



South Carolina
Department of Mental Health

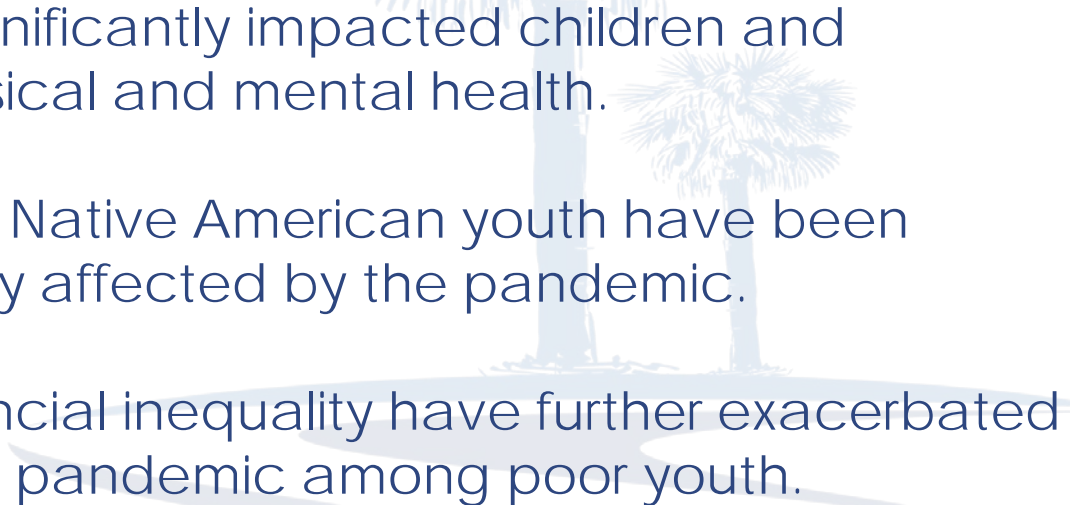
DMH

The Effects of COVID-19 on Children, Youth & Families Across Populations

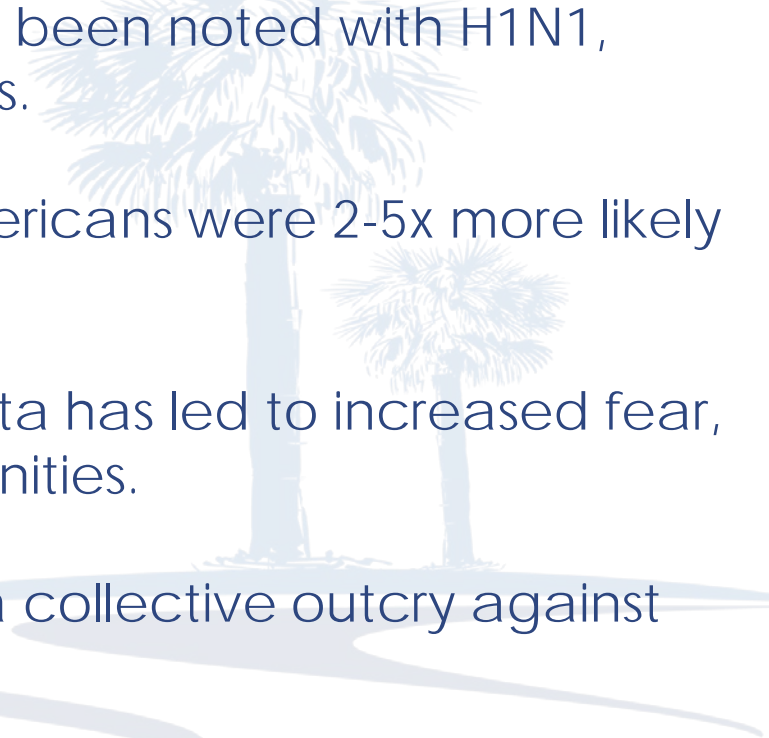
Kenneth M. Rogers, MD
NASMHPD Annual Meeting
September 9, 2021



