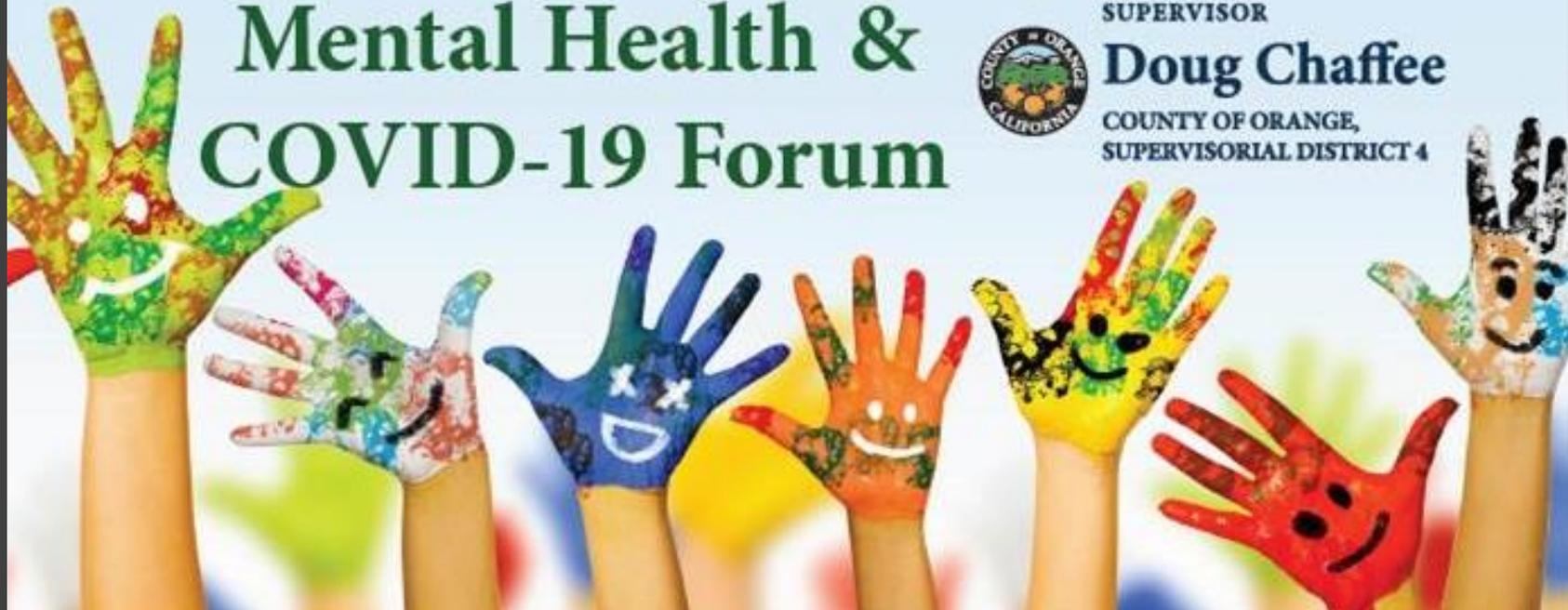


CONDITIONS OF CHILDREN

Mental Health & COVID-19 Forum



SUPERVISOR
Doug Chaffee
COUNTY OF ORANGE,
SUPERVISORIAL DISTRICT 4



PARTNERS:

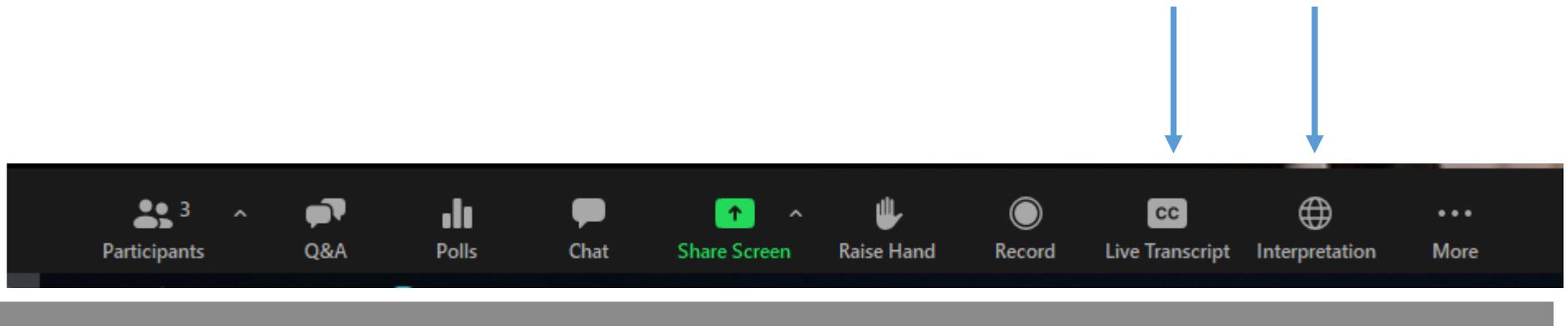


MARCH 30, 2021

3:00 – 5:00 pm

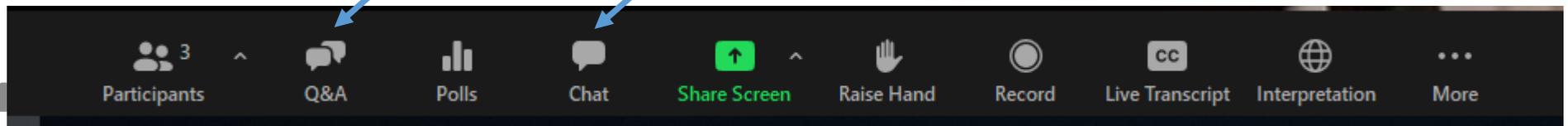
A Virtual Forum: How to Engage

- Closed Caption is Available – Click on the “Live Transcript” icon in your tool bar
- Spanish interpretation is available by clicking on the “Globe” symbol and selecting the “Spanish” option
- La interpretación en español está disponible haciendo clic en el símbolo del "Globo" y seleccionando la opción "Español"



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 Q&A to submit questions throughout for the presenters.**
- Please utilize the **Chat** to share ideas or comments with other participants and the panelists
- 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





Agenda

Opening Remarks

1. 27th Annual Conditions of Children's Report: A Community Resource
2. Starting Early: New Parents and their Babies
3. Early Childhood Mental Health and Wellness
4. Pediatric Mental Health Initiative
5. Parenting in Uncertain Times
6. Local Mental Health Resources

Q&A Panel

Closing Remarks

Opening Remarks

Vice Chairman Chaffee
Fourth District Supervisor
Orange County Board of Supervisors



Opening Remarks

Welcome everyone, my name is Doug Chaffee, Fourth District Supervisor and Vice Chairman of the OC Board of Supervisors.

Today we have an important webinar ahead of us. The Conditions of Children Report is an annual summary on the conditions of children in Orange County. Today we will be focusing on the mental health aspect of the report and how to best address changing mental health needs in children from early childhood to teen years; the impact of COVID-19 on children and family's mental health; and resources to identify and support mental health challenges in children.

Mental health is an important part of our overall health. The more we talk about mental health, the more we help break the stigma. Today is a great example. We are talking openly and honestly about mental health, it is important we listen to others without judgment and tell them, "I stand with you."

That is why I am happy to host this forum, to talk about this important topic that will benefit all of us. Together, we are raising our voice against stigma. I want to thank all of our presenters today for taking the time to contribute to today's conversation on mental health.

We will have a number of topics to discuss with a question-and-answer portion at the end.

