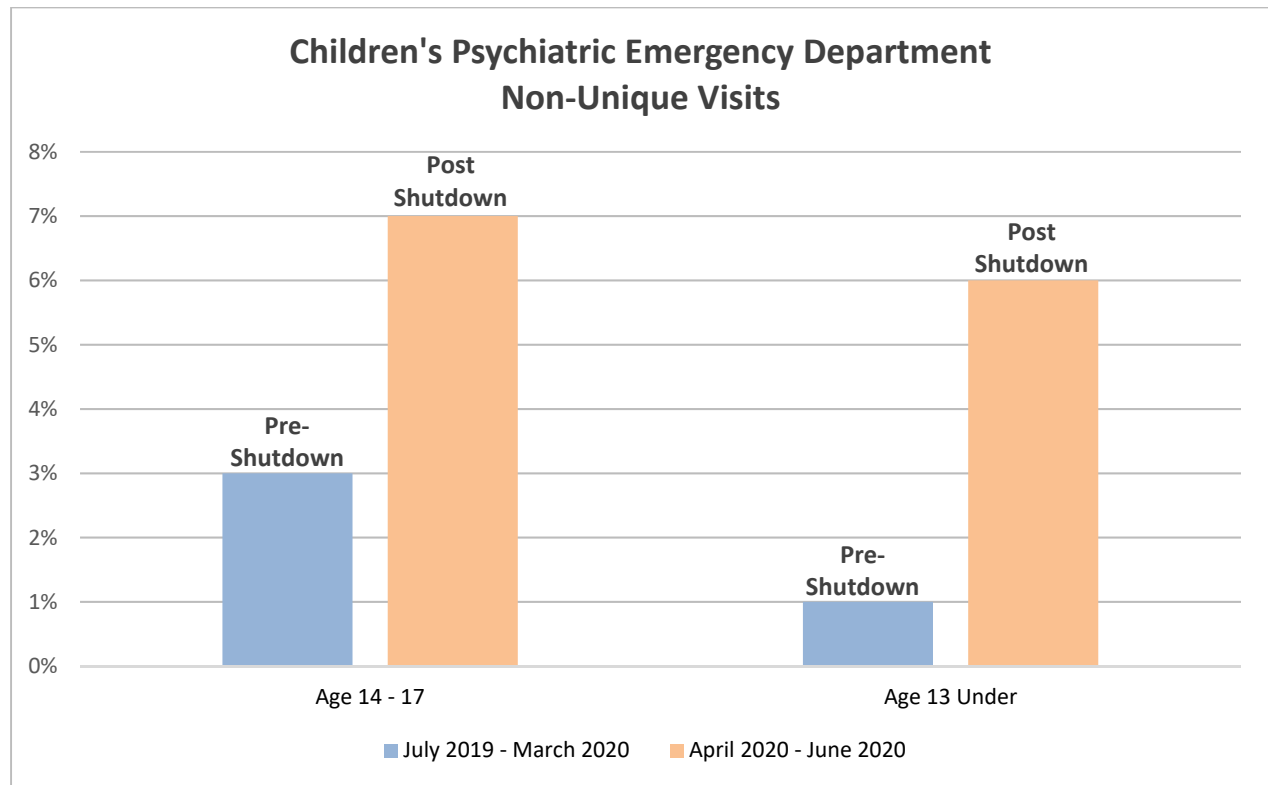


# Impacts of COVID-19 and the Related Shutdown on Children's Mental and Behavioral Health



July 2019 – March 2020	Number	Percentages	Monthly Average
<b>18 and Above</b>	911	96%	101
<b>14 – 17</b>	33	3%	4
<b>13 and Under</b>	6	1%	1
April 2020 – June 2020	Number	Percentages	Monthly Average
<b>18 and Above</b>	315	87%	105
<b>14 – 17</b>	27	7%	9
<b>13 and Under</b>	22	6%	7

- Nearly 50% of the children and adult patients assessed during the April 2020 – June 2020 period expressed this was their first time experiencing a Behavioral Health Crisis. Patients communicated a sharp increase in depression and anxiety due to stressors around their employment, housing, and family stress, due to impacts of COVID-19 on their lives.
- Stressors communicated by youth included isolation from their social support networks, lack of sports, and struggles with school during the last quarter of the 2019 – 2020 academic year.

