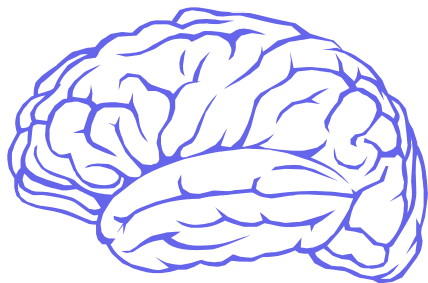# COVID-19 Affects on Mental Health

How it was affected.

In communities, resources were forced to shut down. They were only available through telephone or through a video call. Many resources were also unavailable due to having a Stay Home, Stay Safe order in place. People didn't leave their homes and had a hard time communicating to people.

Addiction
Social isolation gives a higher risk for a person who suffers from Substance Abuse Disorder.

Retrieved from: https://www.acpjournals.org/doi/full/10.7326/M20-1212

Acess To Health Care
COVID-19 testing was made available for free to people without health insurance.

Retrieved from: https://mlpp.org/public-policy-response-to-the-covid-19-outbreak-in-michigan-healthcare/

Criminal Justice System
Inmates at prisons were tested for COVID-19 due to being a vulnerable population.

How COVID-19 permanently changed resources.

Resources will be changed in a way for the time being. Many resources have been made available online. In the community people have a lack of internet access and is seen as a barrier . MDHHS partnered with Headspace to make it easier to access resources but many people do not have the internet to use this.

COVID-19 Data

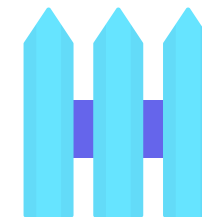UPDATED AS OF JULY 6TH

TOTAL CASES — 1,284

TOTAL DEATHS — 120

TOTAL RECOVERED — 695

REPORTEDLY HAD SYMPTOMS OF ANXIETY OR DEPRESSIVE DISORDER — 39.4%

Barriers

- Resources became unavailable to the people that need it.

- People lost health insurance making it harder to improve the access to health care.

- Education for mental health stigma drifted focus to COVID-19.

- Court Systems were shut down and only available through certain contacts.

COVID-19 Affects on Healthy Lifestyles

How it was affected

As times started to change people started to try and leave the house as less as possible. There was a beef shortage among the pandemic. People were also trying to figure out how to pay for groceries. Many people looked towards food banks for the food they need. During the COVID-19 pandemic there were certain populations that are more susceptible to the disease. These include any respiratory diseases, people who are immunocompromised, or any other underlying health conditions.

Access to Food

Food Banks were giving away food to more people than normal and people were trying to limit trips to the grocery stores.

Physical Activity

Gyms were shut down and people were forced to stay home which has lead to sedentary lifestyles.

Retrieved from: https://medicine.umich.edu/dept/psychiatry/michigan-psychiatry-resources-covid-19/your-lifestyle/importance-physical-activity-exercise-during-covid-19-pandemic
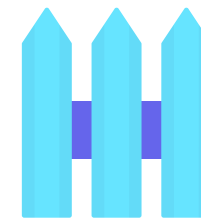
Chronic Illness

People with chronic illnesses have been proven to be more susceptible to COVID-19.

Retrieved from: https://www.michigan.gov/documents/mdhhs/2019-nCoV_Web_FAQ_Final_02.07.20_680693_7.pdf

How COVID-19 permanently changed resources.

Resources have been closed for a majority of the pandemic. Many people where forced to stay home and adapt to a sedentary lifestyle. People who lost jobs could barely afford to feed their families and looked to food banks. Grocery stores limited hours and set aside times for special populations. Many treatments for people with chronic illnesses were put on hold until they became emergent.

COVID-19 Data

UPDATED AS OF JULY 6TH

TOTAL CASES **1,284**

TOTAL DEATHS **120**

TOTAL RECOVERED **695**

12X MORE COVID-19 DEATHS FROM UNDERLYING HEALTH CONDITIONS

Barriers

- Resources were closed such as gyms, food clinics, and limited availability at food banks.

- Education efforts changed to make sure people with chronic diseases were made safe.

- Social determinants of health became more clear in the community but harder to address.

- Closing gaps to accessible services for the most vulnerable populations became even harder due to people losing health insurance and services being closed.

COVID-19 Affects on Health Disparities Among Infants and Mothers

How it was affected

During the COVID pandemic pregnant women were a big topic of concern. Women were having to go to doctor's appointments by themselves and some were not allowed to visit children after birth. COVID-19 also affected minorities in a disproportional way. This became a growing concern and has ongoing research as to why the disease is effecting minorities. Data became apparent and showed that women are also more likely to contract the disease.

Education

COVID-19 shifted focus to helping better health disparities and implicit bias among health care workers.

Community Initiative

Lack of evaluation of community initiatives has been seen to try and limit the racial disparities related to COVID-19.

Partnership

The State of Michigan is now requiring all health care workers to undergo implicit bias training.

Retrieved from: https://inclusion.msu.edu/education/understanding-implicit-bias-certification-program.html

How COVID-19 permanently changed resources.

Resources for mothers have changed in a way that are much different than before. Some are scared of visiting the doctors or even giving birth during a pandemic. Pregnant women have been seen as a special population during the COVID-19 pandemic. The racial disparities have also been seen throughout infant morality rates in Saginaw County. New state initiative may help with decreasing racial disparities within the community.

COVID-19 Data

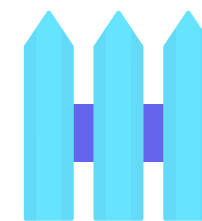UPDATED AS OF JULY 6TH

TOTAL CASES **1,284**

TOTAL DEATHS **120**

TOTAL RECOVERED **695**

32.1% OF SAGINAW COUNTY CASES WERE AFRICAN AMERICAN

Barriers

- There was a lack of data that showed implicit bias for COVID-19.

- Education has been hard to increase because of the COVID-19 focus.

- Community initiatives have decreased because of staying home and people not attending community events.

New Initiative

The State of Michigan has partnered with health care systems to help bring awareness to implicit bias.