




Children's Behavioral Health Presentation by Jocelyn Vega and Andrea Durbin



Partnering to build brighter futures

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A Snapshot of Children's Behavioral Health & Trauma

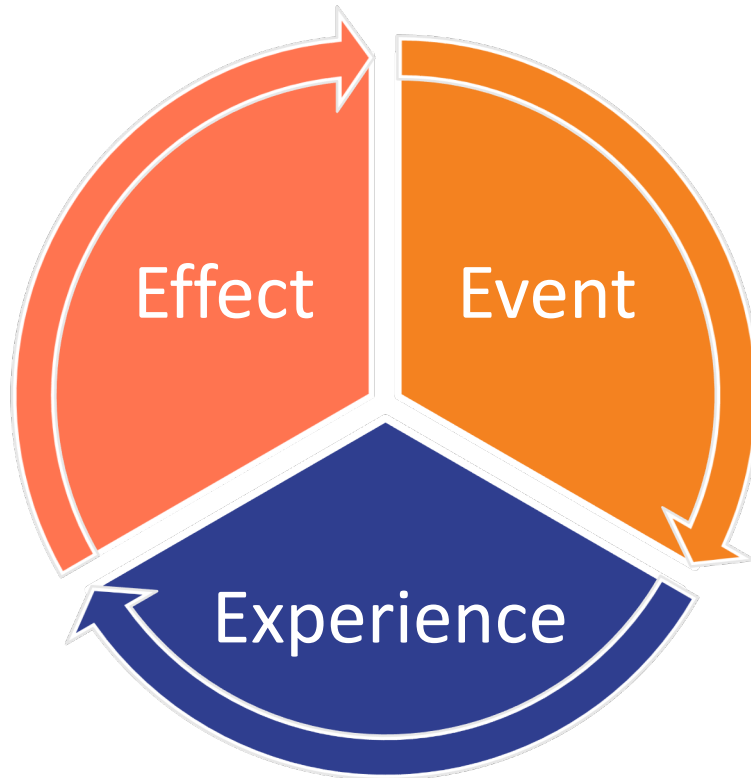


What Might Impact Children's Behavioral Health Today?





