

# Anxiety and Depression Among Adults in the Lower East Side of Manhattan due to COVID-19

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## Introduction

- During the COVID-19 pandemic, New Yorkers faced many challenges. Some of these issues were out of their control. During a very unfortunate time in everyone's lives, people struggled to make ends meet financially, emotionally, and physically. Although there was an end to the financial and physical problems for most, the emotional and mental trauma lingers and affected people greatly.

- The statistics of anxiety and depression in the world skyrocketed during the pandemic, but the population of the Lower East Side of Manhattan struggled intensely due to a significant number of reasons.

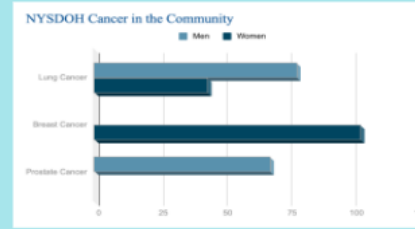
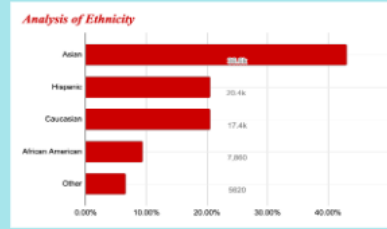
- Issues faced included unemployment, isolation, limited resources, finances, tight spaces, domestic violence, suicide, fear of illness, and fear of death. Due to these concerns and emotions, many adults developed anxiety and depression that could continue with them throughout life. Will group therapy positively affect adults living in the Lower East Side with depression and anxiety due to the COVID-19 pandemic?

## Community Assessment and Analysis

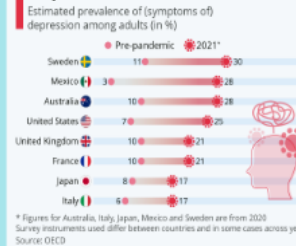
- Over the past 30 years, the Lower East Side has become more gentrified. It has become more of a rich place and expensive place to live. The landscape has become nicer and the buildings are more modern. Currently, to live on the Lower East Side of Manhattan the average rent is \$3,000-\$6,000 for a one bedroom apartment.(7)

- In a community as beautiful as NYC, there's scenery that would seem therapeutic to someone such as taking a stroll through Central Park, or walking to Columbus Circle where there are people playing instruments. Getting out, seeing people, and seeing life kick back together seems to be relieving some of the stress from residents. There are therapists across the city, psychiatric emergency rooms, and group therapy settings for people to realize they aren't alone. (3)

-There are groups such as "Grief, Loss, and Dying During "COVID-19" or "Camp Good Mourning" for people who lost a parent or sibling.



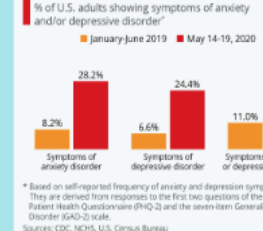
### The Enormous Mental Health Impact of Covid-19



### The Inevitable Burden of the Pandemic - Stress and Anxiety



### Pandemic Causes Spike in Anxiety & Depression



## Problem in the Community

- The repercussions of the COVID-19 pandemic have proven to have caused a rise in depression and anxiety worldwide. Depression is a serious and common illness that affects how you feel, think, and act. Anxiety is characterized by an uncomfortable feeling of apprehension and worry in response to internal or external stimuli. These emotional and physical problems can decrease one's ability to function both at work and at home.

- In the New York City suburban area, the most common psychiatric diagnoses and presenting symptoms during COVID-19 were depression and suicidal ideation. (3)

- In Hong Kong, studies show that of 500 respondents in a study, 19% had depression, 14% had anxiety, and 25.4% reported that their mental health has deteriorated since the pandemic. (1)

- The pandemic poses a threat to the population's mental health due to increased feelings of fear, uncertainty, separation, grief, and disruption to social and economic systems. Implementation of nationwide quarantine measures has greatly affected the community being that people were completely isolated and separated from friends, family, and loved ones. People had to adjust to new rules and regulations to stay safe and stop the spread.

- Healthy People 2020 strives to improve mental health through prevention and by ensuring access to appropriate, quality mental health services. (5)

## Proposed Solution

- Evidence based from Gail Stuart Stress Adaptation model- Stuart's model theory includes coping resources and mechanisms which promote the wellbeing of people undergoing psychiatric stressors. (4)

- The solution targets adults who suffered post COVID-19 with anxiety and depression.

- The solution includes health goals and outcomes. A decrease in adults suffering with depression and anxiety post COVID-19 is the primary community health goal for the Lower East Side after one month of group or individual therapy sessions.

1. Participants will demonstrate effective coping mechanisms and skills to help with depression following modalities after the first week of therapy sessions.

2. Participants will attend group or one on one therapy sessions, where they will receive insight from peers and a therapist to help with depression post COVID-19 and teach back to their therapist the most effective coping mechanisms that they have practiced outside of the therapy session after one month of counseling.

3. Participants will accomplish methods that help them to cope with unexpectancies, enforce positive thinking, and establish daily routines to help better deal with anxiety and depression effectively after one month of counseling.

For each therapy session, there will be a "theme of the day" to make each session more goal oriented to help clients feel encouraged to relieve their anxiety/stress.



## References

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