

The Mental Health Impacts of COVID-19

JANUARY 2021

DR. PAUL ERICKSON

COVID-19 is the most severe world health pandemic since the 1918 influenza pandemic. It has caused more than 350,000 deaths in the US and 1.8 million deaths worldwide while also leading to job losses, social fragmentation, and pervasive fear throughout communities across the US. Some have described the mental health consequences as the “second wave” of the pandemic.

This presentation will address the mental health and substance use impacts of the pandemic from several vantage points including the mental health impacts upon the general population and in communities across the country for those with moderate to severe pre-existing mental illness. We will examine the mental health impacts for those who have been ill with COVID-19, including those with less severe illness and “long haulers” who have persistent symptoms for months. Lastly, we will consider what mental health recovery could look like as we slowly return to everyday life.

OBJECTIVES:

1. Describe the mental health impact of the COVID-19 pandemic on the general community, especially for vulnerable groups such as adolescents and young adults.
2. Identify the mental health and other consequences of the pandemic for the severely mentally ill.
3. Recognize the mental health consequences of being ill with COVID-19.

DR. PAUL ERICKSON, is the Medical Director and Chair for Psychiatry and Addiction Medicine at Santa Barbara Cottage Hospital. He is also the Assistant Professor of Psychiatry at the University of Southern California Keck School of Medicine. Before moving to Santa Barbara in 2002, he was Acting Chief and Director of Clinical Services at the Cambridge Hospital Harvard Department of Psychiatry, where he worked for 20 years.

Dr. Erickson is Board Certified in Psychiatry, Neurology, and in Addiction Medicine. He enjoys clinical psychiatry work at Santa Barbara Cottage Hospital, developing new programs, teaching students, and collaborating with community programs. He and his wife, Dr. Pam Reeves, have served on the Board of the Mental Wellness Center.

Santa Barbara Cottage Hospital
Psychiatry and Addiction Medicine
Department invites you to virtually
attend its January, 2021 presentation.

TUESDAY, JANUARY 26, 2021

Noon to 1:30 p.m.
No meals or breaks provided.

This event has gone virtual.
Join us via GoToTraining at:
attendee.gototraining.com/r/4959897364875308289

Training ID: 600-483-644

CONTINUING EDUCATION

PHYSICIANS: Please note that Psychiatric Grand Rounds is no longer able to offer CMEs because of changes to the CME requirements.

- Course meets the qualifications for 1 hour of continuing education (CE) credit for LMFTs, LCSWs, LPCCs, and LEPs as required by the California Board of Behavioral Sciences.
- Santa Barbara Cottage Hospital is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs (provider # 57341) and Santa Barbara Cottage Hospital maintains responsibility for the program/course and its content.
- Course approved by the California Board of Registered Nursing, Provider #00252 for 1 contact hour.
- Continuing Education: Attendance for the full hour is required to receive credit. CE credit is not offered for meals or breaks.

COTTAGE HEALTH EMPLOYEES: send name, email and employee number to: cmanigau@sbch.org

FEES: There is no charge to Cottage Health employees. There is a \$15 fee to Non-Cottage attendees who wish to receive continuing education credit.

CERTIFICATES: Cottage Health employees will complete evaluations in HealthStream. Non-Cottage attendees will receive certificates within 10 business days of returning the evaluation and paying the \$15 fee. Detailed instructions will be provided at registration.

- Grievances may be addressed directly to the Education Department.
- If you are in need of special accommodation please contact the Education Department at (805) 569-7325.

PROGRAM COORDINATORS

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TARGET AUDIENCE

Addiction Counselors
Clinical Nurse Specialists
Counselors
Marriage & Family Therapists
Nurse Practitioners
Nurses
Occupational Therapists
Occupational Therapy Assistants
Other Mental Health Professionals
Pharmacists
Psychologists
Psychotherapists
Social Workers

Learn more about our Psychiatry and
Addiction Medicine services at:
cottagehealth.org/mentalhealth

Please register at:

attendee.gototraining.com/r/4959897364875308289

Training ID: 600-483-644

After registering you will receive a confirmation email containing information about joining the training.