

King County Pandemic Community Advisory Group

July 2, 2020

10:30 – 11:30

AGENDA

1. Welcome 10:30 – 10:35
2. Reflections – Michael Byun, Asian Counseling and Referral Service 10:35 – 10:40
3. Feedback on mental health indicators brief 10:40 – 10:55
- With Kris Johnson and Nadine Chan, Public Health Assessment, Policy Development, and Evaluation
4. Maximizing safety in Phase 2 reopening: your challenges & successes 10:55 – 11:30
- With Shannon Harris, Community Mitigation Group – Business Task Force

<https://publichealthinsider.com/graphics-and-posters/>

PUBLIC HEALTH INSIDER

OFFICIAL INSIGHTS FROM PUBLIC HEALTH - SEATTLE & KING COUNTY STAFF



GRAPHICS & POSTERS

As King County continues to slowly reopen the economy, it is now more important than ever to encourage those in our communities to wear a cloth face covering, practice social distancing, minimize group size, gather outside, and use good hand hygiene.

These are all important tools in slowing the spread of COVID-19.

To help with communicating these messages within your networks and spheres of influence, we're sharing social media messages from our channels, as well as downloadable graphics and posters for you to share on your own platforms. Please share widely!



SEARCH THIS BLOG

SEARCH →

TOP POSTS & PAGES

Materials are organized into 4 main buckets:

KEY MESSAGES



Weave these key messages into social media posts, posters, and face-to-face conversations. • Wear face coverings when you go out • Wash your hands frequently or use alcohol hand gel • Whenever possible, keep 6 feet apart from one another • Get tested at the first sign of illness

[Read more ...](#)

FACE COVERINGS



As of Friday, June 26, there is a statewide order that requires all individuals to wear a face covering in indoor public spaces and outdoors when they cannot stay 6 feet apart from others.

[Read more ...](#)

PHASE 2 REOPENING



What's new in Phase 2? We can now dine in a favorite restaurant, where capacity is limited at 50%, and gather with up to 5 friends a week.

[Read more ...](#)

PHYSICAL DISTANCING & HAND WASHING



To minimize the risk of a continued increase in COVID-19, it is even more important to understand the risk and take steps to decrease it.

[Read more ...](#)

ACRS Behavioral Health Program

*A Partner
In a thousand of journeys
of Recovery, Healing, and
Transformation for
people living with a mental health
challenge
to live a happy and healthy life
in a community
While striving to achieve
one's full potential.*



BH Overview

- Serving 2,000 people a year
- Through holistic services
- By 80 compassionate, culturally competent staff
 - 50 Case Managers/Therapists
 - 12 psychiatric staff (MD, ARNP)
 - 12 Wellness counselors/intake/Peer
 - 6 Management staff



Our Clients - Mental Health

- Trauma
- Depression
- PTSD and adjustment disorder
- Schizophrenia or other psychotic disorder
- Bipolar Disorder
- Anxiety or Phobia
- Organic disorders including dementia
- Complicated physical health condition
- Social Isolation



Program Components

- Individual Support
- Groups
- Psychiatric Services
- Day Activities/wellness
- Physical and Behavioral Health Integrated care
- Pharmacy
- Acupuncture



Our principles

Whole Health Oriented - A state of complete physical, mental and social well-being

Recovery Oriented

Community and Social Connectedness

Cultural Competency

Social Determinants of Health



June 2020

Challenges with Behavioral Health Service During COVID 19

- Social isolation
- Anxiety and fear of the virus
- Fear of discrimination and racism against Asians
- Existing mental health issues are exacerbated
- Many clients do not have a phone.
- Many clients have a old style phone.
- No internet access or do not know how to use computer or a smart phone to engage in telehealth.
- Our program had to adapt quickly for services remotely: laptops, work cell phones, phone forwarding, ability to conduct telehealth, 3-way calling and group capacity.
- Went live with EPIC, our new EHR system remotely
- Secondary trauma and impact to our staff



Behavioral Health Service During COVID 19

- Mental health services as essential service
- Initially focused on services that required in person intervention such as injection, crisis intervention while doing the rest of our work remotely.
- 2 to 3 Medical staff and 2 CM in the building in the initial stage, now up to 12 BH staff a day.
- 2 BH staff attending lobby to ensure social distancing, support clients, and medical staff and serve walk-ins clients who may not have a phone.
- Adapted telehealth platform
- Set up counseling rooms with telehealth equipment
- Reaching out to clients via phone, home visits, letters, and telehealth



Mental health staff for daily lobby duties



Counseling room with telehealth and plexiglass



June 2020

Behavioral Health Staff During COVID 19

- Regularly client contact via phone to provide support, education, and monitor mental health status. “You are the only person who calls me.” - client
- Getting resources such as food, rental assistance, food voucher, unemployment benefit, cash assistance, medication assistance, cellphone, etc.
- Addressing COVID 19 and racial bias towards Asians
- Medications refill delivery or curbside pick-up
- Injections on time
- Beginning virtual groups



