

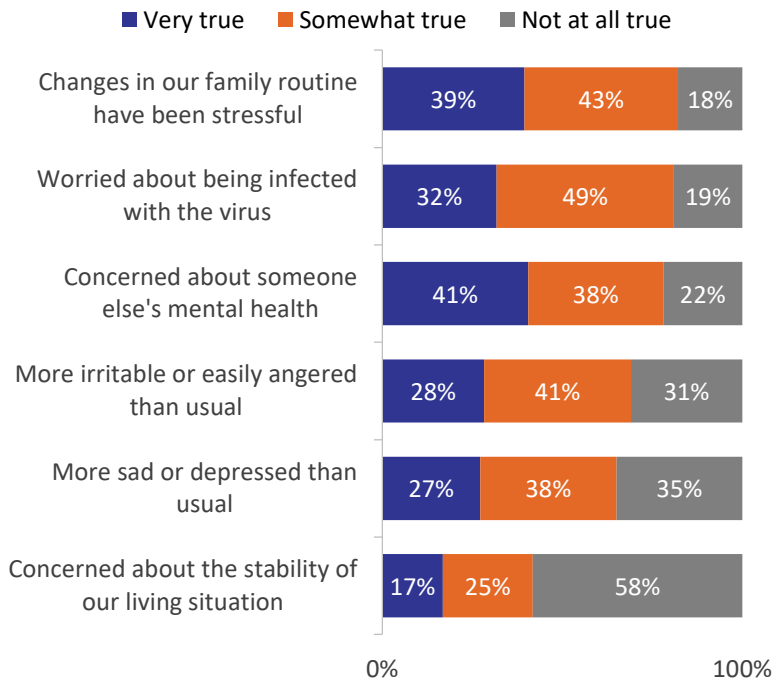
IMPACT OF COVID-19 ON MENTAL HEALTH

Survey Highlights: All Respondents

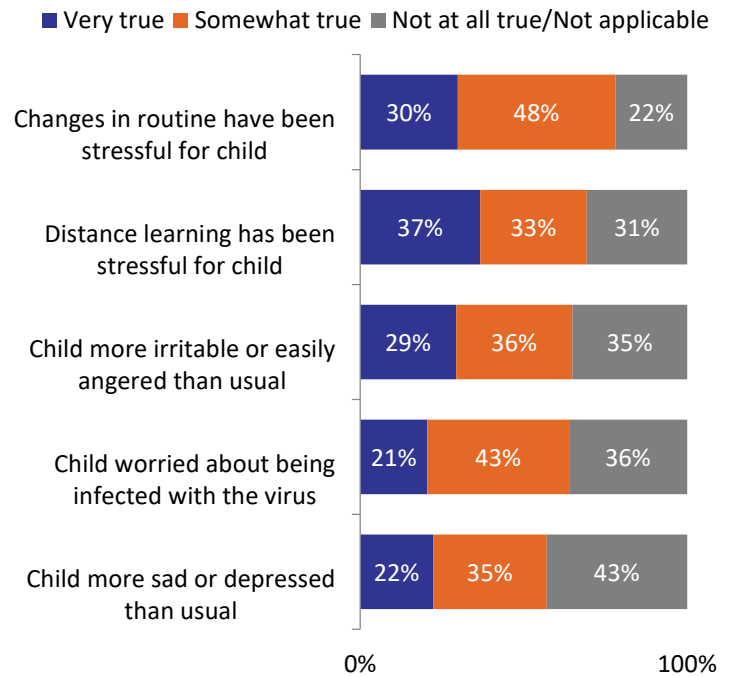
Survey conducted May 13 – May 28, 2020, 818 responses

- 58% of respondents reported their mental health has gotten worse during the pandemic
- 87% of respondents are hopeful the pandemic will end soon

