

# FEDERAL RESOURCES AND GUIDANCE



## Resources and Initiatives

- **Telehealth:** Under the President’s leadership and at the direction of the White House Task Force, the Trump Administration has taken historic steps to expand Americans’ access to telehealth, so that patients, particularly our Medicare beneficiaries, can receive a wider range of services without having to travel to a healthcare facility (*read more from Surgeon General Jerome Adams and CMS Administrator Seema Verma – [Telehealth Plays Big Role in Coronavirus Cure](#)*). States are also examining their own policies to determine if there are undue barriers to maximizing telehealth service delivery for their residents in this time of national emergency. States have broad authority to deliver and reimburse Medicaid covered services through telehealth modalities, and additional federal approval is often not required to do so. The Centers for Medicare & Medicaid Services (CMS) has issued guidance on telehealth reimbursement and coverage options in the Medicaid program [here](#).
- **Supplemental Grant Funding:** On April 3, SAMHSA announced it will fund \$110 million in emergency grants to provide treatment for substance use disorders/serious mental illness during the coronavirus pandemic. The grants are available to State governments, the District of Columbia, Territories, and Federally recognized American Indian and Alaska Native Tribes. As the Trump administration responds to meet the needs of Americans affected by the coronavirus pandemic, the Substance Abuse and Mental Health Services Administration (SAMHSA) is announcing emergency grants to help Americans dealing with substance use disorders and/or serious mental illness. The agency has announced it is accepting applications for fiscal year (FY) 2020 Emergency Grants to Address Mental and Substance Use Disorders During COVID-19 (Short Title: Emergency COVID-19). The grants total \$110 million and will provide up to \$2 million for successful state applicants and up to \$500,000 for successful territory and tribal applicants for 16 months. More details [here](#).
- **Move Your Way Campaign:** *Move Your Way* is a physical activity campaign from the U.S. Department of Health and Human Services to promote the recommendations from the Physical Activity Guidelines for Americans. The Move Your Way tools, videos, and fact sheets on this page have tips that make it easier to get a little more active. And small changes can add up to big health benefits! Learn more [here](#).
- **Office of National Drug Control Policy – COVID-19 Fact Sheet:** During the COVID-19 crisis, the White House Office of National Drug Control Policy (ONDCP) is leading efforts

to ensure that prevention, treatment, recovery support services, and safe and effective pain management remain available nationwide. The Trump Administration is mobilizing the Federal Government to ensure the approximately 20 million Americans who struggle with the disease of addiction can access and continue to receive treatment and recovery support services, while keeping themselves and healthcare professionals safe from unnecessary exposure to COVID-19. *See attached.*

- **The President’s Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS):** On Friday, April 3, Second Lady Karen Pence announced her new role as lead ambassador for PREVENTS on behalf of the White House Coronavirus Task Force (see [Second Lady Karen Pence Taking Lead Role in Suicide Prevention Initiative During Coronavirus Outbreak](#)). PREVENTS focuses on a holistic public health approach to ending Veteran suicide. The Initiative seeks to change the culture surrounding mental health and suicide prevention through enhanced community integration, prioritized research activities, and implementation strategies that emphasize improved overall health and well-being. The goal of PREVENTS is to prevent suicide — among not just Veterans but all Americans. By adopting a holistic public health approach, PREVENTS is acting on the knowledge that suicide prevention is everyone’s business, and that by working together, locally and nationally, we can prevent suicide. Learn more [here](#).

## Guidance

- **Managing & Recognizing Stress:** The outbreak of COVID-19 may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. [Sharing the facts](#) about COVID-19 and understanding the actual risk to yourself and people you care about can make an outbreak less stressful. When you share accurate information about COVID-19 you can help make people feel less stressed and allow you to connect with them. Learn more about [taking care of your emotional health](#). Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)
- **Guidance for Parents and Caregivers:** Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. There are many things you can do to support your child: Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and [share facts](#) about COVID-19 in a way that your child or teen can understand. Learn more about [helping children cope](#).
- **Guidance for Responders and Providers:** Responding to COVID-19 can take an emotional toll on you. There are things you can do to reduce secondary traumatic stress (STS) reactions: Acknowledge that STS can impact anyone helping families after a traumatic event; and learn the symptoms including physical (fatigue, illness) and mental (fear, withdrawal, guilt) Learn more [tips for taking care of yourself](#) during emergency response.
- **Guidance for Persons Released from Quarantine:** Being separated from others if a healthcare provider thinks you may have been exposed to COVID-19 can be stressful, even if you do not get sick. Everyone feels differently after coming out of quarantine. Some feelings

include: Sadness, anger, or frustration because friends or loved ones have unfounded fears of contracting the disease from contact with you, even though you have been determined not to be contagious; and guilt about not being able to perform normal work or parenting duties during quarantine. Children may also feel upset or have other strong emotions if they, or someone they know, has been released from quarantine. [You can help your child cope.](#)

- **Digital Mental Health – Innovating in a Time of High Anxiety:** In this time of [increased anxiety and physical distancing](#) due to the [coronavirus \(COVID-19\) pandemic](#), many people are looking for digital technology solutions to help them manage their mental health. Mental health apps are one of the fastest-growing sectors of the digital marketplace, with more than 10,000 apps available. These apps claim to, among other things, boost your mood, increase your sleep, and even help you manage your addiction. The National Institute of Mental Health takes a look [here](#).
- **U.S. Department of Veterans Affairs Resource – How To Manage Stress and Anxiety During the COVID-19 Outbreak:** Taking care of your well-being, including your mental health, is essential during this time. Everyone reacts differently to stressful situations. Many people may experience stress, fear, anxiety, or feelings of depression. This is normal. There are things that you can do to manage your stress and anxiety. VA has provided resources [here](#).