Curbside medication pick up



Our Nurse at work



Behavioral Health Staff Dedication

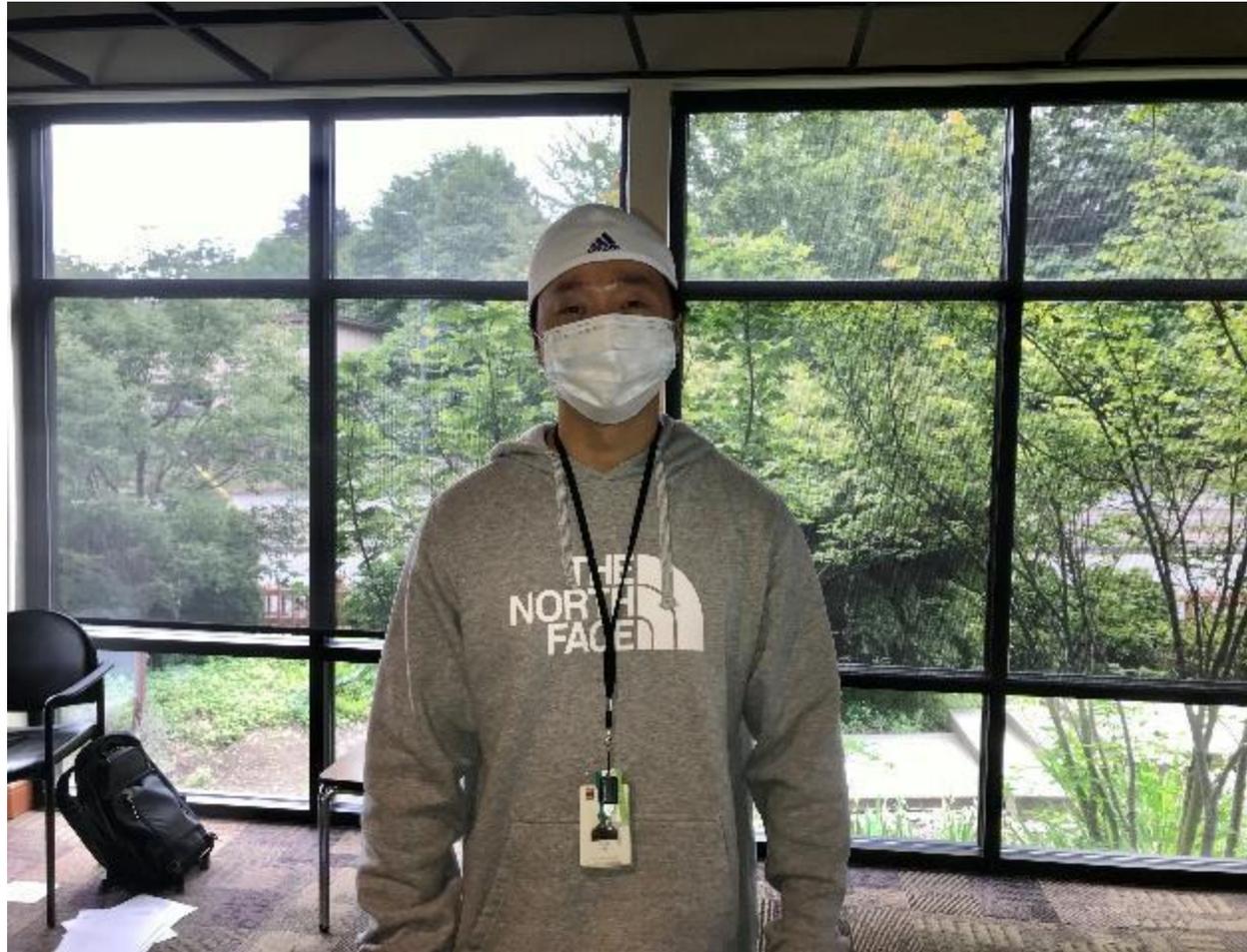
- Delivering food and care packages
- Staff donated to BH client emergency assistance
- Staff made over a hundred masks and donated them
- Staff donated personal hygiene items and phones
- Mailed care packages to vulnerable clients
- Staff drove to isolated clients to check-in
- Community COVID 19 testing for Pacific Islander members in May



Our Case Manager at work



Our Peer Staff at work



June 2020



ASIAN COUNSELING
and REFERRAL SERVICE

Behavioral Health Needs and Services in King County, WA

March – May 2020

Kris Johnson and Nadine Chan

7/2/2020

Overall project description

Purpose

- Monitor unintended social, economic, and health impacts of non-pharmaceutical COVID-19 mitigation efforts over a two-year period

Rapid cycle Information sharing

- Brief reports to share findings
- Dashboards with more details and regular updates of new data

Primary audience

- Leadership and community to help inform planning

Briefs and infographic answer key questions

- What changes are communities experiencing during the pandemic?
- How do experiences differ by race, place, age and other population groups?

