

Northern Arizona AHEC Scholars:

COVID-19 and Impacts on Rural Mental Health Crisis in Adolescents in Coconino County, Arizona

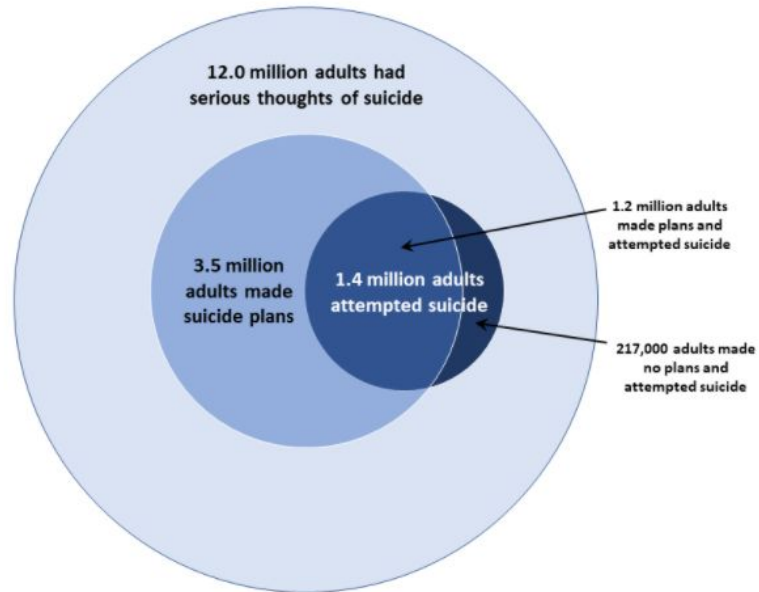
Carly Deal, Kristina Galbreath, Joshua Kassner, Danielle Koreny, Denise Lallo, Marissa Paz, Dasy Resendiz, C. Maryssa Spires, Margaret Towers, Analuisa Welch



Suicide in the United States¹

Past Year Suicidal Thoughts and Behaviors Among U.S. Adults (2019)

Data Courtesy of SAMHSA



Adolescent Suicide

Suicide is a leading cause of death in adolescents, only following unintentional injury

Highest risks groups include:¹

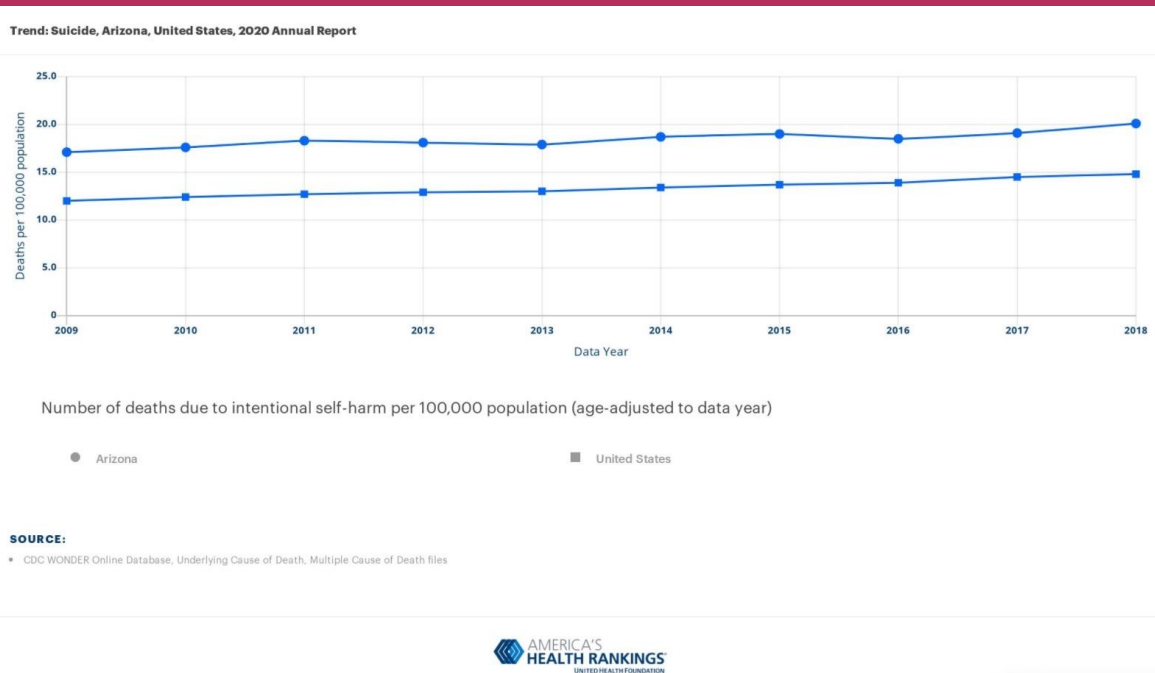
- Male individuals
- Native American or White
- Limited social support

