April 14, 2020 | 12:00 – 1:00 p.m.
Register now via Zoom to join:

GLOBAL HEALTH FORUM

Preserving Mental Health during the Global Coronavirus Pandemic

Moderated by:
Parmi Suchdev, MD, MPH, FAAP
Associate Director
Emory Global Health Institute

Hansa Bhargava, MD
Senior Medical Director
WebMD and Medscape

Heather Hagi, MD, MHS
Chief Medical Officer
Taylor College of Medicine International Pediatric AIDS Initiative
American Academy of Pediatrics
Section on International Child Health

Adaobi Iheburi, Psy.D.
Licensed Clinical Psychologist & Clinic Manager
The Center for Victims of Torture

Rachel Waford, PhD
Licensed Clinical Psychologist
Rollins School of Public Health
Emory School of Medicine
Mental health & COVID-19

Reported cases of COVID-19

1,942,360

Associated deaths

121,726

Johns Hopkins CSSE
Mental health tips for individuals and communities
Dr. Rachel Waford

Mental health of frontline healthcare workers globally
Dr. Heather Haq

Preserving access for immigrants and refugees
Dr. Adaobi Iheduru

Impact of stress on children, parents and families
Dr. Hansa Bhargava
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Coping with Covid19: Parenting and Mental Health
The State of the Nation: Pre- Covid

- Anxiety on the rise
- suicide
- Parenting stress
The Burden of Urban Parenthood:

*Much of the nation live in a pressure cooker*
About one-in-five children are living with a solo mom

% of children younger than 18 living with ...

<table>
<thead>
<tr>
<th>Year</th>
<th>Married Parents</th>
<th>Solo Mother</th>
<th>Solo Father</th>
<th>Cohabiting Parents</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017</td>
<td>85</td>
<td>21</td>
<td>4</td>
<td>7</td>
</tr>
<tr>
<td>1997</td>
<td>68</td>
<td>22</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>1968</td>
<td>85</td>
<td>12</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

Note: Children who are not living with any parents are not shown. Data regarding cohabitation available since 1997 only.

PEW RESEARCH CENTER
Americans’ paychecks are bigger than 40 years ago, but their purchasing power has hardly budged

Average hourly wages in the U.S., seasonally adjusted

Note: Data for wages of production and non-supervisory employees on private non-farm payrolls. “Constant 2018 dollars” describes wages adjusted for inflation. “Current dollars” describes wages reported in the value of the currency when received. “Purchasing power” refers to the amount of goods or services that can be bought per unit of currency.


PEW RESEARCH CENTER
Deserts for Food, Healthcare
Conditions and Consequences: in the Covid19 Era

- Isolation
- Job loss
- Increased stress and no outlets
- Hunger- ¼ children are food insecure

Consequences:
- Domestic violence
- Child abuse
- Few gatekeepers due to isolation, and strained public resources
Physical distancing, not emotional distancing

PREVENTION

- Encourage physical exercise
- Encourage sleep
- Virtual social ‘dates’
- Media ‘diets’

‘Acute’ Stressful situations

- Time outs for parents and kids
- Arguments and tantrums: let it go
- Call a friend/family
- Telemedicine and technology
Solutions: How can we help?

- Pediatricians, Family Doctors, NPs are gatekeepers
- CDC, AAP Policies
- Child Mind Institute
- Remote access: Technology and telemedicine step in
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Emory Global Health Institute
Mental Health in the COVID-19 Era: Supporting Front-Line Health Workers Globally

Heather Haq, MD, MHS, FAAP

Chief Medical Officer, BIPAI

Baylor College of Medicine International Pediatric AIDS Initiative at Texas Children’s Hospital
BIPAI/Texas Children’s Global Health – Where We Work

- 11 BIPAI Foundations (★ 9 Centers of Excellence in 8 countries)
- 2 TCH Centers of Excellence in 2 countries
- 7 additional TCH Global Health program countries
BIPAI/Texas Children’s Global Health
– What We Do

Pediatric HIV
Child survival
Maternal health
Newborn health
Child malnutrition
Tuberculosis
Oncology
Sickle cell disease
Cardiology
Surgery
Acute care

Health Systems Strengthening  |  Capacity Building  |  Technical Assistance
COVID-19: Impact in LMICs

• Slower importation of cases
• Weak, strained health systems at baseline
• Vulnerable populations, comorbidities, poverty
• Resource limitations

• Widespread COVID-19 will cause devastation and death, strain on health systems, backsliding on other child survival and sustainable development goals
Katanga slum, Kampala, Uganda. Photo by Edgar Batte, monitor.co.ug
Resilience, resourcefulness, innovation