A joint project of WA DOH, PHSKC, DCHS and the CDC Community Intervention & At Risk Task Force Monitoring and Evaluation Team

Key indicators dashboard

www.kingcounty.gov/covid/impacts

Key Economic, Social, and Overall Health Impacts in King County

Click on any box below for more detailed information



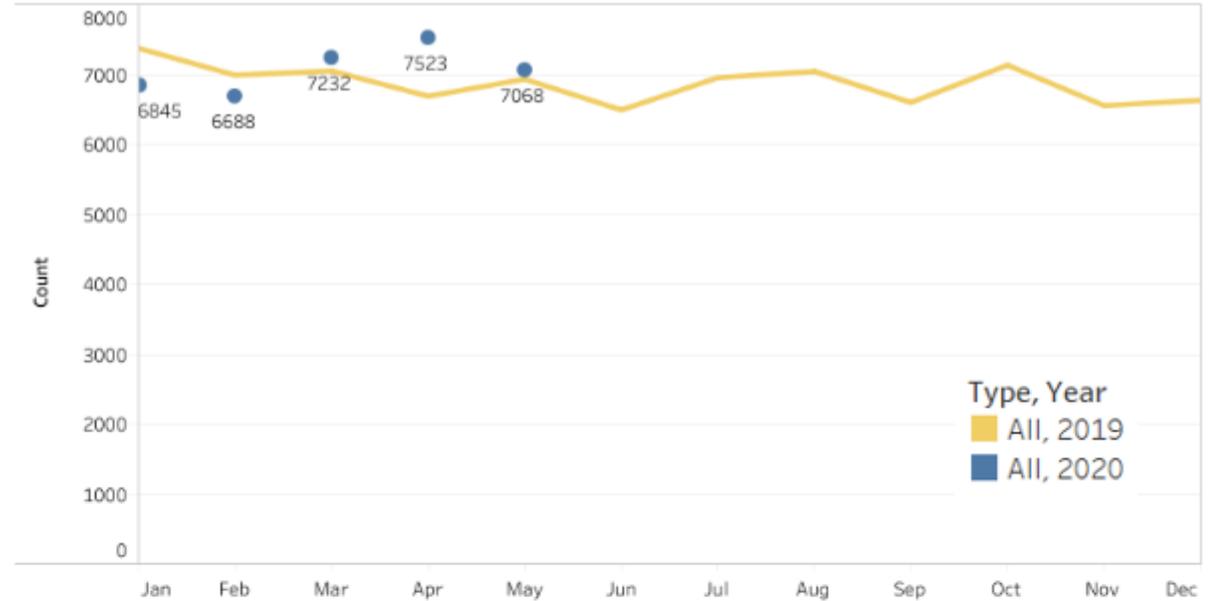
Economic	Social	Health			
<p>Unemployment</p> <p>398,900+ new unemployment claims filed by King County residents from March 1 to June 13, 2020</p>	<p>Food Insecurity</p> <p>↑ 14,800 more King County households received Basic Food assistance in May than January 2020, a 15.1% increase</p>	<p>Healthcare</p> <p>↑ 10,000 more King County residents were enrolled in Medicaid in May than in January 2020</p>			
<p>Housing</p> <p>38% of calls to 2-1-1 hotline requested housing-related assistance from April 29-May 19, 2020</p>	<p>Food Insecurity</p> <p>↑ 7% more women and children were enrolled in PHSKC's WIC nutrition program in April than January 2020</p>	<p>Mental Health and Suicide</p> <p>16% of middle and high school youth made a plan to attempt suicide in the past year before COVID-19</p>			
<p>Traffic</p> <p>↓ -24% decrease in local highway traffic on June 21, 2020 compared to 2019</p>	<p>Domestic Violence</p> <p>↑ 16% increase in domestic violence calls to Seattle Police from Jan-April 2020 compared to 2019</p>	<p>Behavioral Health</p> <p><i>In development</i></p>			
	<p>Internet Access</p> <p>67,000 King County households (7.5%) have no internet access</p>				
Key Dates:	<p>March 15, 2020 Schools, entertainment, bars, restaurants closed</p>	<p>March 23, 2020 Stay Home, Stay Healthy order; businesses closed</p>	<p>May 5, 2020 Phase 1 of Safe Start plan to reopen WA State</p>	<p>June 5, 2020 King County enters Modified Phase 1 of Safe Start Plan</p>	<p>June 19, 2020 King County enters Phase 2 of Safe Start Plan</p>

Behavioral health crisis calls

All counts by month
King County, 2020 vs 2019

↑ Following the stay home order, the number of calls increased significantly (+12%) in April compared to 2019

