



Mental Health and Substance Use Disorders in the Era of COVID-19: With a Special Focus on the Impact of the Pandemic on Communities of Color

A Virtual Workshop

November 23, December 3, and December 14, 2020

Forum on Mental Health and Substance Use Disorders

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FORUM ON MENTAL HEALTH AND SUBSTANCE USE DISORDERS

November 23, 2020

Dear Colleagues:

Welcome to the workshop on *Mental Health and Substance Use Disorders in the Era of COVID-19: With a Special Focus on the Impact of the Pandemic on Communities of Color*, an activity hosted by the Forum on Mental Health and Substance Use Disorders at the National Academies of Sciences, Engineering, and Medicine.

Due to restrictions on travel and public gatherings as a result of the COVID-19 pandemic, the workshop will be held over a series of webinars on November 23, 2020, December 3, 2020, and December 14, 2020.

The COVID-19 pandemic has created both short-term and long-term negative consequences for behavioral health outcomes. The pandemic has also created, revealed, and exacerbated long-standing racial and ethnic disparities in behavioral health care.

The first webinar will focus on how COVID-19 has revealed and exacerbated mental health and substance use disorders and highlight the impact of the pandemic on communities of color. The second webinar will focus on access to health care and delivery of services for people with mental health and substance use disorders, especially among racial and ethnic groups that have been historically underserved. The third webinar will explore the mental health well-being of the health care workforce, with a particular focus on the impact of the pandemic on people of color.

A summary of this workshop will be published by the National Academies Press. The webinar's meeting materials as well as a video archive of the webinar will be available at:
<https://www.nationalacademies.org/our-work/mental-health-and-substance-use-disorders-in-the-era-of-covid-19-exploring-the-impact-of-the-pandemic-on-communities-of-color-a-workshop>

We hope you will find the workshop presentations informative, thought-provoking, and inspiring, and that the suggestions made by the workshop participants will contribute to improved care and informed policymaking regarding people living with mental health and substance use disorders.

Sincerely,



Larke Huang, PhD (Co-Chair)
Director, Office of Behavioral Health Equity
Substance Abuse and Mental Health Services
Administration
Department of Health and Human Services



Deidra Roach, MD (Co-Chair)
Medical Project Officer
Division of Treatment and Recovery Research
National Institute on Alcohol Abuse and
Alcoholism, National Institutes of Health

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Webinar 3
December 14, 2020
1:00-2:30 PM ET

WEBINAR NOTES

- Join the webcast via this link:
<https://nasem.zoom.us/j/98146306850?pwd=KzZkTGIXUUZYK01oSy9GUQtRR3E0Zz09>
- An archive of the video webcast and presentation slides will be available at:
<https://www.nationalacademies.org/event/12-24-2020/mental-health-and-substance-use-disorders-in-the-era-of-covid-19-with-a-special-focus-on-the-impact-of-the-pandemic-on-communities-of-color-a-workshop-part-3>
- Proceedings-in-Brief of the workshop will be published following National Academies procedures. Rapporteurs will compose the proceedings from the workshop transcript and external reviewers will examine the proceedings to make sure it accurately reflects workshop discussions and conforms to institutional policies.
- Interested in receiving updates from the Forum on Mental Health and Substance Use Disorders or the National Academies of Sciences, Engineering, and Medicine's Health and Medicine Division?

Sign up for the **Forum** listserv at:

<https://nationalacademies.us8.list-manage.com/subscribe?u=ab74d126b7d2db12591de5c2c&id=211686812e>

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Webinar 3: The Mental Health Well-being of the Health Care Workforce during COVID-19

