



MARCH 16, 2021

**District Five COMMUNITY FORUM ON CHILDREN AND YOUTH HEALTH
AND EMOTIONAL WELL-BEING**

A Pandemic Generation

What are Kids Thinking, Feeling and Talking about?

A Virtual Forum: How to Engage

- The forum is being recorded and it will be two hours long.
- All attendees placed on mute.
- **Please utilize the CHAT box to submit comments and questions throughout for the presenters.** If in full screen mode and cannot access the chat either hit Esc on your keyboard or the double arrow in the right-hand corner to escape full screen mode.
- Due to limited time, we may not be able to respond to all comments and questions. We will follow-up to ensure questions are answered.
- All materials will be sent after the forum

Chatter Fall: Who is “in the room”?

- Parent
- Early Childhood Educator and Care Provider
- K-12 School Teacher
- Social Service Provider
- Child Support Services
- Health Care Provider
- Behavioral Health Provider
- School Administration Staff
- Community Based Organization
- Faith Based Organization
- Advocacy Organization
- Not on this list? Tell us!

Using the chat Function, let us know who you are! You may write more than one option



Agenda

Opening Remarks

Understanding Risk and Protective Factors for Youth and their Mental Health

Conditions of Children's Report: What Data Say About the Impact of COVID-19

A Pandemic Generation and How to Ask Important Questions As Part of A Community Response

- Orange County Youth Identified With Mental Health Concerns
- Teens Reaching Out for Help: Southern California Teens and the World

Community Resources for Mental Health Concerns

Q&A Panel

Closing Remarks

Opening Remarks

Hon. Lisa Bartlett
Fifth District Supervisor
Orange County Board of Supervisors



Opening Remarks from Supervisor Lisa Bartlett:

As policy makers, the Conditions of Children report is a valuable resource to help determine the strengths and needs of our children here in Orange County. Each year, we use this report to evaluate some of our County youth programs, track progress and, if necessary, modify our approach if we are not seeing the expected results.

A key element of this report that is of particular interest to me, is the rate of children hospitalized for a mental illness or substance use disorder. Mental Health has always been a top priority for me and, as this report indicates, there is still a significant need for additional services and support for our children and families struggling with mental health issues.

Did you know that from 2009 to 2018, there has been approximately a 10% increase in mental health and substance use related hospitalizations among children?

We need to do better!

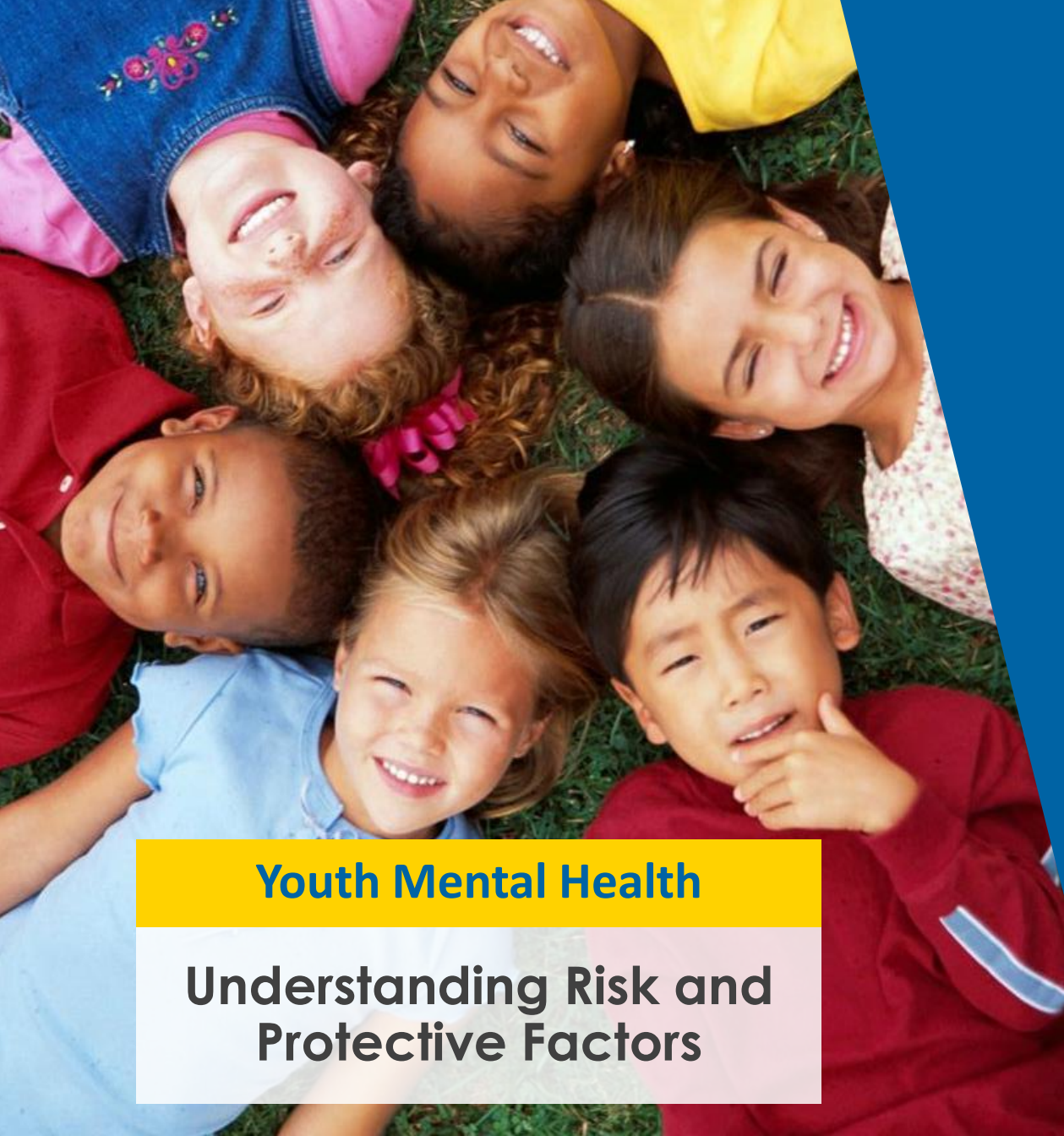
Opening Remarks from Supervisor Lisa Bartlett:

There is no doubt that this past year due to COVID-19 has taken a significant toll on the mental health and well-being of our youth and families. Now, more than ever, we need to make sure our children and youth have the resources available to help them through the mental anguish and turmoil of last year. With the opening of our Be Well Anita campus, and two more campuses across the county, we will be able to address many of the issues associated with mental health and substance abuse, in a safe and supportive environment.

