



Child Wellbeing During the Pandemic Webinar

Thursday, November 18, 2021



Viewpoints and thoughts shared are not necessarily representative of the California Department of Public Health, the California Department of Social Services, or the State of California

Zoom Housekeeping



Minimize Distractions

Please **mute** your phone lines.
Please unmute yourself to speak in Zoom and on the line.



Technology Problems?

For any technical issues, please **send a message directly to Blanca Enriquez** through the chat log.



Engage and Participate!

Ask **questions** in the chat box when they come up for you. The team will read them aloud during Q&A.

Essentials for Childhood Initiative

Mission & Vision



All California children, youth, and families thrive in safe, stable, nurturing relationships, and communities where they live, work, and play.



Support and participate in mutually reinforcing activities and strategies across multiple agencies and stakeholders that optimize the health and wellbeing of all children in California.

Webinar Presenters



Lori Turk-Bicakci, Ph.D.
Senior Program Director for KidsData
Population Reference Bureau



Tracy Macdonald Mendez
Executive Director
California School-Based Health
Alliance



Family Experiences the During COVID-19 Pandemic: Three Waves of Data

Lori Turk-Bicakci

November 18, 2021

www.kidsdata.org



“I’ve had to let go of a lot of expectations and have really learned what is important.”

Agenda

- Questionnaire Overview
- California Findings
- Accessing California Data



Questionnaire Overview

About the Questionnaire

- **Purpose:** Inform on effect of pandemic on children and families
- **Audience:** Child-serving organizations, medical practitioners, advocates...
- **Approach:**
 - Web-based questionnaire, 48 questions
 - Internet panel samples
 - About 1,500 respondents per wave
 - All data weighted to reflect California caregivers for children under age 18.

About the Questionnaire

- **Approach** (continued):
 - Three waves:
 - November 9, 2020 to December 11, 2020
 - March 22, 2021 to April 12, 2021
 - July 8, 2021 to July 27, 2021

Background

National

- American Academy of Pediatrics (AAP)
- Centers for Disease Control and Prevention (CDC)
- Prevent Child Abuse America (PCAA)
- Tufts Medical Center, Healthy Outcomes from Positive Experiences (HOPE)

California

- Essentials for Childhood (EfC) Initiative
- Lucile Packard Foundation for Children's Health (LPFCH)
- KidsData at PRB

California Sample Size and Demographics

Wave	Count
Wave 1: Nov. 2020	1,526
Wave 2: Mar. 2021	1,520
Wave 3: Jul. 2021	1,602

Nov. 2020	Percentage
Female	54%
HS diploma or less	42%
4-year degree or more	30%
Black	5%
White	28%
Hispanic/Latino	49%
Asian	9%
Native American	2%

California Sample Demographics (cont.)

	California Sample		
	Nov. 2020	Mar. 2021	Jul. 2021
CSHCN	29%	35%	34%
Married or Domestic Partnership	69%	72%	73%
Under \$30,000	28%	25%	22%
\$100,000 and Above	25%	25%	29%

Questionnaire Content

- Education, health care, and social activities
- Economic security
- Supportive Services
- Emotional and behavioral health
- Child and caregiver safety
- Adverse childhood experiences
- Positive childhood experiences
- Caring for children with special health care needs

Data Breakdowns

Seven Regions Within California

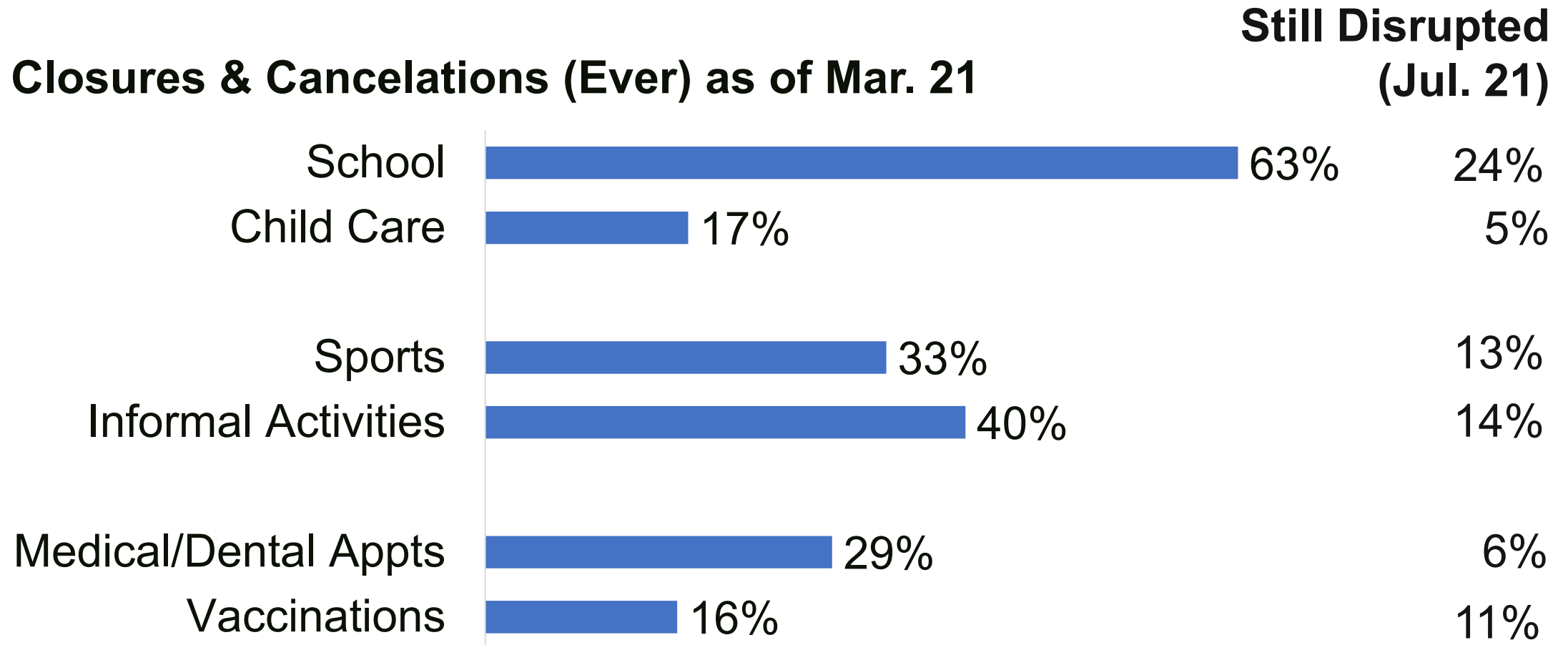
At state level,

- By caregiver's race/ethnicity
- By household CSHCN status
- By household income level



