

PRESENTATION BY:
ANNA MOFFIT

EXECUTIVE DIRECTOR
OF NAMI DANE
COUNTY

Children's Mental Health and the COVID- 19 Pandemic

NAMI Dane County

- ❑ NAMI Dane County is the founding chapter of the National Alliance on Mental Illness which is the largest grassroots mental health organization that provides advocacy, education and support to individuals impacted, including loved ones, by a mental illness.
- ❑ There are affiliates in every state, including over 40 in the state of Wisconsin.
- ❑ We provide support groups, educational classes, community presentations and provide a support line, at no cost to the Dane County area.

Children's Mental Health Data

- ❑ 50 % of mental health conditions will present by age 14, while 75% will present by age 25.
- ❑ ADHD (9.4%), Behavior Disorder (7.4%), Anxiety Disorder (7.1.%) are the most prevalent mental health diagnoses for children/youth (3-17). Depressive Disorder accounts for about 3% of mental health diagnoses.
- ❑ Treatments rates are highest for children and youth with Depressive Disorder (8 in 10), Anxiety (6 in 10) and Behavior Disorder (5 in 10) are the next highest.
- ❑ Rates of mental health diagnoses have been steadily increasing in children.

<https://www.cdc.gov/childrensmentalhealth/data.html>

<https://www.cdc.gov/childrensmentalhealth/data.html>

1

Make sure that there is open communication about what challenges or needs a child may be experiencing during the pandemic.

2

Create a predictable routine for your child that includes exercise, adequate sleep, healthy foods, "downtime" and time to socialize with peers and friends.

3

Talk to your child if you are noticing a substantial difference in behavior.

4

Limit exposure to social media and the news. You can share information, but make sure it's appropriate.

5

Talk about your own mental health and feelings on a regular basis.

Strategies for dealing with a mental health condition

Places to find support in Wisconsin

- NAMI Wisconsin <https://namiwisconsin.org/>
- NAMI Dane County <https://www.namidanecounty.org/>
- Wisconsin Family Ties <https://www.wifamilyties.org/>
- Wisconsin Facets <https://wifacets.org/>
- WSPEI <https://wspei.org/>
- NAMI Dane County support line: 608-249-7188
- Suicide Prevention Hotline: 1-800-273-8255
- <https://namiwisconsin.org/lets-talk-about-mental-illness/>