



Child and Adolescent Mental Health During the Pandemic

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- Describe trends of different mental health conditions in children and adolescents during the pandemic
- Describe some social inequities that have impacted different communities during the pandemic
- Provide techniques to address mental health needs and coping skills that can help an individual who is having a negative response to the pandemic



As we get started

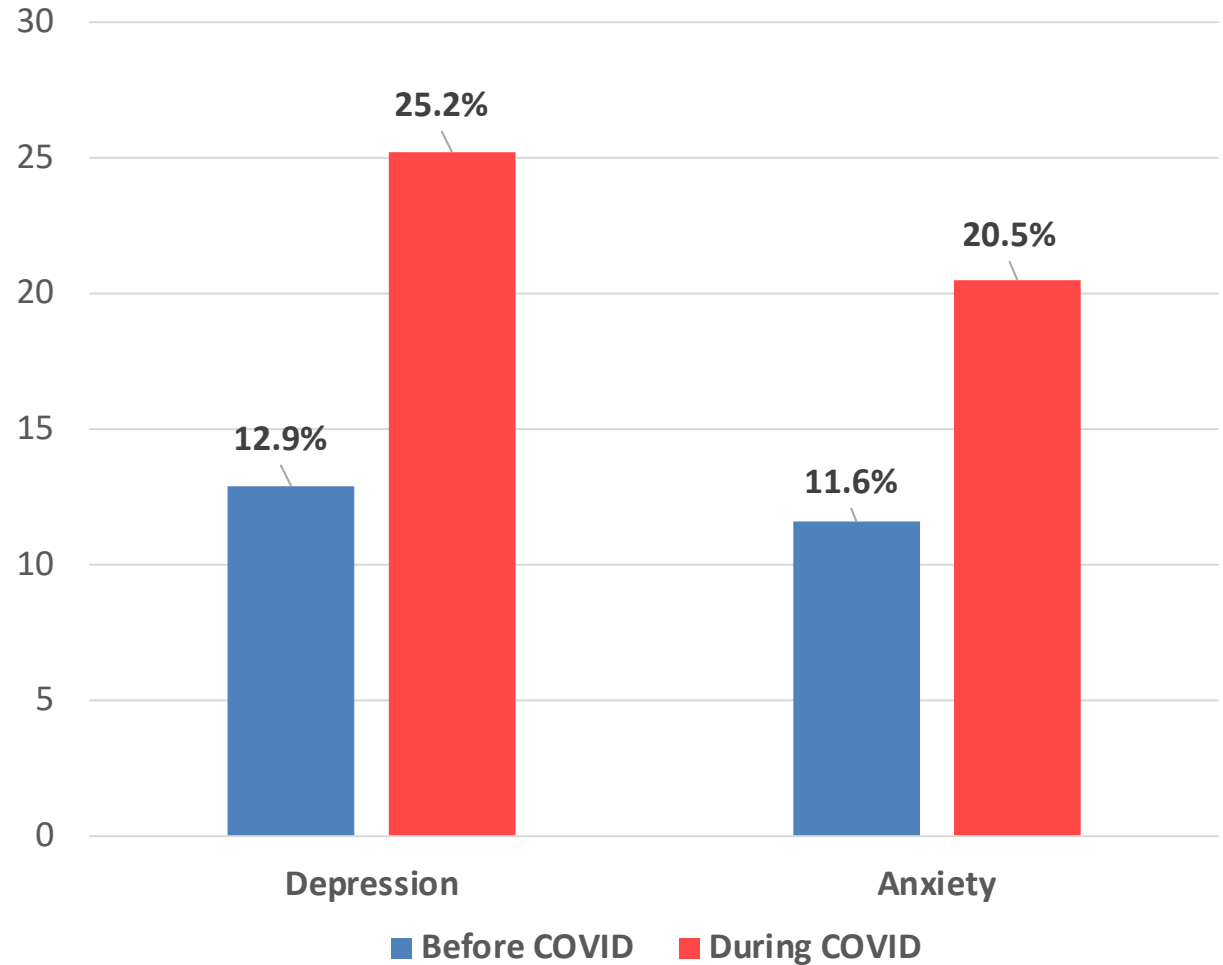


STOP, BREATHE
& THINK

- [3 Minutes Mindfulness](#)