California Findings

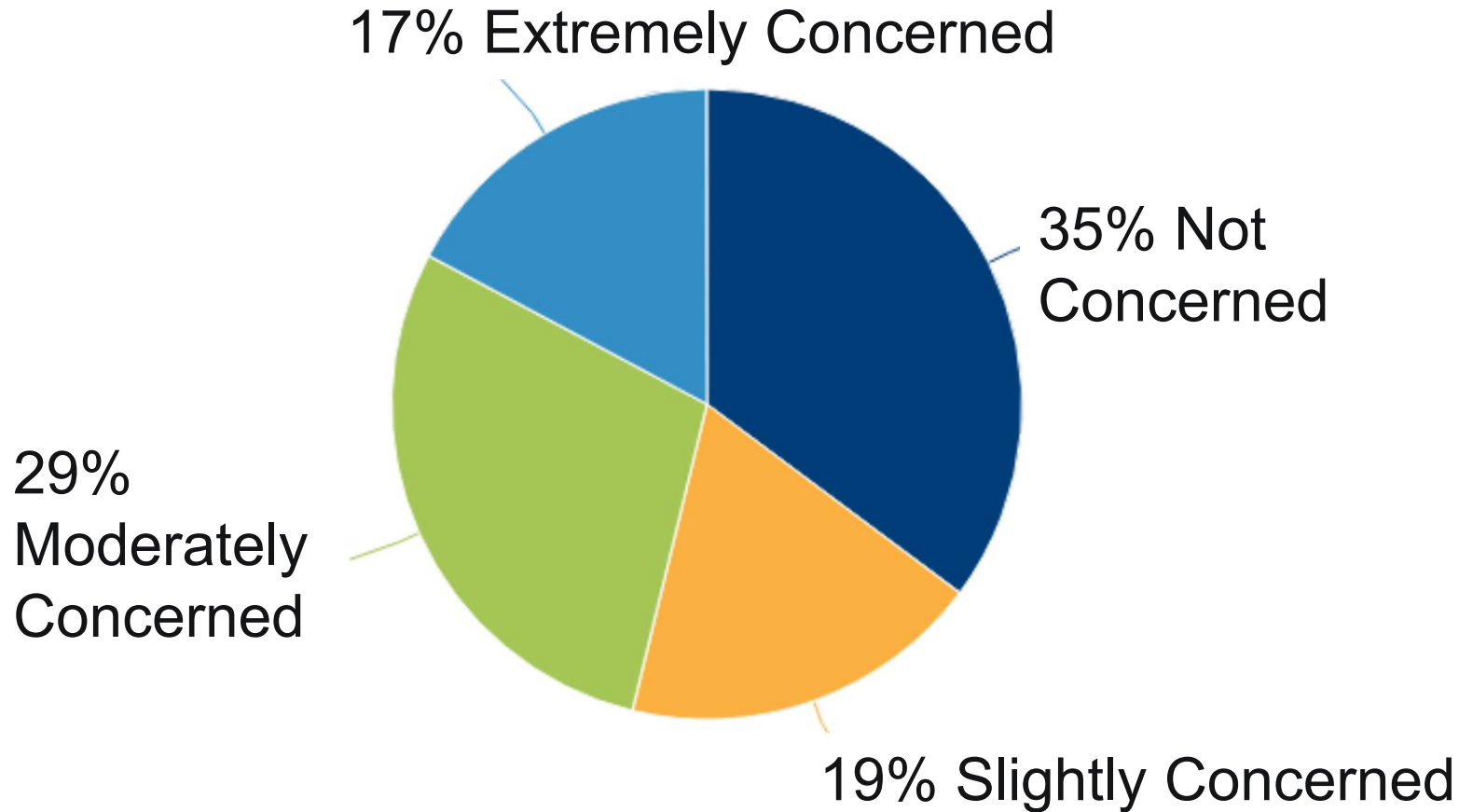
Disruptions





Education

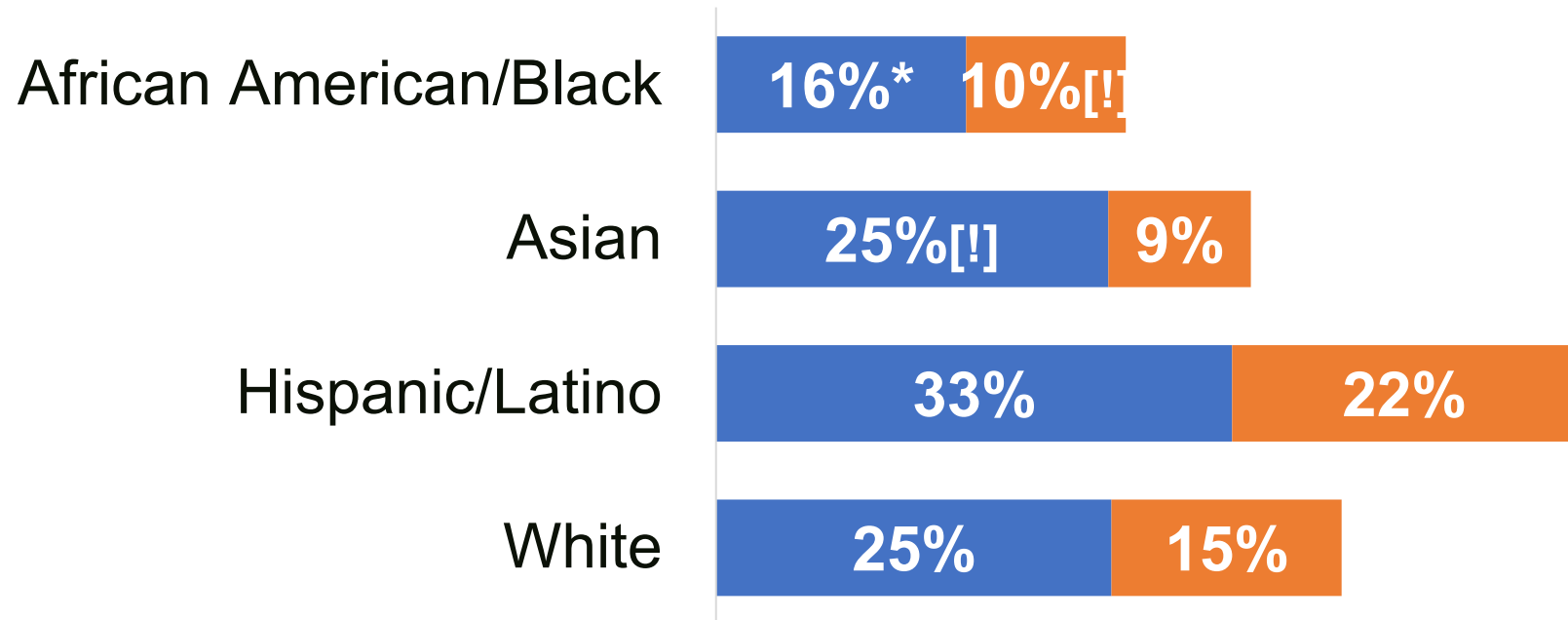
Concern for Child's Educational Progress, July 2021



46% of caregivers at least moderately concerned

17% of caregivers extremely concerned

Concern for Child's Educational Progress by Race/Ethnicity, July 2021

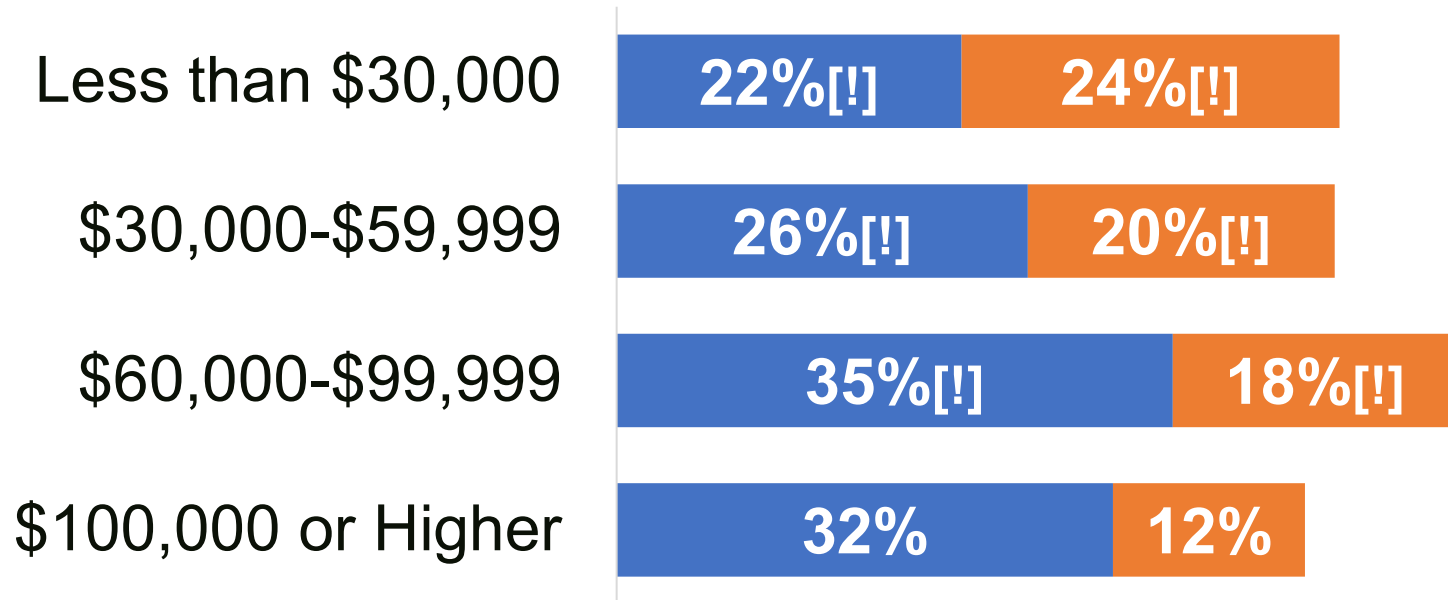


55% of Hispanic/Latino caregivers at least moderately concerned about child's educational progress

* Data from March 2021
[!] Margin of error between 5 and 10 percentage points.