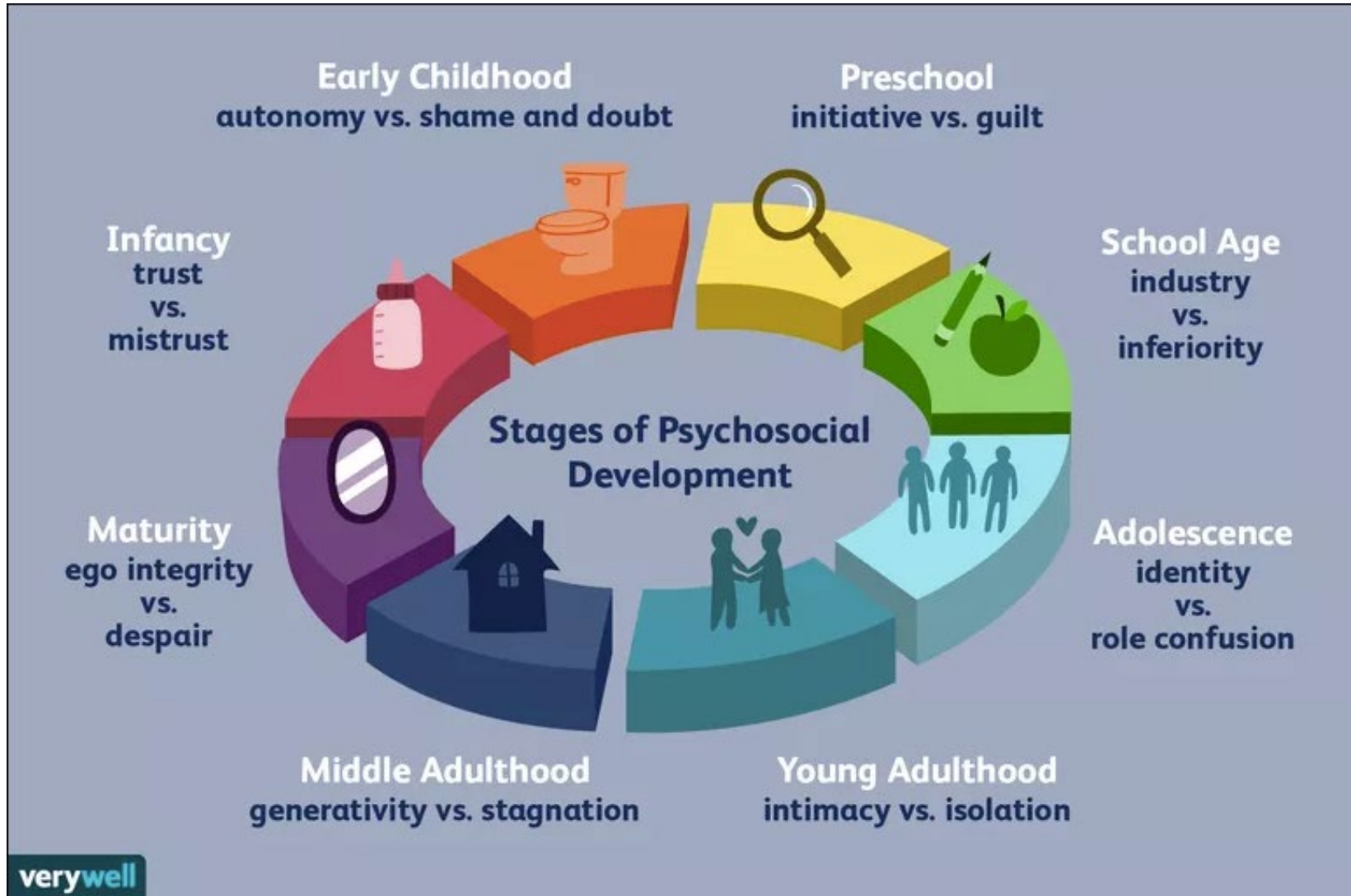
Impact of Trauma



Individual trauma results from an event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has lasting adverse effects on the individual's functioning and mental, physical, social, emotional, or spiritual well-being.



Development and Trauma





The Pandemic Before the Pandemic

Intergenerational Childhood and Social Adversity: Disadvantage and Distress Cycle

4 or more ACEs are associated with adult house hold poverty.

Approaches to behaviour management that don't consider relationship needs

