



HEALTHY MINDS
POLICY INITIATIVE

**Mental Health Talks: Children and
Covid-19**

September 24, 2021

Healthy Minds: What we do

- Data-driven **research** and **problem-solving** – not advocacy
- Identifying and advancing **policy** to improve systems
- Building a **better climate** for change



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We support policymakers with collaborative, data-informed strategies and approaches that **reduce the devastating effects of mental illness and substance use disorder** on Oklahomans, their communities and their state budget.





Mental Health Trends

Key Takeaways



- Covid-19 **accelerated a crisis** in children's mental health



- Covid-19 revealed holes in the mental health treatment system.

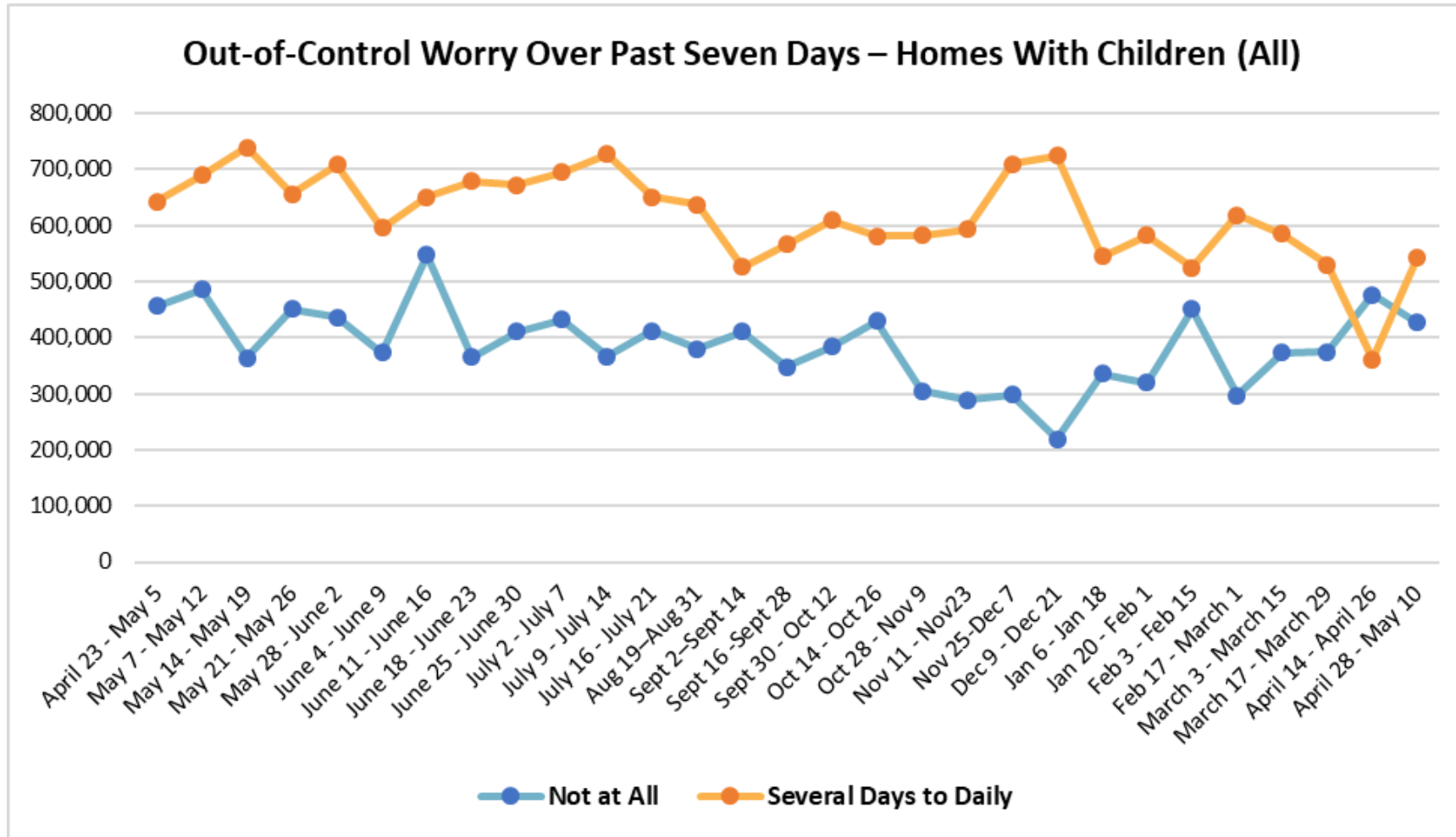


- **Heightened trauma** could have far reaching, generational impacts.



