

Midway City Council  
19 January 2021  
Regular Meeting

Utah Strong Recovery Project /  
Presentation



# Utah Strong Recovery Project

Serving Utah County





# Utah Strong Recovery Project

- ❑ Funded by the Federal Emergency Management Agency (FEMA)
- ❑ Facilitated by the Substance Abuse and Mental Health Services Administration (SAMHSA)
- ❑ Operated by the Utah State Division of Substance Abuse and Mental Health

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## Purpose

To assist people in finding ways to cope with the stressors of Covid19 in the present and to help prevent persistent mental health problems.







# Covid19 is a New Experience in our Century

## **NATURAL DISASTERS**

Localized to a specific area.

Time limited.

Most people know how to escape its effects.

The source of the disaster is recognizable.

## **COVID19**

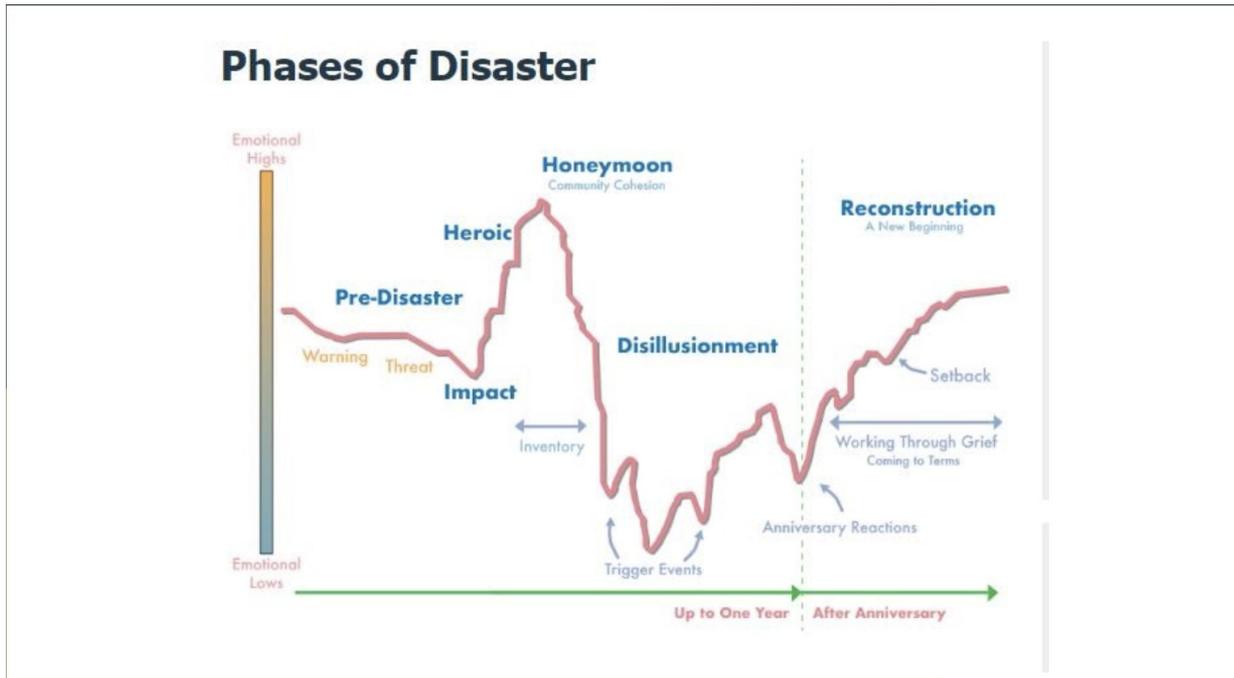
Covid19 virus is everywhere.

Uncertain time frame.

Physical distancing, masks, eye protection and handwashing help, but it is all around us.

Virus is invisible; can't detect it with our five senses.

# Where we are as a community?



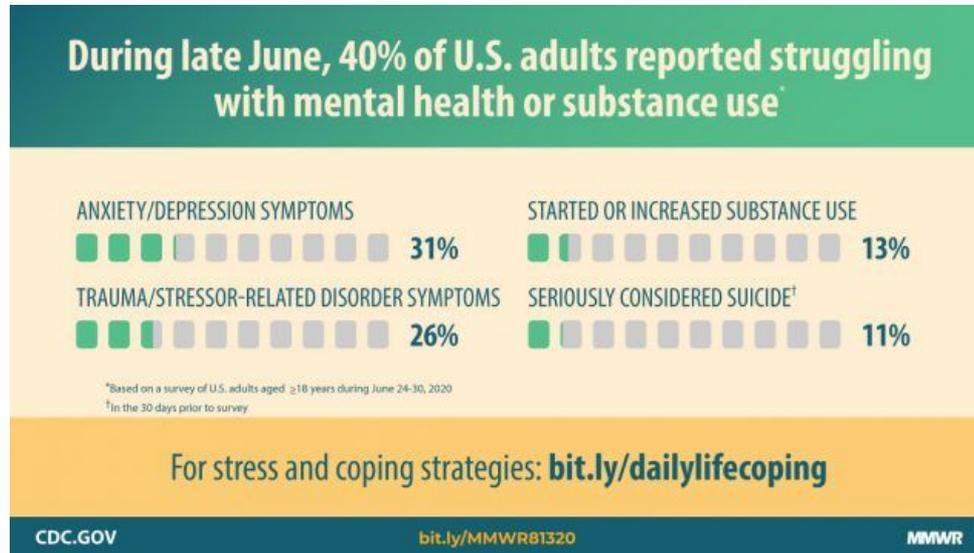
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**How can we best help your community?**



# Covid19's Impact: Mental Health Statistics

Centers for Disease Control and Prevention, Harvard Medical School, reported in June 24-30, 2020, U.S. adults reported considerable elevated mental health conditions associated with Covid19.





