

COVID -19

CONSIDERATIONS FOR YOUTH MENTAL HEALTH

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Teenmentalhealth.org
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YOUTH MENTAL HEALTH

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Disclosures

- None

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Mini Bio

Lead for Alberta Mental Health Literacy Project

- Lead for Teenmentalhealth.org
- Former School Based Mental Health Therapist



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Outline

- Pre-existing vulnerabilities
- Impacts of social isolation on family systems
- Impacts of social isolation in the media
- A model for mental health literacy
- Stress and the stress response (video)
- Resources for youth mental health (COVID-19 and beyond)

Pre-Existing Vulnerabilities

- Substance use
- Pre-existing mental disorders
- Access to care
- Family violence
- Self-harm behaviors

Potential impacts of isolation

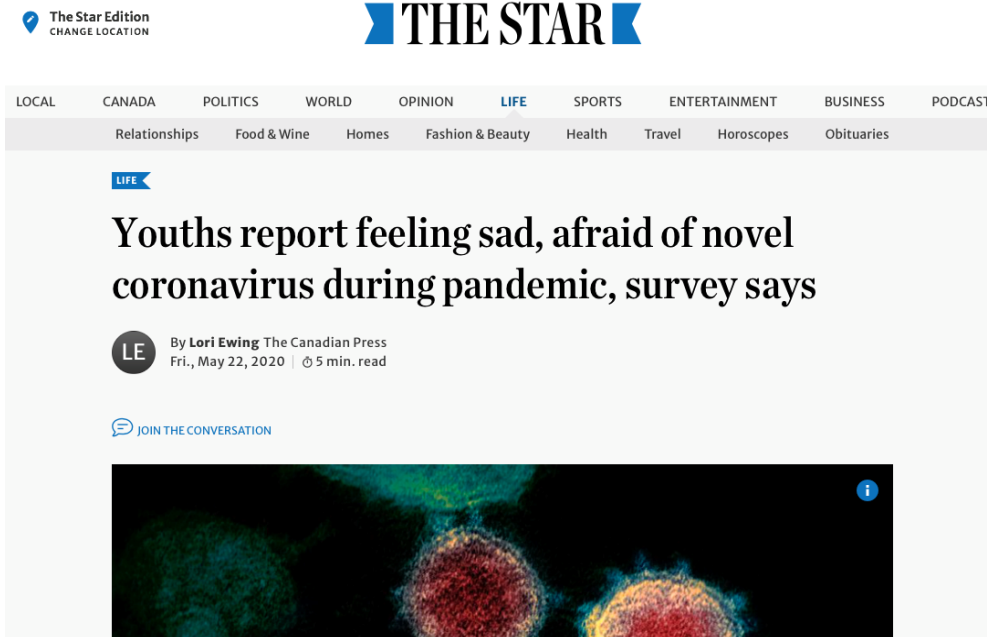
- Increased barriers in accessing care (school often serves as the entry point for the pathway to care)
- Symptom exacerbation
- Family relationship stressors
- Loneliness
- Digital resources and digital literacy

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In the Media



The study found 72 per cent of girls reported feeling sad often or sometimes, while 55 per cent of boys did.

"The feelings of anxiety and uncertainty, even though there is a mixed range of emotions, they're still very high and prevalent," Ashley Manuel, assistant director of the Association for Canadian Studies, which conducted the study in partnership with Experiences Canada and the Vanier Institute of the Family, said during an online news conference.

"And because mental health issues have kind of always been something that this generation has struggled with, they're definitely more at the forefront during this time."

Nearly half of adults aged 18 years or older in Canada report feeling anxious/nervous (47%) or sad (45%) "very often" or "often" since the beginning of the COVID-19 crisis.

In the Media

But feelings of joy were also reported, with 86 per cent saying they have "often and sometimes" felt happy since the COVID-19 crisis began. The number was slightly higher among kids aged 12-14 than kids in the 15-17 age group.

