

Guidance for Behavioral Health Professionals During COVID-19

April 30, 2020

A new respiratory disease – coronavirus disease 2019 (COVID-19) – is spreading globally and there have been instances of COVID-19 community spread in the United States. KDHE is working with multiple state agencies, including the Kansas Department for Aging and Disability Services (KDADS) in the public health response to COVID-19. The identified resources are specific to behavioral health professionals and organizations.

<https://kdads.ks.gov/covid-19>

KDADS has published a COVID-19 Guidance and Resource Center webpage that functions as the central resource center for KDADS' State of Kansas guidance during the COVID-19 declared State of Emergency. The Guidance and Resource Center includes information specifically for behavioral health service providers and community services and program, including for all Home and Community Based Services (HCBS) programs.

<https://www.samhsa.gov/coronavirus>

<https://www.samhsa.gov/sites/default/files/training-and-technical-assistance-covid19.pdf>

The Substance Abuse and Mental Health Services Administration (SAMHSA) has published a Coronavirus (COVID-19) Resource Center webpage that includes guidance and resources to assist individuals, providers, communities, and states across the county. Included in the resource listing, is [Considerations for Outpatient Mental and Substance Use Disorder Treatment Settings](#) and [Considerations for the Care and Treatment of Mental and Substance Use Disorders in the COVID-19 Epidemic](#).

SAMHSA is also providing regular training and technical assistance on matters related to the mental and substance use disorder field as they deal with COVID-19.

<https://emergency.cdc.gov/coping/responders.asp>

The Centers for Disease Control and Prevention (CDC) includes tips for managing anxiety and stress for responders. These tips focus on activities responders can complete to help reduce secondary traumatic stress reactions.

<https://www.samhsa.gov/find-help/disaster-distress-helpline>

SAMHSA's Disaster Distress Helpline is a 24/7, free support service for individuals experiencing, or serving as a first responder, to natural or human-caused disasters, including infectious disease outbreaks. While this is a national hotline, calls are managed by local centers. These centers have specialized training and certification for providing such services. The primary purpose of the Helpline is to provide emotional support to callers, but centers are also equipped to provide additional resources. To access support services, call 1-800-985-5990 or text "TalkWithUs" to 66746.