I look forward to my continued work with County leaders to further improve the health and safety of Orange County's children.

This morning you will hear from our presenters about the impacts of COVID on the overall health and well-being of our children. They will speak on topics such as:

- Understanding Risk and Protective Factors
- About the Kids Living in our Neighborhoods
- How we can Protect Kids' Mental Health
- COVID-19 and Mental Health Among Our Kids, and
- Community Resources for Mental Health Concerns



Youth Mental Health

Understanding Risk and Protective Factors

UCI

SCHOOL OF SOCIAL
ECOLOGY

Jessica Borelli, PhD

Associate Professor of
Psychological Science

Predictors of Mental Health Problems

- **Diathesis Stress Model:** explains the likelihood that a certain outcome (e.g., mental health problem) will manifest as a result of a predisposition vulnerability and a stressor.
- What is the likelihood that **Dylan** (a 9-year-old male) will become depressed?
- *Dylan is a Latinx male with two younger siblings. Three years ago, after a prolonged period of unemployment, Dylan's father committed suicide. Dylan's mother struggles with an alcohol use disorder and depression. Earlier this year, Dylan's family became homeless and moved into a shelter in Anaheim.*
- Genetic loading
- Environmental stressors

Risk Factors

Risk factors: variables that precede a negative outcome and increase the chances that the outcome will occur

Increase the probability of negative outcome

Can be general or specific

Risk can be cumulative – such that risk factors co-occur (additive or exponential way)

Risk factors can moderate one another



Risk Factors

- Risk factors can be characteristics of the community, neighborhood, or something that applies to the person's group
- Economic insecurity (food insecurity, unstable housing)
- Under-resourced schools
- Discrimination, racism



Risk factors

- Instability within the family (Parental mental illness, Divorce)
- Violence (Exposure to domestic violence, Abuse, Exposure to community violence)
- Prenatal insults (low birth weight)
- Other trauma (accidents, illness)

Developmentally Sensitive Risk Factors

- Early childhood (under 5): Any deprivation within the parent-child relationship, exposure to violence.
- Middle childhood (5 - 12): Difficulties within the school environment, exposure to community violence.
- Adolescence (13 – 18): Problems within peer relationships, dating violence, exposure to community violence, drug use.



Protective Factors

- **Protective factors:** variables that reduce the chances (or help to protect against the likelihood) of a child developing a disorder
- What is the likelihood that *Dylan* (9-year-old male) will become depressed?
 - ❖ *Dylan has been participating in a program at the YMCA for the past three years. He has developed a strong relationship with a basketball coach there. The coach believes in him and invests time and effort in helping Dylan develop.*
- Genetic loading
- Environmental stressors
- Environmental enrichment

Protective Factors

- Nutrition, access to health care
- Safe neighborhoods
- Positive relationships (with parents, with teachers, with peers)
- Parental psychological health
- Intelligence, Athletic Skills, Physical Attractiveness, Other Skills

Developmentally Sensitive Risk Factors

- **Early childhood:** (under 5): Secure parent-child attachment relationship
- **Middle childhood:** (5 - 12): Safe school
- **Adolescence:** (13 – 18): Positive first romantic relationship, late puberty (girls)

Complex Interactions

- In reality
 - ❖ Risk and protective factors fluctuate over time to interact with genetic predispositions..... It's complicated! Life is complicated, people are complicated.
- When kids have multiple risk factors and few protective factors, they need more attention.

Contact Info

- [UCI Contact Info: Jessica.borelli@uci.edu](mailto:Jessica.borelli@uci.edu)
- [Compass Therapy: jessie@compass-therapy.com](mailto:jessie@compass-therapy.com)
- www.compass-therapy.com