PERSONAL MENTAL HEALTH



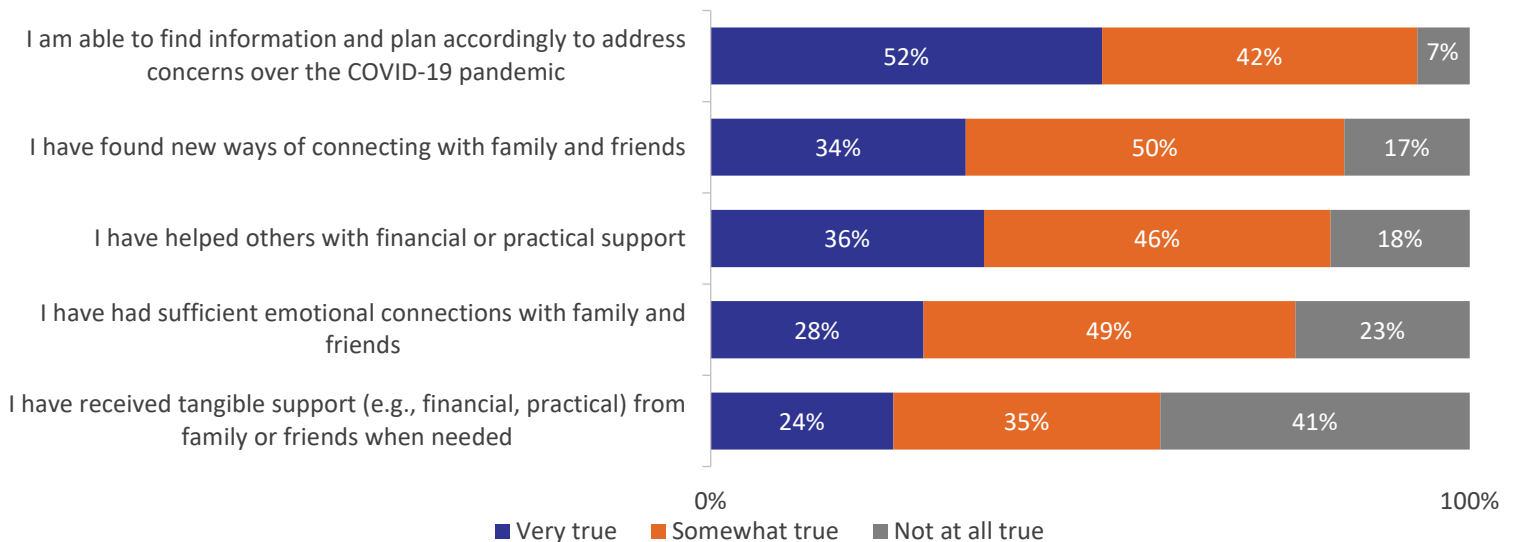
CHILD MENTAL HEALTH (Among 549 parent respondents)



ALCOHOL & DRUG USE

- 30% used alcohol or drugs to cope with a difficulty caused by the pandemic.
- 33% reported using MORE alcohol than before the pandemic (among households that consume alcohol)
- 28% reported using MORE marijuana than before the pandemic (among households that consume marijuana)