Preferred headline - "Canadian Youth Have Healthy and Appropriate Response to COVID-19 Challenges"

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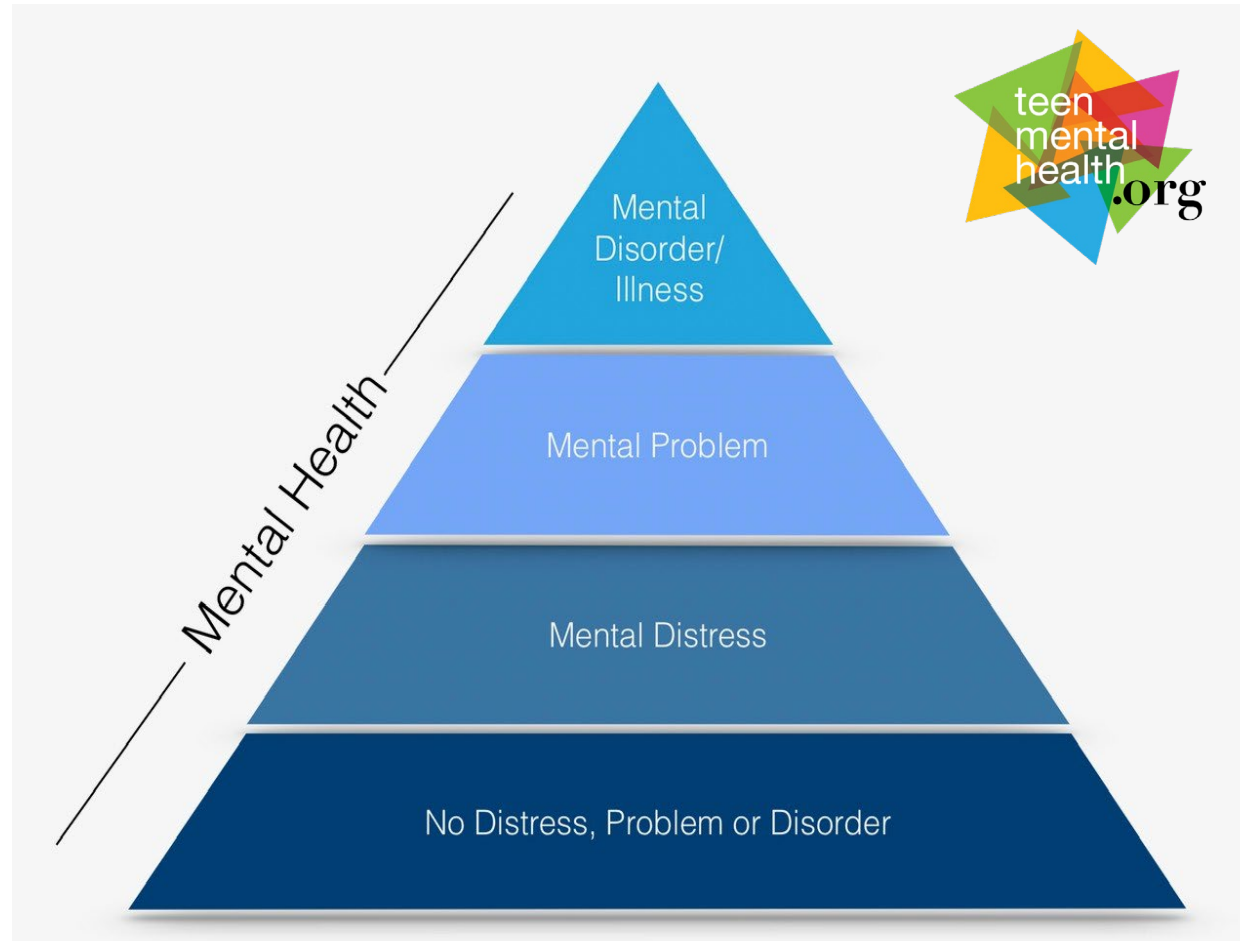
In the Media

"Toxic Productivity"

