

COVID-19 Mental Health Resources for Assisted Living Facilities

During these difficult times with COVID-19, many residents in long-term care facilities are experiencing feelings of isolation, loneliness, anxiety and depression. Research indicates that isolation and loneliness can negatively affect a person's physical and mental health. Overall, COVID-19 has created a greater incidence of major psychological, cognitive and physical morbidities and a lower perceived well-being and quality of life.

To date, long-term care facilities have reported 573 positive residents, 80 resident deaths and 483 positive healthcare workers.¹ Facilities listed on the Utah Department of Health data dashboard are those which currently have residents or healthcare workers who are positive for COVID-19.

In an effort to address mental health concerns and assist facilities in identifying individuals experiencing mental or physical decline, the Utah Department of Health, Department of Human Services, University of Utah, and the Utah Assisted Living Association are coordinating services, resources and referrals for acute care. These include: crisis counselors, conversation cafes and education for healthcare workers and residents of long-term care facilities.

We encourage you to evaluate the well-being of each staff member and resident and connect with us to discuss these resources and referrals to safely help you address their individual needs. In addition, we are providing specific COVID-19 training focused on behavior management for your staff and caregivers.

These services and resources are all provided free of charge. For additional information, please email Lynn Meinor (lmeinor@utah.gov) or Anne Asman (anne.asman@hsc.utah.edu).

Another resource is the UTAH STRONG Recovery Project that offers assistance in finding ways to cope with stress caused by COVID-19. UTAH STRONG provides free services through virtual outreach and community outreach once the State opens up. Interventions include emotional support, crisis counseling, education, information and referrals. The Project is operated by the Division of Substance Abuse and Mental Health, Department of Human Services. Please call or text: 1-385-386-2289 or email your first name and phone number to UtahStrong@utah.gov. After hours if you need an immediate response, please contact the SAMSHA Distress Hotline at 1-800-985-5900 or the UNI Crisis Line at 1-800-273-TALK (8255).

¹ [Coronavirus.utah.gov/case-counts](https://coronavirus.utah.gov/case-counts)