# GLOBALLY, NATIONALLY, AND LOCALLY DR, STANLEY KOODOO

# THE IMPACT OF COVID-19 ON THE MENTAL HEALTH OF YOUTH

#### DISCLOSURES

I do not have an affiliation with a for profit or non-profit organization to disclose

#### OBJECTIVES

and local scale

#### To discuss the effects of COVID-19 on the mental health of youth on a global, national

- Children and youth flourish in environments that are predictable, safe, and structured.
- COVID-19 pandemic has disrupted these protective factors making it difficult for children and youth to adapt and thrive.
- Pandemic related school closures, family stress, and trauma have led to increases in mental health problems in some children and youth.
- At the beginning of the pandemic, the United Nations Educational, Scientific, and Cultural Organization (UNESCO) estimated school closures in 138 countries, which impacted 80% of children globally.

worldwide.

Heading into the second year of the pandemic, UNESCO COVID-19 global monitoring of school

Two months into the pandemic, this rate increased to 188 countries affecting 1.7 billion students

closures indicated that half of the world students were still affected by partial or full school closures.

Even when schools remained opened, the experience of schooling has been fundamentally altered.

their peers and teachers.

Although these changes were advised to prevent further infections, they were not inconsequential.

#### Social distancing measures have been implemented in classes and during recess and breaks, substantially decreasing the amount of time students are able to interact with

and wellness.

who were academically vulnerable before the pandemic (Whitley et al. 2021)

the pandemic.

Of note are disruptions in the areas of skills development that are fundamental to optimal growth

Students learning and academic achievement have been negatively affected - especially for learners.

Children and youth are now moving and playing less at school and in their communities than before





### CANADA BEFORE THE PANDEMIC

- the pandemic.
- economically advanced countries in terms of mental health and happiness
- defined as feeling positive and being in good mental health
- Canada's ranking on physical health was also poor ranking 30 out of 38 countries.

When it comes to mental health and youth in Canada, we were not doing that well before

Prior to the pandemic, Canada's children and youth were not faring well relative to other

Canada ranked 31 out of 38 high income countries on measures of well-being which was

### CANADA BEFORE THE PANDEMIC

- Canada's ranking on teen suicides was 35th out of 38 countries.
- Adolescent and young adult suicide data from Statistics Canada underscores that this risk is not equally shared
- Adolescent boys from First Nations and Inuit regions are particularly vulnerable.
- For the past three decades one in five Canadian children and youth have met diagnostic criteria for at least one mental disorder.



### CANADA BEFORE THE PANDEMIC

- Between 50% and 75% of mental health disorders in adulthood begin before the age of 15.
- Canadian youth from the general population who demonstrated social anxiety symptoms at the age from 10 to 18 years were:
  - 20 times more likely to be depressed
  - 16 times more likely to have social anxiety disorder
  - 16 times more likely to have agoraphobia
  - 13 times more likely to have generalized anxiety disorder in adulthood

### IMPACT OF SCHOOL CLOSURES

- Frontline mental health services are often provided in schools and if children and youth are not in school they may turn to tertiary care in emergency rooms in its place.
- Many hospitals are reporting increases in ER visits for mental health concerns
- Toronto's hospital for sick children has seen a 120% increase in ER visits during the pandemic for mental health concerns
- Since January 2021 the Children's Hospital of Eastern Ontario reported an "unprecedented" number of young patients admitted to the hospital in "severe mental health crises that left them suicidal."

#### INCREASED EMERGENCY ROOM USE

- According to the Children's Healthcare Canada 2021 report, children's hospitals are "experiencing on average:"
  - double the number of admissions following attempted suicide
  - a threefold increase in admissions related to substance abuse
  - 60% increase in the number of admissions related to eating disorders.
- In Ontario admissions for eating disorders were 223% above capacity in June 2021 for the province's five pediatric hospitals.

#### INCREASED EMERGENCY ROOM USE INTERNATIONALLY

- In the United States, the Centres for Disease Control and Prevention noted:
  - 24% increase in mental health related ER visits for 5 to 11-year-olds
  - 31% increase for 12 to 17-year-olds at the beginning of the pandemic
- In Western Australia a 104% increase in ER visits and admissions was observed at the beginning of the pandemic for children with anorexia nervosa compared to the three previous years.

