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COVID-19 and Mental Health

April Is National Child Abuse Prevention Month

Child abuse and neglect are serious problems that can have permanent effects on people. The Center for Disease Control's (CDC) goal is to stop it from happening in the first place. Child abuse and neglect are complex problems rooted in unhealthy relationships and environments. Preventing it requires addressing risk and protective factors on various levels.

A recent CDC survey indicates that more than half of high school students said they were victims of verbal outbursts during the lockdown. A majority of teenagers say they endured insults, put-downs, and other forms of emotional abuse from a parent or other adult at home, during the height of the pandemic lockdown in 2020.

"These data echo a cry for help," Dr. Debra Houry, CDC's Acting Principal Deputy Director, said. "The COVID-19 pandemic created traumatic stressors that have the potential to further erode a student's mental wellbeing."

Kathleen Ethier, director of the CDC's Division of Adolescent and School Health, said the survey results underscored "the degree to which families were experiencing stress" during the pandemic and "Our data make it clear that young people experienced significant disruption and adversity and are experiencing a mental health crisis."

The survey findings are based on the responses of a group of 7,705 high school students. Participants were asked to complete the Adolescent Behaviors and Experiences Survey in the first half of 2021, though the questions asked about experiences from the previous year, 2020. In general, 66% found it difficult to complete their schoolwork. More than half, 55% said they were on the receiving end of cursing or other verbal insults from an adult in the home. Nearly three-quarters of those students identified as lesbian, gay, or bisexual, and 63% were young women. More than 1 in 10, or 11.3%, said they suffered physical abuse. It remains unclear how significant a role lockdown played in such reports and if the findings reflect something new due to the pandemic or existing levels of abuse that occurred prior to the pandemic.



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COVID-19 and Mental Health

Preventing Child Abuse and Neglect

| Strategy | Approach |
|---|--|
| Strengthen economic supports to families | <ul style="list-style-type: none"> • Strengthening household financial security • Family-friendly work policies |
| Change social norms to support parents and positive parenting | <ul style="list-style-type: none"> • Public engagement and education campaigns • Legislative approaches to reduce corporal punishment |
| Provide quality care and education early in life | <ul style="list-style-type: none"> • Preschool enrichment with family engagement • Improved quality of child care through licensing and accreditation |
| Enhance parenting skills to promote healthy child development | <ul style="list-style-type: none"> • Early childhood home visitation • Parenting skill and family relationship approaches |
| Intervene to lessen harms and prevent future risk | <ul style="list-style-type: none"> • Enhanced primary care • Behavioral parent training programs • Treatment to lessen harms of abuse and neglect exposure • Treatment to prevent problem behavior and later involvement in violence |

- Following the U.S. Food and Drug Administration authorization and the CDC recommendation, the Michigan Department of Health and Human Services (MDHHS) announces that all Michiganders ages 50 and up and moderately or severely immunocompromised individuals over age 12, may choose to receive a second booster vaccine. Pfizer is the only COVID-19 vaccine currently authorized for those under age 18. COVID-19 booster doses may be given at the same time as other vaccines.
- Four months after receiving the first booster dose of Pfizer BioNTch, Moderna or Johnson & Johnson, the following are now authorized:
 - A second booster dose of the Pfizer-BioNTech COVID-19 vaccine or Moderna COVID-19 vaccine may be administered to individuals 50 years of age and older.
 - A second booster dose of the Pfizer vaccine may be administered to moderately or severely immunocompromised individuals 12 years of age and older.
 - A second booster dose of the Moderna vaccine may be administered to moderately or severely immunocompromised individuals 18 years of age and older.

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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.
- For school mental health resources during trauma and violence, visit, <https://dwihn.org/news-oxford-hs-grief-counseling-resources>

COVID-19 DASHBOARD

As of April 4, 2022

Michigan Confirmed Cases
2,080,613

Michigan COVID-19 Deaths
32,863

Wayne County Cases
(excluding Detroit): 266,126

Wayne County Deaths
(excluding Detroit): 4392

Detroit City Cases: 132,592

Detroit City Deaths: 3,493

7-day average of new cases: ~ 700/day

Michigan case fatality rate: 1.6 %

Wayne County fatality rate: 1.6%

Detroit Case fatality rate: 2.7%

Test positivity: 5.04 %

Vaccination Dashboard

Wayne County:

First dose given: 749,421(74.2%)

Two doses given: 684,272 (67.7%)

City of Detroit:

First dose given: 308,989 (49.5 %)

Two doses given: 261,285 (41.9 %)

1st dose tracker: 66.6%

Michigan (5 years and older)

First dose given: 6,195,586(65.8 %)

Two doses given: 5,685,196 (60.3 %)