

COVID-19, FRONTLINE RESPONDERS AND MENTAL HEALTH

*A Playbook for Delivering
Resilient Public Health
Systems Post-Pandemic*



**EDITED BY
JENNIFER A. HORNEY**

COVID-19, FRONTLINE
RESPONDERS AND MENTAL
HEALTH

The impact of this global pandemic on mental wellness has been profound, and the consequences are still emerging. This book captures the direct and indirect psychological sequelae of surviving a collective trauma, along with critical lessons learned for congregant settings like long-term care facilities and prisons.

*Robin Timme, Psy.D., ABPP (Forensic), CCHP-MH, CCHP-A,
Senior Expert & Vice President at Falcon Inc.*

Spotlighting the acute and lingering distress that the COVID-19 pandemic has heaped on responders, other essential workers, and the diverse communities they serve, this books make the compelling case as to why public health emergency management systems must demonstrate greater parity between mental health and physical health going forward.

Monica Schoch-Spana, PhD Senior Scholar, Johns Hopkins Center for Health Security. Senior Scientist, Department of Environmental Health and Engineering, Johns Hopkins Bloomberg School of Public Health.

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Resilient Public Health Systems
Post-Pandemic

Edited by

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INVESTOR IN PEOPLE

To my husband, Michael, and my children, Ian and Lila, and to all of those whose lives have been impacted by this pandemic and our response to it.

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The COVID-19 pandemic has impacted the physical and mental health of millions in both direct and indirect ways. Stress, anxiety, and loneliness associated with fears about contracting COVID-19 and the experiences of loss, financial insecurity, and social isolation have worsened our mental health generally, with more adults reporting symptoms of mental health disorders during the pandemic compared with the pre-pandemic period. We also know there are highly vulnerable subpopulations for whom the mental health impacts of the COVID-19 pandemic can be more severe, including children, caregivers, minority populations, and those with limited access to care. Frontline responders – healthcare providers, public health practitioners, and other essential workers are also at higher risk. The goal of this book is to hear their voices and to consider their recommendations for the critical and necessary changes that will help to build our resilience to the mental health impacts of disasters prior to the next public health emergency. This book would not have been possible without the contributions of many people, working within their own areas of expertise to address the impacts of the COVID-19 pandemic – and our response to it – on mental health.