→ The number of calls in May 2020 were similar to 2019 levels



Data source: Behavioral Health Crisis Calls

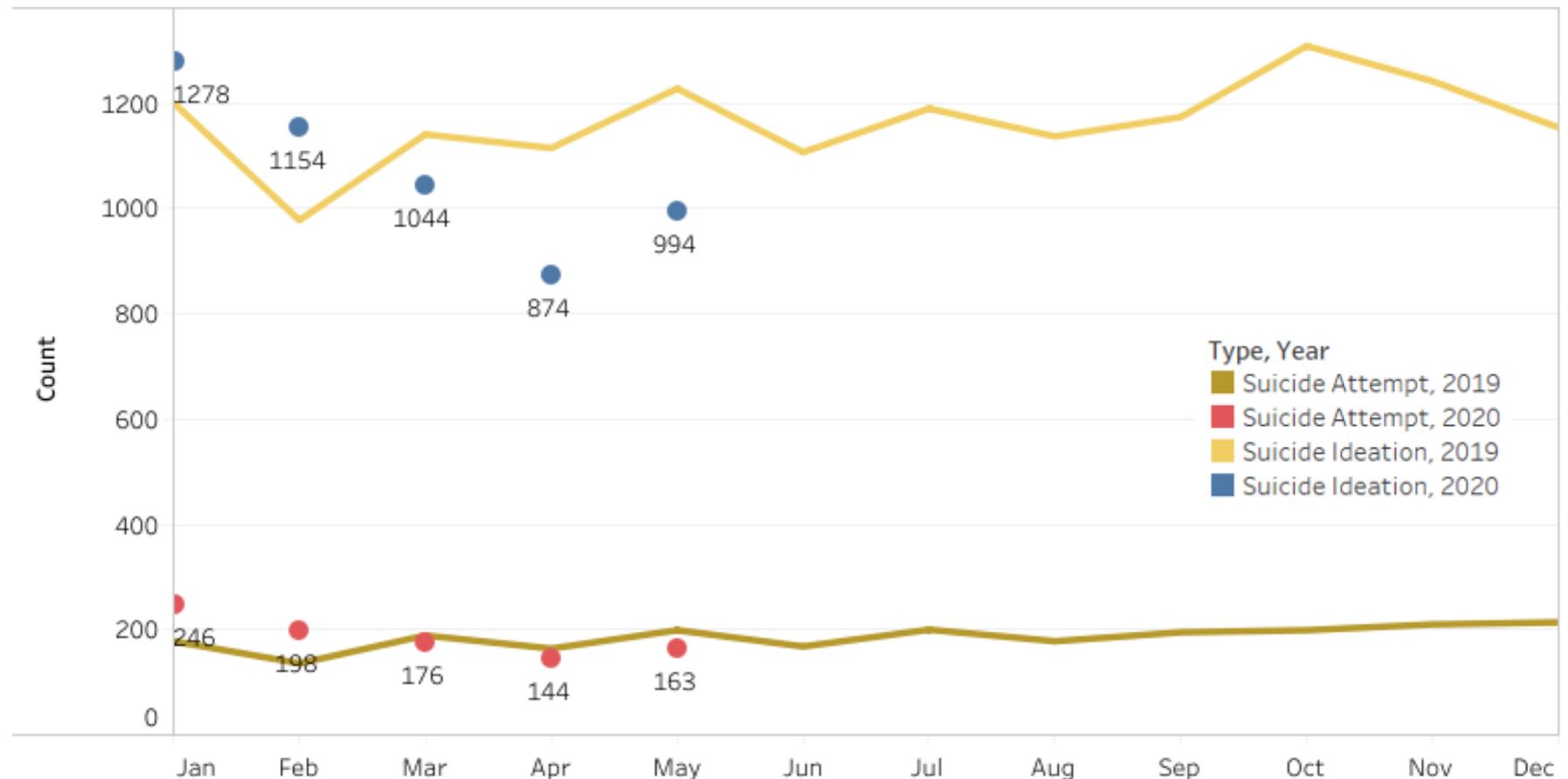
Policy timeline

State	State declaration of emergency 2/29/2020
Federal	CMS 1135 Waiver expands Medicare telehealth 3/6/2020
State	Stay Home - Stay Healthy Proclamation 3/23/2020
State	Expands telehealth, testing coverage, etc. (WA EO 20-02) 3/24/2020
State	Increases telemedicine healthcare parity (WA GOV 20.29) 3/25/2020
County	Community Well-being Group support begin 4/1/2020
State	Phase 1 Reopening (WA GOV 20-25.3) 5/4/2020
County	King County directive to wear face coverings 5/18/2020
County	Phase 1.5 Reopening 6/5/2020
State	WA implements new emotional health support program 6/5/2020
County	New behavioral health partnership with Molina Healthcare of WA 6/17/2020
County	Phase 2 Reopening 6/19/2020
State	Secretary of Health mandates face coverings 6/26/2020

Emergency visits for suicide attempt and ideation, KC

- ↓ Overall number of emergency department (ED) visits declined since March 2020
- ↓ Number of ED visits associated with suicide attempts and ideation declined
- ↓ While ED visits for suicide ideation increased in May, the number is well below the number that occurred in the same months of 2019

Emergency department visit for suicide attempt and ideation
All counts by month, King County, 2020 vs 2019



Data source: Washington State Department of Health Rapid Health Information Network (RHINO)