WEBINAR 3 MONDAY, DECEMBER 14, 2020 1:00-2:30 PM ET	
1:00 PM	<p>Welcome from the Forum on Mental Health and Substance Use Disorders</p> <p>Colleen L. Barry, PhD, MPP Fred and Julie Soper Professor and Chair, Department of Health Policy and Management, Johns Hopkins Bloomberg School of Public Health Co-Director, Johns Hopkins Center for Mental Health and Addiction Policy Research</p> <p>Howard Goldman, MD, PhD Professor of Psychiatry University of Maryland at Baltimore School of Medicine</p> <p><i>Forum Co-Chairs</i></p>
1:05 PM	<p>Overview of the Workshop and Introduction of the Speakers</p> <p>Larke Huang, PhD Director, Office of Behavioral Health Equity Substance Abuse and Mental Health Services Administration Department of Health and Human Services</p> <p>Deidra Roach, MD Medical Project Officer Division of Treatment and Recovery Research National Institute on Alcohol Abuse and Alcoholism</p> <p><i>Planning Committee Co-Chairs</i></p>
1:10 PM	<p>Mental Health of the Health Care Workforce During COVID-19 and the Disproportionate Impact on Communities of Color</p> <p><i>Speakers:</i></p>

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	<p>Ted Lutterman Senior Director, Government & Commercial Research National Association of State Mental Health Program Directors Research Institute</p> <p>Albert Wu, MD Professor Johns Hopkins Bloomberg School of Public Health</p> <p>Arthur Evans, Jr., PhD Chief Executive Officer and Executive Vice President American Psychological Association</p>
2:10 PM	Panel Discussion and Audience Q&A
2:28 PM	Closing Remarks
2:30 PM	Adjourn

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WEBINAR 3 SPEAKERS

Arthur Evans, Jr., PhD

Chief Executive Officer and Executive Vice President
American Psychological Association

Ted Lutterman

Senior Director, Government
& Commercial Research
NRI - National Association of State
Mental Health Program Directors Research Institute

Albert Wu, MD

Professor
Johns Hopkins Bloomberg School of Public Health

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WEBINAR 3 SPEAKER BIOSKETCHES



Dr. Arthur Evans is CEO of the American Psychological Association, the leading scientific and professional organization representing psychology in the United States. He previously served in public policy positions in Philadelphia and Connecticut, where he led the transformation of their behavioral health systems and their approaches to serving a wide range of individuals with complex needs. Over his tenure, the money the agencies saved was reinvested into improving and expanding services and employing innovative

strategies to reach more people. An unconventional leader, he has employed science, research, community activism, spirituality, traditional clinical care, policy and cross-system collaborations to change the status quo around behavioral health. Evans has also held faculty appointments at Yale University's and the University of Pennsylvania's Schools of Medicine, and he has been the author or co-author of over 50 peer-reviewed research articles and of numerous chapters, reviews and editorials. Over the years he has received national and international recognition, including the American Medical Association's top government service award in healthcare, the Lisa Mojer-Torres Award from Faces and Voices of Recovery, and the Visionary Leadership Award from the National Council of Behavioral Health, as well as being named as an "Advocate for Action" by the White House's Office of National Drug Control Policy. A major emphasis of his career has been equity and social justice and he has received multiple awards named for Rev. Martin Luther King Jr. for this work.



Ted Lutterman has over 35 years of experience public Mental Health agencies to document and analyze trends in the mental health services and supports that state governments provide to over 7 million individuals each year at an annual cost of over \$43 billion. Mr. Lutterman works with leaders in state and federal agencies to identify important new policy questions, design data collection system to capture such information, and to collect, analyze, and disseminate results from these data efforts. Mr. Lutterman oversees NRI's federal data collection and policy

analysis efforts. He has been a lead NRI staff person on the development of behavioral health performance indicators and oversees annual reporting by states of Mental Health Block Grant data to SAMHSA. Mr. Lutterman is a leading data and policy analyst regarding the financing and organization of state mental health systems. Mr. Lutterman has worked with States to analyze how states structure their behavioral health systems, including responsibilities for funding, licensing, and certifying behavioral health providers for publications and internal SAMHSA use. He has directed the State Mental Health Agency Revenues and Expenditures Study, as well as been a member of numerous SAMSHA and other federal funded projects documenting mental health services and financing.

