

# Board of Behavioral Health and Developmental Disabilities

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**BE D·B·H·D·D**

Georgia Department of Behavioral Health & Developmental Disabilities

October 8, 2020



# Agenda

Roll Call / Call to Order

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Recovery Speaker

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Action Items

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Commissioner's Report

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Action Item

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Chair's Report

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Public Comment

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Next Meeting Date

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# Roll Call

# Call to Order

Kim Ryan  
Chair

# Recovery Speaker

Deb Esposito

Georgia Council on Substance Abuse

# Action Items:

- Board Meeting Minutes – August 25, 2020

# Commissioner's Report

Judy Fitzgerald  
Commissioner

# DBHDD Hospitals COVID-19 Co-existence

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- Screening of all employees upon arrival and mid-shift
- Eye protection added to face coverings for employees working in any patient care areas of the hospitals (not just quarantine or isolation units)
- Monitor employee compliance for proper PPE use (consistently >95%)
- Each hospital has quarantine and isolation procedures/areas
- Twice per day screening of all patients
- COVID-19 testing on all new admissions (patient goes to quarantine or isolation depending on results)



# DBHDD Hospitals COVID-19 Co-existence

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- Converted previously non-patient care areas into quarantine or isolation areas – this has resulted in some facility utilization challenges (treatment mall, gym, office spaces)
- The hospitals have become competent in managing COVID-related issues when they occur on the campus.
- Only necessary visitations
- Discharge planning – no longer do temporary visits or trial overnight visits. Patients leaving the hospital for placement in the community are placed on temporary leave for 7 days to ensure successful placement before discharge
- Weekly RHA call to specifically discuss COVID at each hospital – share lessons learned (and frustrations)

# Future plans for the Co-existence with COVID-19

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- Point of Care Testing: AbbottLabs BinaxNow rapid antigen test kits
  - Instant Results
  - All new admissions AND In-patients on unit with COVID
- Policy for POC Testing
  - Employees – TBD
    - Procedures being reviewed by
    - H.R. and Legal Department
    - Mandatory reporting to GDPH
- CMS issued new requirements for testing for staff and residents at SNF's – we have established templates to ensure we stay compliant with the frequency of the new CMS requirements

# Future plans for the Co-existence with COVID-19

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- Continued daily reporting on DBHDD website of all new positive staff and patient tests across hospital system
- Staff augmentation support from GA's contract with Jackson Healthcare
- Mandatory flu vaccine for hospital system
- Continuous learning and vigilance have been the hallmarks of hospital leadership

# Behavioral Health COVID-19 Co-Existence

- The office of Children, Young Adults & Families facilitated one of our largest conferences virtually – The System of Care Academy. Provided event at reduced; CEUS for 311 clinicians
- Debuted the state opioid response documentary with partnership with the GPB Network
- Office of Prevention led kickoff event for law enforcement as a part of the state opioid prevention response work.
- Ongoing responses to requests by the BH Commission.
- Ribbon Cutting for new BHCC in Macon / River Edge

# Behavioral Health COVID 19 Co-Existence

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- The Division of Behavioral Health has landed the following federal grants since COVID:
  - SAMSHA COVID Emergency Response Grant
  - Continuation of Targeted State Opioid Response Grant
  - SAMSHA COVID Suicide Prevention Grant
  - SAMSHA Crisis Response / Disaster Grant
- Partnership with UGA's CVIOG: Survey provider network and consumers on telehealth experiences/ January results

# Intellectual/Developmental Disabilities

- Appendix K: still in effect for NOW/COMP waivers allows flexibility in service delivery
- Day Service Facilities: Most Day Service Providers developed re-opening plans, and some had re-opened and had to close as a result of COVID positive results.
- Mobile Crisis: Resumed in person responses, except for when the caller requesting telephonic response only.
- IDD Crisis Services: Operate as usual for the DD Crisis Homes, with PPE.
- Forensic/AMH Transitions: continue to progress, with following protocols for monitoring 14 days prior to someone discharge from the hospital into the home. All meetings virtual.