- Addressing the problem will require a whole-community approach.

Family Wellness

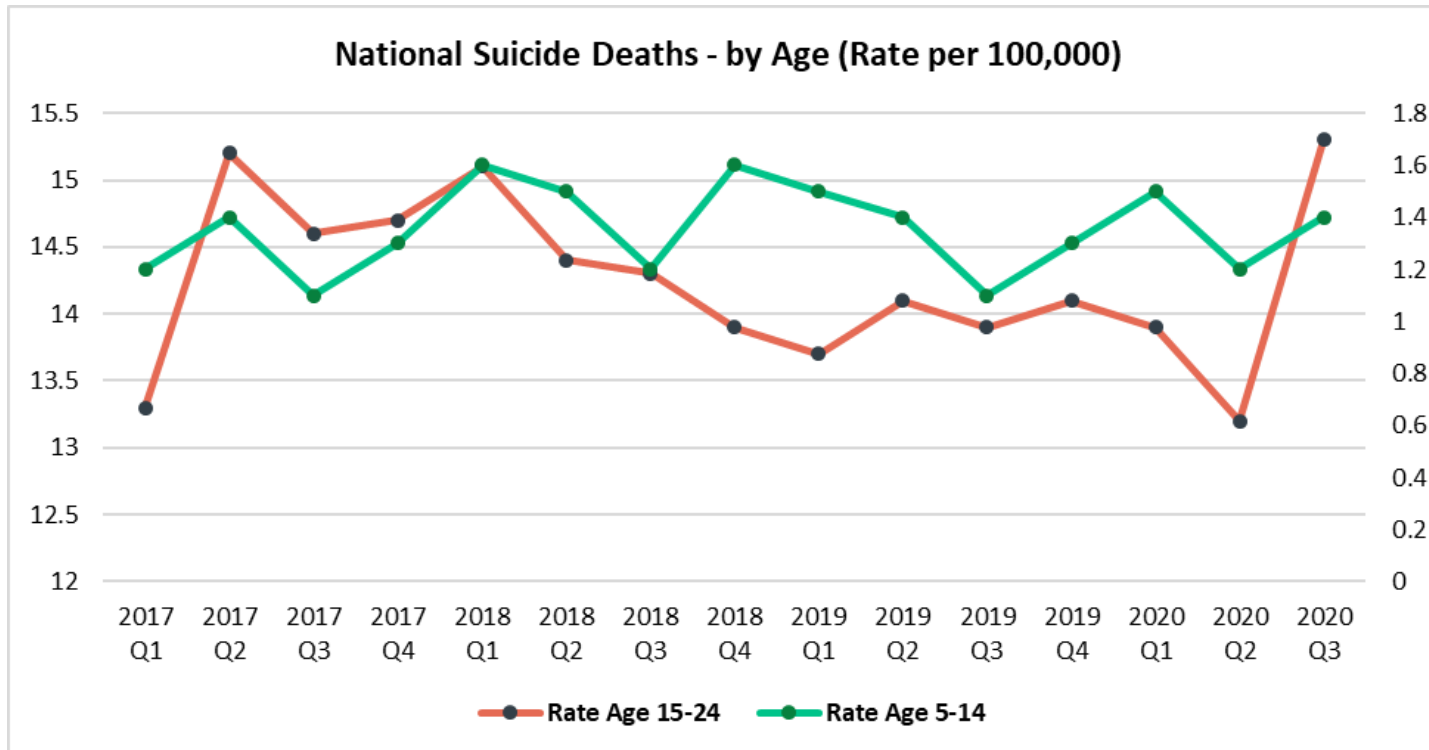


- The number of families exhibiting stress or worry far exceeded those without symptoms.
- Anxiety prevalence jumped from 8.1% to nearly 30%.

