

Child and Adolescent Mental Health as a Result of COVID: A Michigan Perspective

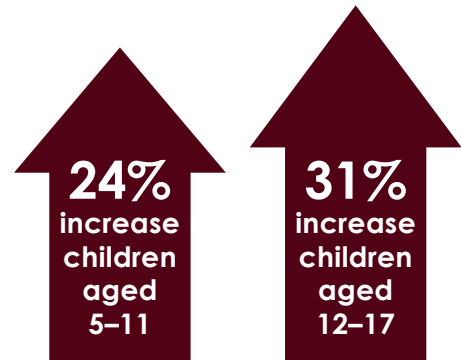
This document offers a collection of data points regarding mental health impacts from COVID-19 on children and adolescents. The purpose of this document is to provide a forecast of the pandemic's potential mental health impacts on young people to help inform policy makers and behavioral health organizations so they can adequately prepare.

Background

Prior to the pandemic, mental health needs for children, adolescents, and families were considerable and for many children and youth, went unmet due to the lack of adequate resources and infrastructure. Access to appropriate supports for youth (and their families) was limited due to transportation issues, insurance constraints and provider shortages, among other challenges. Unfortunately, the pandemic has degraded the mental health of children, adolescents and families as captured through this examination of data across a number of areas. Michigan has begun to identify mental health as a priority through the allocation of 31n funding to Intermediate School Districts (ISDs) and through the Child & Adolescent Health Center Program, but additional resources will be needed. The time is right to ensure the immediate and near-term pandemic-related needs are met to support the mental health of Michigan's children, adolescents and families.

Mental Health-Related Emergency Room Visits

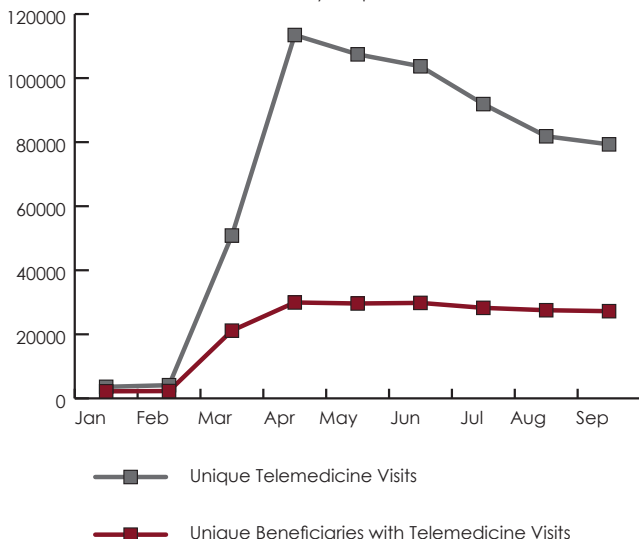
Increased from 2019 to 2020



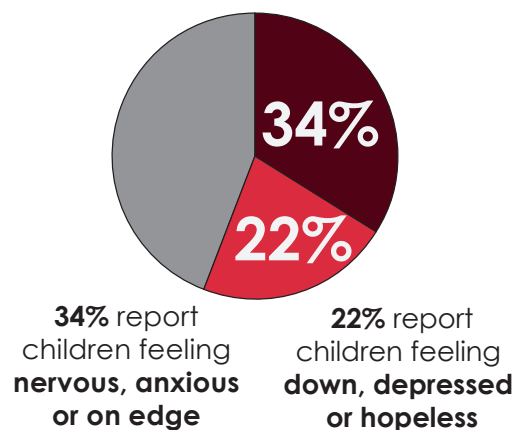
The Centers for Disease Control and Prevention (CDC) found the proportion of mental health-related visits to emergency departments rose 24% for children aged 5-11 years and 31% for those aged 12-17 years between April and October 2020 when compared with the same period in 2019.¹

According to the report "Kids, Families and COVID 19: Pandemic Pain Points and a Roadmap for Recovery," 34% of Michigan households with children as of Oct. 12 said the children felt nervous, anxious or on edge for more than half of the days or nearly every day for the previous seven days, and 22% reported feeling down, depressed or hopeless.²

TELEMEDICINE VISITS FOR SPECIALTY BEHAVIORAL HEALTH, CMHSPs & PIHPs, CHILDREN AGES 0-21 January - September 2020



Michigan Households with Children



¹O'Reilly, E. D. (2020, November 19). Reach out to beat the pandemic winter blues. [Axios](#).

