



LOS ANGELES COUNTY

**CONSUMER &
BUSINESS AFFAIRS**

CENTER FOR FINANCIAL EMPOWERMENT



CFE COVID Conversations

EXPLORING RACIAL INEQUITIES AND MENTAL HEALTH
CHALLENGES AMID COVID-19

MAY 26, 2020, 2PM PST



Understanding Coronavirus in America: Inequality and Mental Health in LA

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Understanding Coronavirus in America



- National tracking survey designed to assess the social, psychological, and economic impact of the pandemic
- Random sample of approximately 7,100 adult residents of the U.S., including 1,500 adult residents of L.A. County
- Surveys are distributed on a bi-weekly basis at the national level and on a weekly basis in L.A. County
- First national survey was fielded in mid-March
- Data are publicly available for download at:
<https://uasdata.usc.edu/page/Covid-19+Home>

Understanding Coronavirus in America



To track our data in real time, visit:

<https://covid19pulse.usc.edu>

Graphs are provided for the US,
CA, and LA

Graphs are updated daily and can
provide demographic breakdowns

UNDERSTANDING AMERICA STUDY

UNDERSTANDING CORONAVIRUS IN AMERICA

[NATIONAL SAMPLE](#) [CALIFORNIA](#) [LOS ANGELES COUNTY](#) [STATE TRACKER](#) [SURVEY METHODS](#) [DETAILED DATA](#) [CONTACT US](#)

For news releases, social media graphics regarding key findings, and links to media coverage, visit the press room page of our website at <https://uasdata.usc.edu>.

The USC Center for Economic and Social Research's Understanding Coronavirus in America tracking survey is updated daily with the responses of members of our population-representative [Understanding America Study](#). Each panel member is invited to respond on a pre-assigned day of the week every other week. Each data point represents a full sample of responses from the previous seven days*. The graphs are updated just after 3am PDT every day of the week. Use the tabs to view results from the California sample, or from our Los Angeles County sample, to learn more about our survey methods, or to access the data files used to create the graphics on this site. Use the context menu at the upper right of each graph to download the graphic file.

