Mental Health & Substance Use Among 10–17-Year-Old Residents during COVID-19 Pandemic

2019-2020
Mental Health Needs Unmet Prior to Pandemic

• Colorado (2018)
  – 40th in country for adult mental health
  – 48th in country for youth mental health
Pandemic Impact on Mental Health is Complex and Broad

• Isolation, economic challenges, grief
• Young adults
• First responders, medical staff, frontline workers
• Those who have contracted COVID-19
Data Limited to Emergency Department Visits

• Can track severe outcomes by demographics
  – Includes symptoms of patients in emergency departments
  – Platform collects data from 5,000 hospitals in 47 states

• Only captures most severe outcomes
Alcohol Overdose Visits 14% Higher

Cumulative emergency department visits for alcohol overdose in Boulder County hospitals
2019-2020, ages 10-17
Spike in Alcohol Overdose Emergency Visits in July

Emergency department visits for alcohol overdose in Boulder County hospitals 2019-2020, ages 10-17.
Marijuana Overdose Visits 10.5% Higher

Cumulative emergency department visits for marijuana overdose in Boulder County hospitals
2019-2020, ages 10-17
Marijuana Overdose Visits 10.5% Higher

Emergency department visits for marijuana overdose to Boulder County hospitals
2019-2020, age 10-17

1st week September

ED visits

MMWR Weeks

2019
2020
Suicide Ideation Emergency Visits Increased 4%

Cumulative ED visits for suicidal ideation to Boulder County hospitals 2019-2020, ages 10-17
Spike in Suicide Ideation Visits in September

Emergency department visits for suicidal ideation to Boulder County hospitals, 2019-2020, ages 10-17

1st week September
Emergency Visits for Suicide Attempts Increased by 31%

Cumulative ED visits for suicide attempt to Boulder County hospitals, ages 10-17, 2019-2020
Visits for Suicide Attempts Higher in Late Summer & Fall

Emergency department visits for suicide attempt to Boulder County hospitals, ages 10-17, 2019-2020

1st week September
Visits for Sexual Violence 64% Higher
Visits for Sexual Violence Throughout the Year

Emergency visits for sexual violence to Boulder County hospitals, ages 10-17, 2019-2020
COVID-19 Has Impacted Mental Health of Children & Youth

<table>
<thead>
<tr>
<th>Reason for Emergency Visit</th>
<th>Percentage Increase from 2019 to 2020</th>
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</thead>
<tbody>
<tr>
<td>Alcohol Overdose</td>
<td>14%</td>
</tr>
<tr>
<td>Marijuana Overdose</td>
<td>10.5%</td>
</tr>
<tr>
<td>Suicide Ideation</td>
<td>4%</td>
</tr>
<tr>
<td>Suicide Attempt</td>
<td>31%</td>
</tr>
<tr>
<td>Sexual Violence</td>
<td>64%</td>
</tr>
</tbody>
</table>
Recommend Focus on Upstream, Policy & Funding

• Share this information
• Work upstream to avoid severe outcomes
• Create policy and increase funding
• Improve access (telehealth)
• Other?
What other questions do you need answered by mental health and substance use data?