■ Moderately Concerned ■ Extremely Concerned

Concern for Child's Educational Progress by Family Income, July 2021

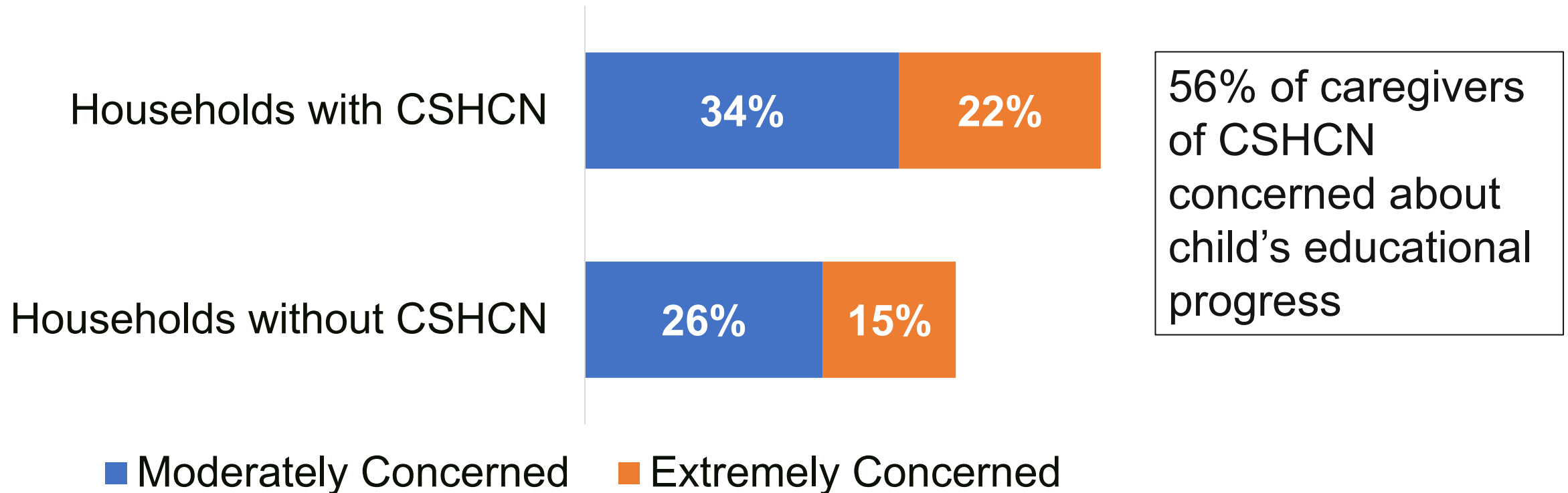


Caregivers across income groups concerned about child's educational progress

[!] Margin of error between 5 and 10 percentage points.

■ Moderately Concerned ■ Extremely Concerned

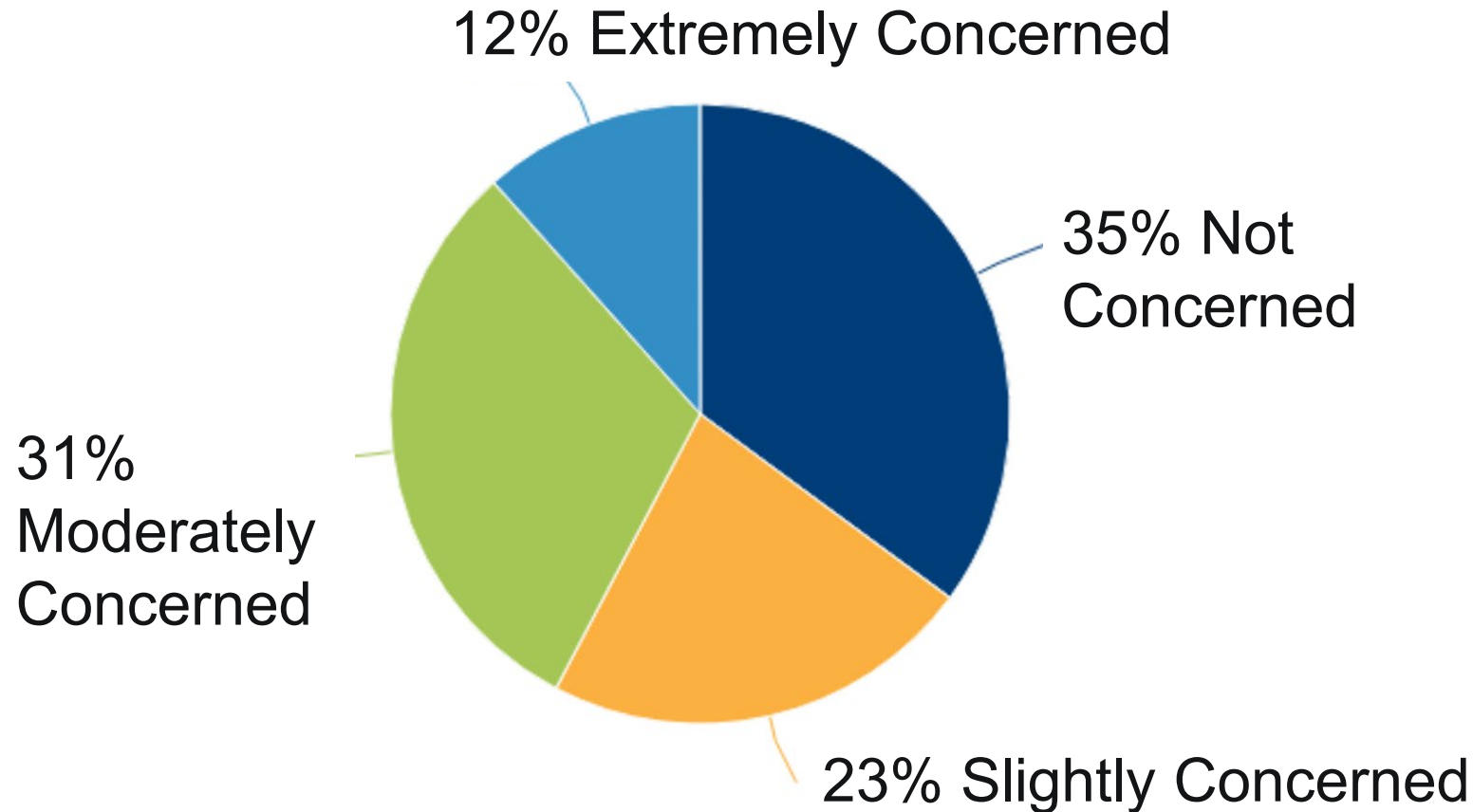
Concern for Child's Educational Progress by CSHCN Status, July 2021





Mental Health

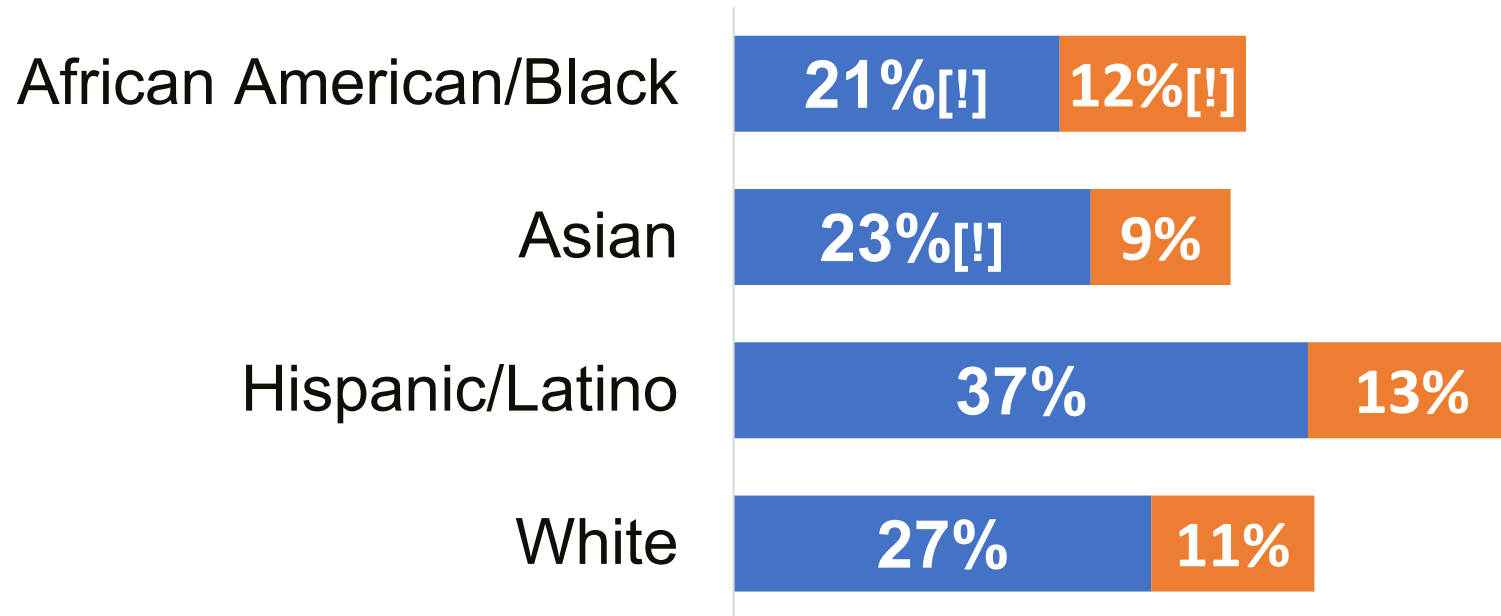
Concern for Child's Mental Health, July 2021



