Battling Youth Suicide and Stigma in Butte County
17% of youth 6-17 years old experience a mental health disorder.

50% of all lifetime mental illness begins by age 14.

11 years
The average delay between symptom onset and treatment.

Suicide is the 2nd leading cause of death for people ages 10 - 24.
IN THE LAST DECADES, SUICIDES FOR YOUTH 10- TO 19-YEARS-OLD HAVE INCREASED 56%

**For some groups, rates have increased between 100-300**%
Review article

Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations

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ABSTRACT

Background: COVID-19 pandemic and lockdown has brought about a sense of fear and anxiety around the globe. This phenomenon has led to short term as well as long term psychosocial and mental health implications for children and adolescents. The quality and magnitude of impact on minors is determined by many vulnerability factors like developmental age, educational status, pre-existing mental health condition, being economically underprivileged or being quarantined due to infection or fear of infection.

Aims: This paper is aimed at narratively reviewing various articles related to mental-health aspects of children and adolescents impacted by COVID-19 pandemic and enforcement of nationwide or regional lockdowns to prevent further spread of infection.

Methodology: We conducted a review and collected articles and advisories on mental health aspects of children and adolescents during the COVID-19 pandemic. We selected articles and thematically organized them. We put up their major findings under the thematic areas of impact on young children, school and college going students, children and adolescents with mental health challenges, economically underprivileged children, impact due to quarantine and separation from parents and the advisories of international organizations. We have also provided recommendations to the above.
SPECIFICALLY RELATED TO SUICIDE THOUGHTS & BEHAVIORS

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<thead>
<tr>
<th></th>
<th>Summer 2018</th>
<th>Summer 2019</th>
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<tbody>
<tr>
<td></td>
<td>4.3%</td>
<td>10.7%</td>
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Nationally, double the number of adults (18+) reported seriously considering suicide in the past 30 days in the summer of 2019 vs. 2018 (CDC, 2020)
“SERIOUSLY CONSIDERING ATTEMPTING SUICIDE” (CHKS/YRBSS)

BUTTE COUNTY (2020)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percent Saying Yes</th>
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<tbody>
<tr>
<td>7th Grade</td>
<td>30%</td>
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<tr>
<td>9th Grade</td>
<td>17%</td>
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<td>11th Grade</td>
<td>38%</td>
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• National average for youth 10-19 CDC, 2019) = 18.8%

<table>
<thead>
<tr>
<th>Group</th>
<th>Percent Saying Yes</th>
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<tbody>
<tr>
<td>Males</td>
<td>13.3%</td>
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<tr>
<td>Females</td>
<td>24.1%</td>
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<tr>
<td>Heterosexual</td>
<td>14.5%</td>
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<tr>
<td>Sexual Minority</td>
<td>46.8%</td>
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</tbody>
</table>
IS IT MORE THAN MOODINESS?

PERSISTENT
Doesn’t go away with the passage of time

GETS IN THE WAY
The issue gets in the way of the child’s ability to engage in aspects of life

CUTS ACROSS CONTEXTS
Different situations don’t seem to change the issue

NOTICABLE CHANGE
The child’s behavior, presentation changes suddenly from what you know
SIGNS OF ANXIETY

- Avoidance of school
- Avoidance of social situations
- Avoidance of reminders of a scary event
- Poor sleep
- Loss of appetite
- Physical symptoms
- Excessive worry
- Difficulty concentrating
- Excessive fears

www.childrenshospital.org
SIGNS OF DEPRESSION

- Irritability/anger
- Loss of interest in fun things
- Withdrawing from friends/family
- Trouble sleeping/too much/little
- Appetite change
- Stomach ache, headache, body ache
- Low self worth/esteem
- Sadness/hopelessness

www.my.clevelandclinic.org
End the Silence
Youth Focus Groups

All Butte County

Biggest Weight?

Parents
- Yelling/Fighting
- Comparing to Siblings
- Sick/Injured parent
- Unknowns

Social Media

Home
- Issues
- Less
- Not supportive

School
- Online
- Grades 'All As'
- Not enough time
- Keeping up
- Pressure
- Odd schedules
- Graduating
- Struggling
- Sports
- College

COVID
- Changed everything

Stressor?

Anxiety
- Over-thinking
- Spiral
- No motivation
- Poor self talk
- Have to be perfect

Empty Gas Tank

Isolation
- Loneliness

Fear of Rejection

76%

Know Someone?
who is Struggling?

How many

Average

Range: 14-100%
9 of 13 groups over 80%
Are schools & community doing a good job educating youth about mental health?
Ideas for “Ending the Silence”

How? More Groups!
Build relationships - Trust
Counselors/teachers checking in more
Be confidential Real conversations checking in more
Reduce Stigma not emails when it happens
Educate older generation

Who? / Where?
Start younger - 6th grade
LGBTQ+ ASB NCL
4H Cheer/Sports Teams
After School Programs Axiom

One Thing you want adults to KNOW...

Be there
Don’t Fix
Don’t pressure
Listen
More Caring
Be SAFE
Be OPEN