Basic needs unmet, no structure or routine

Distressing or traumatic events can lead to feelings of powerlessness, hopelessness and helplessness

Intermediary Determinants of Health

Social Class, Race/Ethnicity, Gender, Disability, Occupation, Education

Adverse Social and Economic Experiences

Cumulative alienation & inequality over life time

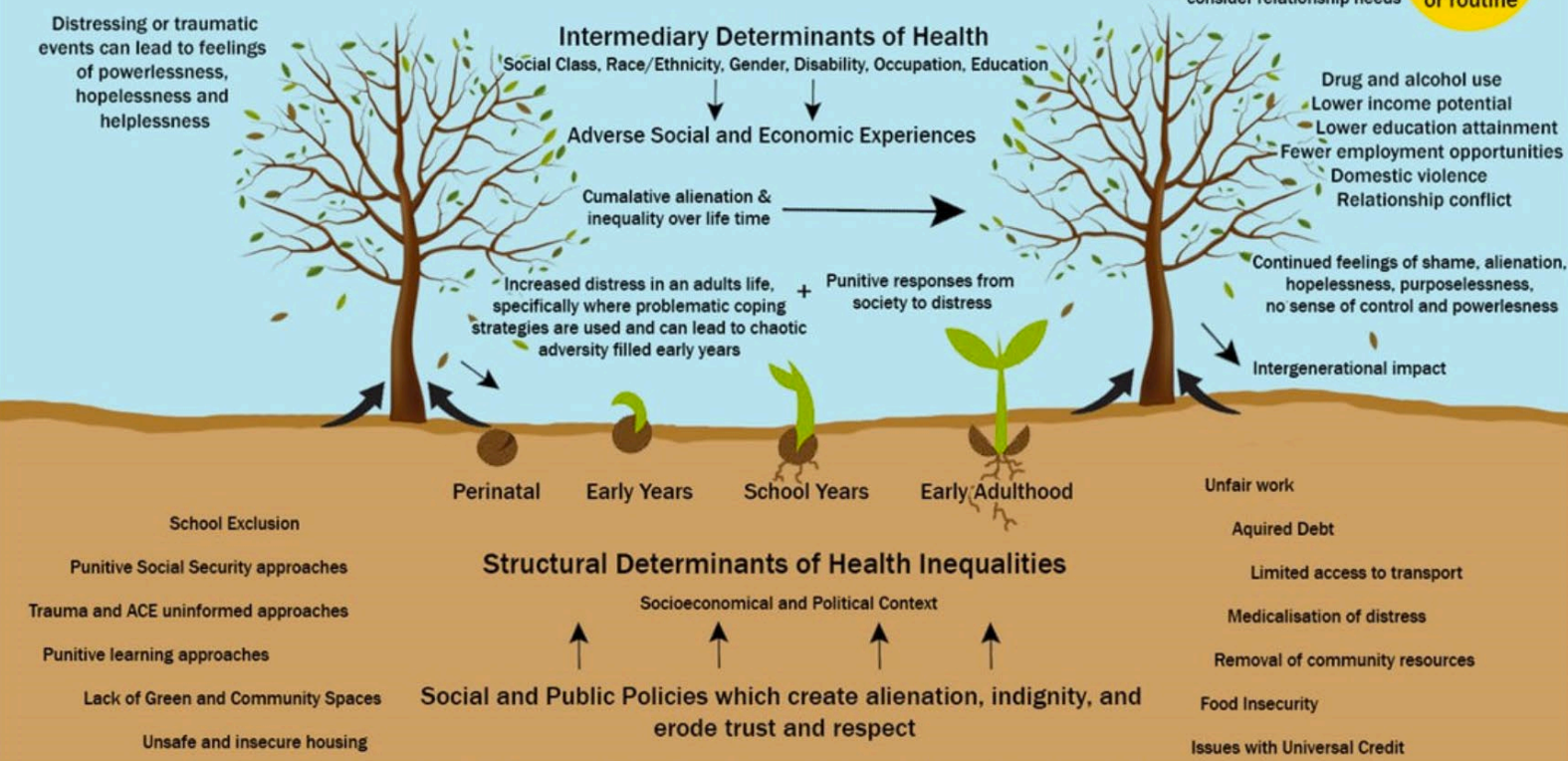
Increased distress in an adults life, specifically where problematic coping strategies are used and can lead to chaotic adversity filled early years

