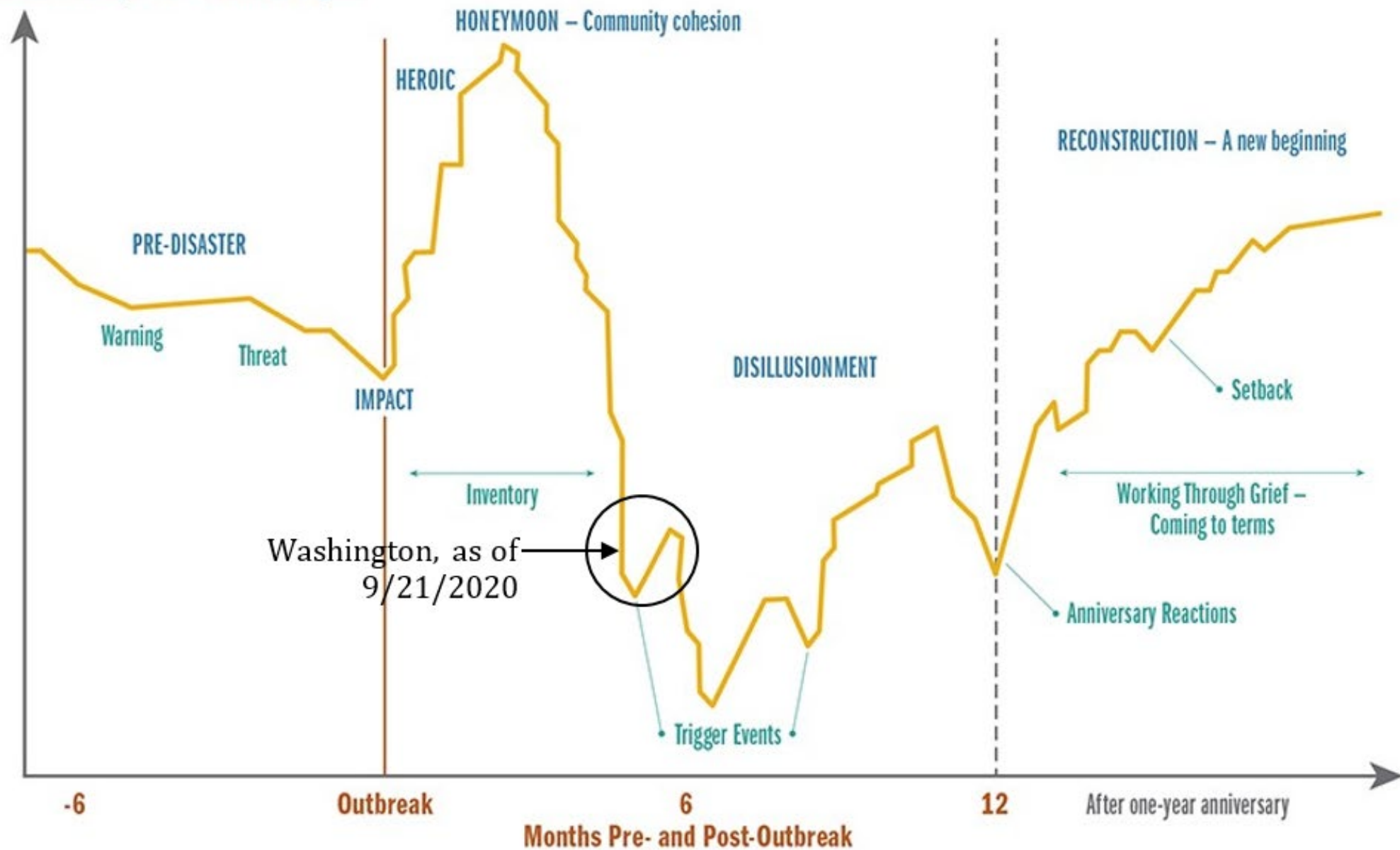


Current state of kids' behavioral health needs

Dr. Tona McGuire

Reactions and Behavioral Health Symptoms in Disasters

Emotional Response – Lows to Highs



Key Things to Know

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

