

IMPACT OF COVID-19 ON ALASKA FAMILIES

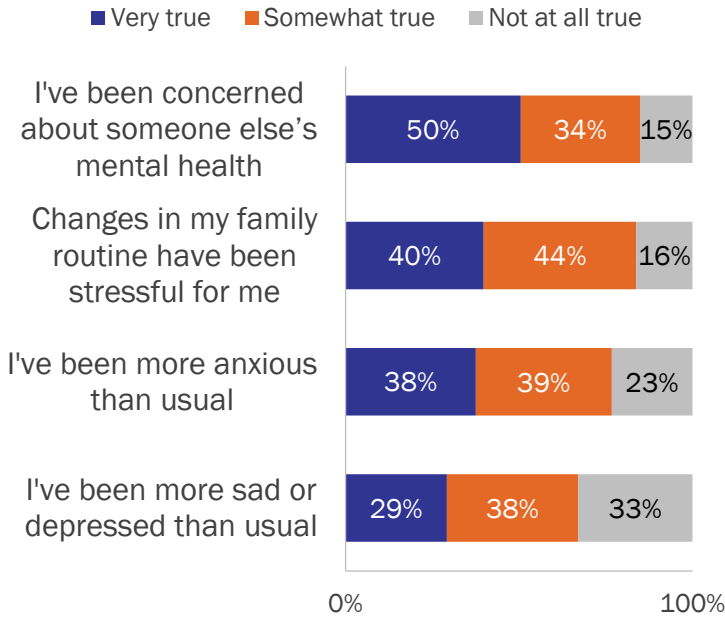
Survey 4 Result Highlights: Mental Health

Survey conducted November 16 – December 7, 2020

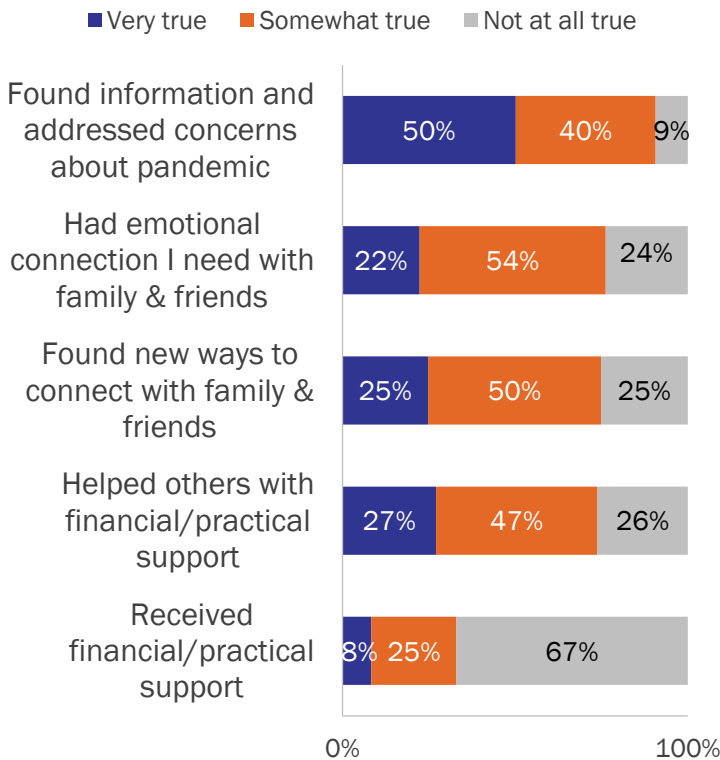
7179 total responses

PERSONAL MENTAL HEALTH

- 63% of respondents reported their emotional health has gotten worse during the pandemic
- 50% of respondents reported “Very true” to having concern for someone else’s mental health



