



Mental Health & Substance Use

Among 10–17-Year-Old
Residents during COVID-19
Pandemic

2019-2020



**BOULDER COUNTY
PUBLIC HEALTH**

Opportunity for a healthy life.

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

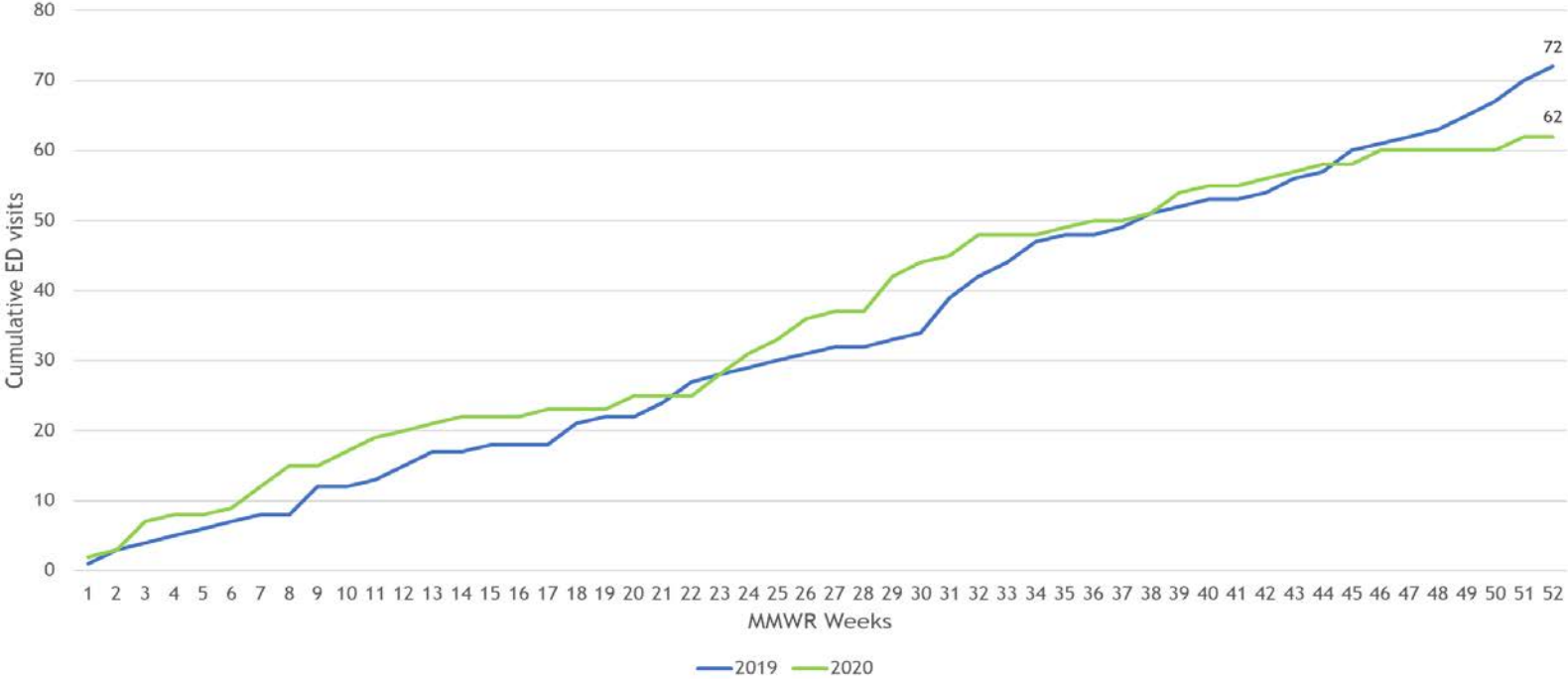
- Isolation, economic challenges, grief
- Young adults
- First responders, medical staff, frontline workers
- Those who have contracted COVID-19

