

BEHAVIORAL HEALTH IMPACTS OF COVID-19 Children & Youth

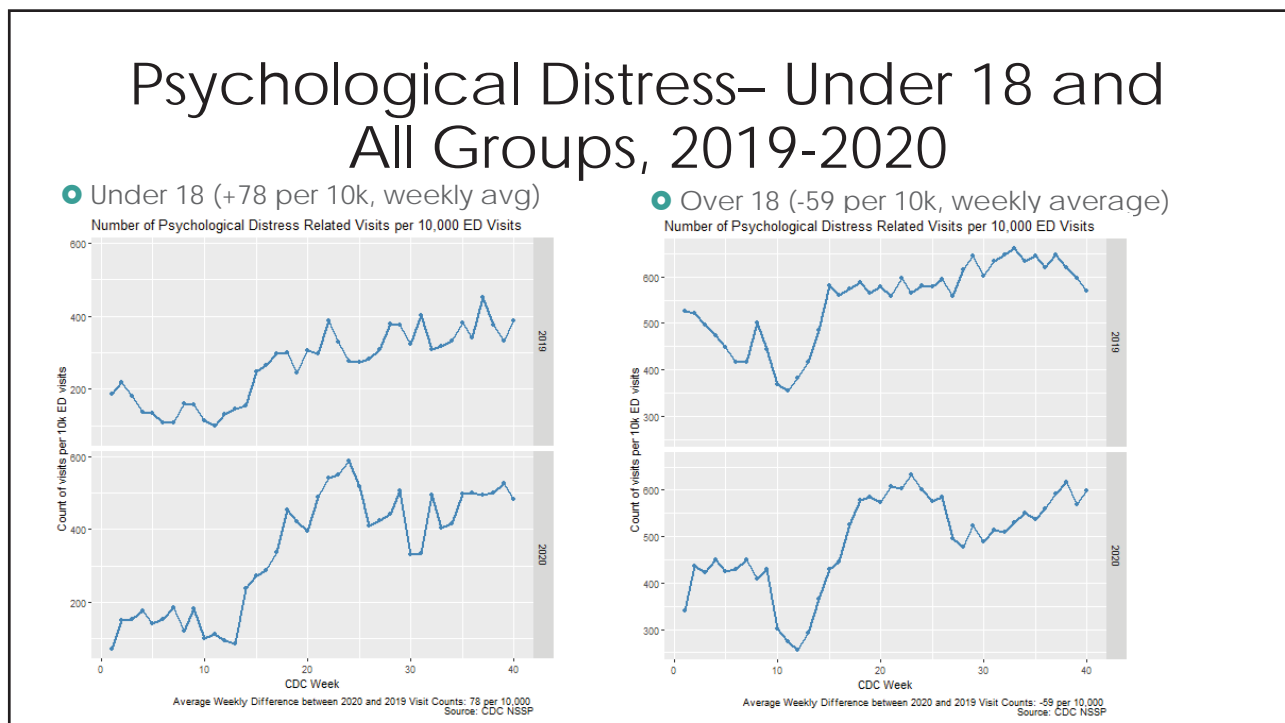
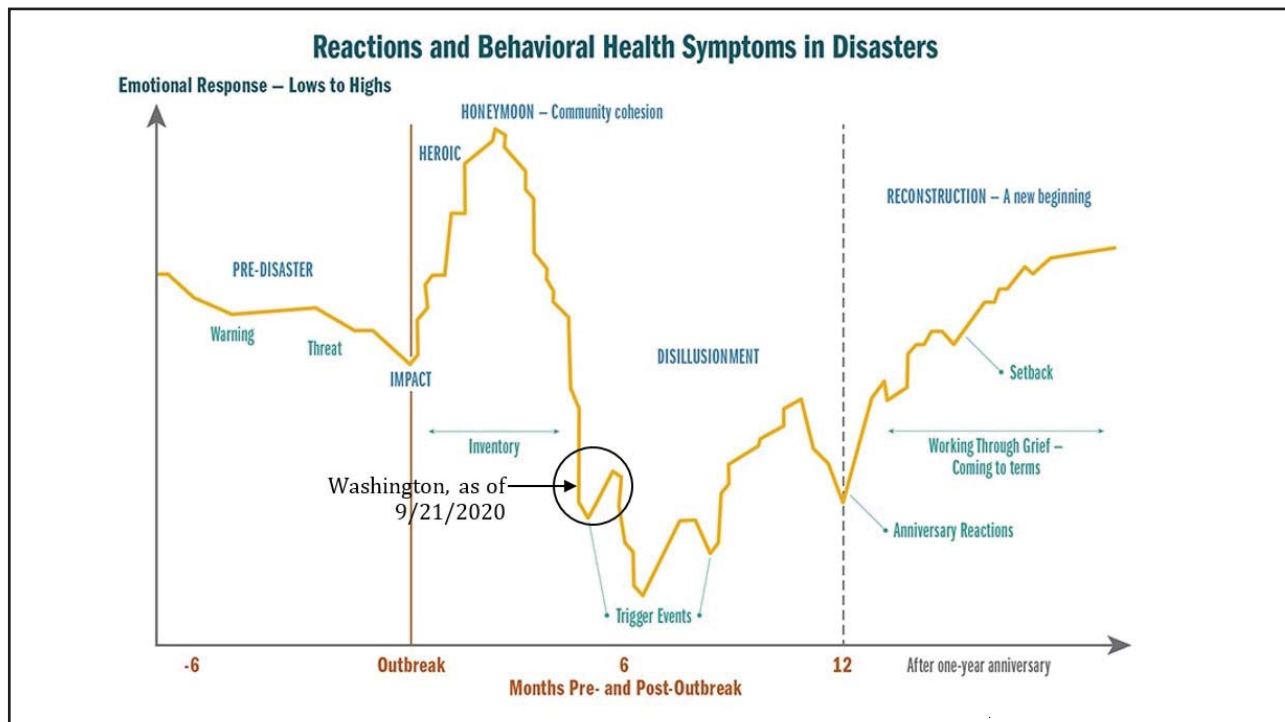
Key Things to Know