<https://youtu.be/r-rht7kCAs0>



A useful model for mental health and mental illness



Stress vs. Anxiety

Video: <https://www.youtube.com/watch?v=jHjkEfwfECo>

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Resources

COVID-19 Tip Sheets

<http://teenmentalhealth.org/wp-content/uploads/2020/04/Tipsheet3-1024x1024.png>

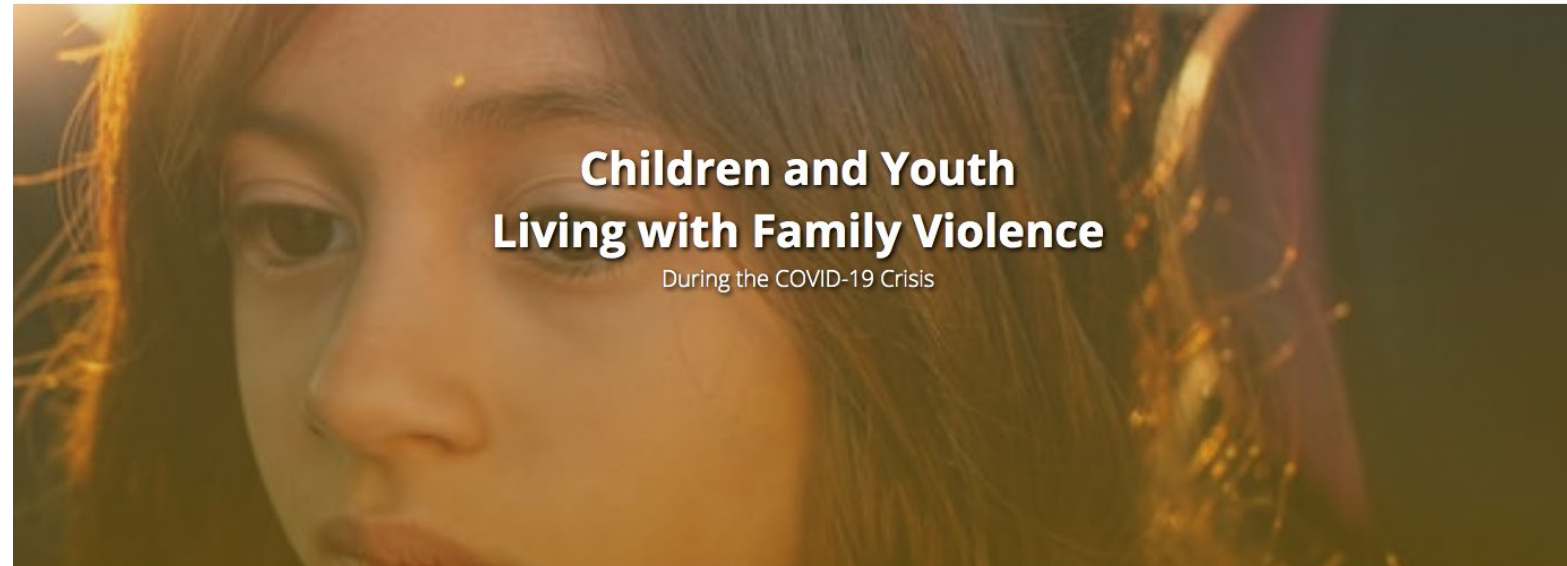
<http://teenmentalhealth.org/wp-content/uploads/2020/03/tipsheet2-833x1024.jpg>



Resources and Links

Family Violence

<https://educ.ubc.ca/sos/>



The COVID-19 crisis is increasing risk for those living in homes where there is family violence. Social isolation, disrupted routines, possible financial and/or food insecurity, suspension of in-person schooling and ongoing uncertainty are exacerbating dangerous conditions for some children and youth who may not already be considered at risk.

Children and youth who experience physical, sexual, family violence and/or neglect no longer have a safe refuge at school or access to a trusted adult to talk to in person and watch out for them. An increase in mental health concerns for parents can impact children and youth, putting them at higher risk for family violence and child abuse.


Frontline agencies such as Kids Help Phone have seen a significant increase in children and youth accessing their services. There has been a 28% increase in conversations about physical abuse, 42% increase about anxiety or stress and a 48% increase about isolation (Kids Help Phone, 2020).

If you think a child or youth under 19 years of age is being abused or neglected, you have the legal duty to report your concern to a child welfare worker or children's aid agency (phone numbers at the bottom of this page). Advise your school administrator after you have made the call.