# Intellectual/Developmental Disabilities

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- Continued update of communications regarding regulatory changes related to COVID related practices
- Continue to debrief next steps as they continue to be impacted by COVID outbreak
- Continue to review Day Program re-opening plans
- Serve as vehicle of communication of notification of alterations in staffing due to COVID related shortages
- Return to web-based provider trainings for process implementation related to provision of support

# Intellectual/Developmental Disabilities

## Support Coordination Agencies

- Support Coordination/Intensive Support Coordination:
  - Met with all 7 SC agencies to begin work on the drafting of re-engagement plans for a phased approach to begin in-person visits with individuals in waiver
  - focus on the most vulnerable of this population
- Remain available to offer clinically related feedback on submitted re-engagement plans
- Prioritize the uninterrupted provision of clinical assessments and authorization of supports

## Internal DBHDD procedures

- Continued conduction of annual and initial assessment to continue or initiate services
- Provider outreach: continued surveillance identifying COVID outbreak that require division awareness
- Resumed Participant Directed training in September for new families and it is now conducted virtually.



# The Power of Response: Prevention 2020 Update

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**BE D·B·H·D·D**

Georgia Department of Behavioral Health & Developmental Disabilities

Office of Behavioral Health Prevention  
and Federal Grants

October 8, 2020



Good Afternoon



**Jill Mays**

Director, Office of Behavioral  
Health Prevention & Federal  
Grants (OBHPFG)

“Between stimulus and response there is a space. In that space is our power to choose our **RESPONSE**. In our response lies our growth and our freedom.”

— Viktor E. Frankl

# DBHDD's Response

- 1 **Suicide Strategic Plan**
- 2 **COVID-19 Crisis**
- 3 **Opioid Epidemic**

# **Suicide Strategic Response**

# Suicide Fact & Figures



**1,565**

Preventable  
deaths by suicide



Average of

**30**

deaths a week or

**4**

lives lost daily



**78%** of suicide  
deaths were men



**63%** of suicides  
involved firearms



Average suicide  
rates were **higher**  
in rural counties

# Suicide Facts & Figures: Georgia 2020



**On average, one person died by suicide every six hours in the state.**

**Nearly four times as many people died by suicide in Georgia in 2017 than in alcohol related motor vehicle accidents.**

The total deaths to suicide reflected a total of 32,720 years of potential life lost (YPLL) before age 65.



Suicide cost Georgia a total of **\$1,318,204,000** combined lifetime medical and work loss cost in 2010, or an average of **\$1,163,463 per suicide death.**



## 10th leading cause of death in Georgia

**2nd leading**  
cause of death for ages 10-34

**4th leading**  
cause of death for ages 35-54

**10th leading**  
cause of death for ages 55-64

**17th leading**  
cause of death for ages 65+

### Suicide Death Rates

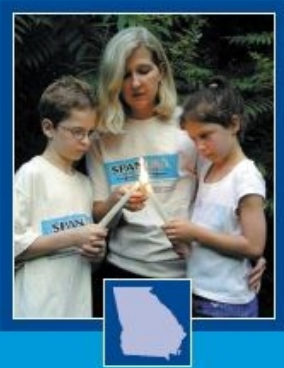
	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Georgia	1,569	14.53	34
Nationally	48,344	14.21	

CDC, 2018 Fatal Injury Reports (accessed from [www.cdc.gov/injury/wisqars/fatal.html](http://www.cdc.gov/injury/wisqars/fatal.html) on 3/1/2020).

# Through the Years

Saving Lives In Georgia

Together We Can




**Georgia Suicide Prevention Plan**  
Strengthening Protective Factors and Reducing Risk Factors

June 30, 2001

2001

**Georgia Suicide Prevention  
Action Strategy**



Suicide is a tragedy that claims the lives of hundreds of Georgians each year—mothers and daughters, fathers and sons, brothers and sisters, friends, neighbors. Who dies by suicide? People you meet at work, the grocery store, the gym, and places of worship; children in our schools, young adults in colleges and universities, veterans, and older people...

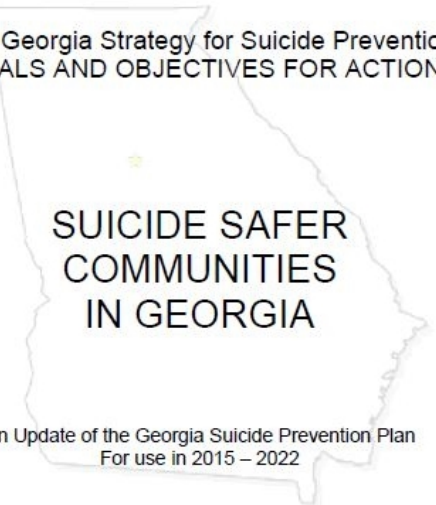
...Maybe someone you know. Maybe someone you love.

