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PICOT

Question: COVID-19 has caused an increase in mental health conditions in children; do children who receive treatment for mental health conditions versus children who are left untreated end up having better social adjustments post quarantine?

The elderly are considered the most vulnerable to complications with COVID. Still, people often forget that our children are most vulnerable to developing a mental health condition due to the closing of schools, isolation from friends, as well as the fear of a loved one or themselves having complications from the virus. Mental health issues in children were already on the rise pre-pandemic, but "research from October 2020 showed that 31% of parents said their child's mental or emotional health was worse than before the pandemic" (Nirmita, 2021).

When researching ways these children could get mental health services during quarantine, I found tele-mental-health, which is a spinoff of telehealth but specifically for mental health disorders. "Telemental health offers a critical avenue to not only sustain mental and behavioral health services but to expand them during the pandemic" (Warren, 2020). This is a quality resource to provide children with much-needed treatment during a time of isolation, where face-to-face counseling wasn't an option.

Many children did not receive the care they needed mentally during the pandemic, which "if left untreated, a child's mental development has been found to be drastically and detrimentally impacted" (Golberstein et al., 2020). Therefore, it is more important now than ever to have mental health recourses available for our children to adjust socially to life post quarantine and deal with the aftermath of emotions that came from being isolated during such a pivotal time in their life. The evidence is clear that children who receive treatment for their mental health needs can socially adjust better than other children whose needs are not being met.

Primary Source:

Golberstein, E., Wen, H., & Miller, B. F. (2020). Coronavirus disease 2019 (covid-19) and Mental Health for Children and Adolescents. *JAMA Pediatrics*, 174(9), 819.
<https://doi.org/10.1001/jamapediatrics.2020.1456>

Secondary Source:

Warren, J. (2020, June 18). *Using telehealth to meet mental health needs during the COVID-19 crisis*. Commonwealth Fund. Retrieved November 2, 2021, from <https://www.commonwealthfund.org/blog/2020/using-telehealth-meet-mental-health-needs-during-covid-19-crisis>.

Tertiary Source:

Nirmita Panchal (2021, May 25). *Mental health and substance use considerations among children during the covid-19 pandemic*. KFF. Retrieved November 2, 2021, from <https://www.kff.org/coronavirus-covid-19/issue-brief/mental-health-and-substance-use-considerations-among-children-during-the-covid-19-pandemic/>.