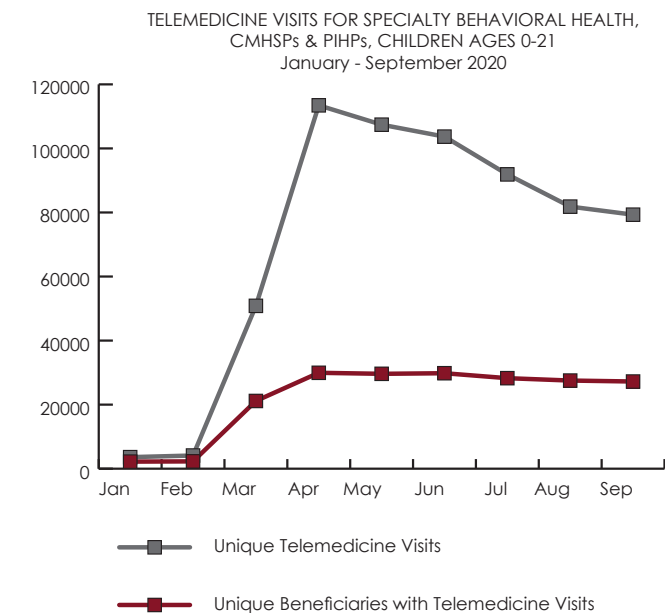


# Child and Adolescent Mental Health as a Result of COVID: a Michigan Perspective

This document offers a collection of data points regarding mental health impacts from COVID-19. The purpose of this document is to provide a forecast of the potential mental health impacts of the outbreak to help inform policy makers and behavioral health organizations so they can adequately prepare. Recommendations to support recovery of these needs are offered in a companion document.

## Major components of document:

Prior to the pandemic, mental health needs for children, adolescents, and families were considerable and in many cases went unmet due to the lack of adequate resources and infrastructure. Access to appropriate supports for youth (& their families) was limited, due to transportation issues, insurance constraints, and provider shortages among other challenges. Unfortunately, the pandemic intensified the mental health of children, adolescents, and families as captured through an examination of data across a number of areas as indicated in this overview. 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 that existed prior to the pandemic and will exist well into the future.

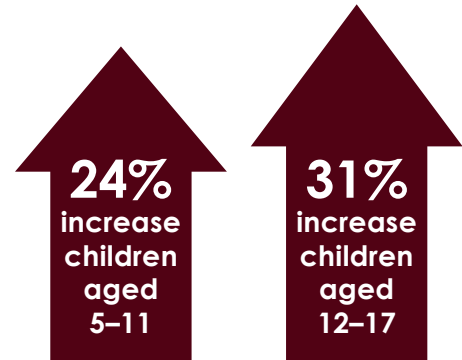


<sup>1</sup>O'Reilly, E. D. (2020, November 19). Reach out to beat the pandemic winter blues. [Axios](#).

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

## Mental Health-Related Emergency Room Visits

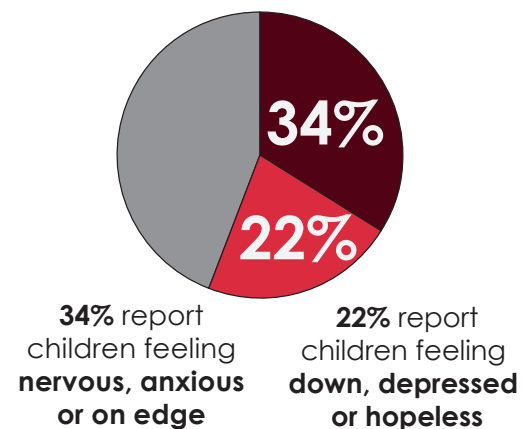
Increase from 2019 to 2020



The CDC found the proportion of mental health-related visits to emergency departments rose 24% for children aged 5–11 and 31% for those aged 12–17 between April and October, when compared with the same period last year.<sup>1</sup>

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

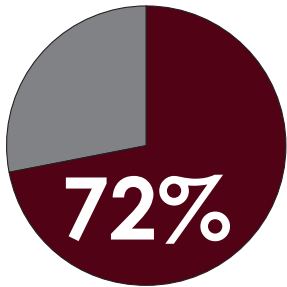
## Michigan Households with Children



**30%**  
of phone consults/month  
(March-November) have been  
**COVID-related/impacted**

Michigan Child Collaborative Care (MC3) reports 30% of phone consults/month (March-November) have been COVID-related/impacted. MC3 staff indicate that COVID is influencing current symptoms and problems, as well as exacerbating previously identified mental illness symptoms. Trends show increased isolation, fear of contagion, political and racial unrest along with economic uncertainty have resulted in increased anxiety and depression.

**Emotional Well-Being of Children  
Since Onset of Pandemic**



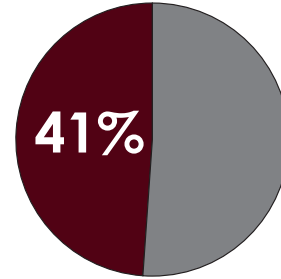
of parents state they have  
**witnessed a decline**  
in their child's emotional well-being

In a recent survey focusing on children's mental health during the COVID-19, 72% of parents stated that 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.<sup>3</sup>

In August, the Centers for Disease Control and Prevention surveyed more than 5,000 people across the U.S., and found that 41% reported an adverse mental health

“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.”<sup>4</sup>

**COVID Mental Health Impact**



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

or behavioral health condition related to COVID-19. Anxiety, depression, traumatic stress and substance use all increased. Alarmingly, nearly a quarter of young adults, between ages 18 and 24, reported they had considered suicide in the month before the survey.<sup>4</sup>

**≈25%**  
of young adults, age 18-24  
**reported considering suicide**  
in the month before the survey

“The 31n fund 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

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.<sup>5</sup>

<sup>3</sup>Child Mind Institute. (2020, December 22). 2020 Children's Mental Health Report: [Telehealth in an Increasingly Virtual World](#).  
<sup>4</sup>Parmar, A., Baum, S., Reuter, E., & Vaidya, A. (2020, November 20). Telehealth not enough to offset crushing demand for mental health services. [MedCity News](#).  
<sup>5</sup>Roelofs, T. (2020, December 1). Child abuse reports in Michigan are way down. Here's why that's worrisome | [Bridge Michigan](#).