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Albert W. Wu, MD, MPH is a practicing general internist and Professor of Health Policy & Management and Medicine at the Johns Hopkins University Bloomberg School of Public Health. He is director of the Center for Health Services & Outcomes Research, and online Masters of Applied Science in Patient Safety & Healthcare Quality. He is an expert in research on quality of care and outcomes research with over 500 publications and book chapters. He was a member of the Institute of Medicine committee on medication errors, and Senior Adviser for Patient Safety to WHO in Geneva. He is Editor-in-Chief of Journal of Patient

Safety and Risk Management, and co-director of the RISE (Resilience in Stressful Events) staff support program for Johns Hopkins Medicine.

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PLANNING COMMITTEE

Larke Huang, PhD (Co-Chair)

Director, Office of Behavioral Health Equity
and Justice-Involved
Substance Abuse and Mental Health Services
Administration, HHS

Deidra Roach, MD (Co-Chair)

Medical Project Officer
Division of Treatment and Recovery Research
National Institute on Alcohol Abuse and
Alcoholism

Margarita Alegría, PhD

Professor, Department of Psychiatry
Harvard Medical School
Chief, Disparities Research
Massachusetts General Hospital

Howard H. Goldman, MD, PhD

Professor of Psychiatry
University of Maryland School of Medicine

Colleen L. Barry, PhD, MPP

Fred and Julie Soper Professor and Chair
Department of Health Policy and
Management
Co-Director, Center for Mental Health and
Addiction Policy Research
Johns Hopkins Bloomberg School of Public
Health

Husseini K. Manji, MD, FRCPC

Global Therapeutic Area Head,
Neuroscience
Janssen Research & Development, LLC,

Lt. Commander Rashid Njai PhD, MPH

Health Scientist/ Epidemiologist
Centers for Disease Control and Prevention

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PLANNING COMMITTEE BIOSKETCHES



Larke Huang, PhD (Co-Chair) is a licensed clinical-community psychologist at the Substance Abuse and Mental Health Services Administration (SAMHSA) in the U.S. Department of Health and Human Services. She provides leadership on national policy for mental health and substance use issues for children and adolescents, is Director of SAMHSA's Office of Behavioral Health Equity which was legislated by the Patient Protection and Affordable Care Act, and oversees SAMHSA's trauma and criminal/juvenile justice portfolio. For the past 30 years, Dr. Huang has worked at the interface of practice, research and

policy. She received her doctorate from Yale University. Dr. Huang has been a community mental health practitioner, a faculty member at the University of California, Berkeley and Georgetown University, and a research director at the American Institutes for Research. She has worked with states and communities to build systems of care and model policies for children and youth with serious emotional and behavioral disorders; diversion programs for individuals with SMI and SUD at the nexus of behavioral health and criminal justice; and trauma-informed approaches in multiple health and social service settings. She has developed programs for underserved, culturally and linguistically diverse populations, evaluated community-based programs, and authored books and articles on behavioral health. Dr. Huang served as an appointed Commissioner on the President's New Freedom Commission on Mental Health, is an ongoing member of the Carter Center Mental Health Board, and serves on multiple APA committees and boards.



Deidra Roach, MD (Co-Chair) has more than 30 years of experience in the field of addiction treatment. She currently serves as a medical project officer for the National Institute on Alcohol Abuse and Alcoholism where, among other responsibilities, she manages research portfolios addressing the treatment of co-occurring mental health and alcohol use disorder and alcohol-related HIV/AIDS among women. She also serves on the Interagency Coordinating Committee on Fetal Alcohol Spectrum Disorders (ICCFASD), the NIH Coordinating Committee for Research on Women's Health, and the Extramural Advisory Work Group, Subcommittee on Inclusion Governance, a trans-NIH committee to advise the Office of the Director/NIH on matters

related to ensuring diversity in research participation. Dr. Roach co-chairs the Interagency Work Group on Drinking and Drug Use in Women and Girls, a trans-DHHS committee which promotes collaborative research and other activities focused on the prevention and treatment of substance use and co-occurring mental health disorders among women and girls.