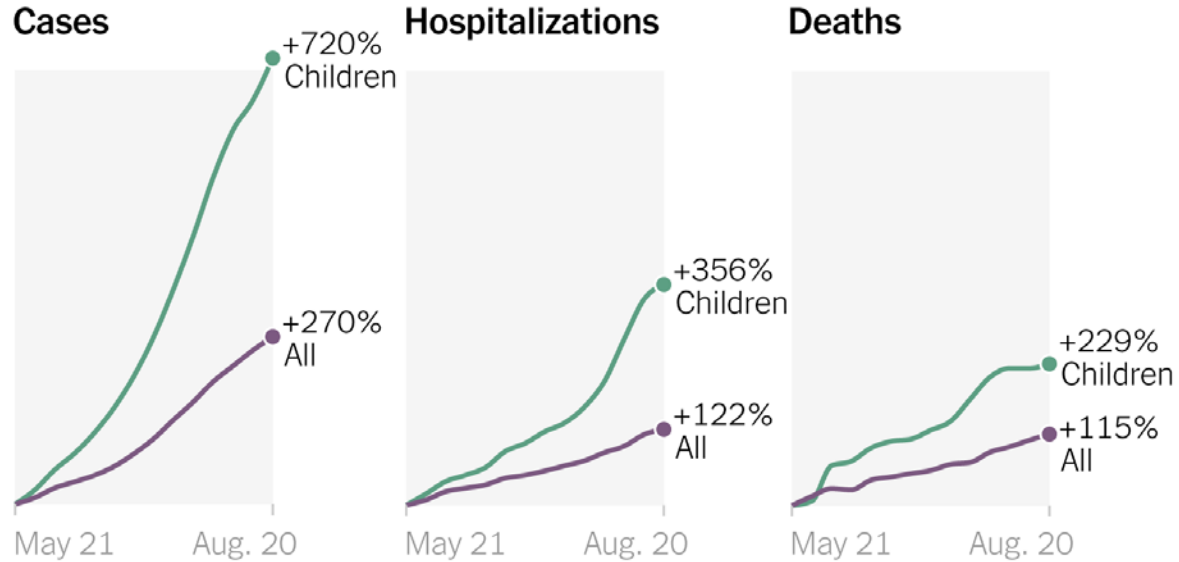
Highlights

- COVID-19 has significantly impacted children and adolescents physical and mental health.
 - Black, Latinx and Native American youth have been disproportionately affected by the pandemic.
 - Poverty and financial inequality have further exacerbated the effects of the pandemic among poor youth.
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Background