And to begin, I'd like to introduce our moderator for the event, Dr. Clayton Chau. Dr. Chau is the Orange County Health Care Agency Director and the County Health Officer. Thank you, Dr. Chau for being here.

Welcome

Dr. Clayton Chau
Orange County Health Care Agency
Director
County Health Officer



Debra Baetz

Director of Orange
County Social Services
Agency





THE 26TH ANNUAL REPORT ON THE

CONDITIONS OF CHILDREN

IN ORANGE COUNTY

What is the Conditions of Children Report?

- A community resource
- A way to identify emerging trends:
 - ✓ What's working that we can build on?
 - ✓ What needs more focus, community attention, and investment?

Good Health

Economic
Well-Being

Educational
Achievement

Safe Homes
and
Communities

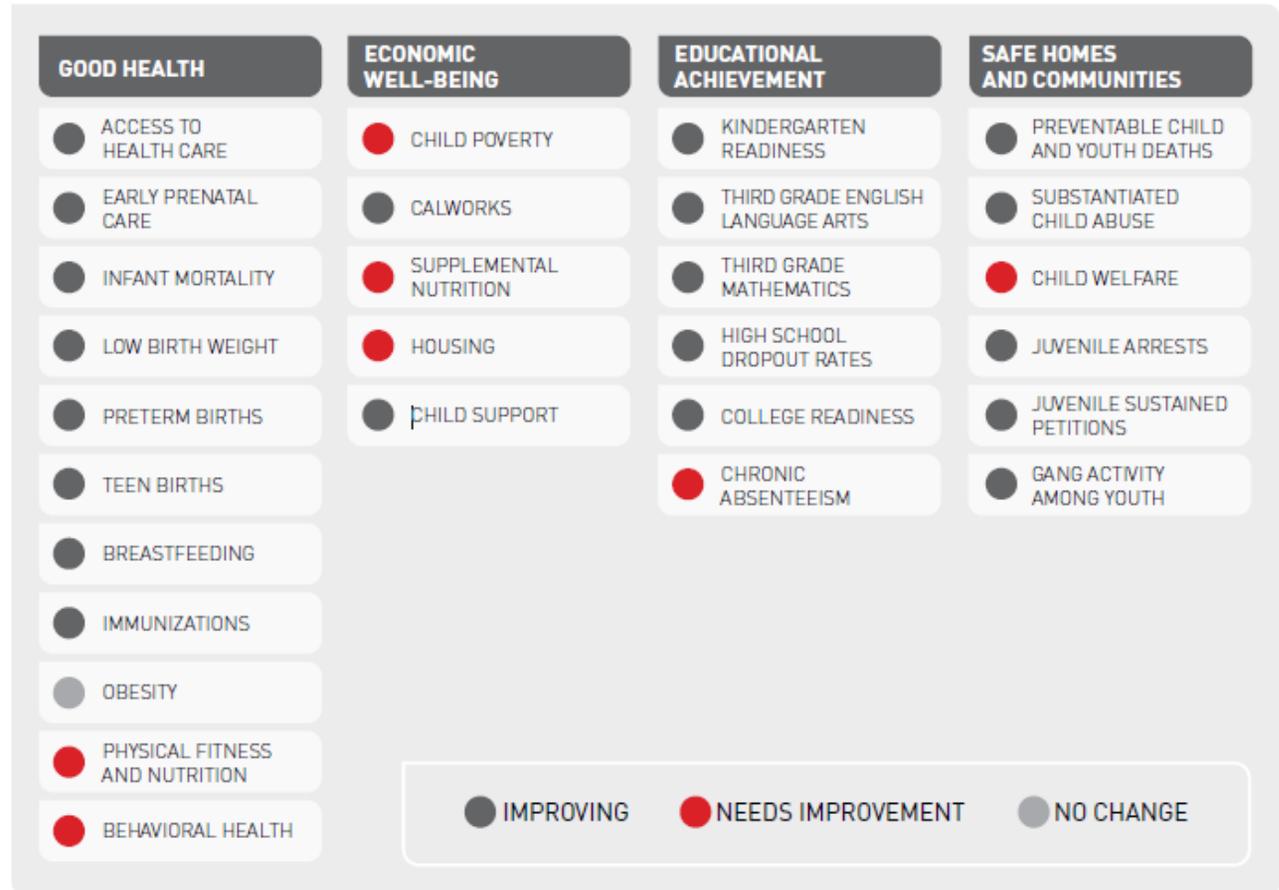
Assessing How Orange County's Children are Faring

- 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



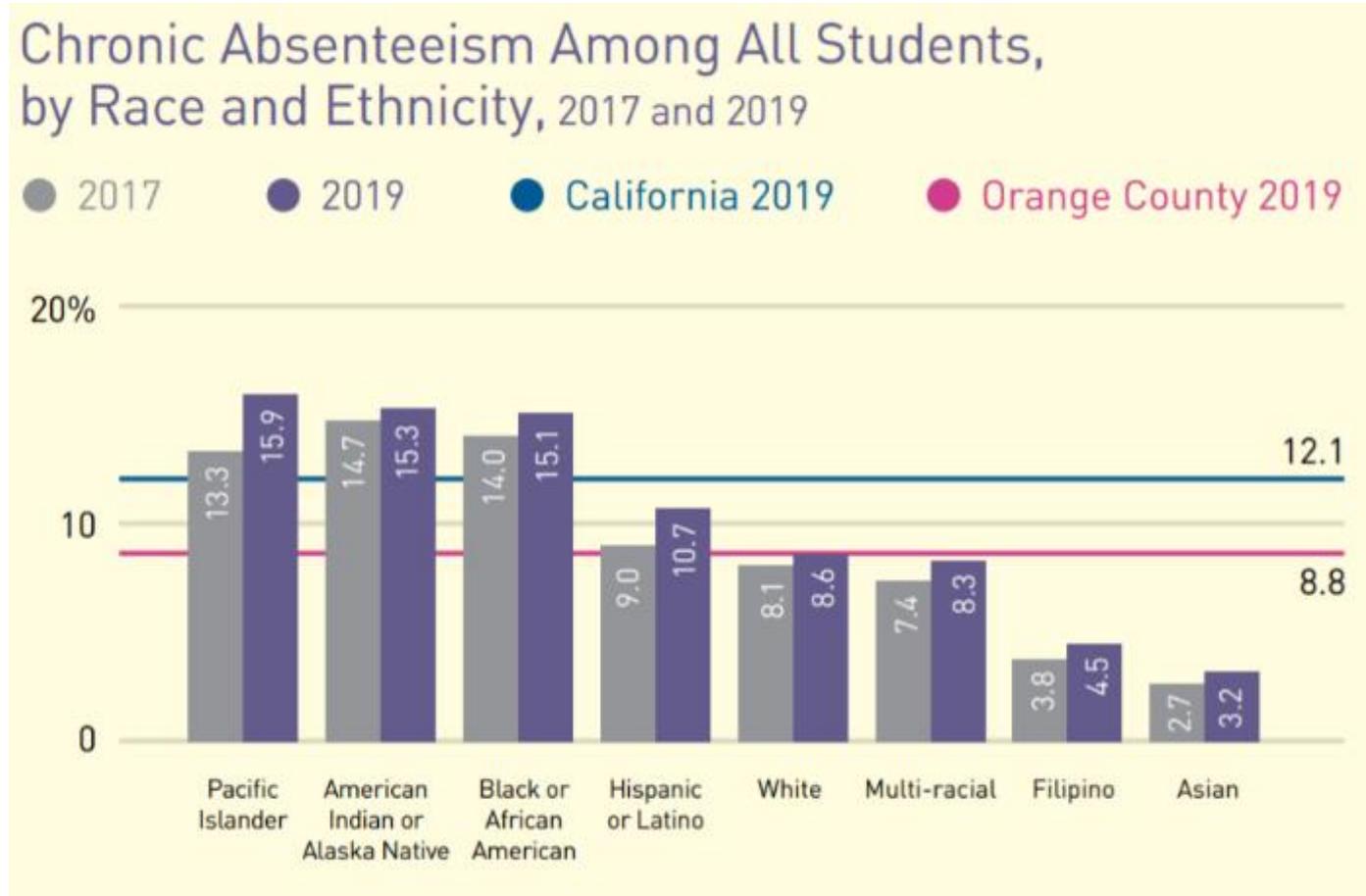


How can the community use the report?