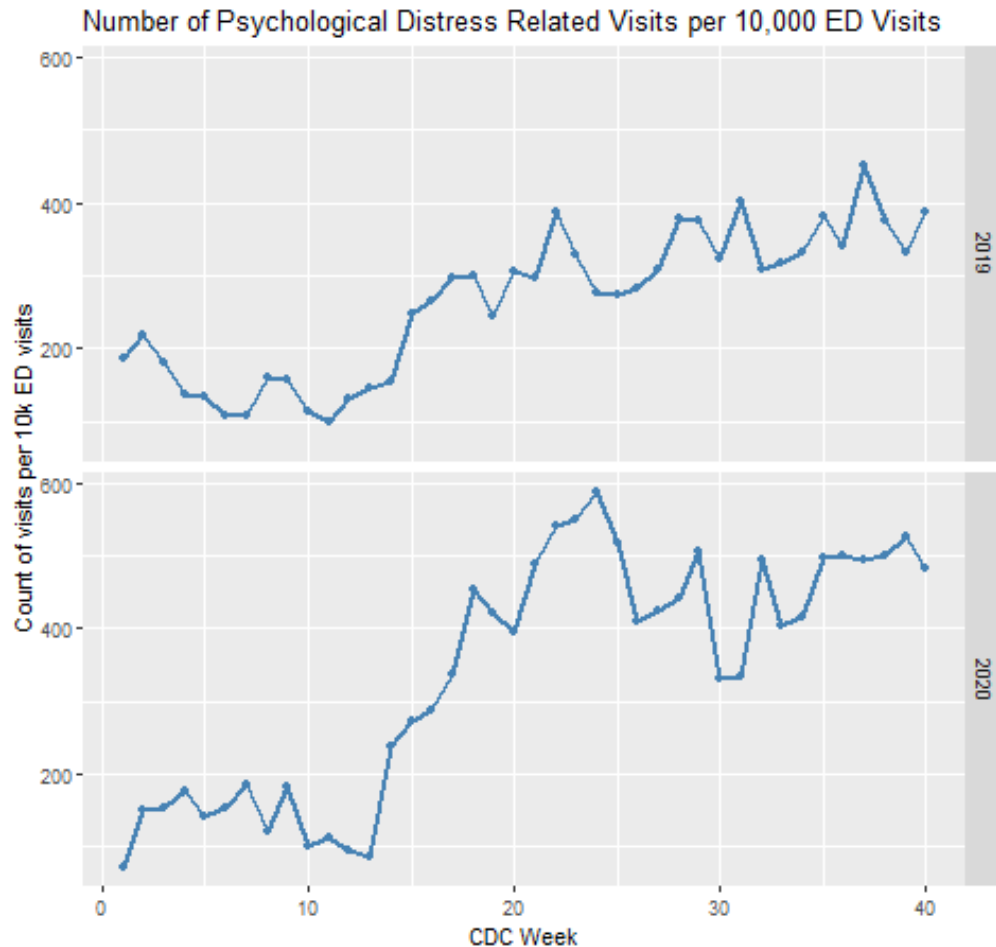
- Depression, anxiety, and acute stress will likely be the most common
- PTSD less common, but concern among some populations (post-vent critical care, exposure to traumatic events)
- Significant decrease in depression and anxiety from July, trend likely short-term