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

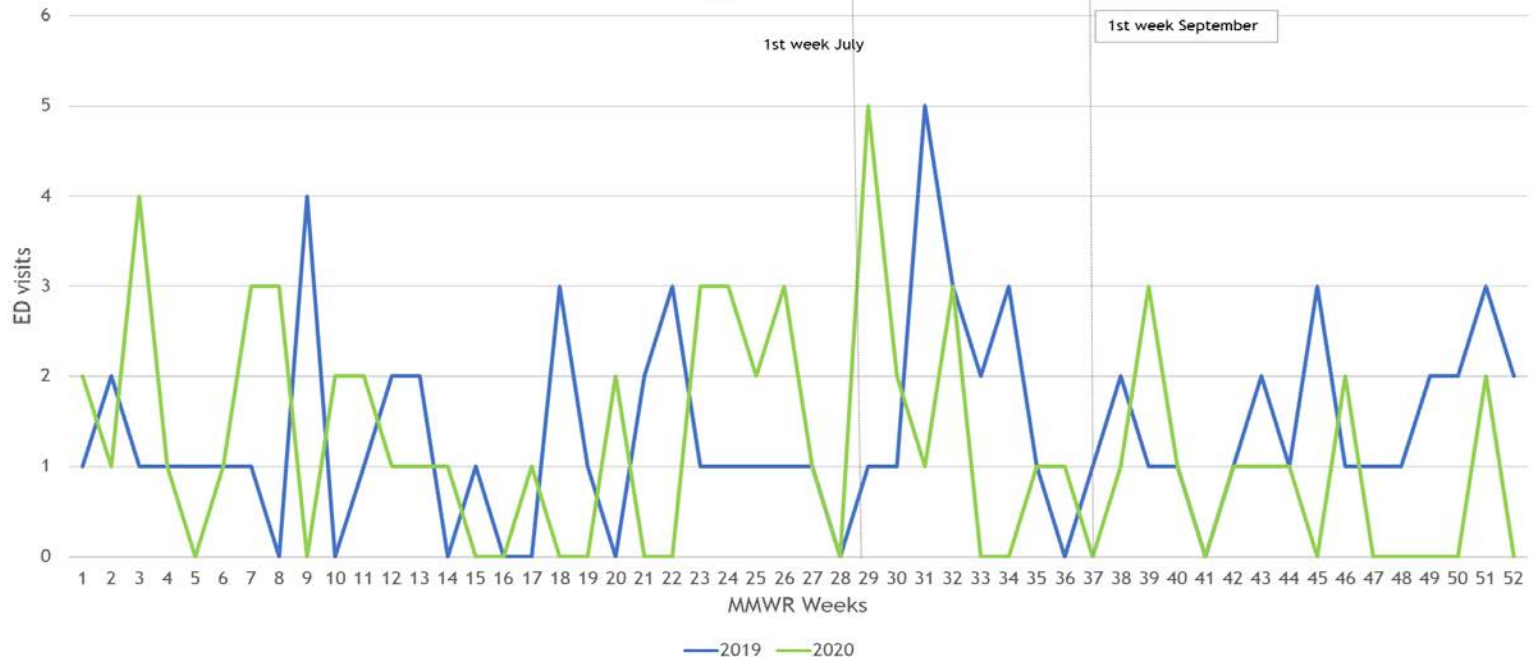
Alcohol Overdose Visits 14% Higher

Cumulative emergency department visits for alcohol overdose in Boulder County hospitals
2019-2020, ages 10-17