To develop data-informed community solutions by:

- Learning about improving or worsening trends over 10 years across the four focus areas
- Learning where there are disparities by race/ethnicity, age, geography, among other demographics

Data Breakdown – by Race and Ethnicity

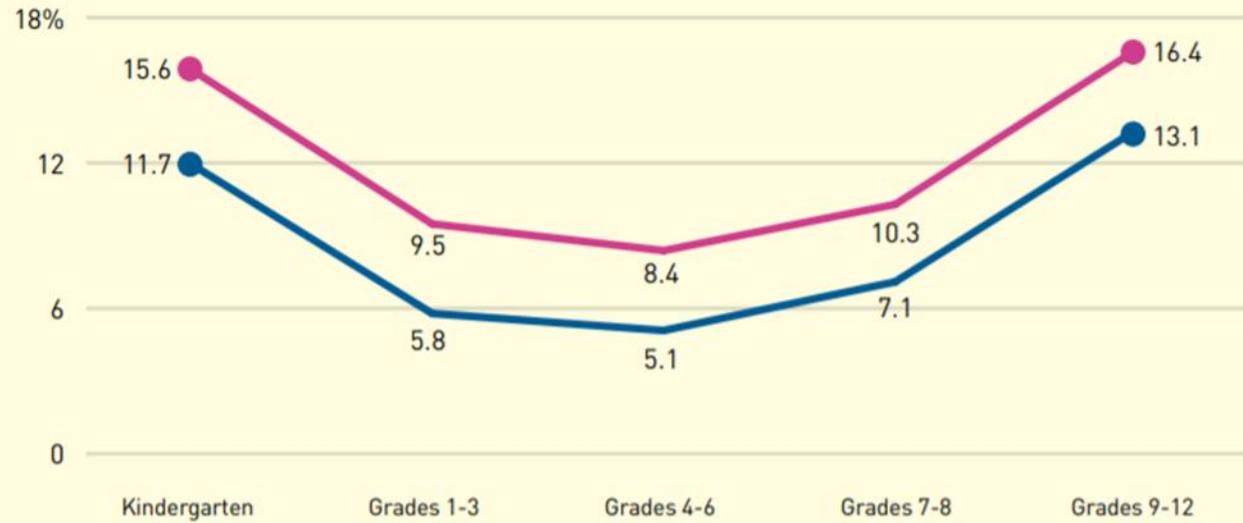


Data Breakdown – by Grade in School

Chronic Absenteeism, by Grade, 2019

● California
● Orange County

Source: California Department of Education, DataQuest, 2018/19 (2019)

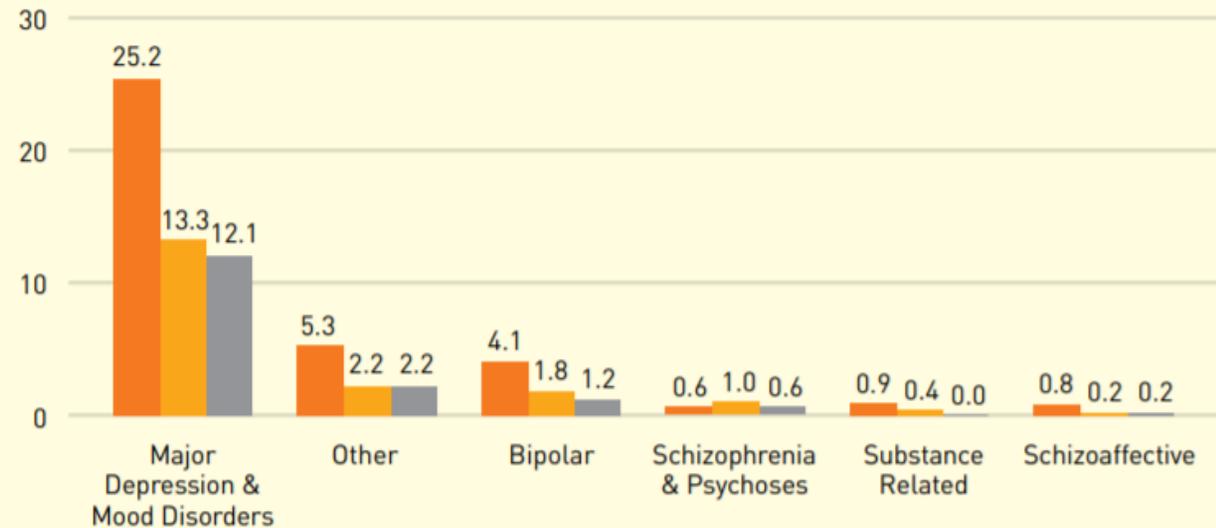


Data Breakdown – by Race and Condition

Mental Health Hospitalization Rates per 10,000 Children, by Race/Ethnicity 2018

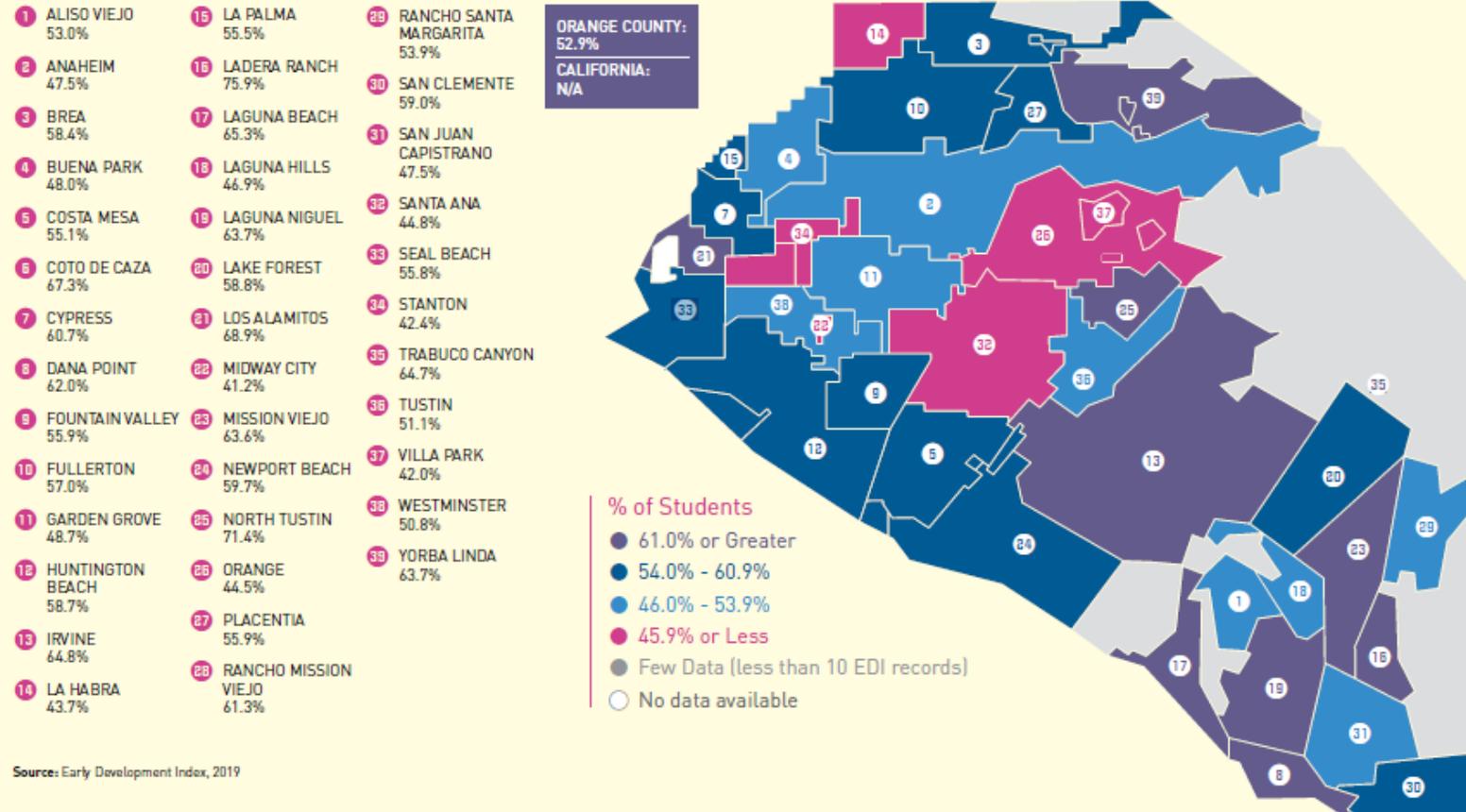
● White
● Hispanic
● Asian/Pacific Islander

