



# Fairfax County Youth Mental Health

Pandemic and Post Pandemic Response

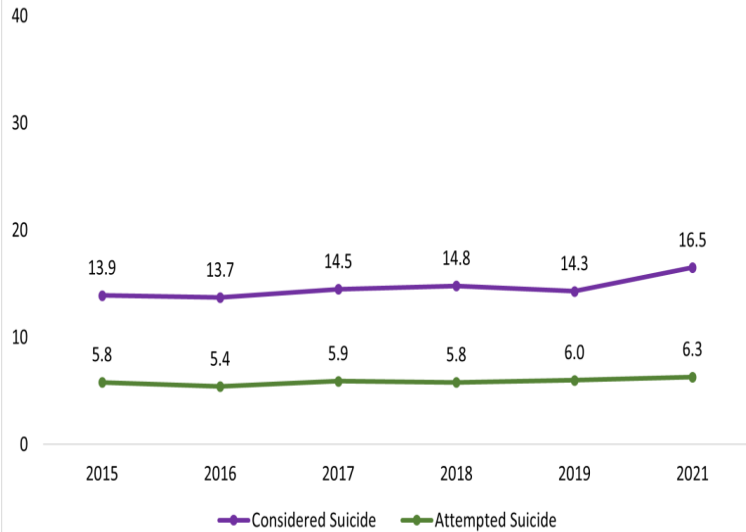
Daryl Washington, LCSW  
Fairfax-Falls Church CSB Executive Director

January 13, 2023

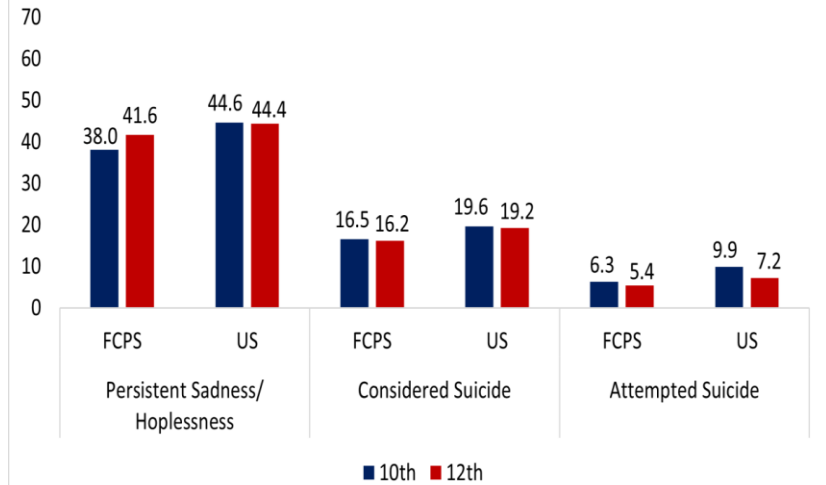
# National Data on Pandemic Impact

- Estimate that more than 140,000 children have lost a parent or grandparent caregiver to COVID-19.
- The proportion of mental health-related ED visits for children ages 5-11 increased 24% and for youth 12-17, 31% (CDC).
- ED visits for suspected suicide attempts by teenage girls increased 50% (Dartmouth study).
- More than 25% of high school students nationally report worsened emotional and cognitive health; and more than 20% of parents with children ages 5-12 report their children experienced worsened mental or emotional health (Kaiser Family Foundation).
- One in four young adults has struggled with suicidal thoughts (CDC).
- Increases in distress symptoms are common during disasters, but most people cope well and do not go on to develop mental health disorders. <sup>2</sup>

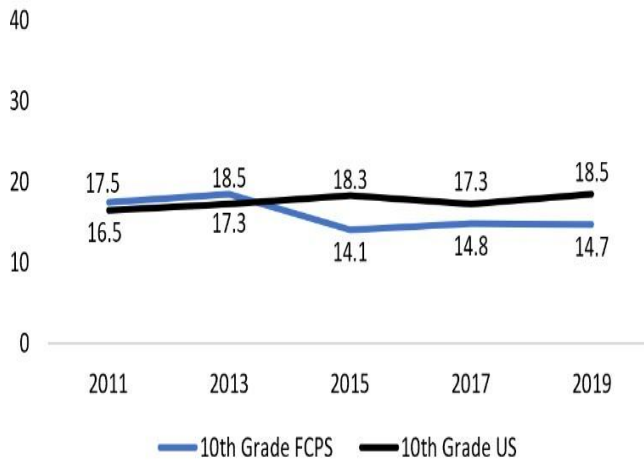
PERCENT OVERALL SUICIDAL BEHAVIORS PAST YEAR, FAIRFAX 2015-2021