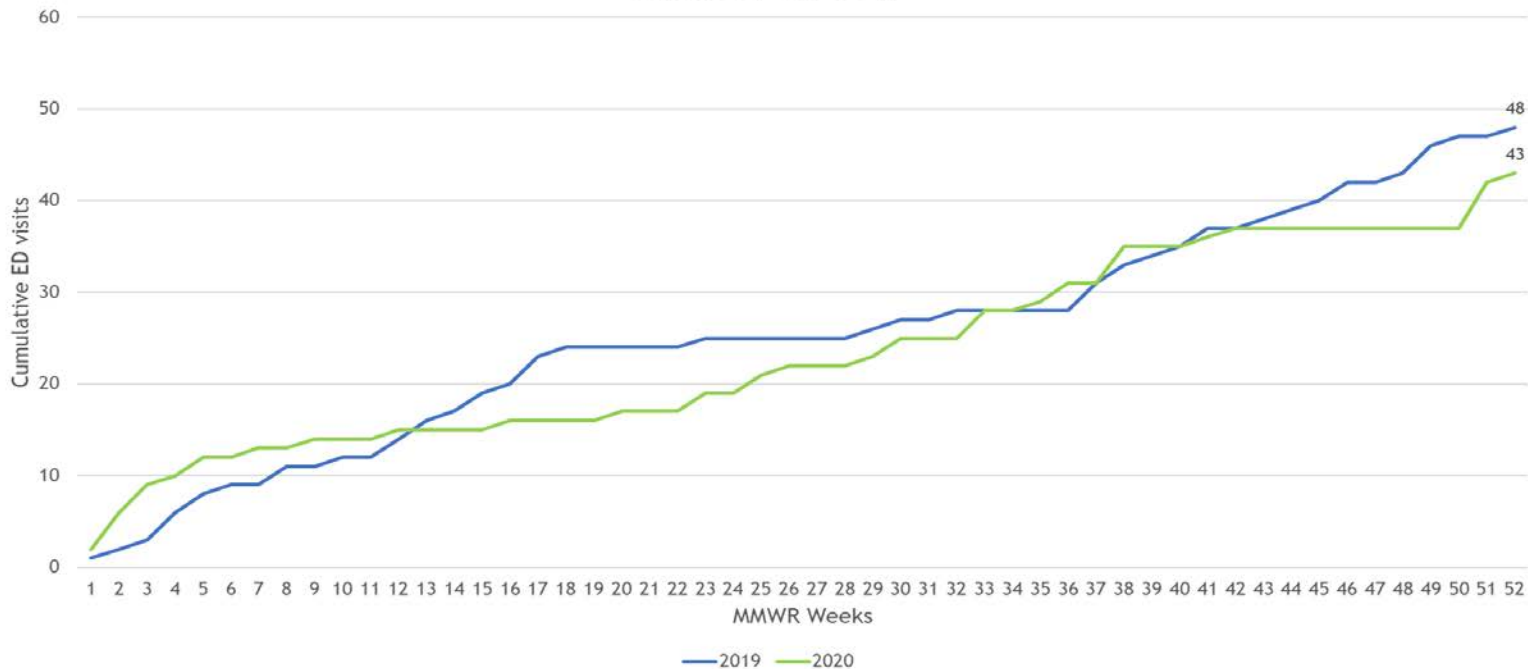
Spike in Alcohol Overdose Emergency Visits in July

Emergency department visits for alcohol overdose in Boulder County hospitals 2019-2020
ages 10-17



