

SARS-CoV-2

Supporting the mental health and wellbeing of our communities

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Pandemic Milestone Assumptions Summary

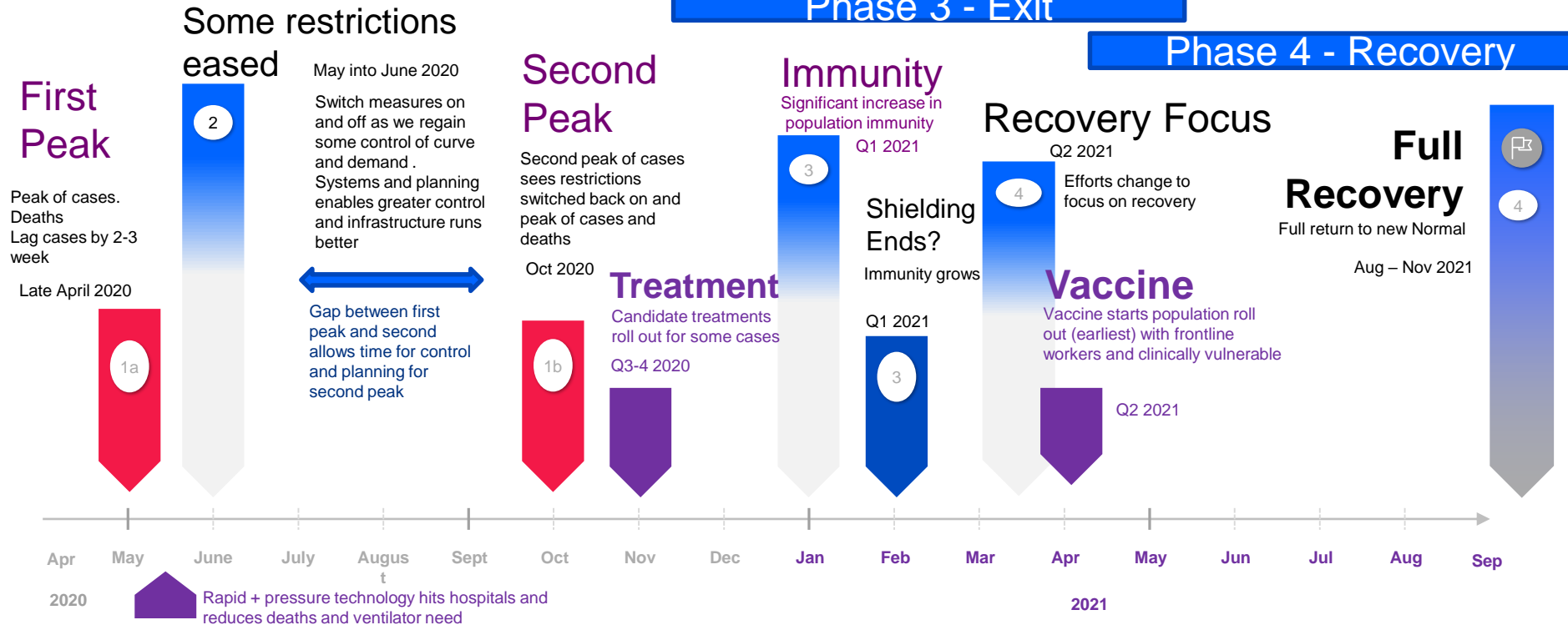
This is provisional and subject to revision. Version 3

Phase 1 – First Two Peaks

Phase 2 - Control

Phase 3 - Exit

Phase 4 - Recovery



This is all provisional. The key drivers of these phases will be levels of infection, recovery and immunity