Upwards of **three million** Washingtonians will likely experience *clinically significant* behavioral health symptoms within the next 2-5 months.

- Depression, anxiety, and acute stress will likely be the most common
- PTSD less common, but concern among some populations (post-vent critical care, exposure to traumatic events)
- Significant decrease in depression and anxiety from July, trend likely short-term

Substance use related challenges are expected to significantly increase:

- Roughly 50% of individuals who experience behavioral health diagnoses develop a substance-related disorder, and vice versa
- Most, but not all, are an exacerbation of pre-existing problematic behavior

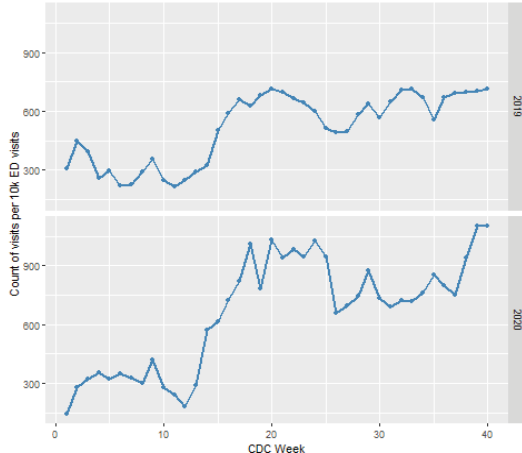


Suicidal Ideation– Under 18 and All Groups, 2019-2020

● Under 18 (+170 per 10k, avg weekly)

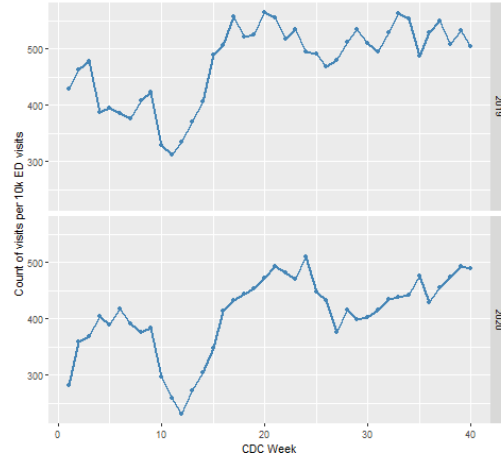
● Over 18 (-81 per 10k, avg weekly)

Number of Suicide Ideation Related Visits per 10,000 ED Visits



Average Weekly Difference between 2020 and 2019 Visit Counts: 170 per 10,000
Source: CDC NSSP

Number of Suicide Ideation Related Visits per 10,000 ED Visits



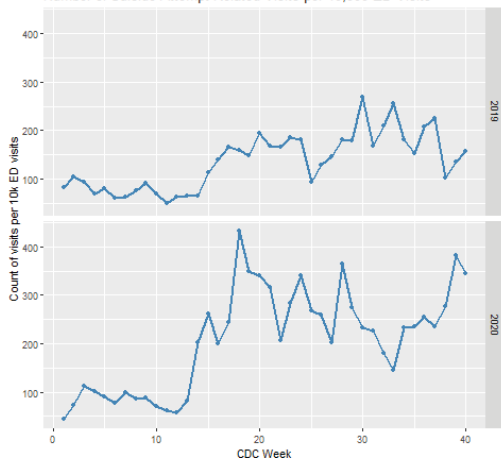
Average Weekly Difference between 2020 and 2019 Visit Counts: -81 per 10,000
Source: CDC NSSP