**Take Action, You Can Save Lives in Georgia!**

2008

Georgia Suicide Prevention Plan  
Strategy for Suicide Prevention 2015

2015 Georgia Strategy for Suicide Prevention:  
GOALS AND OBJECTIVES FOR ACTION



**SUICIDE SAFER  
COMMUNITIES  
IN GEORGIA**

An Update of the Georgia Suicide Prevention Plan  
For use in 2015 – 2022

2015





# Charting the Course for Suicide Prevention

*2020-2025 Georgia Suicide  
Prevention Strategic Plan*

# Strategic Plan: Goals 1-3

Promote the integration of suicide prevention as a core component of public and private behavioral health and healthcare systems.

Increase public knowledge of suicide risk, warning signs, protective factors, and precipitating factors across the lifespan.

Build capacity for protective factors, resiliency, and stigma-reduction in communities and schools.

# Strategic Plan: Goals 4-6

Support the adoption of suicide safe messaging through media and public education.

Target high burden counties and communities to promote the adoption of evidence-based and evidence-informed suicide prevention and intervention strategies.

Prioritize at-risk populations to promote the adoption of evidence-based and evidence-informed suicide prevention and intervention strategies.

# Strategic Plan: Goals 7-9

Increase efforts to reduce access to lethal means of suicide.

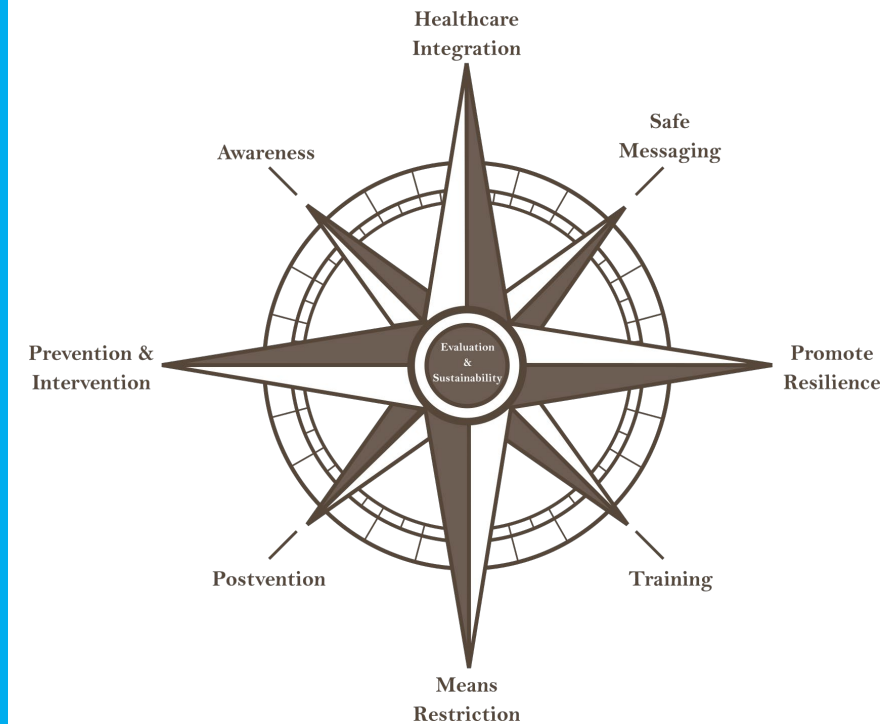
Expand evidence-based suicide prevention trainings for clinicians and gatekeepers.

Implement postvention best practices to provide care and support to individuals and communities.

# Strategic Plan: Goals 10-11

Increase the timeliness and usefulness of data systems relevant to suicide prevention.

Sustain the suicide prevention efforts outlined in this strategic plan.