Leading Cause of Death in the United States (2018)							
Data Courtesy of CDC							
Rank	Select Age Groups						
	10-14	15-24	25-34	35-44	45-54	55-64	All Ages
1	Unintentional Injury 692	Unintentional Injury 12,044	Unintentional Injury 24,614	Unintentional Injury 22,667	Malignant Neoplasms 37,301	Malignant Neoplasms 113,947	Heart Disease 655,381
2	Suicide 596	Suicide 6,211	Suicide 8,020	Malignant Neoplasms 10,640	Heart Disease 32,220	Heart Disease 81,042	Malignant Neoplasms 599,274
3	Malignant Neoplasms 450	Homicide 4,607	Homicide 5,234	Heart Disease 10,532	Unintentional Injury 23,056	Unintentional Injury 23,693	Unintentional Injury 167,127
4	Congenital Abnormalities 172	Malignant Neoplasms 1,371	Malignant Neoplasms 3,684	Suicide 7,521	Suicide 8,345	CLRD 18,804	CLRD 159,486
5	Homicide 168	Heart Disease 905	Heart Disease 3,561	Homicide 3,304	Liver Disease 8,157	Diabetes Mellitus 14,941	Cerebrovascular 147,810
6	Heart Disease 101	Congenital Anomalies 354	Liver Disease 1,008	Liver Disease 3,108	Diabetes Mellitus 6,414	Liver Disease 13,945	Alzheimer's Disease 122,019
7	CLRD 64	Diabetes Mellitus 246	Diabetes Mellitus 837	Diabetes Mellitus 2,282	Cerebrovascular 5,128	Cerebrovascular 12,789	Diabetes Mellitus 84,946
8	Cerebrovascular 54	Influenza & Pneumonia 200	Cerebrovascular 567	Cerebrovascular 1,704	CLRD 3,807	Suicide 8,540	Influenza & Pneumonia 59,120
9	Influenza & Pneumonia 51	CLRD 165	HIV 482	Influenza & Pneumonia 956	Septicemia 2,380	Septicemia 5,956	Nephritis 51,386
10	Benign Neoplasms 30	Complicated Pregnancy 151	Influenza & Pneumonia 457	Septicemia 829	Influenza & Pneumonia 2,339	Influenza & Pneumonia 5,858	Suicide 48,344

CLRD: Chronic Lower Respiratory Disease

Adolescent Suicide

Arizona continues to have suicide rates higher than the national average¹



Suicide in Coconino County

- Suicide rates are **higher** in Coconino County than the Arizona average²
- On average one person in Coconino County commits suicide **every 2 weeks**²

WE MAY BE APART, BUT WE DO NOT HAVE TO BE ALONE.

IF YOU OR ANYONE YOU KNOW IS STRUGGLING DURING THIS DIFFICULT TIME, PLEASE CONTACT:



TEXT "HELLO" TO 741-741

CALL LINES

NORTHERN ARIZONA CRISIS LINE:
1-877-756-4090
NATIONAL SUICIDE PREVENTION LIFELINE:
1-800-273-8255



FREE MENTAL HEALTH FIRST AID TRAINING

WHAT IS MENTAL HEALTH FIRST AID?