Debra Baetz

Director of Orange
County Social Services
Agency





THE 26TH ANNUAL REPORT ON THE

CONDITIONS OF CHILDREN

IN ORANGE COUNTY

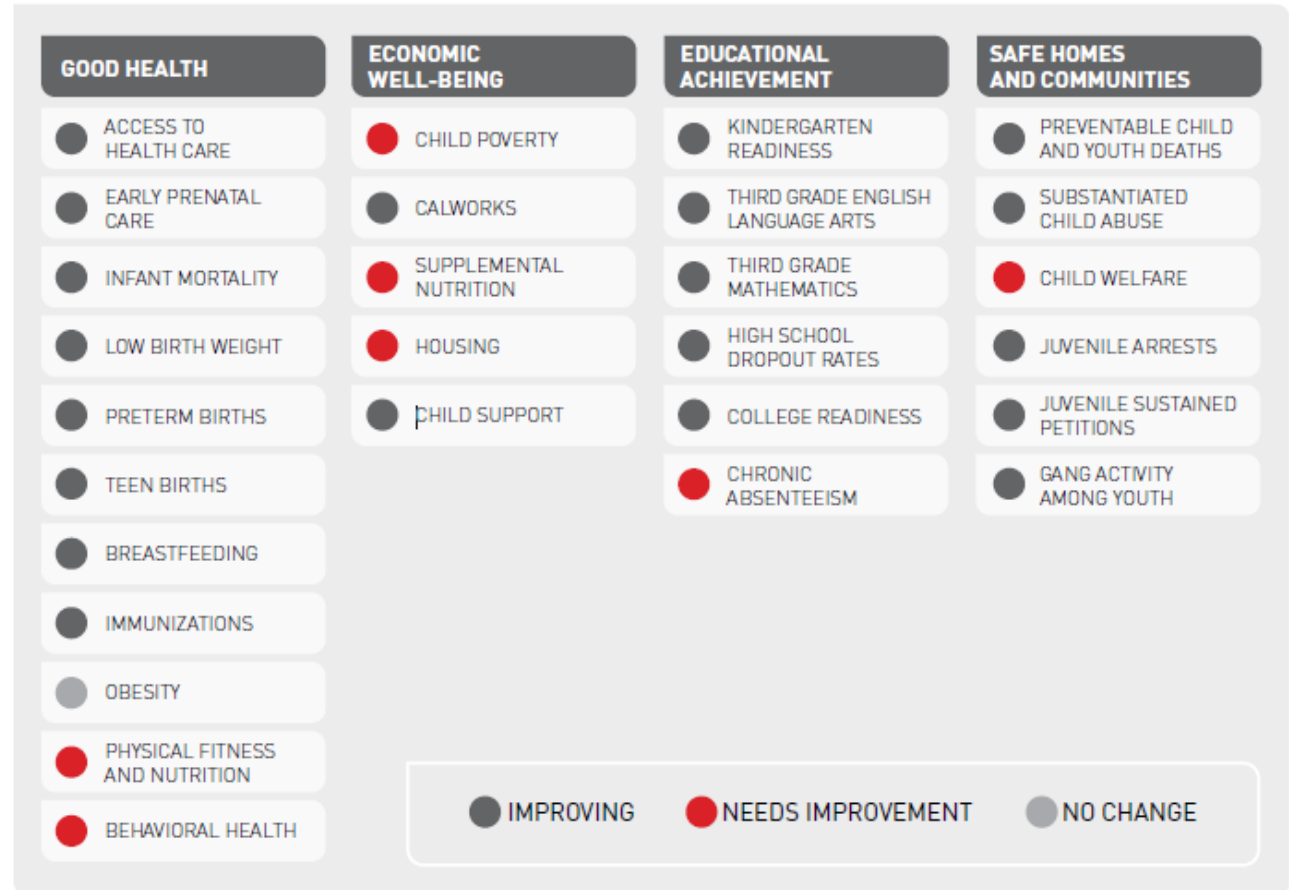
Assessing How Orange County's Children are Faring

- 27 Primary Indicators Presented in Four Areas

- Good Health
- Economic Well-Being
- Educational Achievement
- Safe Homes and Communities

- Summary of Report Highlights

- Additional supplemental indicators also online



Key Highlights

- Poverty among children in Orange County increased 11.8% since 2010. Data reflected that poverty amongst children was on a downward trend between 2015 to 2018 as was the number of children receiving CalWORKs.
- Nearly half of Orange County public-school children qualify for free/reduced price school meals at 48.8%, lower than California at 59.3%.
- Approximately 14.2% of children under the age of 18 years old received CalFresh, lower than California at 21%
- Orange County's infants remain in good health with a recent positive increase in mothers receiving early prenatal care and continued declines in babies born pre-term and with low birth weights
- Young children continue to progress academically in both Math and English Language Arts, while college readiness among high school students maintains its seven-year positive trend.



Areas of Concern

- Nearly 30,000 students experienced insecure housing, an increasing trend since 2016.
- Low CalFresh utilization rate amongst those eligible for these critical benefits.
- Low-income students are nearly three times less likely than their peers to exceed the third-grade mathematics and English language standards.
- Rates of chronic absenteeism among public school students was increasing since 2016, with Kindergarteners and high school students experiencing the highest disparity.
- Despite some improvement, foster youth still experience the highest rates of chronic absenteeism and high school dropout rates.



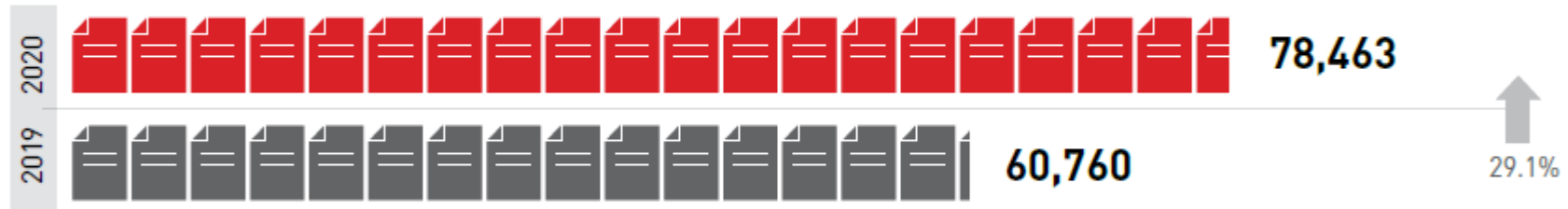
SPECIAL EDITION ON COVID-19: HOW ORANGE COUNTY IS ADDRESSING EMERGING IMPACTS AMONG CHILDREN AND FAMILIES

