



Thank you for joining!

We will begin our webinar shortly.

Before we begin please check that the sound levels on your computer or phone are turned up to hear clearly.

October 2021

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Navigating the Return to In-Person School: Helping Children and Teens Succeed

Miri Rosen, MD, MS

Medical Director, Children's Behavioral Health



Anxiety



Depression

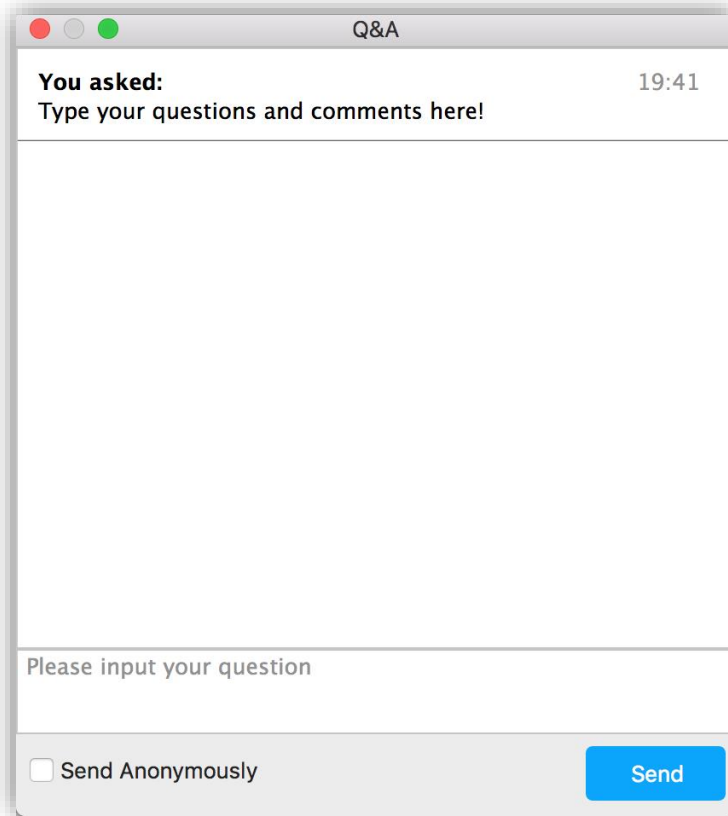


Job loss



**Working
remotely**

Housekeeping Items



A screenshot of a web browser window titled "Q&A". The window has a header bar with three colored circles (red, yellow, green) on the left and the text "Q&A" in the center. Below the header, there is a section labeled "You asked:" with a timestamp "19:41" on the right. Underneath, it says "Type your questions and comments here!". The main body of the window is a large white text area. At the bottom, there is a smaller text input field with the placeholder text "Please input your question". Below this input field, there is a checkbox labeled "Send Anonymously" and a blue button labeled "Send".

1. Today's webinar is 1 hour including Q&A.
2. All participants will be muted during the webinar.
3. Please use the Q&A function. We will monitor questions throughout and answer as many as possible at the end.
4. This webinar is being recorded and will be posted within 24 hours at www.beaconhealthoptions.com/coronavirus/ so you have continued access to the information and resources.

PLEASE NOTE: This presentation provides some general information that is subject to change and updates. It should not be construed as including all information pertinent to your particular situation or providing legal advice or medical advice, diagnosis or treatment of any kind. For legal advice, we encourage you to consult with your legal counsel regarding the topics raised in this presentation. At all times, please use your own independent medical judgment in the diagnosis and treatment of your patients.

Today's speaker



Miri Rosen, MD, MS
Medical Director, Children's Behavioral Health



Learning Objectives

1

- Impact of COVID-19 on Children and Teens

2

- A trauma based perspective on impact of COVID-19

3

- Treatment considerations for Anxiety and Depression

4

- Tips for return to school

Chapter

01

Navigating the Return to In
Person School

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Impact of COVID-19 on Mental Health

Impact of COVID-19 on Child and Adolescent MH

Extreme social distancing has disrupted:

- Missed milestones (prom, graduation)
- Challenges of virtual schooling
- Loss of peer social support



- Increased Parental Stress



- Impaired family functioning
- An estimated 1.562 million children worldwide lost a caregiver from March 2020 to April 2021