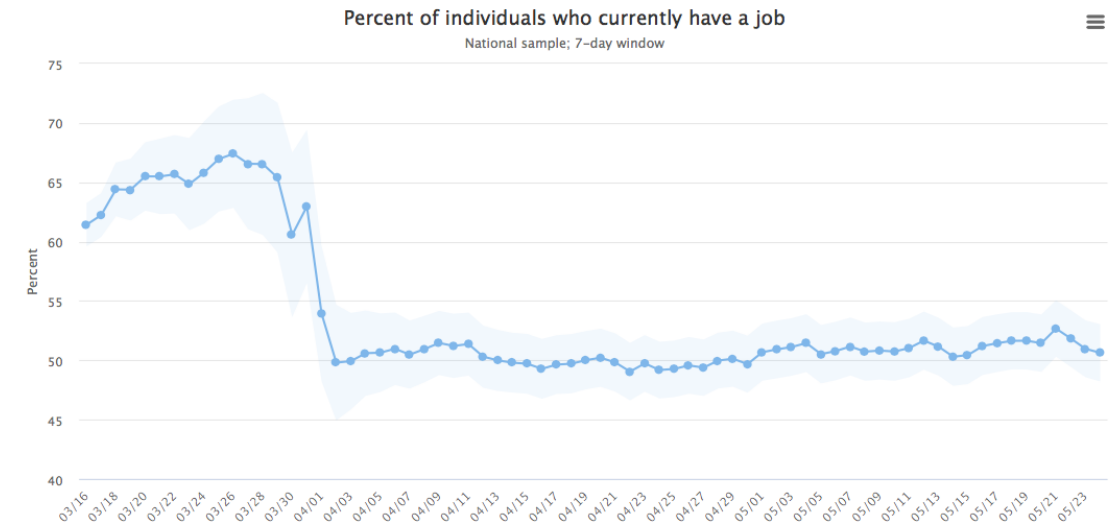
Suggested Graphs

Percent of individuals who currently have a job

by

None

Go





Social and Economic Impact of the Pandemic



Rapid Job
Loss

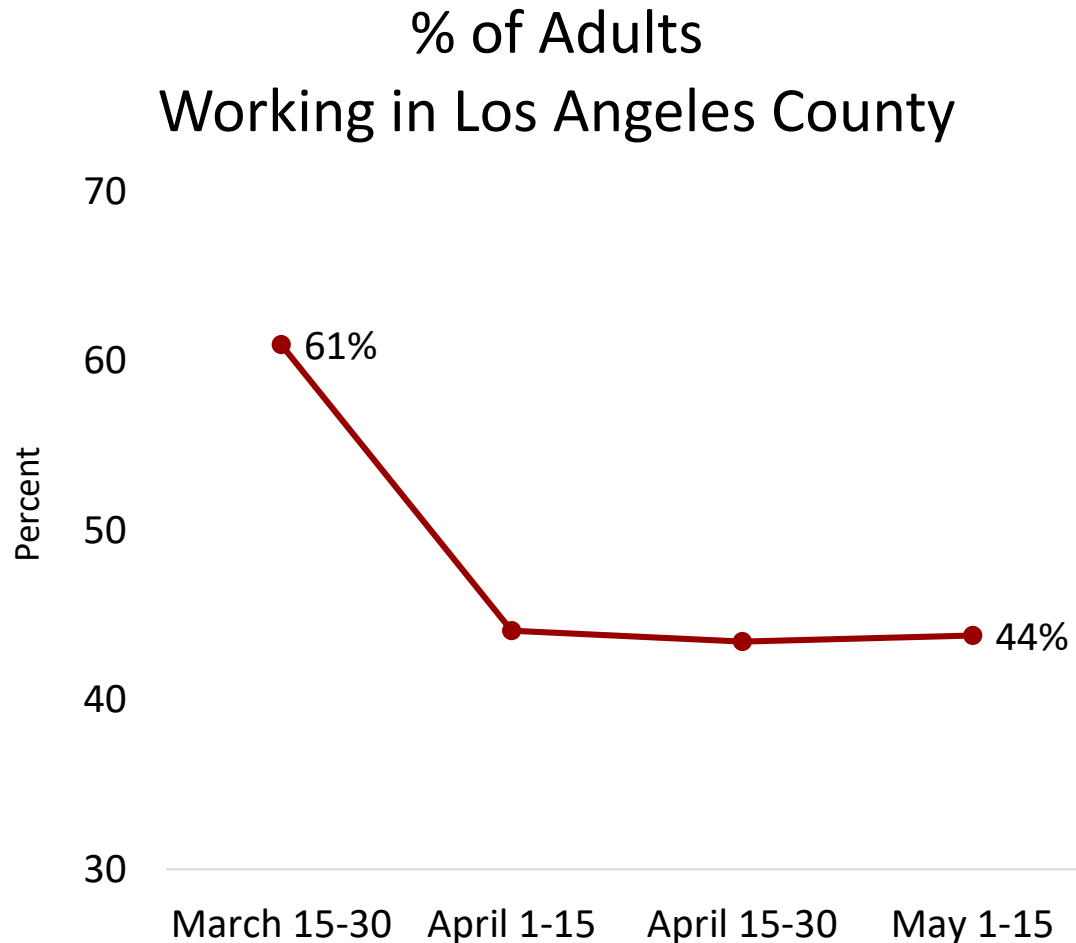


Fear and
Insecurity



Behavioral
Change

Rapid Job Loss

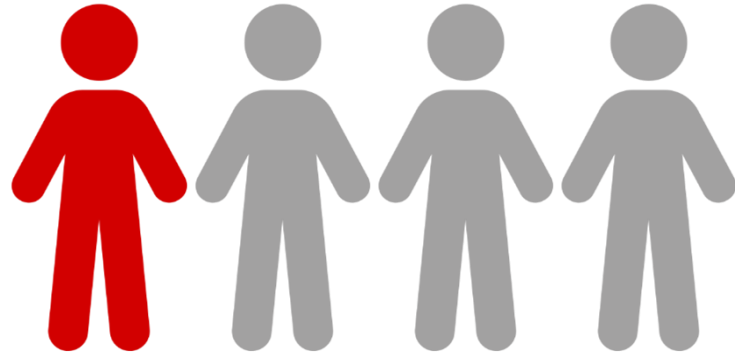


17 percentage
point

decline in share
working over course
of 2-3 weeks

1.3 million
Angelenos
stopped working

Vulnerable Groups Have Suffered the Most



By mid-May, **24%** of March workers were no longer working



24%

of Black workers

23%

