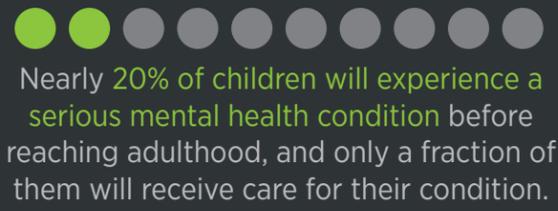


YOUNG AND IN THE BUBBLE

COVID-19 AND ADOLESCENT MENTAL HEALTH

The pandemic has upended young lives while constraining access to behavioral health care for adolescents.



All of Missouri's counties are a full or partial Health Professional Shortage Area for mental health.

Emergency department use and demand for ED care shifted during the COVID-19 pandemic, with increased ED utilization for mental health, substance use, and harm-related risk screening and prevention.



When comparing the same time periods in 2019 and 2020, ED use for adolescent behavioral health increased.



2015 research found that among all adolescents receiving mental health services, 57% received some school-based mental health services and 35% received all mental health services exclusively from school settings.



Number of studies linking loneliness and mental health problems in children and adolescents.



Adolescents with post-traumatic stress disorder symptoms from isolation or quarantine.



Duration of effects of loneliness on mental health, with the strongest association being depression.



RETURNING TO ROUTINE AND COMMUNITY-CENTERED CARE

Behavioral health and primary care integration

Coordinated care between primary care providers, and behavioral health clinicians and counselors can provide increased access to and management of care.



School and community-based care and support

Although COVID-19 has disrupted the normal cadence of school, peer and community networks, demand for services will remain strong after the pandemic. Most adolescents spend 6-8 hours a day in a school environment. Teachers, counselors and school psychologists can help identify mental health challenges and support mental health improvement. Additional community support, including peer and family support systems, and civic and religious institutions, are available.



Telehealth expansion

Throughout the pandemic, telehealth has grown by as much as 4,000%. Behavioral health services are increasingly available to those with web-connected devices.

Suicide Prevention Lifeline 1-800-273-TALK (8255)

Crisis Text Line Text MOSAFE to 741741

Statewide 24-Hour Crisis Lines www.mospn.org/crisis-lines | Missouri Providers and Services MoCoalition.org/Providers | Cope and Hope During COVID-19 MoCoalition.org/Cope-And-Hope | Show-Me Hope Missouri MoShowMeHope.org