RESILIENCE



For more information, visit <http://dhss.alaska.gov/dph/wcfh/Pages/mchepi>

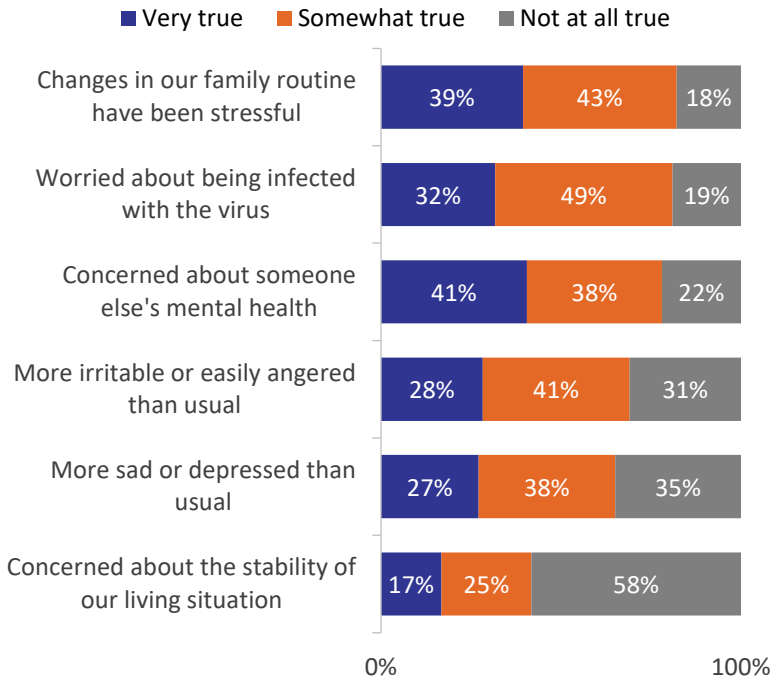
IMPACT OF COVID-19 ON MENTAL HEALTH

Personal Mental Health, by working status

Survey conducted: May 13 – May 28, 2020

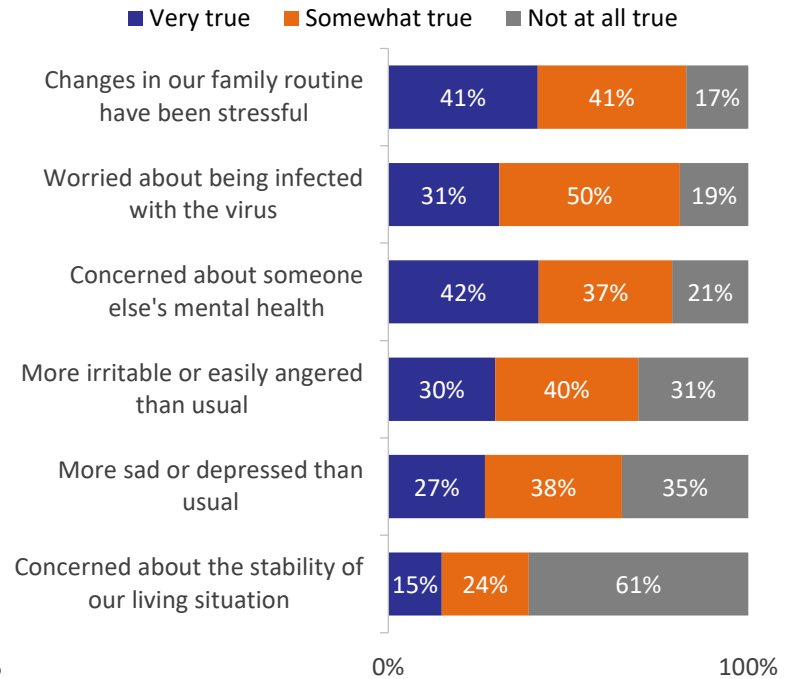
ALL RESPONDENTS (N=763)

- 58% reported their mental health has gotten worse
- 87% are hopeful the pandemic will end soon



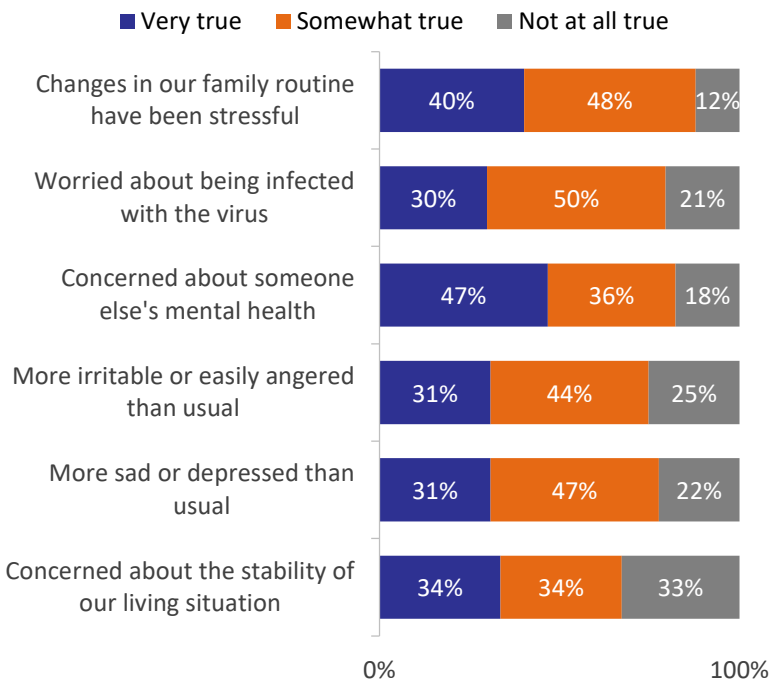
STILL WORKING (N=526)

- 60% reported their mental health has gotten worse
- 85% are hopeful the pandemic will end soon



