



The Effect of COVID-19 on Children's Mental Health

Agenda

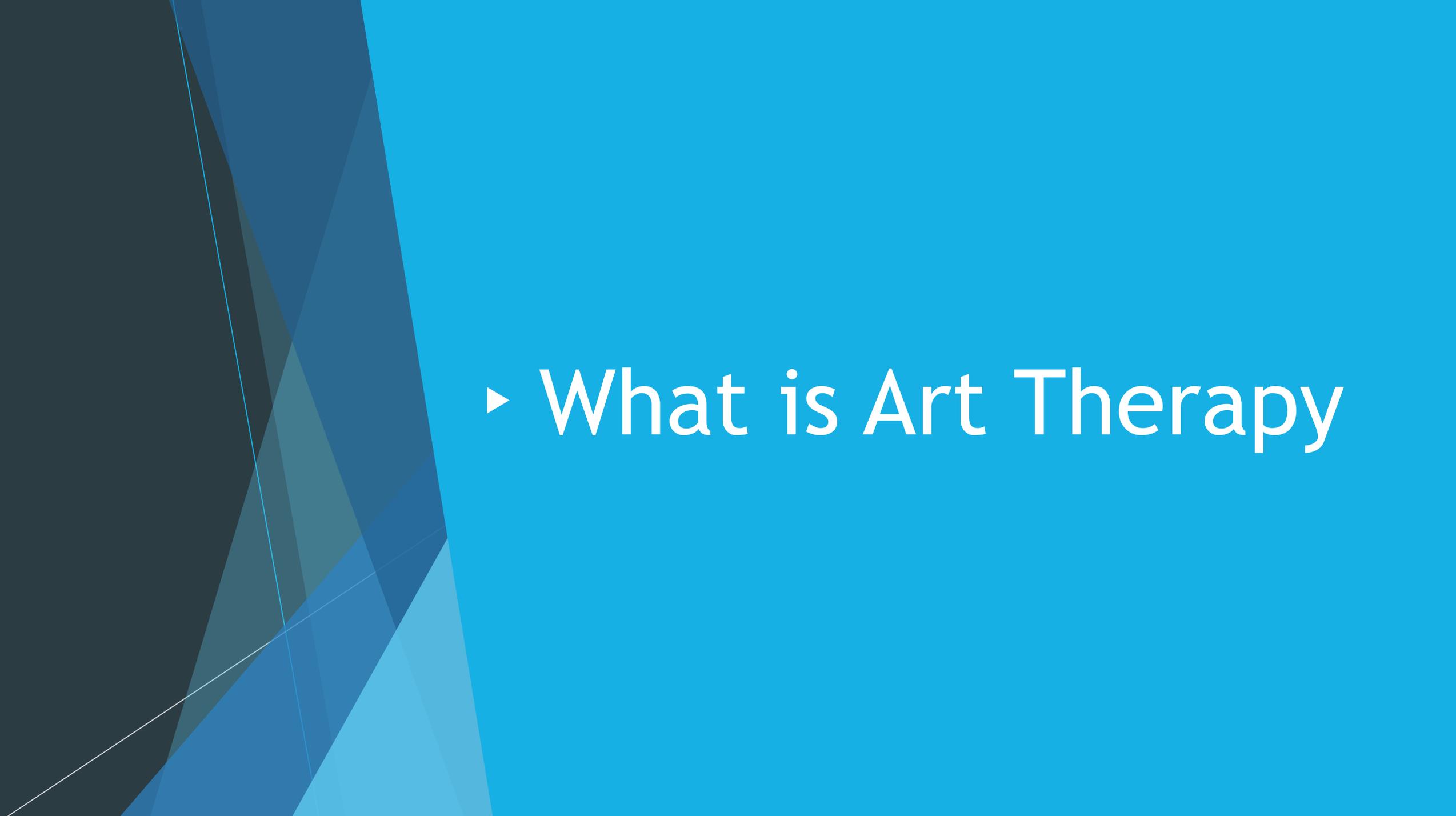


- ▶ Introductions
- ▶ Ways COVID-19 has impacted children served by FCA
- ▶ Art Therapy as a tool for working with children and adults
- ▶ Family's perspective
- ▶ Services offered by FCA to work with children and families
- ▶ Q and A



The Impacts of COVID-19

- ▶ In the Children's Mental Health and Wellness Division at FCA, we serve children and youth 5-21, who are at risk of or who are diagnosed with a mental health diagnosis. We provide case management, mental health supportive services, family support and respite
- ▶ During 2020, at the height of the COVID- 19 pandemic, we saw about 25% of new referrals diagnosed with some form of anxiety
- ▶ In 2021, this percentage has increased by about 12%
- ▶ Many of the clients we work with have experienced this anxiety in the form of school avoidance, socialization delays and communication issues. During the height of the pandemic, the shift from an in-person model of service delivery to a virtual one was a big adjustment for many clients, and this too had an overall effect on their level of anxiety.
- ▶ Through the support of our many services and programs, clients were able to learn new tools to help them adjust, adapt and function in this new era.



▶ What is Art Therapy

Art Therapy and How It Can Help

- ▶ Art therapy is a form of psychotherapy that uses art media as its primary mode of **expression and communication**
- ▶ Art therapists work with **children, young people, adults and seniors**
- ▶ Clients may have a **wide range** of difficulties, disabilities or diagnoses. These include emotional, behavioral, or mental health problems, learning or physical disabilities, life limiting conditions, neurological conditions and physical illnesses.
- ▶ Art therapy is provided in **groups or individually**, depending on the clients' needs. It is not a recreational activity or an art lesson, although the sessions can be enjoyable. Clients do not need to have any previous experience or expertise in art
- ▶ Although influenced by psychoanalysis, art therapists have been inspired by theories such as **attachment- based psychotherapy** and have developed a broad range of **client-centered approaches** such as psycho-educational, mindfulness and mentalization-based treatments, compassion -focused and cognitive analytic therapies, and other socially engage practice (British Association of Art Therapists, 2021)

Activity



- ▶ Time for some art!
- ▶ Materials needed:
 - ▶ 3+ pieces of paper
 - ▶ Pen or pencil
 - ▶ Coloring material (if handy)
- ▶ Let's consider our own anxiety experiences pre and post COVID
- ▶ Process and Discuss

CMHW Care Management Programs



- ▶ **Care Management** - Children 5-21 with either private insurance or Medicaid who are diagnosed with a Serious Emotional Disturbance, Complex Trauma or Two chronic conditions.
- ▶ **Y-Fi** - Suffolk County Care Management program serving children ages 5 to 21 with private insurance who are at risk for or have a mental health diagnosis. In addition to Case Management, the program offers Family and Youth Peer Support Services
- ▶ The overall goal of case management is to provide comprehensive, integrated mental and behavioral health support and to link the family to community resources and supports to maintain the child's stability in the home and community

CMHW Services Programs



- ▶ **Family Center Nassau** -Serves Children living in Nassau County ages 5-18 who have private insurance and are at risk for or have a mental health diagnosis. Services include family peer advocacy and respite and are free of charge
- ▶ **Home and Community Based Services (HCBS)** -Services that are delivered in the home and community to children ages 5 to 21 who are Medicaid eligible and in need of more intensive services. Services include, prevocational, respite and caregiver support. To qualify, the child needs to be enrolled in the Health Home Care Management Program
- ▶ **Community Family and Treatment Support Services (CFTSS)** -An array of services available to any child ages 5 to 21 who is Medicaid eligible and identified as having a behavioral health need. Services include evaluation, therapy, counseling, family peer support and skill building



Contact Information

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▶ QUESTIONS??