How are Children and Caregivers Doing, Really?

- A 2021 survey conducted by the National Federation of Families.

**1,100,230 Families Responded**

**How Do Families Feel About School?**

- **Increased Behavioral Health Symptoms**: This may be due to the limited number of mental health professionals serving children.
- **Impact on Caregiver and Child Mental Health**: This has been a horrific experience for many families.

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

- **Impact on Caregiver and Child Mental Health**: This has been a horrific experience for many families.

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

- **Meeting Special Education Needs**: The teachers and supports are stretched as they balance virtual and in-person classrooms.
- **Navigating Platforms**: The teachers and supports are stretched as they balance virtual and in-person classrooms.

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**Increased Behavioral Health Symptoms**: Accessing Mental Health Services

Caregivers report that both they and their children are experiencing anxiety, depression and substance abuse.

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

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**FAMILY VOICES**

**on Education and Mental Health during COVID-19**

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**“Every person is trying their best in very uncertain times.”**

I have no concerns with the school being for teachers—everyone is trying their best in very uncertain times. (Washington)

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**“Children are resilient, but they don’t have the life experience to adapt so quickly and well.”**

My mental health takes a hit. Instead of virtual learning being challenging, as diverse as our nation’s families are, many were unprepared to adapt to the changes in education. (South Carolina)

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**“It has been extremely stressful and emotionally draining.”**

We really need a voice. (West Virginia)

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**“This generation will most likely have long-term mental health struggles for years to come.”**

I know there will be long-term effects. (New Hampshire)

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