

Youth Behavioral Health Update

July 26, 2022

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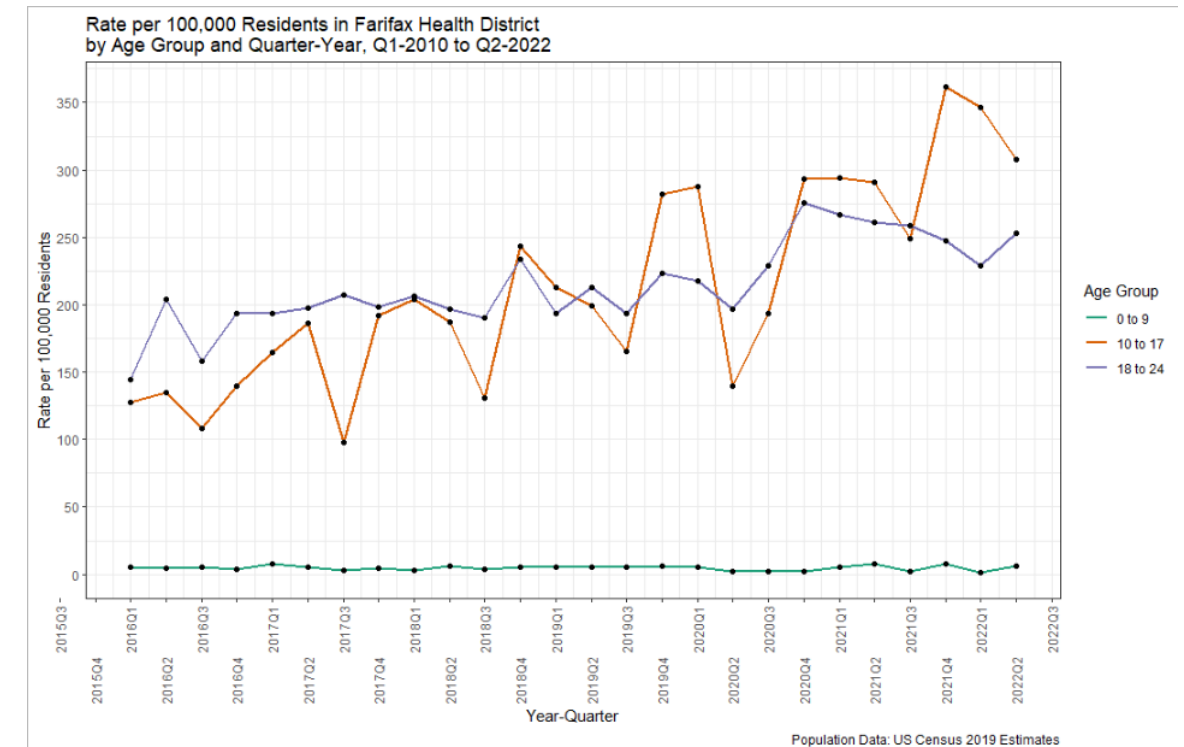
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Ellen Volo, Opioid and Substance Use Task Force (OSU) Task Force Coordinator

Local Data on Mental Health

- Visits to the Emergency Department (ED) by youth 10 to 17 for suicidal ideation and/or self-harm continue to rise more than any other age group*
- According to the 2021-2022 Youth Survey, 17% of Fairfax County students in grades 8, 10 and 12 indicated suicidal thoughts or actions in the 12 months before the survey. Among youth who identify as LGBTQ, 42% of them indicated suicidal thoughts or actions in the 12 months before the survey **