- Economic hardships associated with increased MH needs and use of services



Worldwide increase

- Mental health problems
- Trauma
- Abuse
- Suicidality
- Substance use



Prevalence of Depression and Anxiety Symptoms Have Doubled During Pandemic

Pre-Covid =

- Depression 12.9%
- Anxiety 11.6%

During Covid =

- Depression 25.2%
- Anxiety 20.5%

Prevalence rates were higher:

- later in the pandemic
- in older adolescents
- in girls

Isolation and MH

Peer group for identity and support =

↑ important for children and teens

Social isolation & loneliness =

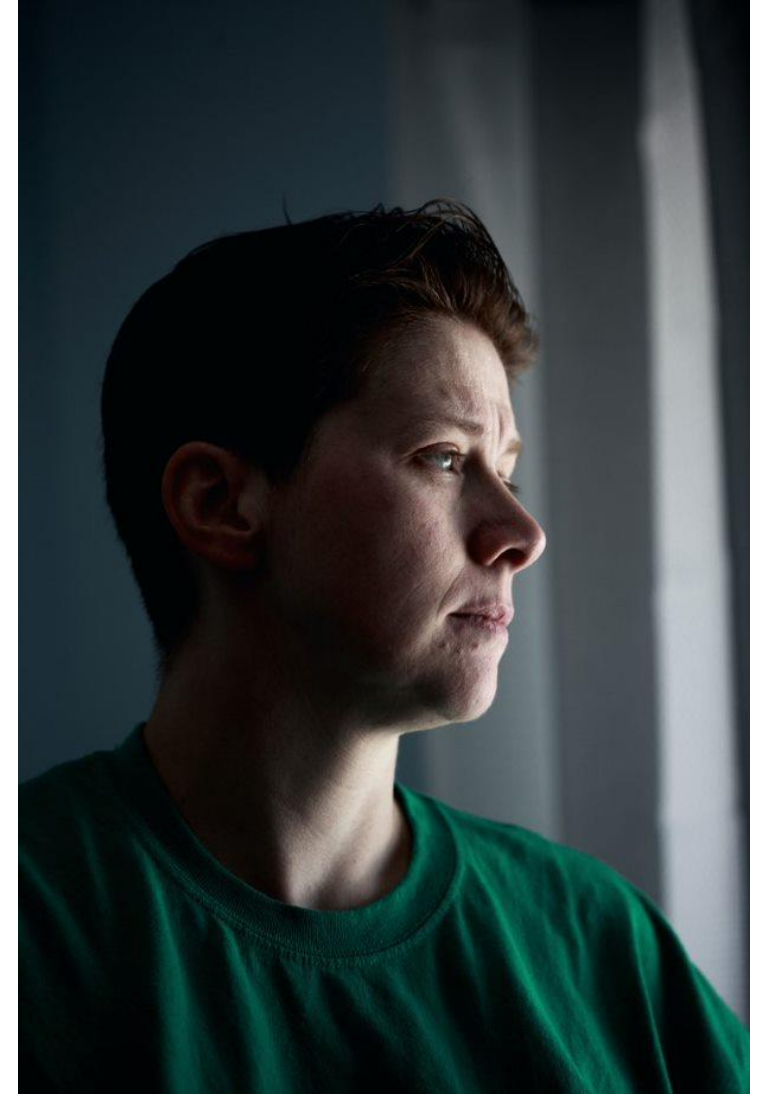
- ↑ depression & anxiety
- Effects seen 0.25 - 9 yrs later

Children in enforced isolation/ quarantine =

- 5x more likely to require MH services
- experienced ↑ levels of posttraumatic stress.

Meaningful social connections =

↑ important



Chapter

02

Navigating the Return to In
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Impact of COVID-19 on Education