TOTAL APPLICATIONS RECEIVED FROM MARCH TO AUGUST, 2019 AND 2020

Medi-Cal



CalFresh



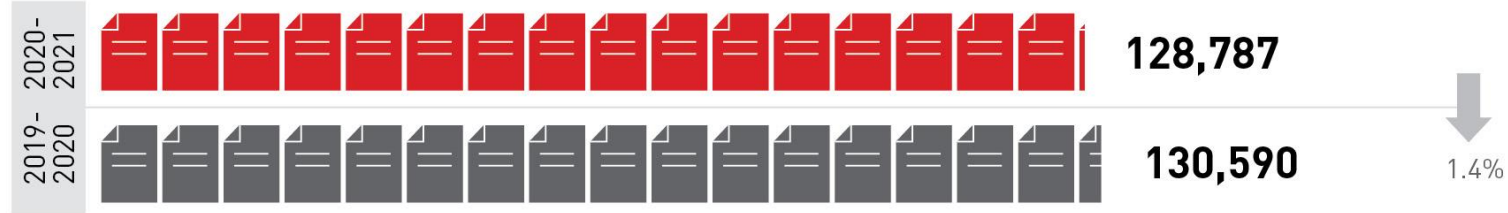
CalWORKs



COVID-19 Impacts Update

TOTAL APPLICATIONS RECEIVED FROM MARCH 2019-FEBRUARY 2020 AND MARCH 2020-FEBRUARY 2021

Medi-Cal



CalFresh



CalWORKs



Reading the 26th Annual Conditions of Children's report

For hard copies of the report, email:
Robyn Odendahl at
rodendahl@healthmanagement.com

Online report and supplemental data
tables are available online at
[https://www.ssa.ocgov.com/about/me
dia/occp](https://www.ssa.ocgov.com/about/media/occp)



A Pandemic Generation and How to Ask Important Questions As Part of A Community Response



Melissa Padaychee, LMFT, Director

- Seneca's Outpatient Medi-cal Mental Health Clinic
- All-in School Referred Mental Health Services Program

Deanna Echevarria, LCSW, Director

- Seneca's Wraparound Program

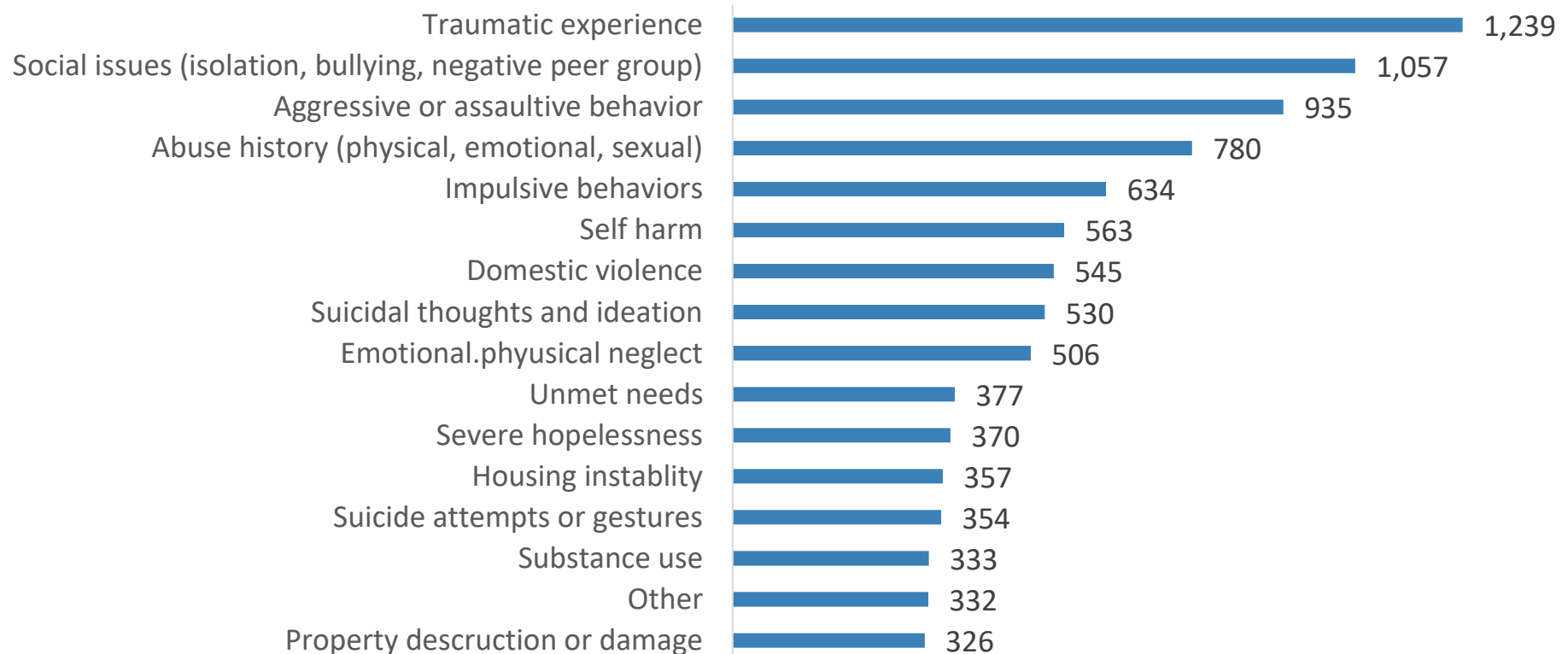
Cheryl Eskin, MA, MFT, Program Director of teen line

Overview

- Discuss mental health/risk behaviors children are experiencing and how current pandemic has intensified these symptoms
- Identify protective factors that can help children mitigate mental health concerns
- Review talking points to assess risk, identify strengths and support children

Risk Behaviors: 2020 Snapshot

Number of Identified Risk Behaviors



Behaviors to look out for and discussion of how the pandemic has influenced these areas



History of and Current Trauma

- What are common behaviors/symptoms associated with trauma?
- Pandemic's Influence:
 - Past unprocessed trauma being retriggered
 - Fight or flight body response
 - Fear of losing loved ones



