

ASK THE DOC



COVID-19 and Mental Health



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Children's Mental Health and the Pandemic

Q: Did the pandemic affect other childhood vaccination rates or is the hesitancy for COVID-19 vaccine only?

A: Child COVID-19 vaccination rates vary widely across states, ranging from 15% to 65% receiving their first dose. About 8.3 million children 12-17 had yet to receive their first COVID-19 vaccine dose. This past week about 54,000 received their first vaccine dose.

Published research sheds light on how the COVID-19 pandemic has disrupted some of those routine vaccinations. A study found there were declines in vaccinations at the onset of the pandemic as people were encouraged to stay home and delay non-urgent medical care but lower vaccination rates persisted in most age groups even after measures discouraging routine outpatient care were relaxed and playing catch-up on routine vaccinations missed the mark. Vaccine coverage among Black infants was lower than in other racial and ethnic groups. There could be many reasons for these inequities, which have structural, logistical, cultural, and other variables contributing to low vaccination rates, says the study. In a separate study, the Centers for Disease Control and Prevention (CDC) also found that there was a 14% drop in 2020–2021 compared with 2019, while measles vaccine ordering was down more than 20% compared with 2019. The CDC offers steps health systems and physicians can take to encourage routine childhood vaccination to protect children's health.

Why is it important to keep taking prescribed medicines even after you are feeling better?

It is as simple as refilling your prescriptions on time or following the directions on the bottle. Medication adherence is important to achieve your goals of treatment and ensure that medications work correctly. Not taking medications as they are prescribed could cause you to get sicker, decrease your quality of life, and increase your visits to the clinic or hospital.



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Reasons for Nonadherence

Side effects

Denial, embarrassment or poor understanding of mental illness

Difficulty remembering to take medications

Don't feel the medication is working

Treatment success

Cost

Possible Solutions

- Talk with your doctor or pharmacist
- Learn side effects
- Ask for more information
- Get a pillbox
- Set an alarm
- Pair medications with something you do every day
- Establish a routine
- Ask if medication is available in a long-acting or once a day formulation
- Most medications take about 4-6 weeks to work
- Be patient
- Stopping your medication could cause symptoms to return
- Having no symptoms can mean your medication is working
- Ask your doctor or pharmacist if there is a generic formulation or a similar medication that costs less
- Remember you are not alone

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COVID-19 and Mental Health

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.
- For school mental health resources during trauma and violence, visit, <https://dwihn.org/news-oxford-hs-grief-counseling-resources>

Mental Health Care
Putting Children First

 **HERE TO TALK. HERE TO HELP. 800-241-4949**

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COVID-19 and Mental Health

COVID-19 DASHBOARD

As of March 14, 2022

Michigan Confirmed Cases

2,067,277

Michigan COVID-19 Deaths

32,443

Wayne County Cases

(excluding Detroit): 263,813

Wayne County Deaths

(excluding Detroit): 4316

Detroit City Cases: 131,028

Detroit City Deaths: 3,459

7-day average of new cases: ~ 703/day

Michigan case fatality rate: 1.6 %

Wayne County fatality rate: 1.6%

Detroit Case fatality rate: 2.7%

Test positivity: 3.89 %

Vaccination Dashboard

(For > 16 years)

1st dose tracker: 66.4%

Michigan (5 years and older)

First dose given: 6,177,558 (65.6 %)

Two doses given: 5,660,360 (60.1 %)

Wayne County:

First dose given: 747,038 (73.9%)

Two doses given: 680,991 (67.4%)

City of Detroit:

First dose given: 306,940 (49.2 %)

Two doses given: 258,710 (41.4 %)