Impact of COVID-19 on Education



5 months behind in mathematics



4 months behind in reading



Widened preexisting opportunity and achievement gaps



Disadvantaged students effected the hardest



High schoolers → more likely to drop out



High school seniors → less likely to go on to postsecondary education

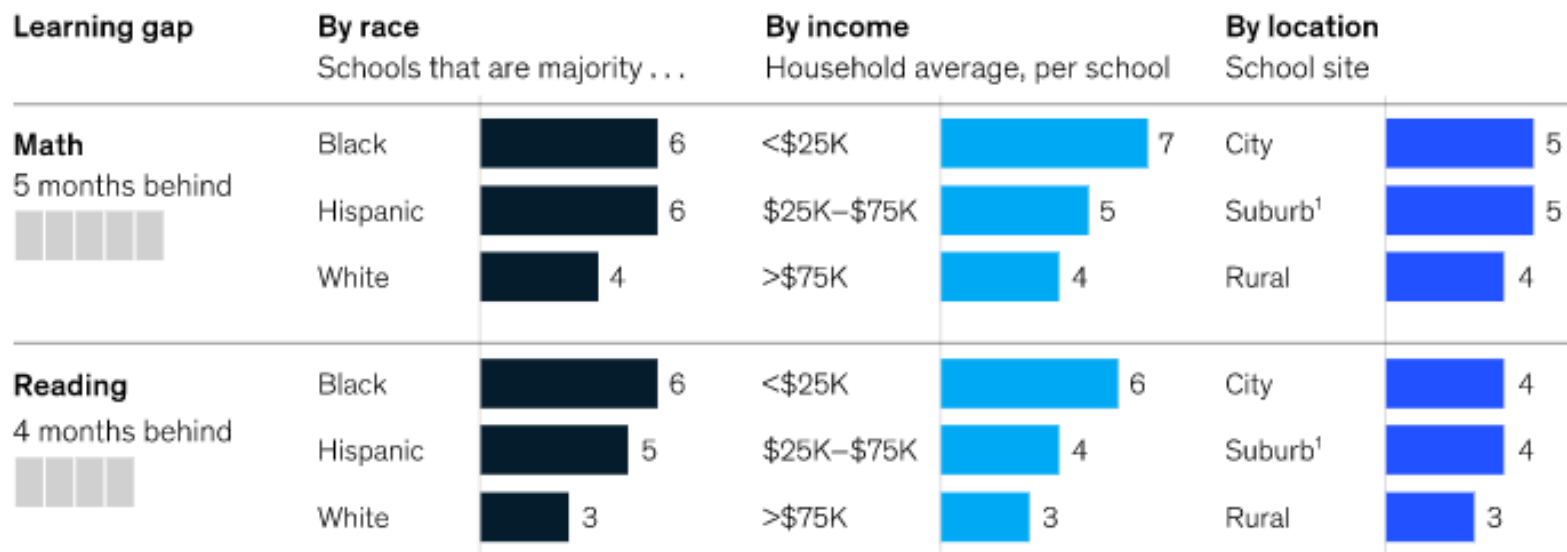


Today's students may earn \$49,000 to \$61,000 less

Math & Reading Levels

By the end of the 2020–21 school year, students were on average five months behind in math and four months behind in reading.

Cumulative months of unfinished learning due to the pandemic by type of school, grades 1 through 6



¹Town or suburb.

Source: Curriculum Associates i-Ready assessment data

McKinsey
& Company

COVID-19 and Education: The Lingering Effects of Unfinished Learning | McKinsey.”
[www.mckinsey.com, www.mckinsey.com/industries/public-and-social-sector/our-insights/covid-19-and-education-the-lingering-effects-of-unfinished-learning?cid=eml-web..](https://www.mckinsey.com/industries/public-and-social-sector/our-insights/covid-19-and-education-the-lingering-effects-of-unfinished-learning?cid=eml-web..)

Impact of COVID-19 on Students



16.9 million children lacked home internet access

7.3 million children did not have a computer



Gaps in technology access persist disproportionately in low income and Black, Latinx and Native American households