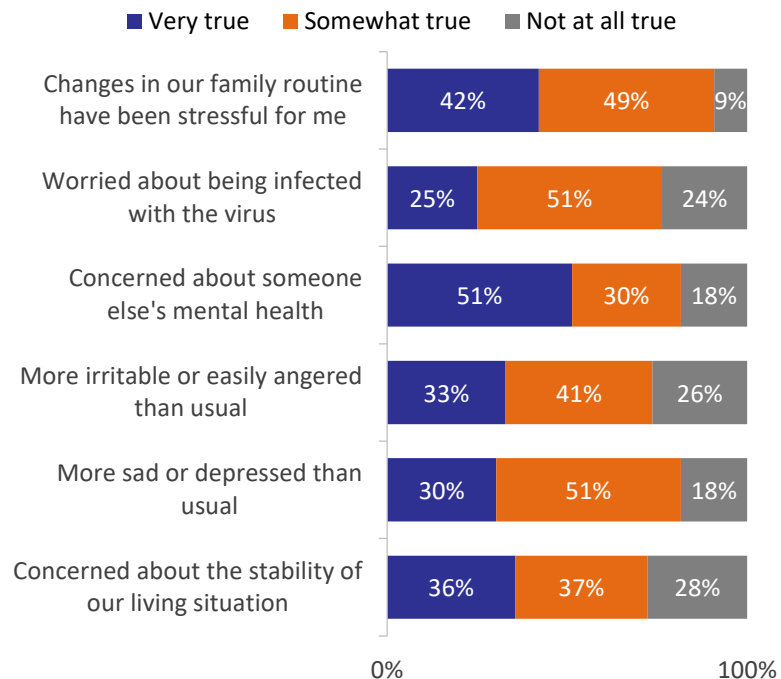
NO LONGER WORKING (N=107)

- 63% reported their mental health has gotten worse
- 93% are hopeful the pandemic will end soon



LAI D OFF (N=76)

- 66% reported their mental health has gotten worse
- 92% are hopeful the pandemic will end soon



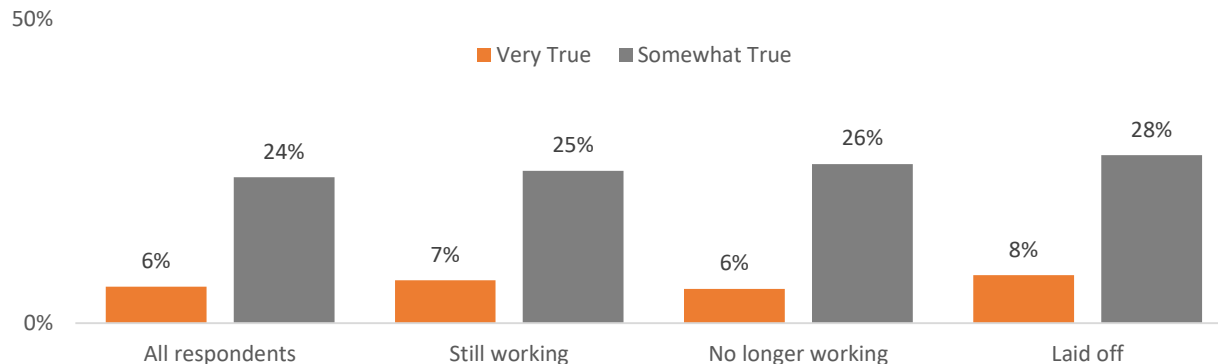
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IMPACT OF COVID-19 ON MENTAL HEALTH

