

ASK THE DOC



COVID-19 and Mental Health

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International Overdose Awareness Day August 31st

According to provisional data from the Centers of Disease Control (CDC) of the more than 93,000 reported drug overdoses in 2020, more than three-quarters were attributed to opioids which is a significant increase from the previous year. International Overdose Awareness Day (IOAD) is a global event held Aug. 31st each year to remember those gone too soon from overdose deaths. It is the world's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of the family and friends left behind.

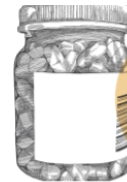


Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.



40

More than 40 people die every day from overdoses involving prescription opioids.¹



165K

Since 1999, there have been over 165,000 deaths from overdose related to prescription opioids.¹

1 Includes overdose deaths related to methadone but does not include overdose deaths related to other synthetic prescription opioids such as fentanyl.

Opioid overdose is a preventable cause of death. Michiganders can take steps to prevent deaths by carrying naloxone or Narcan, offering support and resources to family and friends who use substances and doing our part to end the stigma. These actions are even more relevant and imperative now as overdoses have surged during the COVID-19 pandemic. A Michigan Department of Health & Human Services (MDHHS) report shows that EMS responses for opioid overdoses increased by 33% from April to May 2020. From April through July 2020, EMS responses for opioid overdose were 22% higher than the same period last year.



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Ten Evidence-Based Strategies for Preventing Opioid Overdose

- Targeted Naloxone Distribution
- Medication-Assisted Treatment (MAT)
- Academic Detailing
- Eliminating Prior-Authorization Requirements for Medications for Opioid Use Disorder
- Screening for Fentanyl in Routine Clinical Toxicology Testing
- 911 Good Samaritan Laws
- Naloxone Distribution in Treatment Centers and Criminal Justice Settings
- MAT in Criminal Justice Settings and Upon Release
- Initiating Buprenorphine-based MAT in Emergency Departments
- Syringe Services Programs

<https://www.cdc.gov/drugoverdose/featured-topics/evidence-based-strategies.html>

The Detroit Wayne Integrated Health Network (DWIHN) continues to bring awareness to the opioid epidemic with several activities this month:

Monday, August 16th from 12:30-1:30pm

One of the DWIHN Substance Use Disorder (SUD) mobile units, Abundant Recovery Community Services, will be at DWIHN offices, 707 West Milwaukee. This is an opportunity for the general public to see the mobile units and how they operate throughout the communities

Tuesday, August 31st Drive-Thru Narcan Distribution from 12:00-4:00 p.m.

This is an opportunity to pick up a Narcan kit at 707 West Milwaukee.

Other community activities include:

August 31, 2021, 11:00 a.m. : Overdose Awareness Day

On the Detroit River Walk sponsored by the Michigan Poison & Drug Information Center in partnership with the Empowerment Zone Coalition and other community partners.

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Suicide Awareness Week September 5-11th 2021



Suicide Warning Signs Include:

- Feeling like a burden
- Being isolated
- Increased anxiety
- Feeling trapped or in unbearable pain
- Increased substance use
- Looking for a way to access lethal means
- Increased anger or rage
- Extreme mood swings
- Expressing hopelessness
- Sleeping too little or too much
- Talking or posting about wanting to die
- Making plans for suicide



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Strategies to Prevent Suicide



Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies



Strengthen access to and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change



Create protective environments

- Reduce access to lethal means among persons at risk for suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use



Promote connectedness

- Peer norm programs
- Community engagement activities



Teach coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs



Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts



Lessen harms and prevent future risk

- Postvention
- Safe reporting and messaging about suicide

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COVID-19 DASHBOARD As of August 11, 2021

Michigan Confirmed Cases
916,006

Michigan COVID-19 Deaths
19,982

Wayne County Cases
(excluding Detroit): 113,652

Wayne County Deaths
(excluding Detroit): 2,755

Detroit City Cases: 56,825

Detroit City Deaths: 2,470

7-day average of new cases: ~ 1511

Michigan case fatality rate: 2.2%

Wayne County fatality rate: 2.5%

Detroit Case fatality rate: 4.4%

Test positivity: 6.93%

Vaccination Dashboard

(For > 16 years)
1st dose tracker: 63.2%

Michigan (12 years and older)
First dose given: 4,981,575 (58.0 %)
Two doses given: 4,623,302 (53.8 %)

Wayne County:
First dose given: 600,698 (65.36%)
Two doses given: 551, 509 (60.01 %)

City of Detroit:
First dose given: 222,952 (40.07%)
Two doses given: 184,373 (33.13%)

On 5/13/2021, the Michigan COVID-19 Vaccination Dashboard began including the population 12 years and older. This increased the population denominator by 497,961 people (from 8,096,917 to 8,594,878) and thus decreased coverage percentage.