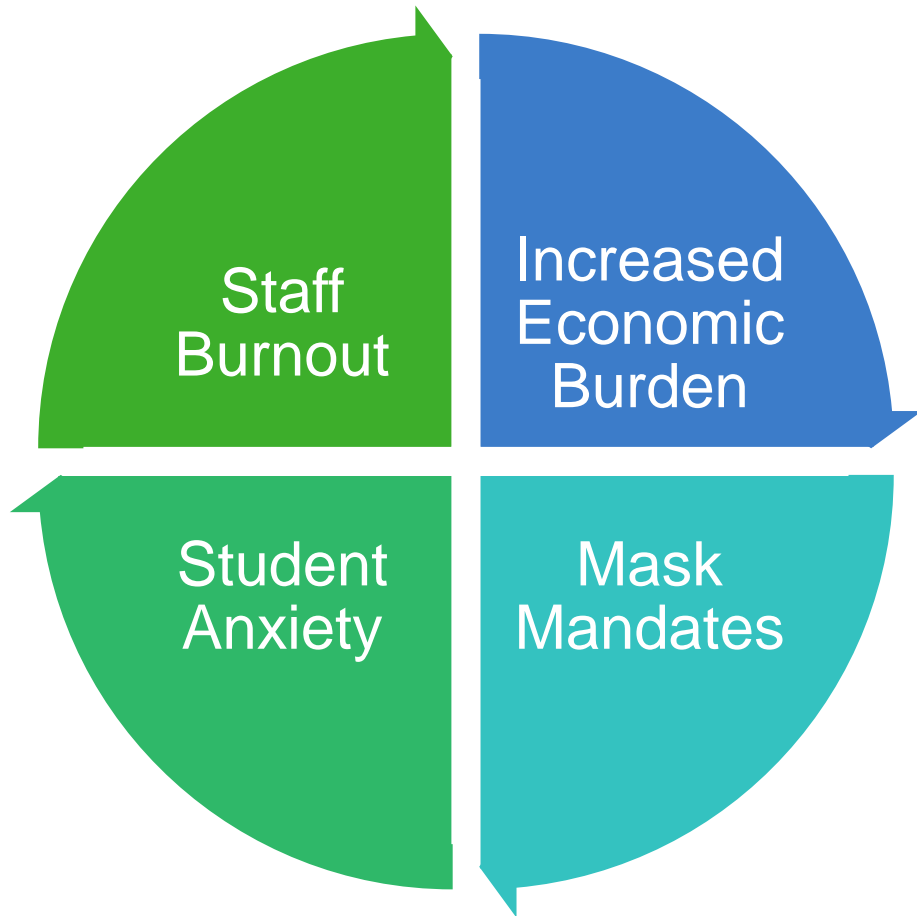


Inaccessible learning--Students with disabilities cannot receive the educational accommodations and services they require



Increased BH needs of DD/ASD populations

Impact of COVID-19 on Schools



Effects of School Closures



○ Food insecurity



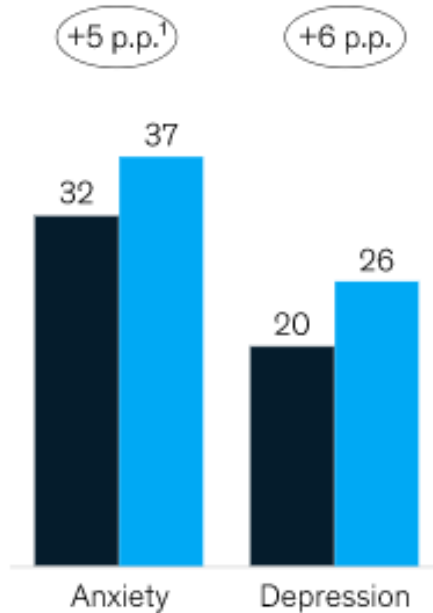
○ No access to school based physical health/mental health services



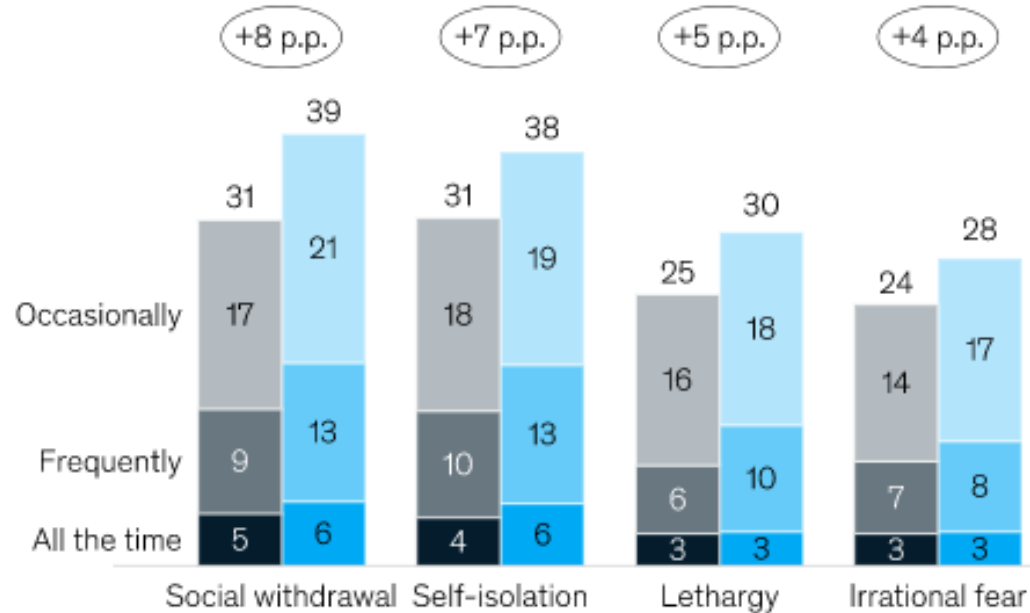
Increase in mental health and behavioral concerns