- Meta-analysis of 29 studies
 - East Asia 55%
 - North America 21%
 - Europe 14%
 - Central/S. America 7%
 - Middle East 3%
- 80,879 participants
- 4-18 years old (mean 13yo)





- Global prevalence of anxiety and depression symptoms in kids have doubled during pandemic
- Depression and anxiety rates increased as the months progressed
- Depression and anxiety rates higher in female
- Depression rates higher as age increases

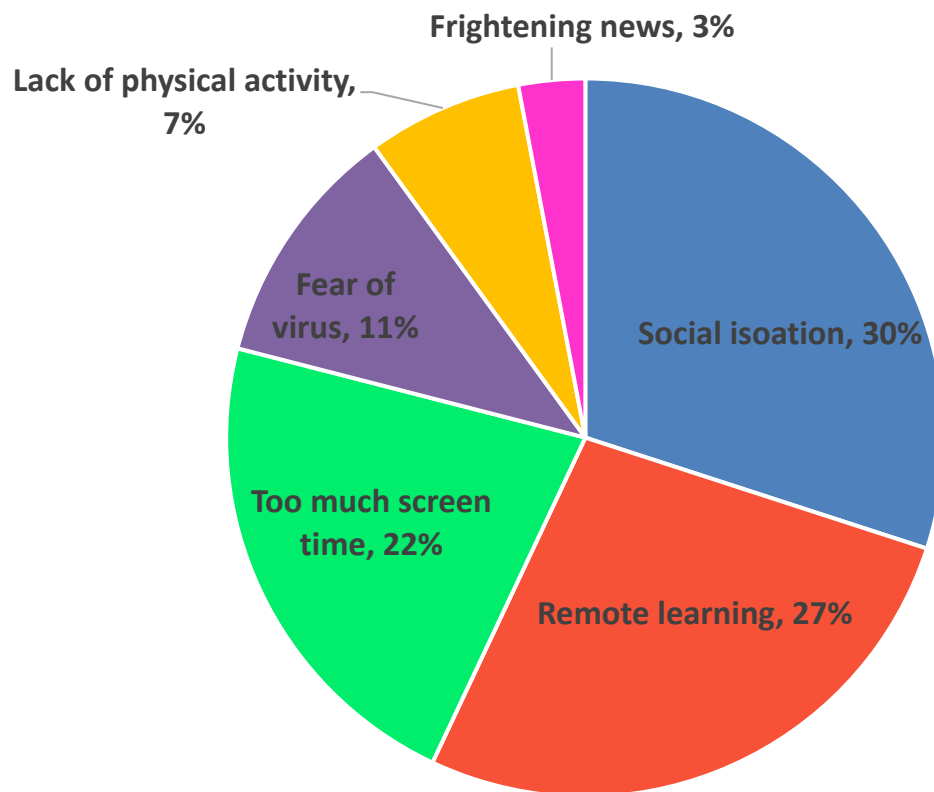


Survey of 1,000 parents of children 2-24yo in March-April 2021 across USA

General Feelings about Pandemic Effect on Child's Mental Health	
Taken a toll on child's mental health	71%
Pandemic is the worst thing to happen to their child	69%
Believe the pandemic will have lasting effect on development	64%