Mental Health First Aid (MHFA) is an 8-hour course that teaches individuals how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training provides the skills needed to provide initial help and support to someone until appropriate professional help or other assistance can be engaged.

WHY SCHEDULE A TRAINING?

Most people know how to help if someone is having a heart attack- start CPR and call 9-1-1. But, not everyone knows how to help if someone is experiencing a mental health crisis. When more people are equipped with the tools they need to start a dialogue, more people can get the help they need. Mental Health First Aiders can even save lives.



Stronger As One is a values driven coalition based in Coconino County, committed to promoting a culture of knowledge, compassion, and action for mental health and well-being, and preventing suicide in our community.

FOR MORE INFORMATION OR TO REQUEST A TRAINING PLEASE CONTACT:

Email | StrongerAsOne@coconino.az.gov
Phone | 928-679-7130
Erica Shaw, Program Manager

COVID-19 Cases in Coconino County⁴

Population: 143,476

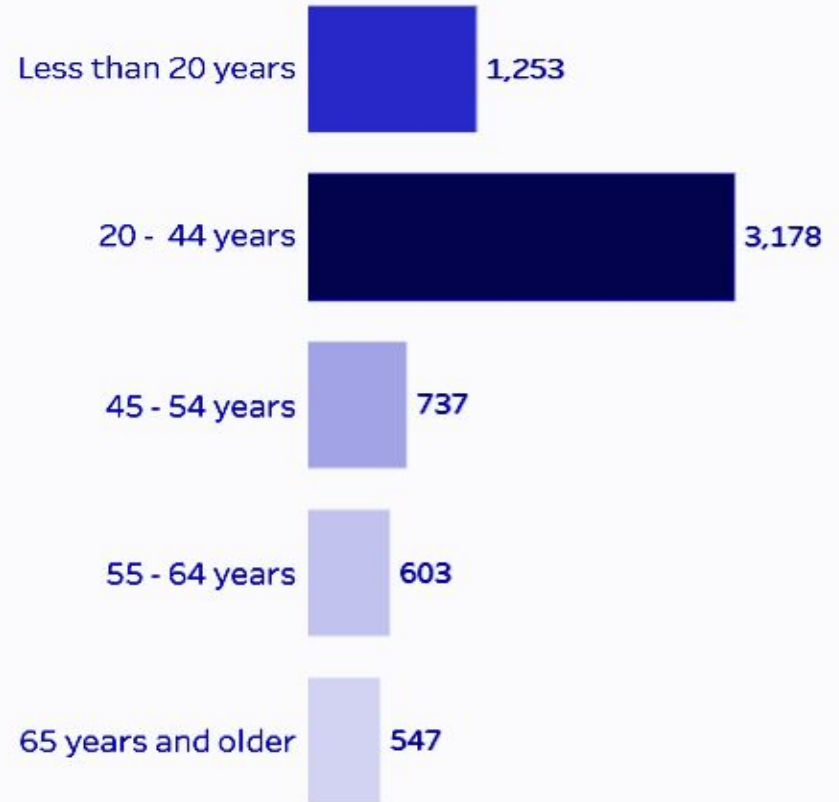
62,518 tested

13.7% positive tests

8,320 cases

182 deaths

COVID-19 Cases by Age Group



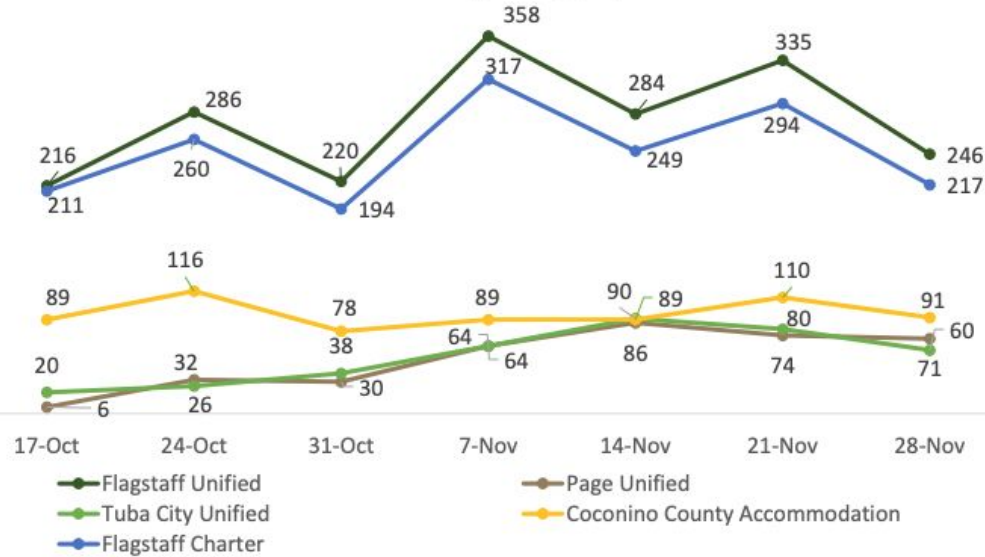
COVID-19 Cases in Coconino County⁵

COVID-19 Situation Summary*



Location:

COVID-19 Cases by Geographic Area



COVID-19 impact on vulnerable populations

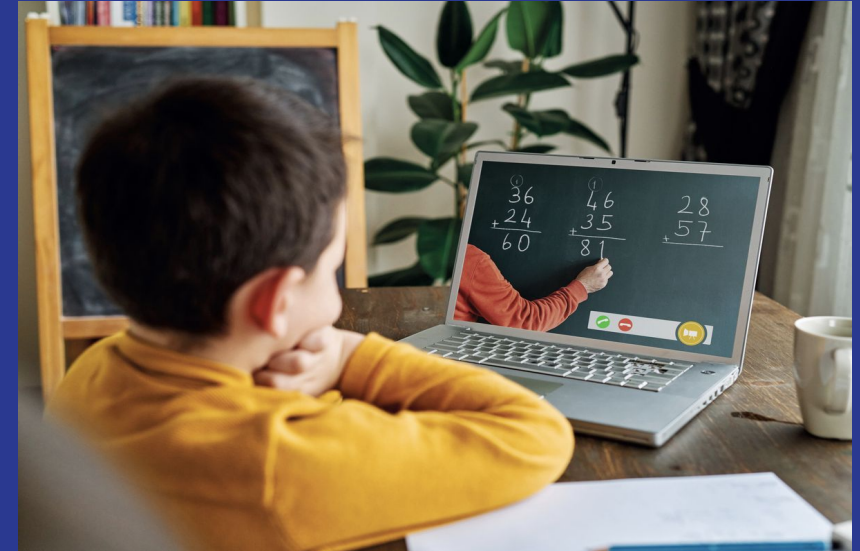
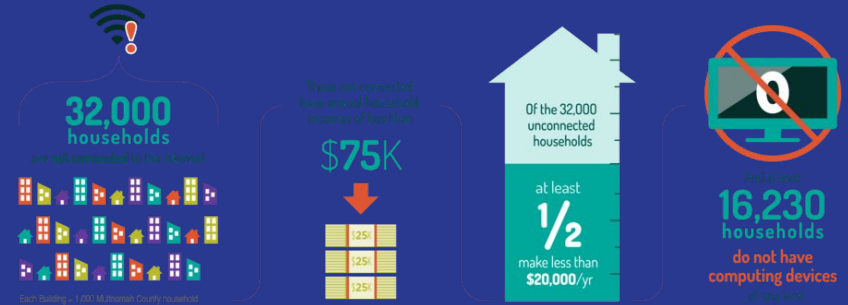
The pandemic has impacted those with pre-existing inequities, especially among **racial/ethnic minorities**.⁶

- access to reliable internet
- inadequate technology hardware

The digital divide was **restricted some patients from telehealth services**⁷

The lack of reliable technological resources has **increased stress and anxiety levels for students** of all ages⁸

WHO IS AFFECTED BY THE DIGITAL DIVIDE?