43% of caregivers at least moderately concerned

12% of caregivers extremely concerned

Concern for Child's Mental Health by Race/Ethnicity, July 2021

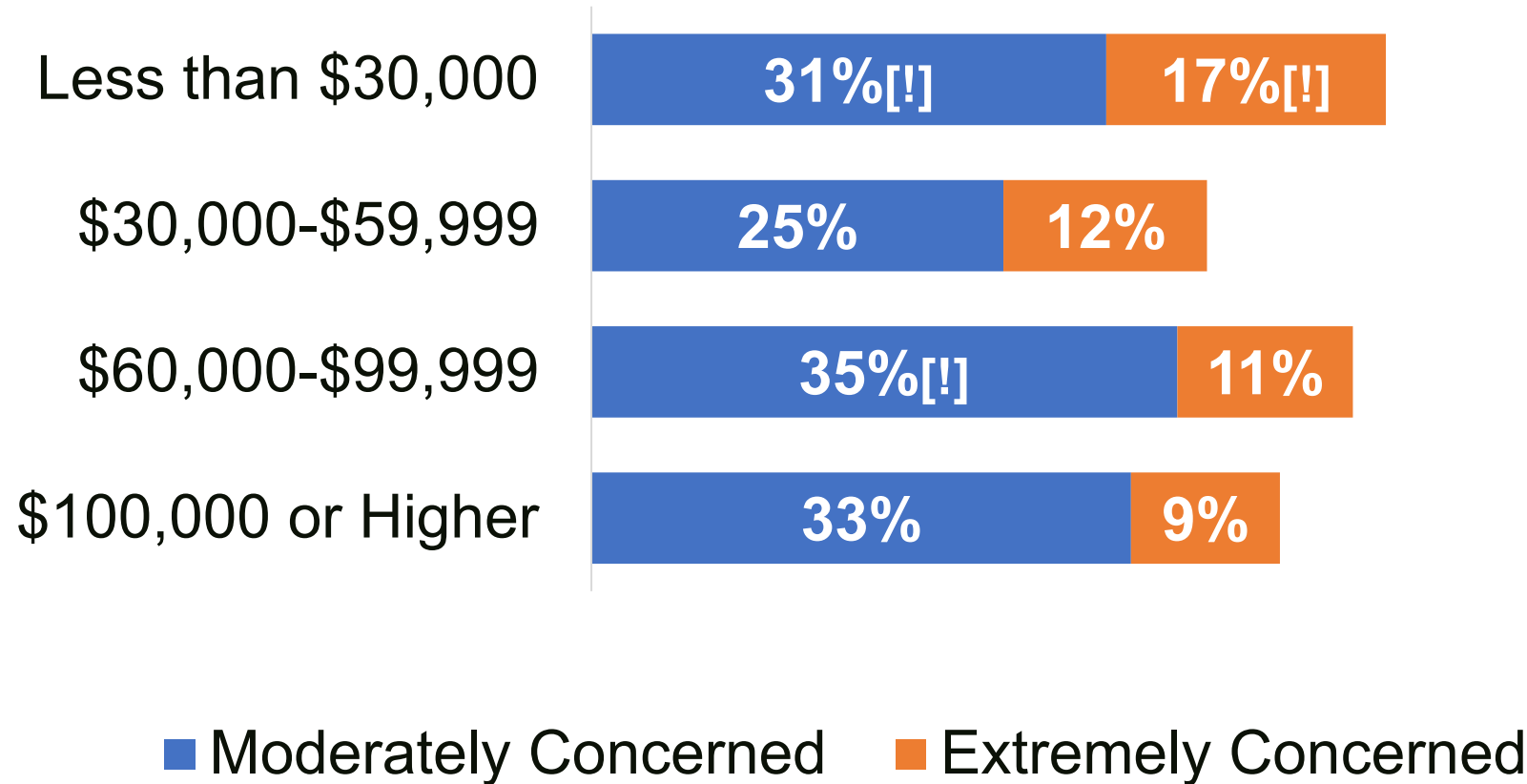


50% of Hispanic/Latino caregivers at least moderately concerned about child's mental health

[!] Margin of error between 5 and 10 percentage points.

■ Moderately Concerned ■ Extremely Concerned

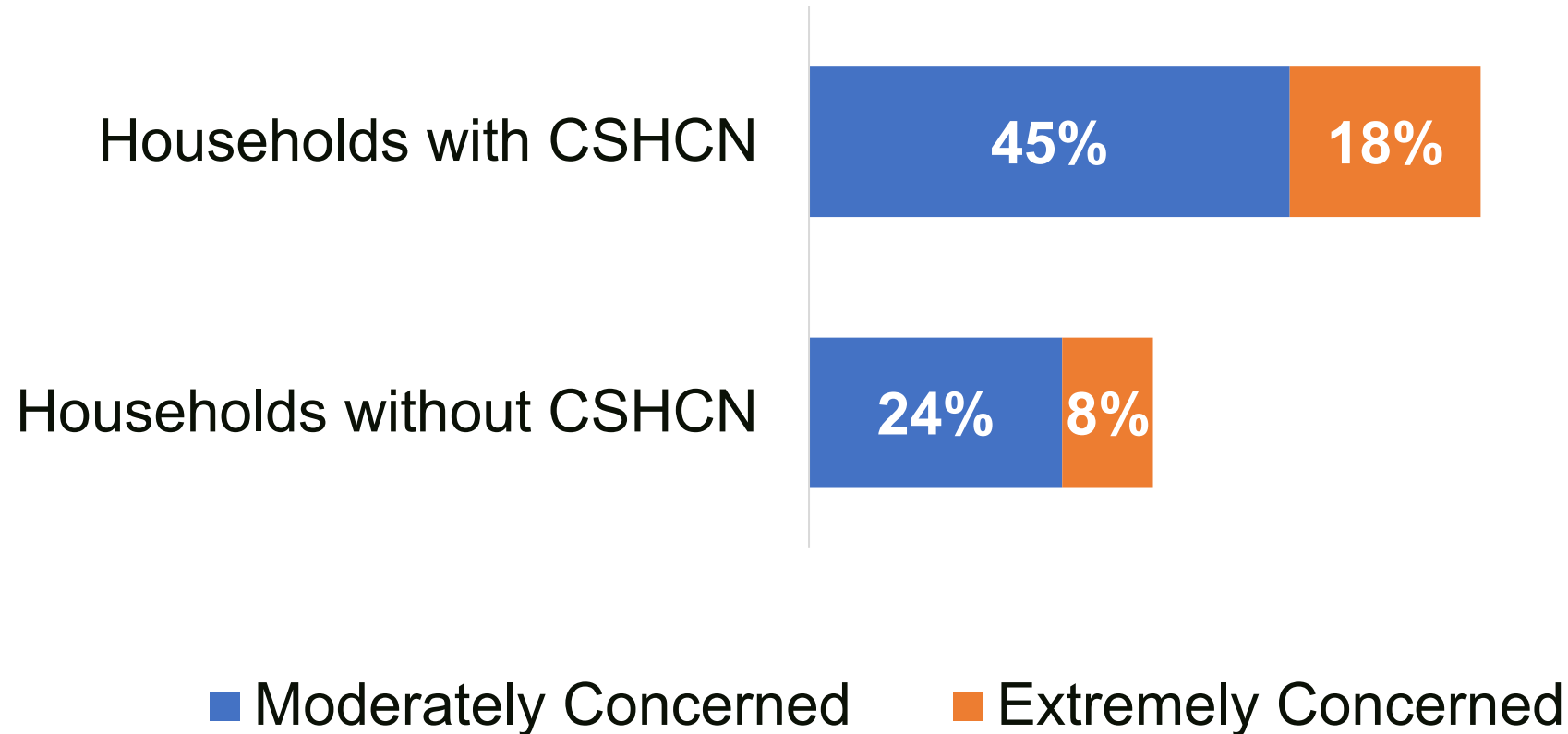
Concern for Child's Mental Health by Family Income, July 2021



