

# ASK THE DOC



## COVID-19 and Mental Health



*Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.*

### COVID-19 DASHBOARD

**As of February 28, 2022**

**Michigan Confirmed Cases**  
2,056,751

**Michigan COVID-19 Deaths**  
31,791

**Wayne County Cases**  
(excluding Detroit): 262,273

**Wayne County Deaths**  
(excluding Detroit): 3958

**Detroit City Cases:** 130,400

**Detroit City Deaths:** 3,380

**7-day average of new cases:** ~ 1293/day

**Michigan case fatality rate:** 1.5 %

**Wayne County fatality rate:** 1.6%

**Detroit Case fatality rate:** 2.5%

**Test positivity:** 5.54 %

### Vaccination Dashboard

(For > 16 years)  
1st dose tracker: 65.10%

**Michigan (5 years and older)**  
First dose given: 6,147,829 (65.3 %)  
Two doses given: 5,626,283 (59.7 %)

**Wayne County:**  
First dose given: 742,067 (73.4 %)  
Two doses given: 675,726 (66.9%)

**City of Detroit:**  
First dose given: 303,024 (48.5 %)  
Two doses given: 254,206 (40.7 %)

## ASK THE DOC



## COVID-19 and Mental Health

## Children's Mental Health and the Pandemic

Mental Health Care-  
Putting Children First

Here to Talk. Here to Help. 800-241-4949

The Covid-19 pandemic has had an overwhelming impact around the world, causing millions of deaths and adverse impacts on people's lives. It also has led to many mental health concerns, particularly for children and adolescents. We are grateful though that it appears we are on the downside of this global pandemic.

A recent study published in JAMA Pediatrics, "**Sounding the Alarm for Children's Mental Health During the COVID-19 Pandemic**,"

examined the mental health impacts on children of 11 countries and found a rapid and sustained 10% increase in outpatient mental health service utilization by children and adolescents compared with prior rates. The largest increases were noted for mood and anxiety disorders (74.7%), psychosis (73.2%), substance use (83.6%), social problems (64.6%), and neurodevelopmental disorders (69.8%). The report also added that the immediate effect of the COVID-19 pandemic on children and adolescents has been significant, but the long-term effect will be more devastating without urgent action of prioritizing children's and adolescents' mental health.

**How can parents recognize signs that their children may need help?**

Symptoms of various disorders can present differently depending on age. For instance, in younger children, signs of stress and mental health challenges could manifest as increased crying, more intense tantrums, disruption of sleep, and increased separation anxiety from caregivers. Older children and adolescents may show signs of sadness, lack of interest in pleasurable activities, trouble with schoolwork, problems with memory or concentration, and changes in behavior like withdrawing from friendships. Look for changes that aren't usual for your child.

**What can parents do if they notice worrisome signs?**

Spending time with your child is key. Depending on their age, you may be able to have a conversation with them. Listening to their concerns is important. Letting them know that you are with them is a significant piece and that professional help exists, that it's okay to be not okay and ask for help. Parents should contact their pediatrician as soon as possible if they see worrisome signs. The doctor can screen for depression, anxiety, and other behavioral health problems.

## ASK THE DOC



## COVID-19 and Mental Health

### Where can parents get help from specialists in mental health?

Your child's pediatrician can be a good first contact as they can offer recommendations on what kind of help is most appropriate. Some children may benefit from a psychiatrist, whereas others could find help from a psychologist, therapist or mental health counselor, or both. There may also be support offered in your child's school. If you are looking for mental health support and services, you can contact the DWIHN 24/7 Helpline at 1-800-241-4949.

### What is DWIHN's response to addressing children's mental health?

DWIHN continues to focus on putting children first and ensuring that the community knows that DWIHN offers a comprehensive System of Care for children, families, and parents. Please visit our Children's Initiatives page for more information about Trauma-Informed Care, Infant & Early Childhood Mental Health, and services for LGBTQ2S youth. DWIHN has put special emphasis on children with a goal to expand access to mental health services and to ensure that they receive the best care.

Go to: <https://www.dwihn.org/childrens-initiatives>

- Based on current conditions, MDHHS has expired the Public Health Advisory on Masking in Indoor Public Settings, including schools and transport. Moving forward, the COVID-19 response cycle can be broken down into three key phases:
    - **Response** – Local and state public health implement rapid response to a surge. The public may be advised to increase masking, testing, and social distancing.
    - **Recovery** – Post-surge. No immediate resurgence was predicted. Local and state public health will monitor conditions that could lead to future surges.
    - **Readiness** – A surge in cases is expected, with implications on the severity of illness and hospital capacity. Increased communication to the public regarding possible new risks.
- ([https://www.michigan.gov/documents/coronavirus/FINAL\\_MDHHS\\_Masking\\_Guidance\\_2.16.22\\_748315\\_7.pdf?utm\\_campaign=&utm\\_medium=email&utm\\_source=govdelivery](https://www.michigan.gov/documents/coronavirus/FINAL_MDHHS_Masking_Guidance_2.16.22_748315_7.pdf?utm_campaign=&utm_medium=email&utm_source=govdelivery)):

# ASK THE DOC



## COVID-19 and Mental Health

### **Mental Health Help:**

- Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. The COVID-19 pandemic has left many people feeling anxious or depressed. The DWIHN website offers a free and anonymous assessment to help you determine if you or someone you care about should connect with a behavioral health professional. <https://screening.mentalhealthscreening.org/DWIHN>
- Another excellent digital tool to support mental health is myStrength, an app with web and mobile tools designed to support your goals and wellbeing. myStrength's highly interactive, individually-tailored resources allow users to address depression, anxiety, stress, substance use, chronic pain, and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health. Visit the DWIHN website to learn more.

**Mental Health Care**  
*Putting Children First*

**DWIHN** HERE TO TALK. HERE TO HELP. **800-241-4949**