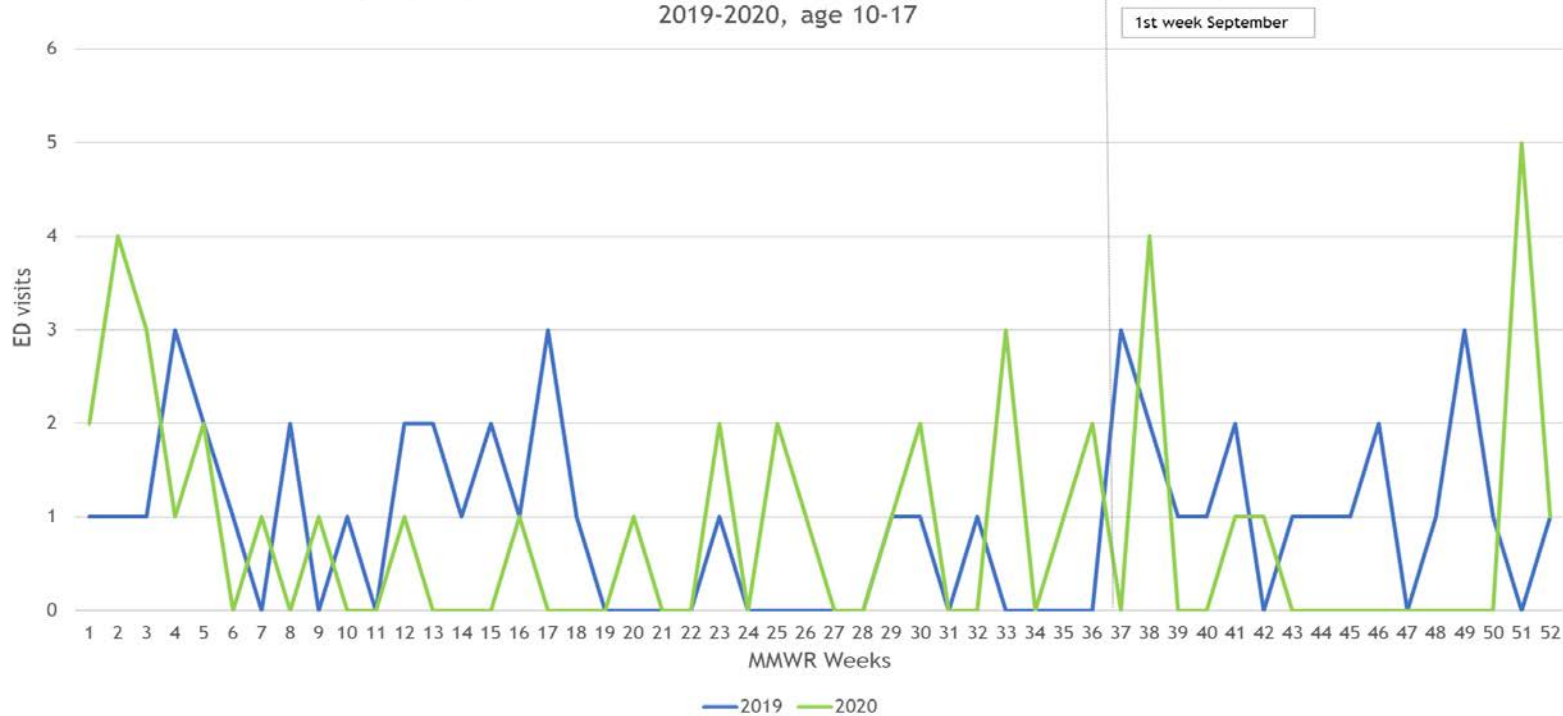
Marijuana Overdose Visits 10.5% Higher

Cumulative emergency department visits for marijuana overdose in Boulder County hospitals
2019-2020, ages 10-17



