

Child & Adolescent Mental Health During the COVID-19 Pandemic

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Objectives

1. Describe the trends of depression and anxiety in children and adolescents during the pandemic
2. Explain possible causes of depression and anxiety in children and adolescents during the pandemic
3. List risk factors for mental illness during the pandemic
4. Identify protective factors for mental illness during the pandemic
5. Discuss methods to prevent complications of mental illness during the COVID-19 pandemic

Pre-Lecture Quiz

- Please take a minute to do the pre-lecture quiz:

- Or go to this link: <https://www.surveymonkey.com/r/89TJTSF>
- For scanning QR code, need latest iOS or QR scanner app



Trends and causes of depression and anxiety

Trends of depression and anxiety

- There was a longitudinal decline in the mental health of adolescents, especially among girls, when comparing pre-pandemic to intra-pandemic levels
- COVID-19 related worries, difficulties with online learning, and increased family conflict were associated with greater psychological adjustment.
- Restrictions put in place to reduce the spread of the virus, rather than the virus itself, that is causing adolescents the most distress.

Trends of depression and anxiety

- Adolescents' greatest concerns during the COVID-19 pandemic were around the disruption to their social interactions and activities, whereas concerns around contracting or getting ill from the virus were very low.

Magson, N. R., Freeman, J. Y., Rapee, R. M., Richardson, C. E., Oar, E. L., & Fardouly, J. (2021). Risk and protective factors for prospective changes in adolescent mental health during the COVID-19 pandemic. *Journal of youth and adolescence*, 50(1), 44-57.

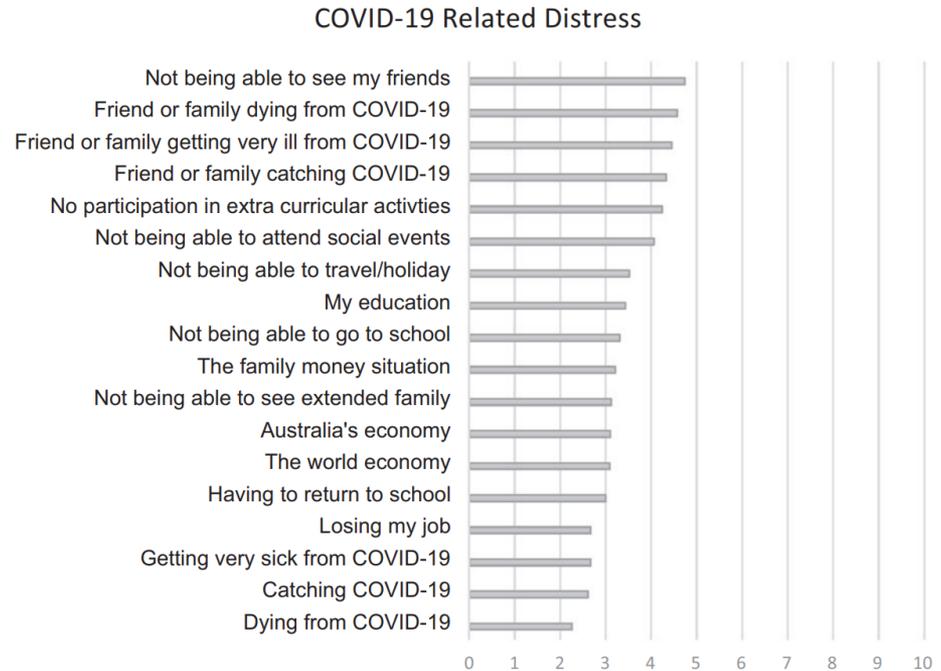


Fig. 1 Factors contributing to COVID-19 related distress among adolescents. Rated on a scale of 0 (not at all distressed) to 10 (extremely distressed)

Trends in suicide ideation and attempts

- Rates of suicide ideation and attempts were higher during some months of 2020 as compared with 2019 but were not universally higher across this period.
- Significantly higher rates of suicide-related behaviors appear to correspond to times when COVID-19 related stressors and community responses were heightened, indicating that youth experienced elevated distress during these periods.
- There appears to have been an early increase in suicide-related behaviors between February and April 2020. Corresponding to the onset of the pandemic in the US, including initial stay-at-home orders and social distancing efforts that went into effect in March.

