




Education Interim Committee
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COVID-19 Impact on Student Mental Health

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State of Youth Mental Health in Utah

The Traumatic Impact of COVID-19



“The COVID-19 pandemic has already affected the mental health of millions of Americans, and it will continue to do so well beyond the end of the declared public health emergency. The psychological toll of the disease is already apparent both in the general population and specifically in people who are most vulnerable because of prior trauma, the experience of significant loss resulting from COVID-19, (and) presence of mental illness...”

-Executive Order *Saving Lives Through Increased Support for Mental and Behavioral Health Needs Report*, Substance Abuse and Mental Health Services Administration, December 2020, p.25

Facts on Trauma

May Cause

Jumpiness, intrusive thoughts, interrupted sleep and nightmares, fear, anger, overwhelming feelings, frustration and anxiety, social withdrawal

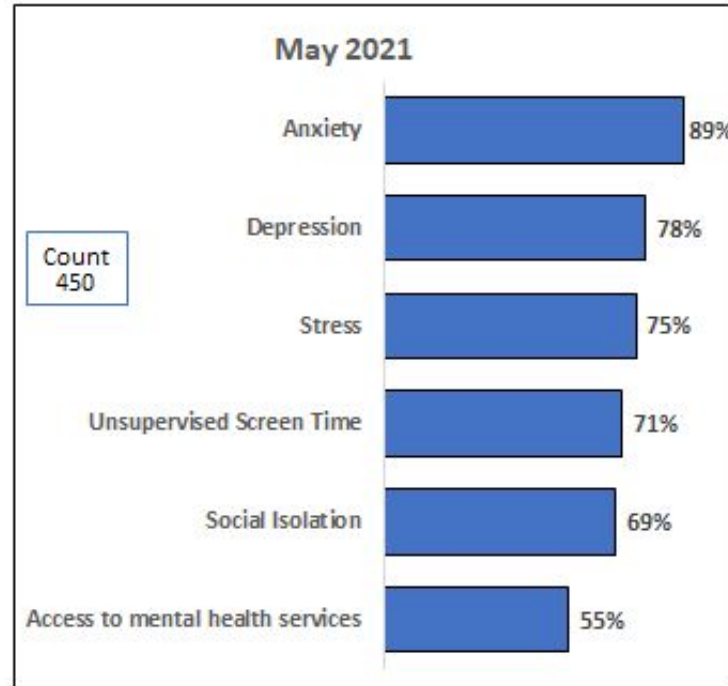
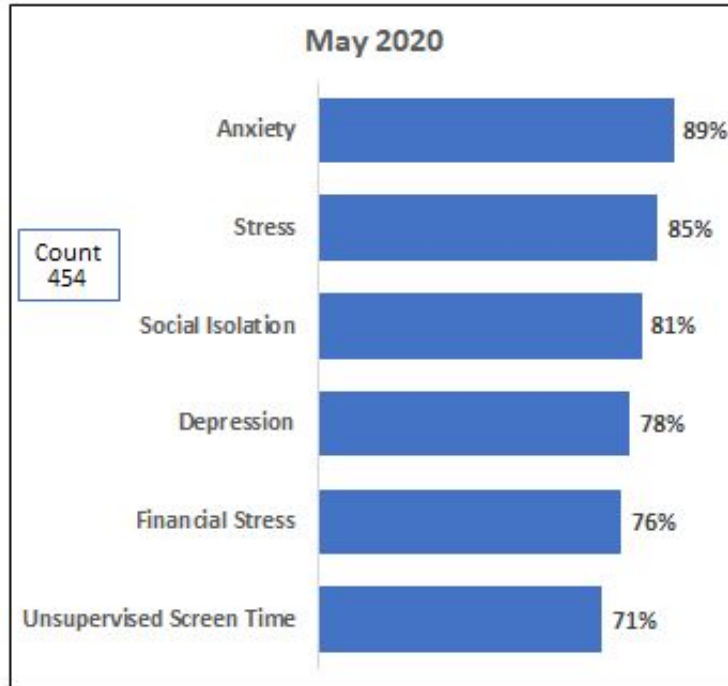
Interference with effective problem solving, memory, and cognition