Caregivers across income groups concerned about child's mental health

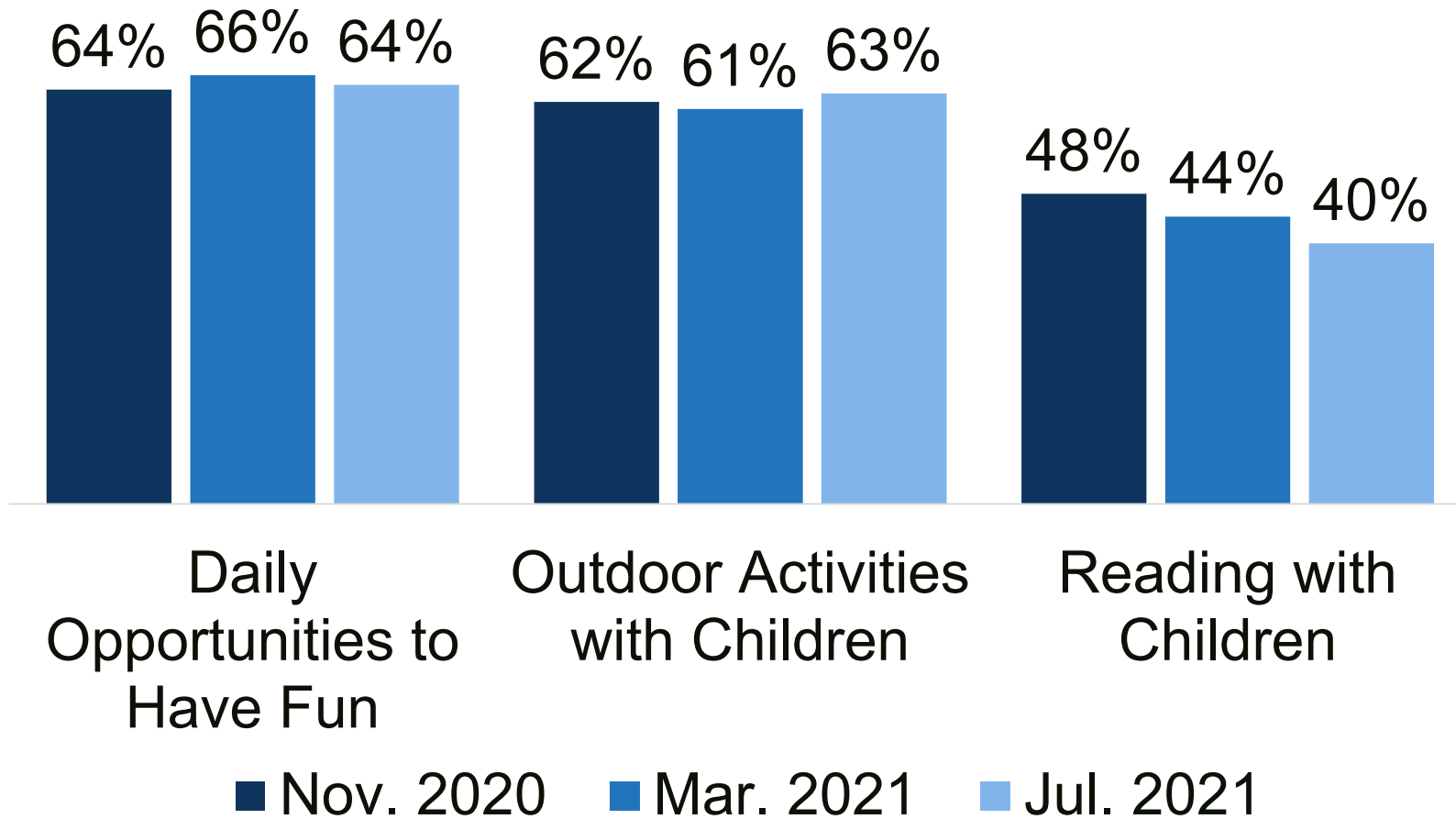
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Concern for Child's Mental Health by CSHCN, July 2021

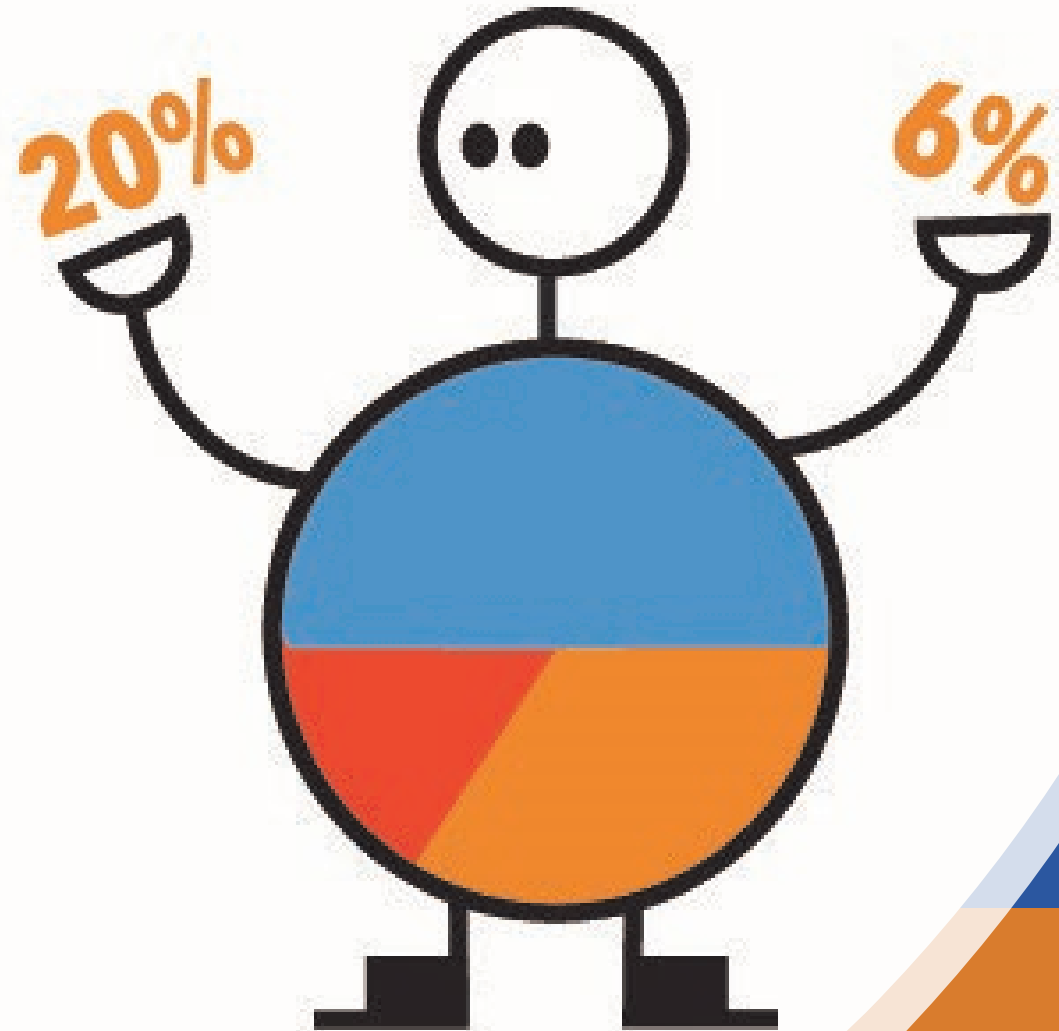


Twice as many caregivers of CSHCN at least moderately concerned about child's mental health

Positive Childhood Experiences in Previous Week Among Children Ages 0-17



Children had positive experiences throughout the pandemic



Access Data
www.kidsdata.org



Polling questions

In the chat box, please share how you have used these data, if you answer “yes” to #2

Thank you

Lori Turk-Bicakci
lturk@prb.org

ADDRESSING CHILD WELL-BEING THROUGH SCHOOL-BASED HEALTH CENTERS: Focus on the COVID-19 Pandemic