Trends in suicide ideation and attempts

- In May 2020, Texas began to lift pandemic restrictions which may have reduced fears and concerns regarding the COVID-19 pandemic. In June 2020, there was a resurgence in COVID-19 in Texas as well as the reintroduction of COVID-19 restrictions. The data indicate that at this same time, rates of screen results positive for suicide related behaviors also increased.

Hill, R. M., Rufino, K., Kurian, S., Saxena, J., Saxena, K., & Williams, L. (2021). Suicide ideation and attempts in a pediatric emergency department before and during COVID-19. *Pediatrics*, 147(3).

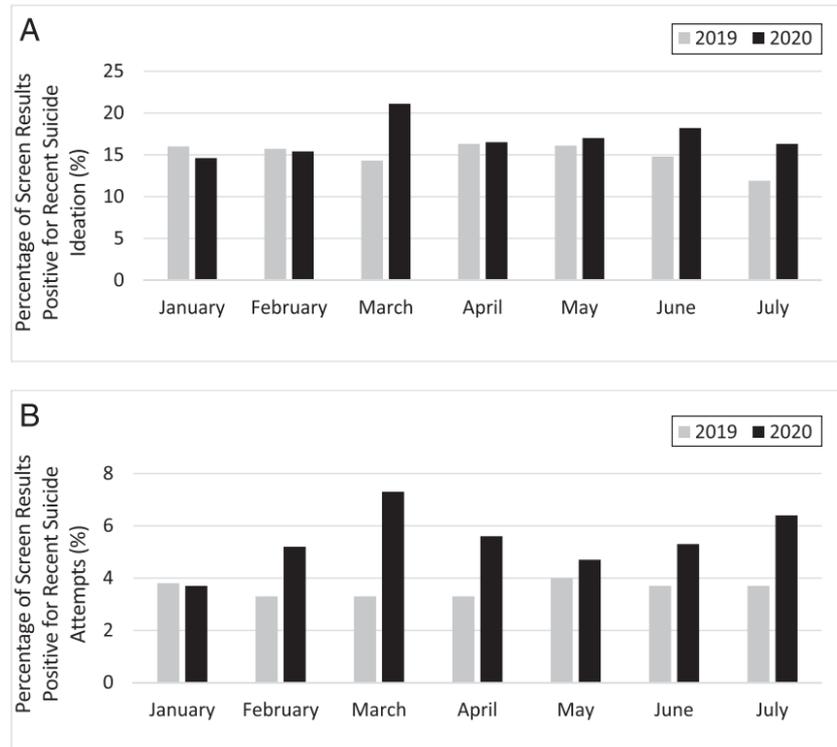


FIGURE 2

A and B, Rates of screen results positive for suicide ideation (A) and attempt (B), January to July.

Potential causes of depression and anxiety in children and adolescents

- During the current times, children felt uncertain, fearful, and isolated during current times. Children experienced disturbed sleep, nightmares, poor appetite, agitation, inattention, and separation related anxiety.
- Children have expressed lower levels of affect for not being able to play outdoors, not meeting friends and not engaging in the in-person school activities.
- Further, due to prolonged confinement at home children's increased use of internet and social media predisposes them to use internet compulsively, access objectionable content and increased their vulnerability for getting bullied or abused.

Potential long-term impact of COVID-19 isolation on mental health

- Clear association between loneliness and mental health problems in children and adolescents.
- Loneliness was associated with future mental health problems up to 9 years later.
- Research indicates elevated depression symptoms in girls and with elevated social anxiety and boys.
- Losing links to other people and feeling excluded can result in an affective response of depression.
- The length of loneliness appears to be a predictor of future mental health problems.

Loades, M. E., Chatburn, E., Higson-Sweeney, N., Reynolds, S., Shafran, R., Brigden, A., ... & Crawley, E. (2020). Rapid systematic review: the impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19. *Journal of the American Academy of Child & Adolescent Psychiatry*.

Potential long-term impact of COVID-19 isolation on mental health

- Children who had experienced enforced isolation or quarantine were five times more likely to require mental health service input and experienced higher levels of posttraumatic stress.
- Data from china suggests children and adolescents aged 3 to 18 years are commonly displaying behavioral manifestations of anxiety, including clinginess, distraction, fear of asking questions about the pandemic and irritability.
- Co-SPACE study from the UK suggests that parents reported higher levels of COVID-19 related worries and fears, with younger children significantly more worried than older children.