- surge of mental health disorders within their practices."
- A systematic review of 16 eligible studies on adolescent mental health have found mental health.
- 57% of Canadian youth between 15 to 17 have experienced a decline in perceived mental health

The Ottawa Community Pediatricians Network noted that "when schools are open, children are able to get more support," but when schools are closed, pediatricians see "a

"evidence to support the potential negative impact of the pandemic on adolescent





- youth age 9-16 found that more youth were
  - bored (34%)
  - worried (27%)
  - sad (50%) during the pandemic compared to before the pandemic.
- important life events
- lives including more time to spend with their family and more time to pursue their interests

Two cross-sectional studies conducted in the spring of 2020 and in the fall of 20 21 of 2000 Canadian children

Many youth (over 75%) also felt worried about the pandemic and were concerned that they were missing out on

Interestingly, over a quarter of youth surveyed (26%) felt that the pandemic had some positive effects on their



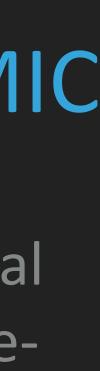
- In a Canadian study of children age 6 to 18 from parent reports, and ages10 to 18 for self-reports found that although 67 to 70% of children and youth "experience" deterioration in at least one mental health domain," the mental health of some had actually improved (19 to 31%) during the pandemic.
- Rates of deterioration were greatest for those with a pre-existing diagnosis and among children who perceived greater stress from being socially isolated



- pandemic baseline data and none that are Canadian.
- media.

Unfortunately there are few longitudinal studies examining changes in children's mental health during the pandemic, even fewer studies with comparable population based pre-

The limited studies that exist suggest there is a deterioration of mental health and some children and youth however, results may not be as striking as those promoted in the





In one of the Canadian studies of 184 adolescents from the community who were significantly higher than previous trajectories would have predicted"

assessed on four occasions over the course of two years before the pandemic, and again during the pandemic, researchers found that "anxiety and depression scores were





#### LONGITUDINAL STUDY FROM U.S. SHOWING IMPROVEMENTS FROM SCHOOL CLOSURE?

- the pandemic
- total problems
- be a stressful experience (social anxiety)

In an American study of 322 young adolescents with a mean age of 12, reductions in mental health problems were found for some youth who had elevated problems before

Specifically clinically significant reductions were found for internalizing, externalizing and

The conclusion drawn by the authors was that "COVID-19 stay at home regulations may offer protective effects for youth mental health" particularly for those who find school to





# MORE INTERNATIONAL DATA

- plans, and suicide attempts following the lockdown.
- for adolescence especially if living in lone parent homes.



Chinese study looking at 1241 youth before and during the pandemic found increased odds of being depressed, engaging in non-suicide or self injury, suicide ideation, suicide

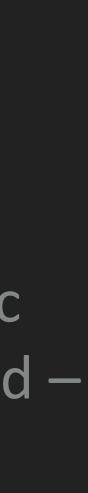
A Norwegian study demonstrated there was a small increase in anxiety and depression

### **INTERNATIONAL DATA**

- satisfaction these effects were especially evident in girls.
- time.

An Australian study compared adolescent mental health one year before the pandemic and two years after the government restrictions and online learning were implemented – there were increases in depressive symptoms and anxiety along with a decrease in life

Another study demonstrated that depression symptoms increased significantly during the first six months of the pandemic whereas anxiety symptoms remained stable across



# WORSENING SYMPTOMS EARLY IN THE PANDEMIC

- A study of 415 youth demonstrated that symptoms of depression and anxiety peaked in the first spring of the pandemic (2020) and then decreased over the course of summer
- In the UK an increase of mental health struggles in youth demonstrated an increase from 10.8% in 2017 to 60% in July 2020 with the highest prevalence of mental health problems being found among adolescent girls
- A German study demonstrated the prevalence of mental health problems increased from 9.9% pre-pandemic to 17.8% by June 2020 with increases in anxiety being the most pronounced



### **INTERNATIONAL DATA**

adolescent girls being found to be more affected than adolescent boys

A population based study of Icelandic adolescents assessed in 2016, 2018, and again in 2020 reported an increase in symptoms of depression and a worsening of mental well being in all age groups during the pandemic compared to before the pandemic with

#### THE LOCAL EXPERIENCE

- was not the experience in Manitoba.
- decreased significantly during the pandemic
  - Number of ER psychiatry consults by year in the Children's Emergency Room:
    - 2002 total of 380 consults
    - 2010 total of 1050 consults
    - 2019 total of 1305 consults
    - 2020 total of 450 consults

While the data across Canada demonstrated market increases in emergency room visits and admissions, this

While emergency room consultations have increased significantly over the course of the last 20 years, it

