



Duke Psychiatry & Behavioral Sciences

Duke University School of Medicine

Mental Health & COVID-19

How Can We Help Our Families and Youth of Color Cope?

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Impact of COVID-19 on Youth

2020 Top 10 Child Health Concerns



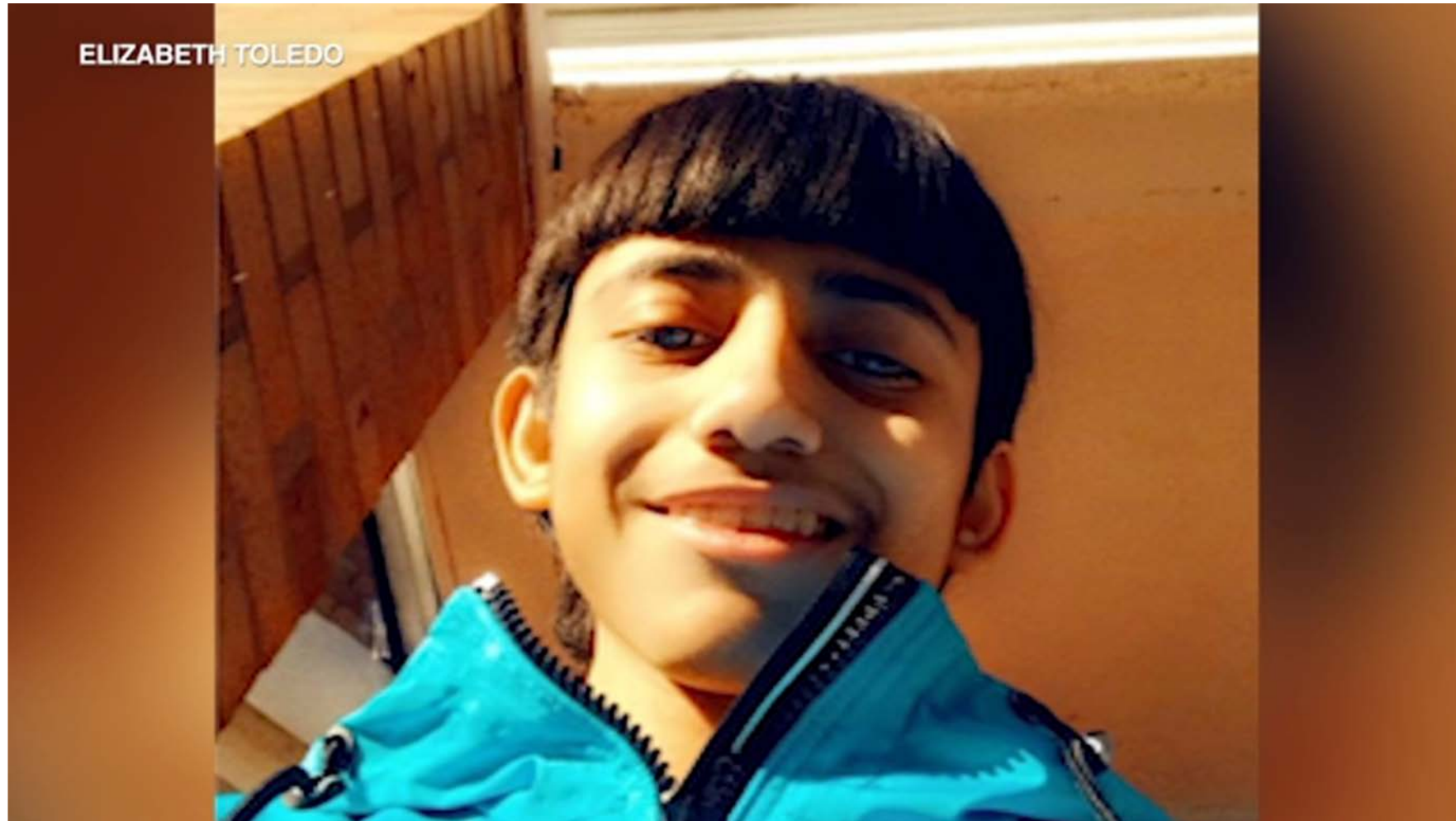
Among Black Parents		Among Hispanic Parents		Among White Parents	
1 Racism	82%	1 Overuse of social media	73%	1 Overuse of social media	72%
2 COVID	73%	2 Bullying/cyberbullying	72%	2 Bullying/cyberbullying	58%
3 Overuse of social media	70%	3 Internet safety	72%	3 Internet safety	57%
4 Unhealthy eating	68%	4 Smoking/vaping	67%	4 Unhealthy eating	56%
5 Internet safety	67%	5 Drinking or using drugs	67%	5 Lack of physical activity	53%
6 Bullying/cyberbullying	66%	6 Racism	65%	6 Stress/anxiety	51%
7 Poverty	66%	7 Depression/suicide	64%	7 Depression/suicide	49%
8 Drinking or using drugs	62%	8 COVID	64%	8 Smoking/vaping	46%
9 Unequal healthcare access	62%	9 Stress/anxiety	62%	9 Child abuse & neglect	42%
10 Gun injuries	61%	10 Child abuse & neglect	61%	10 Drinking or using drugs	41%