of Asian workers

32%

of Latino workers

13%

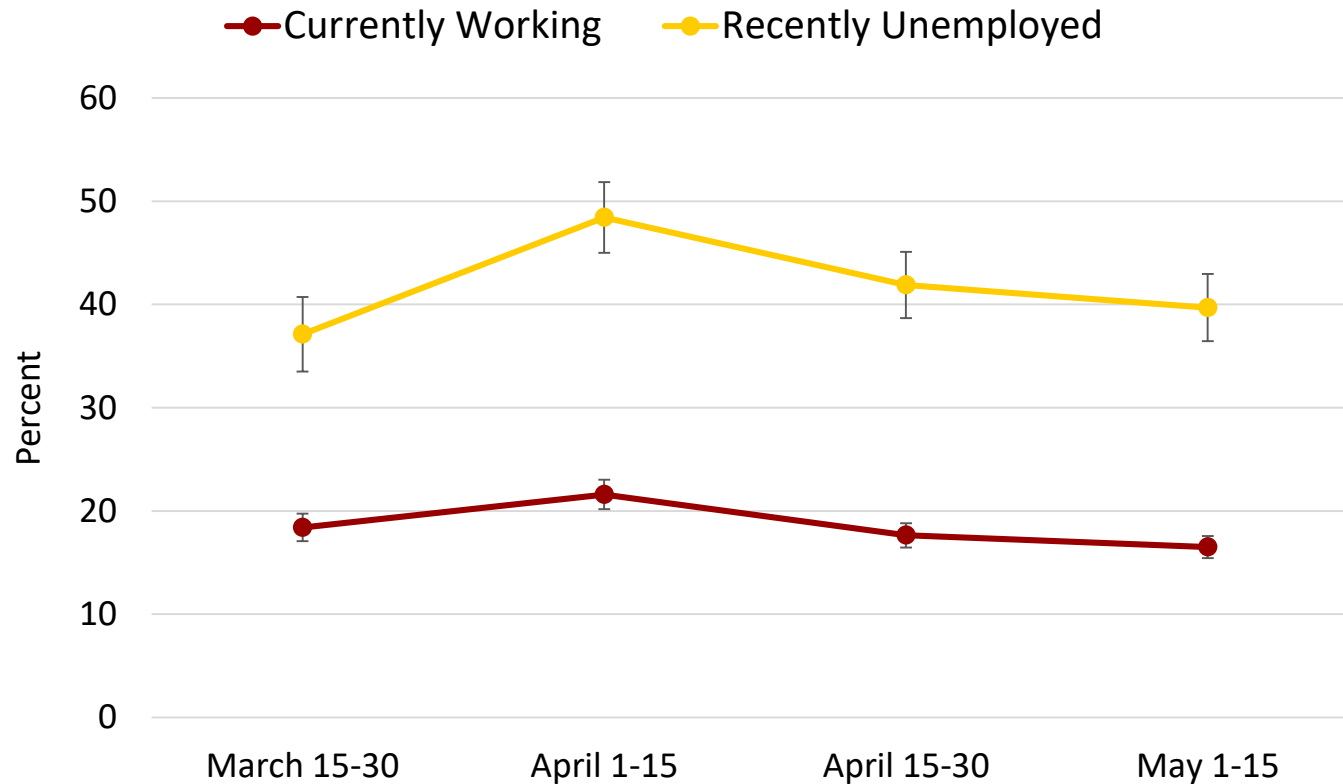
of NH White workers



Rise in Economic and Food Insecurity



Perceived Chance Will Run Out of Money in Next 3 Months

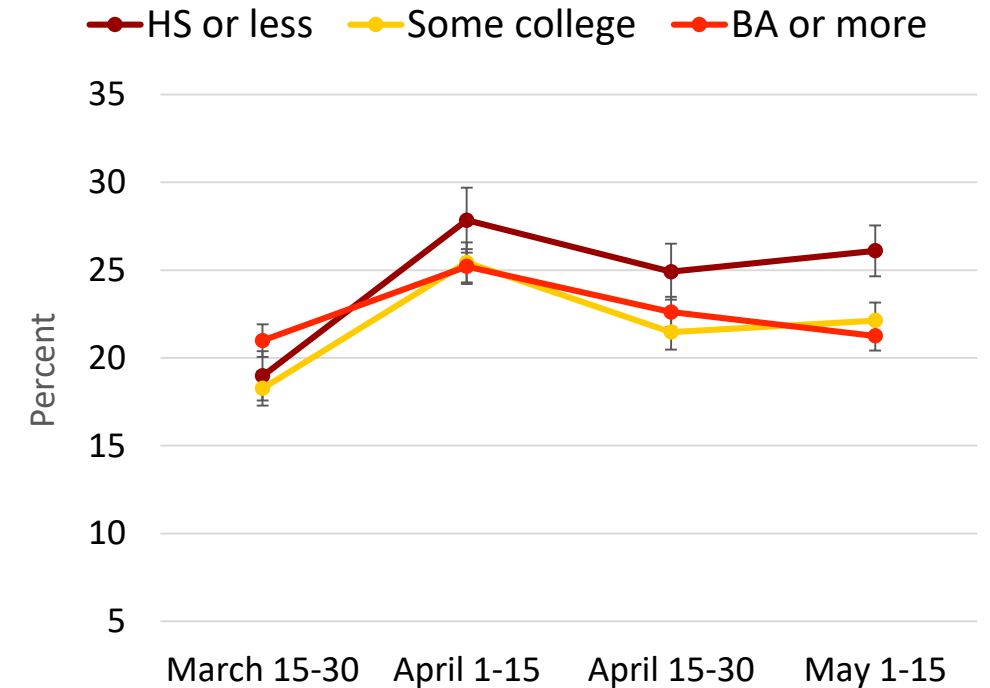
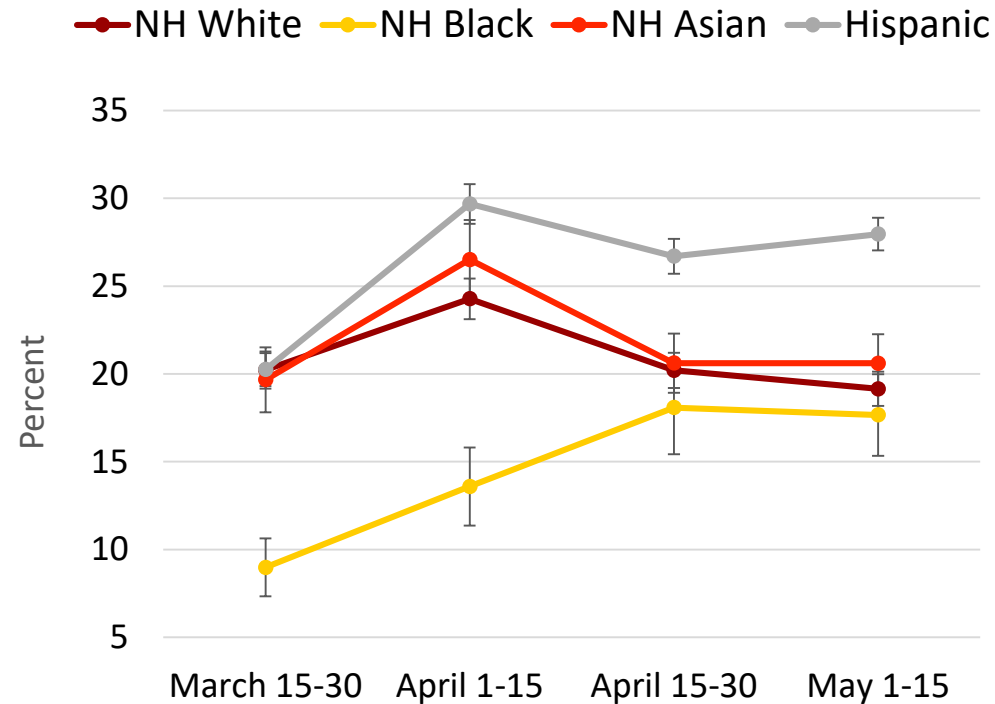


20% of people of color reported **some form of food insecurity** in early May -- down from 37% in early April

Rise in Perceived Risk of Infection



Perceived Chance of Getting COVID-19 in Next Three Months

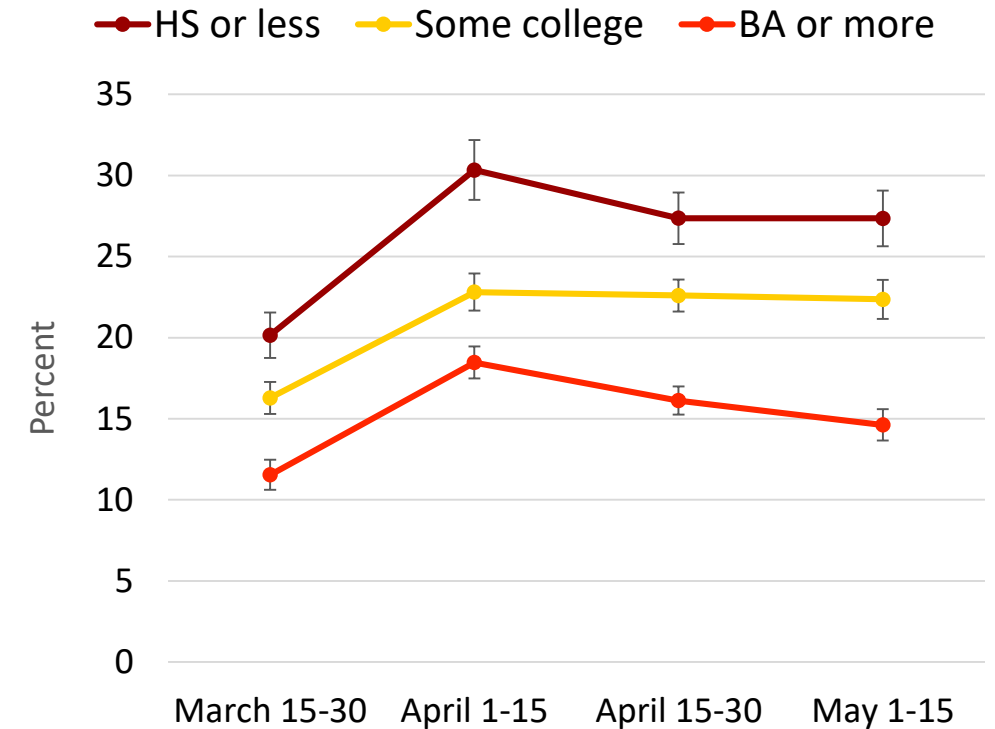
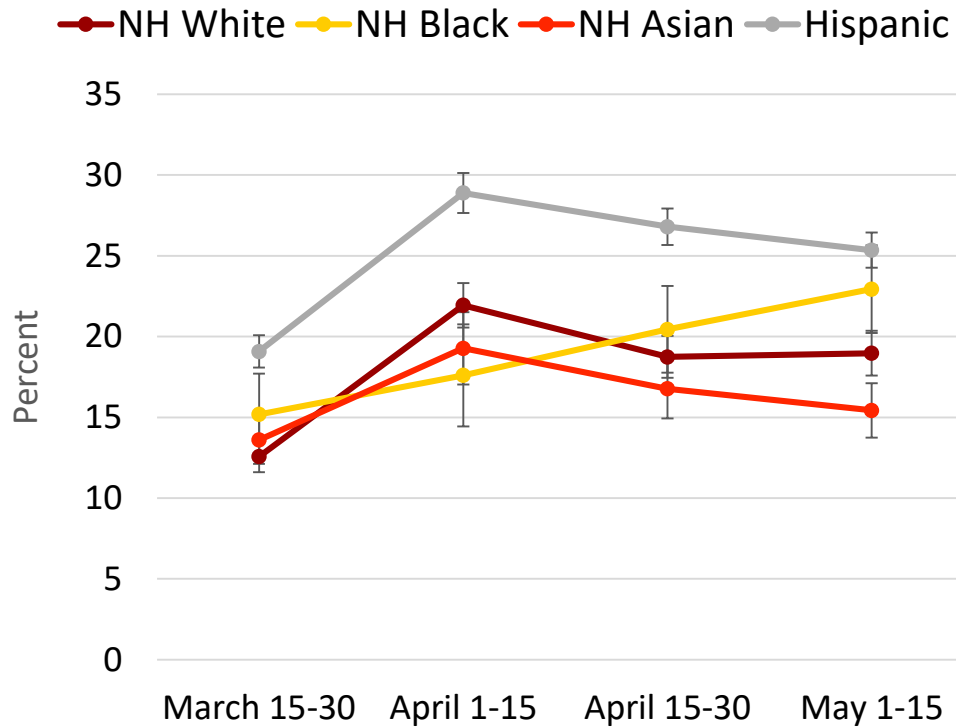