Social Isolation

- What are the common behaviors/symptoms associated with social isolation?
- Pandemic's Influence:
 - Social media being main source of communication/connection
 - Zoom fatigue/lack of connection with teachers and peers
 - Decrease in extracurricular activities



Protective Factors

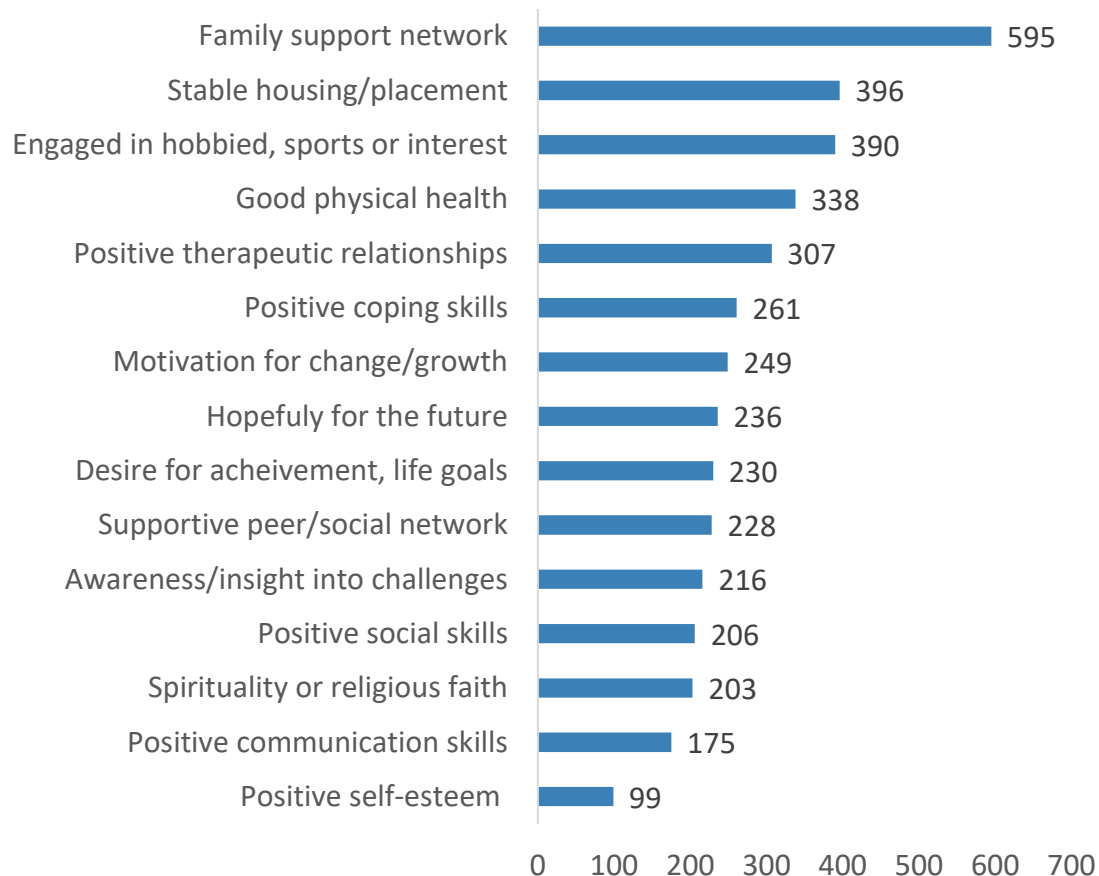
STRENGTHS TO ASSESS FOR TO HELP CHILDREN COPE

Protective Factors

- Family Support Network
- Stable Housing
- Engaged in hobbies, sports or interests
- Good physical health

2020 Snapshot

Number of Identified Protective Factors



Tips to Assess Risk and Identify Strengths

HOW YOU CAN TALK TO CHILDREN ABOUT THEIR EXPERIENCES DURING THE PANDEMIC



Talking Points

- Ask children directly how they are and how the pandemic/distance learning has impacted them. Provide many opportunities to check-in about their experience, not just one.
- Validate and normalize the feelings they share. You do not need to have the answer on how to “solve” their experience or manage their emotions.



Talking Points

- Share how the pandemic has impacted you to help normalize their feelings and help them put words to their experiences.
- Ask what they have enjoyed about being home with their family more. What are new activities they have tried? This will help identify protective factors, interests and coping skills.
- Name and acknowledge that loss has happened (family, friends, activities, structure, etc.) and listen as they share how has impacted them.



Talking Points

- Assess what basic need resources children/caregivers would find supportive during this time. Refrain from using the word “need” as it may cause shame or comparison, preventing them from accessing help.
- Reach out to caregivers to listen and encourage them to engage in self-care.

THANK YOU!

SENECA FAMILY OF AGENCIES

FOR MORE INFORMATION ABOUT SERVICES, PLEASE
CALL: 714-957-1004





Cheryl Karp Eskin, MA, MFT, Program Director

Why TEEN LINE?



TEEN LINE was **created in 1980** by mental health professionals who, through their personal work with teenagers, realized the power of **teens helping teens.**

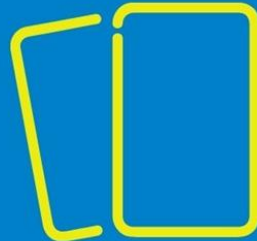
TEEN LINE provides a safe place to talk things out with another teen who can **understand and will listen, but not judge.**

Reach out!



HOTLINE

Text and e-mail Teen Line.



TEEN TALK APP

Free and available for iPhone.



ONLINE MESSAGE BOARD

Account needed to post, but available to all to read.



YOUTH YELLOW PAGES

Available for download on iPhone and Android.