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Margarita Alegría, PhD is the Chief of the Disparities Research Unit at the Massachusetts General Hospital and a Professor in the Departments of Medicine and Psychiatry at Harvard Medical School. From 2002-2015 she was the Director of the Center for Multicultural Mental Health Research at Cambridge Health Alliance, and was previously the Director of the Center for Evaluation and Sociomedical Research at the University of Puerto Rico. Dr. Alegría has been a Professor in the Department of Psychiatry at Harvard Medical School since 2004. Throughout her career, she has remained dedicated to generating knowledge that can be used to increase equity in health outcomes and healthcare services for disadvantaged and minority populations. Dr. Alegría's research has integrated three methods: a multidisciplinary and multisectorial approach to research; a multi-level framework which gives necessary consideration to environmental and social context, the individual and family system; and a strong focus on which aspects of culture and context need to be addressed to improve health, as well as service delivery for diverse populations. Dr. Alegría is currently the Principal Investigator (PI) of three National Institutes of Health (NIH)-funded research studies: Building Community Capacity for Disability Prevention in Minority Elders; Mechanisms Underlying Racial/ Ethnic Disparities in Mental Disorders; and The Impact of Medicaid Plans on Access to and Quality of Substance Use Disorder (SUD) Treatment. She is also the PI of a grant funded by the William T. Grant Foundation, entitled Using the Experience of Majority and Minority Status Through Photovoice. Dr. Alegría has published over 200 papers, editorials, intervention training manuals, and several book chapters, on topics such as improvement of health care services delivery for diverse racial and ethnic populations, conceptual and methodological issues with multicultural populations, and ways to bring the community's perspective into the design and implementation of health services. In October 2011, she was elected as a member of the National Academy of Medicine in acknowledgement of her scientific contributions to her field. She has also been a recipient of notable awards, such as the Mental Health Section Award by the American Public Health Association (2003), the Health Disparities Innovation Award by the National Institutes of Minority Health (2008), and the Simone Bolivar Award by the American Psychiatry Association (2009). Most recently, Dr. Alegría was the recipient of the 2018 Jonathan Mann Award by the New Mexico Public Health Association in recognition of her lifetime commitment to public health and social justice issues. Dr. Alegría obtained her B.A. in Psychology from Georgetown University in 1978 and her Ph.D. from Temple University in 1989.



Colleen L. Barry, PhD, MPP is the Fred and Julie Soper Professor and Chair of the Department of Health Policy and Management at the Johns Hopkins Bloomberg School of Public Health. She has a joint appointment in the Department of Mental Health. Professor Barry's research focuses on how health and social policies can affect a range of outcomes for individuals with mental illness and substance use disorders, including access to medical care and social services, care quality, health care spending, financial protection and mortality. She is involved in numerous research studies examining the implications of health insurance expansions and health care delivery system reform efforts on the treatment of mental illness and substance use disorders. She also conducts empirical research to understand how communication strategies influence public attitudes about opioid addiction, mental illness, gun policy, and obesity and food policy. One focus of this work is to identify evidence-based approaches to reducing stigma. She has authored over

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160 peer-reviewed articles on these topics. Dr. Barry is founding co-Director (with Elizabeth Stuart) of the Johns Hopkins Center for Mental Health and Addiction Policy Research and is a core faculty member in the Johns Hopkins Center for Gun Policy and Research. Professor Barry received her Ph.D. in health policy from Harvard University and her masters degree in public policy from the John F. Kennedy School of Government at Harvard.



Howard H. Goldman, MD, PhD is a professor of psychiatry at the University of Maryland School of Medicine. His expertise is in evaluating mental health services and financing programs and policies. Dr. Goldman's recent research has focused on evaluating employment demonstrations for people with severe mental disorders who are connected to the disability programs of the Social Security Administration (SSA). He has also been involved in various studies related to early intervention services for individuals experiencing a first episode of psychosis. In the past he served as principal investigator of the study team conducting the Evaluation of the Implementation and Impact of Mental Health and Substance Abuse Parity in the Federal Employees Health Benefits program, sponsored by the government. Dr. Goldman served as the senior scientific editor of the