As of mid-May, Angelenos estimated a **23% chance** of getting COVID-19. **Black residents initially felt less at risk but have steadily increased their estimates.**

Rise in Perceived Risk of Death

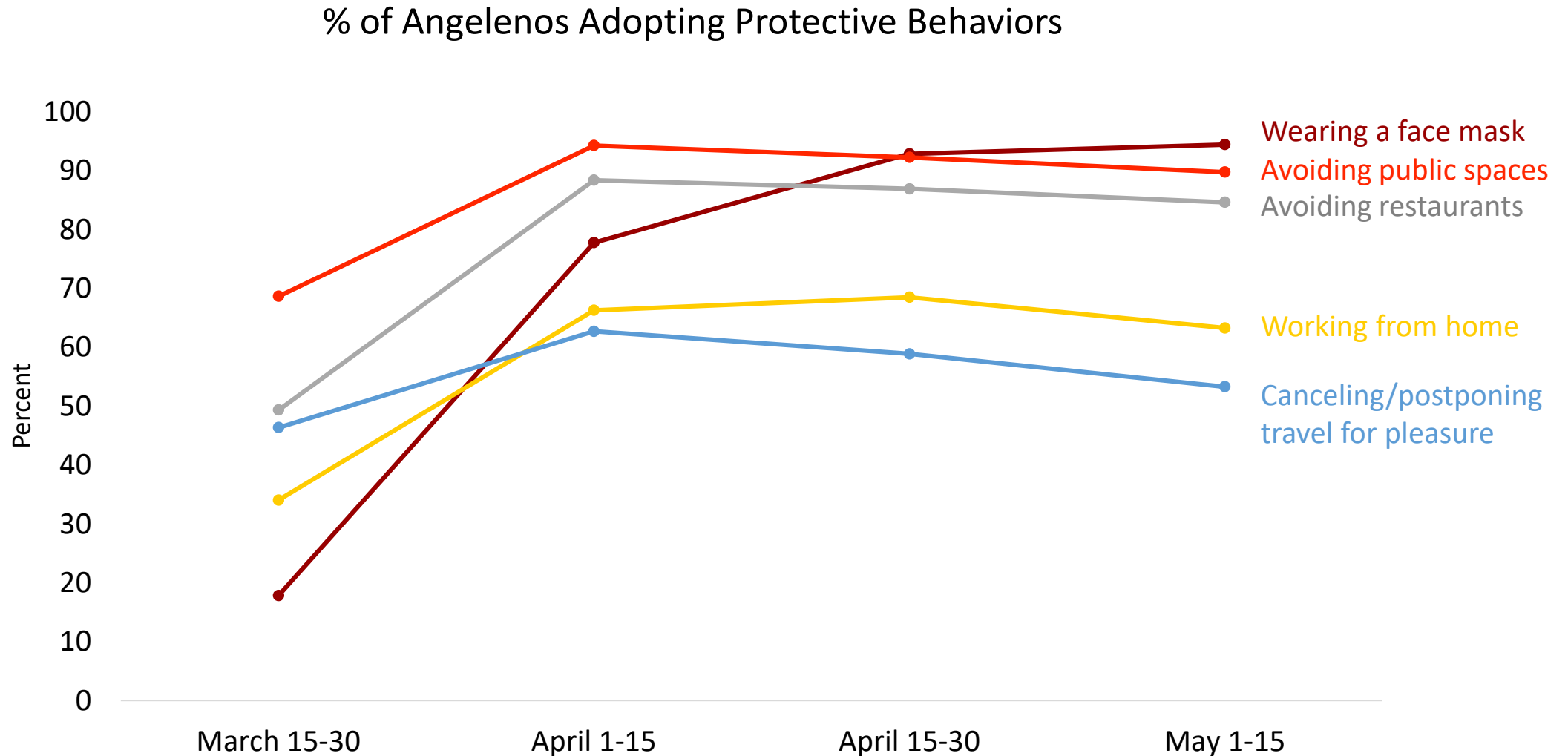


Perceived Chance of Dying from COVID-19 If Infected



As of mid-May, Angelenos estimated a **22% chance** of dying from COVID-19 if infected. **College-educated residents feel significantly less at risk.**

