Personal perspective

- mhGAP – online
- Supervision – online
- Webinars
- Staff support
WHO

• Part of its mandate to deal with emergencies and address public health with technical support, advice and recommendations

• WHO, together with partners, is providing guidance and advice during the COVID-19 pandemic for health workers, managers of health facilities, people who are looking after children, older adults, people in isolation and members of the public more generally, to help us look after our mental health.
Global effort – red cross, IMC, IASC etc

• Health, economy, social, political, legal, nutrition

• Chronic disaster not acute

• Every country affected
Effects of disasters

• Depression
• Anxiety
• Violence
• Substance abuse
• Worsening of pre-existing conditions
• Stretched health systems
• Stigma
• Vulnerable groups
Documents and guidelines

• IASC/ Red cross/ WHO
Maintaining essential health services: operational guidance
Covid 19

• Increased demand for care but fear, stigma, mistrust, decreased movement – disrupt delivery of services

• Increased direct and indirect mortality

• People with Mental illness – risk of increased mortality, NCDs, stigma, marginalization

• Vulnerable groups
COVID-19

• Need people to be able to trust a safe service
• So seek out help when need it
• Background of stretched and fragile health systems
• UHC has been a critical foundation for primary care adaptation to pandemic
• Strategic adaptations to pandemic
• Building back better
COVID 19

• Need good governance
• Coordination
• Protocols
• Ethical principles
• Human rights
• IPC infection prevention and control
• Public health messaging
COVID 19

• Incident management team

• Focal point for essential health services
  -coordination, governance, financing, human resources, finance plan, protocols, data collection, mobilize formal and informal

• deal with surge

• Manage human resources demand and distribution incl rest, PPE, eliminate perverse incentives to come to work when unwell
COVID 19

- Depression
- Anxiety
- Neurological disorders
- Dru/alc/gambling
COVID 19

• Social isolation
• Poverty
• Gender based violence
• Reduce physical exercise
• Lockdown/quarantine stress
• Reduced mental stimulation
• Disrupted services and resources
• Prison and detention centres
Mental illness

- Interplay with NCDs and mortality
- Suicide
- Violence
- Substance use
- Social isolation
- Travel restrictions
- Carers challenges
- Resources
- Vulnerable groups
Specific guidance’s-emergency –mental health

• suicide, seizures, delirium, psychosis, mania, opioid overdose, withdrawal

• Ensure some inpatient capacity available

• Any neurological condition –consider COVID 19
Specific guidance on mental health-OPD

- First visit should be face to face – severe conditions
- Clear protocols for investigations – eg delirium, lithium, strokes.
- Attend to ante and post natal – protocols
- Opioid – ensure ORT and enough supply and modify protocol
- SUBS – ensure services continue
- Staff – self care and access to support
- Use depot if patient agrees
Specific guidance on mental health-OPD - digital

• Follow up
• Psychological treatments
• Caregivers
• Self help groups
• Mild depression/Anxiety – direct to self-care and digital
Specific guidance on mental health-OPD

• Older – home visits /outreach and isolated /vulnerable groups
Specific guidance on mental health-IP

• Urgent cases only
• COVID testing prior to admission
• Full IPC /isolation and quarantine
• Ensure human rights monitored
• Complaints procedures
• Remote family support if no visiting allowed
• Good communications
• Equal health care for those in isolation and quarantine
Specific guidance on mental health

• Mobilize Governmental and NGOs to support people with psychosocial difficulties in home, school, care homes, prisons.

• School mental health services can move to online
Specific guidance on mental health-promotion and prevention

• Access to information on positive coping methods

• Nurturing environment for children and young people confined at home

• Support activities that help older/isolated adults stay connected
IASC Guidance on Operational considerations for Multisectoral Mental Health and Psychosocial Support Programmes during the COVID-19 Pandemic
IASC Guidance on Operational considerations for Multisectoral Mental Health and Psychosocial Support Programmes during the COVID-19 Pandemic

the Inter-Agency Standing Committee asked for dedicated attentions and resource mobilization for mental health and psychosocial support (MHPSS) within the Global Humanitarian Appeal for the COVID-19 response.

• Psychological distress is widespread

• need to be integrated within many existing sectors and clusters humanitarian programming in health, SGBV, community-based protection, nutrition, camp management and camp coordination.

• Exposes vulnerable groups and weak health systems
IASC 5 areas

• psychological first aid - COVID-19 context
• MHPSS care in humanitarian settings during the COVID-19 pandemic
• considerations for children, adolescents and families during the COVID-19 response
• Considerations for older adults
• Addressing substance use and addictive behaviours during the COVID-19 outbreak
PFA adapted –COVID

• Front line workers but also anyone front line COVID 19
• Emphasize children
• Children/adolescents can support their peers
• Self care –priority
• Can be face to face if IPC and PPE
• Stigma –big issue –COVID
• Access to health -decreased with c19
IASC- cont

• Good COVID info
• Good protection measures
• Identify those at risk (increased)
• Involve family as much as possible
• IPC – public health measures
• Advocacy
• Confidentiality
• Public messaging and COVID messaging to all
• Combat stigma and rumour
• 4ws –add covid 19 information
• Work with adolescents
• Substance users more at risk
Elders

• Most at risk from C19
• Promote activities and stimulation safely
• Protection
infection

• Medical care and advice
• Contact tracing
• Protect service users
• Emotional support to family
• Deep cleaning
An orientation to Basic Psychosocial skills
Guide for COVID 19 responders

• What is helpful?

• basic needs, sympathy/communication/support

• Who?

• Where?

• Funeral issues
Self care

• Information
• Rest
• Eat well, activity
• Activities that are relaxing —not alcohol
• Talk to family/friend
• Daily routine
• Be responsible for what you are responsible for
Basic Psychosocial Support – document

• Problem solving

• Positive coping methods
  - Seek support of others – face to face or virtual
  - Build on strengths and abilities
  - What is going well
  - What worked before

• Avoid alcohol and drugs
Anxiety

• Covid increases

• BZds only of basic psychosocial support does not help – if c19 short acting

• BPS – Basic Psychosocial Support

• Stress management

• CBT principles
Depression

• CBT

• Problem solving

• Ipt

• Stress management and relaxation
Suicide
Sleep

• Body’s reaction

• Stress

• Delirium, anxiety, depression
Delirium

• Common
Management of neurological and mental manifestations associated with Covid 19

Delirium – inflammation, low oxygen, metabolic abns, co-infection, Medications or withdrawal, stroke
• IASC Guidance on Operational considerations for Multisectoral Mental Health and Psychosocial Support Programmes during the COVID-19 Pandemic
My Hero is You, Storybook for Children on COVID-19
https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/my-hero-you

Doing what matters in time of stress
https://www.who.int/publications/i/item/9789240003927
https://apps.who.int/iris/handle/10665/332240

Maintaining essential health services: operational guidance for the COVID-19 context: interim guidance, 1 June 2020
IASC

• Basic Psychosocial Skills: A Guide for COVID-19 Responders

https://www.who.int/news-room/detail/01-06-2020-basic-psychosocial-skills-a-guide-for-covid-19-responders
• WHO site with resources https://www.who.int/teams/mental-health-and-substance-use/covid-19

• IASC guidance on basic psychosocial skills for first responders in the context of COVID which is based on PFA- but specifically adapted for the COVID context (available here: https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/iasc-guidance-basic)
• operational considerations for MHPSS programming available here: https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/iasc-guidance