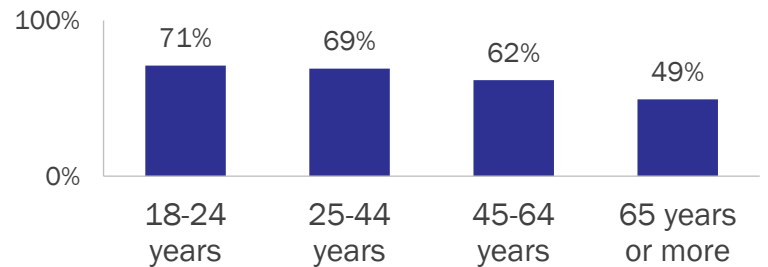
RESILIENCE



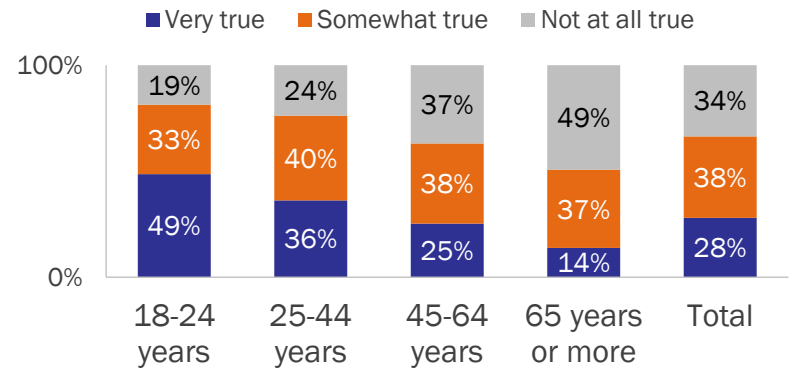
EMOTIONAL HEALTH BY AGE GROUP

- Younger respondents reported higher rates of emotional health worsening, as well as being more anxious, more sad or depressed, and more irritable or easily angered than usual

Reported decline in emotional health



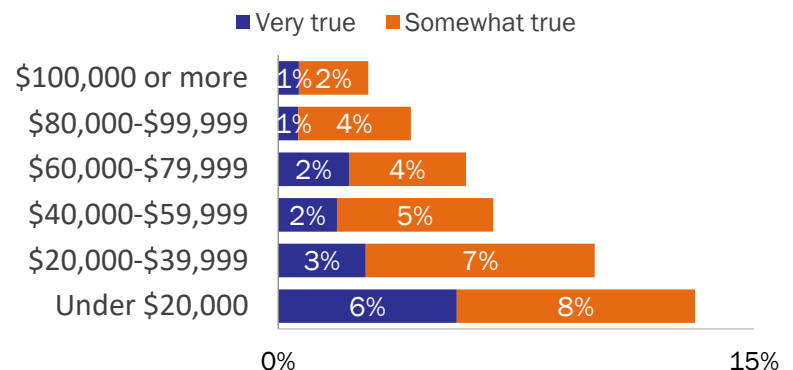
More irritable/easily angered than usual



CONCERN ABOUT INCREASED VIOLENCE

- 5% of respondents reported “Very true” or “Somewhat true” for concern about increased violence in the home, with higher rates among respondents with lower annual household income

