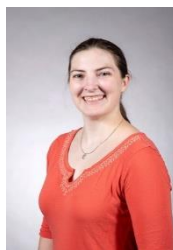


RESEARCH HIGHLIGHT

Mental Health, COVID-19, and Youth



CAITLIN NOLAN
Undergraduate YJI Scholar



ALYSHA GAGNON
PhD Student Research Assistant

This originally appeared in print in the May 2020 Newsletter, linked [here](#).

May is Mental Health Awareness month. According to experts, most mental health disorders begin in childhood. The overarching impact of COVID-19 has the potential to [exacerbate existing mental health](#) conditions or trigger new ones in children and adolescents. The CDC has published a [helpful guide](#) on how to talk to children and teens about the pandemic, and the U.S. Department of Health and Human Services has made available a [fact sheet](#) with tips for coping with stress during an outbreak.

The following publications are a selection of recent research articles regarding COVID-19 and youth mental health with a brief summary.

Showing Racial Disparities in COVID-19 Cases

Othering and Belonging Institute, UC Berkeley

A map of the US displaying racial disparities of COVID-19 infections and deaths. ([Read it here](#))

Behavioral Health Resources for Coronavirus

On Our Sleeves

This resource includes 14 articles, videos and interactive tools to help children and students adjust to the lack of structure caused by COVID-19. The articles include resources and guidelines on how to talk to your child about COVID-19, creating new schedules and routines, working from home during this time, the new self care and navigating student transitions due to COVID-19. ([Read it here](#)).

Coronavirus Disease 2019 (COVID-19) and Mental Health for Children and Adolescents

Ezra Golberstein, Hefei Wen, & Benjamin F. Miller, JAMA Network

On the same page:

a roundup of news and research
curated by the NYS Youth Justice Institute.



**Youth Justice
Institute**

An initiative of the Division of Criminal Justice Services,
Office of Children and Family Services and University at Albany

The majority of children in the U.S. receive some type of mental health service through their school and now that schools are closed, most through the end of the school year, it has become increasingly difficult to help the children receive mental health care. Now mental health agencies are getting creative to support the youth through widening the ability for the use of technology to keep in contact by loosening HIPAA and privacy laws at this time to support telemental health care services. ([Read it here](#)).

Mental health considerations for children quarantined because of COVID-19

Jia Jia Liu, Yanping Bao, Xiaolin Huang, Jie Shi, & Lin Lu, The Lancet Child and Adolescent Health
The article advises countries around the world to be cautious with children's mental health especially with unaccompanied youth who are separated from their families due to COVID-19. The authors advise governments to make hospital staff and caregivers aware of the signs of distress in children and ways in which to relieve that stress whether through telecommunication with their families or finding them regular activities to do. ([Read it here](#))

From Helpless to Hero: Promoting Values-Based Behavior and Positive Family Interaction in the Midst of COVID-19

Thomas G. Szabo Sarah Richling Dennis D. Embry Anthony Biglan, et al., Association for Behavior Analysis International

This article explains how stressful it is to provide structure as a parent during COVID-19 so they provide daily practices that have been proven to work and can help families from falling into toxic situations with their children. ([Read it here](#))

What do you want to see in future Research Highlights? Let us know [here](#).

On the same page:
a roundup of news and research
curated by the NYS Youth Justice Institute.