

Virginia Department of Medical Assistance Services

Behavioral Health Services COVID-19

Fact Sheet on Personal Protection- 2020

The Virginia Department of Medical Assistance Services (DMAS) is committed to protecting the health, safety, and welfare of all Medicaid members and behavioral health providers. In light of the public health emergency presented by COVID-19, DMAS is sharing the following valuable information about resources available to protect our community.

It is essential that behavioral healthcare providers and facilities implement plans to protect patients and staff from infection to the greatest extent possible. The following are offered as considerations aimed at decreasing the likelihood of infection and viral transmission and providing for the behavioral health needs of patients.

There are many options for treating mental and substance use disorders which have an evidence base and/or are best practices including include inpatient, outpatient and residential treatment options. Because of the substantial risk of coronavirus spread with congregation of individuals in a limited space such as in an inpatient or residential facility, SAMHSA is advising that outpatient treatment options, when clinically appropriate, be used to the greatest extent possible. Inpatient facilities and residential programs should be reserved for those for whom outpatient measures are not considered an adequate clinical option and the individual is experiencing life threatening conditions, such as suicidal ideations, high risk for overdose, complications of withdrawal, etc. DMAS recommends outpatient treatment services be utilized whenever possible as well as telehealth. Comprehensive long term residential treatment programs, where COVID related precautions can be implemented (social distancing, isolating, testing, etc.) remain a viable treatment option when clinically indicated. Care should be taken to consider the Centers for Disease Control (CDC) guidance with COVID-19, to those caring for someone with COVID-19 at home or in a health care setting. Visit <https://www.samhsa.gov/sites/default/files/considerations-care-treatment-mental-substance-use-disorders-covid19.pdf> for more information.

Protect Yourself and Others While Providing Care:

- Wash your hands frequently with soap and water for at least 20 seconds. If soap and water is unavailable, use hand sanitizer
- Use protective gloves
- Wear a face covering such as a mask or scarf
- Limit contact. COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs or sneezes
- Avoid touching your eyes, nose and mouth
- Clean and disinfect surfaces frequently

CORONAVIRUS PREVENTION



Personal Protective Equipment (PPE)

During the COVID-19 pandemic, behavioral health providers and members should remain safe through the use of personal protective equipment (PPE). PPE includes items like face coverings and gloves. The Occupational Safety and Health Administration (OSHA) provides the following training guidance for the proper use of PPE:

- Specific PPE equipment may be determined by your employer
- Change medical gloves if torn or contaminated with bodily fluids
- Dispose of PPE appropriately
- Clean, disinfect, and maintain reusable equipment and PPE

Frequently Asked Questions

How do I stay safe if I need to see a member in-person during the COVID-19 pandemic?

Wash your hands often, wear face coverings, and use other personal protective equipment. Practice social distancing whenever possible.

What should I do if a Medicaid member or staff requires urgent medical attention?

For all medical emergencies, please dial 911.

Where can I find information about obtaining personal protective equipment (PPE)?

Your local department of health may be a resource for PPE for behavioral health providers. Cloth face coverings may serve as an alternative to traditional PPE. Click [here](#) for valuable information from the CDC on face coverings.

COVID-19 Community Resources

Department of Medical Assistance Services COVID-19 Resources

For copies of all previously posted Behavioral Health and ARTS COVID-19 guidance, directives, recordings, webinars, and FAQs, remaining effective until the state of emergency ends or otherwise notified, please visit <https://www.dmas.virginia.gov/#/emergencywaiver>.

Behavioral Health Resources for Medicaid Members

https://coverva.org/materials/Behavioral_Health_Resources_FINAL_4_9_20.pdf

Centers for Disease Control and Prevention

- Caring for Someone Sick at Home: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>
- Handwashing Tips: <https://www.cdc.gov/handwashing/>
- How to Protect Yourself and Others: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- CDC Face Covering Information: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- Printable information: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-coverings-information.pdf>

Virginia Department of Health

- Helpful Tips: <https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/VDH-What-you-need-to-know-Flyer-ENG.pdf>

OSHA Training

- https://www.osha.gov/SLTC/covid-19/controlprevention.html#interim_increased_risk

For more information about DMAS and the response to COVID-19, please visit www.dmas.virginia.gov