Loades, M. E., Chatburn, E., Higson-Sweeney, N., Reynolds, S., Shafran, R., Brigden, A., ... & Crawley, E. (2020). Rapid systematic review: the impact of social isolation and loneliness on the mental health of children and adolescents in the context of COVID-19. *Journal of the American Academy of Child & Adolescent Psychiatry*.

Risk Factors and Protective Factors for Mental Illness

Mental Health During the Pandemic

- Commonly affected aspects of mental health during the pandemic are
 - Depression
 - Anxiety
 - Fear
 - Stress
 - Sleep disturbance
 - Impaired social interaction
 - Inattention
 - Decreased Life Satisfaction

Singh, S., Roy, M. D., Sinha, C. P. T. M. K., Parveen, C. P. T. M. S., Sharma, C. P. T. G., & Joshi, C. P. T. G. (2020). Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations. *Psychiatry research*, 113429.



Risk Factors for Mental Illness during the Pandemic

Child & adolescent stages of development

Female gender

Economically Underprivileged

Pre-existing mental health conditions

Worrying about COVID19 infection

School related risk factors: Online learning difficulties, pre-existing learning difficulties, educational status and grade, spending less time on school work

Increased conflict w parents

Decrease physical activity

Increased time spent indoors

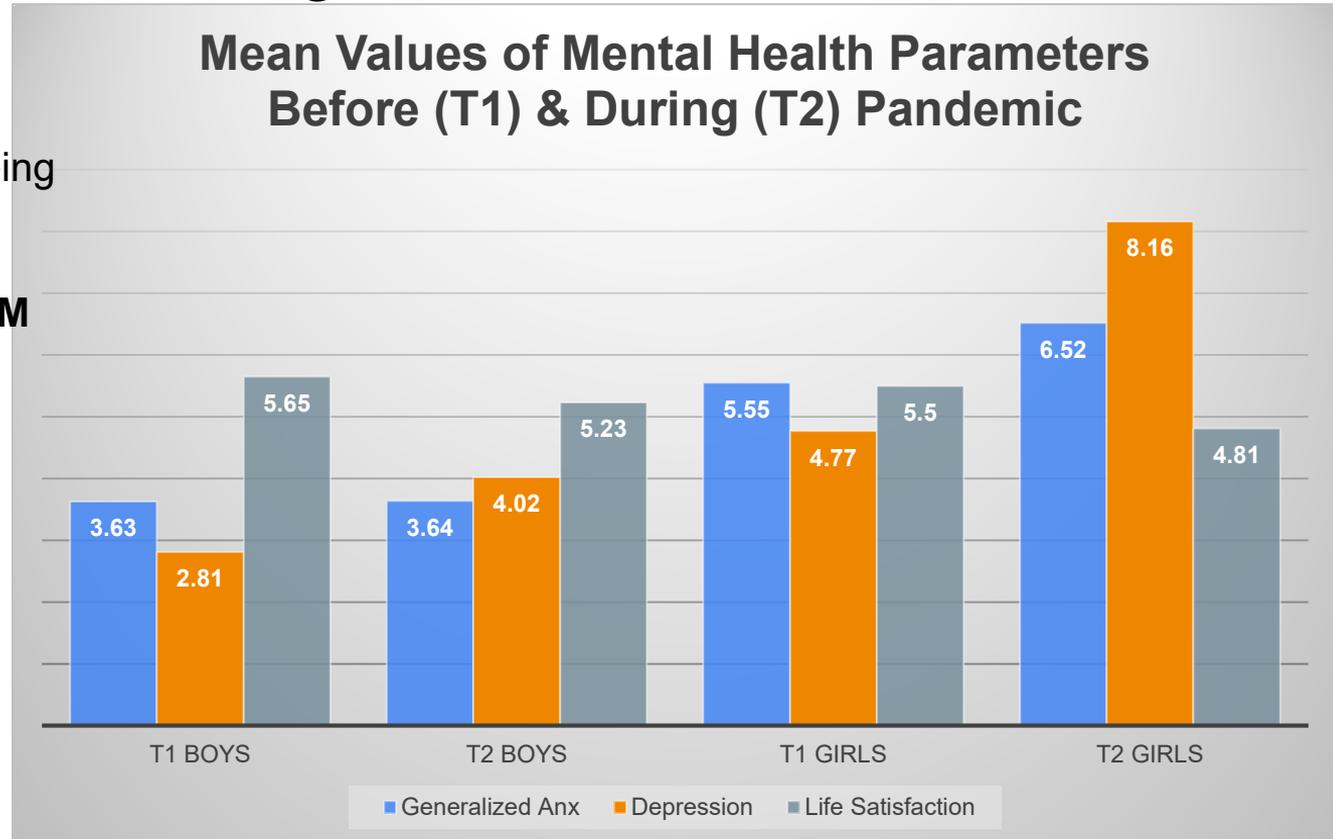
Increase media exposure

COVID19 Racism against Chinese American Families



Mental Health During the Pandemic: Female Gender