Mental Health as a Public Health Issue

A substantial and partly preventable burden of mental ill health

A substantial set of resilience challenges

A substantial set of grieving and loss issues

Key Public Health Perspectives

Normalise, DO NOT MEDICALISE

Different
Populations,
Different Issues

Lifecourse
Perspective

Resilience

Self Care

Early
Identification
and Response

Behavioural
Science

Meaning, Hope, Questions of Ultimate Concern, Spirituality, Faith

Immediate mental health impact of COVID-19 across life course

	Pre-term	0-5 years	School years	Working age adults	Old age
Key issues to consider	<p>Anxiety about impact of COVID on baby</p> <p>Financial worries</p> <p>Anxiety about delivery and access to care</p> <p>Isolation</p>	<p>Coping with significant changes to routine</p> <p>Isolation from friends</p> <p>Impact of parental stress and coping on child</p>	<p>School progress and exams</p> <p>Boredom</p> <p>Anxiety or depression or other mental health problems</p> <p>Isolation from friends</p> <p>Impact of parental stress</p> <p>Carer stress</p>	<p>Balancing work and home</p> <p>Being out of work</p> <p>Carer stress</p> <p>Anxiety about measures and family or dependents or children</p> <p>Financial worry</p> <p>Isolation</p>	<p>Isolation and disruption of routine</p> <p>Anxiety from being dependent on services</p> <p>Financial worry</p> <p>Fear about impact of COVID if infected</p> <p>Carer stress</p>
Staff/ volunteers	<p>Cumulative load of stress from significant changes. Traumatic incidents. Isolation from work colleagues. Having to manage working from home. Potential bullying from or to others as part of not coping.</p>				
Loss	<p>Loss of loved ones dying may be particularly severe and grieving disrupted because of inability to do normal grieving rites eg being physically close to dying person, have usual funeral rites, attend funeral etc.</p>				
Specific issues	<p>Impact of delayed diagnoses and treatment (eg chronic conditions, surgery, people living in pain). Suicide and self harm risk for most at risk populations. Members of faith communities may feel disconnected during closure of premises. Domestic abuse may be issues across life course. Drug and alcohol issues. People reliant on foodbanks or on low incomes or self-employed may have additional stress. People with learning disabilities and/or autism will have additional needs which should be considered in detail. Student populations may have particular issues, from isolation to exam anxiety and for some being away from home.</p>				

Exit and Recovery Assumptions

Exit and recovery at a 'whole of society level' is going to depend on critical clinical and population health milestones being achieved. Key considerations include that:

'Safe return to normal' will mean population immunity at 65% either through exposure to the virus and recovery or universal vaccination.

There will always be a residual health risk to the non-immune most vulnerable as COVID19 will continue to be a 'circulating winter virus'

This risk may fall to similar levels to winter flu by Jan 2022.

Enclosed institutional settings (care homes, prisons etc) will continue to be particularly vulnerable to rapid outbreaks and high mortality risks in future. (Based on what we know about respiratory virus circulation and what we know about the fact virus shedding continues in SARS-CoV-2

Normally 90% but current scientific modelling suggests 65% may be sufficient

Public Mental Health Skills in Practice



Self-Care (Blogs , CMH, LGA Workforce)



Team Care Skills



Balance



Building Resilience



Normalising the problems and reactions – “It’s OK not to be OK”

Herts Work (alone or in Collaboration)



TOOLS ON
RESILIENCE



[HTTPS://WWW.HERTS
MINDNETWORK.ORG/Y
OUTH-PEOPLES-
HELPLINE](https://www.herts-mindnetwork.org/youth-peoples-helpline)



[WWW.JUSTTALKHERT
S.ORG](http://www.justtalkherts.org)



BEHAVIOURAL SCIENCE
ADVICE
RESIDENTS' LEAFLET,
COMMS



MH SUPPORT



PUBLIC MENTAL
HEALTH CELL



BEHAVIOURAL
SCIENCE PODCASTS



TRAUMA
RESPONDERS

Key skills for Recovery

 Horizon scanning

 Sense making of multiple strands of information

 Influencing

 Articulating clearly tasks and issues for the system

 Being able to iterate measures

 Agility

 Facing in different directions

 Short, Medium and Long Term burdens of morbidity, mortality and inequality

Resource Points

- LGA Site
 - Joint Briefing
 - Joint LGA/Herts/ADPH Lifecourse ready Reckoner
- Knowledge Hub Covid 19 PHM Group
- Centre for Mental Health
- PPMA
- British Psychological Society Resources Hub
- Faith Action