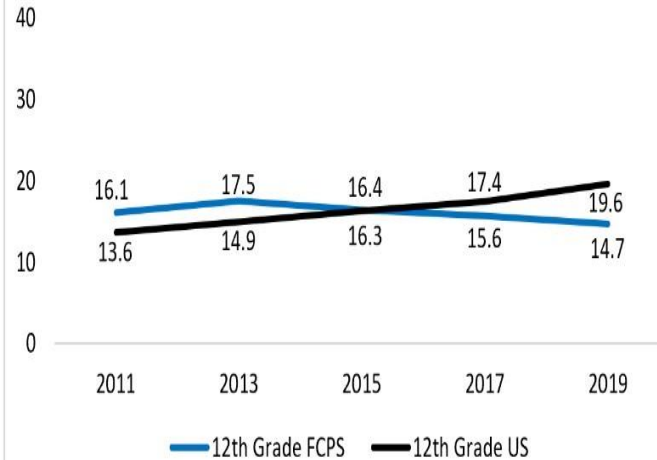
PERCENT MENTAL HEALTH CHALLENGES PAST YEAR BY GRADE, FAIRFAX VS. US 2021



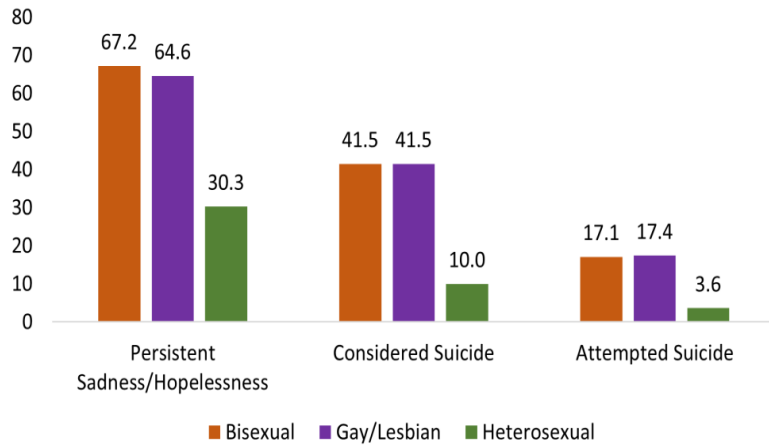
PERCENT 10TH GRADE CONSIDERED SUICIDE PAST YEAR, FAIRFAX VS. US 2011-2019



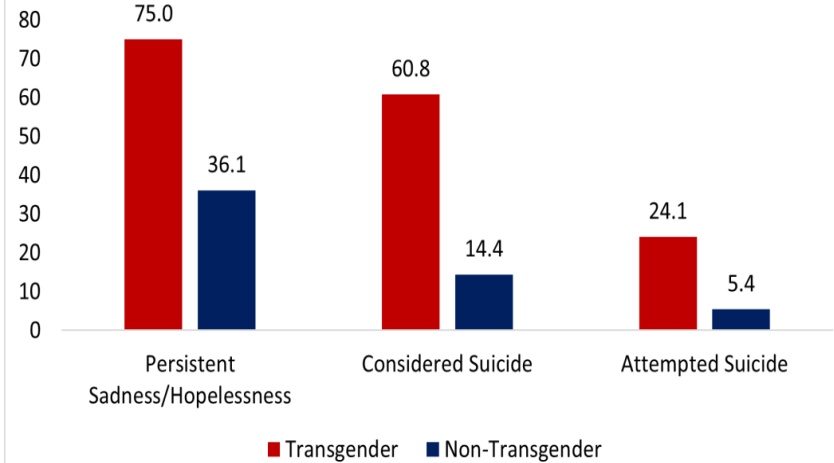
PERCENT 12TH GRADE CONSIDERED SUICIDE PAST YEAR, FAIRFAX VS. US 2011-2019