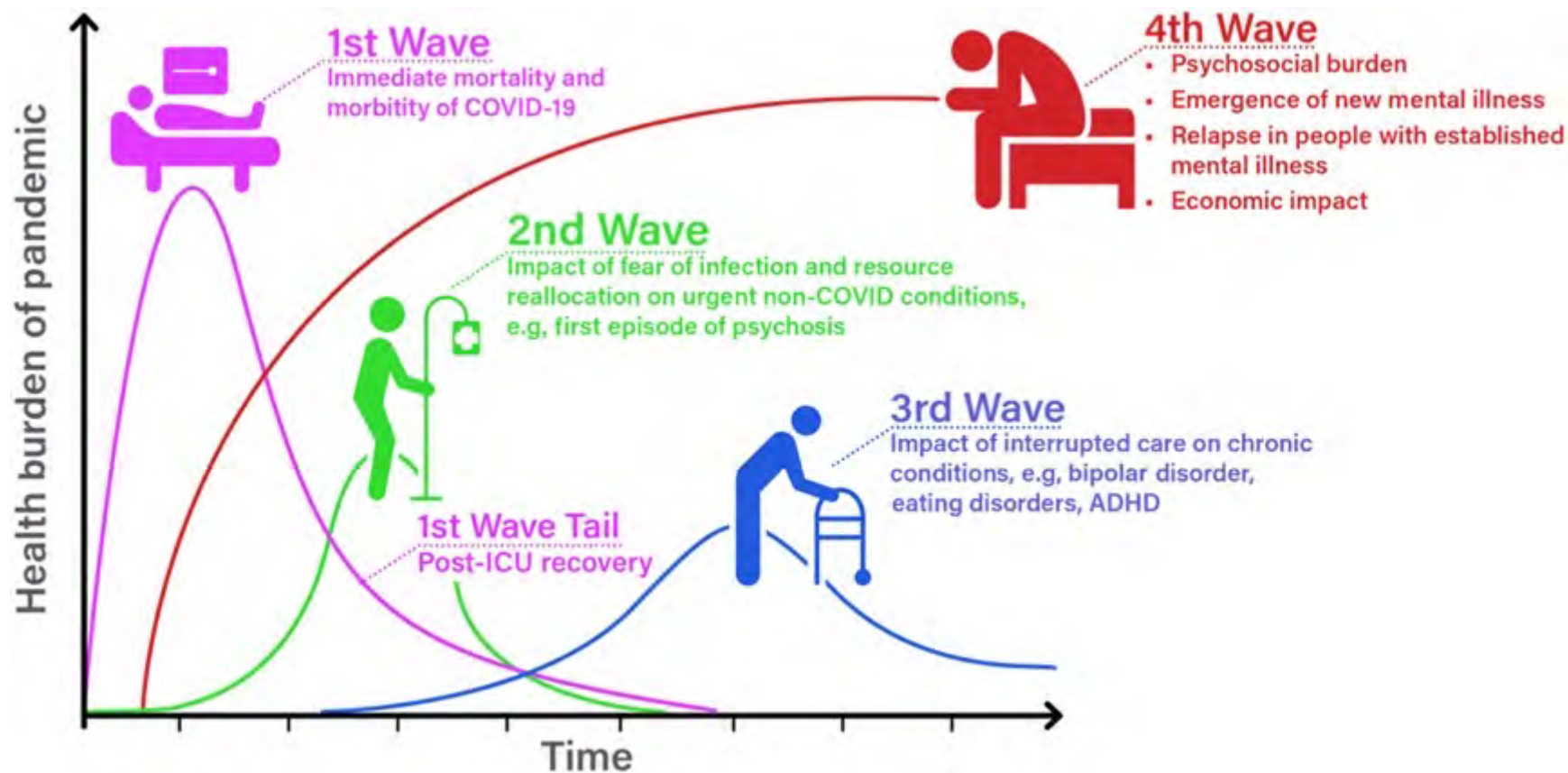


What's been the most unhealthy aspect of the pandemic for your child?





Waves of the Pandemic







Pandemic Impact on Youth

- Isolation
- Increased suicidality
- Stressed parents
- Heightened anxiety
- Access to care