Concern for increased violence in home



For more information, visit <http://dhss.alaska.gov/dph/wcfh/Pages/mchepi>

IMPACT OF COVID-19 ON ALASKA FAMILIES

Survey 4 Result Highlights: Mental Health & Substance Use

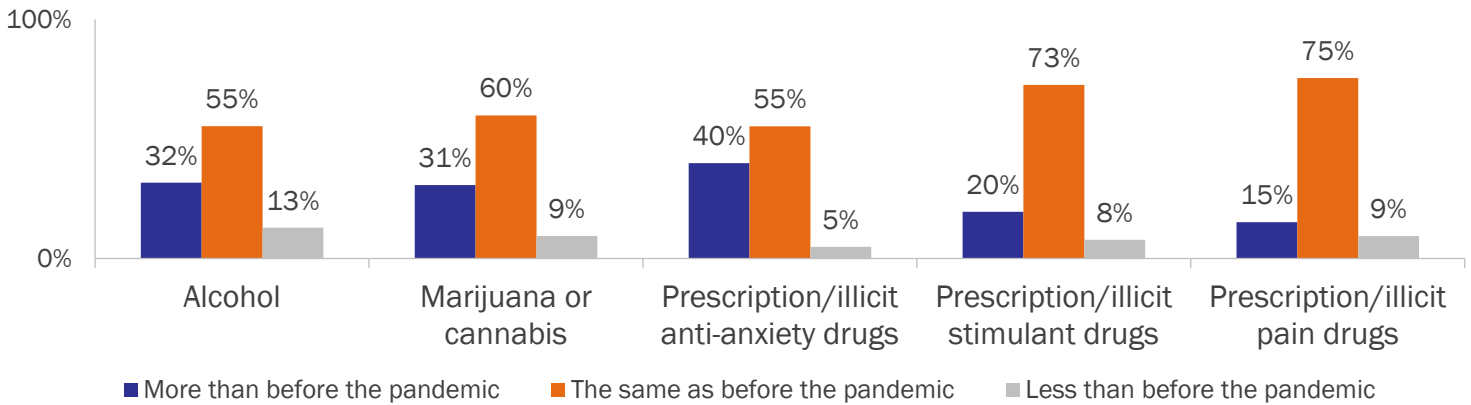
Survey conducted November 16 – December 7, 2020

7179 total responses

- **30% of respondents used alcohol or drugs to cope with a difficulty caused by the pandemic**

HOUSEHOLD CONSUMPTION OF ALCOHOL & DRUGS

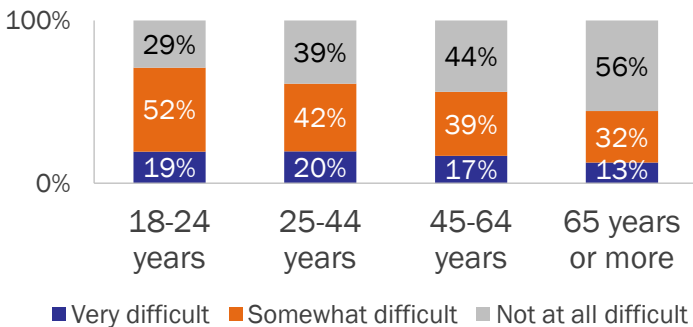
among households that consume alcohol (n=5248), marijuana (n=1732), or prescription/illicit anti-anxiety drugs (n=1307), stimulant drugs (n=650), or pain drugs (n=652)



DIFFICULTY OBTAINING TREATMENT SERVICES

- **58% of respondents who sought services found it very (18%) or somewhat (40%) difficult to obtain mental health or drug/alcohol treatment services, with higher rates among younger respondents**
- **90% of respondents who needed services needed outpatient counseling or individual therapy**

Greater difficulty obtaining services among younger populations among those that sought services (n=1110)



What prevented getting needed services?

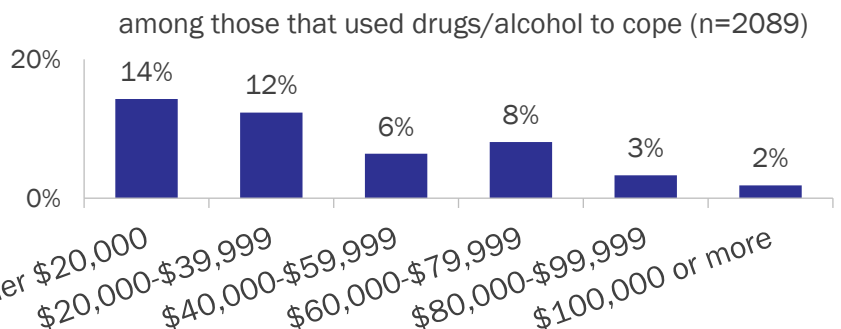
among those who sought services and had some difficulty (n=690)

(Top 3 responses)

1. **Appointments were cancelled or postponed (40%)**
2. **Not available in my community or long wait list (38%)**
3. **Lack of insurance coverage or could not afford it (26%)**

RELAPSE DUE TO DIFFICULTIES RELATED TO COVID-19

- **Roughly 5% of respondents who used drugs/alcohol to cope with COVID-19 difficulties relapsed from a prior drug/alcohol recovery, with higher rates of relapse among lower income respondents**



For more information, visit <http://dhss.alaska.gov/dph/wcfh/Pages/mchepi>

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Survey 4 Result Highlights

Thank you to the over 7,000 Alaskans who responded to the COVID-19 Winter survey! This survey was conducted by DHSS November 16 through December 7, 2020.