Source: Orange County Health Care Agency, Health Policy - Research
Note: Rates for Black children are not included due to unstable and unreliable estimates for small case numbers and populations. 'Other' includes disorders such as other unspecified mood disorders, conduct disorders and disorders related to sleep, eating, elimination and pain.



Data Breakdown – by City

Percent of Children Ready for Kindergarten, by Community of Residence, 2019





INDEX OF
SUPPLEMENTAL
TABLES

Online report is at
occhildrenandfamilies.com/about-us/publications/

Hard copies of the report:
Email Robyn Odendahl at
rodendahl@healthmanagement.com

Starting Early: New Parents and Their Babies

Hoda Shawky, MSN, CPNP
Consultant, First 5 Orange County

March 30, 2021



Parents and Babies- When All is Well



When Things Feel “Off”

Common risk factors these days:

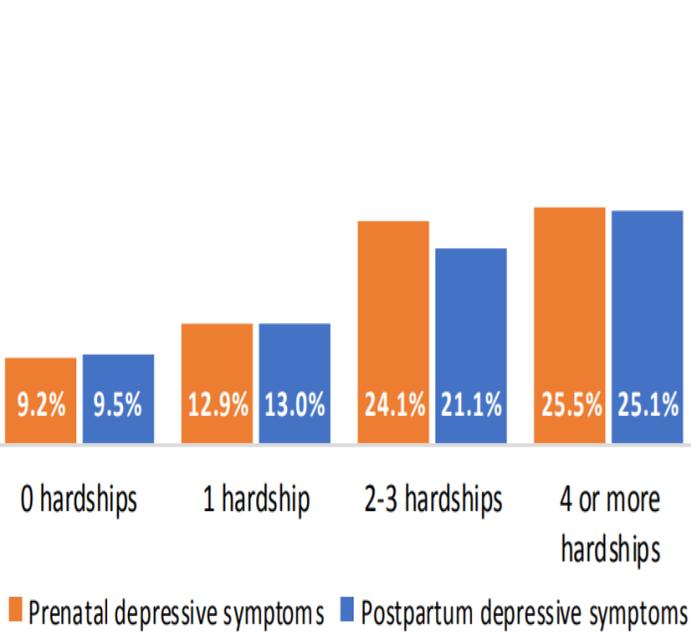
- Stressful life events
- Unplanned or unwanted pregnancy
- Pregnancy or birth complications
- Strained relationship with partner
- Lack of social support
- Financial support
- Personal or family history of depression/anxiety



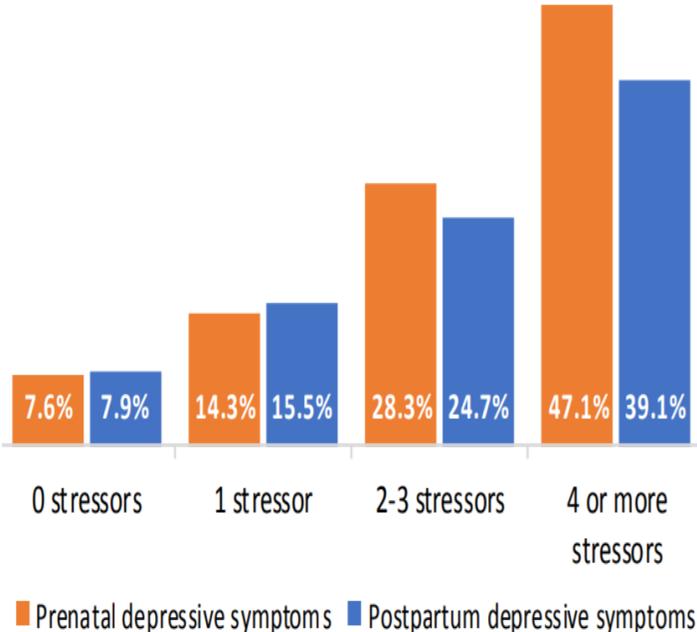
WebMD: A Visual Guide to Postpartum Depression