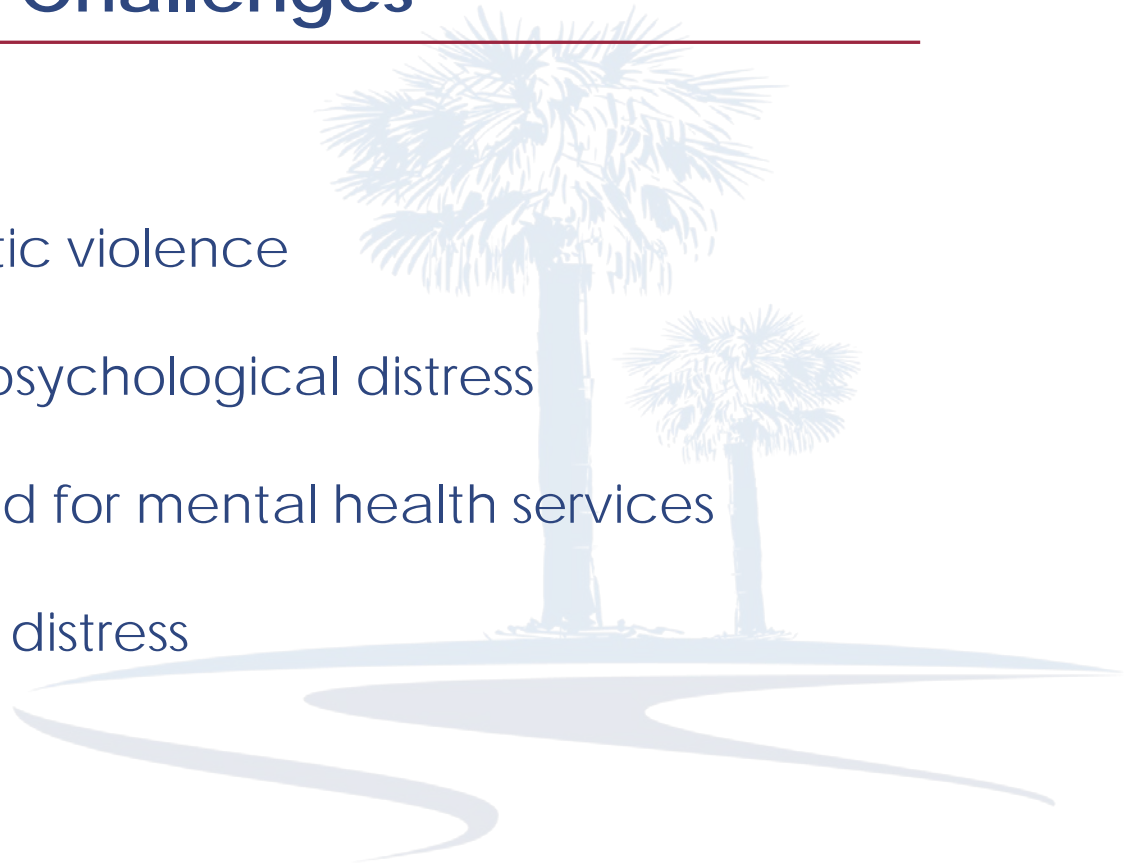
- Depression and anxiety have been noted with H1N1, Ebola, and prior flu epidemics.
 - Black, Latinx, and Native Americans were 2-5x more likely to be hospitalized or die.
 - The contagious nature of Delta has led to increased fear, especially in minority communities.
 - Pandemic overlapped with a collective outcry against racism and inequality.
 - Until the Delta variant, this was primarily a disease that was limited to the adult population.
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Trending COVID in Youth