You can submit COVID-19 related questions to: AskTheDoc@dwihn.org



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Latest COVID-19 News

- The entire state of Michigan is now considered to have a moderate risk of COVID-19 community transmission. However, all of Metro Detroit is considered to have substantial risk. The CDC recommends people in areas with a substantial or high risk of spread wear masks while indoors, even if they are fully vaccinated.
- Michigan Department of Health and Human Services (MDHHS) issued [updated recommendations for schools](#) designed to help prevent transmission of COVID-19 within school buildings, reduce disruptions to in-person learning and help protect vulnerable individuals and individuals who are not fully vaccinated. The guidance has been updated to reflect the most current recommendations by the Centers for Disease Control and Prevention (CDC) on masking and prevention strategies to help operate schools more safely. It includes guidance on assessing risk levels when making decisions about implementing layered prevention strategies against COVID-19.

The key strategies recommended by the CDC to keep schools safer are as follows:

- **Promoting vaccination** against COVID-19 for eligible staff and students. Vaccination has proven incredibly effective as the leading public health prevention strategy.
- **Consistent and correct mask use:** CDC recommends universal indoor masking for all educators, staff, students and visitors to schools, regardless of vaccination status. CDC has recommendations for proper use of masks. **CDC's order requires** all persons - regardless of vaccination status - wear masks on public transportation, including school buses.
- **Physical distancing** CDC recommends schools maintain at least three feet of physical distance between students within classrooms, combined with indoor mask wearing by students, teachers and staff, regardless of vaccination status. When it is not possible to maintain a three-foot physical distance, it is especially important to layer multiple other prevention strategies, such as indoor masking, screening testing, cohorting, and improved ventilation to help reduce transmission risk.
- **CDC's order requires** all persons - regardless of vaccination status - wear masks on public transportation, including school buses.



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Latest COVID-19 News

- **Ventilation:** Improving ventilation by opening multiple doors and windows, using child-safe fans to increase the effectiveness of open windows and making changes to the HVAC or air filtration systems. Avoiding crowded and/or poorly ventilated indoor activities (e.g., engaging in outdoor activities when possible). Open or crack windows in buses and other forms of transportation to improve air circulation, if doing so does not pose a safety risk.
- **Handwashing and respiratory etiquette:** Promoting handwashing and covering coughs and sneezes.
- **Staying home when sick and getting tested:** Encouraging students and staff to stay home if sick or having COVID-19 symptoms. Encouraging students and staff, regardless of vaccination status, to get tested for COVID-19 if having symptoms or if they are a close contact of someone who has COVID-19.
- **Contact tracing:** In combination with quarantine: Collaborating with the local health department.
- **Cleaning and disinfection:** Cleaning once a day is usually enough to sufficiently remove potential virus that may be on surfaces. Disinfecting (using disinfectants on the U.S. Environmental Protection Agency COVID-19 webpage) removes any remaining germs on surfaces, which further reduces any risk of spreading infection. CDC has information on routine cleaning to help maintain healthy facilities.

Due to the spread of the COVID-19 delta variant, Detroit health officials are recommending everyone wear masks indoors, even if fully vaccinated. The Detroit Health Department issued this new guidance to match recommendations by the Centers for Disease Control and Prevention and the Michigan Department of Health and Human Services.



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Other Useful Information:

Everyone 12 years of age and older is now recommended to get a COVID-19 vaccination. Get a COVID-19 vaccine as soon as you can. Widespread vaccination is a critical tool to help stop the pandemic. Please visit www.Michigan.gov/COVIDvaccine for the latest information about vaccination. You can find vaccination site near you by using: <https://vaccinefinder.org/search>. You can also find vaccine locations near you by texting your zip code to **438829**.

Mental Health Help

- Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. The COVID-19 pandemic has left many people feeling anxious or depressed. The DWIHN website offers a free and anonymous assessment to help you determine if you or someone you care about should connect with a behavioral health professional. <https://screening.mentalhealthscreening.org/DWIHN>
- Another excellent digital tool to support mental health is myStrength, an app with web and mobile tools designed to support your goals and wellbeing. myStrength's highly interactive, individually-tailored resources allow users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health. Visit the DWIHN website to learn more.