More Stressors Mean Greater Risk

Symptoms of depression by number of childhood hardships, 2013-2015

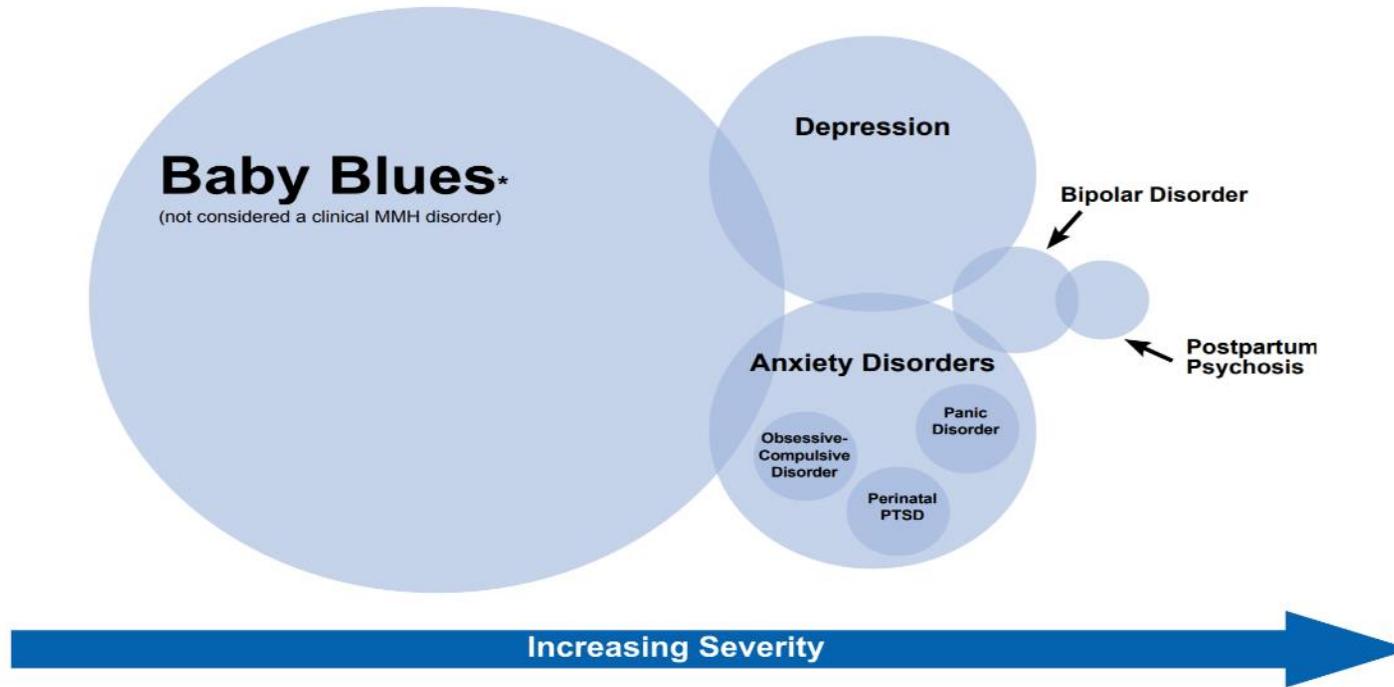


Symptoms of depression by number of pregnancy stressors, 2013-2015



It's OK Not to Be OK

What's Normal, What's Not?



Source: A Report from the California Task Force on the Status of Maternal Mental Health Care. April 2017

Postpartum Depression and Anxiety



- Overwhelmed, hopeless
- Not bonding with baby
- Guilt and shame
- Thoughts of self harm or harm to baby



- Constant worry
- Hard to sit still
- Physical symptoms

Depression in Fathers



What it could look like:

- Frustration, anger
- Loss of interest in things

At risk for:

- Not being supportive of breastfeeding
- Substance use
- Domestic violence
- Infidelity to partner

Self-Medicating with Substances

What it could look like:

- Unstable lifestyle
- Feelings of guilt and shame
- Not responding to child's needs consistently



Parents Will Recover with Help

All of Us Can Help

- **Loved ones:** trusted and friends and family
- **Early care and education:** School nurses, teachers, staff
- **Community support:** counselor/therapist, case workers, WIC
- **Healthcare providers:** pediatricians, OBs, midwives, doulas

**Depression and anxiety are hard on families.
Stress from COVID-19 can make these worse.**

1 in 5 moms and 1 in 10 dads in OC are affected during their baby's first year.



Hope

*Let them know they are not alone
and they WILL get better.*



Action

*Help them rest.
Bring food. Clean up.
Help with the baby.*

The best gift you can offer is the help to H.E.A.L



Empathy

*Listen and don't judge.
Understand his/ her feelings
— it's not wrong to feel.*



Local Help

*Tell them the sooner they get help,
the better for themselves
and their baby.*

If things get worse, call a doctor or 9-1-1



To learn how to help the baby during
this time, visit HelpMeGrowOC.org
or call 1-866-476-9025



To help a parent or family
member, visit NAMIOC.org or call
the OC Warmline at 714-991-6412.



To learn more visit postpartum.net

Need More Resources?



 National Collaborative for Infants & Toddlers
Powered by the Pritzker Children's Initiative

This work has been made possible by the Pritzker Children's Initiative, funder of the National Collaborative for Infants and Toddlers. Through their generous support, this toolkit was compiled by First 5 Orange County's Pritzker Fellow, Hoda Shawky, MSN, PCNP, PHN, PMHS, IBCLC, in collaboration with members of the Orange County Perinatal Mood and Anxiety Disorder Collaborative Steering Committee.



<http://occhildrenandfamilies.com/wp-content/uploads/2020/06/OC-Perinatal-Mental-Health-Toolkit.ONLINE.pdf>





*Just by caring,
We can make a
difference.*



Sandy Avzaradel, MS. Ed.

Content & Training Specialist,
Start Well



Early Childhood Mental Health Collaborative

What is Infant/Early Childhood Mental Health?

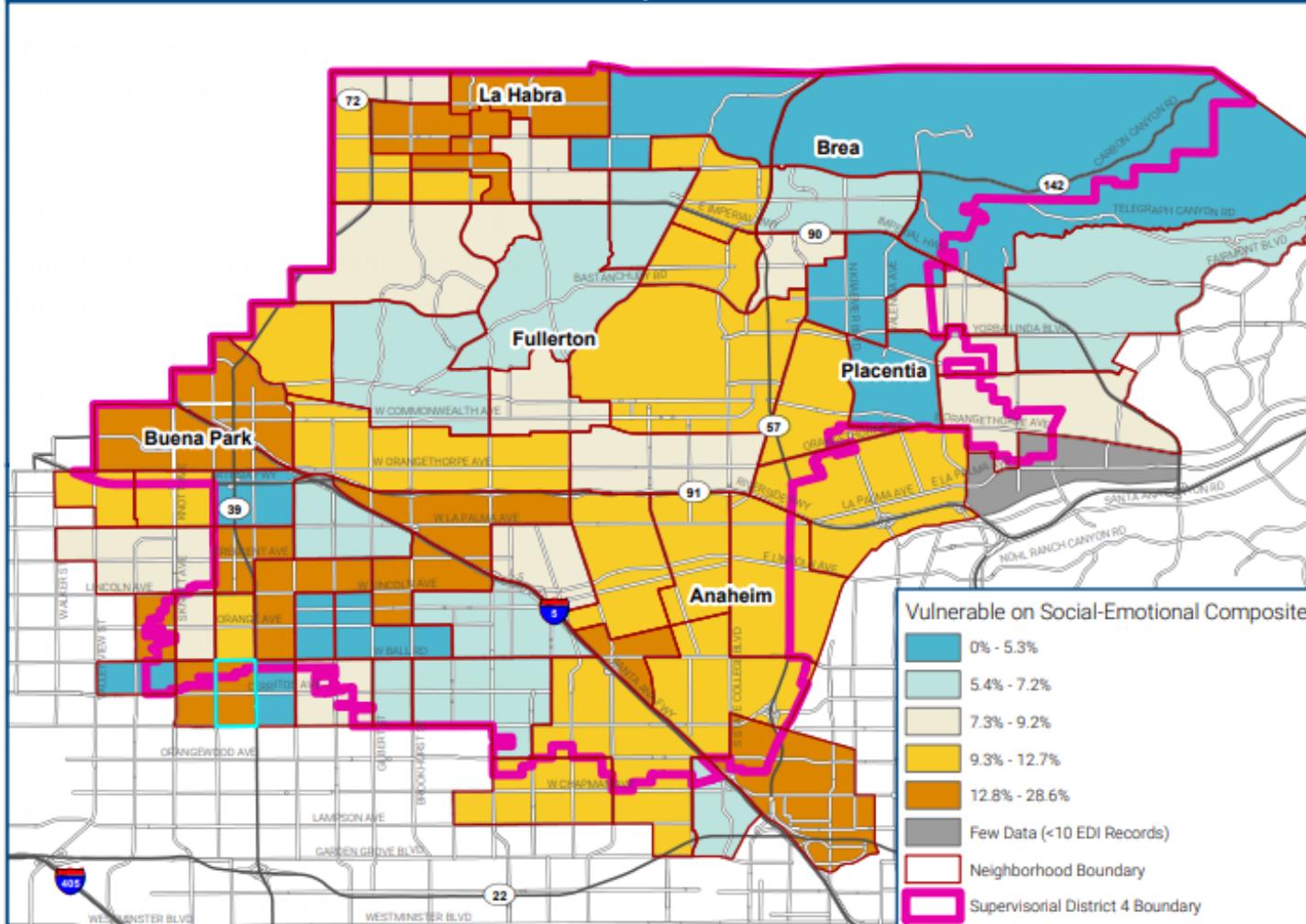
- The capacity of the child to:
 - Develop social skills
 - Experience Emotions
 - Build positive and responsive relationships

How can adults support mental health & wellness in young children?