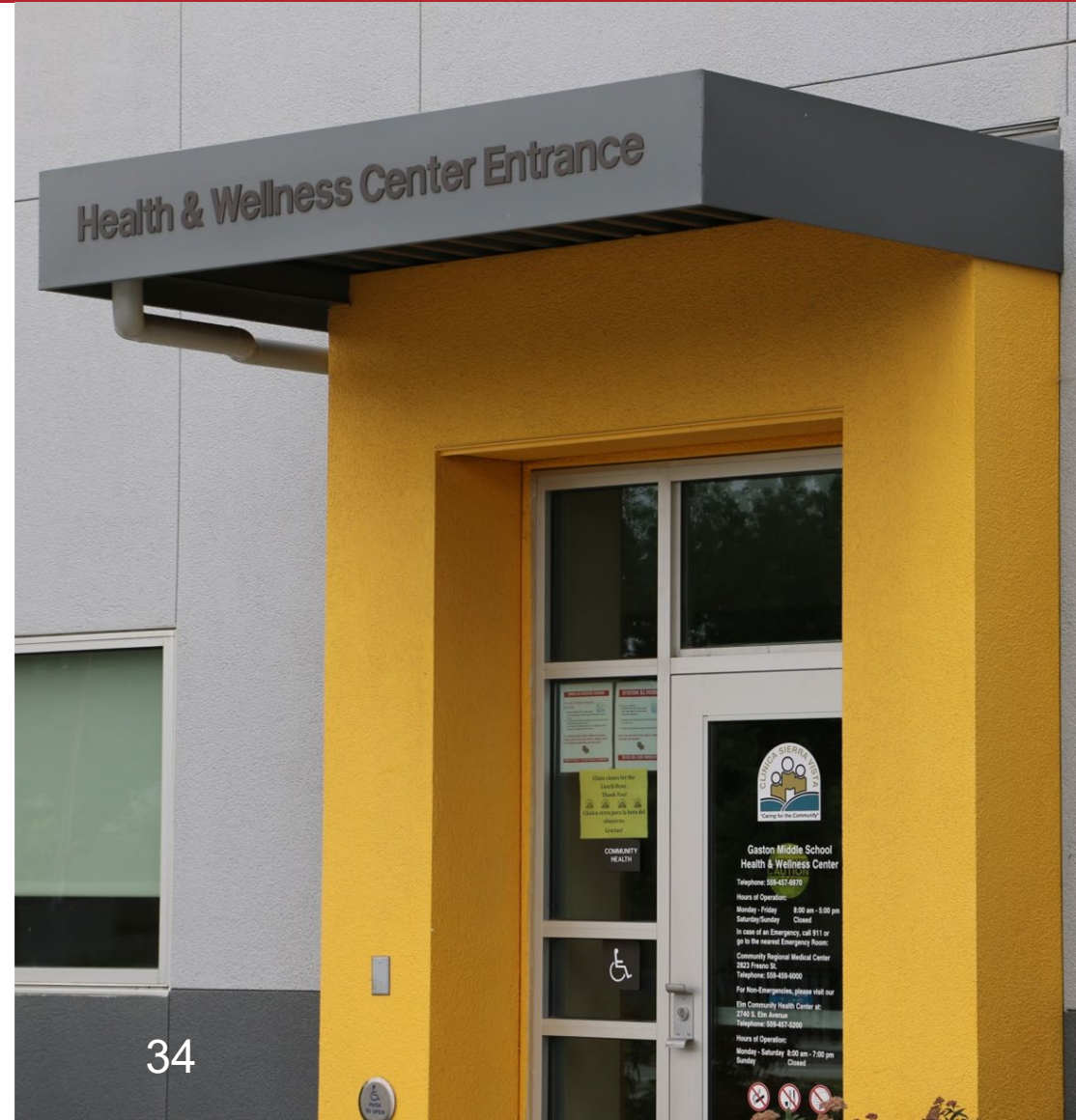
CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE

Putting Health Care Where Kids Are

Putting Health Care in Schools

The California School-Based Health Alliance is the statewide non-profit organization dedicated to **improving the health & academic success of children & youth by advancing health services in schools.**

Learn more:
schoolhealthcenters.org



Agenda

1. About School-Based Health Centers (SBHCs)
2. Impact of the pandemic on children and youth
3. How SBHCs help address child well-being
4. Opportunities to improve and expand school health services

WHAT IS A SCHOOL-BASED HEALTH CENTER?

- **Delivers primary medical care PLUS**
- **Located on or near a school campus**
- **Serves students and sometimes siblings, family members, and the community**
- **Promotes school-wide health**



PEDIATRICS[®]

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

From the American Academy of Pediatrics Policy Statement

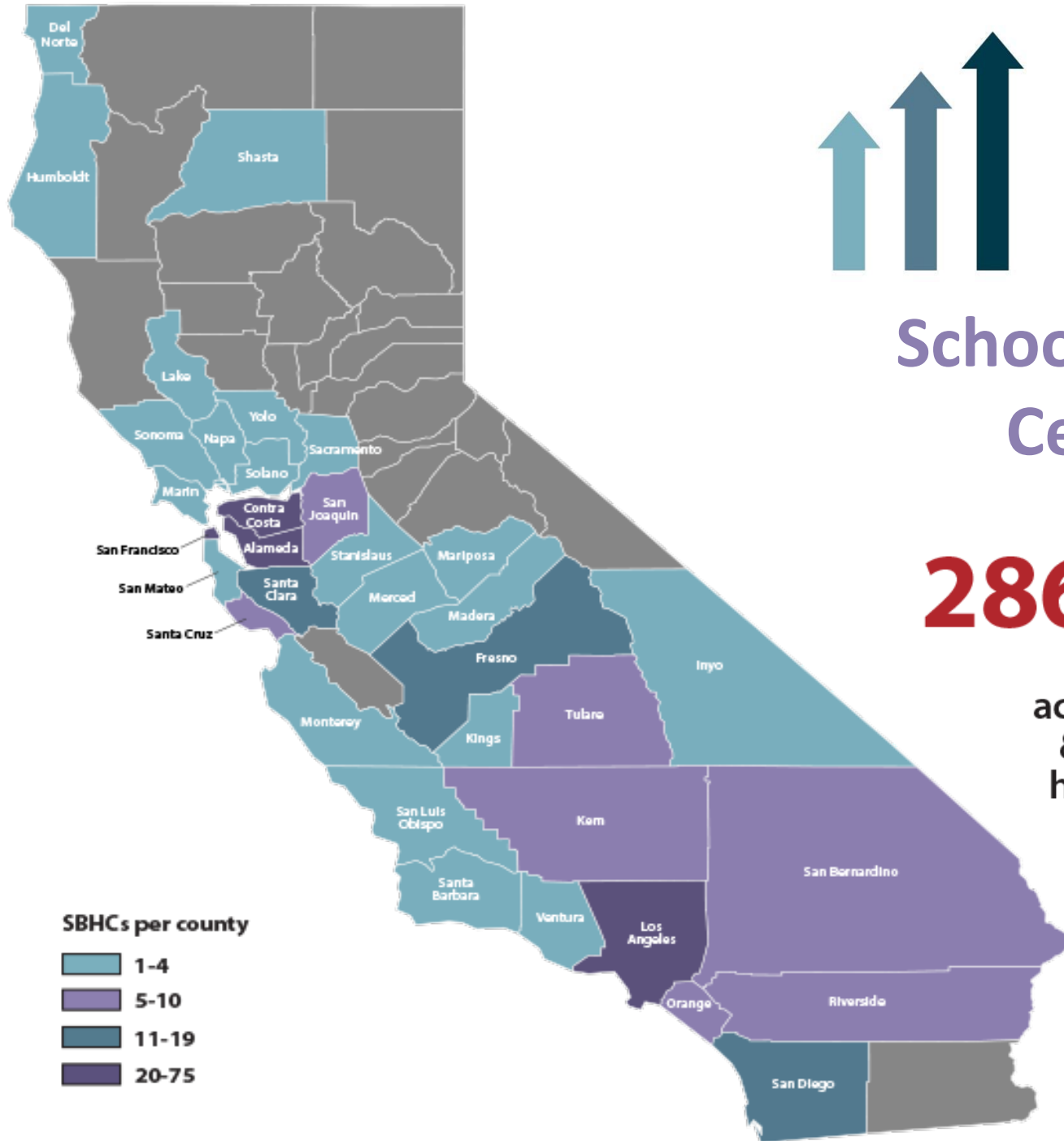
School-Based Health Centers and Pediatric Practice

Chris Kjolhede and April C. Lee; COUNCIL ON SCHOOL HEALTH

Pediatrics October 2021, 148 (4) e2021053758; DOI: <https://doi.org/10.1542/peds.2021-053758>

“SBHCs serve a critical role in increasing access to quality comprehensive and coordinated primary care for children and adolescents, especially underserved, at-risk, and stressed children and adolescents.”