+ Punitive responses from society to distress

Drug and alcohol use
Lower income potential
Lower education attainment
Fewer employment opportunities
Domestic violence
Relationship conflict

Continued feelings of shame, alienation, hopelessness, purposelessness, no sense of control and powerlessness

Intergenerational impact



Without building psychologically healthy political and social environments this cycle is set up to perpetuate.

This is not a DIY Project

An Ecological Framework for Building Community Resilience and Wellbeing

This framework is based on WHO (2010) Conceptual framework for social determinants of health, Wilkinson and Pickett's (2018) equality, stress and wellbeing work and Michael Ungar's Child, Family and Community Resilience (2019) work as well as psychological theory and practice relevant to childhood, social and economic adversity. It was developed by Psychologists for Social Change South Wales. For details of individual physical, environmental, mental, social and economic capital factors see Pennington and colleagues (2018).

This is a two part model;

- 1) Intergenerational Childhood and Social Adversity: Poverty Distress Cycle
- 2) How to Build Resilience and Reduce Alienation

Daffin, J., Brown, S., Guye, K. (2019)



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External Factors Affecting Children's Mental Health

- COVID-19 pandemic has affected the behavioral health of children and youth
 - Loss of family members
 - Loss of family income or other economic instability
 - Isolated from peers
 - Lack of access to positive supports such as sports, the arts, other group activities
 - Lack of access to reliable internet/connectivity
 - Learning loss and widening education gaps
 - Disparate impacts on communities of color



External Factors Affecting Children's Mental Health

- Community violence continues to traumatize young people
 - Gun violence
 - Violence targeting racial minorities, including a rise in anti-Asian hate crimes
 - Police killings, especially of young people like Adam Toledo
- The current and recent polarized political environment, including political attacks on
 - Immigrants
 - LGBTQ+ youth, especially anti-trans youth



Illinois
Collaboration
on Youth

Has COVID-19 Impacted The Existing Mental Health Crisis?

What have we witnessed within our work?



Behavioral Health Challenges Increasing

- A meta-analysis of 29 studies involving nearly 81,000 children and adolescents across the world found:
 - Depression and anxiety symptoms have nearly doubled during COVID-19
 - Prevalence worsened as the pandemic wore on
 - Older adolescents and girls were more significantly affected, as were youth living in areas with more disease prevalent, and youth in urban areas
 - 1 in 4 youth globally are experiencing clinically-elevated symptoms of depression
 - 1 in 5 youth globally are experiencing clinically-elevated symptoms of anxiety



Behavioral Health Challenges Increasing

- Nationwide, researchers with the American Academy of Pediatrics have documented an increase in suicide ideation and suicide attempts by young people
- Suicides have been on the rise in communities of color in Illinois
- Emergency room visits by children and youth for anxiety and depression also spiked
 - 24% increase for children age 5-11
 - 31% increase for children age 12-17

What have you noticed within your work or communities?