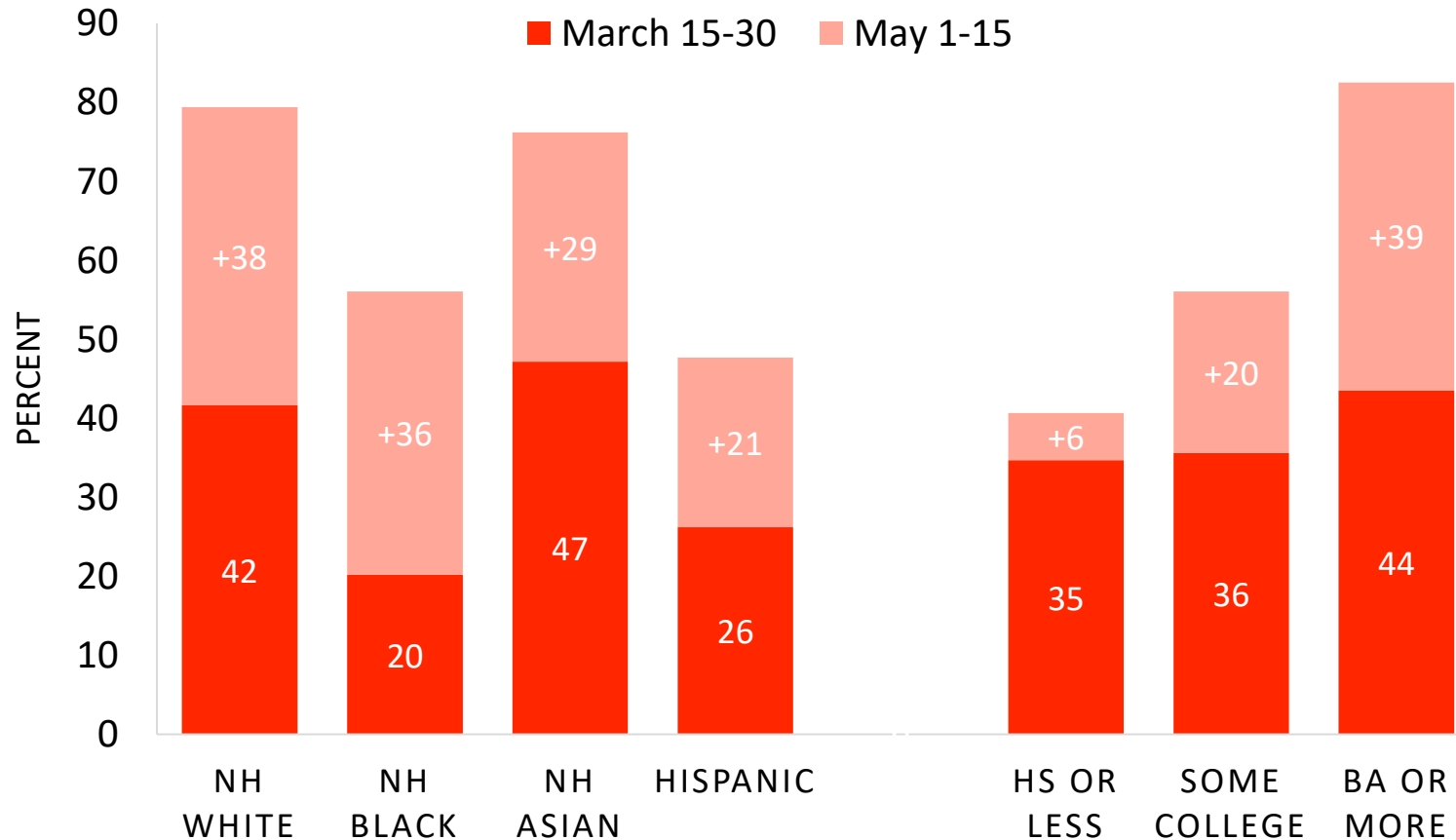
Rapid Adoption of Protective Behaviors



Low SES Workers Less Protected



Rates of Remote Work



Less educated, people of color significantly less likely to engage in remote work