# Next Steps

1

## **Georgia Suicide Prevention Task Force**

- Diverse representation
- Annually selected co-chair
- Disseminate, Champion, Oversee, Evaluate

2

## **Evaluation Plan – Year 1, Year 3, Year 5 targets**

3

## **Suicide Prevention Clinician & Trainer Networks**

# Georgia Suicide Prevention Task Force

Andy Garner	CIT Program Supervisor
Ann M. DiGirolamo	Georgia State University COE
Britni Overall	Georgia Poison Center
Dorian Lamis	Grady / Emory
Dr. Emile Risby	DBHDD State Hospital System
Erin Harlow-Parker	Children's Healthcare of Atlanta
Eva Trinh	CDC
Gregg Raduka	The Council on Alcohol and Drugs
Jenna Colvin	Georgia Independent College Association
Jewell Gooding	Mental Health America of Georgia
John Zauner	Georgia Schools Superintendents Association
Joyce Jones	Board of Regents
Kay Manning	The Council on Alcohol and Drugs
Kim Ellis	Georgia Technical College System
Kim Jones	NAMI Georgia
Liza Zwiebach	Emory University School of Medicine , Emory Healthcare Veterans Program
Rana Bayakly	Department of Public Health
Richard Hawk	Georgia Coroner's Association
Ron Koon	DJJ
Ryan Hepworth	Shadow Warrior Foundation
Stuart Bapties	Robins AFB
Stuart Winborne	AFSP
Susi McGhee	CDC
Trebor Randle	GBI
Thom Snyder	
Ursula Michelle Davis	Georgia State University COE
Wendy Farmer	Beacon Health Options

# Strategic Plan

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The 2020 - 2025 Georgia Suicide Prevention Strategic Plan can be downloaded from the DBHDD Suicide Prevention webpage:

<https://dbhdd.georgia.gov/bh-prevention/suicide-prevention>



# COVID-19 Response

# SAMHSA COVID-19 Emergency Grants

- **Emergency Treatment \$2,000,000 through 8/19/21**
- Medication Assisted Treatment (MAT) take-home medication + Narcan
- Expand Emotional Support Line to support healthcare workers
- Secondary Trauma support for providers
- Human Trafficking
- Support Virtual SUD Deaf Services at Hope House
- GCSA & GMHCN Warm Lines
- Support implementation of telehealth and other response services
- PPE for provider staff
- **Suicide Prevention \$800,000 through 11/30/21**
- Gatekeeper Training
  - Department of Labor
  - Department of Family & Children's Services
- Domestic Violence
- Partnership Against Domestic Violence
- Grady/Emory's Project Nia
- Peer Support
  - Grady Hospital ED
  - Division of Aging Services (Older Adults)

# Emotional Wellness Postcards

**1.1 million information/resource postcards** mailed (one per household in rural areas)



## Tips for Emotional Wellness During COVID-19

For more information and links to resources on emotional wellness, healthy coping, and helpful initiatives for you and your loved ones during this time, please visit [opioidresponse.info/resources](https://opioidresponse.info/resources)

Georgia Crisis & Access Line (GCAL)  
1-800-715-4225  
24 hours/7 days a week

Georgia COVID-19 Emotional Support Line  
1-866-399-8938  
8 am - 11 pm

Georgia Council on Substance Abuse CARES warmline  
1-844-326-5400  
8:30 am - 11 pm

Periods of uncertainty can make our typical worries even worse. In addition to guidelines provided by the Centers for Disease Control (CDC), please consider the following tips from the Georgia Department of Behavioral Health & Developmental Disabilities.

### FOR THOSE WHO MAY HAVE SUBSTANCE USE ISSUES

- Consider calling your local Alcoholics Anonymous or Narcotics Anonymous offices for connecting with someone about an ongoing alcohol or drug issue.
- Consider keeping some Naloxone on-hand in case of an opioid overdose. You can get Naloxone from your local pharmacy.
- In case of overdose, you are protected by medical amnesty (Good Samaritan). Don't run, call 911. Stay until help arrives.
- Safely store and lock away medications from children and pets. Old medication can be taken to a local drug drop box.

### CONNECT WITH OTHERS

- Reach out to friends and loved ones to check and see how they are feeling, not only physically but emotionally as well. Social distancing does not mean social isolation.

### BE YOUR OWN ADVOCATE

- Focus on your own wellness and the wellness of your household.