Parents reported increases in mental health conditions and concerning behaviors in their children.

My child suffers from the following conditions, %



My child exhibits the following behaviors, %



Note: Figures may not sum to totals, because of rounding.

¹Percentage points.

Source: McKinsey survey of 16,370 parents across all 50 states

COVID-19 and Education: The Lingering Effects of Unfinished Learning | McKinsey."

[www.mckinsey.com, www.mckinsey.com/industries/public-and-social-sector/our-insights/covid-19-and-education-the-lingering-effects-of-unfinished-learning?cid=eml-web..](https://www.mckinsey.com/industries/public-and-social-sector/our-insights/covid-19-and-education-the-lingering-effects-of-unfinished-learning?cid=eml-web..)

Chapter

03

Navigating the Return to In
Person School

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Understanding COVID-19 through the lens of trauma

Child Maltreatment and COVID-19

Widespread
in child abuse
reporting but
increased
severity of abuse



 risk
factors for
maltreatment

- Family stress
- Financial stress
- Household loss
- Less access to social supports
- Less access to partners in identifying maltreatment- Primary care and school



 risk
for sex/ labor
trafficking

- Financial stressors/fewer safety nets—increased risk of exploitation
- Increased exposure to social media based risks—more internet, less supervised

Recognizing Child Maltreatment

Wide range of behavioral/ emotional changes

- Sleep
- Eating
- Anxiety
- Behaviors
- Impairment in functioning

Ask periodically about:

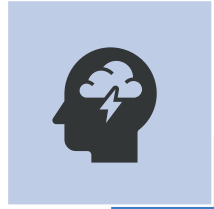
- Family relationships
- Changes to discipline/ conflict
- Losses the kids experience
- household resources
- Supervision re: social media

When using telehealth

- Structure apt to allow child privacy
- Code word for child being monitored or not private
- Use tech (airbuds, chat functions)



Understanding COVID-19 Through the Lens of Trauma



PTSD and Pandemics

- Quarantine and isolation = traumatizing
- PTSD criteria met for 30% of quarantined children
- PTSD criteria met for 25% of quarantined or isolated parents



Pandemics will Trigger:

- Re-experiencing symptoms
- Avoidance symptoms
- Arousal Symptoms
- Cognition/Mood symptoms