Substance Use & Mental Health Services

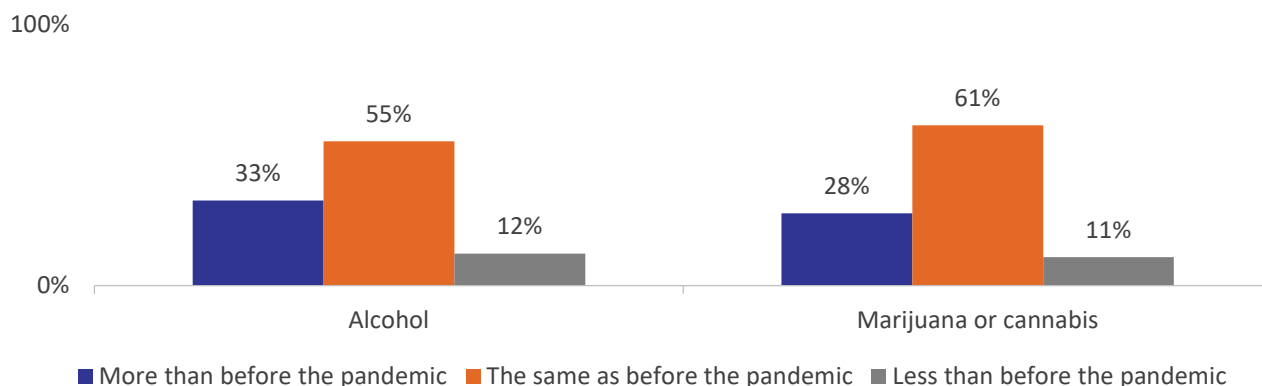
Survey conducted: May 13 – May 28, 2020

USE OF ALCOHOL OR DRUGS TO COPE WITH A DIFFICULTY CAUSED BY THE PANDEMIC, BY WORKING STATUS



HOUSEHOLD CONSUMPTION

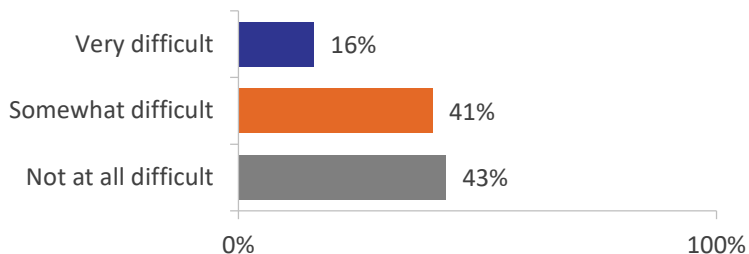
among households that consume alcohol (n=583) or marijuana (n=184)



MENTAL HEALTH AND DRUG/ALCOHOL TREATMENT SERVICES

13% of respondents who needed services reported being unable to obtain services.

Difficulty obtaining services among those who sought services (n=145)



What helped get needed services?*

(Top 3 responses)

1. Appointment availability (50%)
2. Insurance coverage (48%)
3. Adequate internet service (42%)

What prevented getting needed services?*

(Top 3 responses)

1. Appointments were cancelled or postponed (24%)
2. Not comfortable seeking help (14%)
3. Not available in my community or long wait list (13%)

*Among those who needed services (n=152)



For more information, visit <http://dhss.alaska.gov/dph/wcfh/Pages/mchepi>

IMPACT OF COVID-19 ON MENTAL HEALTH

Survey Questions

Emotional Health of Adults

- How would you rate your overall emotional health before the COVID-19 pandemic?
 - Poor, Fair, Good, Very good, Excellent
- During the COVID-19 pandemic, my overall emotional health has...
 - Improved, Stayed the same, Gotten worse
- To what extent are the following statements true for you?
 - I have been worried about being infected with the virus
 - Changes in our family routine have been stressful for me
 - I am concerned about the stability of our living situation
 - I am concerned about someone else's mental health
 - I have been more irritable or easily angered than usual
 - I have been more sad or depressed than usual
 - I am hopeful that the COVID-19 pandemic will end soon

Emotional Health of Children

- To what extent are the following statements true for your child?
 - My child has been worried about being infected with the virus
 - Changes in our family routine have been stressful for my child
 - Distance learning has been stressful for my child
 - My child has been more irritable or easily angered than usual
 - My child has been more sad or depressed than usual
 - My child is hopeful that the COVID-19 pandemic will end soon

Substance Use

- The amount of alcohol consumed in my household is...
 - Less than before the pandemic, The same as before the pandemic, More than before the pandemic, No one in my household consumes alcohol
- The amount of marijuana or cannabis consumed in any form in my household is...
 - Less than before the pandemic, The same as before the pandemic, More than before the pandemic, No one in my household consumes marijuana
- I have used alcohol or drugs to cope with a difficulty caused by COVID-19.
 - Very True, Somewhat True, Not at all True

Resilience

- Since the beginning of the COVID-19 pandemic, to what extent are the following statements true for you?
 - I have found new ways of connecting with family and friends
 - I have had sufficient emotional connections with family and friends
 - I have received tangible support (e.g. financial, practical) from family or friends when needed
 - I have helped others with financial or practical support
 - I am able to find information and plan accordingly to address concerns over the COVID-19 pandemic



IMPACT OF COVID-19 ON MENTAL HEALTH

Survey Questions, cont.

Work

- Are any adults living in the home an essential worker (e.g., healthcare, delivery worker, store worker, security, building maintenance)?
- If yes, Are they a first responder, healthcare provider or other worker in a facility treating COVID-19 patients?
- If you were working prior to the COVID-19 pandemic, are you still working?
 - Choices: Yes [Still working], No [No longer working], I was not working prior to the pandemic
- Among those still working,
 - Are you still going to your workplace?
 - Are you teleworking or working from home?
- Among those no longer working,
 - Were you laid off or forced to close your business? [Laid off]