### MANAGING STRESS

- Relax your body through taking deep breaths, stretching, meditating, praying, yoga, or other activities you enjoy.
- Care for yourself in whatever ways work best for you.
- Watch funny tv shows or movies because humor can help reduce stress.
- Try different activities such as reading, playing board games, gardening, or assembling puzzles.
- Build a schedule and stick to it, but also give yourself flexibility to break from that schedule if needed.
- Limit caffeine intake as caffeine may heighten anxiety. Drinks with caffeine include coffee, tea, and soda.

### INCREASE MENTAL STRENGTH

- Make sure to take note of when things are going well
- Get consistent, restful sleep
- Eat balanced meals to fuel your physical strength
- Seek professional support as needed

### UNDERSTAND THE RISK

- Use credible sources to stay informed but remember that it's okay to take breaks from the news.

The Georgia COVID-19 Emotional Support Line provides free and confidential assistance to callers needing emotional support or resources information as result of the COVID-19 pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling. Hours of operation: 8 am - 11 pm. Call (866) 399-8938.

# COVID-19 Resiliency & Wellness Toolkit for Students, Parents, and Educators



Resiliency & Wellness  
TOOLKIT

[Home](#)

[Toolkit Purpose](#)

[How to Use](#)

[Resources](#)

[Emergency Services](#)

## Live Resilient Live Well.

In this toolkit, you will find resources for students, parents, and educators during COVID-19.

[Purpose](#)

[How to Use](#)



[www.resiliencytoolkit.org](http://www.resiliencytoolkit.org)

# Toolkit Purpose

The goal of the Resiliency & Wellness Toolkit is to provide information and resources to students, parents, and educators in the face of the COVID-19 Pandemic. The resources contained in this toolbox have been specially selected to provide assistance for students return to school. The Resiliency & Wellness Toolkit includes information on Behavioral Health and Wellness, Learning Resources, Parenting Resources and Activities for students.

## Intended For



Students



Parents



Educators

# Resources Included

The screenshot displays the 'Resiliency & Wellness TOOLKIT' website. The top navigation bar includes links for Home, Toolkit Purpose, How to Use, Resources, and Emergency Services. The main content area features a large teal background with the word 'Resources' in white. Below this, there are eight white rectangular buttons arranged in two rows of four, each containing a resource category. The bottom of the page shows a partial view of a person's face.

*Resiliency & Wellness*  
**TOOLKIT**

[Home](#) [Toolkit Purpose](#) [How to Use](#) [Resources](#) [Emergency Services](#)

## Resources

- Learn More About COVID-19
- Activities & Tools
- Behavioral Health & Wellness
- Substance Abuse Prevention
- Suicide Prevention
- Learning Resources
- Downloadable Resources
- Data & Research

# Emergency and Mental Health Services



[Home](#) [Toolkit Purpose](#) [How to Use](#) [Resources](#) [Emergency Services](#)

## Emergency

## & Other Mental Health Services

**The Georgia COVID-19  
Emotional Support Line**

[Visit Website](#)  
1-866-399-8938

**Georgia Crisis and Access  
Line (GCAL)**

1-800-715-4225  
[mygcal.com](http://mygcal.com)

**GA Crisis Text**

LineText: GA to 741741  
[crisistextline.org/text-us](http://crisistextline.org/text-us)

**My GCAL App**

[Download for Apple](#)  
[Download for Android](#)

**National Suicide Prevention  
Lifeline**

1-800-273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Translifeline**

1-877-565-8860  
[translifeline.org](http://translifeline.org)

**Veterans Crisis Line**

1-800-273-8255  
and Press 1

**National Alliance on Mental  
Health (NAMI)**

1-800-950-6264

**& More!**

# State Opioid Response



**GEORGIA PREVENTION**




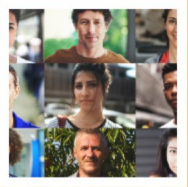

# State Opioid Response (SOR)

1. **Opioidresponse.info** interactive website
2. **The State Opioid Adapted Response (SOAR)**--newly developed training for GA Law Enforcement and other First Responders,
3. **Cumulus Radio MyVoice Facebook Live Events** (Meghan Trainor, Kelly Clarkson, Lee Brice, Montell Jordan, Keri Hilson, etc.
4. ***Your Fantastic Mind*** GPB Documentary
5. **"It Takes A Village"** Opioid Prevention Media Campaign

State Opioid Response | Georgia

Resources Get Involved Know the Facts Blog Contact Us

## Step up and prevent opioid misuse in Georgia. Learn more.

Get access to local support services, peer-to-peer counseling, and 24/7 crisis intervention.

