



## **The "No-Playbook" Playbook Mental Health Support during COVID-19**

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# **The MindBeacon Vision**

**A world of healthier minds,  
and better lives**

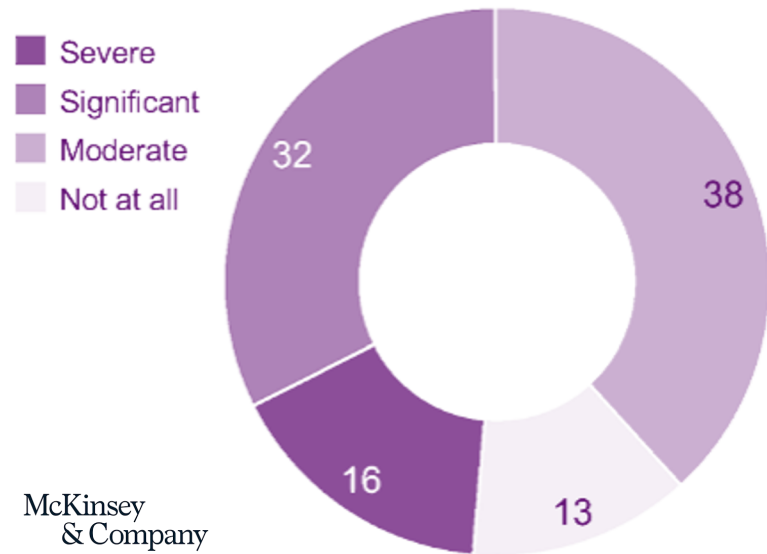
# Mental Health in the COVID-19 Era

## A Growing Concern for Employers

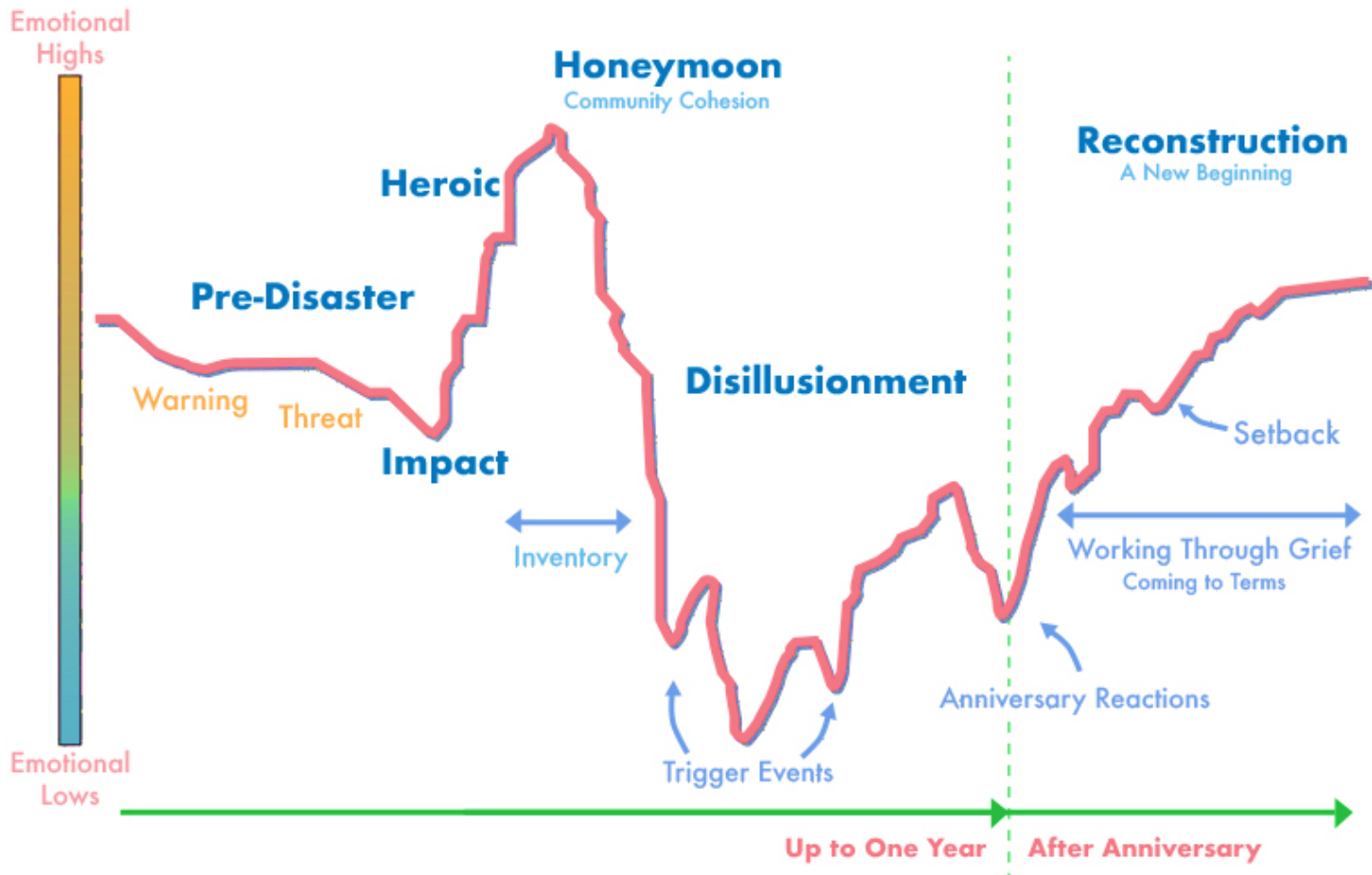
- In a recent survey published by McKinsey on 1,000 employers, mental health was among the top workforce health concerns
- Among employers concerned about workforce mental health, 7 out of 10 have or will take action
- Now more than ever before, mental health is a key priority for employers