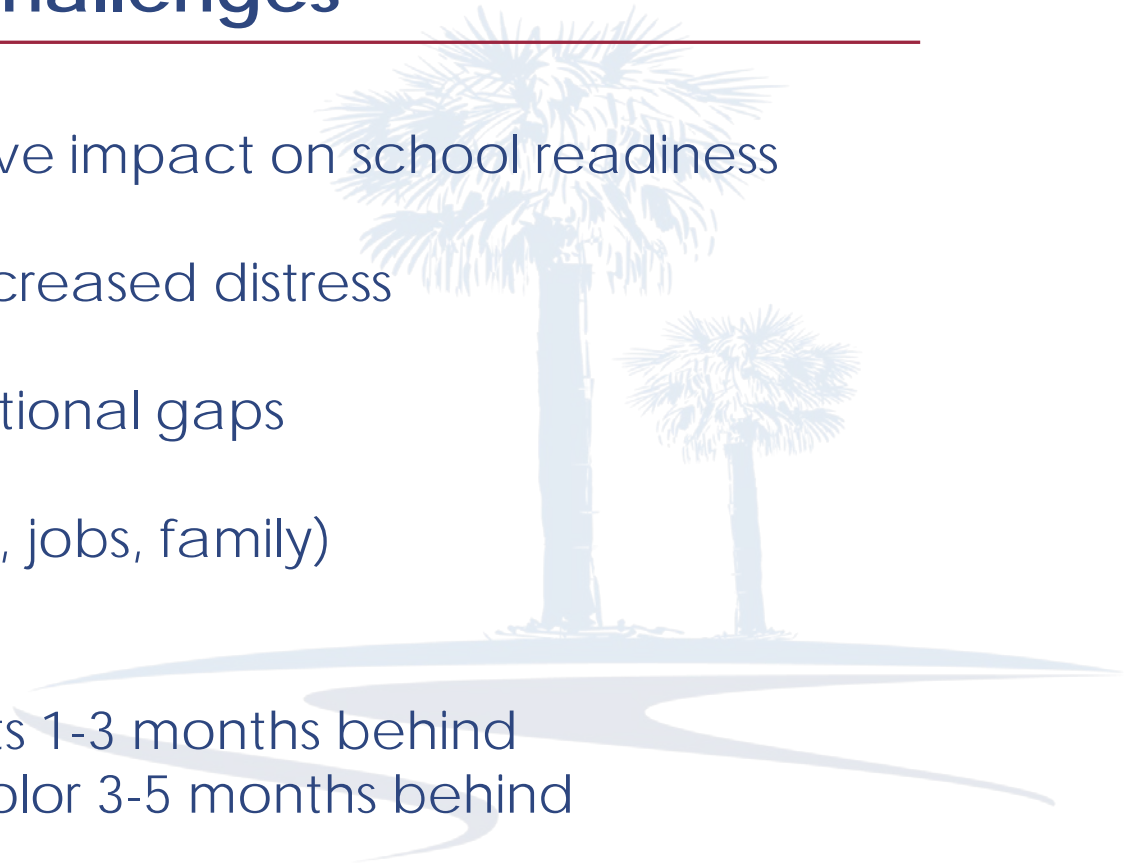
Psychological Challenges

- Increased domestic violence
- Increased family psychological distress
- Increased demand for mental health services
- Increase parental distress



Educational Challenges

- Significant negative impact on school readiness
- Virtual learning increased distress
- Increasing educational gaps
- Family loss (death, jobs, family)
- Loss of skills
 - White students 1-3 months behind
 - Students of color 3-5 months behind

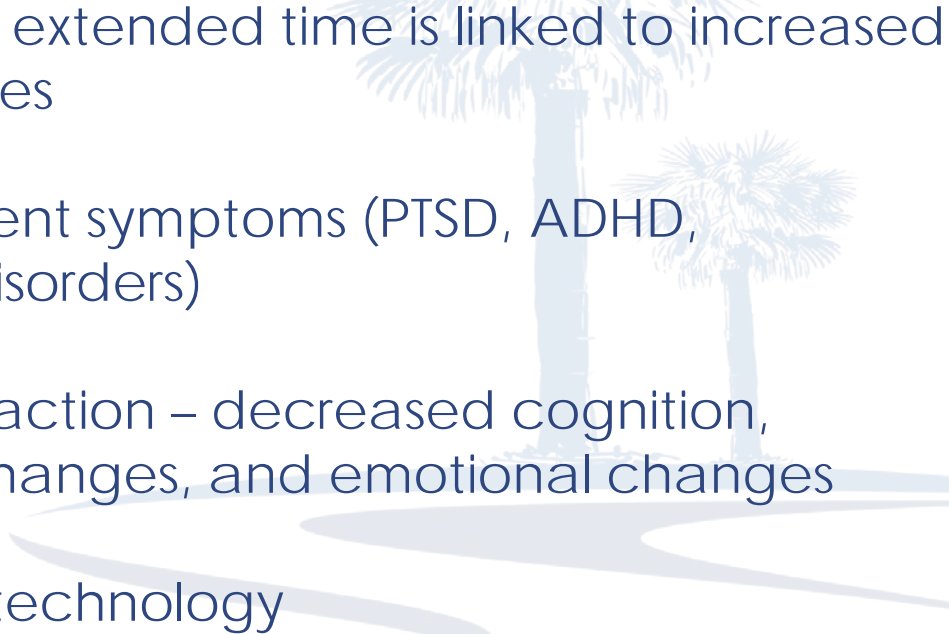


Health Disparities


- MIS-C more common in child cases
- Pediatric disparities are similar to those of adults
- Essential workers and public facing jobs are more at risk
- AA and Latinx youth are more likely in multigenerational homes