Trauma

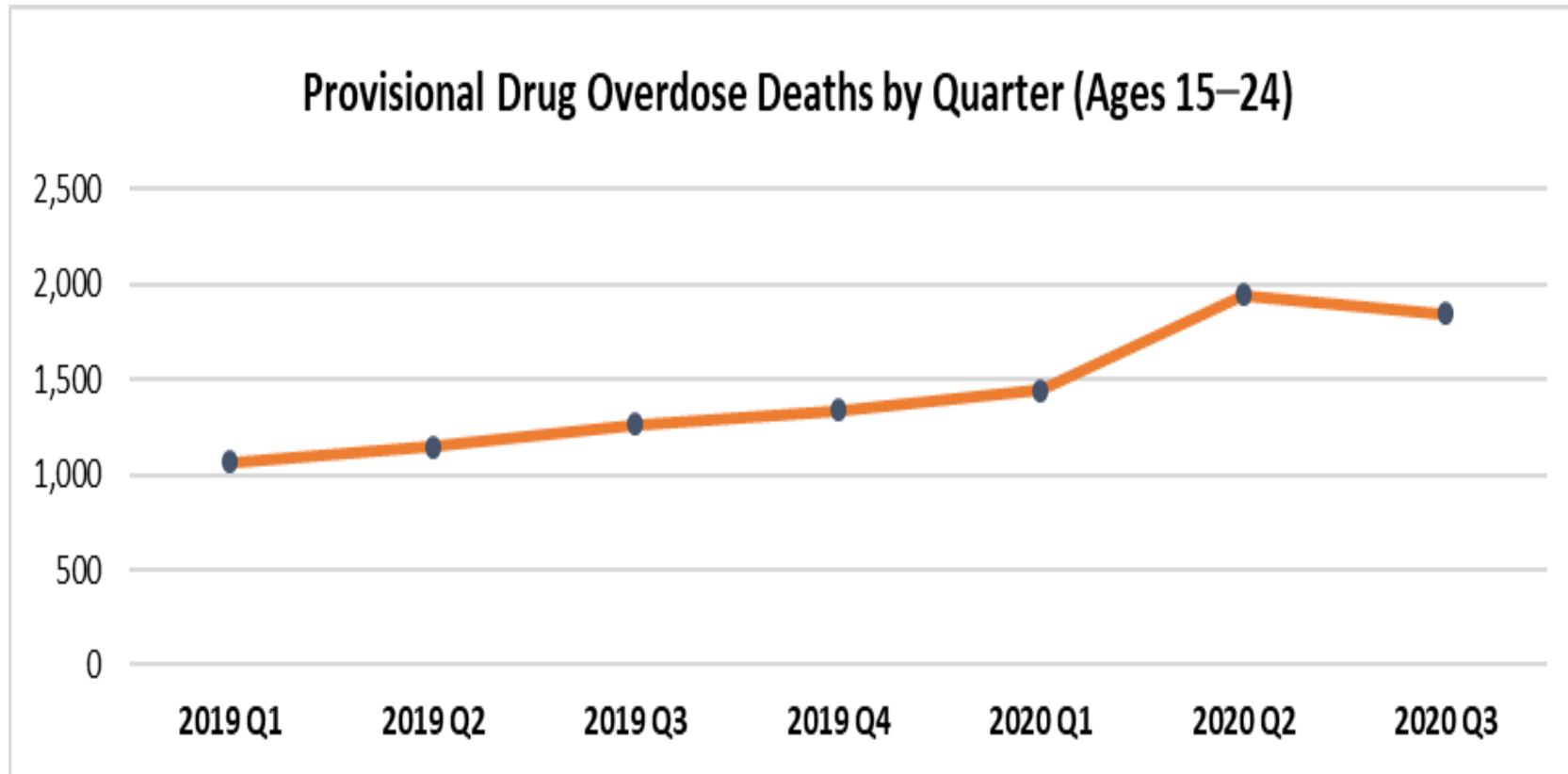
- An estimated 570 Oklahoman children or youth lost a parent, and bereavement estimates suggest the more than 66,540 children, youth and adults in Oklahoma lost a family member or close relative.
- Pulse Survey data indicates that 323,962 households delayed medical care.
- Housing instability and food insecurity have also increased.
- National domestic violence services saw a 7.5% increase in DV calls early in the pandemic compared to the same 2019 period.