College grads are **75%** more likely than HS or less to have paid sick leave



Assessing the Mental Health Impact



Distress

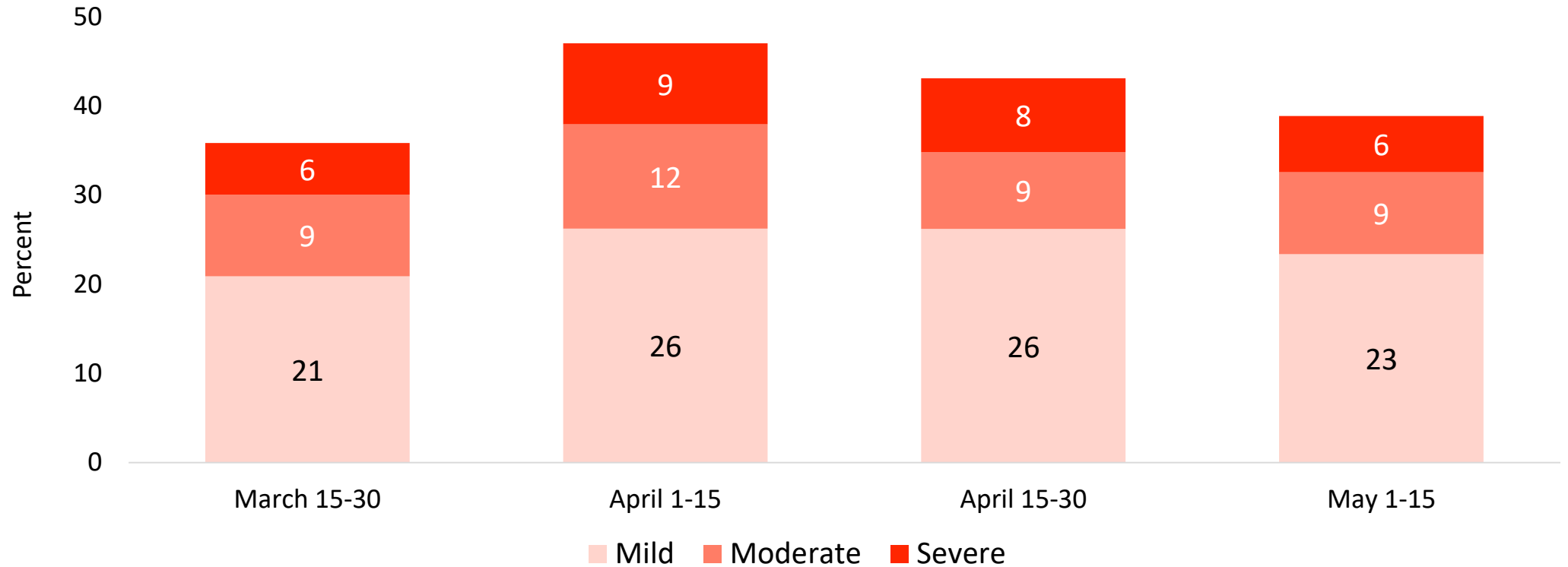


Disparities



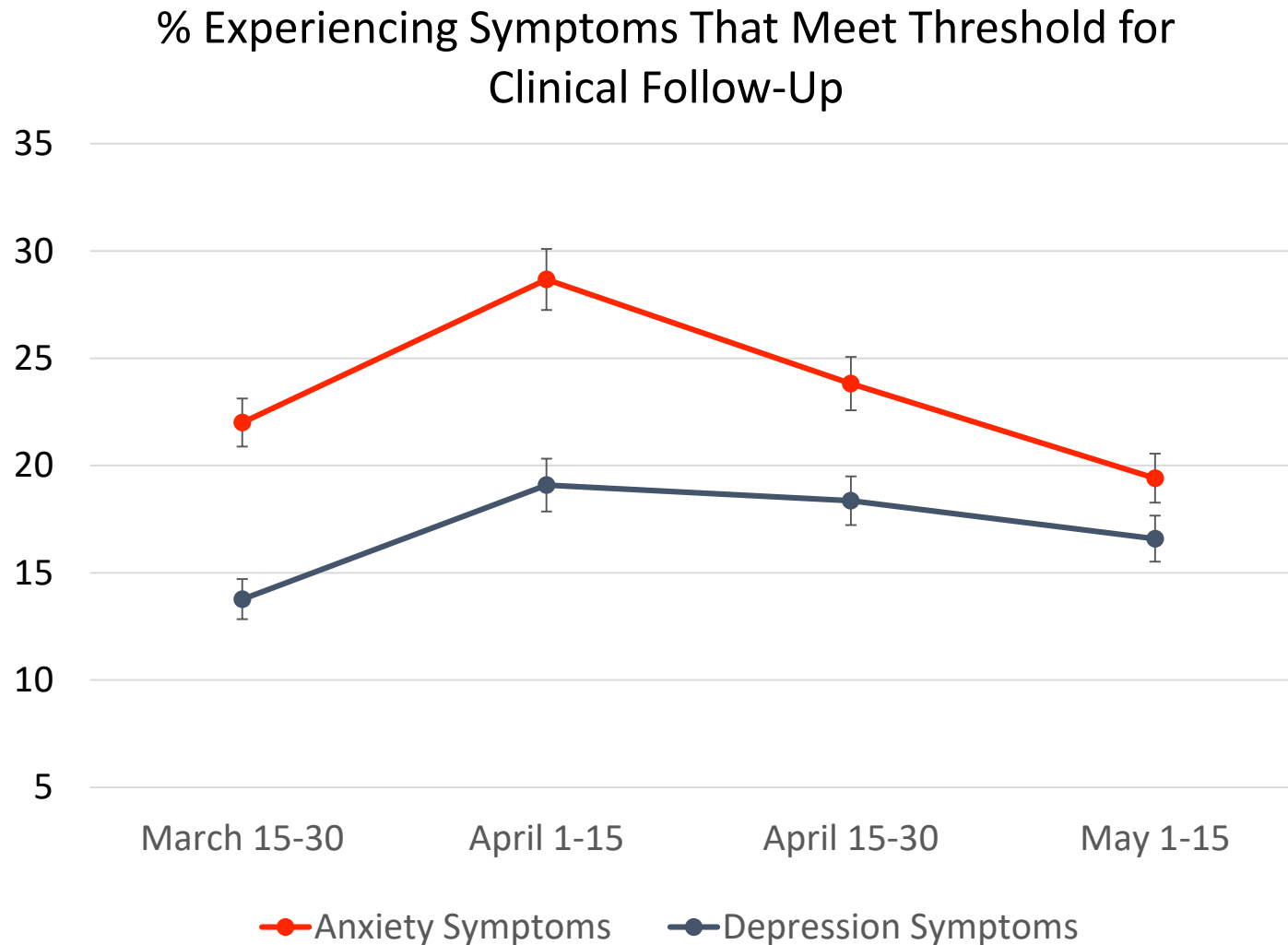
Care

Rise in Symptoms of Psychological Distress



Symptoms of anxiety and depression spiked in early April and were particularly high among NH White, Asian, and low-income residents