#### THE LOCAL EXPERIENCE

- becomes the adult Covid positive unit
- PY1 remains at 50% capacity until the spring of 2022
- Since re-opening to full capacity, we have been running at 75% occupancy
- The one area where the demand for services has increased significantly during the pandemic has been with referrals to eating disorders with an increase of 300%

#### Because of the low admission rates to PY1 North and South, by June 2020, PY1 South

#### WHY IS MANITOBA DIFFERENT THAN OTHER AREAS OF THE **COUNTRY**?

- Manitoba had a higher rates of vaccination than many other parts of the country the spread which may have resulted in fewer ER visits.
- Establishment of the Rural and Remote Telehealth Service which provided and community

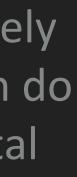
indicating that Manitobans were taking the pandemic seriously and were trying to limit

opportunity for emergency psychiatry assessments to be completed with youth in their

#### ACCESSING RESOURCES

- If you go to the Health Canada Website for youth:
- physical health by:
  - Taking breaks from social media and the news
  - Focussing on the good things and looking for positives in each day
  - Spending time doing things you enjoy, starting a hobby or learning a new skill
  - Asking for help and talking to a trusted adult

STAY HEALTHY: It's OK not to be especially when it feels like the world is turned upside down many people feel lonely. and isolated and may be experiencing anxiety, grief, frustration, sadness and irritability but there are things we can do to take care of ourselves and support each other through this difficult time to remember to take care of your mental



#### HEALTH CANADA WEBSITE

- Stay connected with your friends and extended family through:
  - texts
  - email
  - phone calls
  - video and voice chat
  - social media platforms

### HEALTH CANADA WEBSITE

- the regular routine such as:
  - Eating well
  - Being active
  - Getting enough sleep

#### You can also take care of your physical and mental health by keeping healthy habits in

### HEALTH CANADA WEBSITE

- - Kids help phone
  - LGBT youth line
  - Canada Youth Network
  - Canadian suicide prevention service
  - COVID-19 youth mental Health resource hub

#### If you need someone to talk to you in confidence, reach out to a youth organization like:





- https://www.edu.gov.mb.ca/k12/covid/docs/mpsg\_resources.pdf
- Manitoba Pandemic Support Guide:
  - AbilitiCBT
    - are struggling with anxiety related to the COVID-19 pandemic
    - https://manitoba.ca/covid19/bewell

# Online behavioural therapy program available to Manitobans aged16 and over who





- Canadian Mental Health Association Service Navigation Hub
  - Specialists are available to help Manitobans find the best type of service to match their needs
  - https://mbwpg.cmha.ca/cmha-service-navigation-hub/

- Anxiety Disorders Association of Manitoba (ADAM) Support Line
  - 204-925-0040 for anyone seeking support during this challenging time
  - www.adam.mb.ca/programs/anxiety-and-worry-support-program

- Manitoba Farm, Rural and Northern Support Services (MFRNSS)
  - Manitobans
  - www.supportline.ca

offers free telephone and online counselling to farmer and rural and northern

#### **GOVERNMENT OF MANITOBA**

- Stress Hacks
  - provides resources for youth, families, and educators
  - provides information on what stress is and how to manage it
  - www.stresshacks.ca



- Mood Disorders Association of Manitoba
  - with a mood disorder
  - provides a peer support line and several online support groups
  - www.mooddisordersmanitoba.ca
  - peer support line 204-786-0987

self help organization that provides education, advocacy, and support to those living

- Klinic Crisis Line
  - crisis phone lines and online support services
  - suicidal, in crisis, or struggling to cope
  - http://klinic.mb.ca/crisis-support
  - 24/7 crisis line 204-786-8686

provides free and confidential counselling, support and referral for pekoe who are

#### Rainbow Resource

- during the pandemic it is offering all support services ph phone, and through Instagram, Facebook and Zoom
- https://rainbowresourcecentre.org

#### offers counselling, education, and programming support to the 2SLGBTQ+ community



#### GOVERNMENT OF MANITOBA

- Youth Mobile Crisis

  - > 204-949-4777



#### The Youth Crisis Stabilization System Intake Service is available to youth and families

### CENTRALIZED INTAKE

- Offered to residents of Winnipeg who are in need of mental health assessments
- Anyone can call youth, parents, teachers, social workers, nurses, physicians
- Can access all of the mental health services through the Manitoba Adolescent Treatment Centre and PsycHealth.
- 204-958-9660

### QUESTIONS?

Thank you!