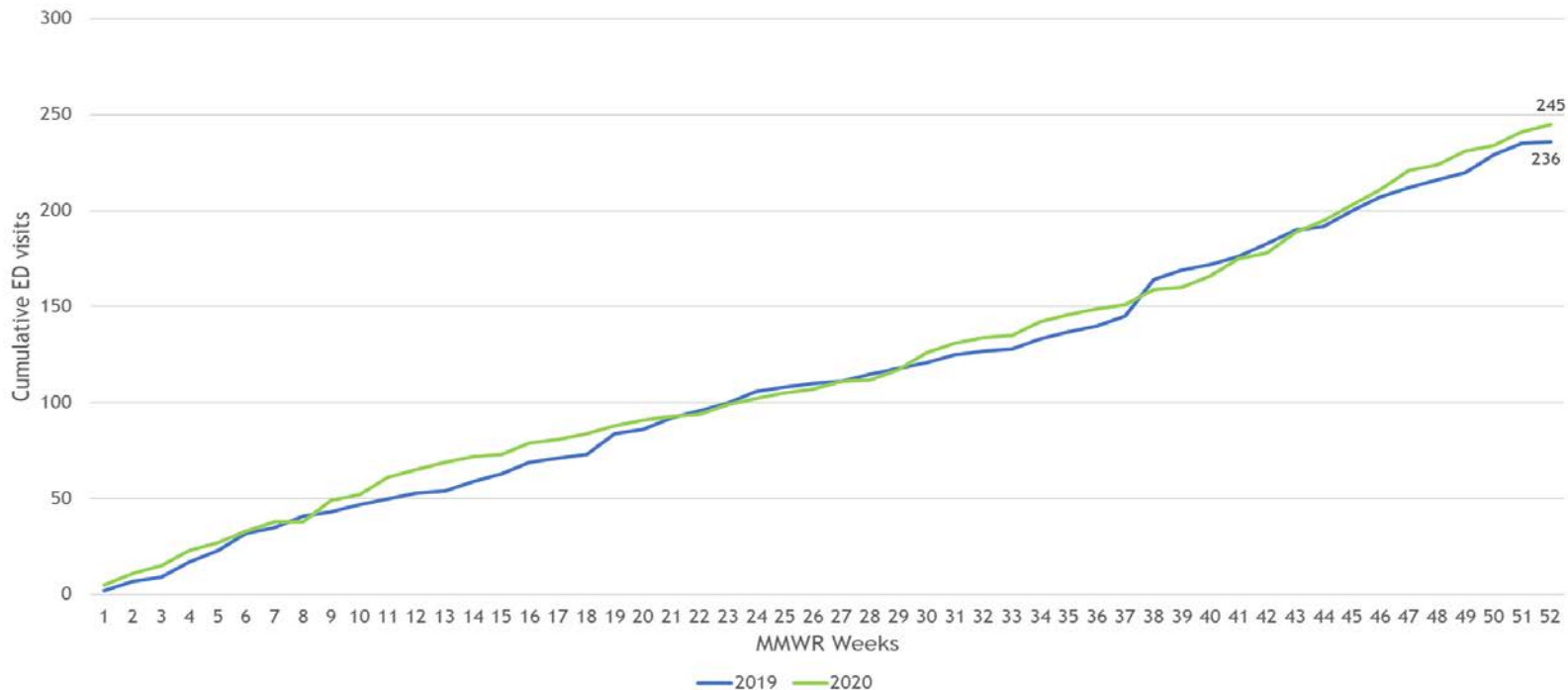
Marijuana Overdose Visits 10.5% Higher

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

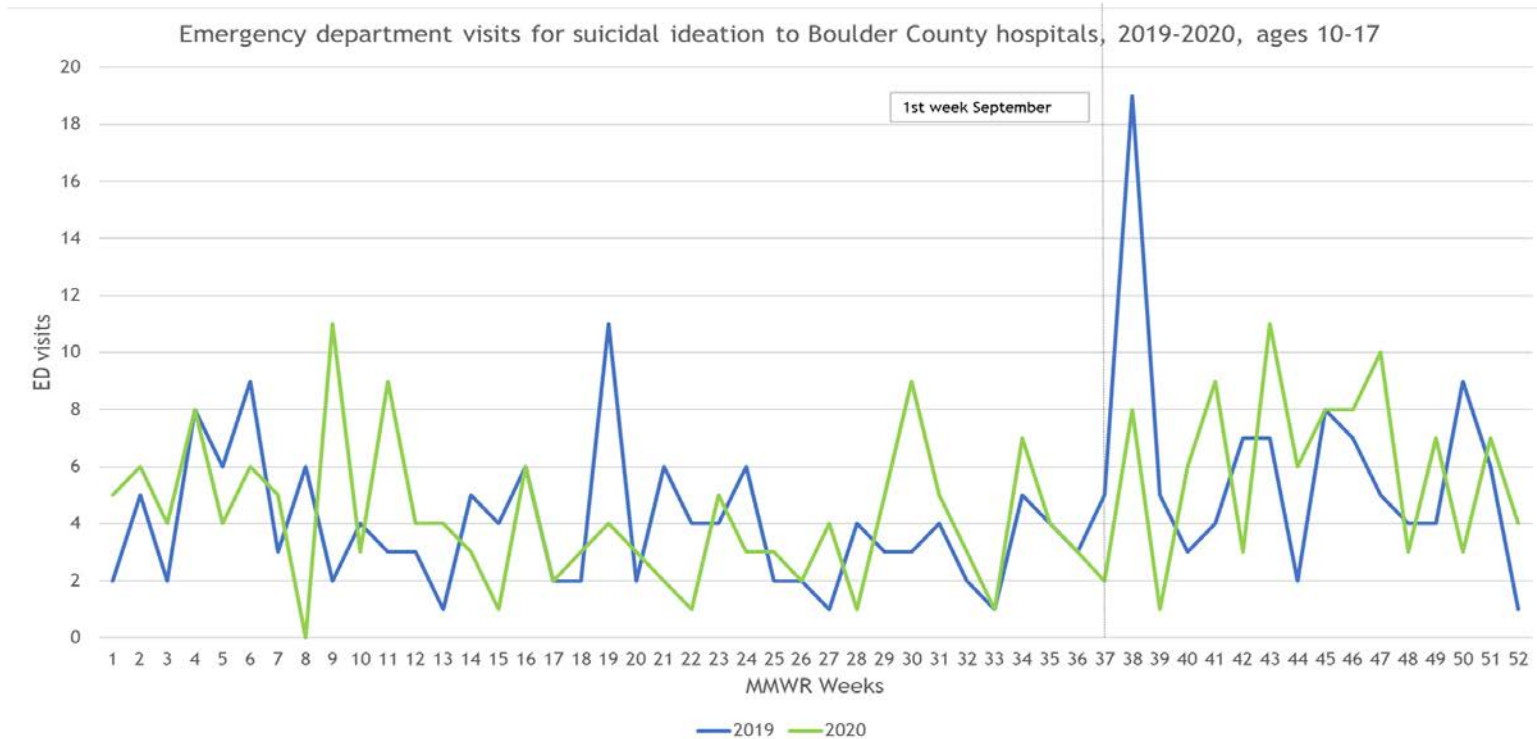


Suicide Ideation Emergency Visits Increased 4%