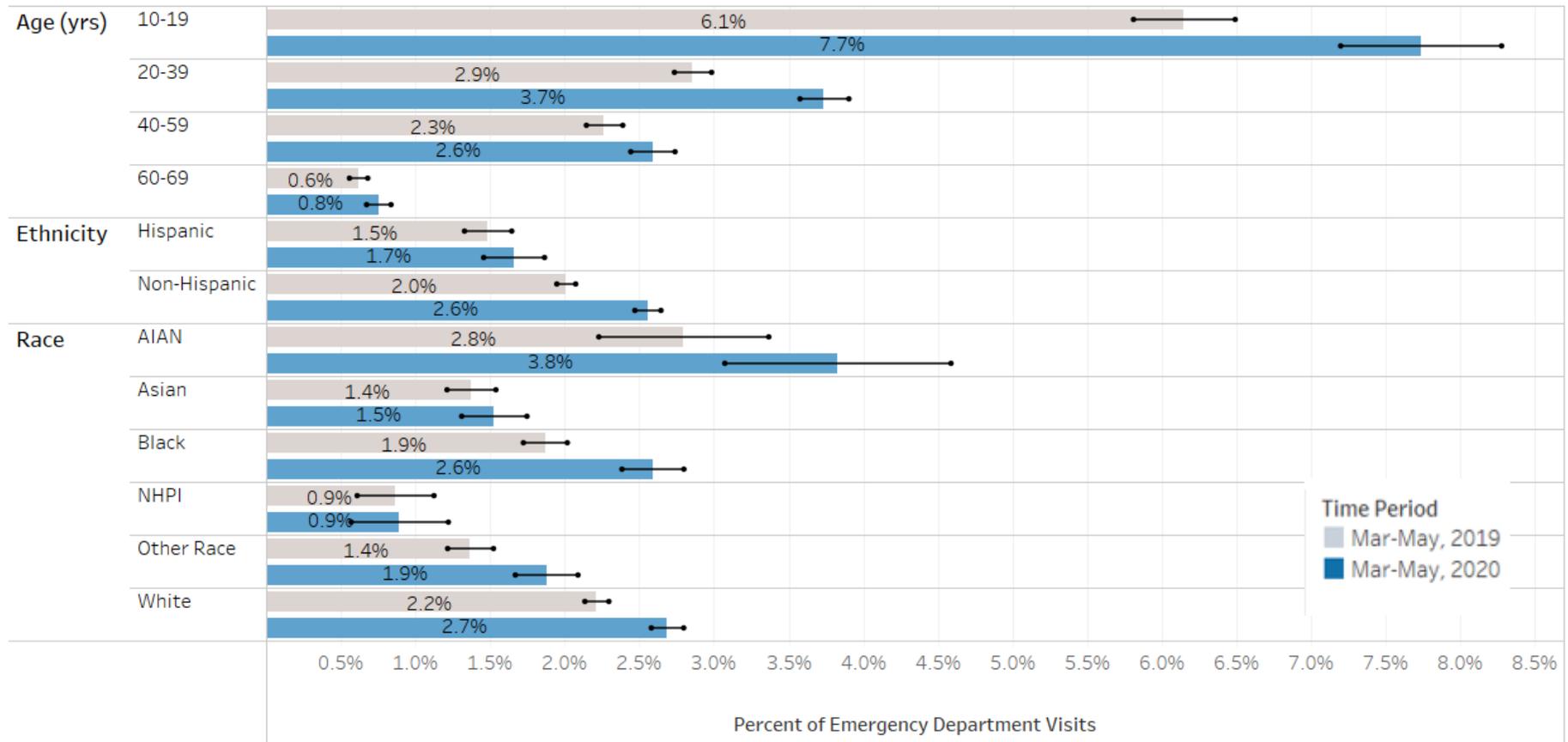
Percent of suicide ideation visits among all emergency dept visits, KC

→ ED visits involving a **suicide attempt** did not vary by race nor Hispanic ethnicity and was similar to 2019 (data not shown)

↑ ED visits for **suicide ideation** were higher among many race and ethnicities

↓ Prevalence of suicide ideation decreased with age

By Age (yrs), Ethnicity, Race: Percent of Suicide Ideation Visits among All Emergency Dept Visits by King County Residents, Mar-May 2019 vs. Mar-May 2020



The trends of Percent, Percent, CI-LB and CI-UB for Year broken down by Group and Category. For pane Percent: Color shows details about Year. The marks are labeled by Percent. Details are shown for Percent, CI-LB and CI-UB. The data is filtered on Variable and MarMay. The Variable filter keeps Suicide Ideation. The MarMay filter keeps 3 members. The view is filtered on Group, which keeps Age (yrs), Ethnicity and Race.