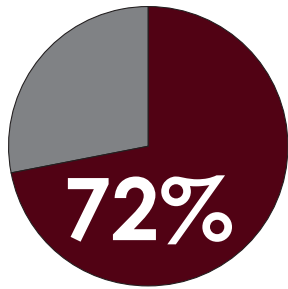
²Annie E. Casey Foundation. (2020, December 14). Kids, Families and COVID-19. [The Annie E. Casey Foundation](#).

30%

of phone consults/month
(March-November) have been
COVID-related/impacted

Michigan Child Collaborative Care (MC3) reports 30% of child and adolescent psychiatrist phone consultation with primary care providers every month (March-November) have been COVID-related/impacted. The MC3 program director indicates that COVID is influencing current symptoms and problems, as well as exacerbating previously identified mental illness symptoms. Trends show increased isolation, fear of contagion, and political and racial unrest along with economic uncertainty have resulted in increased anxiety and depression.

Emotional Well-Being of Children Since Onset of Pandemic



of parents state they have
witnessed a decline
in their child's emotional well-being

In a recent survey focusing on children's mental health during COVID-19, 72% of parents stated they have witnessed a decline in their child's emotional well-being since the onset of the pandemic. Nearly half of parents surveyed reported that coronavirus has increased their need to seek mental health care for their child.³



"The 31n funds have been a blessing as we have seen more and more challenging behaviors in students. We are using the 31n funds to contract for additional mental health providers and provide training to staff to support the needs of our students."

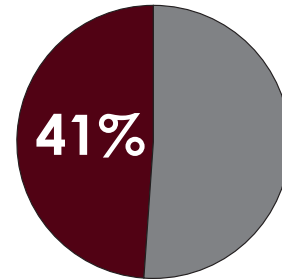
-Rural ISD Superintendent



"Demand was beating supply before the pandemic, before the racial trauma, before the election and before the winter," said Dr. Ken Duckworth, chief medical officer of the National Alliance on Mental Illness. **"Now what you have is demand crushing supply."**⁴



COVID Mental Health Impact



of those surveyed reported an
**adverse mental or behavioral
health condition**
related to COVID-19

In August, the CDC surveyed more than 5,000 people across the U.S. and found that 41% reported an adverse mental health or behavioral health condition related to COVID-19. Anxiety, depression, traumatic stress and substance use all increased. Alarming, nearly a quarter of young adults between ages 18 and 24 reported they had considered suicide in the month before the survey.⁴

≈25%

of young adults, age 18-24
reported considering suicide
in the month before the survey

Compounding the potential risk to children, vulnerable families are up against an array of stress-inducing financial issues tied to the pandemic, including the threat of eviction and job loss. National surveys have also found an uptick in drinking, particularly among families with children. Alcohol abuse in parents is linked to child abuse. Regardless of the cause, the impact of abuse and neglect can be lifelong for children. It's linked to a range of physical effects including diabetes, lung disease and high blood pressure. Research says it can impair brain development and lead to depression, suicide, substance abuse and post traumatic stress disorder.⁵

³Child Mind Institute. (2020, December 22). 2020 Children's Mental Health Report: [Telehealth in an Increasingly Virtual World](#).

⁴Parmar, A., Baum, S., Reuter, E., & Vaidya, A. (2020, November 20). Telehealth not enough to offset crushing demand for mental health services. [MedCity News](#).

⁵Roelofs, T. (2020, December 1). Child abuse reports in Michigan are way down. Here's why that's worrisome | [Bridge Michigan](#).