

Supporting Individuals who are Deaf, Deaf Blind, and Hard of Hearing (DDBHH) during COVID-19

The COVID-19 outbreak is stressful for everyone. It can be challenging to cope with fear and anxiety, changing daily routines, and a general sense of uncertainty. The current pandemic is not just a medical tragedy; many individuals will battle psychological scars for years. Use these resources to provide accurate, accessible information to the people you work with.

Deaf C.A.N.! Video Series

The Deaf Community Advocacy Network (Deaf C.A.N.!) launched an online video interview series to increase awareness of mental health in Michigan's Deaf community. Dylan Secord, a clinical social worker, covers topics for mental health professionals like:

- Coping with stress during an infectious disease outbreak.
- Fear and worry about health and the health of loved ones.
- Worsening of mental health conditions.

American Sign Language (ASL), English subtitles, transcript with visual descriptions.

<http://www.deafcan.org/coronavirus-community-resources.html>

CDC Presents COVID-19 Information in ASL

The Centers for Disease Control and Prevention (CDC) has a video series featuring information on COVID-19 presented in ASL with close captioning. Videos feature a certified Deaf interpreter covering topics like:

- Managing COVID-19 at home.
- Symptoms of the virus.
- Prevention tips.
- Risk factors.
- What older adults need to know about COVID-19.

<https://www.youtube.com/playlist?list=PLvvp9iOILTQatwnqm61jqFrSfUB4RKh6j>

This population is **2-5 times more likely to suffer from mental illness** - often due to trauma, abuse and **language deprivation**.

There are more than 40,000 people in Michigan who are deaf.

There are more than 1 million people in Michigan who are hard of hearing.

Only a handful of mental health professionals are known to provide direct, culturally and linguistically competent services to DDBHH individuals in Michigan.

There are mental health services and regional therapeutics for individuals who are DDBHH. For information contact: DEAF C.A.N.! at deafcan@deafcan.org or Michigan Department of Health and Human Services Community Practice Specialist at rayc7@michigan.gov.