See how our programs are helping combat the opioid crisis in Georgia and learn how you can participate.

Read the latest information on opioids to better understand your community's needs and how you can participate.

[More Resources](#) [Get Involved](#)

opioidresponse.info

State Opioid Response | Georgia

Resources Get Involved Know the Facts Blog Contact Us

## Follow these 4 tips to prevent opioid misuse in your home and in your life

Click scrolling to learn why

- 1 Always avoid mixing opioids and alcohol
- 2 Limit your use to prevent health risks
- 3 Sharing your pills is dangerous
- 4 Store safely and dispose promptly



The Georgia COVID-19 Emotional Support Line provides free and confidential assistance to those needing emotional support and information due to the COVID-19 pandemic. Call [866-399-8938](tel:866-399-8938)


Resources Get Involved Know the Facts Blog Contact Us

State Opioid Response | Georgia

Resources Get Involved Know the Facts Blog Contact Us

## Opioid overdose and addiction prevention starts at home

The impact of the opioid crisis has been felt all across our state and in our neighborhoods. Knowing the risks of taking prescription opioids like oxycodone, hydrocodone and codeine can help keep you and your loved ones safe. Watch the video to learn 4 important tips.



State Opioid Response | Georgia


Resources Get Involved Know the Facts Blog Contact Us

## Georgia COVID-19 Emotional Support Line

866-399-8938 8am to 11pm

Receive free and confidential emotional support and information related to the COVID-19 pandemic. Our call line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling.

A partnership between The Georgia Department of Behavioral Health & Developmental Disabilities, Beacon Health Options and Behavioral Health Link



LEE PRICE  
STREAMING LIVE ON FACEBOOK



KINCAID  
DALLAS

101.5  
FM 101.5  
DBHDD

MY VOICE

OPIOID AWARENESS IN A TIME OF COVID-19  
THURSDAY, JUNE 11  
5:30PM EDT

A CHAT WITH EXPERTS FROM THE GEORGIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITIES, DBHDD AND A SPECIAL PERFORMANCE BY LEE PRICE

101.5  
Kincaid and Dallas LIVE! In: 06:38

JOE LASHER

NASH  
FM 104.5  
DBHDD

State  
Opioid  
Response  
DBHDD

MY VOICE

WELLNESS & COPING DURING COVID  
THURSDAY SEPTEMBER 10  
5:30PM EST

A CHAT WITH EXPERTS FROM THE GEORGIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITIES, DBHDD AND A SPECIAL PERFORMANCE BY JOE LASHER

SEE IT HERE

OG  
97.9  
CLASSIC HIP HOP

State  
Opioid  
Response  
DBHDD

GEORGIA PREVENTION

KERI HILSON



MY VOICE

THURSDAY, SEPTEMBER 17  
3:00PM EST

A CHAT WITH EXPERTS FROM THE GEORGIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITIES, DBHDD AND A SPECIAL PERFORMANCE BY KERI HILSON

SEE IT HERE

LINEUP

LIVE ON FACEBOOK



5pm

Friday, April 24th  
5PM EST

MONTELL JORDAN

103.9  
DBHDD

State  
Opioid  
Response  
DBHDD

MY VOICE

WELLNESS & COPING DURING COVID  
THURSDAY, AUGUST 27  
3:00PM EST

A CHAT WITH EXPERTS FROM THE GEORGIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL DISABILITIES, DBHDD AND A SPECIAL PERFORMANCE BY MONTELL JORDAN



# MyVoice Community Events

# State Opioid Adapted Response (SOAR)

## THE FIRST TO ARRIVE

1. Partnership among DBHDD, Georgia Public Safety Training Center (GPSTC), and Georgia Public Broadcasting (GPB)
2. 4-hour interactive training with three video segments; officer safety, de-escalation techniques, proper administration of Narcan to reverse overdose
3. Participants completing the training receive free Narcan and can receive additional kit if they inform DBHDD of reversal attempts