## **Kaiser Family Foundation Poll in California**

In late March 2020 after the pandemic hit, the above poll was conducted asking American adults whether pandemic-related worries were harming their health; 45% said they were. By the end of July 2020, that figure had risen to 53%.



## Covid19's Impact: Mental Health Statistics

- Young adults, racial/ethnic minorities, essential workers and unpaid adult caregivers experienced disproportionately worse mental health outcomes, increased substance use and elevated suicidal ideation.
- Utah's suicide rate has not increased; however, 25.5% of young adults 18-25 reported they had considered suicide.
- Calls to the state's suicide hotline have increased.



## Covid19's Impact: Infection Rate Statistics

From the Centers for Disease Control and Prevention, March 6-June 5, 2020

- Despite representing 24% of Utah workers in all affected sectors (manufacturing, wholesale trade and construction), Hispanic and nonwhite workers accounted for 73% of workplace outbreak-associated Covid19 cases.

From the Utah Department of Health, July 15, 2020

- Latinos make up just 14.2% of the Utah population; however they account for more than 40% of the total cases of Covid19 in Utah.



## Utah Strong serves ALL Utahns

- Individuals
- Families
- Community groups
- Service organizations
- Nursing homes
- Assisted living facilities
- Native American tribes
- Cultural minority groups
- Homeless
- Schools

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## Free and confidential counseling

- In-person outreach
- Virtual outreach
- Emotional support
- Public education
- Information & referral





**Counseling provides an opportunity for people to talk about their thoughts and feelings about this Covid19 experience.**



## Education groups



**Protecting Your  
Mental Health  
During the  
Coronavirus  
Outbreak**

Give presentations on how to protect and maintain your mental health during this pandemic.



## Support groups

Facilitate Covid19 support groups where people can share their experiences:

- offer encouragement to one another
- share coping strategies
- experience a sense of community
- feel empowered

# Utah Strong Helpline

Statewide helpline answered by FEMA-trained counselors seven days a week from 7 a.m. to 7 p.m. at 385-386-2289.



**AYUDA GRATUITA**  
para el estrés relacionado con  
**COVID-19**

Llama/Texto/Mensaje 385-386-2289  
UtahStrong@utah.gov  
Todos los días 7am - 7pm

**EL PROYECTO DE RECUPERACIÓN UTAH STRONG**



**FREE HELP**  
for **COVID-19**  
related stress

Call/Text 385-386-2289  
UtahStrong@utah.gov  
Everyday 7a-7p

**THE UTAH STRONG RECOVERY PROJECT**

FEMA human services SAMHSA

The Utah Strong Recovery Project runs through June 2021.

# Project Information in City Newsletters

The Utah Strong Recovery Project started in July 2020. It is a Federal Emergency Management Agency (FEMA) funded program to help Utahns impacted by the stressors of the Covid19 pandemic. It provides free and confidential counseling by FEMA trained counselors to anyone in Utah in the form of emotional support, coping and problem- solving strategies, mental health education, and community referrals. Spanish speaking counselors are available and translation for other languages is offered.

The state has 50 counselors on standby to answer helpline calls from people who are experiencing stress, anxiety or depression because of the COVID-19 pandemic. There is a Wasatch County Team available for individual in-person and online counseling. The Team is also available to present to community organizations. You can call and request the Wasatch County Team through the Utah Strong Recovery Project Helpline.

Call/text Utah Strong Recovery Project seven days a week 7 a.m. to 7 p.m. at 385-386-2289. Or, email your first name and phone number to [UtahStrong@utah.gov](mailto:UtahStrong@utah.gov). For after- hours service, please contact the Utah statewide Crisis Line at 1-800-273-TALK (8255) or the SAMHSA Distress Hotline at 1-800-985-5990.



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EL PROYECTO DE RECUPERACIÓN UTAH STRONG



## Contact information



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**Counselor, Utah Strong Recovery Project**  
**Utah Department of Human Services**  
**Division of Substance Abuse and Mental Health**  
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**mobile: (385) 386-2317**



## Helpline Supports

- ☐ **Utah Strong Helpline** 385-386-2289
  - ☐ 7 days a week from 7 a.m. to 7 p.m.
  - ☐ Spanish speaking/interpreters available
- ☐ Email [UtahStrong@utah.gov](mailto:UtahStrong@utah.gov)
  - ☐ Email your first name and mobile #
  - ☐ 7 days a week from 7 a.m. to 7 p.m.
- ☐ Warm Line-Peer Supported 801-587-1055
  - ☐ 7 days a week from 8 a.m. to 11 p.m.
  - ☐ Spanish speaking/interpreters available
- ☐ UNI Crisis Line 800-273-8255
  - ☐ After hours
- ☐ SAMHSA Distress Hotline 800-985-5900
  - ☐ After hours

  
**Thank you!**

