### Education and Mental Health During COVID-19

<table>
<thead>
<tr>
<th>Children Represented</th>
<th>Families Responded</th>
<th>2021</th>
<th>2022</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td># of Children Living at Home</td>
<td>663</td>
<td>371</td>
<td>50%</td>
<td></td>
</tr>
</tbody>
</table>

#### # of Children Living at Home

<table>
<thead>
<tr>
<th>Grade Levels</th>
<th>2021</th>
<th>2022</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>PreK</td>
<td>1%</td>
<td>1%</td>
<td>0%</td>
</tr>
<tr>
<td>Elementary</td>
<td>18%</td>
<td>18%</td>
<td>0%</td>
</tr>
<tr>
<td>High School</td>
<td>58%</td>
<td>58%</td>
<td>0%</td>
</tr>
<tr>
<td>College</td>
<td>3%</td>
<td>3%</td>
<td>0%</td>
</tr>
</tbody>
</table>

#### Education Model

<table>
<thead>
<tr>
<th># Responded</th>
<th>In Person</th>
<th>Virtual</th>
<th>Total</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>100%</td>
<td>71%</td>
<td>18%</td>
<td>100%</td>
<td>100%</td>
</tr>
</tbody>
</table>

#### How Are Children and Caregivers Doing?

- **Better than Expected:** 49%
- **As Expected:** 41%
- **Worse than Expected:** 10%

#### How Do Caregivers Feel School is Going for Their Children?

<table>
<thead>
<tr>
<th>#1</th>
<th>#2</th>
<th>#3</th>
<th>#4</th>
</tr>
</thead>
<tbody>
<tr>
<td>**Balancing School and Work (Time)</td>
<td>25%</td>
<td>18%</td>
<td>12%</td>
</tr>
<tr>
<td>**Meeting Special Education Needs</td>
<td>18%</td>
<td>15%</td>
<td>12%</td>
</tr>
<tr>
<td>**Access to Care</td>
<td>3%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>**Support from School/Teachers</td>
<td>1%</td>
<td>1%</td>
<td>0%</td>
</tr>
</tbody>
</table>

#### What Do Caregivers Say is Most Challenging?

- **Accessing mental health services for my child was virtually impossible. Through my job I was able to access services in a different way. I got lucky, but there are so many parents and children out there that don’t know how to access services and there are not nearly enough mental health providers for children or adults in our county.** (Maryland)

#### The 2022 survey results show small decreases in behavioral health symptoms and increased access to mental health services and supports for both children and adults since 2021.

#### Are Your Child’s I.E.P. / 504 Plans Being Met?

- **Mostly Met:** 64%
- **Somewhat Met:** 27%
- **Not Being Met:** 9%

#### Impact on Caregiver and Child Mental Health

- **Depression:** 49%
- **Anxiety:** 49%
- **Increased Behavioral Health Symptoms:** 18%

#### Education and Work (Time)

- **Balancing School and Work (Time):** 25%
- **Meeting Special Education Needs:** 18%
- **Access to Care:** 3%
- **Support from School/Teachers:** 1%

#### How Caregivers Feel School is Going for Their Children?

- **Better than Expected:** 49%
- **As Expected:** 41%
- **Worse than Expected:** 10%

#### Children Represented

<table>
<thead>
<tr>
<th>Districts</th>
<th># of Adult Respondents</th>
<th># of Child Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>District 1</td>
<td>200</td>
<td>100</td>
</tr>
<tr>
<td>District 2</td>
<td>300</td>
<td>150</td>
</tr>
<tr>
<td>District 3</td>
<td>400</td>
<td>200</td>
</tr>
</tbody>
</table>

#### A Year Later?

- **Impact on Caregiver and Child Mental Health:**
  - **Depression:** 49%
  - **Anxiety:** 49%
  - **Increased Behavioral Health Symptoms:** 18%

#### Accessing mental health services for my child was virtually impossible. Through my job I was able to access services in a different way. I got lucky, but there are so many parents and children out there that don’t know how to access services and there are not nearly enough mental health providers for children or adults in our county.** (Maryland)
"Social disconnection has had a big impact on my children."

The lack of social interaction has been challenging for many families. Children have faced difficulties in maintaining their relationships with peers, and some have reported feeling isolated and lonely. This has led to an increase in mental health issues, such as anxiety and depression, as children struggle to cope with the changes and restrictions imposed by the pandemic.

Children's access to adequate mental health services has been disrupted due to the pandemic. Many families have had to navigate the challenges of finding therapists and psychiatrists who are available and willing to take new patients. This has resulted in long waiting lists and limited options for treatment.

Despite the difficulties, some families have found innovative solutions to support their children's mental health. For example, one family decided to enroll their children in an online educational program, which allowed them to continue learning while maintaining social connections through video calls and online activities.

The pandemic has highlighted the importance of mental healthcare services and the need for increased access and support. Families have expressed concerns about the long-term effects of the pandemic on their children's mental health and the need for continued support in the future.

"How do you get your child the help they need?"

Families have had to be creative in finding ways to support their children's mental health. Despite the challenges, there are resources available to help parents navigate this difficult time. It is important to seek out support from mental health professionals and to be proactive in finding the right care for your child.

"Committees and other access services is disabled.

The pandemic has disrupted many of the services that families rely on to support their children's mental health. Parents have had to find alternative means of accessing mental health services, such as online therapy or support groups, which may not be as effective as in-person care.

There is a need for increased access to mental health services, especially for underserved populations. This highlights the importance of continued funding and support for mental healthcare initiatives.

"How do we get on the education system?"

The pandemic has had a significant impact on education systems worldwide. Schools have had to adapt to remote learning, which has presented both challenges and opportunities for students and teachers. While some children have thrived academically in the virtual format, others have struggled with the lack of social interaction and support.

The pandemic has also brought to light the need for improved mental health services within education systems. Many schools have implemented initiatives to support students' mental health, such as counseling services and peer support programs.

"A 2022 survey conducted by the National Federation of Families for Children's Mental Health.

The survey highlights the need for increased access to mental health services and the importance of continued support for families. It underscores the challenges faced by families in accessing mental health services and the need for improved systems and policies to support children's mental health.

"We had to give up on the education system.

The pandemic has disrupted the education system, with many schools forced to transition to remote learning. This has presented challenges for students, especially those who struggle with social interaction or who have special needs.

Many families have had to find alternative means of supporting their children's education, such as homeschooling or online learning. While these options have allowed some children to continue learning, they may not be as effective for all students.

"What needs to be done?"

There is a need for increased access to mental health services and support for families. This includes the need for improved systems and policies to support children's mental health and the need for continued funding and support for mental healthcare initiatives.

The pandemic has highlighted the importance of mental health services and the need for increased access and support. It is important to continue to advocate for these needs and to support families in navigating this difficult time.