



Youth Mental Health Update

Daryl Washington, CSB Executive Director

Jim Gillespie, CSB Youth and Family Service Director

Jesse Ellis, NCS Prevention Manager

Board of Supervisors Health and Human Services Committee

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National Data on Pandemic Impact

- An estimated 140,000+ children have lost a parent or grandparent caregiver to COVID-19. (Surgeon General)
- 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)
- 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.

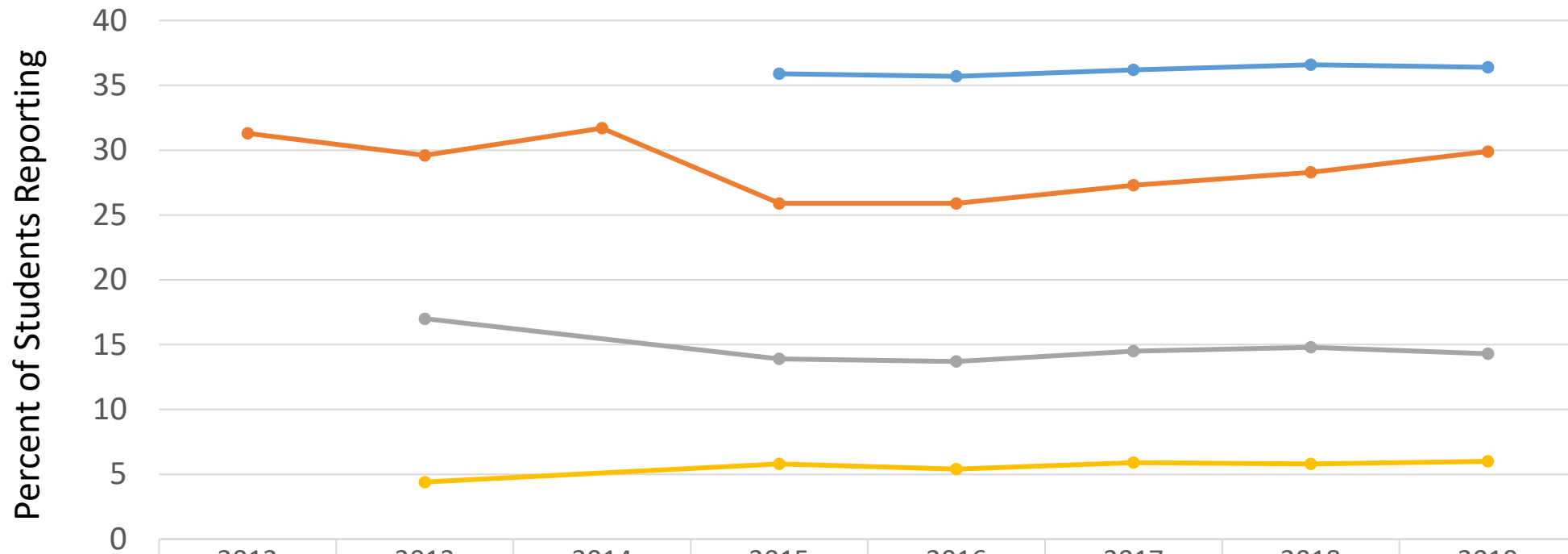
Community Data on Pandemic Impact

- In FY 2020, the rate of ED visits for suicide attempts and ideation rose quickly for 10-17 and 18-24 year olds.*
- In 2021, Inova ED visits for youth with behavioral health issues increased by 28%.
- During the summer of 2021, the long-standing shortage of pediatric psychiatric hospital beds became a crisis as the one youth state psychiatric hospital decreased its capacity from 48 youth to 18. On December 9, capacity was lowered to 13.
- In 2021 to date, 324 children and youth have waited at least 24 hours in Inova emergency departments for a psychiatric hospital bed.
- The number of Temporary Detention Order Psychiatric Hospitalizations has increased 25%. (116 youth through the first 4 months of FY 2022)

*Children's Mental Health Report to the Board of Supervisors (April 2021)

Mental Health and Suicide Trends Among 8th, 10th, and 12th Grade Students, 2012-2019

