



Riding the Wave~ How the Pandemic Has Impacted Children's Mental Health

Presented by: Jacqueline Small, LCSW
CoreyAnn Friedrich, LCSW



Objectives

- Typical Youth Development
- Behavioral Health Stats Before and After the Pandemic
- Recognizing Changes in Behavior
- How to talk to your kids
- Anxiety and Depression-Impact of the Pandemic on our Youth and the Family Unit

Typical Youth Development

Stages of Psychosocial Development

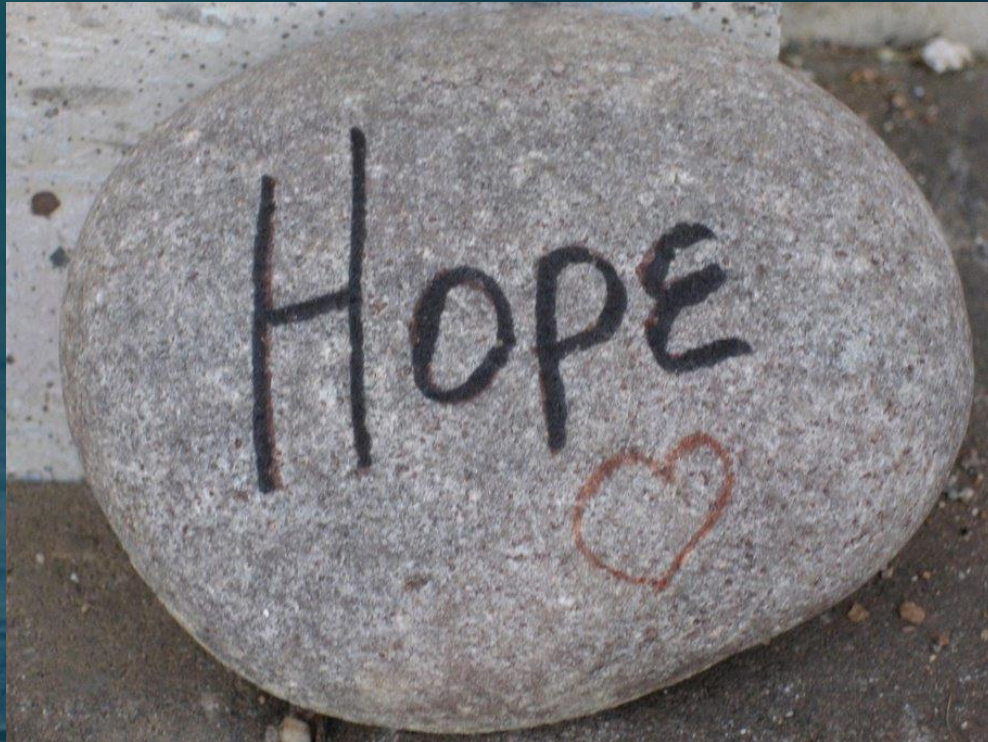
- Infant
- Toddler
- Pre-schooler
- Grade-schooler
- Teenager
- Young Adult
- Middle-age Adult
- Older Adult



Proposed by Erik Erikson

TRUST vs. MISTRUST (Infancy 0-1 ½ years)

- ❖ Can I trust the world?
- ❖ Secure attachment is developed when infant receives consistent, predictable and reliable care



AUTONOMY vs. SHAME & DOUBT (Early Childhood 1 ½ - 3 years old)

❖ Assert independence

- Walking away from caregiver
- Picking a toy of their own choice
- Making clothing and food choices

❖ Is it okay to be me?



INITIATIVE vs. GUILT (Preschool 3-5 years old)

- ❖ Plan activities, make up games, initiate activities with others
- ❖ Is it okay for me to do, move and act?





When You:

*Cut it for me,
Write it for me,
Open it for me,
Set it up for me,
Draw it for me or
Find it for me,*

All I learn is:

that you do it better than me

INDUSTRY (Competence) vs. INFERIORITY (School age 5-12 years old)

- ❖ Eager to learn and accomplish more complex skills (reading and writing)
- ❖ Peer group has greater significance and source of child's self-esteem
- ❖ Can I make it in the world of people and things?



I always look down on myself...

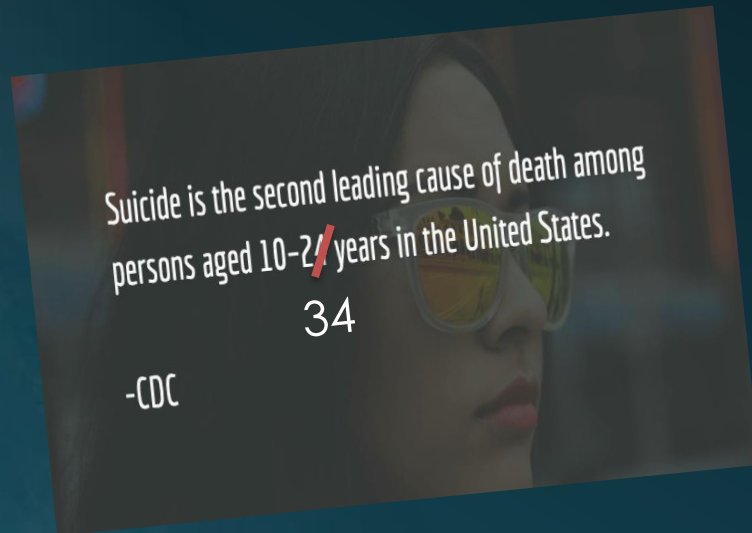


IDENTITY vs. ROLE CONFUSION (Adolescence 13-19 years old)

- ❖ Sense of self, personal identity through exploring personal values, beliefs, morals and goals
- ❖ Who am I? Who can I be?



Behavioral Health Stats



Behavioral Health Patients Seen in the ED and BH ED

- ❖ CY 2019: 2,613
- ❖ CY 2020: 2,767
- ❖ CY 2021: January-June 1,573 →at this rate, well over 3,000 patients will be seen by the end of the calendar year.

Recognizing Changes in Behavior

Normal Teen Behavior

- ❖ Spending more time with friends, less time with family
- ❖ Difficulty getting up for school
- ❖ Needing more sleep or having a larger appetite during growth spurts
- ❖ Feeling sad or angry after a fight with a friend or break up
- ❖ Experimenting with drugs, sex, self-harm behavior (cutting)

Concerning Teen Behavior

- ❖ Isolating self from family and friends; stopping all social activity
- ❖ Refusal to attend/participate in school; sudden changes in mood or signs of distress/depression
- ❖ Change in energy levels, sleeping and/or eating patterns
- ❖ Sadness, anxiety or anger that lasts more than a few weeks
- ❖ Risk taking behaviors, disregard for rules, self-harm to relieve pain

How to Talk to Your Kids

- ❖ Timing is Everything
- ❖ Focus on Observed Behaviors
- ❖ Validate
- ❖ Self-disclosure
- ❖ Be Accepting of the Response

Anxiety & Depression

Generalized Anxiety Disorder (GAD) Symptoms



Excessive anxiety and worry



Increased muscle aches or soreness



Impaired concentration



Fatigue



Irritability



Restlessness



Difficulty sleeping

verywell

Signs of Depression



Sadness



Appetite changes



Trouble sleeping



Withdrawal from social life



Suicidal thoughts



Irritability



Lower energy

verywell

Impact of the Pandemic

