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COVID-19 Impacts on Mental Health and Substance Use Disorders

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Modeling Mental Health Impacts of COVID-19

- In late April, MMHPI issued the first in a series of reports analyzing the mental health impacts of the pandemic:
 - The [report](#) focuses on how an economic recession may increase rates of mental health and substance use disorders, including [state and national estimates](#) of deaths from suicide and substance overdoses.
 - [Subsequent reports](#) estimated comparable numbers.
- Multiple national groups and media sources (Washington Post, Wall Street Journal, NPR, CNN) are using the estimates.
- *Key: No statistical models are right; but some can be useful.*

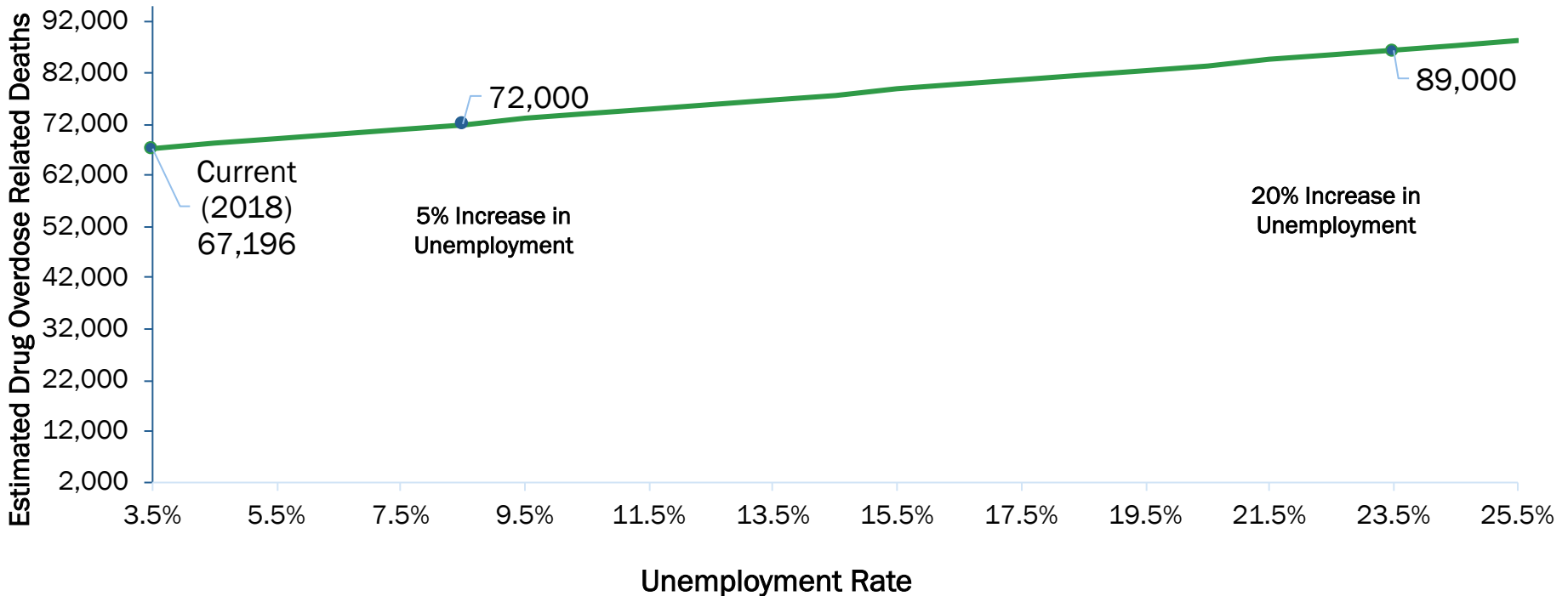
Meadows Mental Health Policy Institute. (April 28, 2020). Projected COVID-19 MHSUD Impacts, Volume 1: Effects of COVID-Induced Economic Recession (COVID Recession). Retrieved on May 25, 2020 from <https://www.texasstateofmind.org/uploads/whitepapers/COVID-MHSUDImpacts.pdf>

Meadows Mental Health Policy Institute. (April 28, 2020). Projected COVID-19 MHSUD Impacts, Volume 1: Effects of COVID-Induced Economic Recession (COVID Recession) – Appendix of State-Level Estimates. Retrieved on May 25, 2020 from <https://www.texasstateofmind.org/uploads/whitepapers/COVID-MHSUDImpacts-StateAppendix.pdf>

Petterson, Steve et al. "Projected Deaths of Despair During the Coronavirus Recession," Well Being Trust. May 8, 2020. WellBeingTrust.org. Retrieved on May 25, 2020 from https://wellbeingtrust.org/wp-content/uploads/2020/05/WBT_Deaths-of-Despair_COVID-19-FINAL-FINAL.pdf