International Organization for Migration (IOM)
A NURSE PUTS ON HER PERSONAL PROTECTIVE EQUIPMENT (PPE) BEFORE HEADING TO THE RED ZONE OF AN EBOLA TREATMENT UNIT (ETU) IN SINJE, GRAND CAPE MOUNT, LIBERIA, IN JANUARY 2015. ©UNMEER/MARTINE PERRET
Mental Health of Front-Line Providers: Lessons from Ebola in West Africa

- Acute stress
- Trauma, witness to suffering
- Loneliness/isolation
- Sadness
- Anxiety, fear
- Dehumanization
- Stigmatization

- Psychosocial support
- Culturally acceptable interventions
- Public communication to address stigmatization
- Address lasting PTSD

BIPAI’s Approach

• Workforce protection first
  - Infection control, PPE
  - Mental health, self-care

• Daily phone calls with leadership
  - Community building, coping strategies, problem-solving, peer support, solidarity

• WhatsApp chat group, resource library
BIPAI’s Approach – In The Works

• Staff mental health screening
• Parallel support / Peer support
• Remote psychological first aid
  - HIV counselors trained as counselors for COVID-19 distress?
• Mental health training for clinical staff
• *All must be culturally-acceptable*
Psychological First Aid (PFA)

- Used in settings of disaster/trauma
- Can be carried out by any trained provider, does not require a mental health professional
- Focus on safety, empathy
- IFRC resource: PFA during COVID-19

Social Connection

Physical Distancing
Thank you!

heather.haq@bcm.edu
@heather_haq
@TCHGlobalHealth
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Emory Global Health Institute
Preserving Access for Immigrants and Refugees

Adaobi Iheduru, Psy.D.
Licensed Clinical Psychologist/Clinic Manager
The Center for Victims of Torture, Georgia
aiheduru@cvt.org
Impact on Refugees & Immigrants

Mental Health
- Trigger of war trauma experiences (e.g., empty deserted streets)
- “Shelter in Place Orders” act as a traumatic reminder of imprisonment or detention experiences
- Increased isolation exacerbates symptoms

Basic Needs
- Loss of employment or challenging work conditions
- Food insecurity
- Loss of support in meeting needs
  - E.g., accessing healthcare systems, reading mail, etc.

Family system
- Parents as teachers
- Parenting difficulties & increase in family discord
Challenges to Accessing Care

- Language barriers
- Lack of access to technology
- Issues in the home environment
  - Limited privacy
  - Unsafe or inadequate
- Distrust of technology, institutions, and uniformed personnel due to history of oppression
Equity Considerations

• Acknowledge disparities and confront inequities
  • Actively demonstrate knowledge of immigrant or refugee experience and ask rather than wait to be told

• Utilize role & power for advocacy

• Flexibility in expectations and plan implementations

• Collaborate with community-based organizations

• Seek consultation & support
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Emory Global Health Institute
Mental health strategies for individuals and communities

Rachel Waford, PhD, ABPP
Licensed Clinical Psychologist, Assistant Professor
Rollins School of Public Health and School of Medicine, Emory University
rwaford@emory.edu
Mental Health and Covid-19: The Problem

• The current pandemic provides an incredible opportunity to evaluate how we are *routinely* caring for some of our most vulnerable global citizens
• There will be a new cohort of people experiencing mental health conditions that may not have otherwise been as vulnerable
• The current pandemic underscores the disparities/inequities/privilege in our health system
• The work of strengthening our mental health systems needs to happen at the government and policy level for, but there is important work we can start doing today!
Self-Care

- "Open up" to distress and discomfort
  - This is a very difficult time, so allow yourself to have natural feelings about what is happening around you

- Prioritize coping, time outs, pleasurable activities as much as other responsibilities
  - Remember, you need fuel to tackle the day!

- Physical Activity!
  - Benefits for immune system, preventing and treating chronic disease, and mental health and well-being

- Limit your intake of information
  - News, social media, others' opinions/advice

- Consider alternative strategies for self-care and coping
  - This is an unprecedented time You are already doing things you probably never thought you would do, so why not try out some new activities?

- Utilize the many free mental health resources available right now
  - Mindfulness/meditation apps (Headspace, CALM, The ACT companion)
  - Mental health resources: [https://www.mhageorgia.org/covid19/](https://www.mhageorgia.org/covid19/)
Community Care

- "Be Kind; Everyone You Meet is Fighting a Hard Battle." - Plato? Ian MacLaren? John Watson?
  - *Practice this with your words and actions*

- Reach out and check in on others in whatever way you can
  - *Use the emotional space you have and not the space you don't*

- Help in whatever way you can
  - *Use only the resources you can expend*

- Share supportive resources
  - *Up to a point...*

- Take care of yourself (see previous slide)
  - *This helps others!*
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