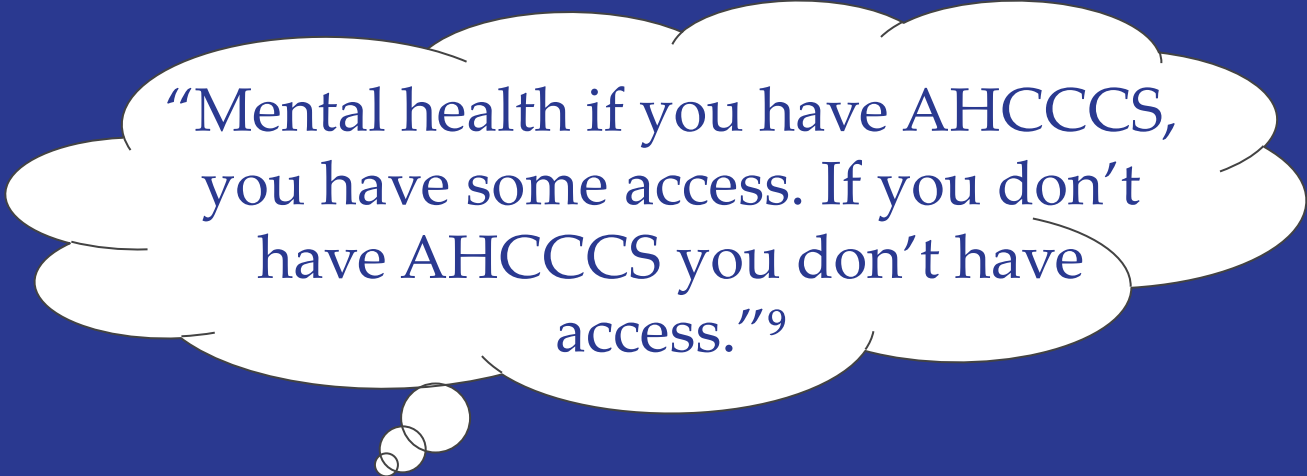


COVID-19 effect on Health Status

- Uncovered a lack of specialized mental health services creating inadequate care for:
 - Depression and suicidal ideation
 - Tobacco, alcohol, drug use



Those in need of mental health services in Coconino County don't have easy access:



“Mental health if you have AHCCCS, you have some access. If you don't have AHCCCS you don't have access.”⁹

Pre-pandemic, **11.5%**
of the Coconino
County population
did not have health
insurance⁹

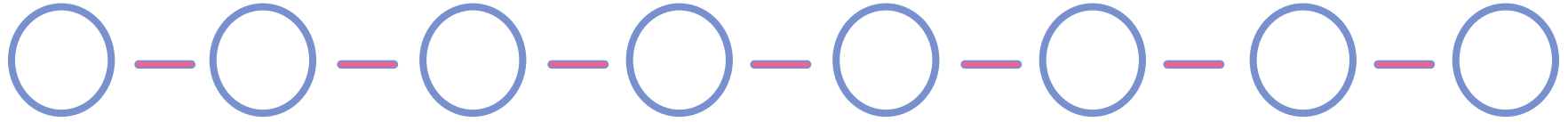


Of the uninsured in
Coconino County,
9% of the children
do not have health
insurance¹⁰



In Coconino
County **19% of**
COVID-19 cases
have been patients
under the age of
20¹¹

2020 COVID-19 Closure Timeline in Coconino County



March 16th

March 26th

April 8th

May 4th

June 29

July 9

August 24th

Nov. 30th

Closed: restaurants, food courts, cafes, coffeehouses, retail food facilities, and other similar businesses can't serve food and beverages for consumption on sight

Previous closures extended until **April 1st**

Expanded to hair salons, nail salons, beauty parlors

Park Amenity Closures

Dog parks, tennis courts, skate parks, bmx parks

Cosmetologists and barber shops to **re-open**

Restaurants and coffee shops can start dine in services with physical distancing measures on **May 11th**

Pause operations of bars, gyms, movie theatres, waterparks, tubing rentals

Restaurants with indoor seatings can operate at 50% or less capacity

Bars, gyms, and theatres allowed to reopen if they come up with a plan that has measures they are taking to stay safe and healthy