Suicide Deaths



- Some preliminary data has been released, rate changes depended on age and period of time.
- Preliminary data from ODH indicates that self-harm hospitalizations have increased, particularly for young women.

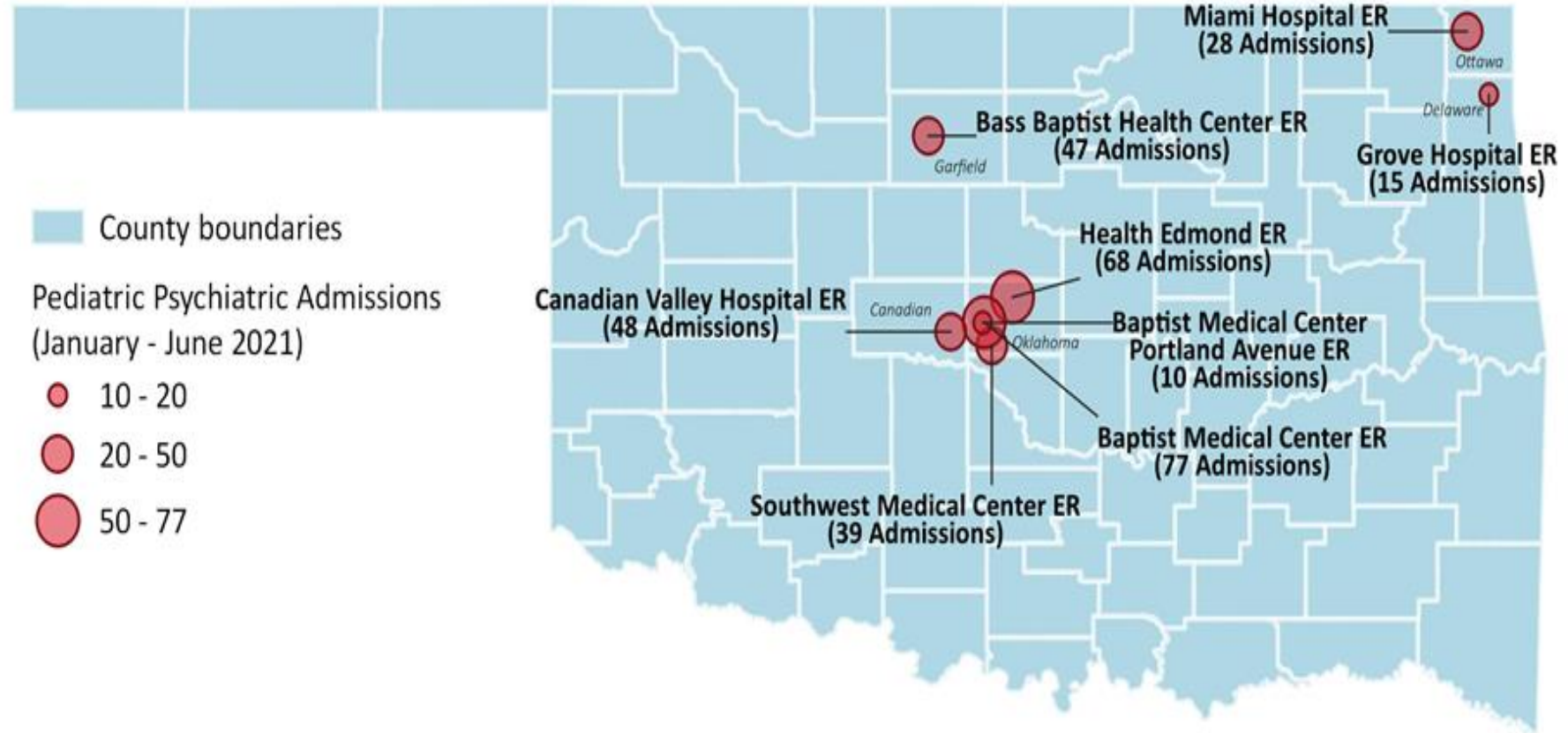
Overdose



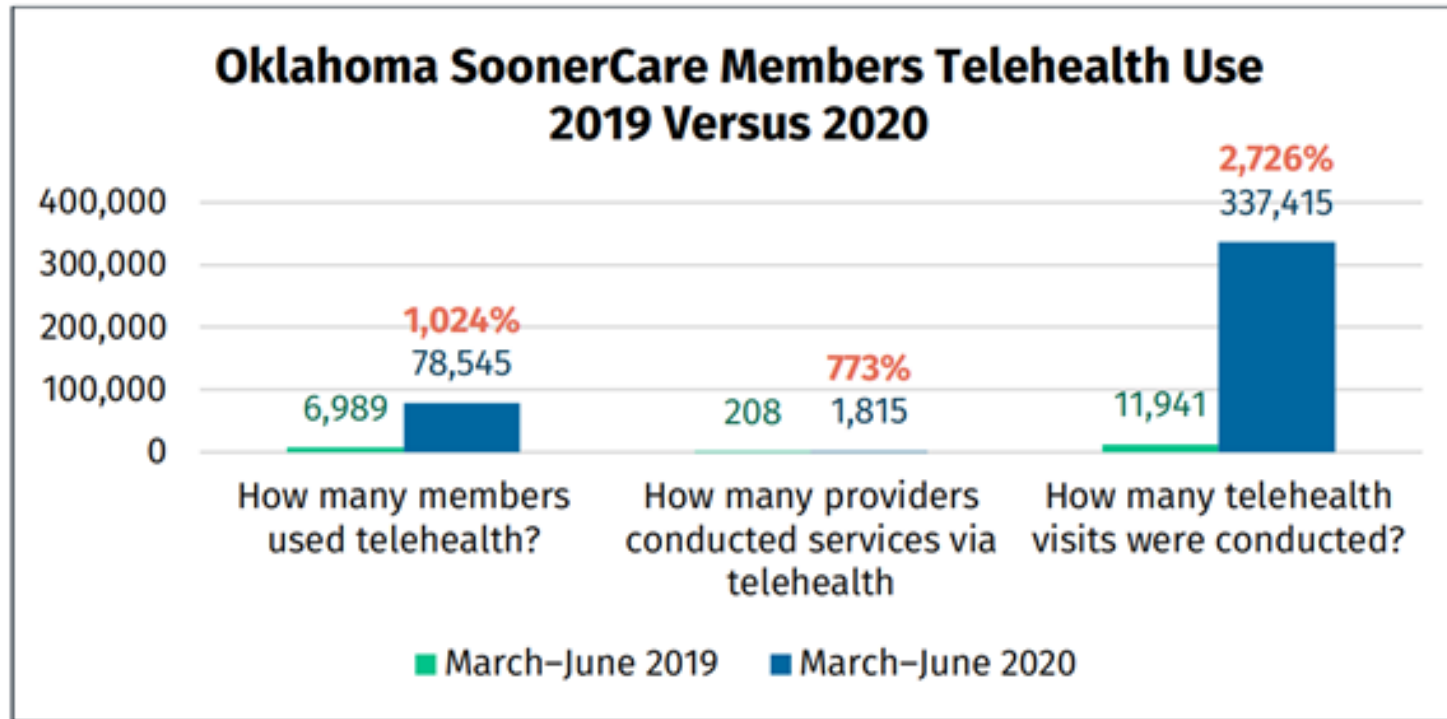
- Preliminary data indicate that drug overdose deaths increased at the beginning of the pandemic, then leveled off.
- Insurance claims data related to substance use and overdose follow this pattern.

Children's crisis care

Gaps in children's crisis care means increased mental health need in hospital emergency rooms



Telehealth



Before Covid-19, telehealth comprised 1% or less of all visits. By August 2020:

- Private pay: 58%
- Medicare: 23%
- Medicaid: 20%

Today, around **50%** of all telehealth in Oklahoma is behavioral health related

Recommendations

- Continue to support collaborative efforts by lead child-serving agencies.
- Continue to build and implement multi-tiered systems of support in schools.
- Implement a universal screening tool in schools and primary care.
- Offer school-based telehealth services to increase access to rural students in areas with limited providers.
- Bolster OPNA implementation and data analysis.
- Strengthen local capacity to implement Children's Mobile Crisis Response and Stabilization system.



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