



For Virginia's
Children

Independent

Nonprofit

Nonpartisan

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Cast a Wide Net for Children's Mental Health



Children's Mental Health Data

- Pre-pandemic: 1 in 4 children experienced mental health issue
 - Source: [KIDS COUNT Data Center](#)
- During pandemic: 9% increase in youth 11-17 using MHA online screening tool.
 - Source: [Mental Health America](#)
- Post-pandemic: ???

Childhood Trauma

ADVERSE CHILDHOOD EXPERIENCES (ACEs)



Separation from a parent
including death or incarceration



Living with or experiencing domestic violence, parental substance abuse or mental illness, or community violence



Physical or emotional abuse or neglect



Economic hardship

20% of children in Virginia have experienced two or more ACEs



RACIAL TRAUMA & HISTORICAL TRAUMA

The stressful impact or emotional pain of one's experience with racism and discrimination

Cumulative emotional and psychological harm, as a result of group traumatic experiences, transmitted across generations within communities and families

Voices

For Virginia's
Children

Support Parents

- Economic and financial supports
- Home visitors and parent coaches
- Paid leave to care for family

1 in 5 parents reports feeling depressed or hopeless during the pandemic.

Source: Census Household Pulse Survey

Start Early



- Train early educators to identify and respond to social-emotional needs
- Build response systems such as ECMHC to help educators, parents & kids

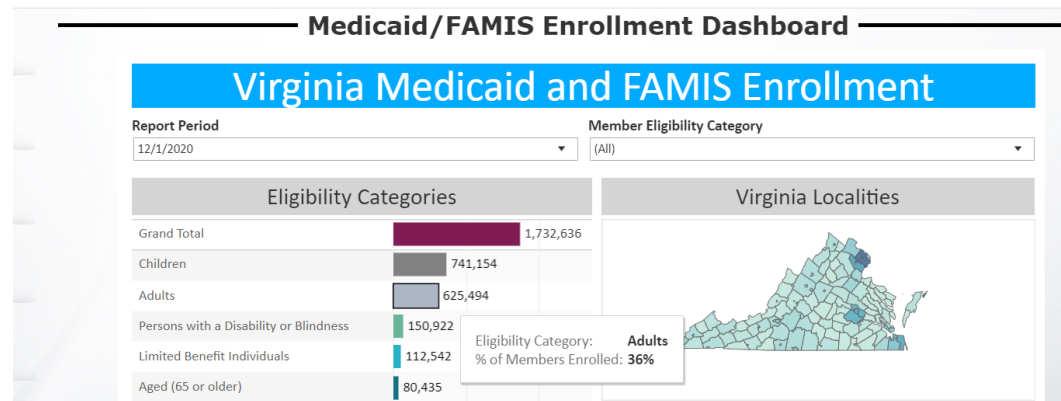


In Virginia, over half of all children with public health insurance who are diagnosed with a mental health condition are under the age of 12

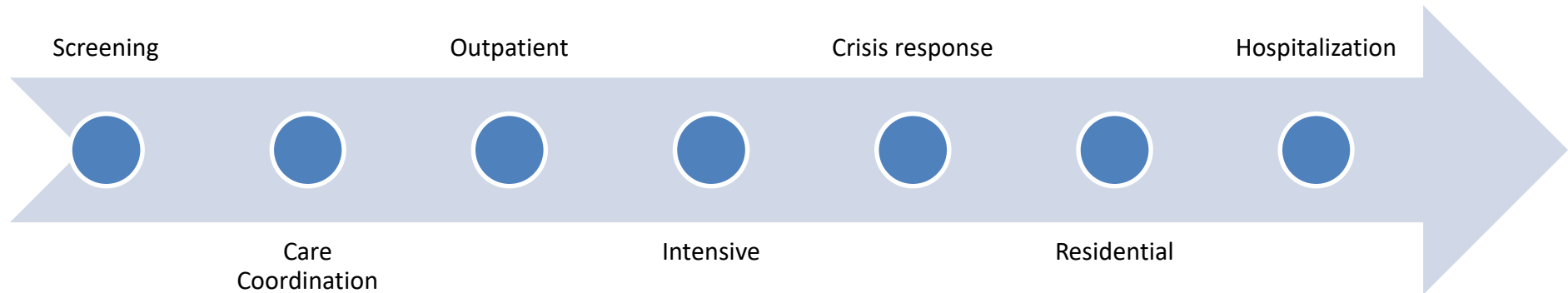
Leverage Medicaid

- Increase incentives and opportunities to bill screening
- Incentivize care coordination
- “Free care rule” to apply to school based services

1 in 3 kids are enrolled in Medicaid/FAMIS



Build the Entire Continuum



Apply Equity Lens

- **Ensure widespread training for mental health professionals to meet the needs of children of color & to respond to racial & historical trauma**
- **Incentivize a diverse workforce to serve children**



Resource: Sabrina Moreno *Richmond-Times Dispatch* ["The pandemic's invisible toll: Experts see surge in mental health need for Black and Latino children in Richmond"](#), Dec. 9, 2020



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