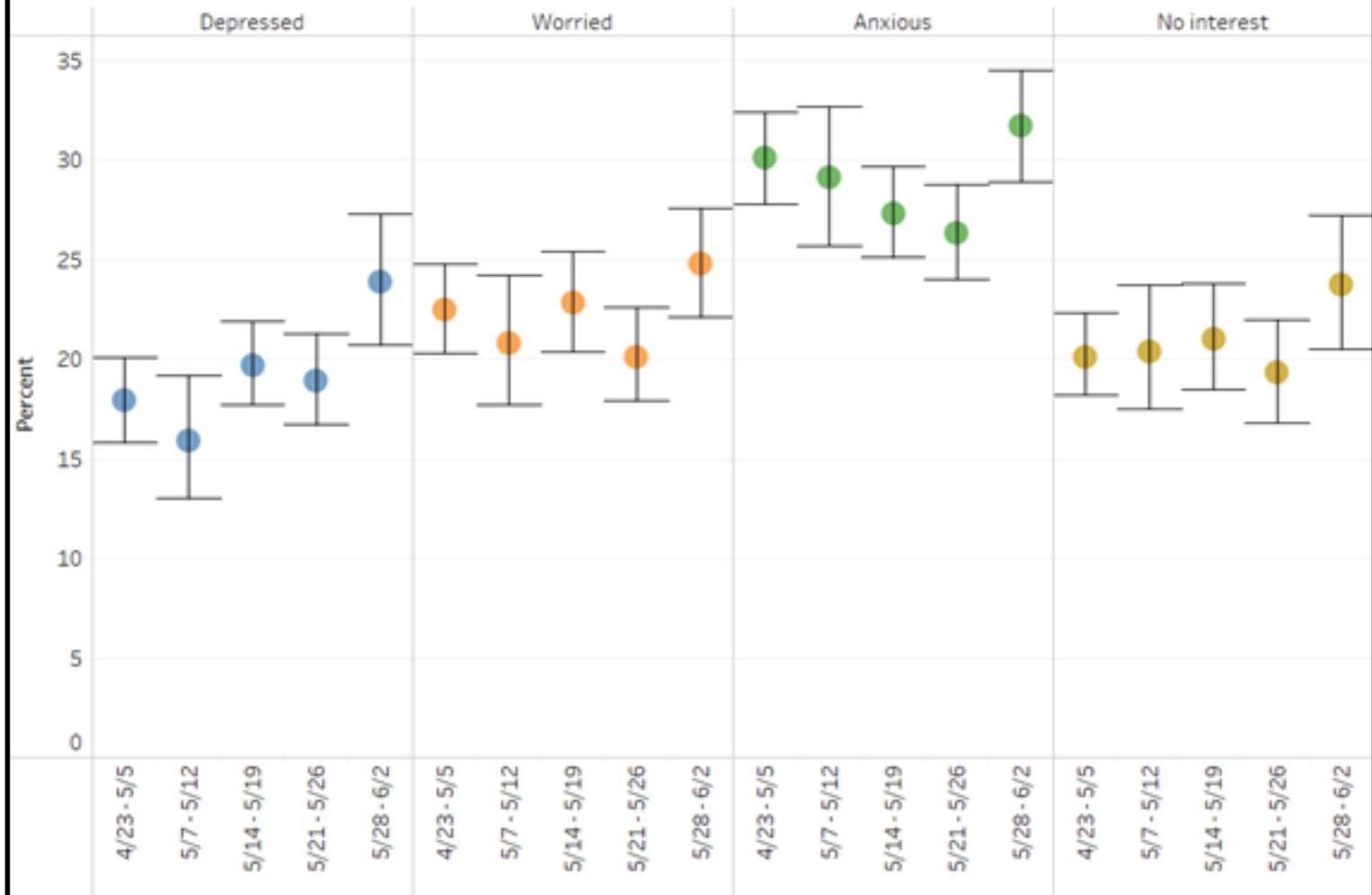
Feeling depressed, worried, anxious or no interest more than half the week the week

Washington State, 4/23-6/2
Data source: Census Household Pulse Survey

Feelings of depression increased



Self-reported feelings for more than half the week
Washington State, April 23 - June 2, 2020



Data source: Census Household Pulse Survey.

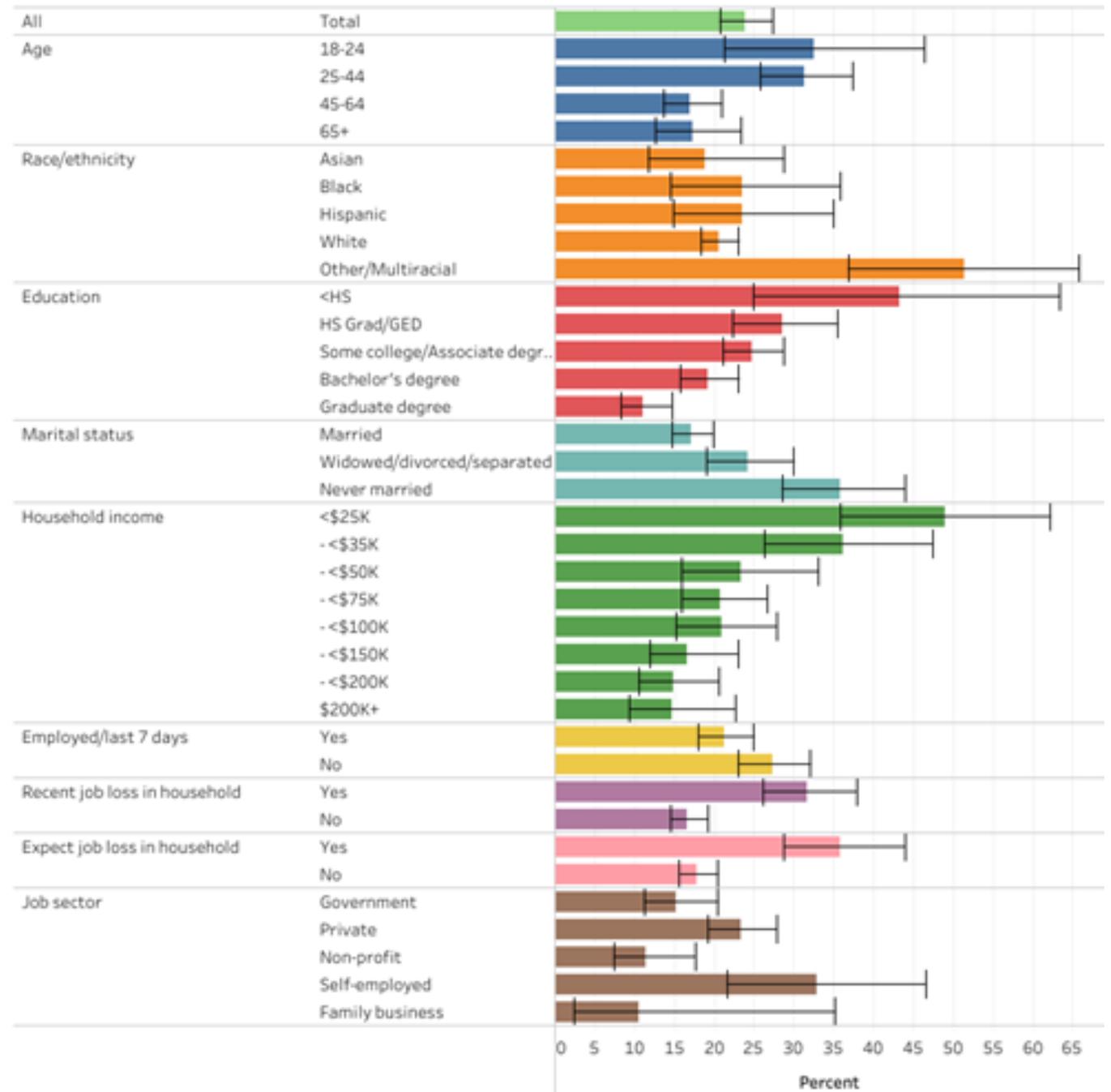
Feeling down, depressed or hopeless more than half of the week