- Risk to Adolescent Well-being Project (RAW Project)
- Depression & Anxiety: **F > M**



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Risk Factors for Mental Illness during the Pandemic

Child and adolescent stages of development

In young children and adolescents the pandemic and lockdown appeared to have a greater impact on emotional and social development compared to that in the grown-ups

Government restrictions such as closures of schools, play grounds, and recreation centers, lead to physical separation from peers, isolation, and less time spent outdoors

Local increase in child/adolescent rates of depression and anxiety



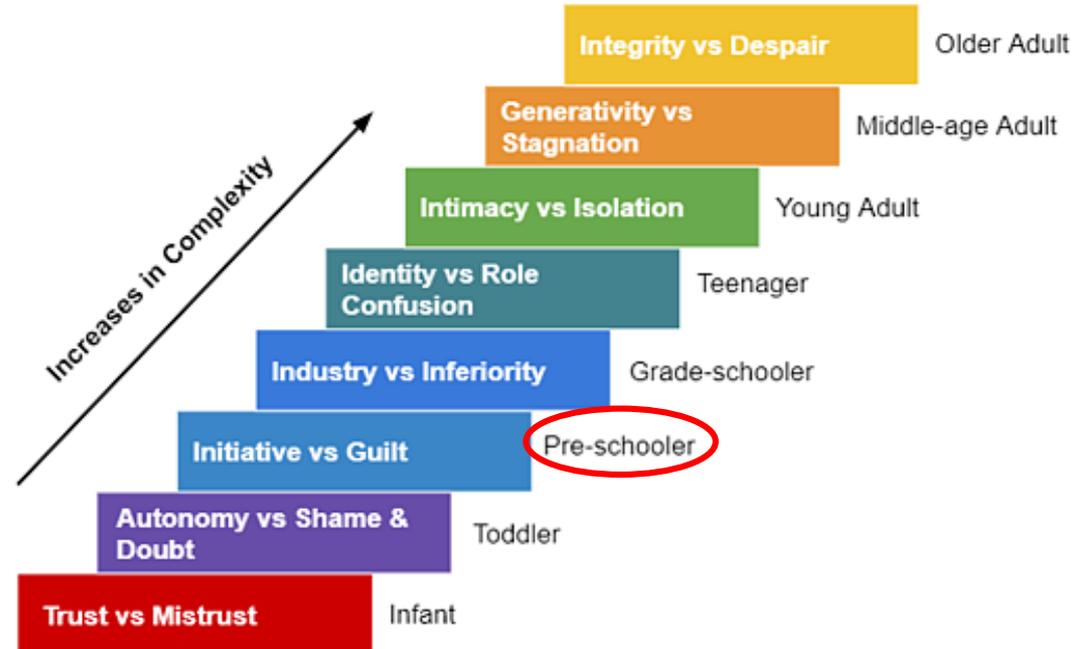
Risk Factors for Mental Illness during the Pandemic: Young Children

Young children aged 3-6

At this stage, children start interacting with peers but are still egocentric and mostly dependent on parents and adults with regards to socialization.

In a study published in the European Pediatric Association during the pandemic late in 2020, children aged 3-6 were more likely than older children to manifest symptoms of **clinginess towards parents** and **fear** of family members being infected.

Stages of Psychosocial Development



Risk Factors for Mental Illness during the Pandemic: Children & Adolescents

Older children and adolescents aged 6-18

Physical and chemical changes → heightened state of stress and emotionality in response to real and/or perceived stressors.