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

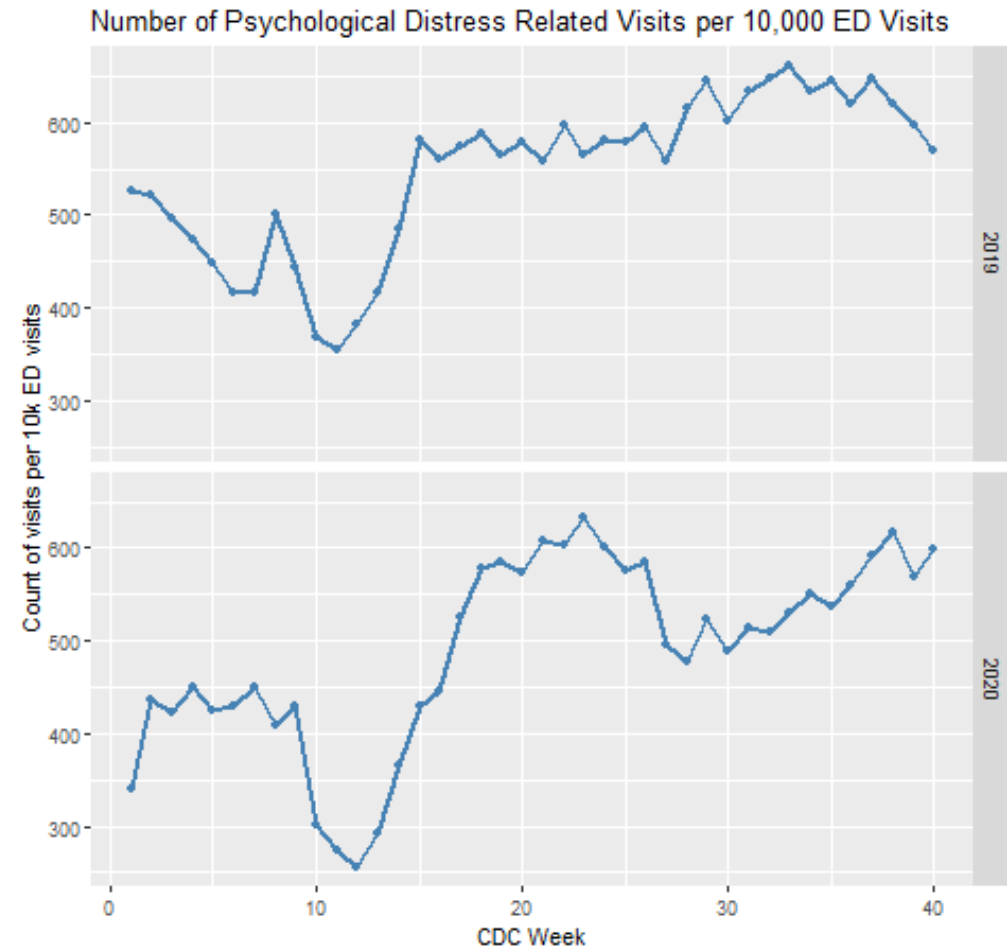
Psychological Distress— Under 18 and All Groups, 2019-2020

Under 18 (+78 per 10k, weekly avg)



Average Weekly Difference between 2020 and 2019 Visit Counts: 78 per 10,000
Source: CDC NSSP

Over 18 (-59 per 10k, weekly avg)