Washington State, 5/28-6/2

Data source: Census Household Pulse Survey

Depression highest among:

- Those who lost employment or live with someone who lost employment
- Incomes less than \$35,000/yr
- People self-identifying with multiple race categories



Key Points: Behavioral health needs & services



- Number of people with symptoms of depression increased 34% since April 23, 2020 in Washington State
- Highest levels of depression
 - Those who lost employment or live with someone who lost employment
 - Incomes less than \$35,000/yr
 - People self-identifying with multiple race categories



Calls to King County's behavioral health crisis line significantly increased in April 2020 (+12%) higher than those in the same month of 2019



Suicide-related Emergency Medical Services and emergency department incidents declined since the start of the pandemic, as did the number of overall incidents in King County

For discussion

1. From your perspective, does this reflect the experience of your sector or in your community?
2. What questions does this raise for you?

Email additional feedback about the mental health brief to: Kris Johnson krijohnson@kingcounty.gov

Data questions or requests? Write to data.request@kingcounty.gov

Thanks to reviewers, partners and the data team for the behavioral health brief: Carolina Johnson, Leilani Schwarcz, Lin Song, Myduc Ta, Abigail Schachter, Scott Neal, Fel Pajimula, Kris Johnson, Eva Wong, Amy Laurent

Safe Start Phase 2: Employers have critical role in helping prevent further spread of COVID-19

SAFE START WASHINGTON: What's Open? PHASE 2

All activities in Phase 1 are allowed, in addition to the following ...

<h3>Recreation</h3> <p>Outdoor recreation involving 5 or fewer people outside your household:</p> <ul style="list-style-type: none">• Camping• Beaches• Some sporting activities	<h3>Business</h3> <ul style="list-style-type: none">• Manufacturing• Construction• Real estate• Photography• Pet grooming• In-home /domestic services (nannies, housecleaning, etc.)• Retail (in-store purchases allowed with restrictions)• Professional services /office-based businesses (telework remains strongly encouraged)• Personal services (hair and nail salons/barbers, tattoo, etc.)• Restaurants/taverns <50% capacity, table size no larger than 5 (no bar-area seating)• Limited small group fitness• Drive-in movie theaters• Library (curbside pick-up)• Fitness training and classes with up to 5 participants	<ul style="list-style-type: none">▶ Please follow all applicable guidelines and requirements▶ Staying home is still safest▶ When out: keep 6 feet of distance, wear a face covering, and stay local 
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Gatherings

Gather with no more than 5 people outside your household per week.

Indoor spiritual or religious services up to 25% of capacity or 200 individuals (whichever is less). Choirs not allowed.

In-home faith-based services or counseling with up to 5 people.

Travel

Essential travel and travel for activities allowed under Phase 1 and Phase 2

The secretary of health may approve only partial reopening of activities in some counties. To see details about your county, visit the County Status page at www.coronavirus.wa.gov.