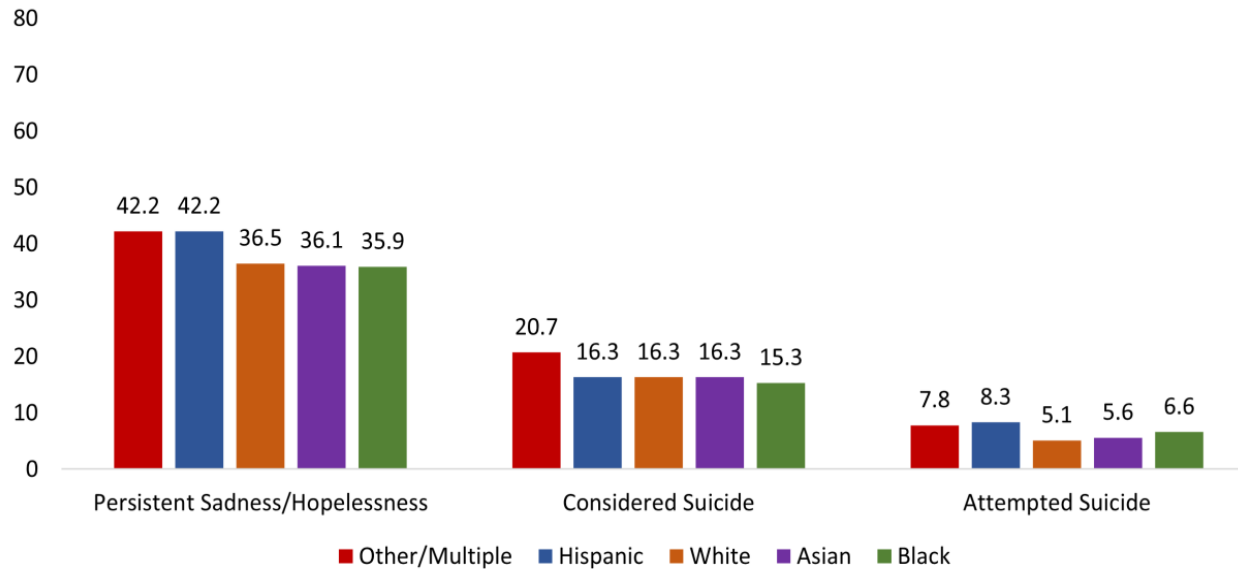
**PERCENT MENTAL HEALTH CHALLENGES PAST YEAR BY SEXUAL IDENTITY, FAIRFAX 2021**



**PERCENT MENTAL HEALTH CHALLENGES PAST YEAR TRANSGENDER VS. NON-TRANSGENDER, FAIRFAX 2021**



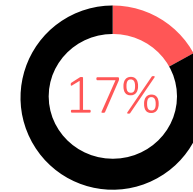
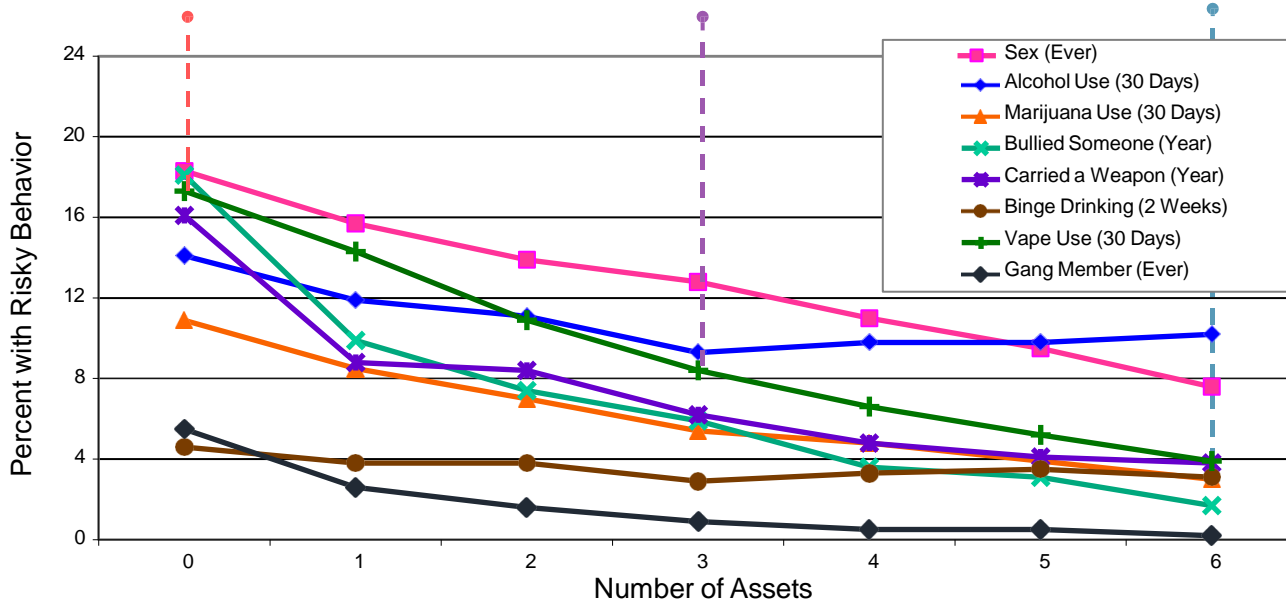
**PERCENT MENTAL HEALTH CHALLENGES PAST YEAR BY RACE, FAIRFAX 2021**