Importance of peer to peer interactions: Peers become the primary source of socialization and influence

This age group was more likely to manifest symptoms of **inattention, depression, and anxiety** than younger children



Protective Factors Against Mental Illness during the Pandemic

Adherence to government restrictions (hand washing, only leaving home for work/school, obtaining food or other essential goods, exercising, or seeking medical care)

- **Sense of control over the situation**

Spending more time with family

Physical activity



Prevention of Mental Illness During the COVID-19 Pandemic

Singh, et. al. King George's Medical University

Review articles related to mental-health aspects of children and adolescents during the COVID-19 pandemic

22 different studies were analyzed

Prevention of Mental Illness During the COVID-19 Pandemic

Discuss methods to prevent complications of mental illness during the COVID-19 pandemic

Needs depend on subpopulation and intervention depends on role

Young children

School age

Special needs

Underprivileged

Quarantined

Prevention of Mental Illness During the COVID-19 Pandemic

Young children

Parents	Interactive play, strict routines, praise
Pediatrician	Screening for mental health, educating parents of children's needs, refer to mental health when needed
Teacher / Counselors	Education about COVID-19, coordinate with parents, mental health referrals
Mental Health Professionals	Education about mental illness, therapy, possibly medications, utilization of telehealth

Prevention of Mental Illness During the COVID-19 Pandemic

School age

Parents	Positive role modeling, positive communication, teach responsibility, avoid excess internet, encourage creative pursuits, prosocial peer interaction
Pediatrician	Screening for mental health, educating parents of children's needs, refer to mental health when needed
Teacher / Counselors	Education about COVID-19, teaching life skills, mental health referrals
Mental Health Professionals	Education about mental illness, therapy, possibly medications, utilization of telehealth

Prevention of Mental Illness During the COVID-19 Pandemic

Special needs

Parents	Behavioral management, consistent routine, positive role modeling
Pediatrician	Screening for mental health, educating parents of children's needs, refer to mental health when needed
Teacher / Counselors	Education about COVID-19, teaching life skills, mental health referrals
Mental Health Professionals	Coordination with parents, therapy, possibly medications, utilization of telehealth

Prevention of Mental Illness During the COVID-19 Pandemic

Underprivileged

Parents	Positive role modeling, adaptive coping, positive communication
Pediatrician	Screening for mental health, educating parents of children's needs, refer to mental health when needed
Teacher / Counselors	Education about COVID-19, teaching life skills, mental health referrals
Mental Health Professionals	Coordination with parents, coordination with organizations, therapy, possibly medications, utilization of telehealth

Prevention of Mental Illness During the COVID-19 Pandemic

Quarantined

Parents	Utilize alternatives for face to face, adaptive coping, positive communication
Pediatrician	Screening for mental health, educating parents of children's needs, refer to mental health when needed
Teacher / Counselors	Education about COVID-19, teaching life skills, mental health referrals
Mental Health Professionals	Coordination with parents, coordination with organizations, therapy, possibly medications, utilization of telehealth

Prevention of Mental Illness During the COVID-19 Pandemic

Parents



Interactive play



Positive role modeling

<https://www.verywellfamily.com/role-model-the-behavior-you-want-to-see-from-your-kids-1094785>



Positive communication

<https://www.cdc.gov/parents/essentials/communication/index.html>

<https://pathways.org/kids-learn-play-6-stages-play-development/>

Prevention of Mental Illness During the COVID-19 Pandemic

Pediatrician



Mental Health Screening



Parent education



Mental Health Referral

<https://www.cdc.gov/ncbddd/childdevelopment/screening-hcp.html>

<https://weillcornell.org/services/pediatrics>

<https://www.aapublications.org/news/2019/02/15/an-innovative-use-of-telehealth-to-enhance-mental-health-referrals-pediatrics-2-15-19>