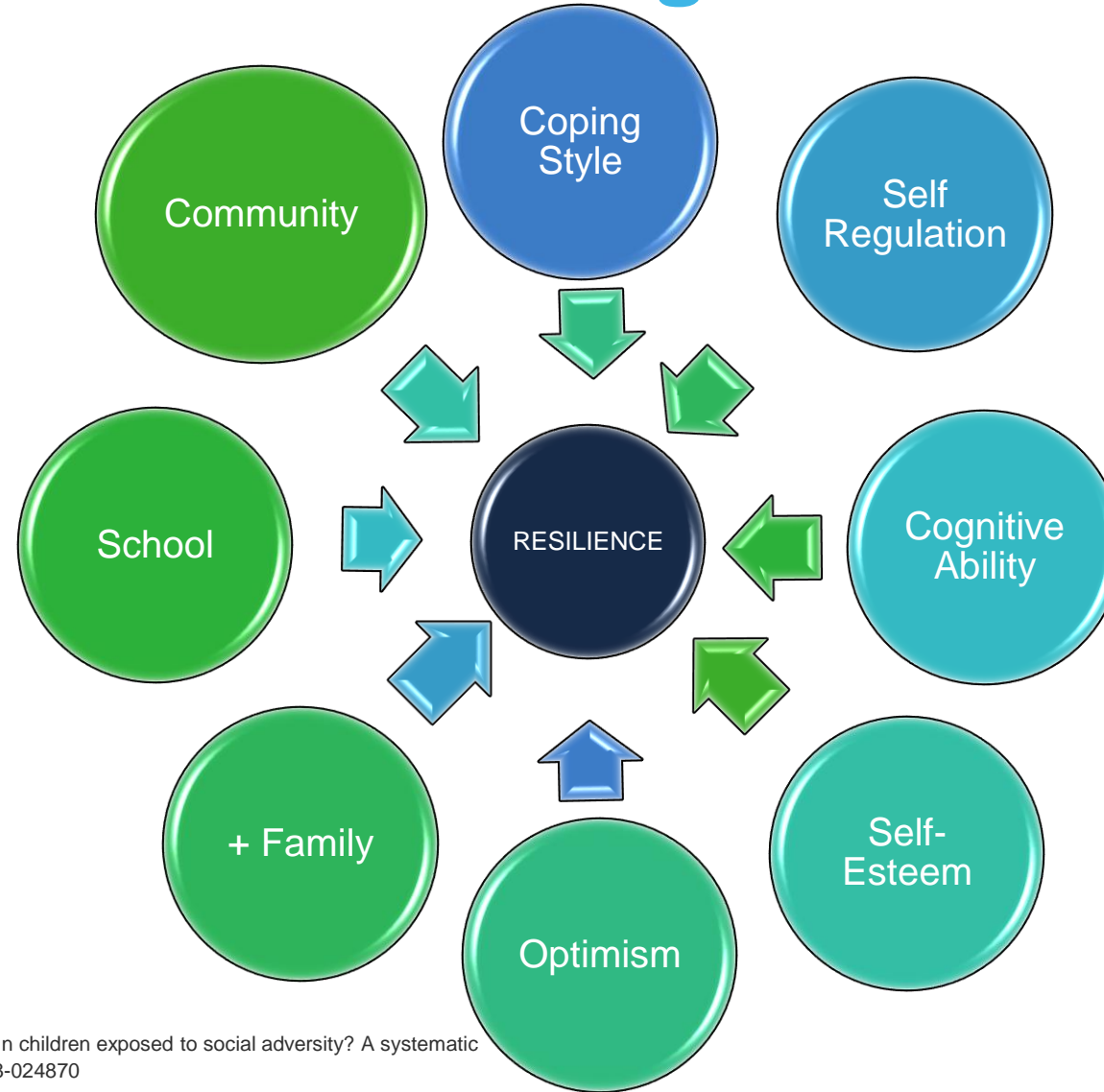


PTSD in Children

- Physical symptoms (headaches, stomachaches)
- Inconsistent academic performance
- Impulsivity
- Intense reactions
- Aggression

How do we foster resilience during a Pandemic?

Resilience -
achievement of
positive outcomes
during or following
exposures to
adversity



Gartland D, Riggs E, Muyeen S, et al. What factors are associated with resilient outcomes in children exposed to social adversity? A systematic review. *BMJ Open*. 2019;9(4):e024870. Published 2019 Apr 11. doi:10.1136/bmjopen-2018-024870

Covid-19 Stress on Parents & Caregivers

Are the parents/caregivers ok?

- Increased risk for depression/anxiety in caregivers
- Parental psychopathology elevates risk of youth psychopathology
- Use tx sessions with child to assess for parent's MH needs
- Strong relationship between PTSD symptoms in parents and children
- Fear and related behaviors can amplify impact