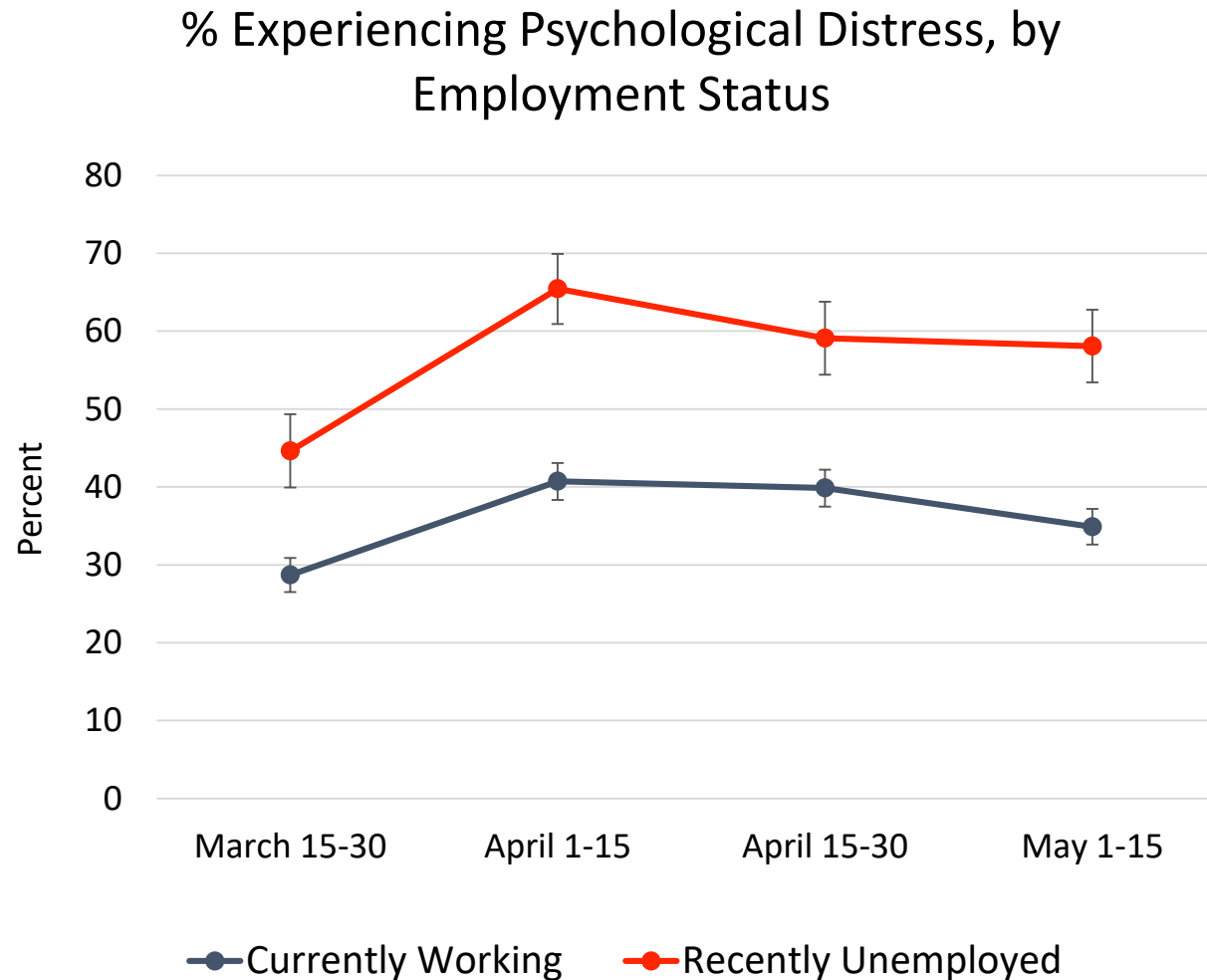
Anxiety More Prevalent than Depression



Symptoms of
anxiety more
prevalent,
symptoms of
depression more
persistent

37% of
Angelenos feel
lonely at least one
day per week

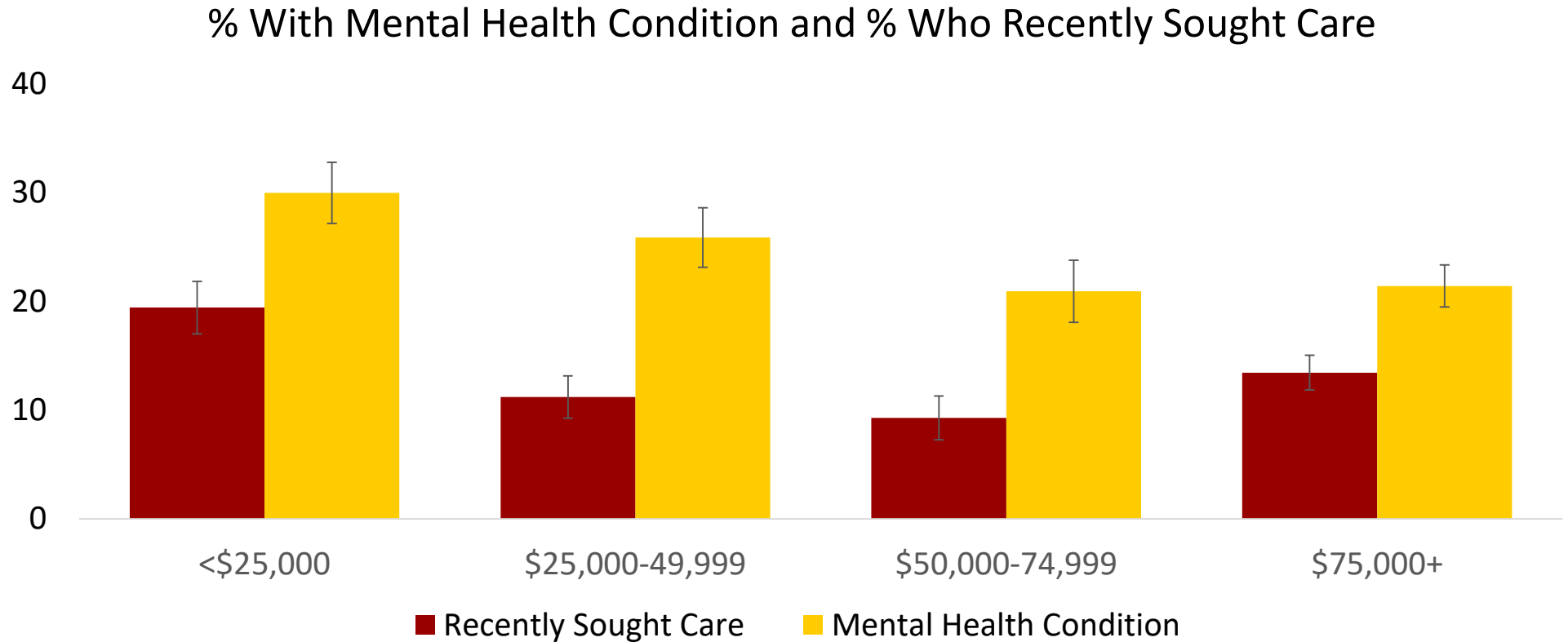
Economically Insecure Suffering Most



68% of food insecure residents report some psychological distress

Residents making <\$25k **3x** more likely than those making \$75k+ to report symptoms of depression that meet threshold for clinical follow-up

SES Differences in Diagnosis and Care



On average, lower-income Angelenos are more likely to report a mental health condition, but rates of diagnosis are higher among white residents than among black or Latino residents

THANK YOU!



To follow our data in real time, visit:

<https://covid19pulse.usc.edu>

For more information about our survey and panel, visit:

<https://uasdata.usc.edu/page/Covid-19+Home>

For other questions, contact me at kylathom@usc.edu

The Understanding Coronavirus in America tracking survey was initiated and financed by USC and is funded in part by the Bill & Melinda Gates Foundation.