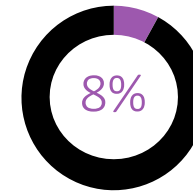
# Addressing Local Mental Health Needs

- CSB Clinicians placed in 14 FCPS schools.
- Healthy Minds Fairfax Short-term Behavioral Health Services focus on youth with emerging mental health concerns.
  - All middle and high schools are potentially eligible for this service.
  - In School Year 22-23, students in 25 high need elementary schools added.
- CSB and clinicians in the private sector offer in-person and telehealth services.
- Increase of peer support services for parents/caregivers of youth with mental health needs.
- FCPS conducted the Signs of Suicide program and screener with 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grades.
- FCPS added 13 social workers and 5 psychologists.

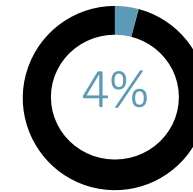
# Three to Succeed Asset Graph for Fairfax County Youth (Grade 8, 10, 12)



Of the students with 0 assets vaped in the past 30 days



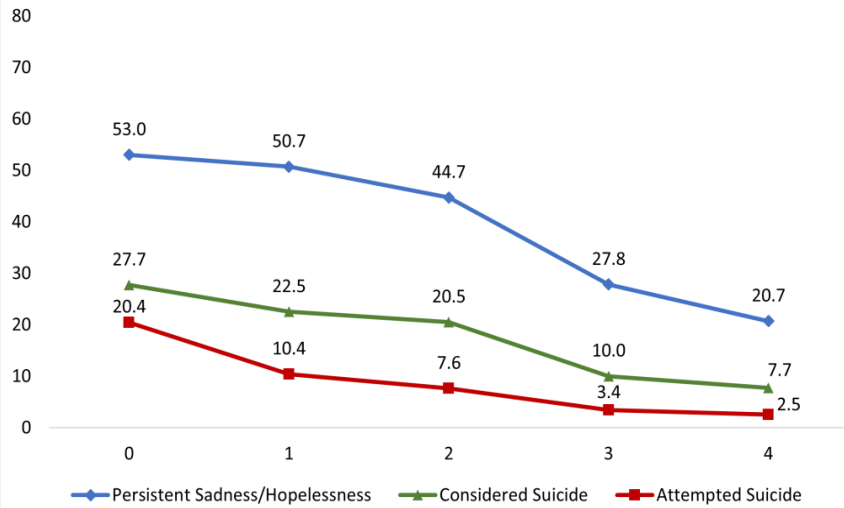
Of the students with 3 assets vaped in the past 30 days



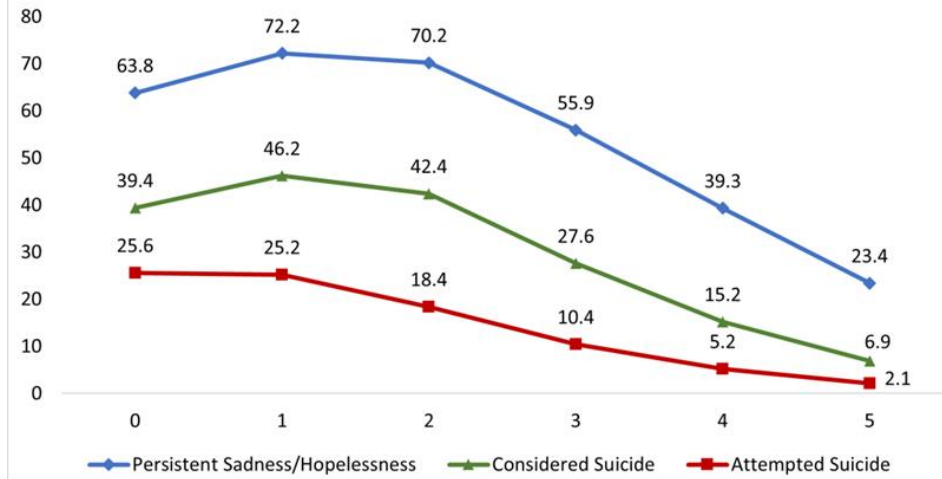
Of the students with 6 assets vaped in the past 30 days