Social Isolation

- Social isolation for extended time is linked to increased mental health issues
 - Worsening of current symptoms (PTSD, ADHD, Developmental Disorders)
 - Lack of peer interaction – decreased cognition, developmental changes, and emotional changes
 - Increasing use of technology
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- A faint, light blue background image of a tropical scene. It features two palm trees of different heights on the right side, and a winding path or road that curves from the bottom left towards the center. The overall tone is soft and minimalist.

Institutionalization

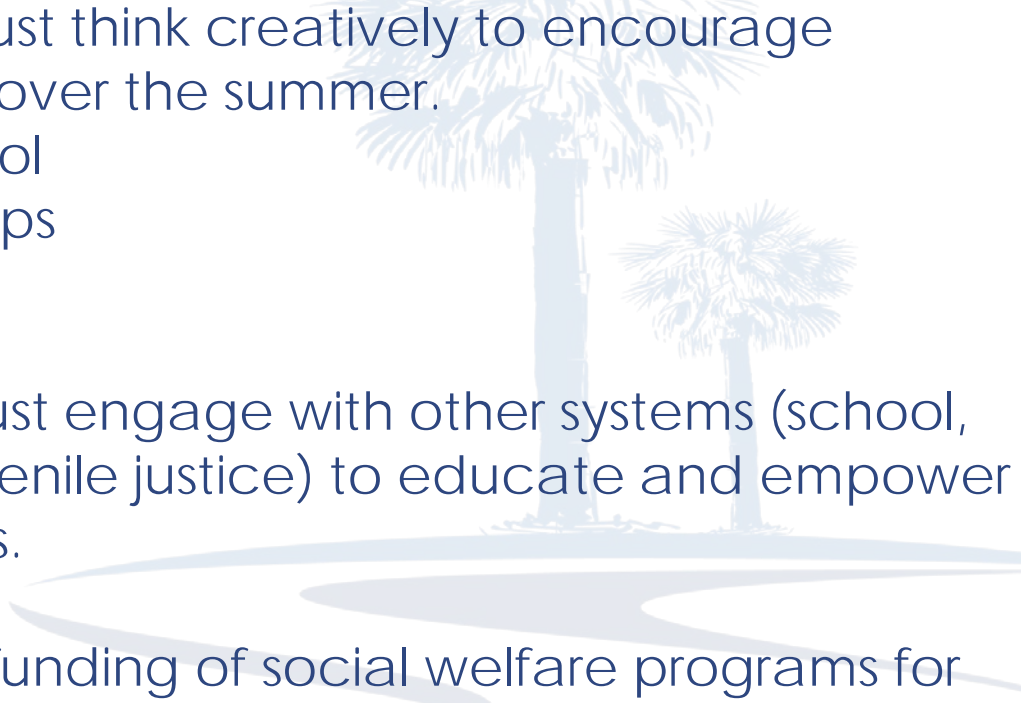
- Juvenile Justice-communal settings-increased risk of outbreaks
 - Frequently overlooked pediatric populations
 - Shuttering or programs that cater to institutionalization of youth
 - Limiting population which have an impact on care that is available
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Other Issues

- Financial inequality
- Economic instability
- Technology barriers
- Community health carriers



Future Recommendations

- School systems must think creatively to encourage ongoing learning over the summer.
 - Summer School
 - Summer Camps
 - Volunteerism
 - Health systems must engage with other systems (school, social welfare, juvenile justice) to educate and empower youth and families.
 - Advocate for full funding of social welfare programs for youth and families to create an adequate safety net.
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- A faint, light blue background illustration of a tropical scene. It features two palm trees of different heights on a small island or path. The path curves from the bottom center towards the right. The overall style is minimalist and decorative.