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and Social Research*

BILL & MELINDA
GATES *foundation*



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

COVID-19 and Mental Health

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COVID-19 & Mental Health

Common reactions experienced during the COVID-19 crisis

- Fear and distress for your health, and the health of your loved ones
- General anxiety about the situation's uncertainty
- Confusion about decision-making and lifestyle adjustments
- Feelings of detachment and isolation during physical distancing
- Frustration and irritability with those around you
- Concerns about financial and economic stability



COVID-19's Impact on Mental Health in Diverse Communities

- Disconnection from family & community
- Unable to observe traditions & rituals
- Financial concerns (job loss, difficulty paying bills / rent)
- Challenges to accessing mental health support
- COVID-related stigma
- Anxiety about law / immigration enforcement

How LACDMH Is Supporting Mental Health

COVID-19 Resources Page

<http://dmh.lacounty.gov/covid-19-information>

Contains information, guidance, and tips to support mental health and wellbeing during the COVID-19 crisis, including:

- Understanding MH Aspects of COVID
- Staying Connected During Physical Distancing Measures
- Addressing Fear of Public Spaces
- Coping with Grief & Loss

CORONAVIRUS/COVID-19 MENTAL HEALTH RESOURCES



LACDMH Resources:

The Los Angeles County Department of Mental Health (LACDMH) supports the wellbeing of our County family, friends and colleagues. News and updates about COVID-19 may trigger anxiety, panic, frustration and depression—even when your risk of getting sick is low. During an infectious disease outbreak, please take the time to care for your own physical and mental health, and please reach out to others in kindness and compassion.

LACDMH has published the following materials to address mental health & wellbeing needs and concerns:

- “Coping with Stress During Infectious Disease Outbreaks”, available in the following languages: [Arabic](#) / [Armenian](#) / [Simplified Chinese](#) / [Traditional Chinese](#) / [English](#) / [Farsi](#) / [Japanese](#) / [Khmer](#) / [Korean](#) / [Russian](#) / [Spanish](#) / [Tagalog](#) / [Vietnamese](#)
- “Maintaining Health and Stability During COVID-19”, available in [English](#), [Spanish](#), [Chinese](#), [Korean](#) and [Armenian](#)
- “Staying Connected During Physical Distancing”, available in [English](#), [Spanish](#), [Chinese](#), [Korean](#) and [Armenian](#)
- “Alleviating Fear and Anxiety During Essential Trips in Public”, available in [English](#), [Spanish](#), [Chinese](#), [Korean](#) and [Armenian](#)

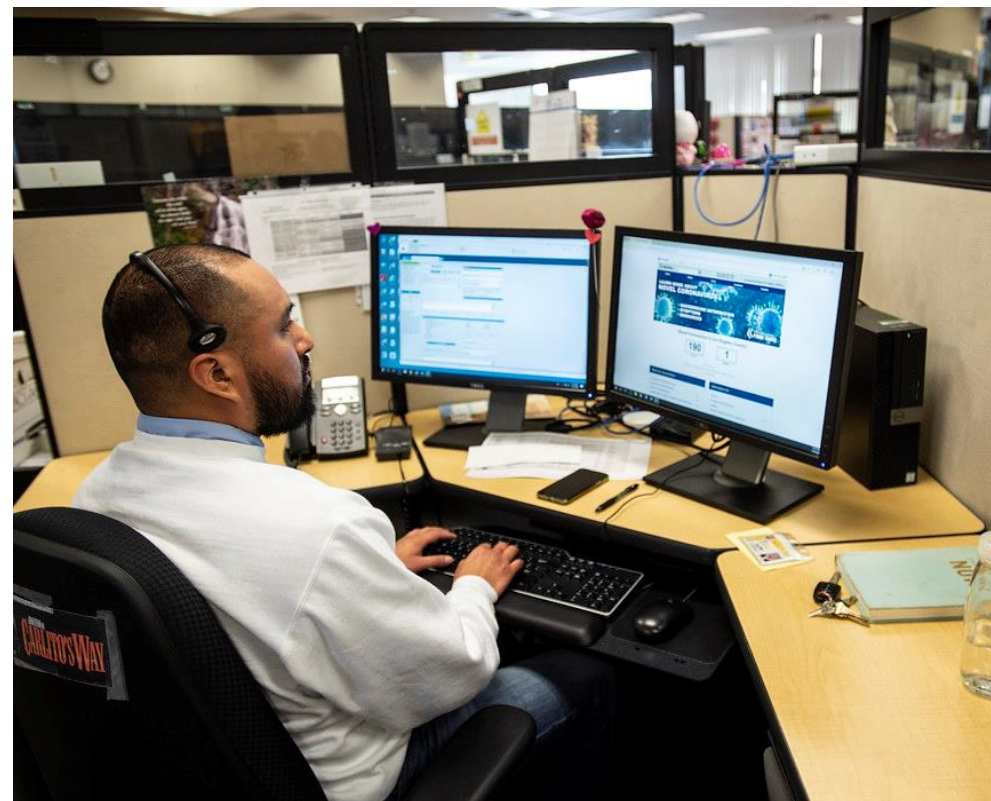


LOS ANGELES COUNTY
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[hope.](#) [recovery.](#) [wellbeing.](#)

How LACDMH Is Supporting Mental Health

DMH Help Line at (800) 854-7771

- Crisis Assessment & Response
- Referrals & Linkage to Services
- Warm Line for Emotional Support
- Available in Multiple Languages



How LACDMH Is Supporting Mental Health

Headspace Plus for LA County Residents

Sign up for free at <http://headspace.com/lacounty>

- Guided meditations
- Exercise videos
- Relaxation content



How LACDMH Is Supporting Mental Health

WE RISE 2020 – Virtual May

<http://werise.la>

Monthlong series of virtual performances, workshops, activities and discussions about mental health, recovery, wellbeing and community-building

Previous live events are viewable on We Rise's site and social media channels



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.

Additional LACDMH Efforts

- Project Roomkey (mental health support for those experiencing homelessness)
- Outreach to vulnerable populations
- Expansion / modification of mental health services (telehealth)
- LACDMH Speakers Bureau to inform and engage diverse communities



How To Support Your Mental Health & Wellbeing

- Develop / Maintain Healthy Habits
- Build Structure Into Your Day with Routines
- Connect with Friends & Family Virtually
- Manage Consumption of News / Social Media
- Ask for Help If You Are Feeling Overwhelmed



Thank You

For more information

- Visit <http://dmh.lacounty.gov/covid-19-information>
- Follow @LACDMH on Facebook, Twitter & Instagram
- Call our DMH Help Line at (800) 854-7771
- Check out We Rise Virtual May at <http://werise.la>



THANK YOU!

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