Understanding Youth and Building Good Health

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Impact of CoVid-19 on Youth and Family Behavioral Health

• Specific anxiety related to contracting the illness (threat to self and family)
• Social isolation due to school closures and cancellation of activities and need for social distancing
• Grief due to loss of milestone events (graduations, prom, sporting events)
• Loss of access to support systems, family, therapies, day programs
• Actual loss of family members or others due to Covid
• Economic impact on families and caregivers
Impact of CoVid-19 on Youth and Family Behavioral Health

- Recent Studies have indicated a doubling of self report of anxiety symptoms in youth from 14 to 28 percent
- Overall Emergency visits for youth with mental health crisis up
System Responses to Meet Crisis

- Rapid move to telehealth services (up over 400 percent)
- Increased flexibilities specific boards of licensures restrictions
- Reduced barriers to insurance coverage for BH services
- Assistance to providers in terms of economic impact
- Assistance with access to online and internet access for families
- Assessing overall healthcare access barriers and racial disparities in order to address

The most significant BH impact might not likely be seen for 6 to 18 months after pandemic and so **supporting enhanced crisis services as part of the post Covid public health response will be crucial**
Special Populations of Concern

• Youth and family with limited internet access
• Youth who had received services via school based clinics
• Individuals with intellectual or developmental disabilities and their families and caregivers
• Youth with Substance Misuse and Use Disorders
• Individuals with emergent development of psychotic thought disorders
• Youth at risk for neglect or maltreatment
• Emergence of Suicidal Ideation.
PHASES OF DISASTER

Suicide Deaths to Children Aged 10-18 Years; Kentucky, 2010-2019*
N=288

Data Source: Kentucky Office of Vital Statistics, Death Certificate Data, Years 2010-2019
*All data are preliminary and subject to change. Data points are not limited to KY residents and also include out-of-state residents who died within KY.
Suicide is an outcome that requires several things to go wrong all at once.
-- There is no one cause of suicide and no single type of suicidal person.
Suicide Prevention in Youth

• Universal Interventions at all levels
  • Family
  • Youth
  • School
  • Healthcare providers
  • Community

• Some Critical components
  • Know/recognize risk factors
  • Screening and Assessments
  • Normalize help seeking behaviors
  • Help youth develop key list of trusted adult
  • Involve Parents
  • Warm Handoffs
Zero Suicide: Key Elements at Systems Level

• **Lead** system-wide culture change committed to reducing suicides
• **Train** a competent, confident, and caring workforce
• **Identify** individuals with suicide risk via comprehensive screening and assessment
• **Engage** all individuals at-risk of suicide using a suicide care management plan
• **Treat** suicidal thoughts and behaviors using evidence-based treatments
• **Improve** policies and procedures through continuous quality improvement
• **Transition** individuals through care with warm hand-offs and supportive contacts
National Suicide Prevention Lifelines

The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

RED NACIONAL
de
PREVENCIÓN del
SUICIDIO
1-888-628-9454
prevencionelsuicidio.org
Disaster Distress Helpline

a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster
Crisis Text Line
Free 24/7 support for those in crisis. Text from anywhere in the US to text with a trained Crisis Counselor.

Veterans Crisis Line
Text to 838255

In crisis?
Text HELLO to 741741 and speak anonymously with a Crisis Counselor.
WarmLines

Unlike a hotline for those in immediate crisis, warmlines provide early intervention with emotional support that can prevent a crisis. The lines are free, confidential peer-support services.

Need Someone to Talk To?

If it's not a Crisis, Call a WarmLine.

www.WarmLine.org

Peer2Peer Regional Warmline
1-833-626-1490
LGBTQI+ Suicide Prevention Lifelines

Free 24/7 support for those who are LGBTQI+. Text or call from anywhere in the US to text with a trained Crisis Counselor.

GET HELP 24/7:

- **TrevorText**
  - Text START to 678678

- **TrevorChat**
  - TrevorChat.org

- **TrevorLifeline**
  - 866.488.7386

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**LGBTQ+ Suicide Prevention Resources**

- **National Suicide Prevention Lifeline**
  - 1-800-273-TALK (8255)
  - Veterans: Press 1

- **Trans Lifeline**
  - Support for transgender people, by transgender people
  - 1-877-565-8860

- **Text TALK to 741741**
  - Text with a trained counselor from the Crisis Text Line for free, 24/7

- **SAGE LGBT Elder Hotline**
  - Peer-support and local resources for older adults
  - 1-888-234-SAGE

- **The Trevor Project**
  - Phone, chat, and text support for LGBTQ+ youth
  - thetrevorproject.org/get-help-now/

- **American Foundation for Suicide Prevention**
  - afsp.org/lgbtq

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CHFS
Kentucky Cabinet for Health & Family Services
Kentucky Specific Crisis Resources

Kentucky Cabinet for Health and Family Services Provider Directory
https://dbhdid.ky.gov/ProviderDirectory/ProviderDirectory.aspx?

Kentucky Helplines