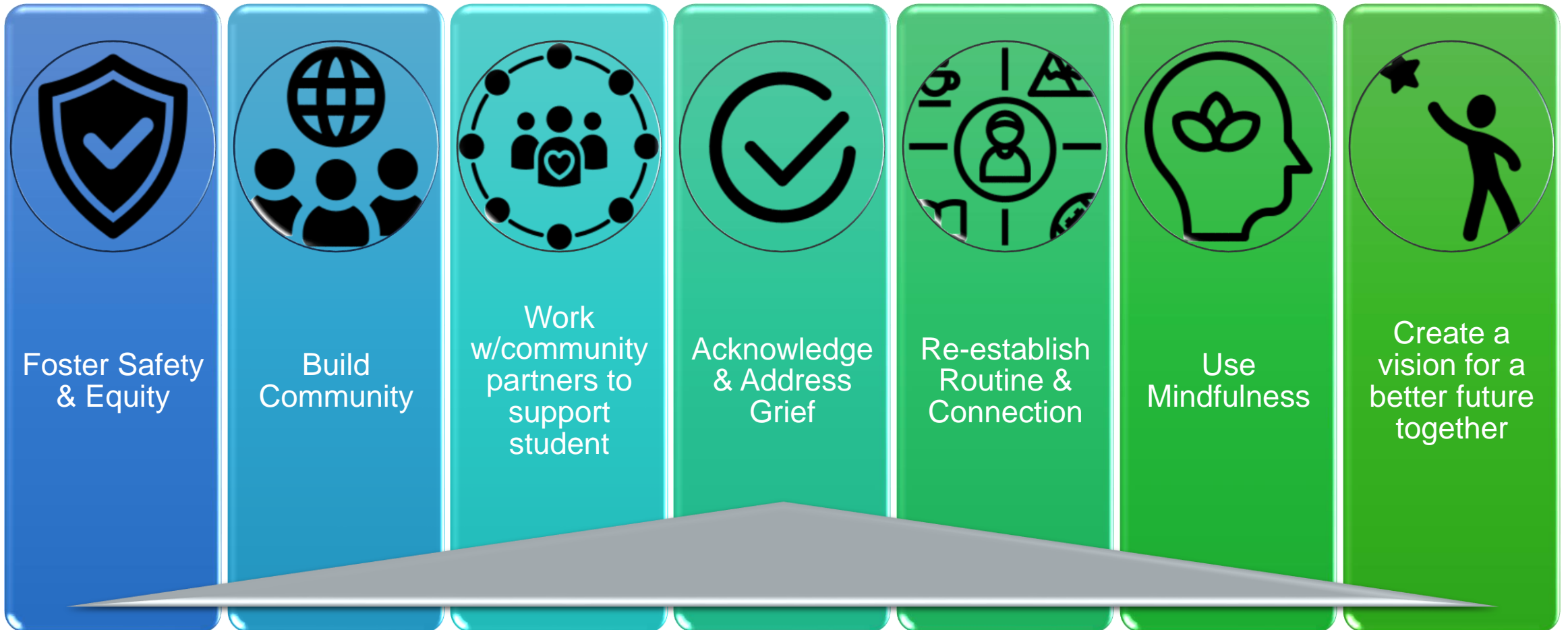


The role of the *Reassuring Adult*

- Secure base for children with pandemic anxiety
- Children learn from adults how to manage stress.
- Effective communication important
- Convey calm-verbally and non-verbally



Trauma Informed Approach to School



COVID-19 And School Refusal



School
Avoidance

- Linked to disadvantaged background
- School anxiety reinforced by staying home

Treatment

- Figure out what's upsetting the student
- Create a plan
- Why was distance learning better?
- Who will be home with the child?

Chapter

04

Navigating the Return to In
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Tips for Return to School

Tips for the Return to School

- Resume activities at a gradual pace.
- Re-adjust to more rigorous academic schedules
- It's OK to be excited and/or Anxious
- Learn to sit with uncertainty
- Talk to your kids about their concerns and worries.
- Acknowledge fears
- Give honest answers to ?s
- Help kids regain a sense of control w/choices
- Set consistent routines and schedules

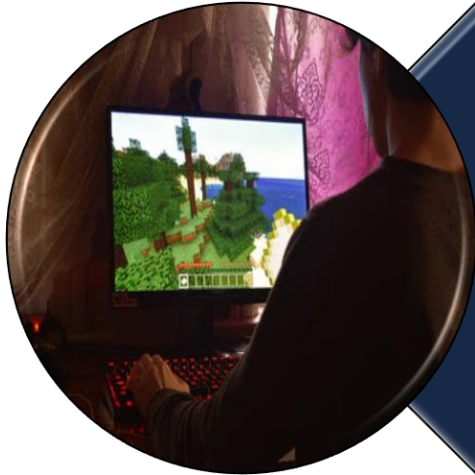


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COVID-19 and Screen Time/Social Media Use



Screen Time

- Needs limits and balance with sleep/school/social and family connections/physical activity/chores
- Access to inappropriate content: violence, sex, drug use, profanity, bullying
- Parents should set a structured daily routine. Set a positive example by keeping the same standards with regular off-screen activities and self-care