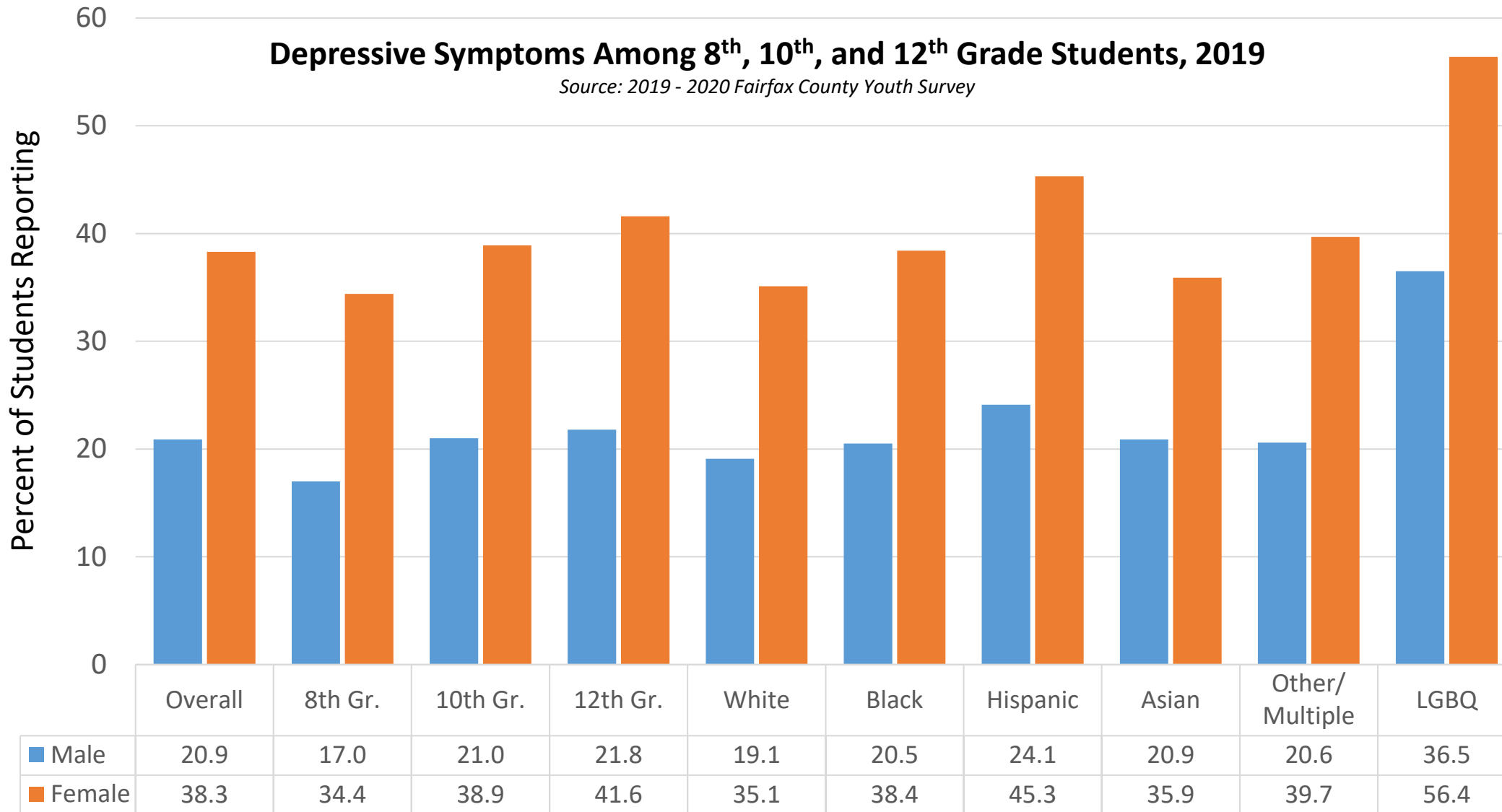
Source: Fairfax County Youth Survey

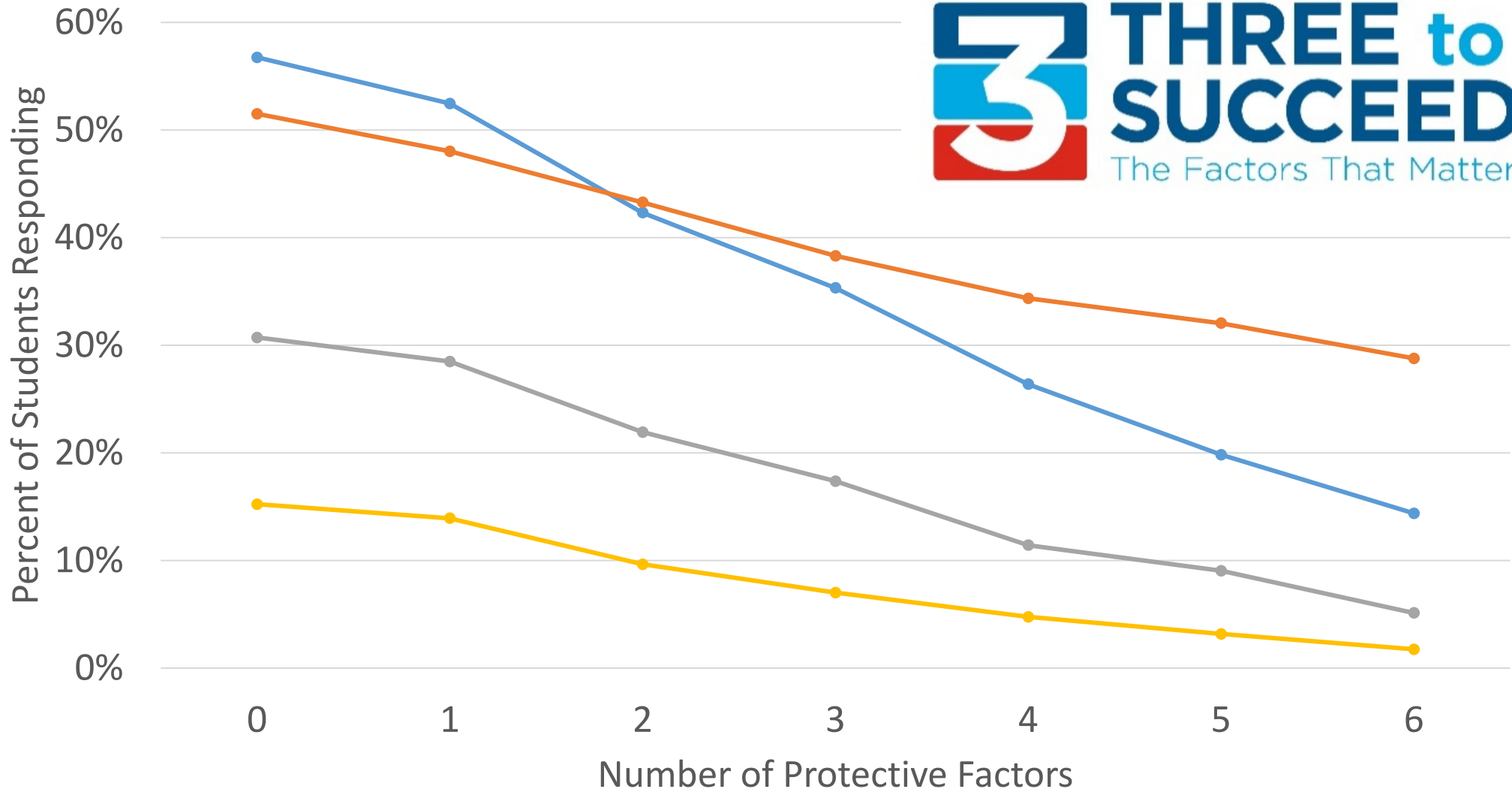


	2012	2013	2014	2015	2016	2017	2018	2019
● High Stress				35.9	35.7	36.2	36.6	36.4
● Depressive Symptoms	31.3	29.6	31.7	25.9	25.9	27.3	28.3	29.9
● Suicidal Ideation		17.0		13.9	13.7	14.5	14.8	14.3
● Suicide Attempt		4.4		5.8	5.4	5.9	5.8	6.0

Depressive Symptoms Among 8th, 10th, and 12th Grade Students, 2019

Source: 2019 - 2020 Fairfax County Youth Survey





— Depressive Symptoms — High Stress — Suicidal Ideation — Attempted Suicide

bit.ly/3toSucceed

FCPS Response

- In the fall, conducted the Signs of Suicide program & screener with 7th, 9th & 11th grades.
 - *Four high schools also screened 10th and 12th graders and four middle schools also screened 8th graders. In total approximately 50,000 students were screened.*
- Implemented division-wide Social-Emotional Learning (SEL) universal screener.
- Included Morning Meeting and Advisory in all instructional schedules.
- Amended division level policies on grading and homework policies to address secondary stress and workload.
- Provided division guidance and resources to support attendance, behavior, and wellness.
- Provided advanced professional learning for school-based mental health staff.
- Added thirteen social workers and five psychologists.