Impact School Performance By

Decreasing achievement (grade point average), increasing absenteeism, increasing dropout rates, increasing disruptive behavior, reading difficulty

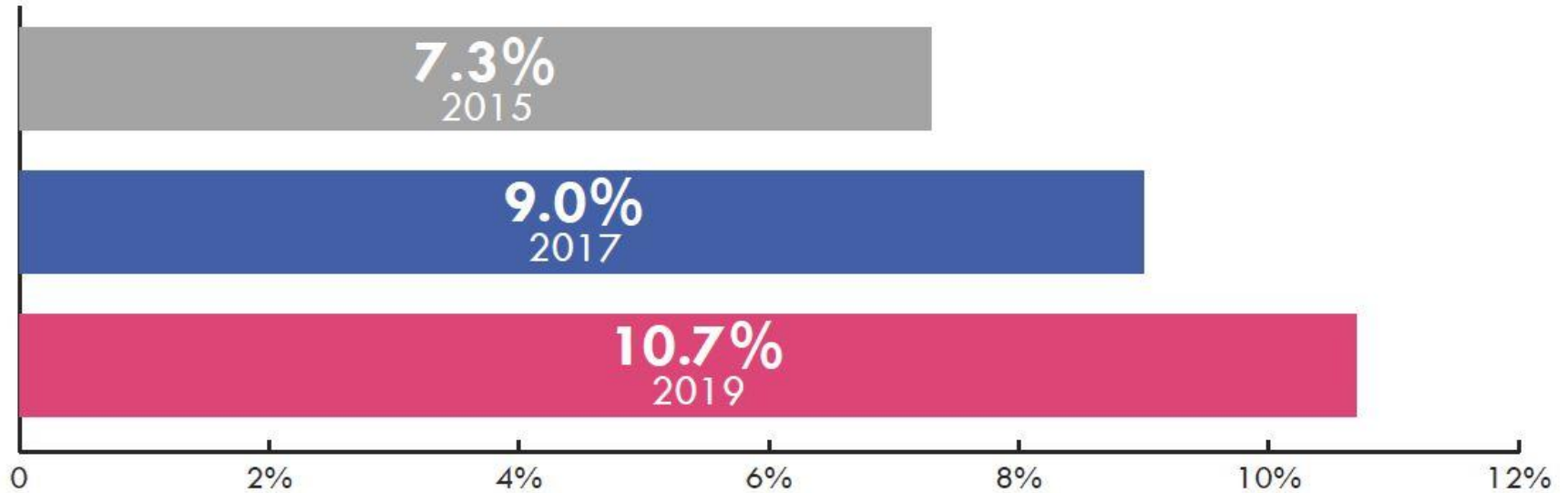
School Safety Survey 2020 and 2021

Top risk factors remain as a result of COVID 19 Pandemic



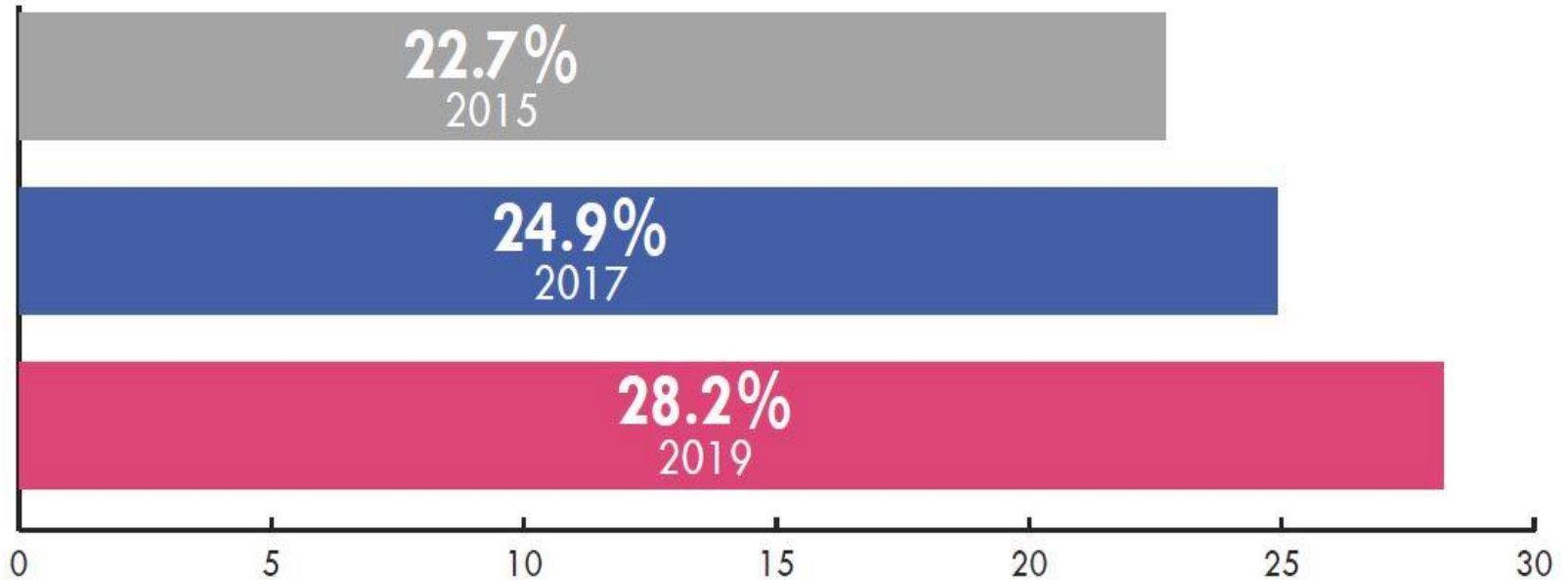
SHARP Survey 2019

Did NOT go to school one or more days because they felt unsafe at/on the way to school
(in the past month)



SHARP Survey 2019

Felt sad or hopeless for two weeks or more during the past year



School Climate Survey Data (Grades K-5) 2021

K-2: Do you like to come to school?

88%

YES

12%

NO

3-5: Most of the time I feel happy at school.

87%

Strongly Agree / Agree

13%

Strongly Disagree / Disagree

3-5: Students feel safe at my school.

92%

Strongly Agree / Agree

8%

Strongly Disagree / Disagree



School Climate Survey Data (Grades 6-12) 2021

Most of the time I feel
happy at school.

73%

Strongly Agree / Agree

27%

Strongly Disagree /
Disagree

I feel safe at this
school.

87%

Strongly Agree / Agree

13%

Strongly Disagree /
Disagree



School Climate Survey Data (Grades 6-12) 2021

There is an adult at this school who I would feel comfortable talking to about a concern.

73%

Strongly Agree / Agree

27%

Strongly Disagree /
Disagree

I know how to ask for help when I'm feeling sad or hopeless.

