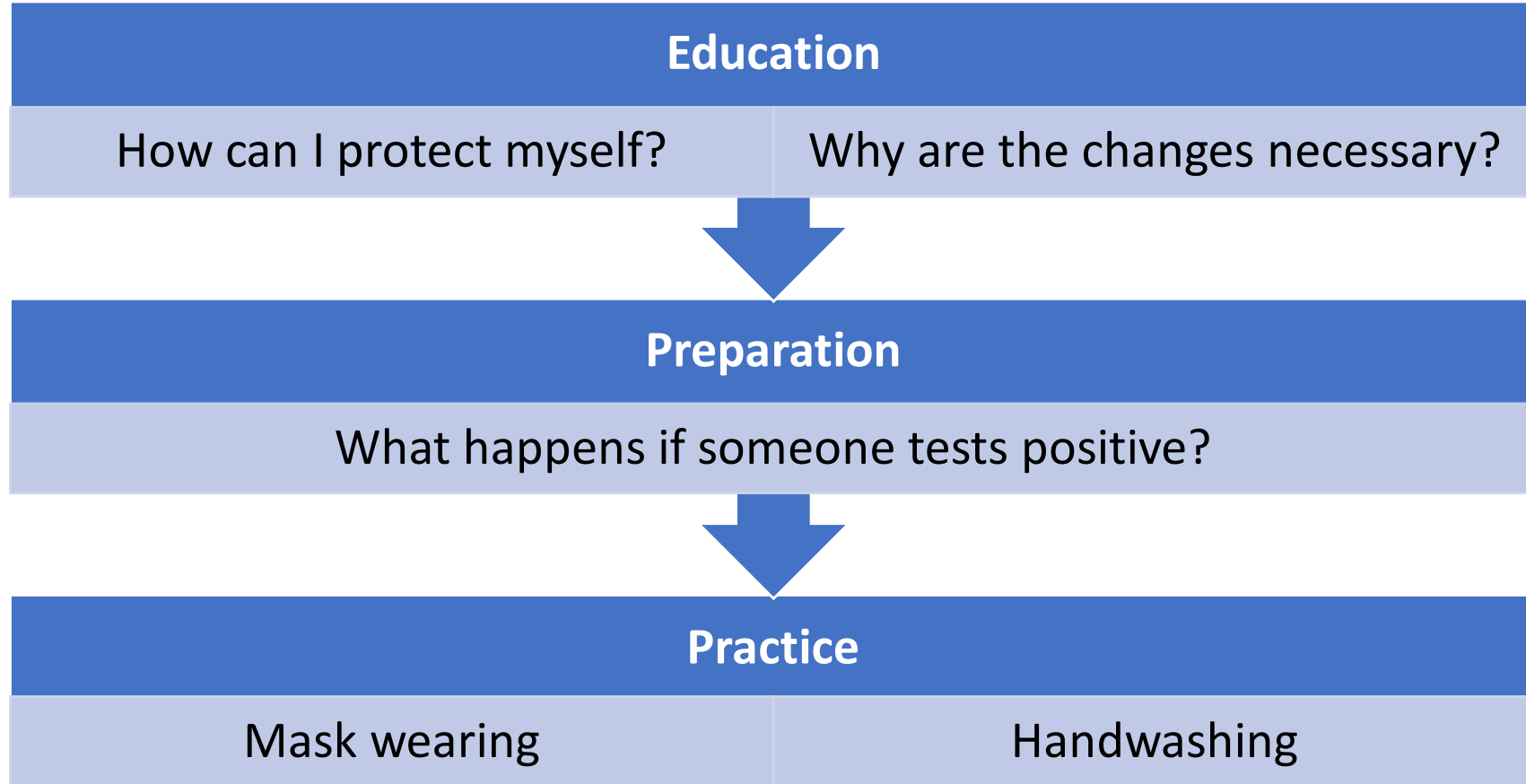


BEHAVIORAL HEALTH IMPACTS OF COVID-19
Maintaining Quality Care in Inpatient and Residential Treatment Facilities

Providing Quality Treatment During COVID-19

- Requires creativity. A “cookbook” approach won’t work.
- Challenges include space, staff, and patient variables.
- Change and transition from standard practice is hard.
- Treatment facilities often have a mix of those who are admitted voluntarily and want to be there and those who are involuntarily admitted and want to leave.
- Staff are dealing with their own personal concerns, including their risk for infection, changes in procedures, and balancing their work and personal lives.

Stress Inoculation for Patients



Integrating Discussion of COVID-19 as Part of Treatment

- Include patients by helping them engage in their own safety planning around COVID-19.
- As part of the therapy process, discuss ways in which patients can exercise control:
 - Choose positive interactions.
 - Ask questions of staff about their treatment.
 - Create and maintain connections to outside support systems.
 - Identify “normal” responses to disaster from more chronic or acute pathology.
 - Reframe perceived weaknesses, such as being more introverted, as strengths, such as “comfortable managing social distancing.”

Maintaining Staff Resilience

- Develop a pattern of routine, honest, and transparent communication between staff leadership and staff.
- Provide education for staff on the impacts of disaster on their own behavioral health.
- Encourage flexibility for schedules, if possible.
- Encourage stressed staff to access resources, such as Employee Assistance Programs (EAP), online supports and apps to help mitigate symptoms of stress, and professional assistance, as needed.
- Team leads should model by example, particularly in terms of boundaries around work expectations.

Resources

- **Behavioral Health Inpatient and Residential Treatment Facilities**
 - [Safe Start Recommendations and Requirements](#)
 - [COVID-19 Guidance for Behavioral Health Inpatient and Residential Facilities](#)
 - [Safe Start for Licensed and Certified Inpatient Behavioral Health Facilities and Agencies: Recommendations for Adapting Behavioral Health Treatment to Reduce Risk of COVID-19 Transmission](#)
- **General**
 - [COVID-19 Guidance for Building Resilience in the Workplace](#)