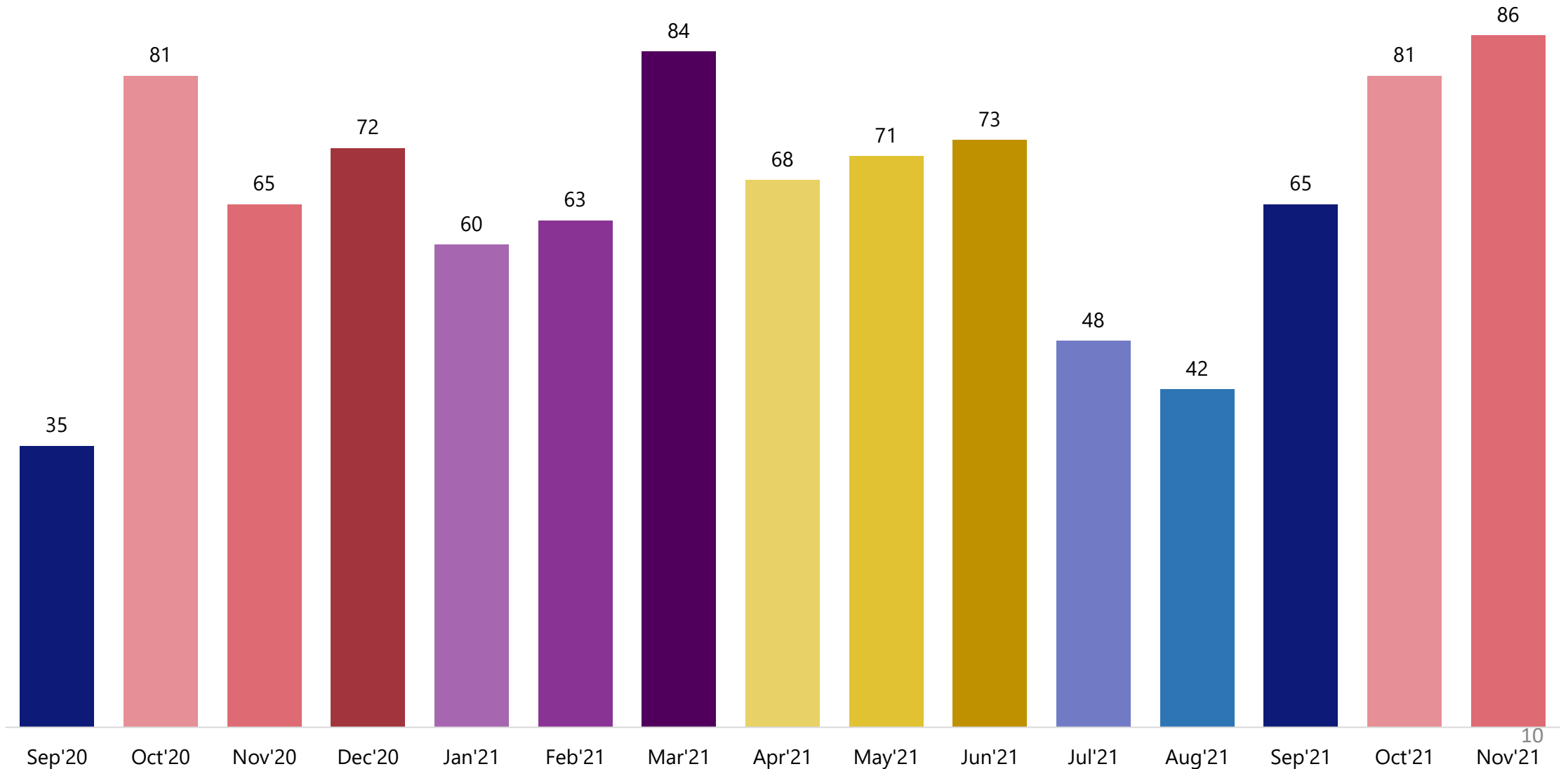
Lack of Behavioral Health Provider Capacity

- Dominion Hospital and Inova child and adolescent inpatient programs are at capacity and running wait lists, as are partial hospitalization and eating disorder programs.
- The CSB has a waiting list of 73 youth, of whom 23 are in Spanish-speaking families.
- Many private safety net providers have waiting lists, of 15 to over 150 youth, with typical waiting times of one to three months.
- Providers report that children and youth are experiencing extreme levels of stress, complex trauma, and severe anxiety.
- Families report that the availability of services, even in virtual telehealth settings, is limited.