Prevention of Mental Illness During the COVID-19 Pandemic

Teachers



Education



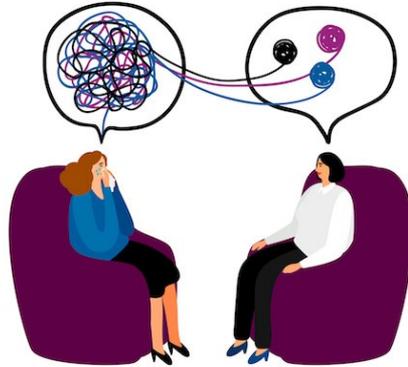
Life skills

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Mental Health Professional



Coordination with parents



Therapy



Telehealth



Medication

Prevention of Mental Illness During the COVID-19 Pandemic

Other

Facilitation of e-prescribing of controlled substances

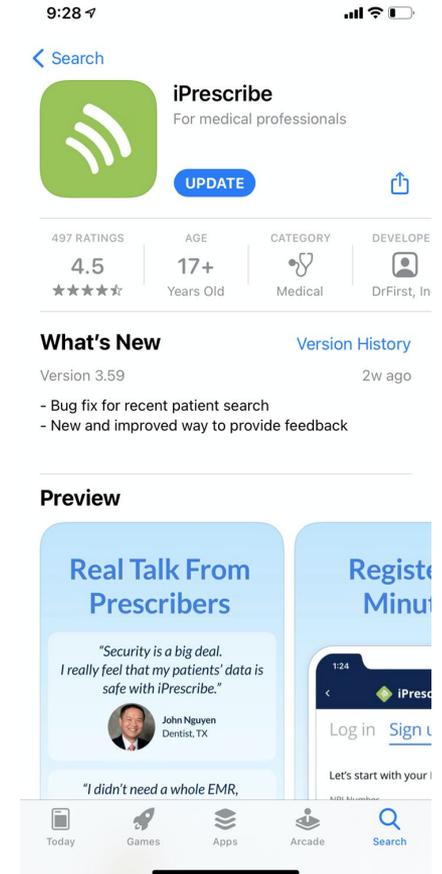
Home-delivering medications

Advocacy for mental health



Chen, 2021

<https://renuerx.com/home-delivery/>



Prevention of Mental Illness During the COVID-19 Pandemic

HOW TO HELP SOMEONE WITH

ANXIETY & DEPRESSION

DURING COVID-19

How can I help?

Psychological First Aid



1 Assess for risk of suicide or harm.



2 Listen without judgment



3 Give reassurance and information.



4 Encourage appropriate professional help.



5 Encourage self-help and other support strategies.

Mental Health Local Resources: Doña Ana County

Website Resource Directory

NM Social Service Resource Directory:

<http://www.nmresourcedirectory.org/>



Key: ■ Known to be bilingual

Crisis Assist Hotlines and Website Directory

Alcohol Abuse & Drug Abuse Treatment Center 24 hour helpline

(575) 386-4009

Crisis Assistance Listening Line

(575) 646-2255 or

(866) 314-6841

Disaster Distress Hotline (DDH)

National hotline dedicated to providing
disaster crisis counseling.

(800) 985-5990 or text 66746

Kid Talk

418 W. Griggs Ave.

Las Cruces, NM

(575) 636-3636

Las Cruces Cares Warm Line

125 S. Main Street

Las Cruces, NM 88001

7 days per week, 5pm to 9pm

(575) 527-9114

(575) 527-9030

(575) 527-7926

■ La Casa

1-800-376-2272

■ Mobile Crisis Services-La Frontera

100 W. Griggs Ave.

Las Cruces, NM 88001

(575) 647-2800

In an EMERGENCY

Dial 911- ask for Mobile Crisis svcs.

Narcotics Anonymous

(575) 523-3177

National Alliance on Mental Illness of Dona Ana County (NAMI-DAC)

National Information Helpline (800) 950-
6264

P.O. Box 2556

Las Cruces, NM 88004

(575) 386-6890

NM Crisis Hotline

(855) 662-7474

Website: <http://www.nami.org>

National Suicide Prevention Lifeline

(800) 273-8255

Protective Agencies

<i>Provider</i>	<i>Contact Information</i>	<i>Primary Specialty</i>
■ Adult Protective Services	Las Cruces- 760 Motel Blvd. (Phone) 373-6400 (Report Abuse) 866-654-3219 http://www.nmaging.state.nm.us/Adult_ProtectiveServices.aspx	System of services for those unable to protect themselves from abuse, neglect or exploitation. Ages 18-Adult
■ Children, Youth and Families Department (CYFD)	Las Cruces-760 N. Motel Blvd. (Phone) 373-6600 (or) 373-6400 http://cyfd.org/	Early intervention and protection of children in circumstances of abuse and neglect. Advocates for the safety and well-being of children. Ages 0-18
■ Domestic Violence Shelter	Las Cruces- 800 S. Walnut St. (Phone) 526-9513	Shelter provided for persons who experience physical, emotional, sexual abuse. Ages 18-Adult
■ La Casa	Las Cruces- P.O. Box 2463 (Phone) 526-2819 http://lacasainc.org/	Safe housing, counseling & support services; advocacy program for victims of domestic violence; Children's program provides counseling; Men's program-counseling. All age groups
■ La Pinon	Las Cruces- 525 S. Melendres St. (Phone) 526-3437 http://lapinon.org/	Crisis intervention, assistance & advocacy through the legal process; Outpatient therapeutic counseling for sexual assault survivors and their family

