

ultra

Kidtelligence

KIDS AND MENTAL HEALTH



As we begin to emerge from nearly a year and a half of fear and isolation, it's important to understand how the Covid crisis and civil unrest has affected the mental health of a generation of kids.

"The more adverse childhood experiences, or ACEs, that children have, the more stress hormones are released in the body, says Dr. Melissa Merrick. (US News & World Report) In 2020, mental-health related ER visits jumped 24% for kids 5-11 years old, and BIPOC children are more likely to feel tired, stressed and hopeless. (MarketCast)



The good news is this generation of kids is more in touch with their mental health than any generation to come before them.

"It's about balancing, coping and owning the emotions they feel – the good, the bad and the ugly." (MarketCast)



"(Everyone) expressed hope that the lessons learned over the past year can help inform a more thoughtful and lasting discussion on how to better support children and families in the future. Despite the challenges, real progress has been made, and the goal is to carry those innovations forward to further strengthen children's mental and behavioral health care."

- U.S. News & World Report Presents - Webinar: Managing Children's Mental Health: A Pediatric Hospital Imperative



77% of kids say that talking about their negative feelings and emotions makes them feel strong. (MarketCast)

The Covid crisis has put a much-needed spotlight on mental health care for kids and has led to some major innovation in the field, including a large increase in telehealth appointments.

Dr. Karin Price, chief of psychology at Texas Children's Hospital in Houston, "noted that in 2019, across both psychology and psychiatry practice areas, Texas Children's conducted fewer than 500 telehealth visits. "In 2020, we did more than 25,000. And that was really turning on a dime and adapting everything that we did in person to be available as much as possible virtually." (US News & World Report)

If we can continue to keep this emphasis on mental health at the forefront of health care, combined with the resilience of kids, this generation will emerge from 2020/2021 stronger and better prepared for the world that lies ahead.