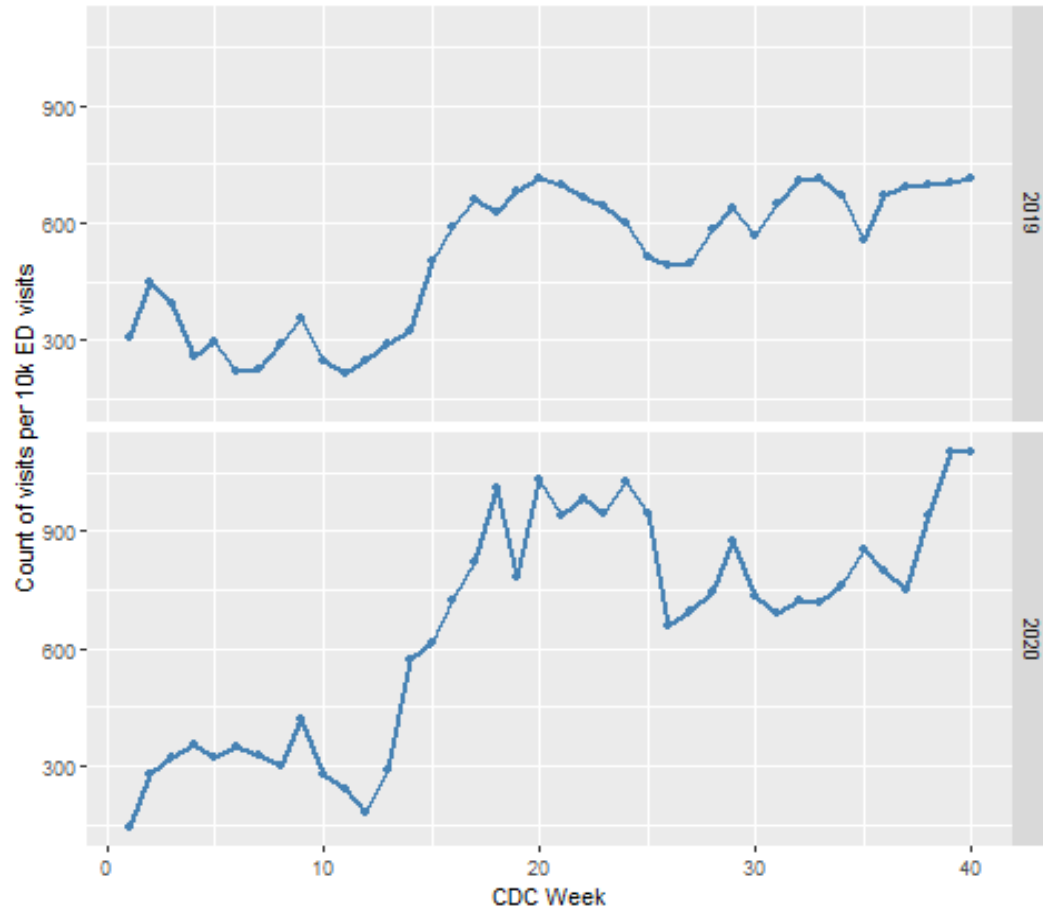


Average Weekly Difference between 2020 and 2019 Visit Counts: -59 per 10,000
Source: CDC NSSP

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