*Data represents patients seen in the Bartlett Regional Hospital's Emergency Department, and is not inclusive of other mental and behavioral health providers in Juneau. Data sourced from Bartlett Behavioral Health.*

## Brenwynne Grigg

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**From:** Brenwynne Grigg  
**Sent:** Wednesday, July 8, 2020 12:55 PM  
**To:** Max Mertz; Linda Thomas  
**Cc:** 'Bradley Grigg (bgrigg@bartletthospital.org)'  
**Subject:** FW: COVID-19 impact on Psych Emergency Services ("PES") at BRH  
**Attachments:** Impacts of COVID-19 and the Related Shutdown on Children's Mental and Behavioral Health.pdf

Hi Linda and Max,

I thought this might be useful information for the you or the Task Force when discussing education, childcare, and school services this fall. Mental and Behavioral Health Data from Bartlett Hospital shows the impact of COVID-19 and the related shutdown on children. The data shows that children ages 13 and under are experiencing the most heightened negative impacts.

Below is a statement from the Chief Behavioral Health Officer at Bartlett. Attached are the numbers and some visuals of the data that I put together based on information from Bradley Grigg. I've copied him on this email in case you have further questions of what the therapists at Bartlett are seeing.

To one person, they may view the numbers of children presenting as low. To another person, the rate of increase in children presenting to the hospital for mental health reasons is the beginning of a disturbing trend. These number represent the more advanced cases in children. These numbers do not reflect children who were doing great in February and are now experiencing situational depression but are not yet at the point of presenting at the hospital.

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Fostering excellence in development for this generation and the next.

-----Original Message-----

From: Bradley F. Grigg <bgrigg@bartletthospital.org>  
Sent: Wednesday, July 8, 2020 7:45 AM  
To: Brenwynne Grigg <Brenwynne.Grigg@juneau.org>  
Subject: COVID-19 impact on Psych Emergency Services ("PES") at BRH

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Since July 1, 2019 BRH staff have provided on site 24/7 Masters Level Therapists stationed on campus, available to assess (pediatric and adult) patients who are experiencing a Behavioral Health Crisis to determine if inpatient treatment is needed to effectively treat the patient through said crisis. The following numbers reflect those who present in the Emergency Department with symptoms of depression, anxiety, thoughts of self-harm, thoughts of harm to others, and / or exhibiting signs of being gravely disabled.

#### General Stats:

- July 1, 2019 through March 31, 2020, BRH Psychiatric Emergency Services (PES) Staff conducted over 950 Crisis Assessments on patients. Of those 950, 39(4%) were under the age of 18.

- April 1, 2020 through June 30, 2020, BRH PES Staff assessed an average of 364 total patients during this 3-month timeframe; however, there were some significant changes in dynamics of the patients assessed.

1. Nearly 50% of the patients assessed during this time expressed this was their first time experiencing a Behavioral Health Crisis, communicating a sharp increase in depression and anxiety due to stressors around their employment, housing and family stress due to impacts of COVID on their lives.

2. Of the 364 patients assessed, 49 were under the age of 18. Of those 49, 22 were under the age of 14. Stressors for youth included isolation from their social support networks, lack of sports, struggles with school during the last quarter of the 2019-2020 academic year.

In essence, PES has seen a sharp rise in COVID related psychiatric crises in the last 3 months. BRH has added staffing to where there is 24/7 coverage of Masters Level Therapists and a Behavioral Health Technician to initiate Crisis Intervention Services as quickly as possible when needed.

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