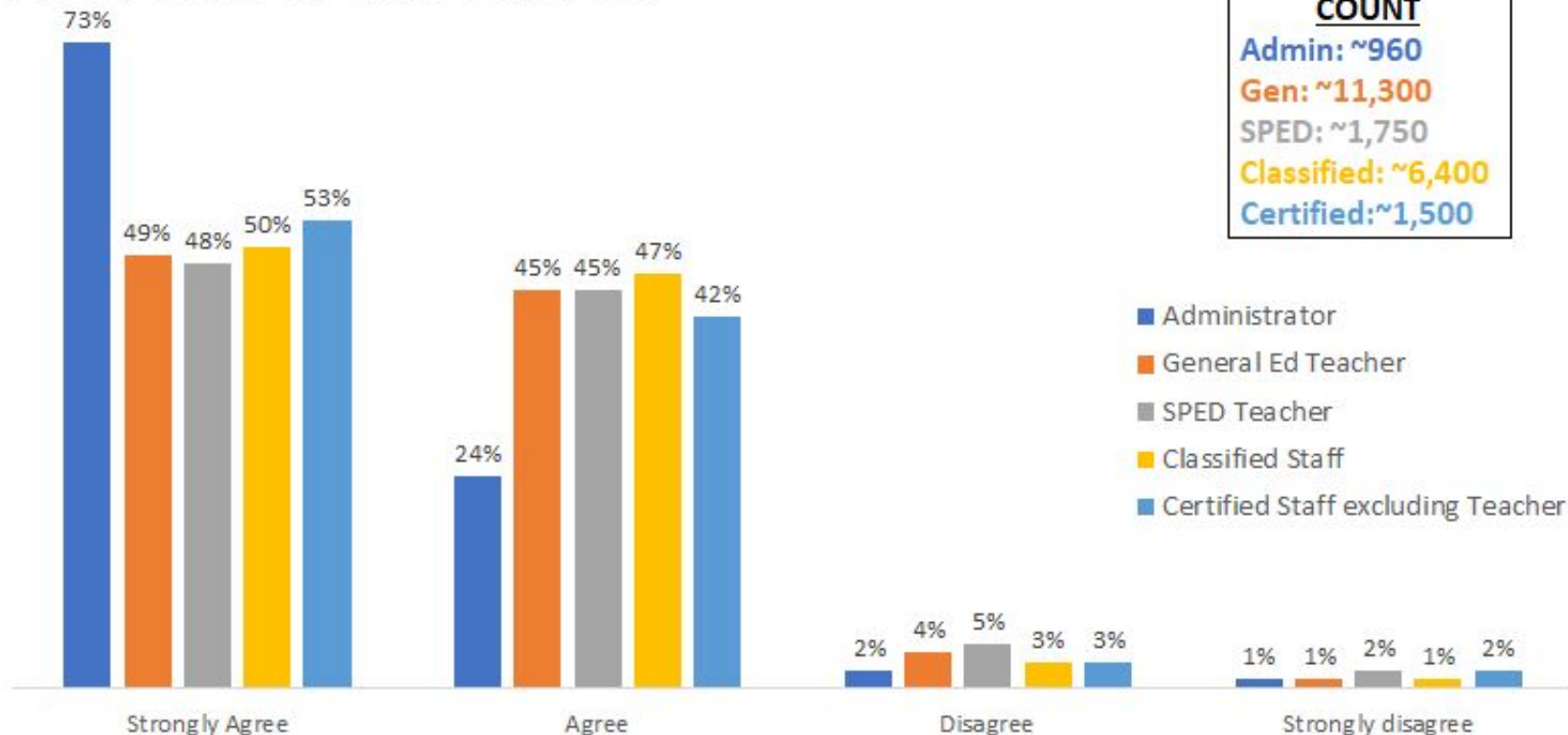
71%

Strongly Agree / Agree

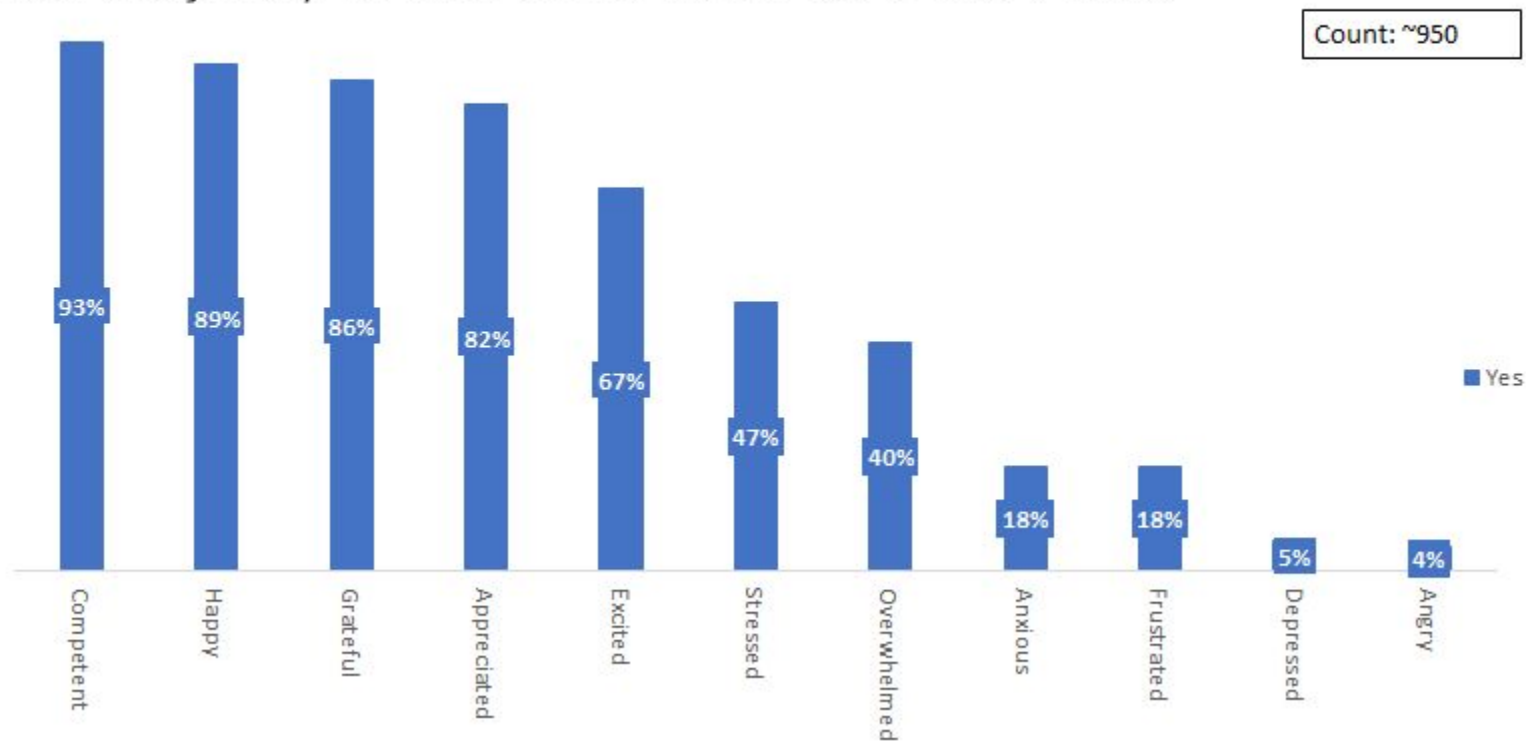
29%

Strongly Disagree /
Disagree

2021 Climate Survey Admin/Teacher/Staff: I feel safe at this school.

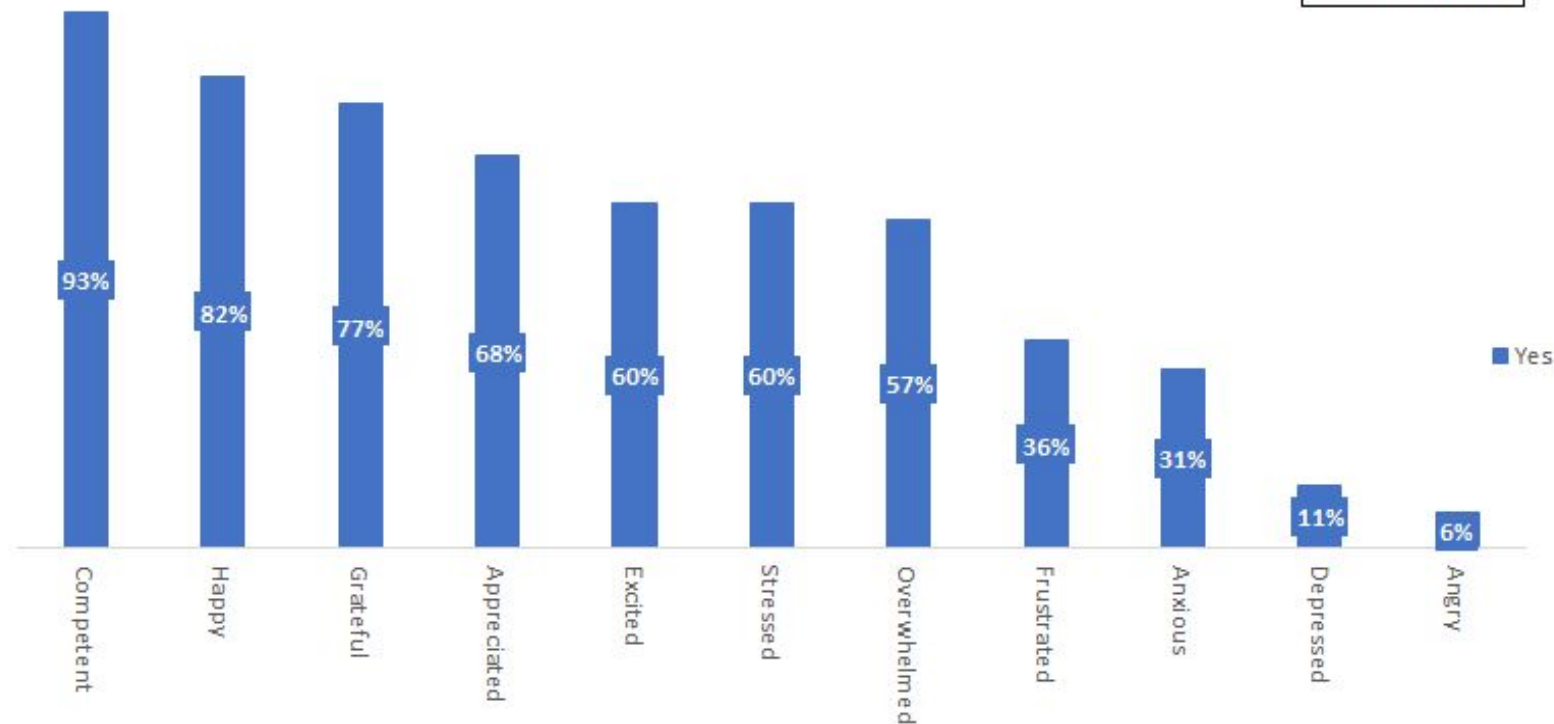


2021 Climate Survey to School Administrator: The majority of the time while at work I feel:



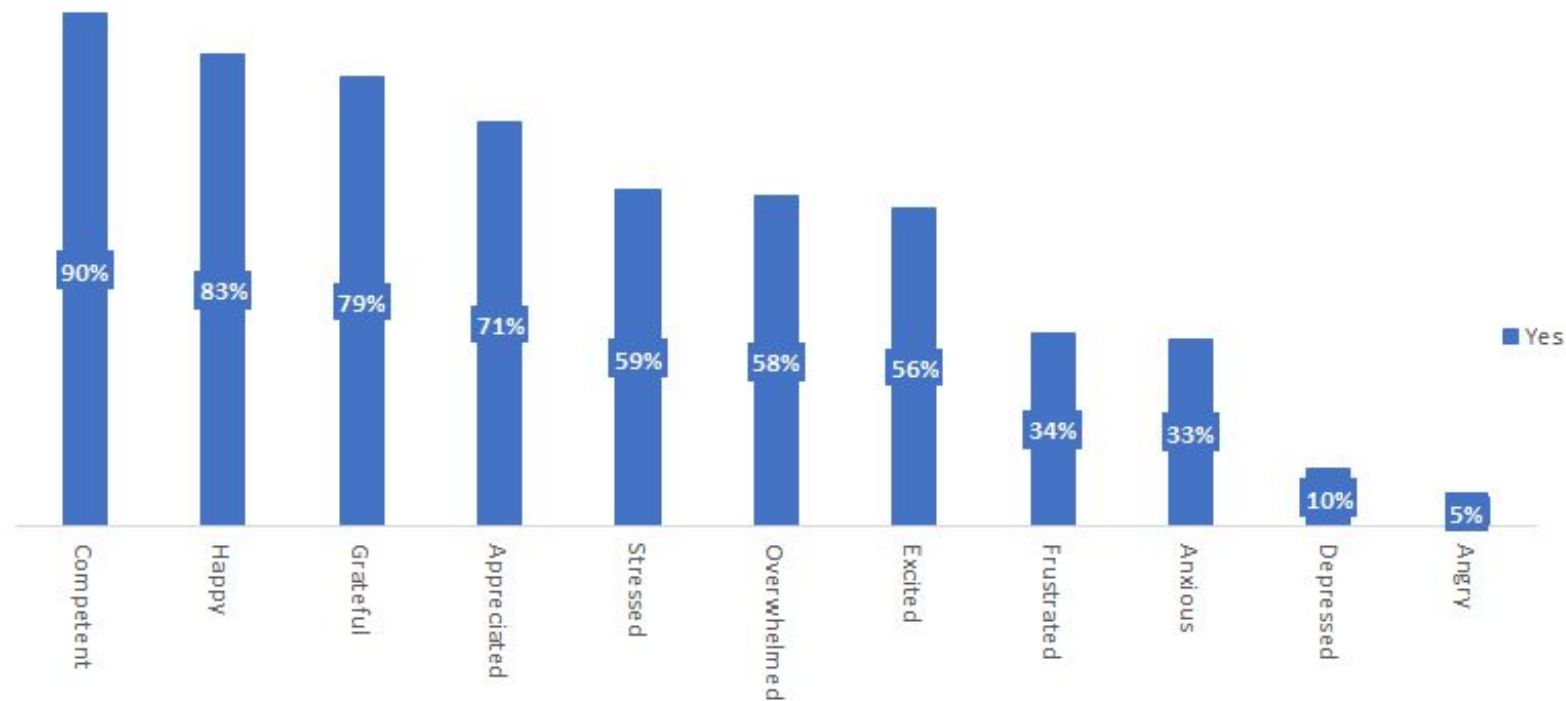
2021 Climate Survey to General Ed Teacher: The majority of the time while at work I feel:

Count: ~11,100



2021 Climate Survey to SPED Teacher: The majority of the time while at work I feel:

Count: ~1,700



EXAMPLE: Rise in students' mental health needs

Who: Mid-sized School District

What: Referrals to community mental health agencies

SY 2019-2020: 61 students | SY 2020-2021: 307 students





Strides to Support Student Mental Health

Mental Health Funding Sources

School-based Mental Health Qualified Grant Program (\$26M)

Qualifying personnel & contracted services

Grow Your Own Teacher and School Counselor Pipeline Program (\$9.2M)

Scholarships for aspiring teachers and counselors

Project AWARE (\$8.4M)

Federal grant awarded to three LEAs to support mental health programs

Elementary School Counselor Grant (\$2.1M)

K-6 School Counselors and School Social Workers

Mental Health Screening Grant (\$500,000)

Universal mental health screening and services for students



Mental Health Screening Program 53F-2-522

H.B. 323 School Mental
Health Funding
Amendments (2020)
Rep. Steve Eliason / Sen. Ann Millner

Sets standards for participating
LEAs to implement a
School-based Mental Health
Screening Program