Under 18 (+170 per 10k, weekly avg)

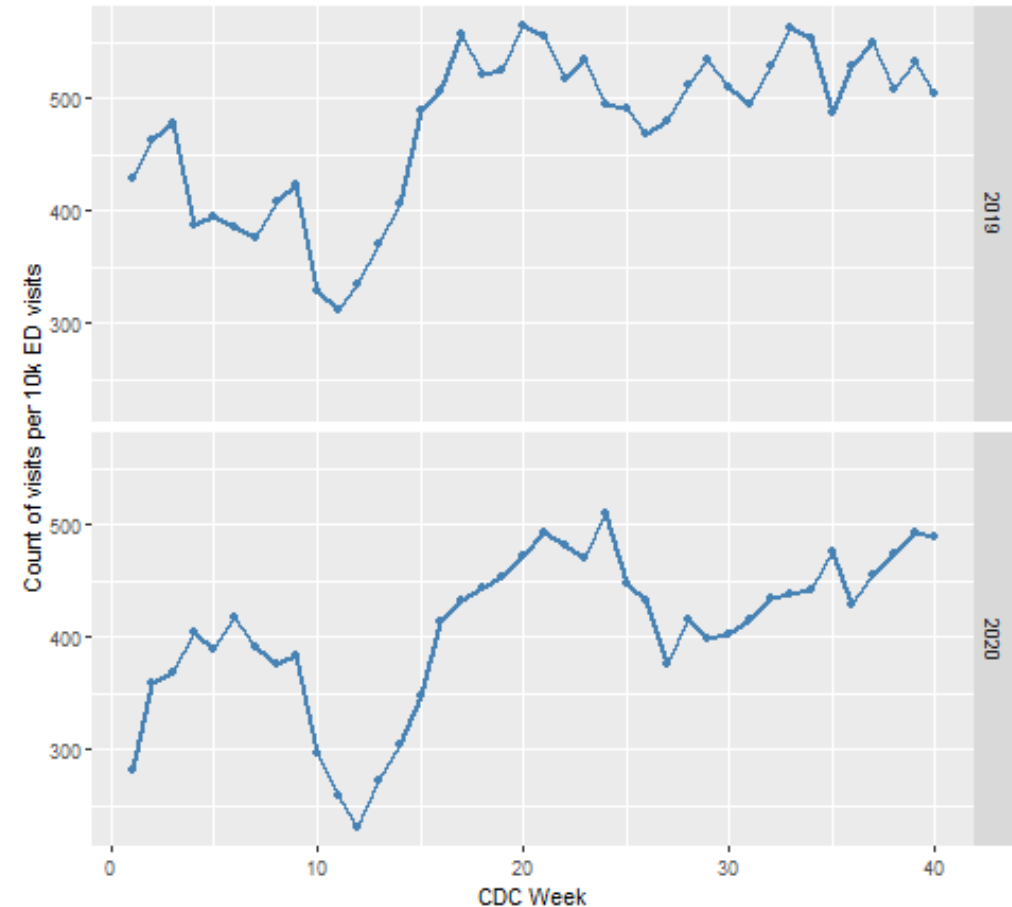
Number of Suicide Ideation Related Visits per 10,000 ED Visits