*Source: WA State Joint Information Center
June 18, 2020*

- Know and protect the rights of your workers
- Know and follow all limitations for your type of business – many operating at reduced capacity
- Educate workers and customers
- Provide personal protective equipment
- Maintain minimum of 6 feet of separation
- Regularly clean and sanitize
- Provide flexible leave and scheduling policies
- Know the actions to take if an employee is sick or exposed
- Know who to call if you have questions

Safe Start Phase 2

Resources

- **Link/share King County site at www.kingcounty.gov/Safe-Start**
 - ✓ Translations: Phase 2 guidance is now available in [Vietnamese](#), [Amharic](#), [Somali](#), [Russian](#), [Chinese](#), [Spanish](#), and [Korean](#)
 - ✓ Questions about how Safe Start guidance applies to your business? Call the King County COVID-19 Community and Business Compliance line: **206-296-1608**. Ask for an interpreter by saying the name of your language.
- City of Seattle Phase 2 Reopening Toolkits <http://www.seattle.gov/mayor/covid-19/covid-19-reopening>
- Washington State Safe Start Plan and Guidance for Reopening www.coronavirus.wa.gov/what-you-need-know/safe-start
- CDC Guidance <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>
- Contact info: Shannon Harris, King County Business Task Force Lead – Community Mitigation & Recovery, COVID-19 Response. Shannon.harris@kingcounty.gov 206-263-8086

Discussion

- **What issues are you grappling with related to Phase 2 reopening? Where is more guidance or clarification needed?**
- **What successes, best practices, or tips do you have to share with others?**

Free face coverings from King County

- King County is distributing 25 million cloth and disposable face coverings to residents, workers and businesses throughout King County.
- The distribution plan is coordinated with the help of various government agencies and community organizations, including cities, chambers of commerce, the King County Department of Local Services, community-based organizations, religious institutions and unions.
- Due to the high volumes of face coverings, not all will arrive or be shipped out at the same time, and distribution may take about a month.
- If you are an individual who lives in a city, contact your city to find out how they are distributing the face coverings. Cities should have already received their shipments of face coverings. Unincorporated area residents should watch for updates about distribution through their local unincorporated area council, local community-based and faith-based organizations.
- **Community-based organizations, non-profits, faith-based organizations, and labor unions can request face coverings at <https://kcgovbusiness.dynamics365portals.us/PPE/ppe-request/>. They must submit this form regardless of current or past engagement with County staff about receiving face coverings.**
- Chambers and business organizations throughout King County have joined together to get face coverings, disposable masks, and hand sanitizer to businesses in King County. Businesses can go to www.safestartkingcounty.com for more information.

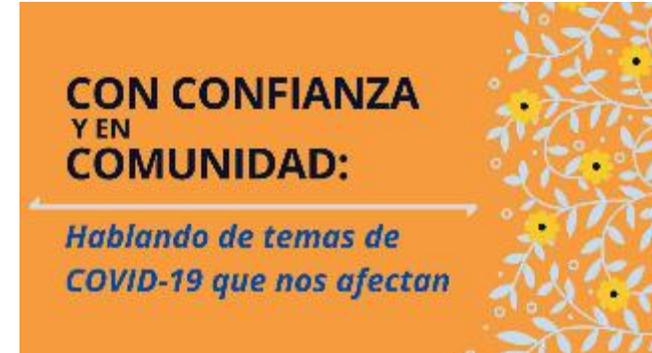
Ways to stay connected

Weekly Covid-19 webinar for Spanish-speaking community

- A conversation between community members and Public Health-Seattle & King County. Facilitated by Giselle Zapata-Garcia and Penny Lara.
- **Every Tuesday, 5:30 – 6:30 PM**
- For more info follow <https://www.facebook.com/CondadodeKing>
- Join Zoom Meeting
<https://kingcounty.zoom.us/j/95001879122>
Meeting ID: 950 0187 9122
One tap mobile
+12532158782,,95001879122# US (Tacoma)
+13462487799,,95001879122# US (Houston)

Looking for a speaker about COVID-19?

- **Contact Debra Baker** – Speakers Bureau Task Force Lead: Debra.Baker@kingcounty.gov
- Where possible please give us 48 hours notice of webinar presentations
- More at: <https://www.kingcounty.gov/depts/health/covid-19/support/presentation-requests.aspx>



Ways to stay connected

Community Partners Call

- Every Monday 4:00 – 4:45 p.m.
- Email phpartnerships@kingcounty.gov to receive Zoom call-in information
- Hosted by the Community Mitigation Group's Community and Faith-based Task Force

COVID-19 Homelessness Response

- Email covidhomelessnessresponse@kingcounty.gov to be added to list serve and get information on calls, webinars, and resources.
- Visit www.kingcounty.gov/hch for up to date information

City of Seattle Department of Neighborhoods COVID-19 Community Webinars

- Visit: <https://frontporch.seattle.gov/2020/03/24/get-connected-to-our-weekly-covid-19-community-webinars/>

Important Resources to Stay Informed on COVID-19

- Subscribe to Public Health's website: www.kingcounty.gov/covid
- Subscribe to the Public Health blog: www.publichealthinsider.com
- Anti-stigma resources: www.kingcounty.gov/ncov/anti-stigma
- King County COVID-19 data dashboards: www.kingcounty.gov/covid/data
- Information on face coverings: www.kingcounty.gov/masks
- Information about COVID-19 testing: www.kingcounty.gov/testing
- Follow us on social media @KCPubHealth [Facebook](#), [Insta](#), and [Twitter](#)
- Healthier Here COVID-19 Resource Hub: www.healthierhere.org/covid
- WA State Dept of Health: www.doh.wa.gov/Emergencies/Coronavirus
- WA State: <https://www.coronavirus.wa.gov/>