Universal screening
opportunity available for
all students with parental
consent

Funding available for
competitive grant
\$500,000 ongoing

Approved Screenings

Mental Health Screening Program Data SY2021

20
LEAs
Participating

304
Schools
Represented

2,966
Students
Screened

1,014
Referred to
Interventions

2,348*
Interventions
Provided within
School

543
Referred to
Outside Mental
Health Providers

297
Indicated a Need
for Outside
Provider Referral

**Each activity or session is counted as an individual intervention*

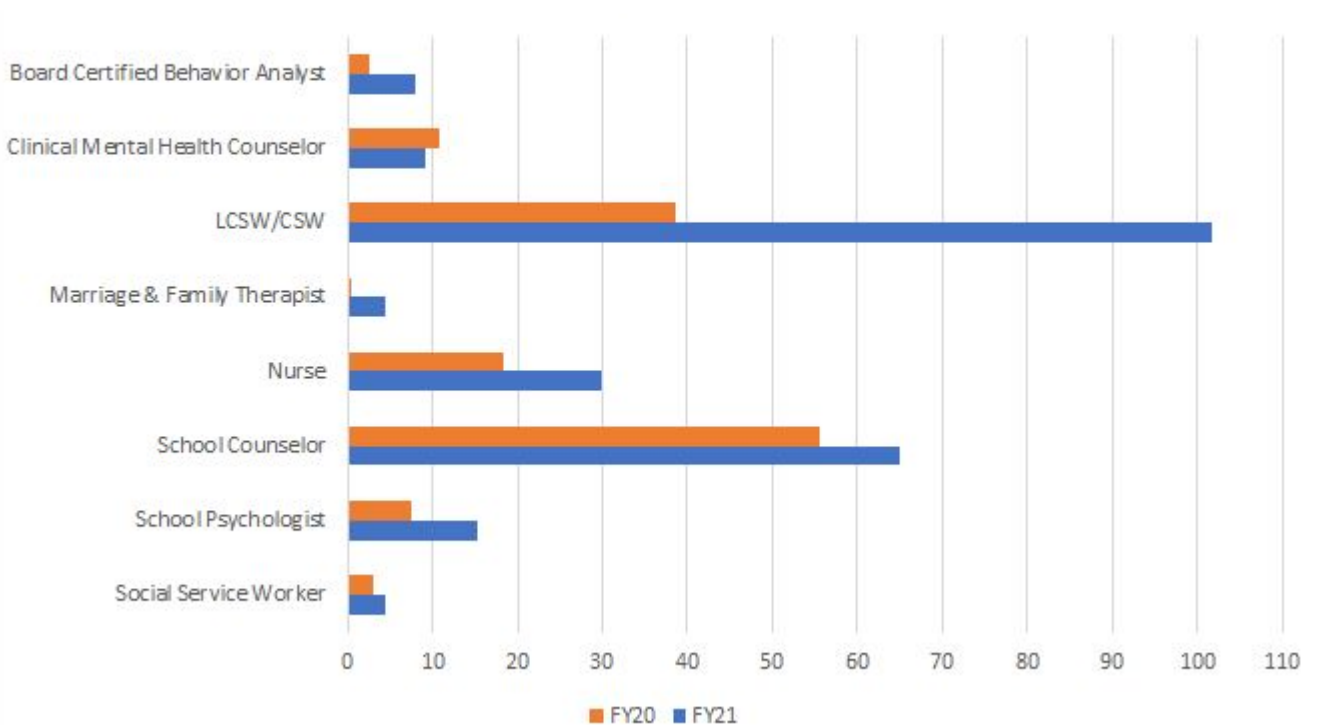


School-based Mental Health Qualified Grant Program 53F-2-415

- H.B. 373 Student Support Amendments (2019),
Rep. Steve Eliason and Sen. Ann Millner
- Available to all LEAs who apply
- Increase in funding from \$16 million FY20 to \$26 million FY21

“The state board shall distribute money appropriated under this section to local education agencies (LEAs) to provide, in a school, targeted school-based mental health support, including clinical services and trauma-informed care, through employing or entering into contracts for services provided by qualifying personnel.”

School-based Mental Health Qualified Grant Program Data - FY20 and FY21



Any
Questions?

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