- Build positive and responsive relationships with children
- Ensure strong attachment and bonding
- Prioritize social skill development in children
- Prioritize emotional literacy in children
- Provide opportunities for unstructured and structured play
- Provide safe, predictable, and nurturing environments

What can impact children's mental health?

Collective Trauma	Adverse Childhood Experience
Can have multi-generational impact	Abuse
Experienced by a group	Neglect
	Household Dysfunction
Adverse Community Experience	Attachment and Parenting
Poverty	Insecurely attached children
Violence	Authoritarian, permissive or uninvolved styles of parenting
Racism	
Homelessness	
Forced Displacement	



First 5 Orange County in partnership with the UCLA Center for Healthier Children, Families and Communities, under license from McMaster University, is implementing the Early Development Index with its sub-licenses in the U.S. The EDI is the copyright of McMaster University and must not be copied, distributed, or used in any way without the prior consent of the Commission, UCLA or McMaster.

PROMOTION

Protective Factors ~ Supporting the ADULTS who support children

- Adult Self-Care
 - Physical
 - Mental
 - Spiritual
- Knowledge of child development
- Knowledge of social and emotional competence
- Knowledge of supportive services
- Knowledge of positive parenting techniques (e.g.: Triple P)

PREVENTION

Building Resilience in Young Children

- Children Need:
 - At least 1 (one) stable and committed relationship with a supportive adult
 - Strong social skills and emotional literacy
 - A sense of self-efficacy and perceived control in their life
 - Adaptive skills and independence
 - Healthy Activities
 - Movement
 - Stress reduction practices
 - Unstructured and structured play
 - Nutrition
 - Sleep

INTERVENTION

Evidenced based interventions for young children

- **Parent/Child Interventions**

- Parent-Child Interactive Therapy (PCIT): focuses on creating positive and responsive relationships between the parent and child
- Child-Parent Psychotherapy (CPP): address symptoms of post-traumatic stress
- Attachment and Biobehavioral Catch-up (ABC): helps parents provide nurturing care and helps children develop regulatory strategies

- **Early Care and Education Interventions**

- Infant/Early Childhood Mental Health Consultation
 - Start Well – Mental Health Consultation for Early Care and Education



SOURCES

ZERO TO THREE: <https://www.zerotothree.org/resources/series/making-mental-health-a-priority>

Center on the Developing Child, Harvard University: <https://developingchild.harvard.edu/>

Center of Excellence for Infant & Early Childhood Mental Health Consultation, Georgetown University:
<https://www.iecmhc.org/>

ACEs Aware: Screen. Treat. Heal: <https://www.acesaware.org/>



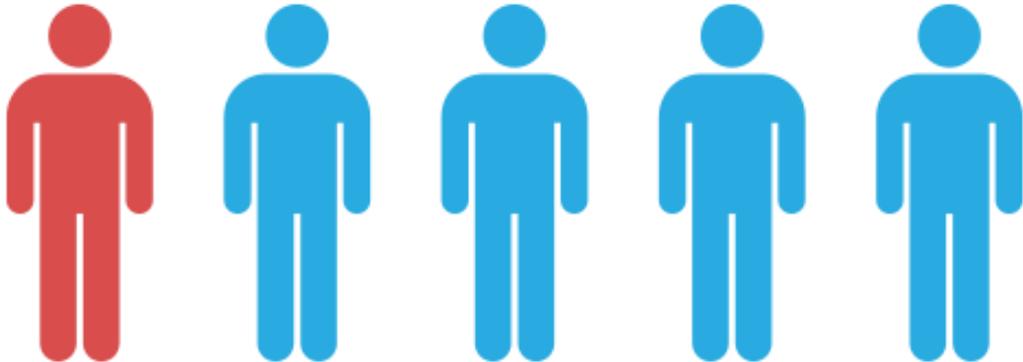
*Conditions of Children
Mental Health & COVID-19*

Micaela A. Thordarson, PhD

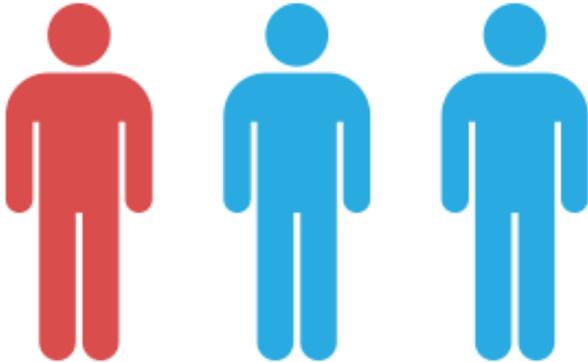
Pre-COVID Statistics

Pre-COVID Mental Health Statistics

- 1 in 5 youth have a diagnosable mental health condition



- 1 in 3 youth will get treatment



(CDC, 2019; MHANational, 2021)

Pre-COVID Mental Health Statistics

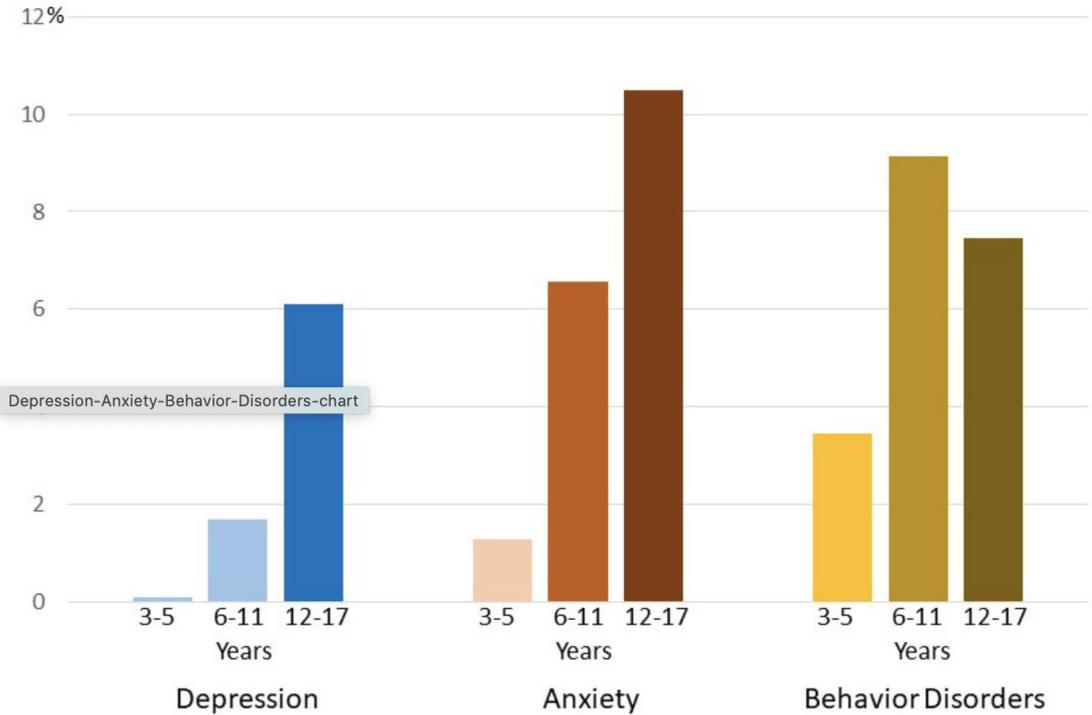


1 in 6 children aged 2-8 years has a mental, behavioral, or developmental disorder.