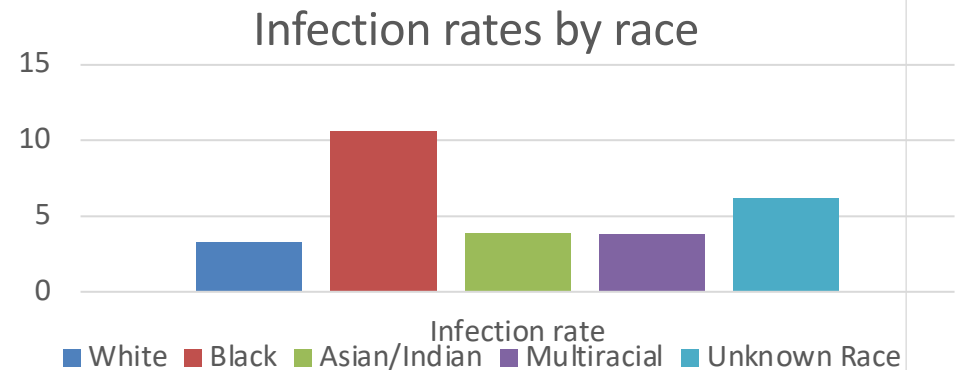
Access to care

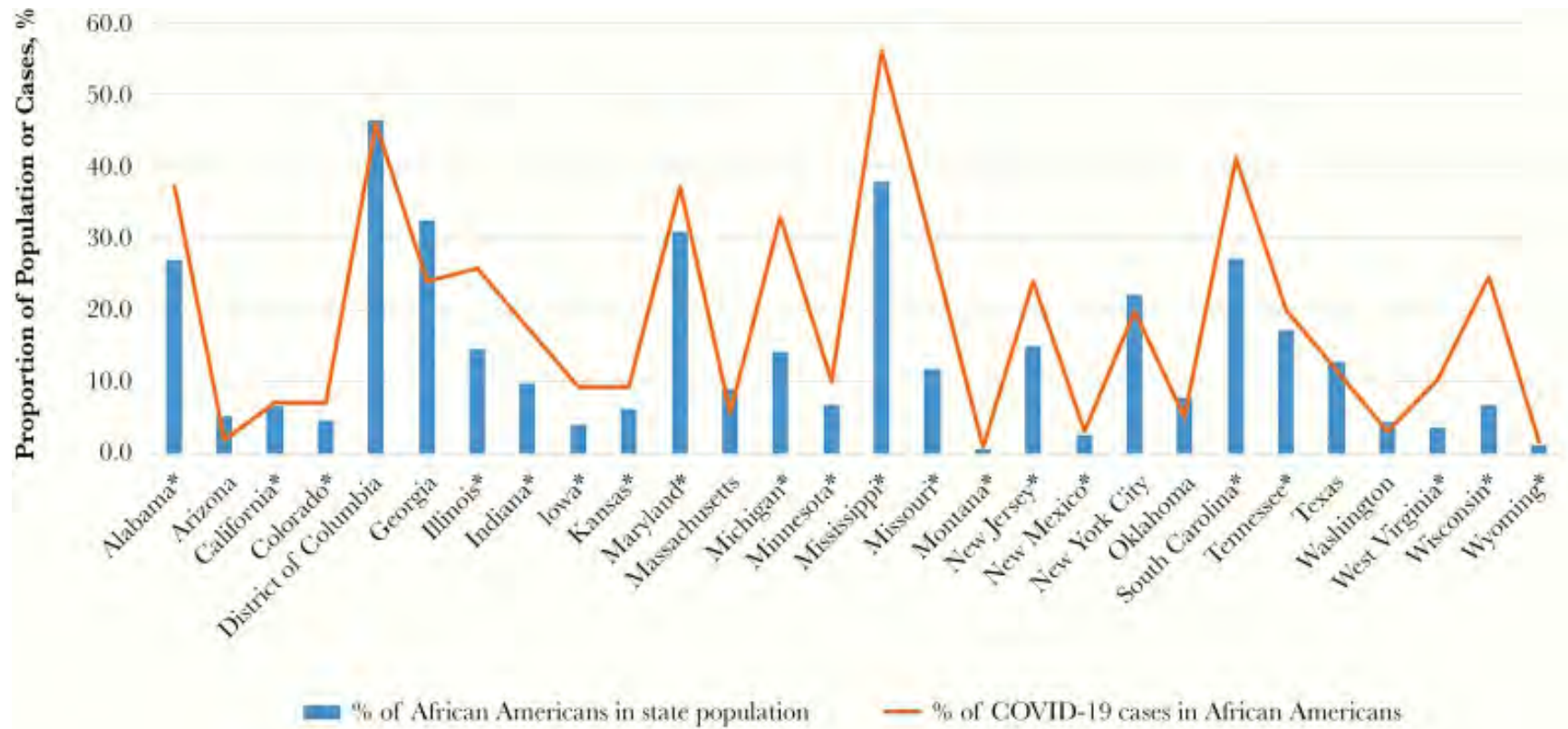
- Telehealth and internet issues
- Treatment deserts – Waitlists/Wait times
- Financial barriers