- American Academy of Pediatrics



↑↑↑ **293**

School-Based Health Centers in CA

286,000

students have access to SBHCs & high-quality health services



TESTIMONIAL



40



THE PANDEMIC BEFORE THE PANDEMIC

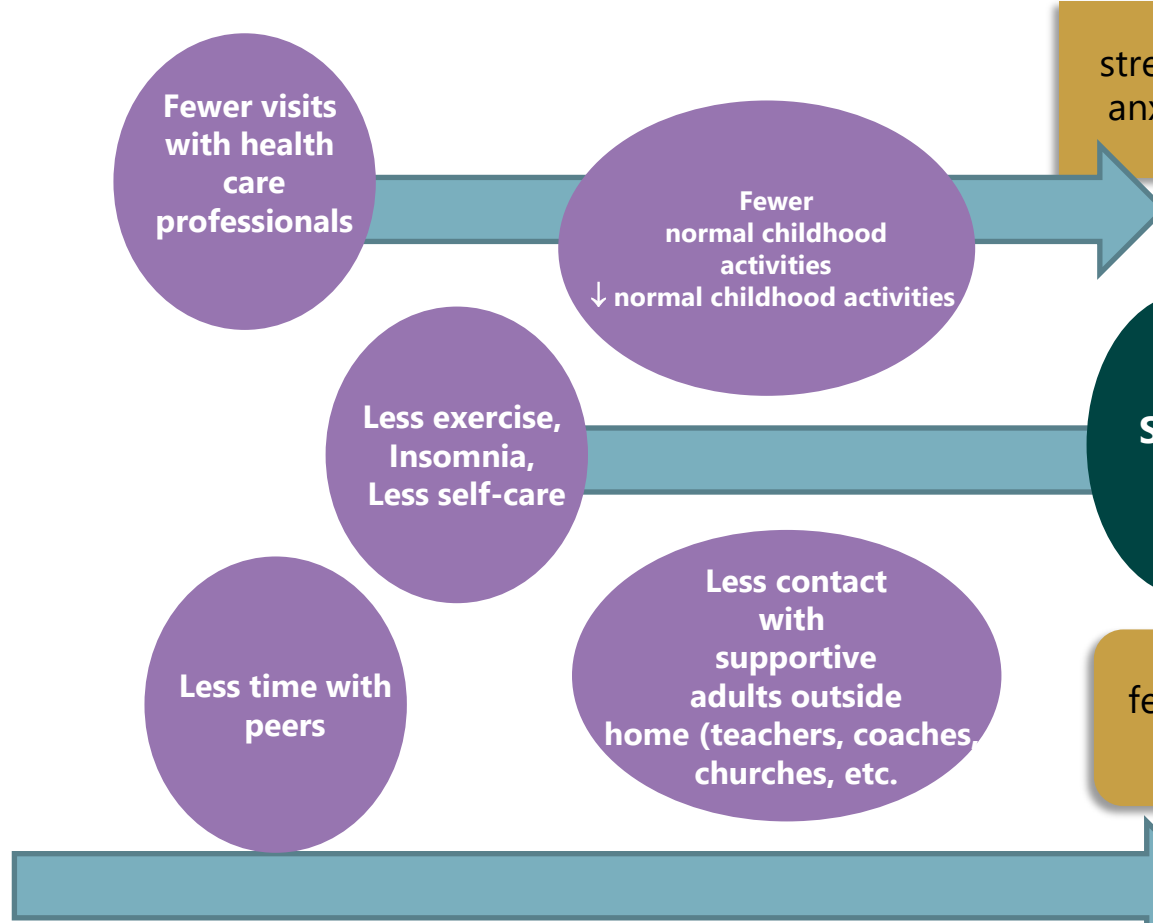
- Earlier onset, increased prevalence, and greater intensity and complexity of student mental health needs
- Youth suicide rates ↑ 20% per year for past decade, especially among 10–14 year-olds
- 13–22% of school-aged youth experienced a mental health challenge at a level associated with formal diagnoses
- 80% of those children and youth had unmet treatment needs
- 70% of those who DID receive treatment did so in school
- Many more faced challenges that put them at risk for future mental health difficulties

Mental health is the #1 reason children are hospitalized and suicide is the 2nd leading cause of death

MORE RISKS for kids and caregivers

- COVID illness & death in family and community
- Job loss, eviction, food insecurity
- Parental stress
- Trouble with remote learning & learning loss
- Social isolation/loneliness
- Increased screen time
- Disruption in routines

BUT FEWER PROTECTIVE FACTORS



WORSENING OUTCOMES



The Perfect Storm

ANTONIO'S STORY

SBHCs support healing and resilience

SANCTUARY FOR ALL
ALL STUDENTS ARE SAFE
AND WELCOME HERE





Our kids and
teens face a
**MENTAL HEALTH
CRISIS.**

SBHCs DURING SCHOOL CLOSURES

- Pivot to telehealth
- Practical supports:
 - food distribution
 - Wi-Fi/tech support
- Active student outreach
- COVID testing & tracing
- Support culture & climate:
 - Wellness Wednesdays
- Youth-to-youth vaccine education and promotion



SBHCs WITH IN-PERSON LEARNING

- Most re-opened
- Workforce shortages
- Vaccines for students, others
- Addressing deferred care & MH crisis
- Ongoing telehealth options
- ACEs & other screening
- Trauma & adjustment groups
- Planning for 5-11 year-old vaccines!

Mental health during COVID 19 stress

"Be kind to your mind"

Everyone may have different methods to cope with stress, it is important to find what works best for you.

- Communicate: Reach out to loved ones, call a friend, talk to a trusted person about your emotions
- Take care of your body: Stretching, meditation, maintain a healthy nutritional diet while getting good amounts of sleep and exercise
- Take a break from the media: taking time to pause listening, watching, or reading about the pandemic can help you feel less overwhelmed or anxious

a few websites like these can provide more information and tips on your mental health

[adolescenthealth.org](https://www.adolescenthealth.org)
[cdc.gov](https://www.cdc.gov)
[teenmentalhealth.org](https://www.teenmentalhealth.org)

175%

MYTH

I will be asked for my immigration status before I get the vaccine.



FACT

Immigration status or a social security card are **not required** for a vaccine.



@lacinicasbhc

SOURCE: Community Health Center Network's COVID-19 Vaccine Myth vs. Fact Card

Recipe for Self-Love



Follow accounts that portray different types of bodies

..... Practice not calling food 'good' or 'bad.' All food can be nourishing!