Resources and Links

CanREACH
(Canadian
Research &
Education for the
Advancement of
Child Health)

<https://wp.hmhc.ca/canreach/>



WELCOME
canreach
Promoting Mental Health in Primary Care

[CanReach](#) [Program Information](#) [Training Information](#) [Program Resources](#) [Trained Providers](#) [Contact](#)

CanREACH (the Canadian Research and Education for the Advancement of Child Health) is an award winning program that develops primary care providers skills and abilities in pediatric mental health. With a vision of healthy futures for children, adolescents and families, the mission of CanREACH is to transform health care systems by educating and empowering primary care providers in creating and sustaining practices changes congruent with up-to-date evidence based information in child mental health. CanREACH equips primary care providers to identify and intervene pediatric mental health conditions in the patient's medical home, resulting in favorable outcomes for primary care providers, the children and families in their community practices, and the larger health care system as a whole.

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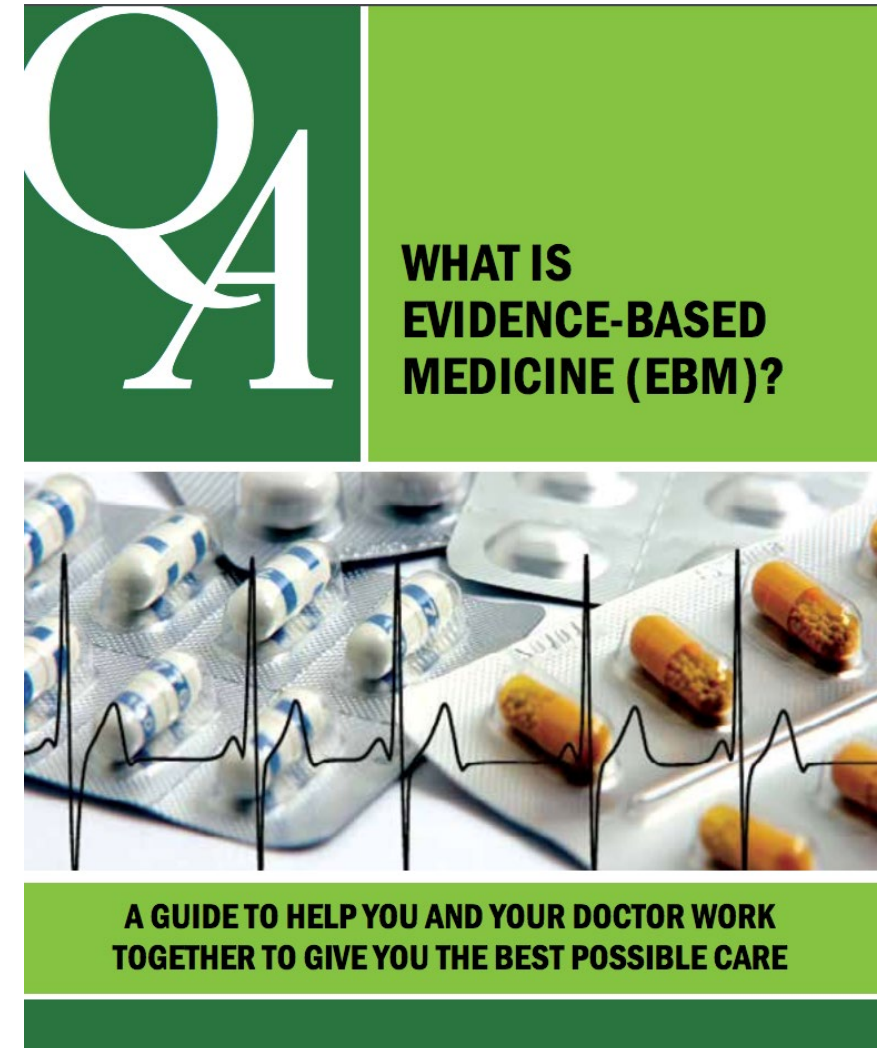


Resources

Evidence Based Medicine For Youth

https://teenmentalhealth.org/wp-content/uploads/2014/08/EBM-English_lowres.pdf

https://teenmentalhealth.org/wp-content/uploads/2014/08/EBM_Brochure_for_Youth_Final.pdf



Resources and Links

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