ESSENCE Surveillance System – ED Visits for suicidal ideation and/or self-harm



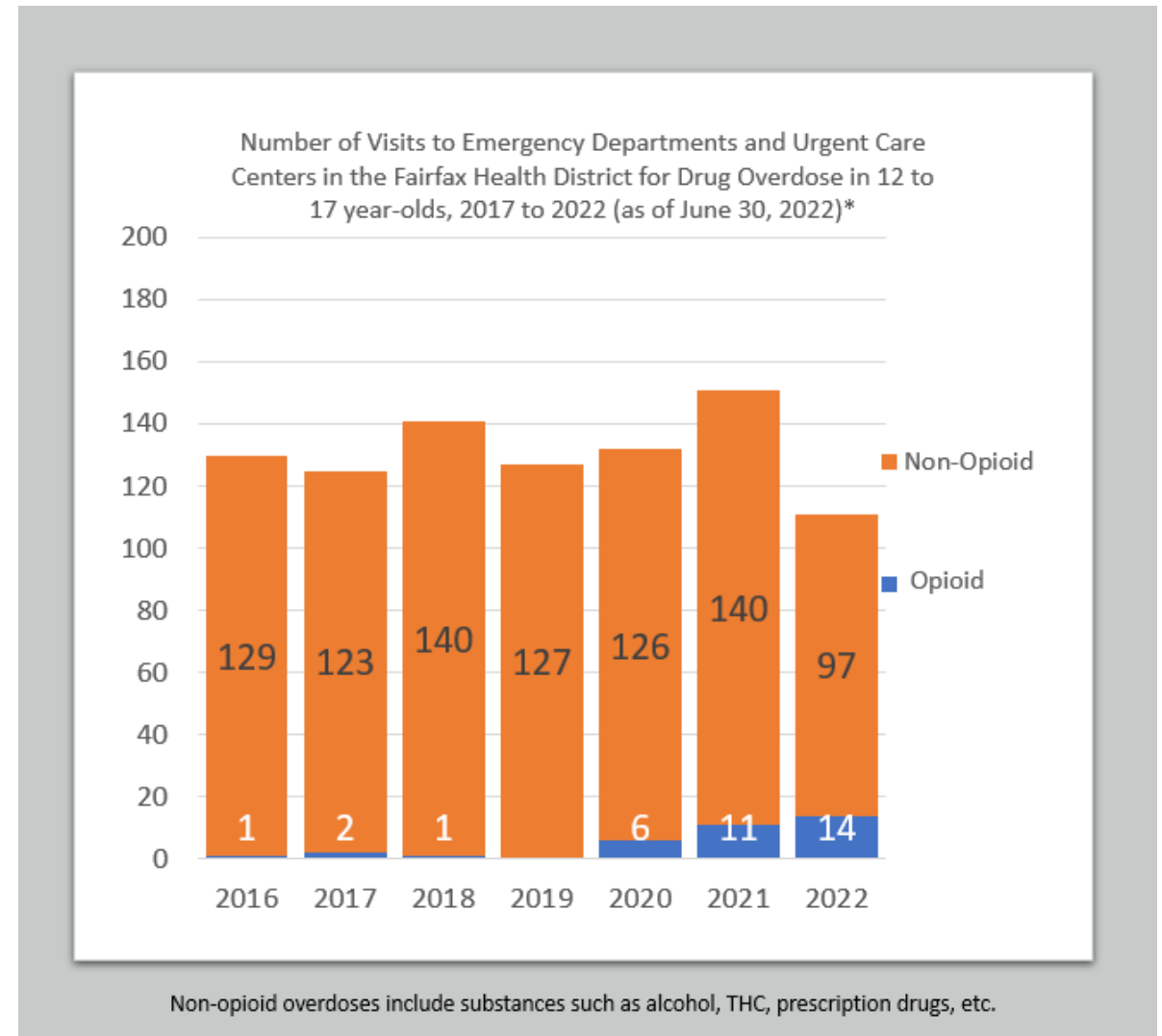
*Data from the Electronic Surveillance System for the Early Notification of Community-based Events/Epidemics (ESSENCE)

** Students who identify as gay/lesbian, bisexual or transgender in the 2021 Fairfax County Youth Survey. Sexual orientation and transgender status are asked in two separate questions. The transgender question was added to the survey this year.

Local Data on Youth Substance Use

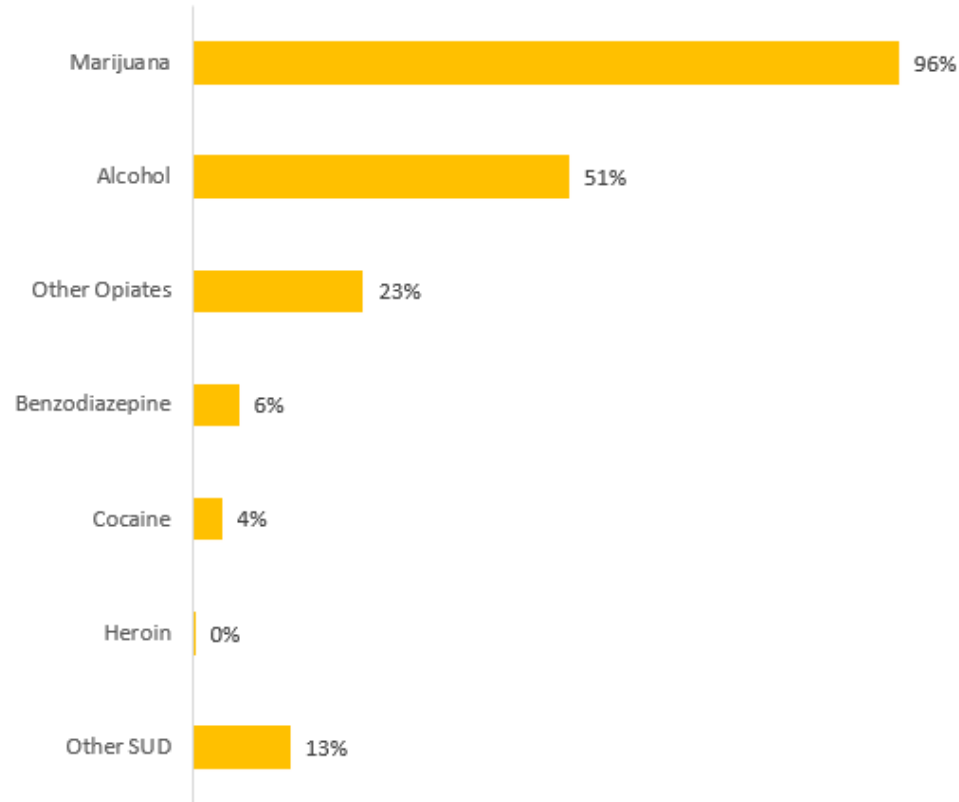
- Number of ED visits in the Fairfax Health District for youth opioid overdoses for first half of 2022 is trending higher compared to that of previous full years
- Youth fatal and non-fatal overdoses reported to FCPD's Overdose Investigation Unit also trending higher so far in 2022 compared to previous years
- Fentanyl is the opioid identified in most overdoses among all age groups