Talk to your friends about how they feel about their bodies

..... Write a love letter to your body

..... Wear clothes that make you feel comfortable

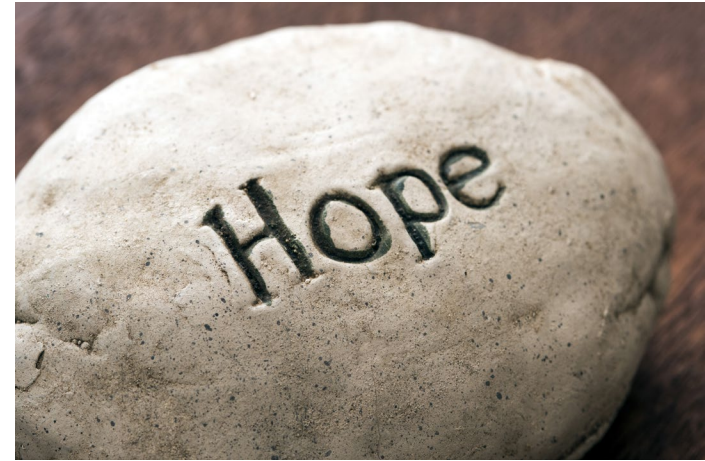


These tips comes from

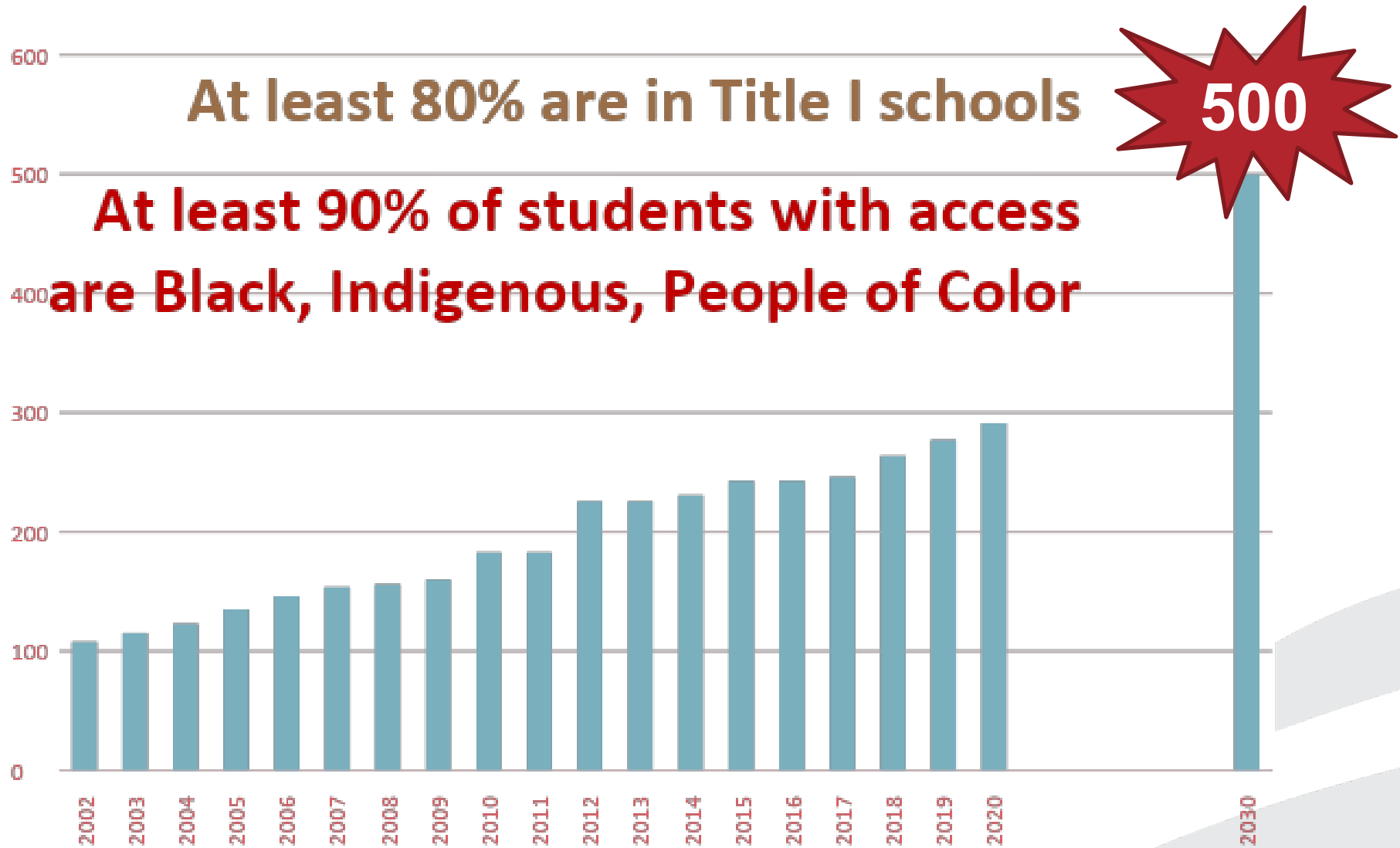
The Self-Love Revolution: Radical Body Positivity for Girls of Color by Virgie Tovar

OPPORTUNITIES & OPTIMISM

- State investments:
 - CYBHI
 - MCO incentive program
 - Community Schools
- CDE – new Office of School-Based Health
- CDPH position
- State/local/federal funding for SBHCs:
 - More comprehensive programming
 - More school integration
- Definitional clarity/ common data and performance measures

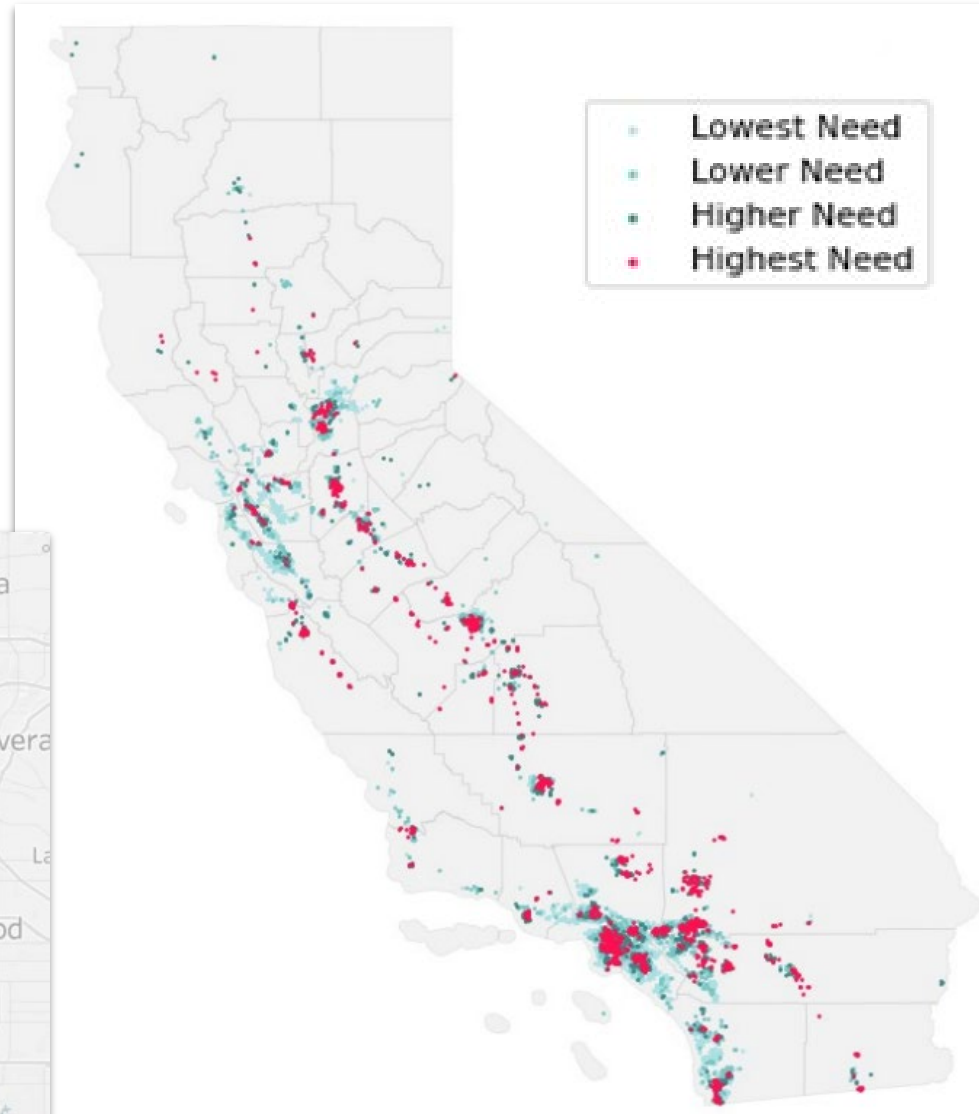
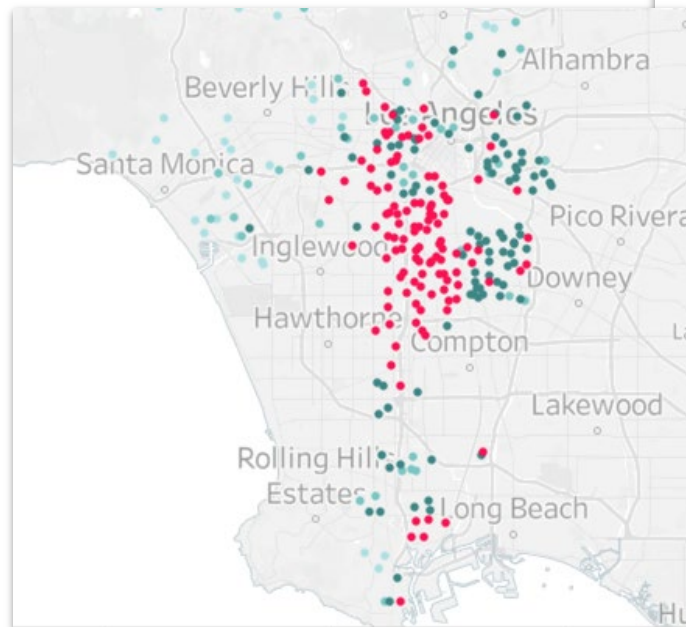


500 New SBHCs by 2030



MORE & BETTER SCHOOL-BASED HEALTH CENTERS!!

The **Student Health Index** shows where to invest in SBHCs for the greatest impact on student health and learning.



WAYS TO COLLABORATE

- Get to know your local SBHCs
- Consider partnership opportunities
- Join CSHA/attend conferences and webinars



SAVE THE DATE!

2022 California School Health Conference

Thursday, April 28: Welcome Reception
Friday, April 29: Full Day Conference

University of Redlands

San Bernardino



CALIFORNIA
SCHOOL-BASED
HEALTH ALLIANCE

Putting Health Care Where Kids Are

PRESENTED BY



STAY CONNECTED



schoolhealthcenters.org



org

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[sbh4ca](https://twitter.com/sbh4ca)



[sbh4ca](https://www.instagram.com/sbh4ca)



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Questions?



Provides support and resource referrals to parent and youth during the current COVID-19 pandemic, 7-days a week from 8:00 a.m. to 8:00 p.m.

Call or text 1-855-4APARENT (855-427-2736) for services in English, Spanish and other languages. For more information, please visit:

<https://caparentyouthhelpline.org/>

Resources

- KidsData: kidsdata.org
- California School-Based Health Alliance:
<https://www.schoolhealthcenters.org/>
- HOPE: positiveexperience.org

Share Your Thoughts!



<https://tinyurl.com/ChildWellbeingDuringCOVID>

Thank You!