Veterans Services

<i>Provider</i>	<i>Contact Information</i>	<i>Primary Specialty</i>
Las Cruces Veterans Center	Las Cruces- 230 S. Water St. (Phone) 523-9826 http://www.va.gov/directory/guide/facility.asp?ID=5635	Assistance with health services and benefits. Provides appropriate referrals
New Mexico Department of Veterans Services	Las Cruces- 2024 E. Griggs (Phone) 524-6220 http://www.dvs.state.nm.us/	Information and resources to help ensure personnel and their families receive their entitlements and services
VA Las Cruces Clinic	Las Cruces- 1635 S. Don Roser Dr. (Phone) 522-1241	Primary Care/Behavioral Health and Referrals

<p>■ Ben Archer Health Center</p>	<p>Las Cruces- 1600 Thorpe Rd. (Phone) 382-9292 Hatch- 255 Highway 187 (Phone) 267-3088 Radium Springs-12080 LB Linbeck (Phone) 526-6200 http://www.bahcnm.org</p>	<p>Mental Health & Substance abuse counseling All age groups</p>	<p>Medicare, Medicaid, Sliding scale, Most commercial plans, Self-pay</p>
<p>■ Esperanza Guidance Services</p>	<p>Las Cruces-2805 Las Vegas Ct, Ste. B (Phone) 522-5144 Anthony- 880 Anthony Drive Ste. 3E 88021.</p>	<p>Mental/behavioral counseling, substance abuse, depression and treatment and therapy Ages 18-Adult</p>	<p>Most Insurances plans, Medicaid, Self-pay, Sliding Scale, ATR network.</p>
<p>■ La Clinica de Familia</p>	<p>Anthony- 855 Anthony Dr. (Phone) 882-5706 East Mesa-8600 Bataan Memorial East (Phone) 373-9202 Las Cruces-385 Calle de Alegria, Bld. C (Phone) 521-7181 San Miguel Medical- 18420 S. Hwy 28 (Phone) 233-3830</p>	<p>General behavioral/mental health counseling All age groups</p>	<p>Medicare, Medicaid, Sliding scale, commercial pans, self-pay, Patient Assistance Program, Some services free for migrant workers</p>

<p>■ Memorial Medical Center (MMC)</p>	<p>Las Cruces- 2450 S. Telshore (Phone) 522-8641</p>	<p>Behavioral medicine and psychiatry All age groups</p>	<p>Most insurance plans, Medicare, Medicaid, Sliding scale, self-pay.</p>
<p>■ Mesilla Valley Hospital</p>	<p>Las Cruces- 3751 Del Rey Blvd. (Phone) 877-3500 http://mesillavalleyhospital.com/about-the-facility/</p>	<p>In and out patient care: Adolescent psychiatric issues, Adult Psychiatric Unit, Male Residential Treatment Center, Rehab & Recovery, Senior Services All age groups</p>	<p>Most insurance plans, Medicare, Medicaid, Self-pay.</p>
<p>■ PEAK Hospital of Santa Teresa</p>	<p>Santa Teresa- 5065 McNutt Rd. (Phone) 589-0033 http://www.peakbehavioral.com/</p>	<p>Psychiatric Inpatient Acute Care hospital; Inpatient substance abuse services, residential treatment services Ages 18- Adults</p>	<p>Most insurance plans, Medicare, Medicaid, Self-pay.</p>

Conclusions

We discussed the following:

- The trends of depression and anxiety in children and adolescents during the pandemic
- Possible causes of depression and anxiety in children and adolescents during the pandemic
- Risk factors for mental illness during the pandemic
- Protective factors for mental illness during the pandemic
- Methods to prevent complications of mental illness during the COVID-19 pandemic

Post-Lecture Quiz

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References

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