



# Battling Youth Suicide and Stigma in Butte County



**17%**

of youth 6-17  
years old  
expericene a  
mental health  
disorder



**50%**

of all lifetime  
mental illness  
begins by age

**14**

**11 years**

The average  
delay between  
symptom onset  
and treatment



Suicide is the  
**2nd**

leading cause  
of death for  
people ages

**10 - 24**



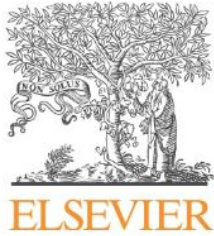


IN THE LAST DECADES, SUICIDES  
FOR YOUTH 10- TO 19-YEARS-OLD  
HAVE INCREASED **56%**

\*\*For some groups, rates  
have increased between

**100-300%\*\***





Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

## Psychiatry Research

journal homepage: [www.elsevier.com/locate/psychres](http://www.elsevier.com/locate/psychres)



Review article

### Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations<sup>☆</sup>



Shweta Singh<sup>a</sup>, Deblina Roy<sup>b,\*</sup>, Krittika Sinha<sup>c</sup>, Sheeba Parveen<sup>c</sup>, Ginni Sharma<sup>c</sup>, Gunjan Joshi<sup>c</sup>

<sup>a</sup> Additional Professor, Department of Psychiatry, KGMU Lucknow, India

<sup>b</sup> Psychiatric Nursing, Department of Psychiatry, King George's Medical University, Lucknow, India

<sup>c</sup> Department of Psychiatry, King George's Medical University, Lucknow, India

#### ARTICLE INFO

**Keywords:**

COVID-19  
Lockdown  
Mental health  
Children  
Adolescents

#### ABSTRACT

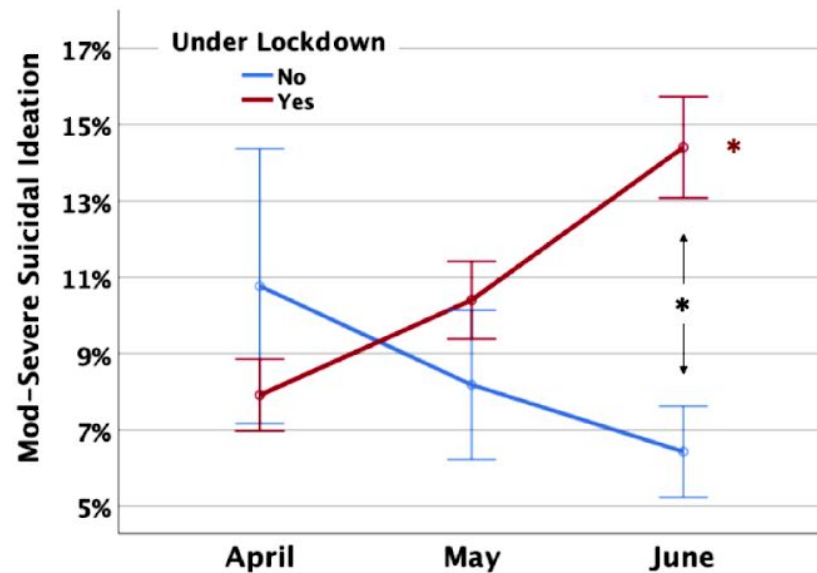
**Background:** COVID-19 pandemic and lockdown has brought about a sense of fear and anxiety around the globe. This phenomenon has led to short term as well as long term psychosocial and mental health implications for children and adolescents. The quality and magnitude of impact on minors is determined by many vulnerability factors like developmental age, educational status, pre-existing mental health condition, being economically underprivileged or being quarantined due to infection or fear of infection.

**Aims:** This paper is aimed at narratively reviewing various articles related to mental-health aspects of children and adolescents impacted by COVID-19 pandemic and enforcement of nationwide or regional lockdowns to prevent further spread of infection.

**Methodology:** We conducted a review and collected articles and advisories on mental health aspects of children and adolescents during the COVID-19 pandemic. We selected articles and thematically organized them. We put up their major findings under the thematic areas of impact on young children, school and college going students, children and adolescents with mental health challenges, economically underprivileged children, impact due to quarantine and separation from parents and the advisories of international organizations. We have also provided recommendations to the above.

## SPECIFICALLY RELATED TO SUICIDE THOUGHTS & BEHAVIORS

*Psychiatry Research 293 (2020) 113390*



**Summer 2018**

**4.3%**

Summer 2019

10.7%

Nationally, double the number of adults (18+) reported seriously considering suicide in the past 30 days in the summer of 2019 vs. 2018 (CDC, 2020)

# “SERIOUSLY CONSIDERING ATTEMPTING SUICIDE” (CHKS/YRBSS)

## BUTTE COUNTY (2020)

Grade	Percent Saying Yes
7 <sup>th</sup> Grade	30%
9 <sup>th</sup> Grade	17%
11 <sup>th</sup> Grade	38%

- National average for youth (10-19 CDC, 2019) = 18.8%

Group	Percent Saying Yes
Males	13.3%
Females	24.1%
Heterosexual	14.5%
Sexual Minority	46.8%

IS IT MORE THAN  
MOODINESS?