Suicide Attempt – Under 18 and All Groups, 2019-2020

● Under 18 (+86 per 10k, weekly avg)

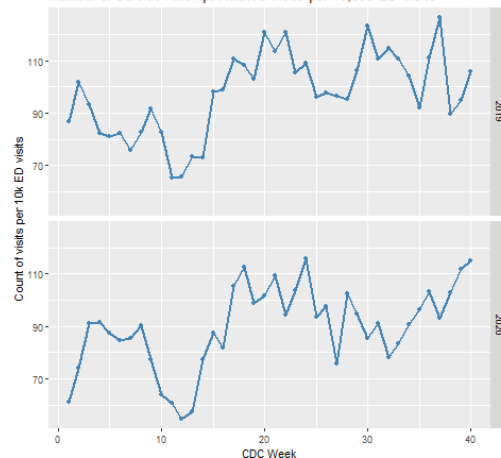
● Over 18 (-9 per 10k, weekly avg)

Number of Suicide Attempt Related Visits per 10,000 ED Visits



Average Weekly Difference between 2020 and 2019 Visit Counts: 86 per 10,000
Source: CDC NSSP

Number of Suicide Attempt Related Visits per 10,000 ED Visits



Average Weekly Difference between 2020 and 2019 Visit Counts: -9 per 10,000
Source: CDC NSSP

Data from Washington Poison Control for Ages 13-17

Intentional self-harm/suicidal intent up by 5%

- Over-the-counter medications
- Misuse of prescribed medications (e.g., atypical antipsychotics)

Substance abuse (wanting to get “high”)

- Over-the-counter medications, such as antihistamines, cough medicine
- Illegal substances, such as alcohol and cannabis, up by 34%

Washington State Department of Health | 7

Common Responses to Disaster for Children and Teens



Physical Symptoms

- Headaches
- Stomachaches
- Trouble sleeping
- Appetite changes



Changes in Behavior

- Substance abuse
- Increased risk taking
- Acting like there is nothing good in the future
- Acting immature or younger than their age
- Increased tantrums
- Increased clinginess

Washington State Department of Health | 8

Common Responses to Disaster for Children and Teens (Cont.)



Changes in Mood

- Worried for the safety of others
- Cranky
- Worried the disaster will happen again
- Too agitated or hyper
- Feeling angry, sad, or fearful



Changes in Thinking

- Trouble concentrating
- Difficulty learning new things
- False belief that it is their fault
- Loss of trust that adults can protect them

Washington State Department of Health | 9

Helping Teens

- Encourage teens to express their thoughts and feelings by being an active listener
- Educate them in common responses to trauma and ways to practice self-care
- Discuss (without lecturing) the dangers of unhealthy ways of coping
 - Alcohol or drug use
 - Getting involved in violent or illegal activities
 - Being in unhealthy relationships
- Provide information on healthy ways to deal with stress

Washington State Department of Health | 10

Impact of COVID-19 on Education And Learning

- Difficulty paying attention, having a hard time focusing on schoolwork
- Trouble remembering what was learned and remembering to complete tasks
- Having too much energy, acting too silly
- Feeling really tired all the time
- Sleep and appetite disturbances
- Having headaches or stomachaches
- Being cranky, having outbursts, or crying often
- Impulsiveness or having a hard time thinking before speaking or taking action

Washington State Department of Health | 11

Priorities For Dealing With The Impact of COVID-19

1. Helping with behavioral symptoms of regression, isolation, *acting out* or *acting in*
2. Educational deficits which need to be addressed
3. Need for structure and support (e.g., help contain negative behaviors, practice positive behaviors, and increase resiliency)
4. Recognizing that the ability to learn and retain new information is impacted by emotional state
5. Teaching tools for calming and emotional regulation for both parent and child
6. Help children and teens face fears and master them versus anxious avoidance
7. Parental self care is essential for their child's well-being

Washington State Department of Health | 12

Resources – Children & Youth:

Families, Children, and Teens

- [Behavioral Health Toolbox for Families](#): Supporting Children and Teens During the COVID-19 Pandemic
- Behavioral Health Group Impact Reference Guide: [Families and Children](#)
- Supporting kids and teens: [Infographic](#)
- Helping kids to wear cloth face coverings: [Infographic](#) and [article](#)
- Emerging adults: [Infographic](#) and [article](#)

Washington State Department of Health | 13

Resources - General:

DOH - Forecast and situational reports, guidance and resources:

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/HealthcareProviders/BehavioralHealthResources>

WA State – General mental health resources and infographics:

<https://coronavirus.wa.gov/information-for/you-and-your-family/mental-and-emotional-well-being>

Looking for support?
Call Washington Listens at
1-833-681-0211



Washington State Department of Health | 14