Source: C.S. Mott Children's Hospital National Poll on Children's Health, 2020

COVID-19 & RACISM



COVID-19 & RACISM

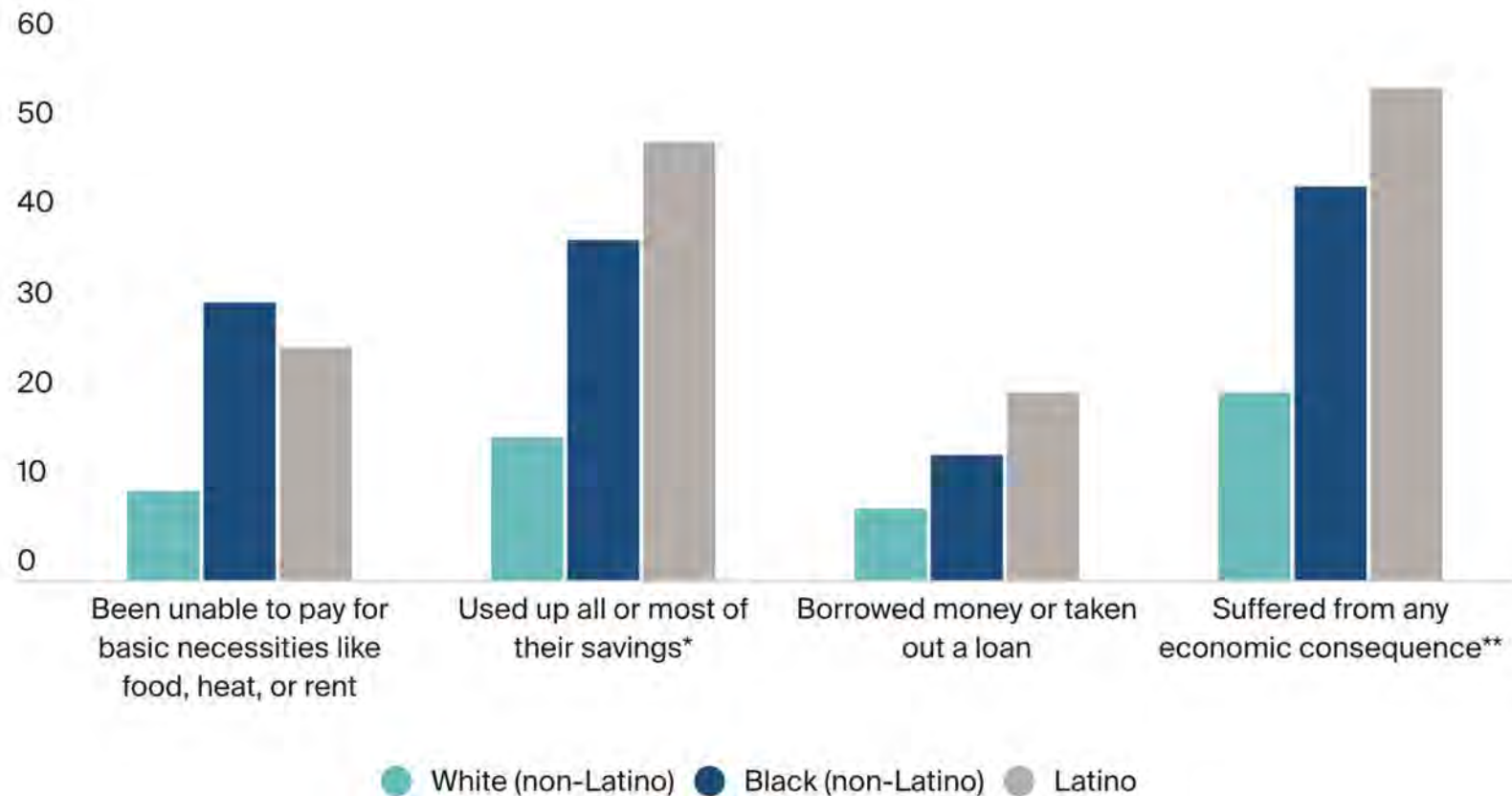


COVID-19 & RACISM



COVID-19 & RACISM

Percent of respondents who reported the following had happened because of the COVID-19 pandemic