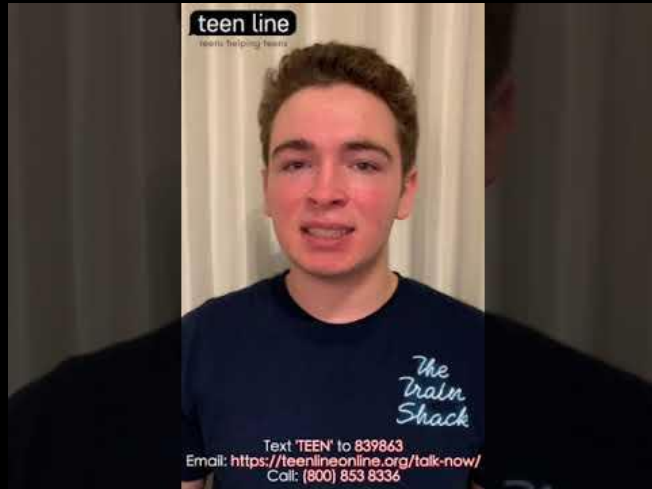
Text "TEEN" to 839863

6-9 PM nightly

Call (800) TLC-TEEN

6-10 PM nightly

teen line



For video, visit:
<https://teenlineonline.org/videos/>

Resources for Teens and Adults



BULLYING



DRUG ABUSE



SELF INJURY



SEX AND SEXUALITY



TEEN DATING VIOLENCE



TEEN SUICIDE PREVENTION FOR LAW ENFORCEMENT & SCHOOL PERSONNEL



TEENS HELPING TEENS

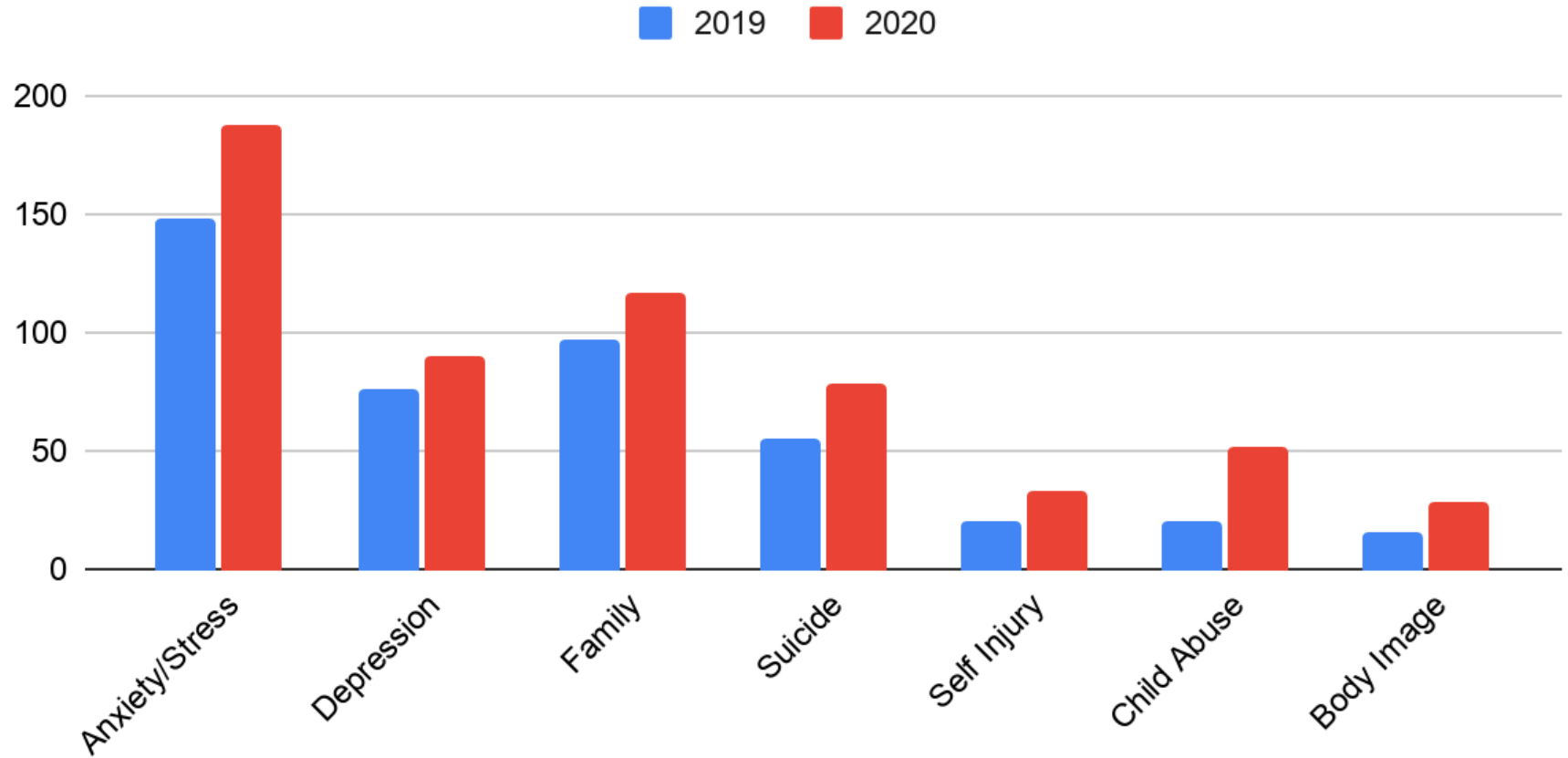


EATING DISORDERS

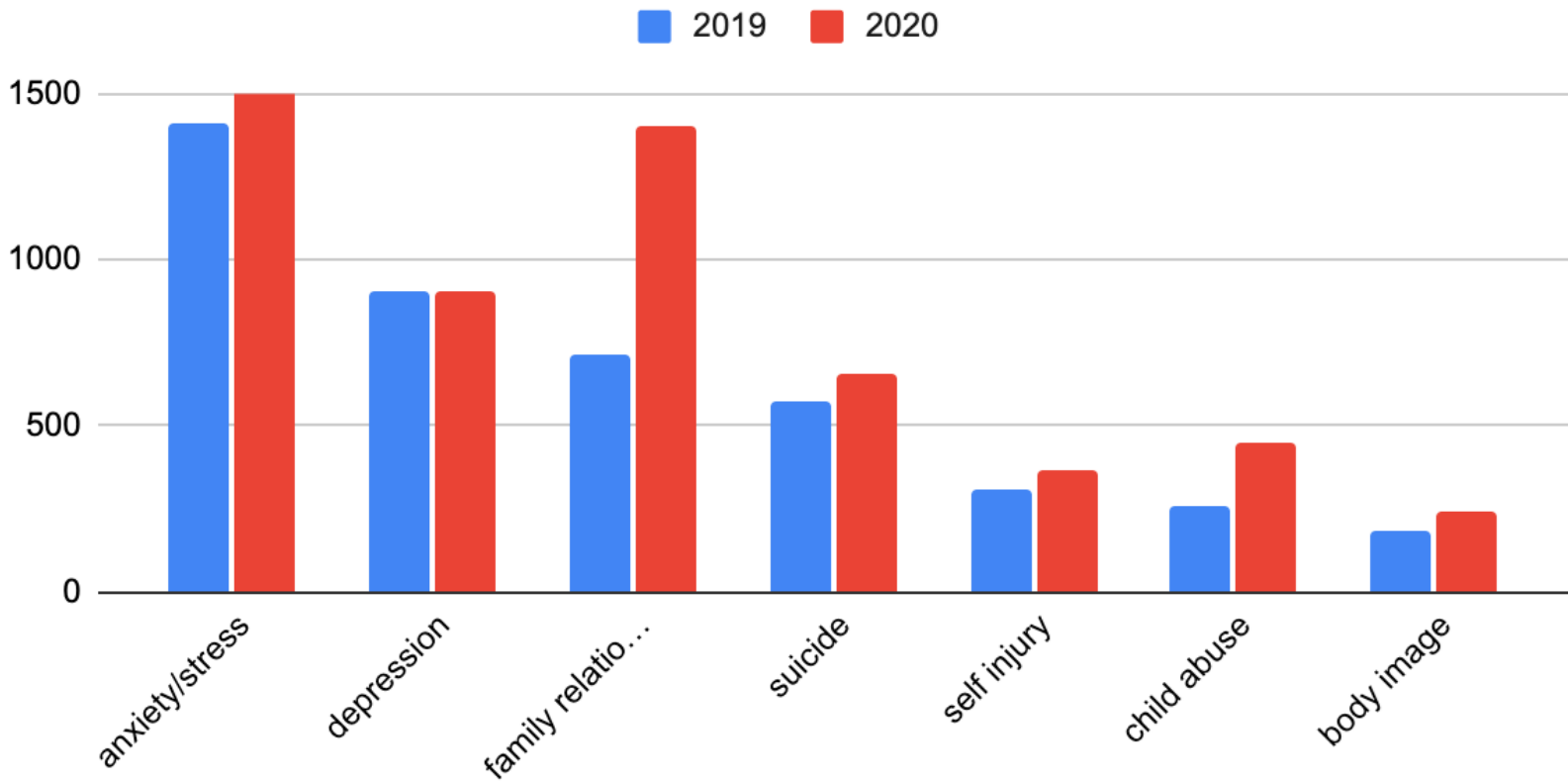


TEEN SUICIDE PREVENTION

Changes in Reasons for Contact to Teen Line Among Los Angeles and Orange County Youth (3/13-12/31)



Changes in Reasons for Reaching Out Across the Country (3/13-12/31)



How Do We Best Support our Teens?

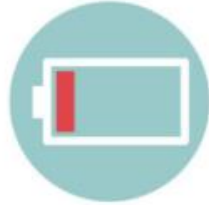
- Acknowledge mental health impact of this year
- Decrease stigma/shame around struggle
- Listen and empathize
- Adjust expectations!
- Create opportunities for connectedness
- Educate around coping skills
- Know when outside help is needed