(CDC, 2020)

Pre-COVID Mental Health Statistics

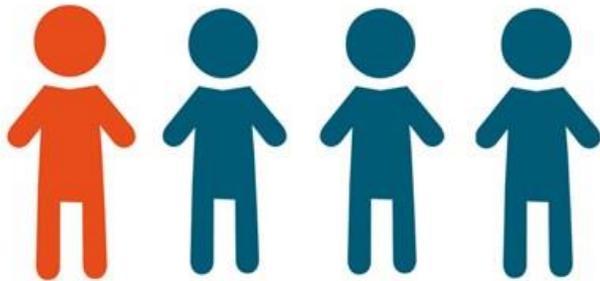
Depression, Anxiety, Behavior Disorders, by Age



(CDC, 2020)

Mid-COVID Statistics

Snapshot Studies: May 2020



1 in 4 adults reported
significant distress comparable
to a trauma/stress related
disorder

Cooke et al., 2020



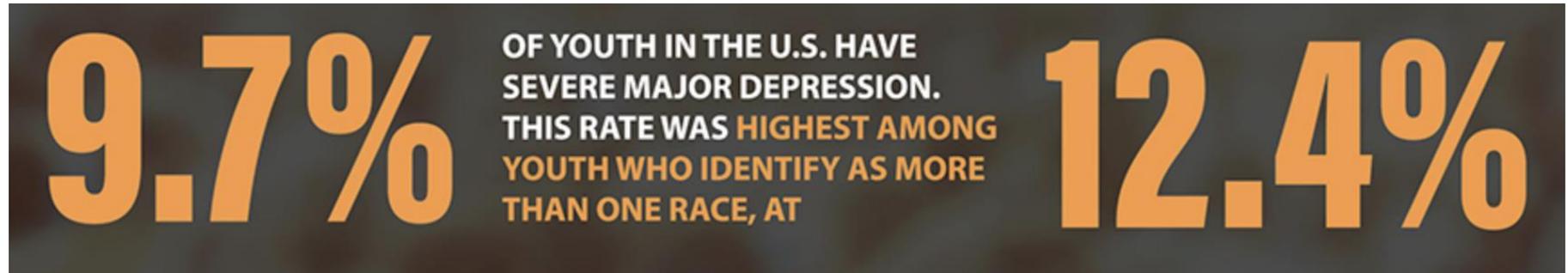
Snapshot Studies: June 2020

40.9% of adults reported at least one adverse mental health condition

- 10.7% reported suicidal thoughts in the previous 30 days
 - 25.5% ages 18-24
 - 18.6% Hispanic
 - 15.1% non-Hispanic black

(CDC, 2020)

Sever Major Depression



(MHANational, 2021)

Sever Major Depression



(MHANational, 2021)

Snapshot Studies: CHOC February 2021 Data



- Emergency Dept completed 219 evaluations for youth with mental health concerns
 - 2nd only to October 2019 with 231 evaluations
- Mental Health Inpatient Center (MHIC) treated 67 patients and recorded 509 patient bed days



CHOC Data

- **2x** Eating Disorder patients at inpatient program
- **20% increase** in mental health consults ordered despite 20-30% decrease in hospital census

CHOC Data



- Intensive Outpatient Program
 - Families waiting 2-6 weeks for care
 - Families unable to connect for discharge
 - System is overwhelmed

CHOC Data



- Community education
 - 5,333 served since COVID quarantine began
 - 50,193 views of live streamed social media conversations
- To request community education:

Email: mhep@choc.org

Post-COVID Predictions



Likely a 3-5 year lingering impact on mental health

Post-COVID Predictions

(SAMHSA, 2019)

Action Steps

Action Steps



- Universal interventions
 - *Community education*
 - *In-classroom education*
 - *Before, during, after school day/year*
 - *Mealtimes*
 - *Starting/ending days*



Action Steps

- **Commit to wellness.**
 - Showers, meals, bedtimes
– SO IMPORTANT
- **Maintain a routine.**
 - Weekends included!
- **Rose/Bud/Thorn activity.**
 - *see handout



You are a superstar.



Triple P (Positive Parenting Program) Online

A Resource for Parents and Caregivers

Dawn M. Smith, LCSW

Division Manager, Children and Youth Behavioral Health

March 30, 2021

About the Triple P Online COVID-19 Relief Project

Primary goals:

1. **Enhancing parenting skills and resilience**
2. Reducing the potential harmful effects of the current pandemic on the social-emotional and behavioral health of parents and children.

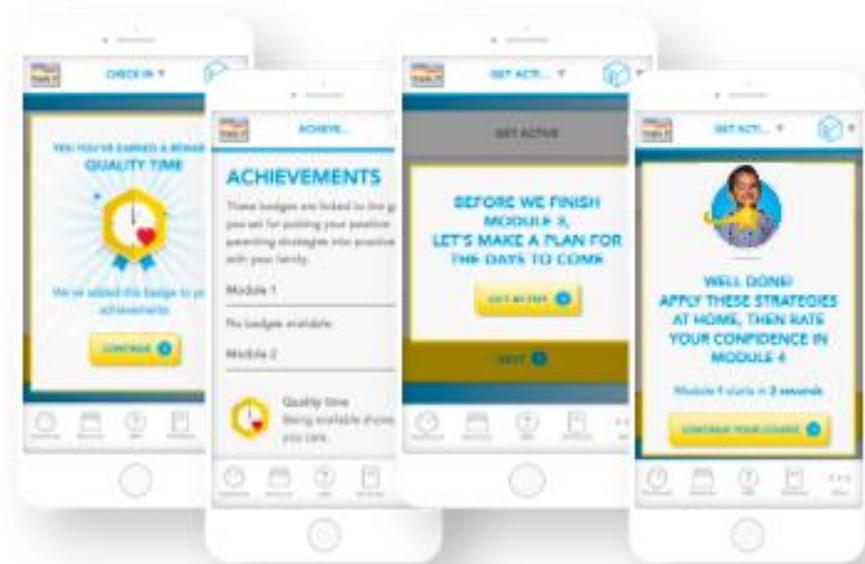
Key elements:

- Triple P Online program
- OCHCA Parent Liaisons
- Partner organizations – utilization and dissemination
- Community outreach through media, PR and online



Key Features of Triple P Online

- Parents can go through the program at their own pace, whenever and wherever it suits them
- Mentor introduces and summarizes modules
- Video clips of families in action
- Interactive exercises
- Individual goal setting, feedback and weekly check-in
- Downloadable worksheets and podcasts
- Personalized and printable parent workbook
- Review and reminder strategies (text messages, emails)