*Number of such visits may fluctuate overtime due to changes in the state data source.



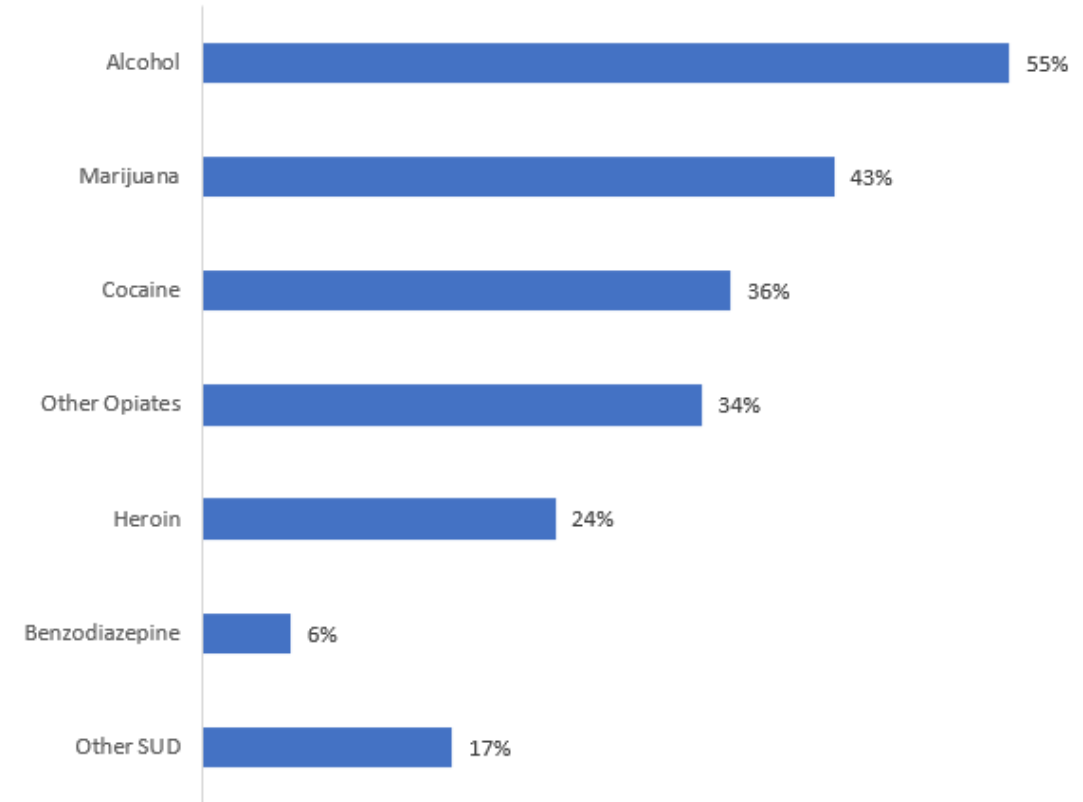
Prevalence of Substance Use Disorder Among CSB Substance Use Treatment Population, FY 2022

Percent of Youth Reporting Use of Substance*



Individuals may have more than one SUD.

Percent of Adults Reporting Use of Substance*



Individuals may have more than one SUD.

Key Factors Facing Behavioral Health

- Youth opioid overdoses are increasing (fentanyl and pressed pills)
- Shortage of psychiatric hospital beds for youth
- More children and youth need behavioral health services
- Providers report waitlists for child and youth behavioral health services



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

Addressing Local Mental Health Needs

- Increase of peer support services for parents/caregivers of youth with mental health needs
- FCPS conducted the Signs of Suicide program and screener with 7th, 9th and 11th grades
- FCPS added 13 social workers and 5 psychologists

Addressing Local Substance Use Needs

- Enhanced post-overdose outreach for youth encountered by public safety for a nonfatal overdose
- CSB has expanded treatment options for youth with substance use disorder:
 - Adding clinicians and peer specialist to engage and treat youth
 - Staff are trained in Adolescent Community Reinforcement Approach (A-CRA)
 - Medication for opioid use disorder
 - Several local pediatric practices now screen for substance use issues and can refer directly to the CSB
- Cross-agency activities underway through the Opioid and Substance Use Task Force

What's Next for 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
- Stakeholder roundtable on youth mental health and substance use is convening this summer to identify communitywide opportunities to strengthen continuum of services