Access to Services

- Since the beginning of the COVID-19 pandemic, has anyone in your household needed mental health or drug/alcohol treatment services?
- What type(s) of service(s) were needed? (Check all that apply)
 - Crisis hotline (e.g., Careline/suicide prevention line)
 - Emergency mental health care from a hospital
 - Inpatient or residential treatment
 - Outpatient counseling or individual therapy (including telehealth visits)
 - Group or other recovery program (e.g. 12-step program or support group)
 - Other: please tell us
- How difficult was it to obtain any of these service(s)?
 - Choices: Not at all difficult, Somewhat difficult, Very difficult, Did not seek services
- What helped you or a household member get the mental health or drug/alcohol treatment services that were needed? (Check all that apply.)
 - Encouragement from a friend or family member
 - Referral from crisis hotline (e.g., Careline or 2-1-1)
 - Insurance coverage
 - Appointment availability
 - Adequate internet service
 - I or the other household member did not get the services that were needed or wanted
 - Other: (please tell us)
- What prevented you or a household member from getting the mental health or drug/alcohol treatment services that were needed? (Check all that apply)
 - Didn't know where to go
 - Lack of insurance coverage or could not afford it
 - Not available in my community or long wait list
 - Appointments were cancelled or postponed
 - Not comfortable seeking help
 - No problems
 - Other: (please tell us)



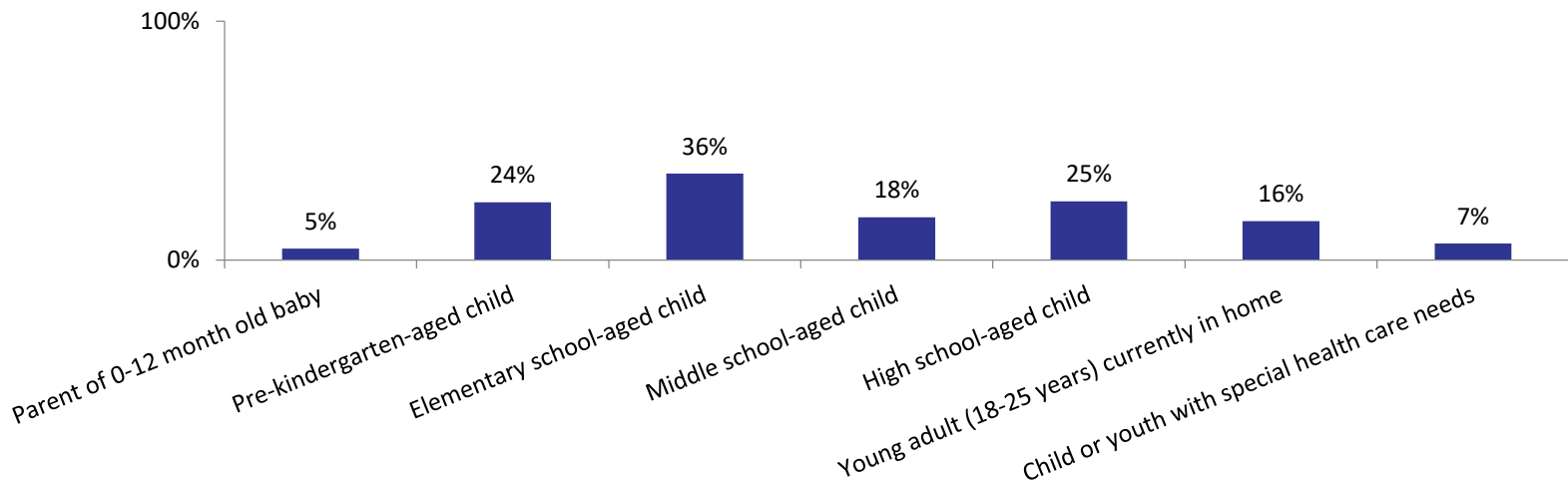
Appendix.

Respondents by region and parent roles.

Region	% of responses	# responses	% Alaska population*
Anchorage Municipality	46.6%	379	39.9%
Fairbanks North Star Borough	17.8%	145	13.1%
Matanuska-Susitna Borough	12.2%	99	14.6%
City and Borough of Juneau	6.3%	51	8.0%
Kenai Peninsula Region	6.0%	49	4.4%
Other Interior Region	3.3%	27	2.8%
Other Southeast Region - Southern	2.2%	18	2.7%
Southwest Region	2.1%	17	4.0%
Other Southeast Region - Northern	1.6%	13	3.8%
Northwest Region	1.2%	10	3.2%
Y-K Delta Region	0.7%	6	3.6%

*Alaska population percentages based on Alaska Department of Labor 2019 population census area estimates

Parent/Guardian Roles



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