Surgeon General's Report on Mental Health from 1997 to 1999, for which he was awarded the Surgeon General's Medallion. During 2002 and 2003, Dr. Goldman was a consultant to the President's New Freedom Commission on Mental Health. From 2004 to 2016 he served as editor of *Psychiatric Services*, a mental health services research and policy journal published monthly by the American Psychiatric Association. He has served on the editorial boards of several other journals, including *Health Affairs*, the *American Journal of Psychiatry* and the *Journal of Mental Health Policy and Economics*. He is a member of the National Academy of Social Insurance, having served on its disability policy panel. Dr. Goldman is a member of the NAM, who currently chairs a Standing Committee providing advice to SSA on its disability programs. He has also served as a member or consultant on numerous NASEM consensus committees related to disability policy. Dr. Goldman received joint M.D.-M.P.H. degrees from Harvard University and a Ph.D. in social policy research from the Heller School at Brandeis University.



Hussein K. Manji, MD, FRCPC is Global Therapeutic Head for Neuroscience at Janssen Research & Development, LLC, one of the Johnson & Johnson pharmaceutical companies. He is also Visiting Professor at Duke University. Dr. Manji was previously Chief of the Laboratory of Molecular Pathophysiology & Experimental Therapeutics at the National Institutes of Health (NIH) and Director of the NIH Mood and Anxiety Disorders Program, the largest program of its kind in the world. The major focus of Dr. Manji's research is the investigation of disease- and treatment-induced changes in gene and protein networks that regulate synaptic and neural plasticity in neuropsychiatric disorders. His work has helped to conceptualize these illnesses as genetically-influenced disorders of synaptic and neural plasticity

and has led to the investigation of novel therapeutics for refractory patients. Dr. Manji has also been actively involved in developing biomarkers to help refine these multifactorial diseases. Dr. Manji has received a number of prestigious awards, including the NIMH Director's Career Award for Significant Scientific Achievement, the A. E. Bennett Award for Neuropsychiatric Research, the Ziskind-Somerfeld Award for Neuropsychiatric Research, the NARSAD Mood Disorders Prize, the

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Mogens Schou Distinguished Research Award, the ACNP's Joel Elkes Award for Distinguished Research, the DBSA Klerman Senior Distinguished Researcher Award, the Briggs Pharmacology Lectureship Award, the American Federation for Aging Research Award of Distinction, the Caring Kind Alzheimer's Disease Leadership Award, and the Global Health & the Arts Award of Recognition. He has received PhRMA's Research & Hope Award for Excellence in Biopharmaceutical Research, and has also been recognized as one of 14 inaugural "Health Heroes" by Oprah magazine.



Rashid Njai, PhD, MPH, is a Lieutenant Commander in the US Public Health Service (USPHS) Commissioned Corps and Health Scientist at the Office of Noncommunicable Diseases, Injury and Environmental Health (ONDIEH) at the Centers for Disease Control and Prevention (CDC). Hailing from the University of Michigan, School of Public Health, where he completed his training in Health Behavior/Health Education (Phd, MPH) as a W.K. Kellogg Health Policy Fellow; he was also a Bunton-Waller Fellow and Ronald E. McNair Scholar at the Pennsylvania State University (BS, Biology). His current work includes supporting the Senior Advisor for Science of ONDIEH on cross-cutting science activities and opportunities in the area of Noncommunicable diseases (chronic diseases, birth defects and

developmental disabilities, injury, and environmental health); his work broadly focuses on the social/behavioral epidemiology of mental and physical health disparities among vulnerable populations, as they relate to the Social Determinants of Health, resiliency and wellness. LCDR Njai is a recent recipient of a Commendation Medal from the USPHS in recognition for his exceptional leadership, subject matter expertise and technical guidance in improving public health surveillance and research on social determinants of health at CDC from 2009 through 2015. Outside his role at CDC, Dr. Njai supports numerous community and youth empowerment activities locally in Atlanta, nationally and globally. He remains a scholar-activist through being adjunct faculty at Morehouse University's Biology/Public Health Sciences Institutes, a Center for Research on Ethnicity Culture and Health at the University of Michigan Affiliate and a Kellogg Fellowship Leadership Alliance board member.