



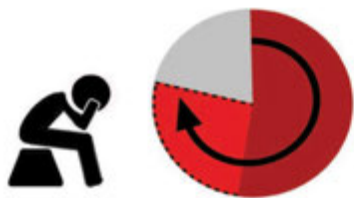
## Nulton Diagnostic & Treatment Center

### COVID-19 Effect on Mental Health in Pennsylvania

As measured by new patients in outpatient services at Nulton Diagnostic & Treatment Center

Anxiety & depression rising from 53% to 79% of patients

1 in 6 children have self-harm concerns since the crisis started



3 out of 6 households are in conflict, up 50% since the crisis started



*We Stand With Our Employees During This Most Difficult Time*

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# It's A Hard Time, And We're Here To Help

Written by Dr. Daniel Warner, PhD and Dr. Larry Nulton, PhD



When Covid-19 came to Johnstown it came fast. “We found ourselves in the situation of having to both take care of the safety of our staff, and of our clientele,” says Dr. Larry Nulton, a psychologist, and director of Nulton Diagnostic and Treatment Center, one of Johnstown’s largest mental health centers.

“We’ve been doing various forms of tele-health for years, both with tele-psychiatry and some intensive programs that included phone-call work, but now we knew we had to switch to it full time, for all programs, and fast.”

Dr. Nulton’s team mobilized and by mid-March the entire organization was working from home through the use of the comprehensive electronic health apparatus NDTC already had in place. “We’ve always been a data intensive

organization,” explains Dr. Nulton “with the use of electronic medical records, and clinical data tracking. It’s how we keep our organization working as a large, data-focused effort on the needs of our clients.”

It has been in the review of this data, that Dr. Nulton has come to appreciate the impact Covid-19 is having on the mental health of the population.

“We have seen a 15% rise in new patients across our outpatient clinics,” explains Dr. Nulton. And the clinical presentation is clear: “Anxiety and Depression, at times to the level of trauma, has grown 25%” he explains, “with people needing to process all the changes happening in the world, from stay-at-home orders, to loss of employment, to fear of contracting the disease.”

“In children we’ve seen a more than doubling of

anger control problems” he said, and also noted the rise in children reporting self-harm concerns: “Nearly 1/6 of the children who started working with us since the crisis began are reporting an actionable level of self-harm concerns.”

Children’s families are also struggling. “We’ve seen a large rise in the parent’s reporting their own mental health concerns since the crisis began, and tensions within the family over various issues have significantly grown in the clinical presentations,” he added.

“It’s good that people are reaching out to us. It’s a hard time, and we’re here to help.” Dr. Nulton stresses that the clinic can help and is receiving new patients and the services include medication management, evaluations, therapy, counseling, family therapy, case management, and various other levels of care.

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