- Accepting Responsibility for One's Actions
- Performing Community Service
- Having Teachers Recognize Good Work
- Having Community Adults to Talk to
- Participating in Extracurricular Activities
- Having Parents Available for Help

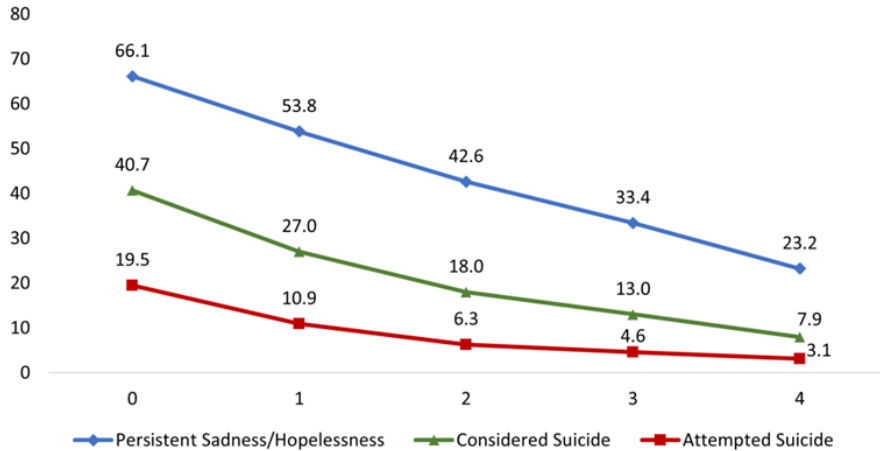
PERCENT MENTAL HEALTH CHALLENGES PAST YEAR BY NUMBER OF ASSETS IN COMMUNITY DOMAIN, FAIRFAX 2021



PERCENT MENTAL HEALTH CHALLENGES PAST YEAR BY NUMBER OF ASSETS IN FAMILY DOMAIN, FAIRFAX 2021



PERCENT MENTAL HEALTH CHALLENGES PAST YEAR BY NUMBER OF ASSETS IN SCHOOL DOMAIN, FAIRFAX 2021



# Assets

## School Assets:

- Teachers noticing a good job of students
- Opportunities to talk to teachers one-on-one
- Feeling safe at school
- School communication with parents when students do well

## Family Assets:

- Parents available to help
- Parents who know whereabouts of their children
- Parents' disapproval of marijuana use by youth
- Family members respectful of each other
- Having youth's input in family decisions

## Community Assets:

- Availability of extracurricular activities
- Adults' disapproval of youth marijuana use
- Adults in community to talk to
- Neighbors noticing a good job of students

## Individual Assets:

- Regular participation in extracurricular activities
- Regular volunteer activities
- Following rules
- Thinking through possible results before making a decision
- Accepting responsibility for actions and mistakes
- Doing their best even for jobs they dislike