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

Over 18 (-81 per 10k, weekly avg)

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

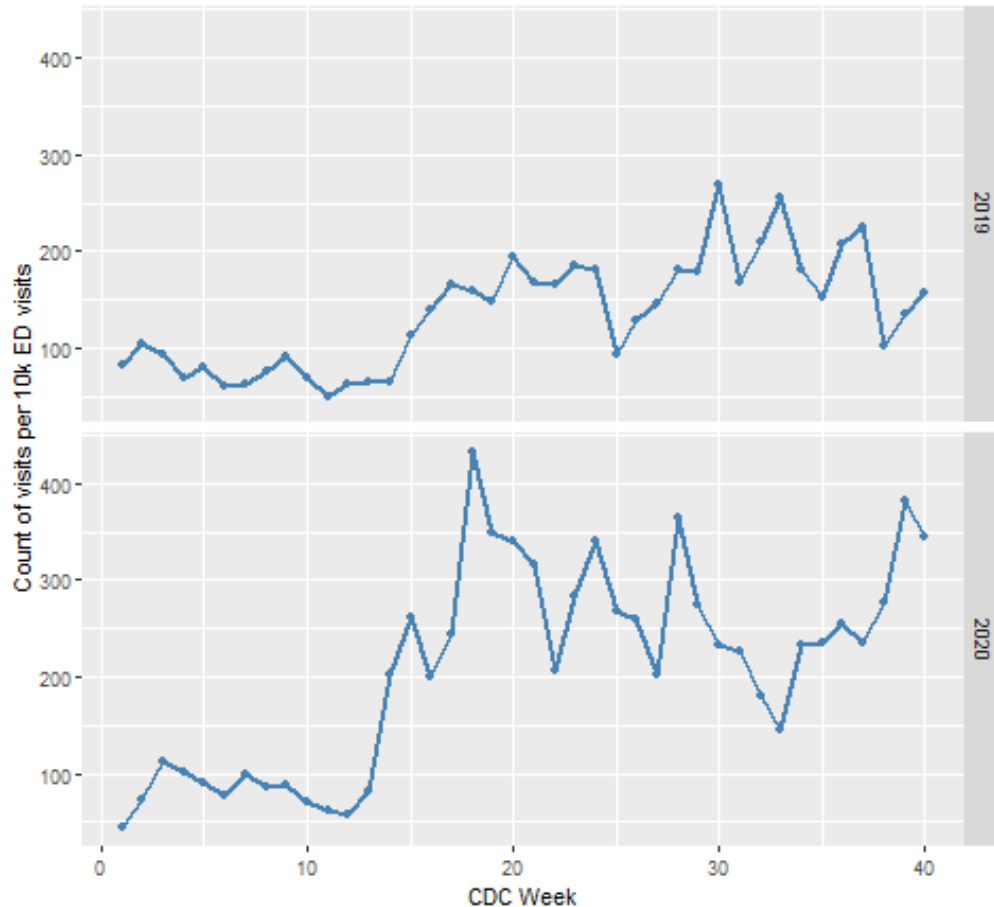


Average Weekly Difference between 2020 and 2019 Visit Counts: -81 per 10,000
Source: CDC NSSP

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

Under 18 (+86 per 10k, weekly avg)

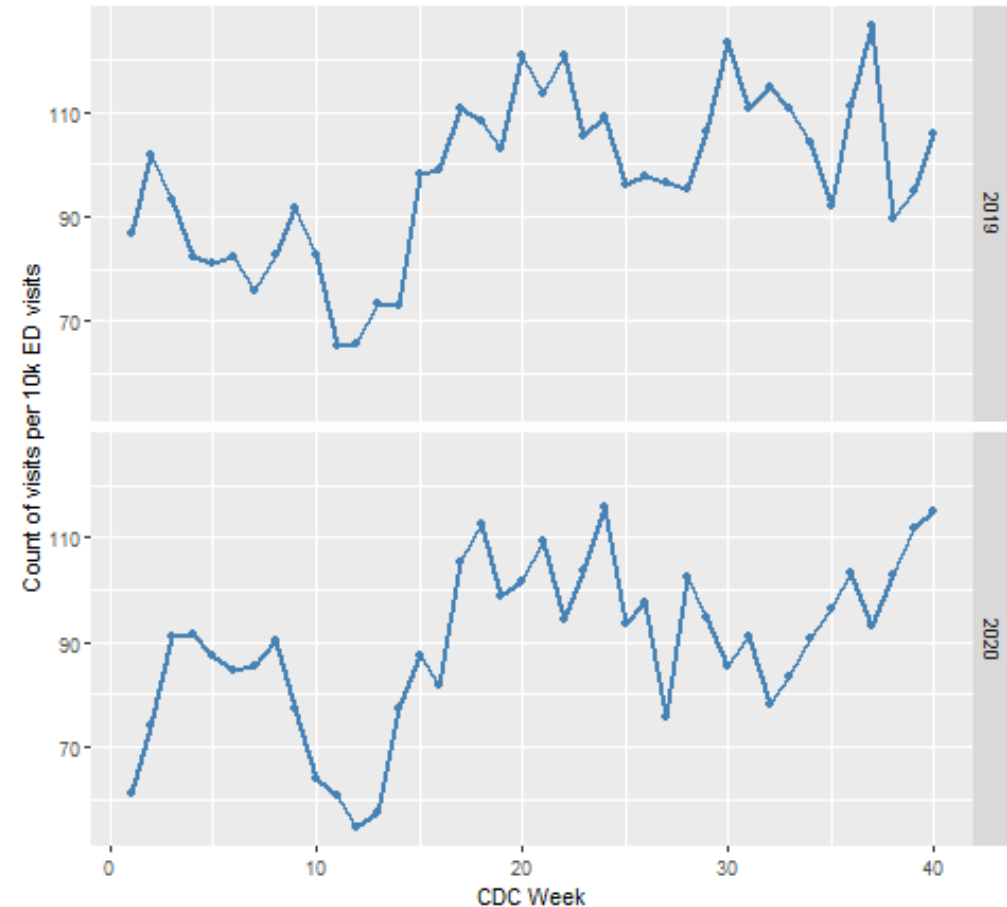
Number of Suicide Attempt Related Visits per 10,000 ED Visits



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

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: -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%