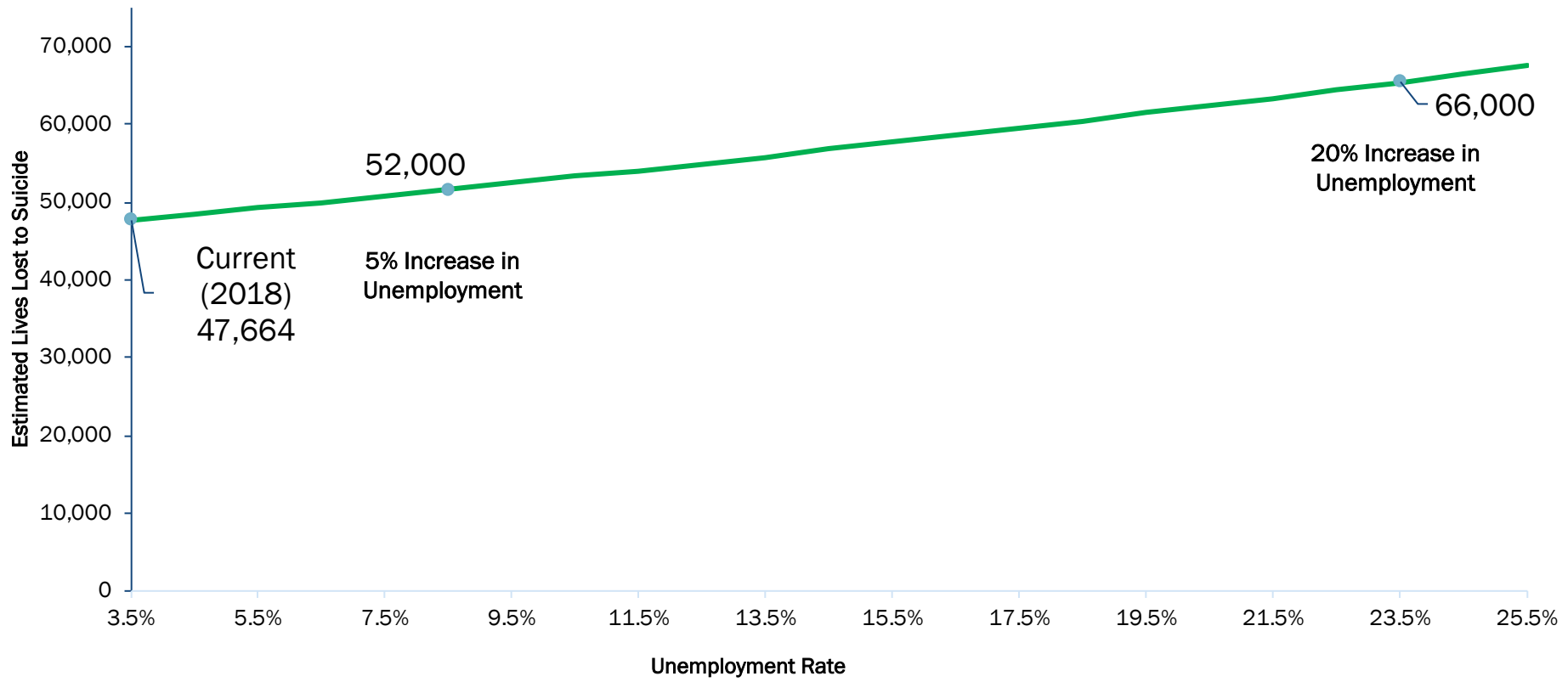
Projected Increase in Drug Overdose Related Deaths

Projected Increase in Drug Overdose Related Deaths with Increases in Unemployment Rates



Projected Increase in Lives Lost to Suicide

Projected Increase in Lives Lost to Suicide with Increases in Unemployment Rates



Other Mental Health and Addiction Impacts

- Effects beyond the economy are also increasing needs, including trauma in health care settings, quarantine, and social distancing
- Domestic violence correlates are less straightforward
- Child abuse correlates:
 - Economically insecure children experience 3–9 times more maltreatment than economically secure children; Income losses, cumulative material hardship, and housing hardship most reliably predict increases (Conrad-Hiebner & Byram, 2020)
 - Great recession associated with increased abuse (especially with “social father” present) and decreased neglect; perceived economic insecurity was an independent correlate (Schneider, Waldfogel, & Brooks-Gunn, 2017)

Conrad-Hiebner, A. & Byram, E. (2020). The temporal impact of economic insecurity on child maltreatment: A systematic review. *Trauma, Violence & Abuse*, 21(1), 157-178. Retrieved on May 25, 2020 from <https://pubmed.ncbi.nlm.nih.gov/29400135/>

Schneider, W., Waldfogel, J., & Brooks-Gunn, J. (2017, January). The Great Recession and risk for child abuse and neglect. *Child Youth Service Review*, (72), 71-81. Retrieved on May 25, 2020 from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5408954/>