IMPACT OF COVID-19 ON MENTAL HEALTH
Survey Highlights: All Respondents

Survey conducted May 13 – May 28, 2020, 818 responses

- 58% of respondents reported their mental health has gotten worse during the pandemic
- 87% of respondents are hopeful the pandemic will end soon

PERSONAL MENTAL HEALTH

- Changes in our family routine have been stressful: 39% Very true, 43% Somewhat true, 18% Not at all true
- Worried about being infected with the virus: 32% Very true, 49% Somewhat true, 19% Not at all true
- Concerned about someone else's mental health: 41% Very true, 38% Somewhat true, 22% Not at all true
- More irritable or easily angered than usual: 28% Very true, 41% Somewhat true, 31% Not at all true
- More sad or depressed than usual: 27% Very true, 38% Somewhat true, 35% Not at all true
- Concerned about the stability of our living situation: 17% Very true, 25% Somewhat true, 58% Not at all true

CHILD MENTAL HEALTH

(Among 549 parent respondents)

- Changes in routine have been stressful for child: 30% Very true, 48% Somewhat true, 22% Not at all true
- Distance learning has been stressful for child: 37% Very true, 33% Somewhat true, 31% Not at all true
- Child more irritable or easily angered than usual: 29% Very true, 36% Somewhat true, 35% Not at all true
- Child worried about being infected with the virus: 21% Very true, 43% Somewhat true, 36% Not at all true
- Child more sad or depressed than usual: 22% Very true, 35% Somewhat true, 43% Not at all true

ALCOHOL & DRUG USE

- 30% used alcohol or drugs to cope with a difficulty caused by the pandemic.
- 33% reported using MORE alcohol than before the pandemic (among households that consume alcohol)
- 28% reported using MORE marijuana than before the pandemic (among households that consume marijuana)

RESILIENCE

- I am able to find information and plan accordingly to address concerns over the COVID-19 pandemic: 52% Very true, 42% Somewhat true, 7% Not at all true
- I have found new ways of connecting with family and friends: 34% Very true, 50% Somewhat true, 17% Not at all true
- I have helped others with financial or practical support: 36% Very true, 46% Somewhat true, 18% Not at all true
- I have had sufficient emotional connections with family and friends: 28% Very true, 49% Somewhat true, 23% Not at all true
- I have received tangible support (e.g., financial, practical) from family or friends when needed: 24% Very true, 35% Somewhat true, 41% Not at all true

For more information, visit http://dhss.alaska.gov/dph/wcfl/Pages/mchepi
IMPACT OF COVID-19 ON MENTAL HEALTH
Personal Mental Health, by working status

Survey conducted: May 13 – May 28, 2020

ALL RESPONDENTS
(N=763)
• 58% reported their mental health has gotten worse
• 87% are hopeful the pandemic will end soon

STILL WORKING
(N=526)
• 60% reported their mental health has gotten worse
• 85% are hopeful the pandemic will end soon

NO LONGER WORKING
(N=107)
• 63% reported their mental health has gotten worse
• 93% are hopeful the pandemic will end soon

LAID OFF
(N=76)
• 66% reported their mental health has gotten worse
• 92% are hopeful the pandemic will end soon

For more information, visit http://dhss.alaska.gov/dph/wcfh/Pages/mchepi
IMPACT OF COVID-19 ON MENTAL HEALTH
Substance Use & Mental Health Services

Survey conducted: May 13 – May 28, 2020

USE OF ALCOHOL OR DRUGS TO COPE WITH A DIFFICULTY CAUSED BY THE PANDEMIC, BY WORKING STATUS

HOUSEHOLD CONSUMPTION
among households that consume alcohol (n=583) or marijuana (n=184)

MENTAL HEALTH AND DRUG/ALCOHOL TREATMENT SERVICES
13% of respondents who needed services reported being unable to obtain services.

What helped get needed services?*
(Top 3 responses)
1. Appointment availability (50%)
2. Insurance coverage (48%)
3. Adequate internet service (42%)

What prevented getting needed services?*
(Top 3 responses)
1. Appointments were cancelled or postponed (24%)
2. Not comfortable seeking help (14%)
3. Not available in my community or long wait list (13%)

*Among those who needed services (n=152)
IMPACT OF COVID-19 ON MENTAL HEALTH

Survey Questions

Emotional Health of Adults
• How would you rate your overall emotional health before the COVID-19 pandemic?
  • Poor, Fair, Good, Very good, Excellent
• During the COVID-19 pandemic, my overall emotional health has...
  • Improved, Stayed the same, Gotten worse
• To what extent are the following statements true for you?
  • I have been worried about being infected with the virus
  • Changes in our family routine have been stressful for me
  • I am concerned about the stability of our living situation
  • I am concerned about someone else’s mental health
  • I have been more irritable or easily angered than usual
  • I have been more sad or depressed than usual
  • I am hopeful that the COVID-19 pandemic will end soon