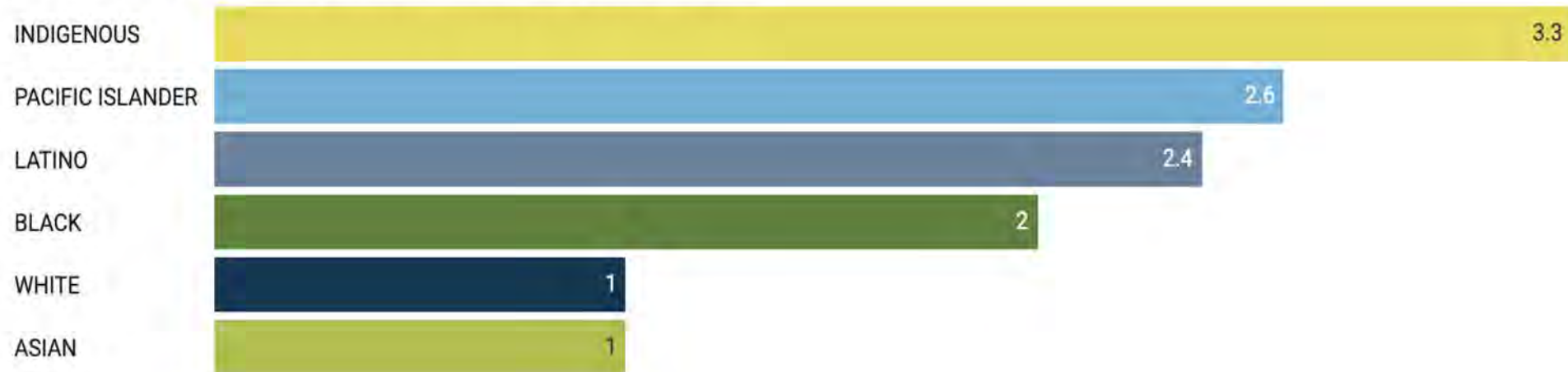


Source: Yaphet Getachew et al., [*Beyond the Case Count: The Wide-Ranging Disparities of COVID-19 in the United States*](#) (Commonwealth Fund, Sept. 2020). <https://doi.org/10.26099/gjcn-1z31>

COVID-19 & RACISM

Adjusted for age, other racial groups are this many times more likely to have died of COVID-19 than White Americans

Reflects cumulative mortality rates calculated through March 2, 2021.



- Source: Yaphet Getachew et al., [Beyond the Case Count: The Wide-Ranging Disparities of COVID-19 in the United States](https://doi.org/10.26099/gjcn-1z31) (Commonwealth Fund, Sept. 2020). <https://doi.org/10.26099/gjcn-1z31>

The Burden of COVID-19

- Social isolation
- Zoom fatigue
- Changes in routine
- Anticipatory anxiety
- Loss/Grief
- Parental stress
- Health disparities
- Financial
- Food insecurity
- Lack of supervision
- Domestic violence
- Emotional/physical abuse
- Substance use

Our Youth Are at Risk

- Development:
 - Emotional
 - Social
 - Cognitive
 - Physical
- Genetics
- Prenatal factors
- Family relationships
- Parental depression/mental health problems
- Stressful life events
- Lack of parental care
- Trauma



Types of Mental Health Conditions



- Mood Disorders
- Anxiety disorders
- Eating Disorders
- Post Traumatic Stress Disorder
- Substance Use Disorders
- Behavioral Disorders/ADHD
- Obsessive Compulsive Disorder
- Learning difficulties

Common Warning Signs:

- Sadness or apathy
- Sensitivity/emotional reactivity
- Temper Tantrums
- Irritability/Aggression
- Anxiety
- Lack of energy/motivation
- Social isolation
- Negative thinking/hopelessness/shame/guilt
- Poor attention/concentration, changes in grades
- Changes in appetite
- Insomnia/Hypersomnia
- Suicidal thoughts/Self-injurious behaviors



What Do I Say or Do If I Suspect My Child Is Suffering From Mental Illness?



What Do I Say or Do If I Suspect My Child Is Suffering From Mental Illness?

- Recognize symptoms early
- Create a welcoming and safe environment
- Ask!
- Listen without judgment
- Seek resources
- Break stigma
- Have hope



Barriers to Treatment

Black youth are less likely to:

- receive psychiatric diagnosis
- receive outpatient services
- complete treatment
- receive culturally informed care



Barriers to Treatment

- Fear
- Shame
- Stigma
- Misdiagnosis
- Mistrust
- Religion/Spirituality
- Misunderstanding
- Racism
- Resources
- Transportation
- Finances
- Bias

Barriers to Treatment

- Black physicians are 5x more likely to treat Black patients
- Black physicians viewed as “more participatory”
- Blacks represent only 2% of psychiatrists, 2% of psychologists, and 4% of social workers



Promoting Parent Mental Wellness



Put Your Oxygen On First!!

- Self - Awareness
- Self - Care
- Self - Disclosure
- Set the Example!



Resources



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