DEPRESSION

Symptoms



ISOLATION



NO ENERGY



NO CONCENTRATION



ANGER



SADNESS



ALCOHOL AND DRUG ABUSE



NO APPETITE



SLEEP PROBLEM

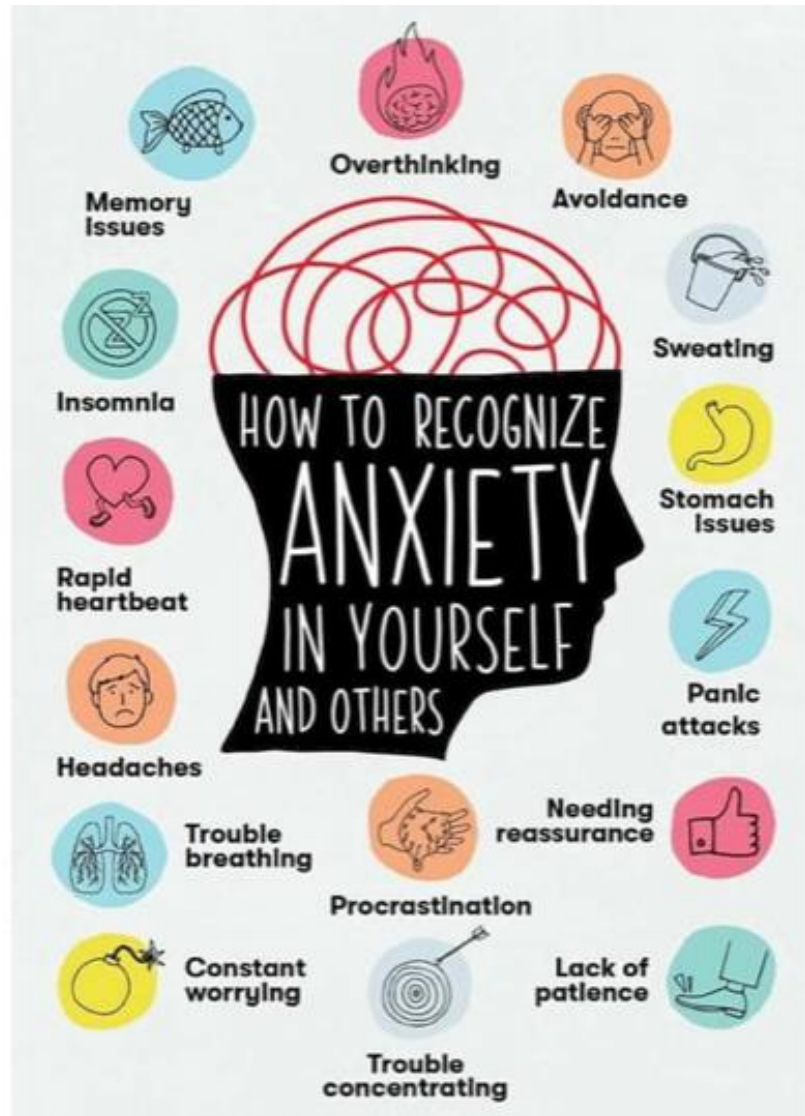


THOUGHTS OF DEATH



GUILT





SUICIDE WARNING SIGNS




TALK

Being a burden to others
Experiencing unbearable pain
Killing themselves
Having no reason to live
Feeling trapped



BEHAVIOR

Increased use of alcohol or drugs
Acting recklessly
Withdrawing from activities
Looking for a way to kill themselves, such as searching online for materials or means
Isolating from family and friends
Sleeping too much or too little
Visiting or calling people to say goodbye
Giving away prized possessions
Aggression



MOOD

Loss of interest
Irritability
Anxiety
Depression
Rage
Humiliation



AMERICAN FOUNDATION FOR
Suicide Prevention

How To Check In With a Teen You're Concerned About

ASK

Ask directly and without judgment.

“I’ve noticed...”

This shows you care, are paying attention,
and encourages them to talk.

STAY AND LISTEN

Listen closely and let them express their
feelings.

GET HELP

Text **“TEEN”** to **839863**

24/7 Suicide Prevention Hotline 800-273-8255

teen line

Some Coping Techniques



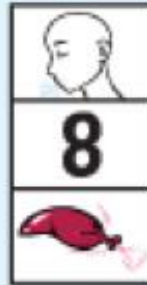
Step 1:

Breathe in through your nose for 4 seconds into your diaphragm; imagine a balloon inflating below your ribcage into your tummy.



Step 2:

Hold the breath in your tummy for 7 seconds.



Step 3:

Make your mouth small and breathe out through your mouth for 8 seconds to deflate your balloon.

Repeat these steps for five to ten minutes, and prepare to feel calm!

TEEN LINE 2020

Infographic source: GoZen!



STOP, BREATHE
& THINK

Resources



1-800-273-8255 24/7
SuicidePreventionLifeline.org



LGBTQ
1-866-488-7386 24/7
TheTrevorProject.org



Know the Signs
SuicidesPreventable.org



310-855-4673 or
Text "TEEN" to 839863
TeenlineOnline.org

Teen Line 2020

Any Questions?:



Please contact Cheryl Eskin, Teen Line
Program Director, at:

cheryl@teenlineonline.org

THANK YOU FOR YOUR TIME!



Dr. Clayton Chau

Director of Orange County
Health Care Agency &
County Health Officer

COVID's Impact on Children's/Youth MH

According to a survey conducted by OC Health Care Agency (OCHCA) Behavioral Health Services Mental Health Services Act (MHSA) Office in Fall 2020, almost 51% of parents indicate that their child was potentially experiencing significant issues related to anxiety and depression.

Challenges

- Understanding how to support children and youth as they transition back to in-person learning
- Awareness of the warning signs of mental health challenges
- Increasing communication and opportunities for open conversation about mental health with youth

2020 CARES Act Funding for Child/Youth MH

Program/Resource	Investment
Violence Prevention Strategies <ul style="list-style-type: none">• Triple P Online Parenting Program	\$3.4 million
Youth Resilience Strategies <ul style="list-style-type: none">• You and Application• bplucky Application• Resilience, Essential, Social, and Emotional Trainings (RESET) Toolbox	\$5.65 million
Health Disparity Strategies	\$2.6 million

Resources

- OC Student Mental Health Community Networking Project
 - [Orange County Student Mental Health \(ocstudentmentalhealth.org\)](https://ocstudentmentalhealth.org)
- HUB Newsletter
- Apps
 - You and App
 - bplucky App
- RESET Toolbox
 - <https://www.resettoolbox.com/>
- Suicide Prevention
 - Be a Friend for Life
 - <https://ocovid19.ochealthinfo.com/youth-suicide-prevention>
 - Triple P online Parenting Program
 - <http://www.ochealthiertogether.org/promiseppractice/index/view?pid=3517>
- OC Links
 - 855-OC LINKS (855-625-4657)
 - <https://www.ochealthinfo.com/bhs/about/nit/oclinks/>
- OC Warmline
 - (877) 910-9276
 - <https://www.namioc.org>

Panelist Q&A with Dr. Chau



1. What is the main takeaway you hope our audience leaves today's forum with?
2. When you have talked with a youth, and identified a need, how do you identify the right resource or next step to take?

Closing Remarks

Hon. Lisa Bartlett
Fifth District Supervisor
Orange County Board of Supervisors