Results Highlights

- 63% said their overall emotional health has gotten worse since the pandemic began. 38% said that it is very true that they've been more anxious than usual due to the pandemic, 29% have been more sad or depressed, and 28% have been more irritable or easily angered.
 - Among all parents, 88% said it was very true or somewhat true that they were concerned about the impact of the pandemic on their child's mental health
- 39% of all respondents said it was very true or somewhat true that they have been worried about the stability of their living situation due to the pandemic.
- 32% said the amount of alcohol consumed in their household is now more than before the pandemic.
- About 75% of respondents have shown resiliency by saying that it was very true or somewhat true that they had found new ways to connect with family and friends, had the emotional connections they need, and helped others with financial or practical support since the pandemic began.
- 73% missed or skipped a preventive health care visit because of the pandemic.
 - 44% of parents said their child had missed or skipped preventive care
- 80% of parents were concerned about the impact of the pandemic on their child's education.

Limitations

Although a large number of people responded to the survey, the results should not be interpreted as completely representative of all Alaskans. Residents of the Municipality of Anchorage, the Kenai Peninsula, and Juneau were overrepresented, as well as people who identified as White, and had an annual household income over \$80,000. Please see the link below for documents on demographics and the full questionnaire.



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Survey 4 Questions: Mental Health & Substance Use

Emotional Health of Adults

- How would you rate your overall emotional health *before* the COVID-19 pandemic
 - Poor, Fair, Good, Very good, Excellent
- Since the COVID-19 pandemic began, would you say your overall emotional health has
 - Improved, Stayed the same, Gotten worse

To what extent are the following statements true for you?

- Due to the COVID-19 pandemic ... CHOICES: Very true, Somewhat true, Not at all true
 - I've worried about being infected with the virus
 - Changes in my family routine have been stressful for me
 - I've been concerned about the stability of our living situation
 - I've been concerned about someone else's mental health
 - I've been more irritable or easily angered than usual
 - I've been more sad or depressed than usual
 - I've been more anxious than usual
 - I've been concerned about increased violence in my home

Substance Use

- The amount of _____ consumed in my household is....
CHOICES: Less than before, The same as before, More than before, No one in my household consumes
 - Alcohol
 - Marijuana or cannabis
 - Prescription or illicit pain drugs (e.g. opiates such as codeine, Vicodin, OxyContin, Percocet, heroin)
 - Prescription or illicit anti-anxiety drugs (e.g. benzodiazepines such as Xanax, Valium, Diazepam)
 - Prescription or illicit stimulant drugs (e.g. Adderall, Ritalin, Vyvanse, Dexedrine or methamphetamine)
- I have used alcohol or drugs to cope with a difficulty caused by COVID-19.
 - Very True, Somewhat True, Not at all True
- Prior to the pandemic, I was in recovery from use of alcohol and/or drugs, but I relapsed due to difficulties related to COVID-19.
 - Very True, Somewhat True, Not at all True

Overall Concerns

- Since the COVID-19 pandemic began, has anyone in your household needed mental health or drug/alcohol treatment services?
 - Yes, No



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Survey 4 Questions – Mental Health & Substance Use, cont.

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)?
 - Not at all difficult, Somewhat difficult, Very difficult , Did not seek services

Barriers to Services

- What prevented you or a household member from seeking or 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 or willing to seek help
 - Other: (please tell us)

Resiliency

To what extent are the following statements true for you?

- Due to the COVID-19 pandemic ... CHOICES: Very true, Somewhat true, Not at all true
 - I've found new ways to connect with family and friends
 - I've had sufficient emotional connections with family and friends
 - I've received tangible support (e.g. financial, practical) from family or friends when needed
 - I've helped others with financial or practical support
 - I've found information and planned accordingly to address concerns about the COVID-19 pandemic