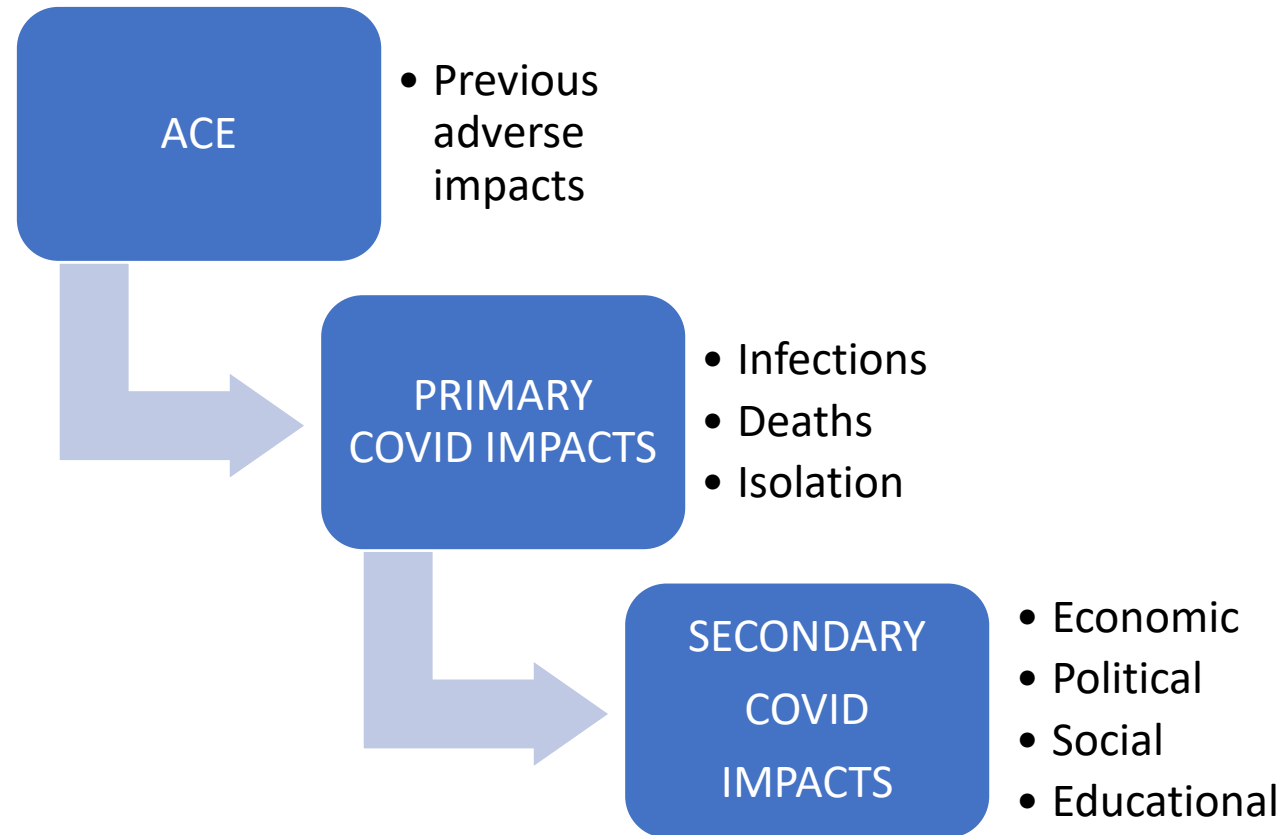
State of Mental Health in America Report

- 1. Young people are struggling most with their mental health.** The proportion of youth ages 11-17 who accessed screening was 9 percent higher than the average in 2019. Not only are the number of youth searching for help with their mental health increasing, but throughout the COVID-19 pandemic youth ages 11-17 have been more likely than any other age group to score for moderate to severe symptoms of anxiety and depression.
- 2. Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth.** In September 2020, over half of 11-17-year-olds reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks. From January to September 2020, 77,470 youth reported experiencing frequent suicidal ideation, including 27,980 LGBTQ+ youth.

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

Trauma Cascade Potential



Priorities to Consider

Access to Care

Educational Deficits

Family/Caregiver Support

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](#)

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