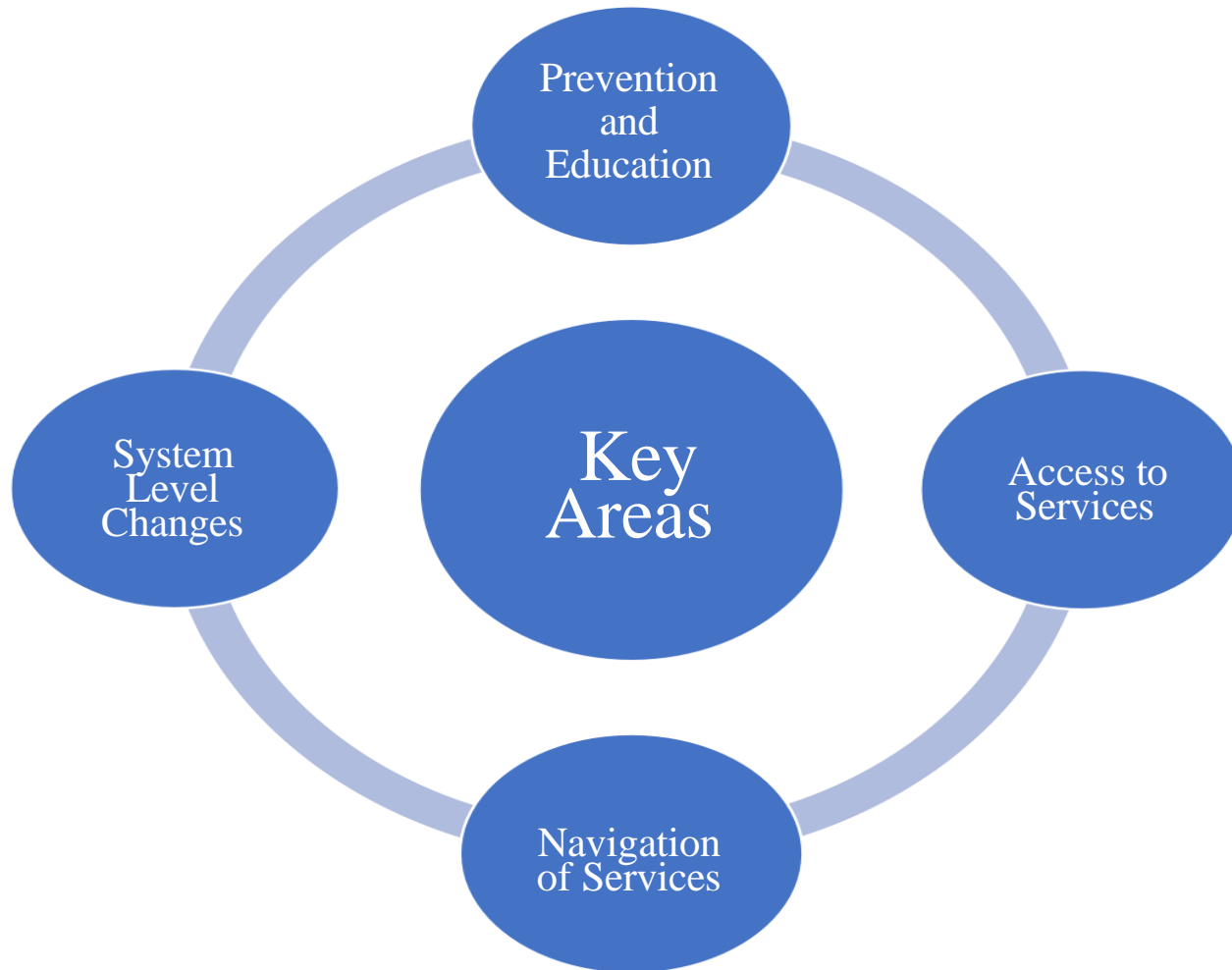


# What's Next for Youth Behavioral Health?

- Focus on workforce issues.
- Continue to focus on preventive measures (e.g., Three to Succeed).
- Development of new community plan for children's behavioral health services.
- Countywide opioid response plan for FY 23-25 coming very soon.

# Children's Behavioral Health Plan

## Key Areas, Goals, Objectives, and Action Steps



## Key Areas and Goals

**Key Area: Prevention and Education:** To raise awareness of behavioral health, reduce the stigma that is associated with behavioral health, and to promote the development of protective factors.

Goal 1: Fostering connection and belonging among children and youth.

Goal 2: Equipping trusted adults to build social-emotional skills in the children and youth they work with.

Goal 3: Raising awareness of mental health and substance use.

**Key Area: Access to Behavioral Health Services:** To utilize a family-centered approach to connect children, youth, and their families to a complete range of behavioral health services that are equitable and affordable.

Goal: Expanding access to quality family-centered behavioral health services across the continuum of services.

**Key Area: Navigation of Children’s Behavioral Health Services:** To reduce barriers and length of time to receive services by developing strategies to connect children, youth, and their families to appropriate levels of behavioral health services.

Goal: Developing an easier way for youth, their family members, and community members to navigate the children’s behavioral health system.

**Key Area: System Level Changes:** To infuse equity and [trauma-focused](#) care throughout the behavioral health system for children, youth, and their families.

Goal 1: Ensuring that children’s behavioral health services is seen through an equity lens.

Goal 2: Continuing to integrate [trauma-informed practice](#) into all public and private child serving agencies.

**Questions?**