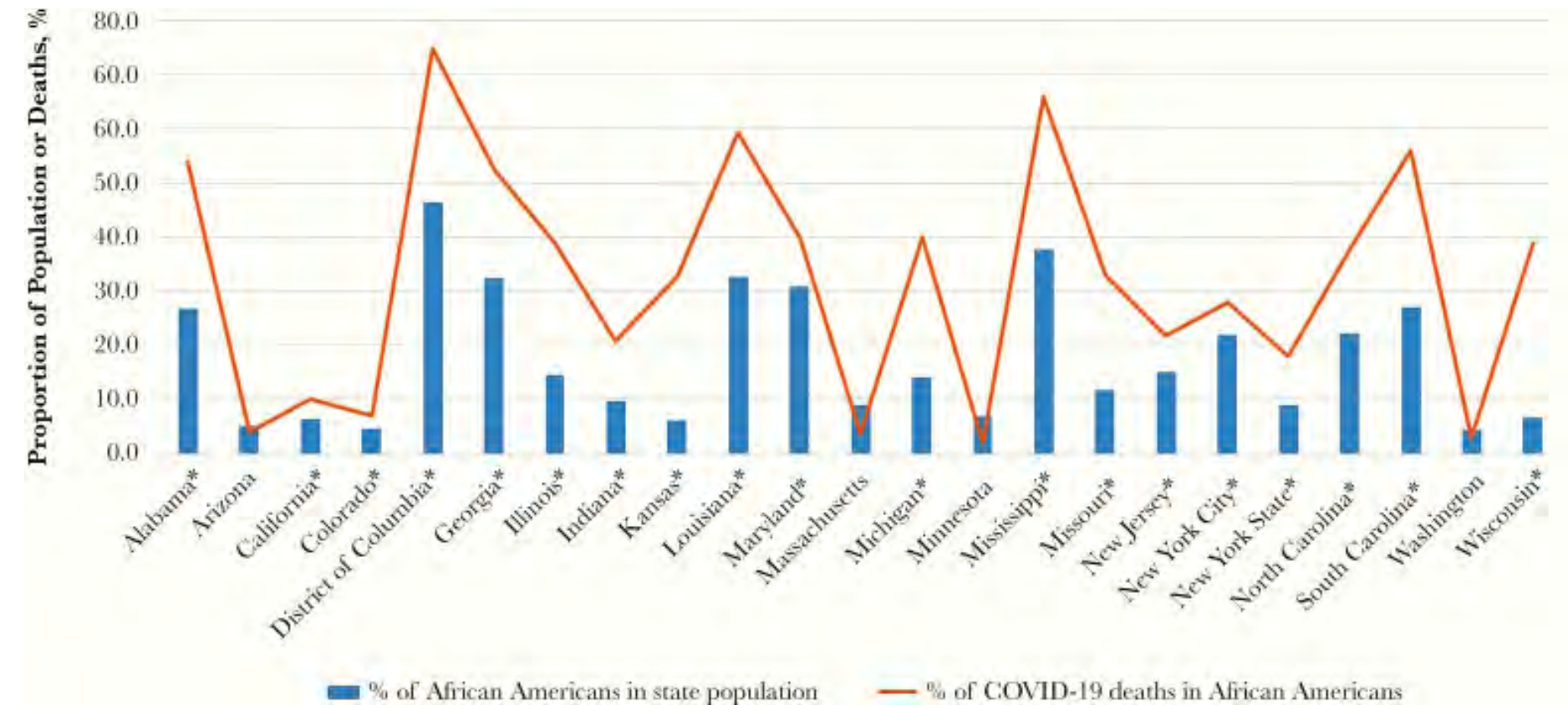


Race and Socioeconomic Disparities

- 10% black children 3.3% white
- 9.3 % public insurance 3.4% private commercial insurance
- Vicarious trauma of most kids that look like me are sick
- Black and Hispanic people also more likely to endorse symptoms
- Racial disparities in knowledge of control methods









Immunity Myth and Vaccine Hesitancy

- Influence of Media and Social Media
- Similarities with HIV epidemic
- Conspiracy beliefs
- Health literacy issues

Laurencin et. al. (2020)



The Difficult Discussions

- Pandemic Trauma
- Anxiety for Physical Health
- The impact of home instruction



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Flexibility creativity, simplicity



Key Factors to Help Parents

- Structure
- Exercise and well being
- Making use of nature
- Mindfulness



Effective Coping

- Distraction
- Use of the senses
- Exposure and School refusal



Mindfulness in DBT

- Observe
- Describe
- Participate



Provider Wellness

- What does self-care really mean?



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Thank You For Your Attention!

QUESTIONS?

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