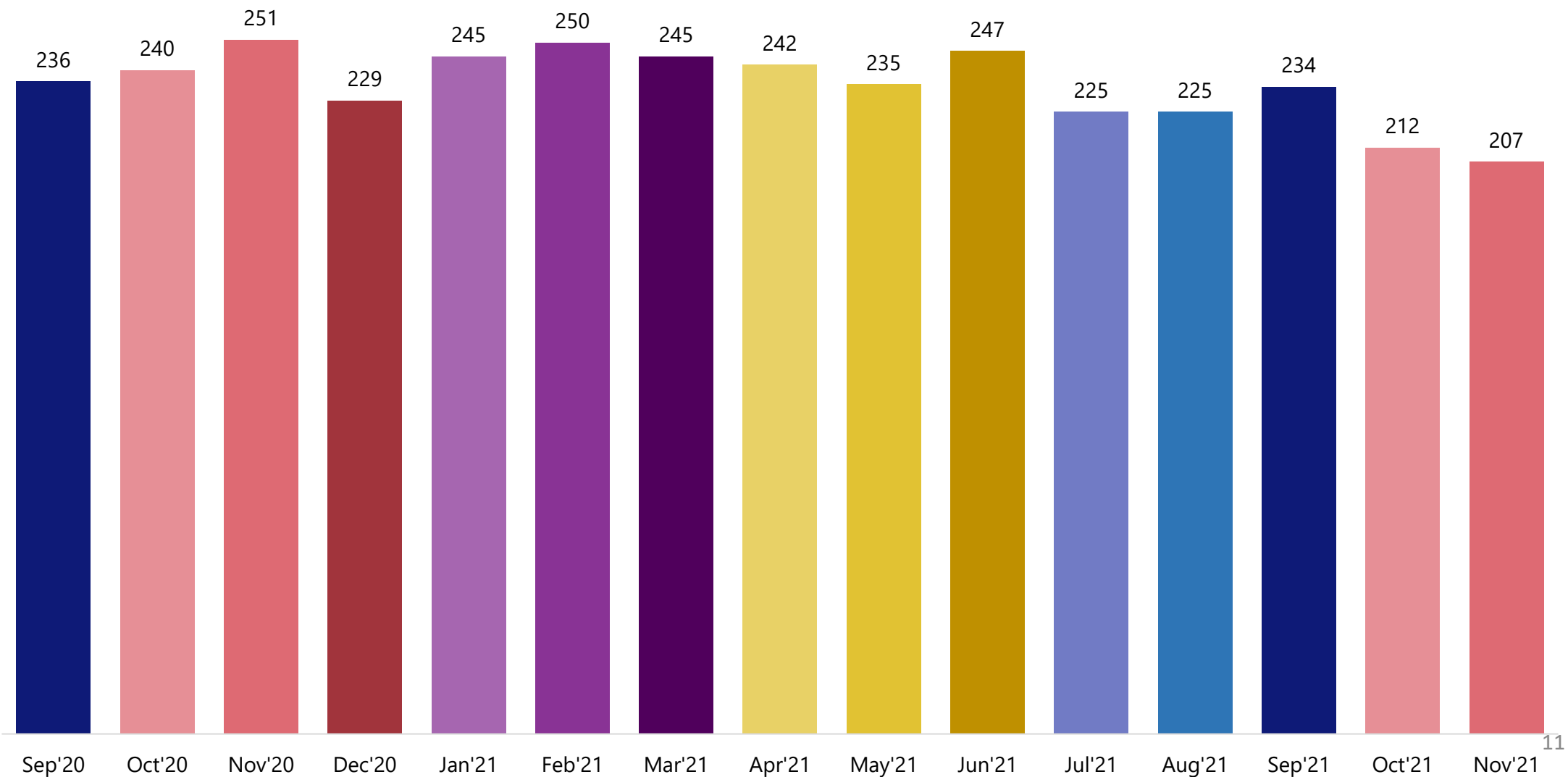
CSB and Healthy Minds Fairfax Response

- Established direct referral process from FCPS mental health professionals to CSB.
 - *Since September, 97 students have been directly referred.*
- Expanded Short-term Behavioral Health Services to all middle and high school students. *Since September, FCPS has referred over 200 students. In January 2022, expanding to 15 elementary schools in areas disproportionately impacted by COVID.*
- Offering telehealth and in-person treatment.
- Coordinating with community providers to meet treatment needs.
- Expanding treatment and case management services for youth, including evidence-based substance use treatment.
- In FY 2021, 128 youth with developmental disabilities and 255 youth with mental health issues received mobile crisis intervention and services through REACH & CR2.

CSB Youth Assessments - Count by Month



CSB Youth BH Outpatient - Average Clients Served per Day



What's Next

- CSB in partnership with private providers and other county agencies pivot to expedite access to services for youth in crisis.
- Continued focus on CSB staff retention and recruitment to meet growing needs.
- Expansion of Crisis Services in Fairfax and regionally.