## PERSISTENT

*Doesn't go away  
with the passage of  
time*

## GETS IN THE WAY

*The issue gets in the  
way of the child's  
ability to engage in  
aspects of life*

## CUTS ACROSS CONTEXTS

*Different  
situations don't  
seem to change  
the issue*

## NOTICABLE CHANGE

*The child's behavior,  
presentation changes  
suddenly from what  
you know*



# SIGNS OF ANXIETY

Avoidance of  
school

Avoidance of  
social  
situations

Avoidance of  
reminders of  
a scary event

Poor sleep

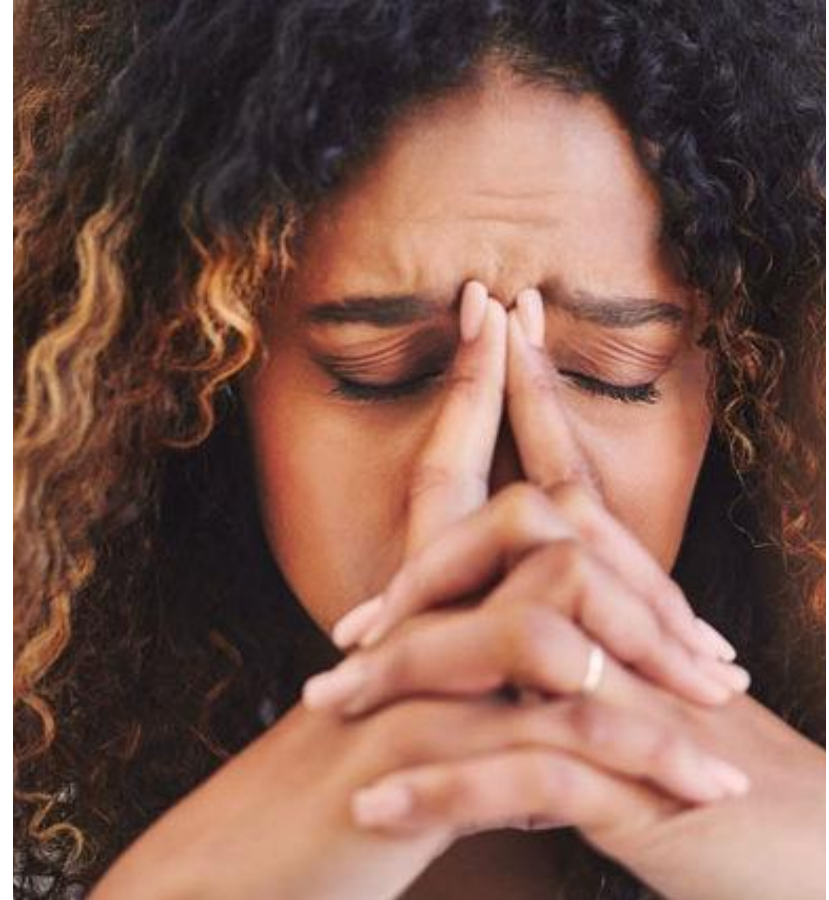
Loss of  
appetite

Physical  
symptoms

Excessive  
worry

Difficulty  
concentrating

Excessive  
fears





# SIGNS OF DEPRESSION

**Irritability/anger**

**Loss of interest in fun things**

**Withdrawing from friends/family**

**Trouble sleeping/too much/little**

**Appetite change**

**Stomach ache, headache, body ache**

**Low self worth/esteem**

**Sadness/hopelessness**

[www.my.clevelandclinic.org](http://www.my.clevelandclinic.org)



# End the Silence

## YOUTH FOCUS GROUPS

# All Butte County

## Biggest Weight?



How many Know Someone? who is Struggling?



Range: 14-100%  
9 of 13 groups over 80%

## Stressor?



Are schools & community doing a good job educating youth about mental health?

Are schools & COMMUNITY  
**Doing a Good Job?**  
educating youth about mental health

mostly

**NO.**

some "yes"

'One teacher out of 7 cares.'

**Stigma** "They just keep piling it on"

Need better mental health education.  
"Reaching people late or not at all"

Plenty of awareness; not enough **CARING**

**why** **Not Comfortable Asking for Help?**

**Fear** "Weak if you ask; weird if you go"

**Judgement** **Belittle our feelings**

Don't understand our generation **SHY** "My problems aren't big enough"

"Don't have REAL problems"

**No TRUST** **awkward**

"Suck it up! Be grateful. Just a phase." **ANGRY** **Not CONFIDENTIAL** **Relationship not there.**

"Don't want to be a burden." **STIGMA**

# Ideas for "Ending the Silence"

**How?** More Groups!

Build relationships - Trust  
Counselors/teachers

**Be confidential** checking in more

"Real conversations  
not e-mails when it  
happens."

**Reduce  
Stigma**

Educate older  
generation

**Who? / Where?**

Start younger - 6th grade

**LGBTQ+** ASB / NCL

**4H** Cheer/Sports Teams

After School Programs **Axiom**

**One Thing**

you want adults  
to KNOW...

**Be there  
Don't Fix**

Don't pressure

**Listen**

More Caring

**Be SAFE**

**Be OPEN**