Some restaurants are closing due to difficulties with COVID and shutdowns

Return to Phase 2 of Covid-19 Reentry Plan

Re-close: Community libraries, City Hall


Essential services remain in-person

Special events with a limit of 10

Parks and outdoor amenities stay open

Theaters, cinemas, indoor and outdoor performance venues

Libraries, museums
Gyms, fitness centers, recreation centers
Bingo halls, bowling alleys, indoor climbing facilities, skating rinks



Changes in Available Resources for Adolescents

**Changes in academics and
technology access:**

Flagstaff Unified School District
transitioned **online**¹

Flagstaff library **closed**¹⁶

**Changes in social support
programs:**

Change in distribution of school
lunch¹⁵

— **Changes in recreational activities:**

High school sports **cancelled**

Flagstaff Boys and Girls Club,¹⁷ Big Brothers Big Sister of Flagstaff¹⁸
transitioned online

Park closures¹⁹

Changes in mental health resources:

The Guidance Center (community mental health center) expanded resources to **include telemedicine care**²⁰



Mental Health Concerns and COVID-19

Mental Health & Stressors

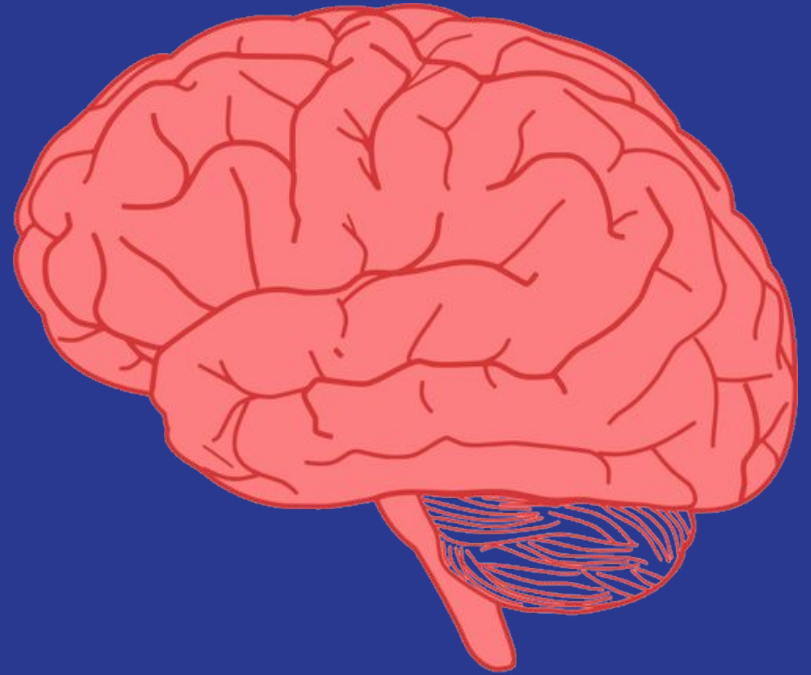
During the COVID-19 pandemic, **rates of mental illness have increased**²¹

Increased stressors including:^{22 23}
Unemployment

Worsening food insecurity

Social isolation

Loss of support systems and loss of loved ones

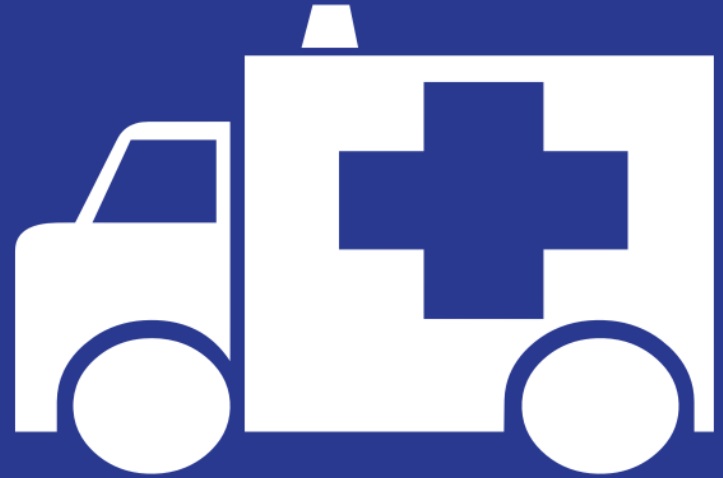



Interpersonal Interactions

COVID-19 has changed interpersonal interaction due to social distancing resulting in:^{24 25 26}