Challenges Exacerbated for Children & Youth from Marginalized Populations

- A recent survey by The Trevor Project revealed that
 - 42% of LGBTQ+ youth reported that they had seriously considered suicide in the past year
 - 94% said politics had negatively impacted their mental health
 - Study shows more suicide attempts by queer youth of color
- Children and youth have lingered longer in foster care
 - Reunifications decreased by 16%
 - Adoptions decreased by 23%

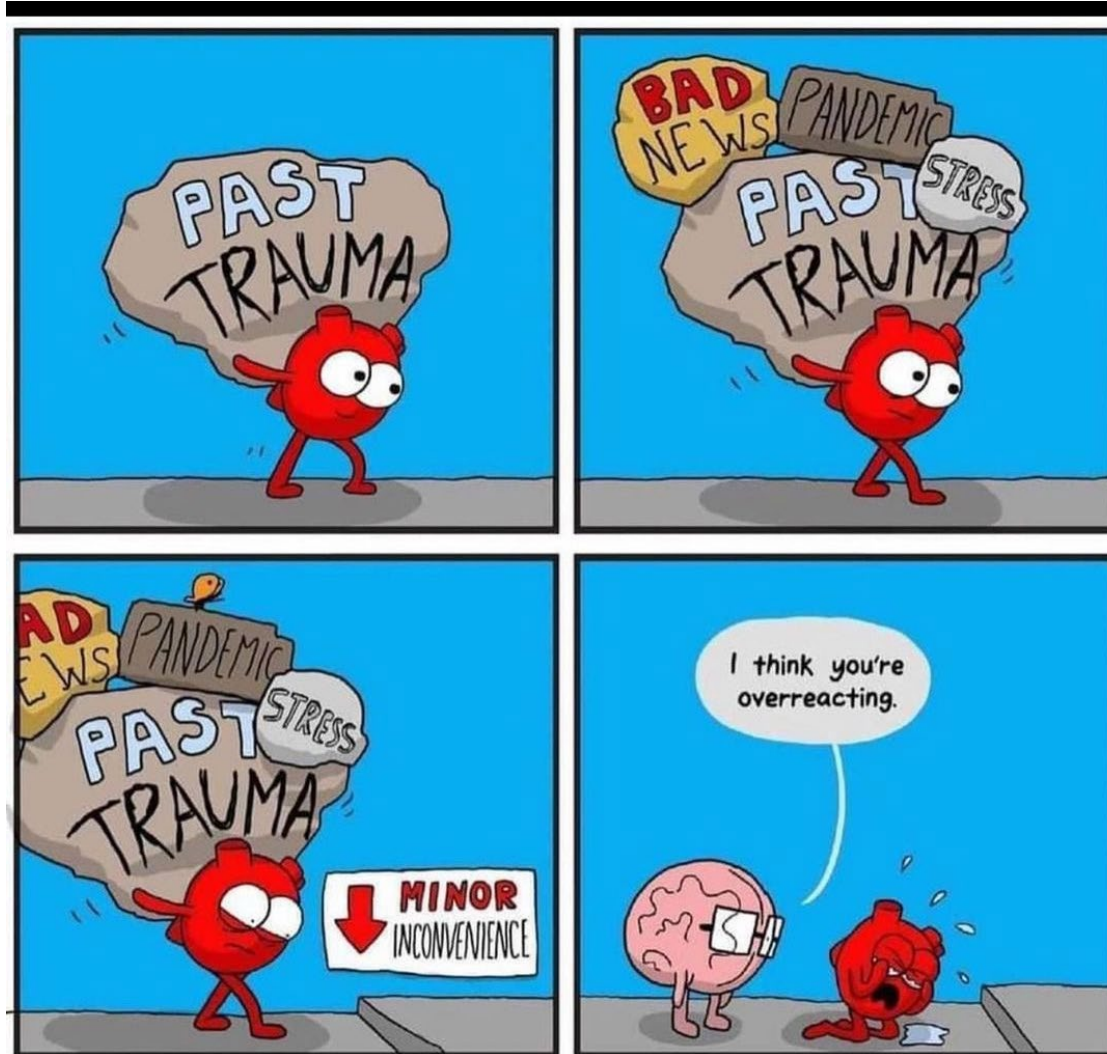


Challenges Exacerbated for Children & Youth from Marginalized Populations

- Children and youth with disabilities experience increase in stress and anxiety
 - Lack of appropriate supports for remote learning for special education students
 - Remote learning platforms may be incompatible with assistive technology
 - Social isolation
 - Parental stress
- Children and youth with previously diagnosed mental health conditions continue to lack access to treatment
 - Limited network of psychiatrists and other therapists serving children and adolescents; nationwide there are fewer than 10 child psychiatrists/100,000 youth under 19
 - Limited access to psychiatric hospitals and community-based providers



Remember



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Budget and Policy Initiatives Affecting Children's Behavioral Health



Federal Policy Initiatives to Address Children's Wellbeing

- Biden child poverty initiative is estimated to reduce child poverty this year by 45% through the Child Tax Credit program
 - Currently only for the 2021 tax year
 - Proposals are being considered that would extend the program through 2025
- Intersection of poverty and child and family wellbeing is well known
 - Childhood poverty disproportionately impacts children and families of color
 - Economic hardship exacerbates family stress and trauma and limits resources available for families to respond to behavioral health needs



State Initiatives Addressing Children's Behavioral Health

- 10 years since the NB lawsuit was filed against the state of Illinois, on behalf of Medicaid-eligible children under age 21
 - With a diagnosed mental health or behavioral disorder
 - For whom a LPHA has recommended home or community-based treatment
- NB Consent Decree was agreed to in Federal court in January 2018
- First report on implementation of the consent decree was made to the Court from the Expert in February 2021
- Challenges to implementation include the impact of the coronavirus



State Initiatives Addressing Children's Behavioral Health

- Illinois was seeking an amendment to the the state's Medicaid plan to implement care coordination activities agreed to in the consent decree, as well as add new services to the continuum of care
- Following an assessment of community-based services needed by children with complex needs, Illinois changed tactics to pursue a 1915i waiver for Home and Community-Based services instead
- 1915i waiver submitted in December 2020, still in negotiations with CMS



Plans for IL Under the 1915i Waiver

- [Medicaid 1915i waiver application](#) is available for public viewing
- Elements include:
 - Care Coordination and Support, including mobile crisis response, high fidelity wraparound services, and intensive services
 - Family Peer Support
 - Intensive Home-based Services
 - Respite
 - Therapeutic Mentoring
 - Individual Support Services
- No firm date from CMS as to when the 1915i will be approved



Plans for IL Under the 1915i Waiver

- While Illinois continues to negotiate with CMS, HFS is proceeding with the development of curricula and trainings for all elements of the plan
- HFS has held series of virtual public town halls around the state for providers and families in July that provided an overview of the program and detailed info on provider and service requirements
- HFS has launched a dedicated [Pathways to Success website](#), that will be regularly updated with important information and documents, as program implementation continues



Addressing Racial Disparities and Trauma

- Black Caucus Pillar legislation included significant efforts to address racial disparities and trauma for children
- Education Pillar established the Whole Child Task Force
 - The Task Force is currently finalizing definitions for Trauma Informed and Trauma Responsive schools, districts, and communities as well as Whole Child
 - With this information, it will recommend policies, best practices, and priority areas from various committee groups



Illinois Children's Mental Health Partnership

- ICMHP is developing a Children's Mental Health Plan to provide short- and long-term recommendations to improve children's mental health
- Steering Committee and Planning subcommittees have been identified
 - Social Determinants of Health
 - Promotion and Prevention
 - Early Intervention
 - Treatment
- ICMHP will be actively seeking input into the plan from children and families with lived experience through webinar-based focus groups
- Community input will be sought up front
- Goal is to have a plan by March 2022



Other Initiatives included in the FY22 Budget

- Illinois' FY22 budget contained several line items that will have a direct impact on children's mental health and wellbeing, including:
 - \$50 million to ICJIA for violence prevention programs
 - \$6 million to ISBE for social/emotional learning and trauma response
 - \$10 million to ISBE for parent mentoring programs
 - \$4 million x 3 to DCEO to re-start the African-American Family Commission, the Latino Family Commission, and the Asian-American Family Commission
 - \$31 million above the Governor's budget request for the R3 program, for a total of \$76 million
 - \$20 million more for afterschool programs (to DHS and ISBE)

Questions?

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