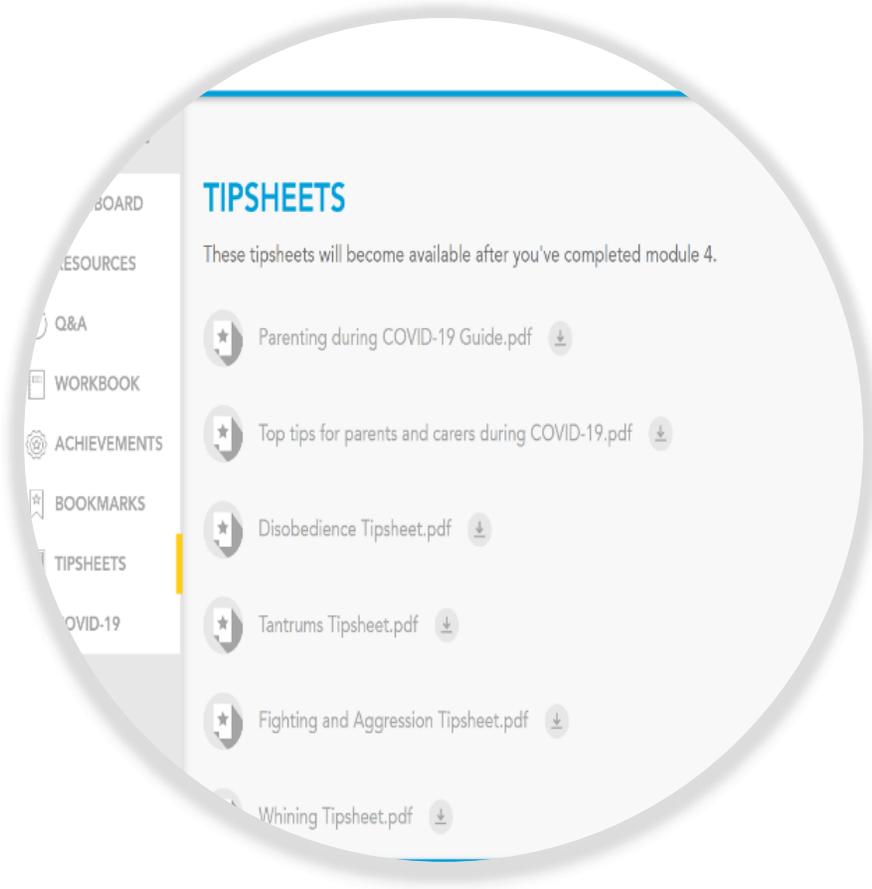
Triple P Online Modules (Families with Children 0-12)



Module

- 1: What is Positive Parenting?
- 2: Encouraging behavior you like
- 3: Teaching new skills
- 4: Managing misbehavior
- 5: Dealing with disobedience
- 6: Planning ahead to prevent problems
- 7: Making shopping fun
- 8: Raising confident, capable kids

Triple P Online Modules (families with teenagers)



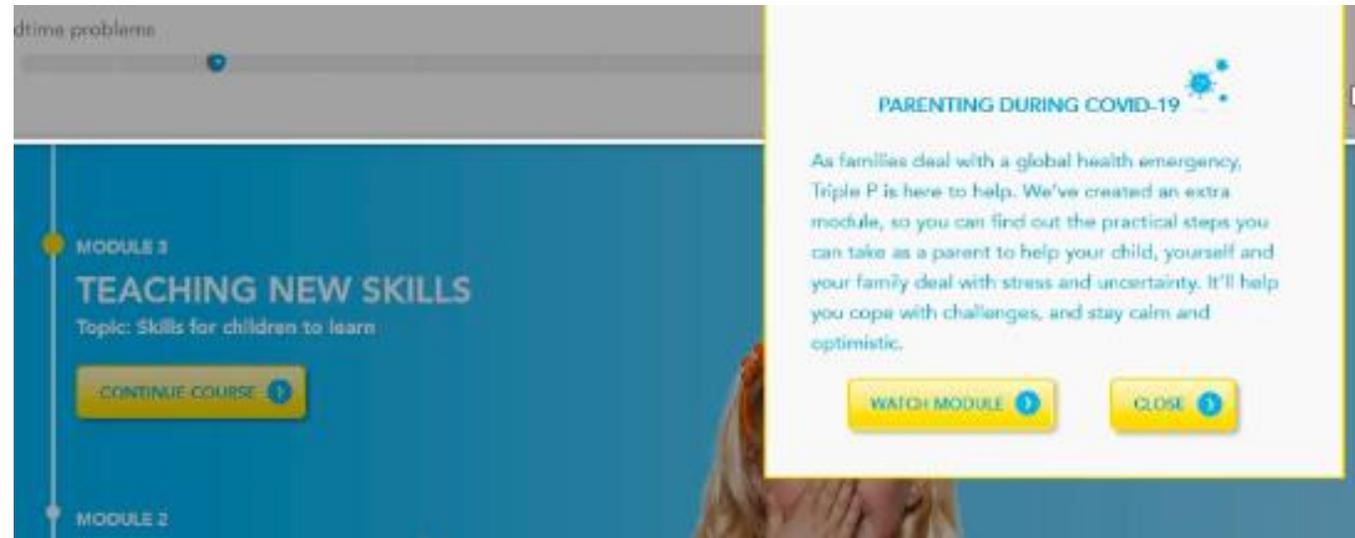
Module

- 1: What is Positive Parenting?
- 2: Encouraging appropriate behavior
- 3: Teaching new skills and behavior
- 4: Managing problem behavior
- 5: Planning ahead for risky situations
- 6: Raising confident, capable teenagers

Additional COVID-19 Introductory Module in Triple P Online

COVID-19 module provides parents with specific information relating to challenges associated with the current pandemic. It contains hints and suggestions about how parents can:

- Engage children when many normal activities are restricted over long periods
- Take care of themselves so they can be available to their children
- Manage anxiety for themselves and their children
- Agency staff may supplement this with COVID-19 parenting guides and parenting tips



The screenshot displays a web interface for the Triple P Online program. On the left, a blue sidebar contains a progress indicator for 'Module 3' titled 'TEACHING NEW SKILLS' with the subtopic 'Skills for children to learn'. A yellow button labeled 'CONTINUE COURSE' is visible. On the right, a white pop-up window titled 'PARENTING DURING COVID-19' provides introductory text and two yellow buttons: 'WATCH MODULE' and 'CLOSE'. The text in the pop-up reads: 'As families deal with a global health emergency, Triple P is here to help. We've created an extra module, so you can find out the practical steps you can take as a parent to help your child, yourself and your family deal with stress and uncertainty. It'll help you cope with challenges, and stay calm and optimistic.'

For additional information, please contact us:

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Children and Youth Behavioral Health
Phone: (714) 834-5015
dawnsmith@ochca.com

Raquel Williams, LCSW
Administrative Manager II
Children, Youth and Prevention
Behavioral Health Services
(714) 834-2077
raqwilliams@ochca.com





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
 - English: www.triplep-parenting.com
 - Spanish: www.triplep-crianza.com
 - Also available in Arabic (from language selector)
- 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. When you have talked with a youth, and identified a need, how do you identify the right resource or next step to take?
2. What is the main takeaway you hope our audience leaves today's forum with?

Closing Remarks

Vice Chairman Chaffee
Fourth District Supervisor
Orange County Board of Supervisors



Closing Remarks

Thank you for all of those informative presentations and professional guidance you gave to all of us.

One thing I take away from this is “we are not alone.” This was a good conversation and it connects us, this is why this seminar is important, we are learning from each other’s experiences.

A special thank you to our partners for the event OC Health Care Agency, OC Social Services Agency, First 5 Orange County, Early Childhood Mental Health Collaborative, and CHOC.

Thank you to our Spanish translators and closed captioning providers for the event, and to HMA Strategies for organizing today’s event along with my staff.

This discussion has given us guidance on what we should be studying in the future, and look forward to our progress next year.

- Thank you!