Increased suicidal ideation

Increased emergency department visits due to mental health concerns





Responses to Mental Health Concerns and COVID-19

COVID-19 has further
exacerbated a public
health emergency²⁵

Behavioral Health Task Force was formed in collaboration with the Arizona Department of Health Services and AHCCCS in March 2020²⁷

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graph TD; A[Behavioral Health Task Force was formed in collaboration with the Arizona Department of Health Services and AHCCCS in March 202027] --> B[Including behavioral health providers, health insurers, public health, and provider and medical associations]; A --> C[Implementation of the Crisis Counseling Program (CCP) in June 2020]; A --> D[Implementation of the and the Physician Peer Mentoring Program in October 2020];
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Including behavioral health providers, health insurers, public health, and provider and medical associations

Implementation of the Crisis Counseling Program (CCP) in June 2020

Implementation of the and the Physician Peer Mentoring Program in October 2020

Responses to Mental Health Concerns and COVID-19²⁸

Coconino County has expanded **telemedicine based mental health community care**

Implemented **virtual activities for peer interaction** among adolescents

Expanded **resources for homeschooling, online learning support**



Resources for Adolescents²⁸

- Stronger as One Coalition
 - Virtual Meetings
 - Mental Health First Aid
 - Wandering for Wellness program
- Re-opening of public parks, facilities
- Expanding distance based recreational activities
- Telemedicine based mental health care

STRONGER AS ONE TEEN CLUB VIRTUAL MEETINGS
EVERY THURSDAY VIA ZOOM, 4-5:15 PM
A SAFE & FUN SPACE FOR TEENS, 12 TO 19
CONTRIBUTE IDEAS & PARTAKE IN THE STRONGER AS ONE MOVEMENT

WE MAY BE APART,
BUT WE ARE NOT ALONE.

stronger one
If you or anyone you know needs help during this time:
Call: Northern Arizona Crisis Line: 1-877-756-4090
Call: National Suicide Prevention Lifeline: 1-800-273-8255
Text "HELLO" to 741-741

TYPICAL REACTIONS DURING THIS TIME:

1. Anxiety, worry, or fear related to
 - Health status of yourself or people you care about
 - Potential loss of income/job security
 - Well-being of yourself or those close to you
2. Concern about
 - Being able to care for children or parents
 - Future of school/work
 - Security of food & cleaning supplies
3. Frustration about
 - How long these restrictions will last
 - Uncertainty of the future
4. Loneliness associated with
 - Feeling cut off from the world
 - Lack of physical communication with friends and family
5. Anger
 - If you think you were exposed to the disease because others weren't careful
 - Feelings of lost opportunities due to restrictions
6. Boredom and frustration
 - From not being allowed to exercise how you regularly would
 - Staying in one area all day for multiple days
7. Symptoms of depression
 - Feeling hopeless or helpless
 - Changes in appetite
 - Sleeping too little or too much

stronger one
CULTIVATING A CULTURE OF KNOWLEDGE AND COMPASSION AROUND MENTAL HEALTH AND WELL-BEING SO THAT OUR COMMUNITY CAN TRULY BE STRONGER AS ONE.
FOR MORE INFO, MESSAGE US ON SOCIAL MEDIA OR EMAIL JULIA DIAZ AT JDIAZ@COCONINO.AZ.GOV

@STRONGERASONEAZ
 STRONGER AS ONE NORTHERN ARIZONA
stronger one

Source: SAMHSA

Next Steps^{29 30 31}

- Increase awareness about mental health resources
- Encourage at-risk groups, especially adolescents, to discuss mental health concerns
- Recognize cultural norms that and social stigma play a role in seeking help
- Support available mental health resources in the local community
- Expand mental health resources including telemedicine and distance care



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Comments or
Questions?