Video Games

- Positive impact of video gaming on cognition: perception, spatial cognition, attention, executive function
- Violent content increases aggression
- Importance of content-prosocial vs antisocial.
- Addictive use: excessive vs. pathological

Adapting Our Treatment to a Pandemic

Telepsych
considerations
and limitations

Creating a safe space in a virtual environment

Access to the internet/technology

Staff to manage technology issues

Increased reach

Art therapy for
youth resettled
as refugees

Virtual Art Therapy: participants were more comfortable to share their art and participate online

Dance
movement
therapy
for high
risk youth

increased engagement in online school

Improvements in posttraumatic stress and anxiety symptoms

Depression in the Time of COVID

MANIFESTATIONS

- New onset depression
- Worsening of past depression
- Different presentations at different ages
 - Behavioral changes in young children
 - Withdrawal in teens

SUICIDALITY

- Increased in females
- Increase in overdoses and ingestions severe enough to require medical admission



Grief & Loss



AMBIGUOUS LOSS

- Help our patients “name and claim it”
- Ambiguous & mixed emotions
- Practice dialectical thinking “both-and”

COMPLICATED GRIEF

- Lasting 12 months
- Risk factors: social isolation, attachment insecurity, anxiety, experiencing a sudden and inexplicable loss
- How to process loss when we don’t get to say goodbye

VACCINE HESITANCY & ANTI-VAXXERS

- How to process grief when your support group doesn’t acknowledge severity of pandemic

Anxiety in the Time of COVID

MANIFESTATIONS

- Anxiety, depression & somatic disorders increased in healthy children
- Younger children (3–6 years) exhibit regressive behaviors
- Older children (6–18 years) show more attention difficulties, anxiety symptoms

GAD

Separation Anxiety

OCD

- Contamination worries and COVID—finding balance in uncertainty
- ERP, medication still works

Social Anxiety

- Fueled by isolation
- Significant challenges when school reopens



Kids & Anxiety



MANAGING ANXIETY

- Find trusted sources of facts
- Limit kids access to media
- Increase knowledge about COVID-19
- Wear a mask and practice hand hygiene
- Shift from exposure to addressing negative beliefs and processing of events

Conclusions




Question & Answer



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Refer to Beacon’s COVID-19 webpage for the most up-to-date information



Who We AreMembersBrokersProvidersSolutionsContact

COVID-19 Information and Resources: MEMBERS | CLIENTS | PROVIDERS

HOME / CORONAVIRUS AND YOUR MENTAL HEALTH / PROVIDER RESOURCES

Provider Resources

Beacon Health Options is strongly committed to our members, clients and providers to ensure that mental health needs are being met during this stressful time.


We recognize that many of our members and providers are being encouraged or mandated to stay at home in order to prevent community spread of coronavirus. When clinically appropriate, telehealth can be an effective way for members to begin or continue their care through a mental health provider safely from their homes via phone, tablet or computer-enabled web cam.

The policy changes contained in these documents are intended to apply to most of our members and plans and offer general guidance only. Not all health plans have adopted the leniencies we describe (especially with respect to certain commercial, Medicaid and employer plans). If you are unsure of coverage please contact the National Provider Service Line at 800-397-1630.

Please note that since this is a rapidly evolving situation, any new state and federal mandates will override any guidance we have provided.

GENERAL

- > Delivering substance use disorder care via telehealth – video | powerpoint
- > Compassion fatigue for providers and clinicians – video | powerpoint
- > Effective management of a remote team webinar – video | powerpoint
- > Telehealth for IOP and PHP – video | powerpoint
- > Exploring wellbeing in a pandemic – video | powerpoint
- > Crisis planning utilizing telehealth: Managing risk – video | powerpoint
- > Provider FAQs: IOP & telehealth
- > Provider FAQs: PHP & telehealth
- > ABA/COVID-19 FAQs
- > Business support FAQs for providers
- > Coronavirus general and mental health FAQs
- > Telehealth 101: What you need to know to get started – video | powerpoint
- > Beacon Health Options partners with Psych Hub to develop COVID-19 resource hub



Member ResourcesClient ResourcesProvider ResourcesAdditional Resources +Español

Beacon COVID-19 provider resources & webinars LINK

Thank You

Contact Us



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