COVID-19 Impacts on Behavioral Health: Rapid Literature Review

The Pandemic has impacted:
• Substance Use
• Mental Health
• Behavioral Health

With worsening trends of:
• Depression
• Anxiety
• Loneliness

All of which are known to increase substance use

Hawai‘i CARES 24/7 Hotline experienced the highest call volume in 7 years in June and July of 2020

Free public resource for any caller seeking crisis support and access to treatment and recovery for substance use and mental health conditions

1 in 3 Hawai‘i high school students reported using e-cigarettes in 2019

Young people that vape are 5-7 times more likely to be infected with COVID-19

Community members worry that Hawai‘i youth are being targeted with flavor options such as “Hawaiian POG” and “Hawaii Sweet Roll”

Despite a drop in tourism, Honolulu saw increasing liquor sales in May - July

Due to stay at home orders, the governor allows the sale of unopened alcoholic beverages for home delivery

Community members worry the policy may increase access to youth

Social distancing & distance learning may decrease reporting of child abuse

Teachers and school workers are more reliable reporters of abuse

Social workers are unable to conduct face-to-face check-ins of foster youth

37% Adults in Hawai‘i with symptoms of anxiety disorder

30% Adults in Hawai‘i with symptoms of depressive disorder

Compared to 8.2% and 6.6% respectively, in January-June 2019

For full citations, see “Rapid Review of Literature on Behavioral Health During Pandemic” email phac@hawaii.edu for more information. Produced by the State Epidemiologic Outcomes Workgroup in the Pacific Health Analytics Collaborative, Myron B. Thompson School of Social Work, Center on Aging, University of Hawai‘i at Manoa. Version 1.0. Updated 12/10/2020.