**~9 out of 10** employers say COVID-19 is affecting workforce BH and/or productivity

Percent of employer respondents<sup>3</sup>



# Mental Health Phases Following Disaster



Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters





## **Impact of the “New Normal” vs “Next Normal” on mental health**

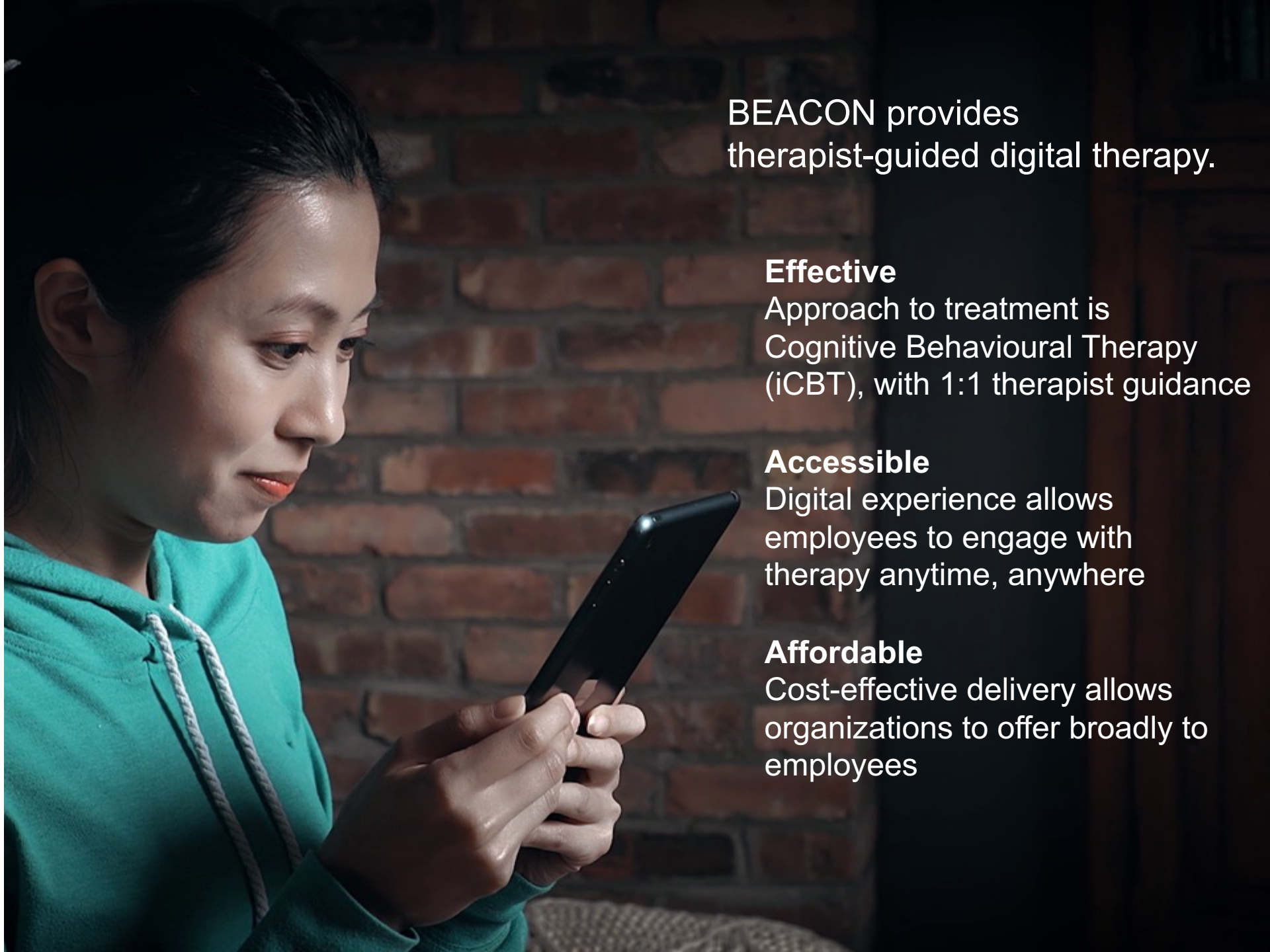


## Understanding & identifying when people need help



## Opportunities for digital & virtual support resources



A woman with dark hair tied back, wearing a teal hoodie, is looking down at a black smartphone she is holding with both hands. The background is a dark, textured brick wall. The lighting is soft, highlighting her face and the phone.

BEACON provides  
therapist-guided digital therapy.

**Effective**

Approach to treatment is  
Cognitive Behavioural Therapy  
(iCBT), with 1:1 therapist guidance

**Accessible**

Digital experience allows  
employees to engage with  
therapy anytime, anywhere

**Affordable**

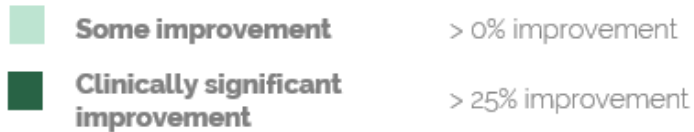
Cost-effective delivery allows  
organizations to offer broadly to  
employees



# Mental Health Impact is Measureable

## Mental Health Improvement

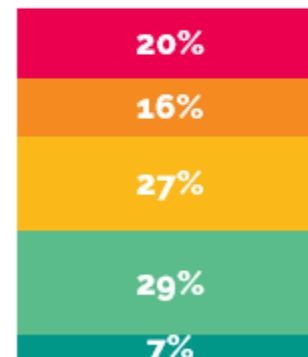
at the start and end of BEACON Treatment



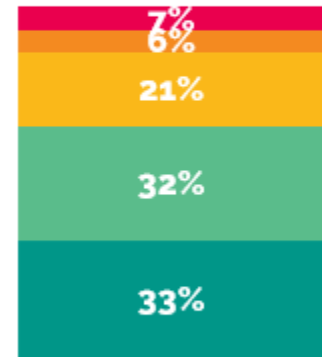
## Comparing Severity Level

at the start and end of BEACON Treatment

### Severity at Start



### Severity at End



# Expanded Virtual Mental Health services during COVID-19



BEACON is now fully funded, for all Ontarians, during the COVID-19 Pandemic



## BEACON is accessible to all Ontarians

1) Directly through the Government of Ontario COVID-19 Support Website:

[ontario.ca/page/covid-19-support-people#icbt](https://ontario.ca/page/covid-19-support-people#icbt)

Click 'MindBeacon' to begin your online assessment and start therapy

2) if you are a health care worker you can also access mental health support here:

[ontario.ca/page/covid-19-support-people#support-health-care-worker](https://ontario.ca/page/covid-19-support-people#support-health-care-worker)

Select a Hospital access point to access iCBT and other resources:

- Ontario Shores Centre for Mental Health Sciences
- St. Joseph's Healthcare
- The Royal Ottawa Mental Health Centre
- Waypoint Centre for Mental Health Care
- Centre for Addictions and Mental Health (CAMH)



**There's no playbook for the long-term approach to deal with mental health impact following a global crisis**



# **Mental Wellbeing & Resiliency**

## **- A path forward from the impact of COVID-19 -**