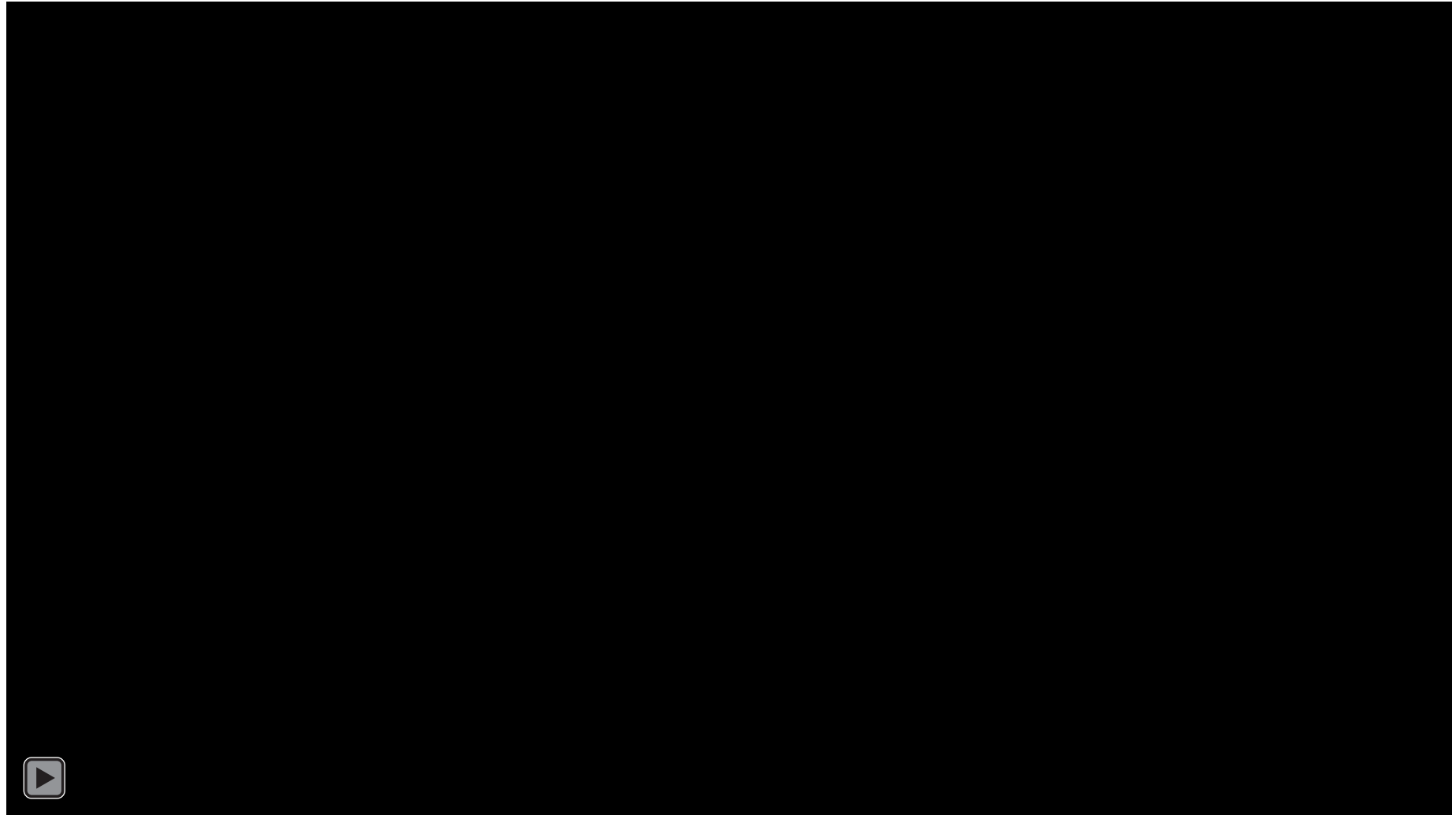


# Your Fantastic Mind Documentary 09/28/20

# It Takes a Village Media Campaign



GEORGIA PREVENTION



# Chair's Report

Kim Ryan  
Chair

# Public Comment



# Next Board Meeting

Thursday, December 10, 2020

1:00 p.m.