

## ASK THE DOC



## COVID-19 and Mental Health

### President Addresses Mental Health during State of the Union Address

President Biden discussed several points related to mental health during his State of the Union address, here are just a few highlights.



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#### Tackling the Mental Health Crisis

Forty percent of American adult's report symptoms of anxiety and depression, and the percentage of children and adolescents with anxiety and depression has risen nearly 30%. Last year, President Biden called for additional actions to advance his Mental Health Strategy across three objectives: support Americans by creating healthy environments; strengthening system capacity, and connecting more Americans to care.

Over the last year, the Administration invested critical resources to provide mental health and substance use supports to Americans, including expanding Certified Community Behavioral Health Clinics, investing in unprecedented resources in the 988-suicide prevention hotline, and taking steps to address the harms of social media on youth.

#### Reducing Veteran Suicide

Suicide among veterans is a public health and national security crisis. Since 2010, more than 71,000 veterans have died by suicide – more than the total number of deaths from combat during the Vietnam War and operations in Iraq and Afghanistan combined. Since releasing a comprehensive strategy for reducing military and veteran suicide, both the Department of Defense and the Veterans Administration report declines in suicide deaths, but much more has to be done including: supporting states and territories, increasing lethal means safety, expanding outreach to justice involved veterans and expanding access to legal support services.



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**Connecting More Americans to Care**

On average, it takes 11 years after the onset of mental health symptoms for someone to seek treatment. We can do better. To mitigate these challenges, the Administration is working to make care more affordable and accessible across all types of health insurance, integrating mental health services into settings that are more familiar, such as schools, and expanding access to telehealth. To continue this progress, the Biden Administration will:

Improve school-based mental health. The Department of Education (ED) will announce more than \$280 million in grants to increase the number of mental health care professionals in high-need districts and strengthen the school-based mental health profession pipeline. The Department of Health and Human Services (HHS) and ED intend to issue guidance and propose a rule to remove red tape for schools, making it easier for them to provide health care to students and more easily bill Medicaid funding for these critical services.

**Beating the Opioid and Overdose Epidemic**

Last year, President Biden announced his plan to beat the opioid epidemic as part of his Unity Agenda, because opioid use and trafficking affect families in every community. Under President Biden's leadership, overdose deaths and poisonings have decreased for five months in a row – but these deaths remain unacceptably high and are primarily caused by fentanyl. The President announced key actions the Administration to tackle this issue by disrupting the trafficking, distribution, and sale of fentanyl and expanding access to evidence-based prevention, harm reduction, treatment, and recovery.

For a full report on the State of the Union address, click the link below:

<https://www.whitehouse.gov/briefing-room/statements-releases/2023/02/07/fact-sheet-in-state-of-the-union-president-biden-to-outline-vision-to-advance-progress-on-unity-agenda-in-year-ahead/>

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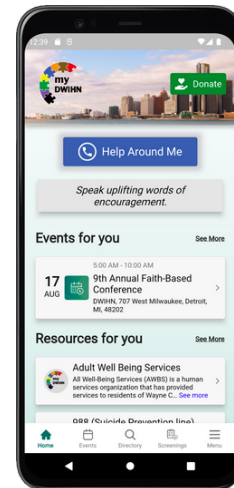


## COVID-19 and Mental Health

**Mental Health Help:**

- Download the new “myDWIHN” app from the Apple or Google Play Store and get updates on events, trainings, resources and providers, click the link below to download the app:

**Download for Apple**  
**Download for Android**



- 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. Click link below for more info: <https://dwihn.org/health-wellness-support>
- For school mental health resources during trauma and violence, visit, <https://dwihn.org/news-oxford-hs-grief-counseling-resources>

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## COVID-19 and Mental Health

### COVID-19 Data

Average Daily COVID-19 Confirmed and Probable Cases

**861**

Total COVID-19 Confirmed and Probable Cases

**3,030,505**

Total COVID-19 Deaths in Confirmed and Probable Cases

**41,690**

Weekly COVID-19 Confirmed and Probable Cases

**6,027**

Weekly COVID-19 Deaths in Confirmed and Probable Cases

**245**

Confirmed COVID-19 cases declined for the sixth consecutive week in Michigan. The average daily case count, 622, is the lowest since August 2021, but experts say the prevalence of home tests has made confirmed laboratory test results an unreliable barometer of the spread of COVID.

Hospitalizations are a better indicator, and they fell to 726 patients with confirmed or suspected infections, down from 895 a week earlier and 1,416 on Jan. 4.

Cases by County



Cases by County



### Wayne

Tuesday, January 31, 2023

#### Michigan (Statewide) Case Fatality Rate

1.4%

#### Current Totals

Case Status	Cases	Deaths
Confirmed	328,639	4,701
Probable	27,471	466
<b>Total</b>	<b>356,110</b>	<b>5,167</b>

#### Laboratory Testing

TestType	Tests Performed
Diagnostic	3,253,274
Serology	110,060
<b>Total</b>	<b>3,363,334</b>

### Detroit City

Tuesday, January 31, 2023

#### Michigan (Statewide) Case Fatality Rate

1.4%

#### Current Totals

Case Status	Cases	Deaths
Confirmed	161,598	3,643
Probable	11,535	218
<b>Total</b>	<b>173,133</b>	<b>3,861</b>

#### Laboratory Testing

TestType	Tests Performed
Diagnostic	2,496,785
Serology	36,988
<b>Total</b>	<b>2,533,773</b>