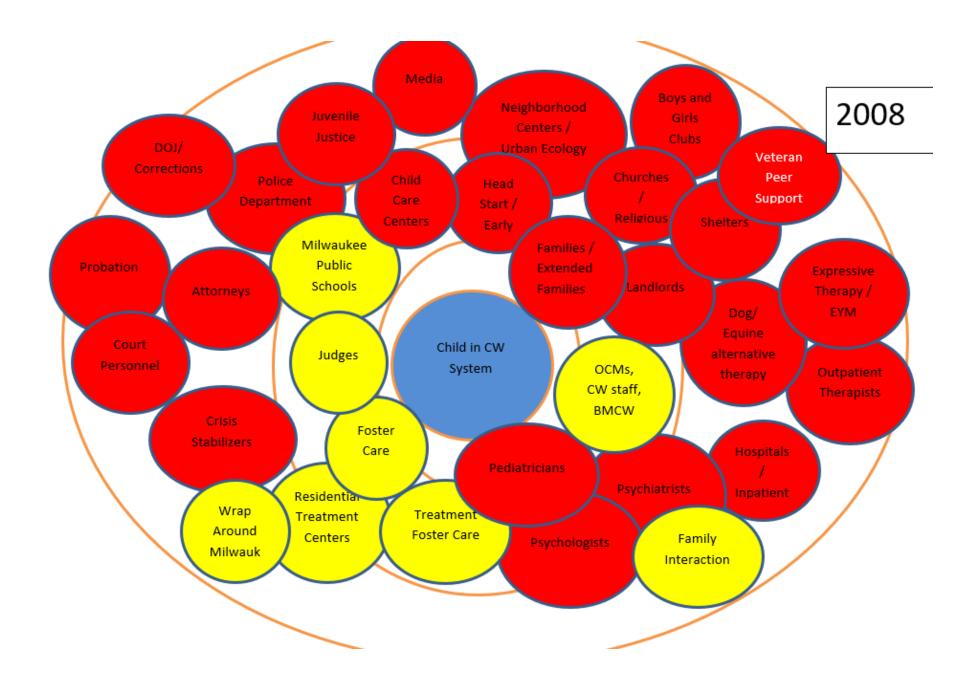
The 'super-power' of humankind is our capacity to connect; it is regulating, rewarding and the major "route" by which we can teach, coach, parent, heal and learn.

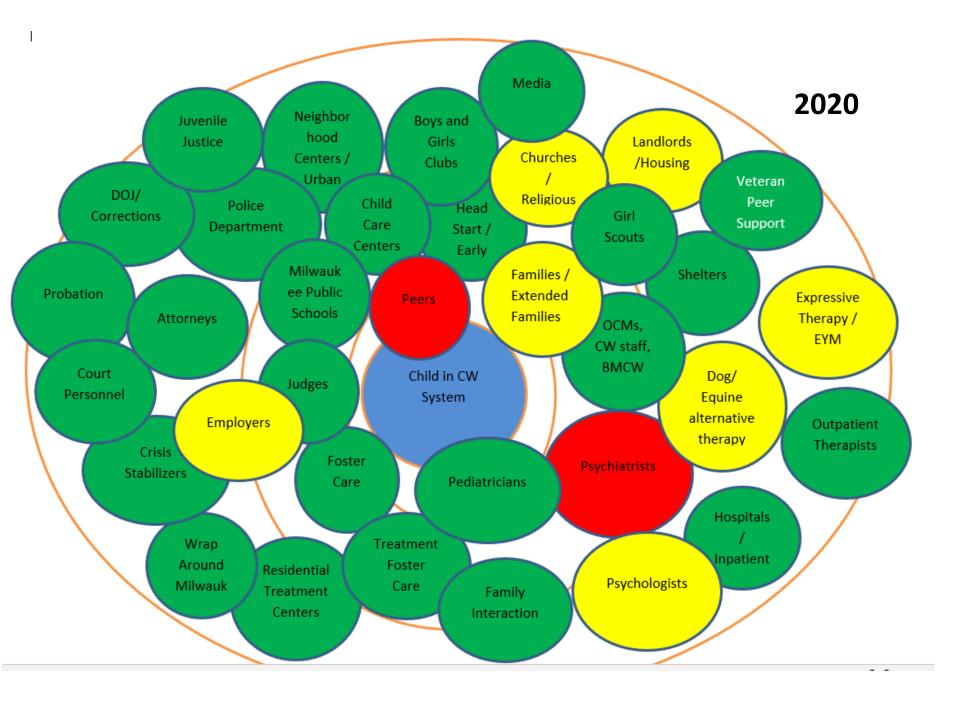


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Our regulation

"A dysregulated adult can never regulate a dysregulated child"

-Dr Bruce Perry