Emotional Health of Children
• To what extent are the following statements true for your child?
  • My child has been worried about being infected with the virus
  • Changes in our family routine have been stressful for my child
  • Distance learning has been stressful for my child
  • My child has been more irritable or easily angered than usual
  • My child has been more sad or depressed than usual
  • My child is hopeful that the COVID-19 pandemic will end soon

Substance Use
• The amount of alcohol consumed in my household is...
  • Less than before the pandemic, The same as before the pandemic, More than before the pandemic, No one in my household consumes alcohol
• The amount of marijuana or cannabis consumed in any form in my household is...
  • Less than before the pandemic, The same as before the pandemic, More than before the pandemic, No one in my household consumes marijuana
• I have used alcohol or drugs to cope with a difficulty caused by COVID-19.
  • Very True, Somewhat True, Not at all True

Resilience
• Since the beginning of the COVID-19 pandemic, to what extent are the following statements true for you?
  • I have found new ways of connecting with family and friends
  • I have had sufficient emotional connections with family and friends
  • I have received tangible support (e.g. financial, practical) from family or friends when needed
  • I have helped others with financial or practical support
  • I am able to find information and plan accordingly to address concerns over the COVID-19 pandemic

For more information, visit http://dhss.alaska.gov/dph/wcfd/Pages/mchepl
IMPACT OF COVID-19 ON MENTAL HEALTH

Survey Questions, cont.

Work
• Are any adults living in the home an essential worker (e.g., healthcare, delivery worker, store worker, security, building maintenance)?
• If yes, are they a first responder, healthcare provider or other worker in a facility treating COVID-19 patients?
• If you were working prior to the COVID-19 pandemic, are you still working?
  • Choices: Yes [Still working], No [No longer working], I was not working prior to the pandemic
• Among those still working,
  • Are you still going to your workplace?
  • Are you teleworking or working from home?
• Among those no longer working,
  • Were you laid off or forced to close your business? [Laid off]

Access to Services
• Since the beginning of the COVID-19 pandemic, has anyone in your household needed mental health or drug/alcohol treatment services?
• What type(s) of service(s) were needed? (Check all that apply)
  • Crisis hotline (e.g., Careline/suicide prevention line)
  • Emergency mental health care from a hospital
  • Inpatient or residential treatment
  • Outpatient counseling or individual therapy (including telehealth visits)
  • Group or other recovery program (e.g., 12-step program or support group)
  • Other: please tell us
• How difficult was it to obtain any of these service(s)?
  • Choices: Not at all difficult, Somewhat difficult, Very difficult, Did not seek services
• What helped you or a household member get the mental health or drug/alcohol treatment services that were needed? (Check all that apply.)
  • Encouragement from a friend or family member
  • Referral from crisis hotline (e.g., Careline or 2-1-1)
  • Insurance coverage
  • Appointment availability
  • Adequate internet service
  • I or the other household member did not get the services that were needed or wanted
  • Other: (please tell us)
• What prevented you or a household member from getting the mental health or drug/alcohol treatment services that were needed? (Check all that apply)
  • Didn't know where to go
  • Lack of insurance coverage or could not afford it
  • Not available in my community or long wait list
  • Appointments were cancelled or postponed
  • Not comfortable seeking help
  • No problems
  • Other: (please tell us)
Appendix.

Respondents by region and parent roles.

| Region                          | % of responses | # responses | % Alaska population* |
|---------------------------------|----------------|-------------|-----------------------|
| Anchorage Municipality          | 46.6%          | 379         | 39.9%                 |
| Fairbanks North Star Borough    | 17.8%          | 145         | 13.1%                 |
| Matanuska-Susitna Borough       | 12.2%          | 99          | 14.6%                 |
| City and Borough of Juneau      | 6.3%           | 51          | 8.0%                  |
| Kenai Peninsula Region          | 6.0%           | 49          | 4.4%                  |
| Other Interior Region           | 3.3%           | 27          | 2.8%                  |
| Other Southeast Region - Southern | 2.2%          | 18          | 2.7%                  |
| Southwest Region                | 2.1%           | 17          | 4.0%                  |
| Other Southeast Region - Northern | 1.6%          | 13          | 3.8%                  |
| Northwest Region                | 1.2%           | 10          | 3.2%                  |
| Y-K Delta Region                | 0.7%           | 6           | 3.6%                  |

*Alaska population percentages based on Alaska Department of Labor 2019 population census area estimates

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