Cumulative ED visits for suicidal ideation to Boulder County hospitals 2019-2020, ages 10-17

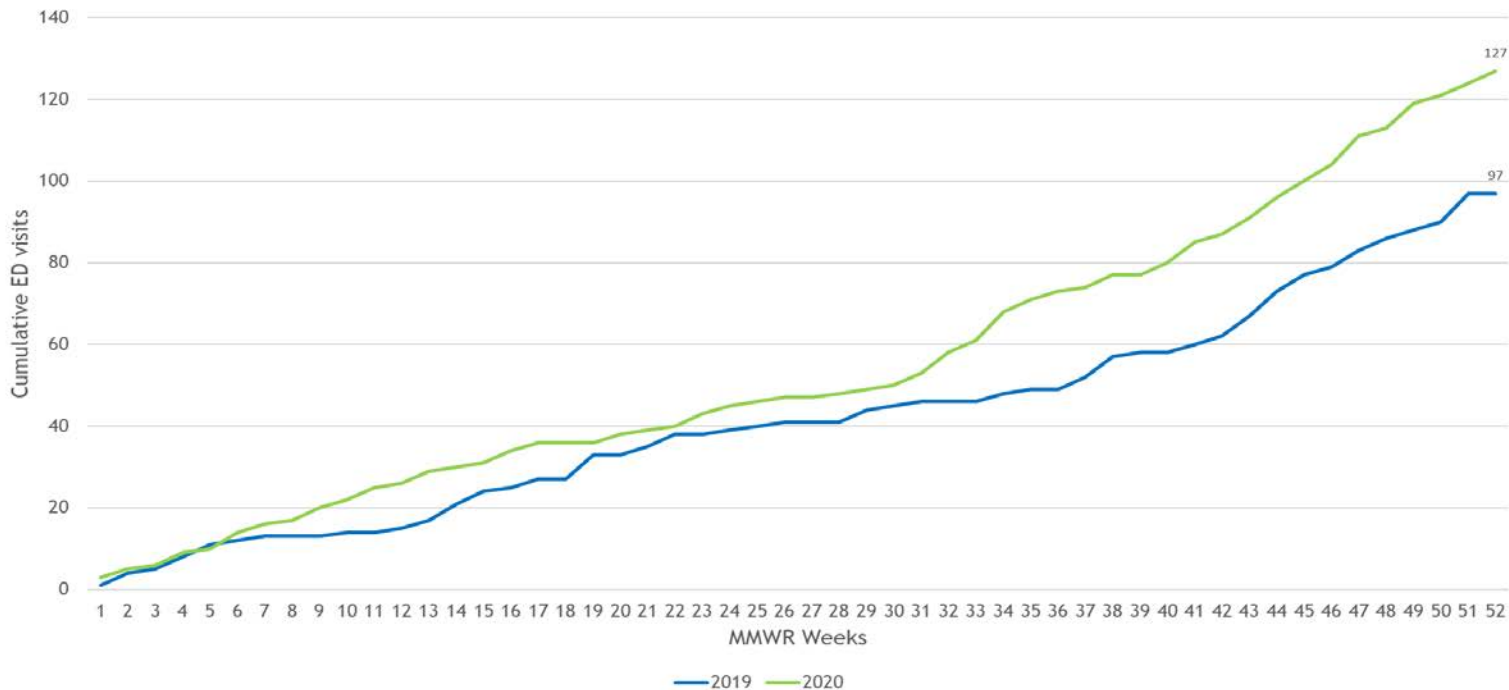


Spike in Suicide Ideation Visits in September

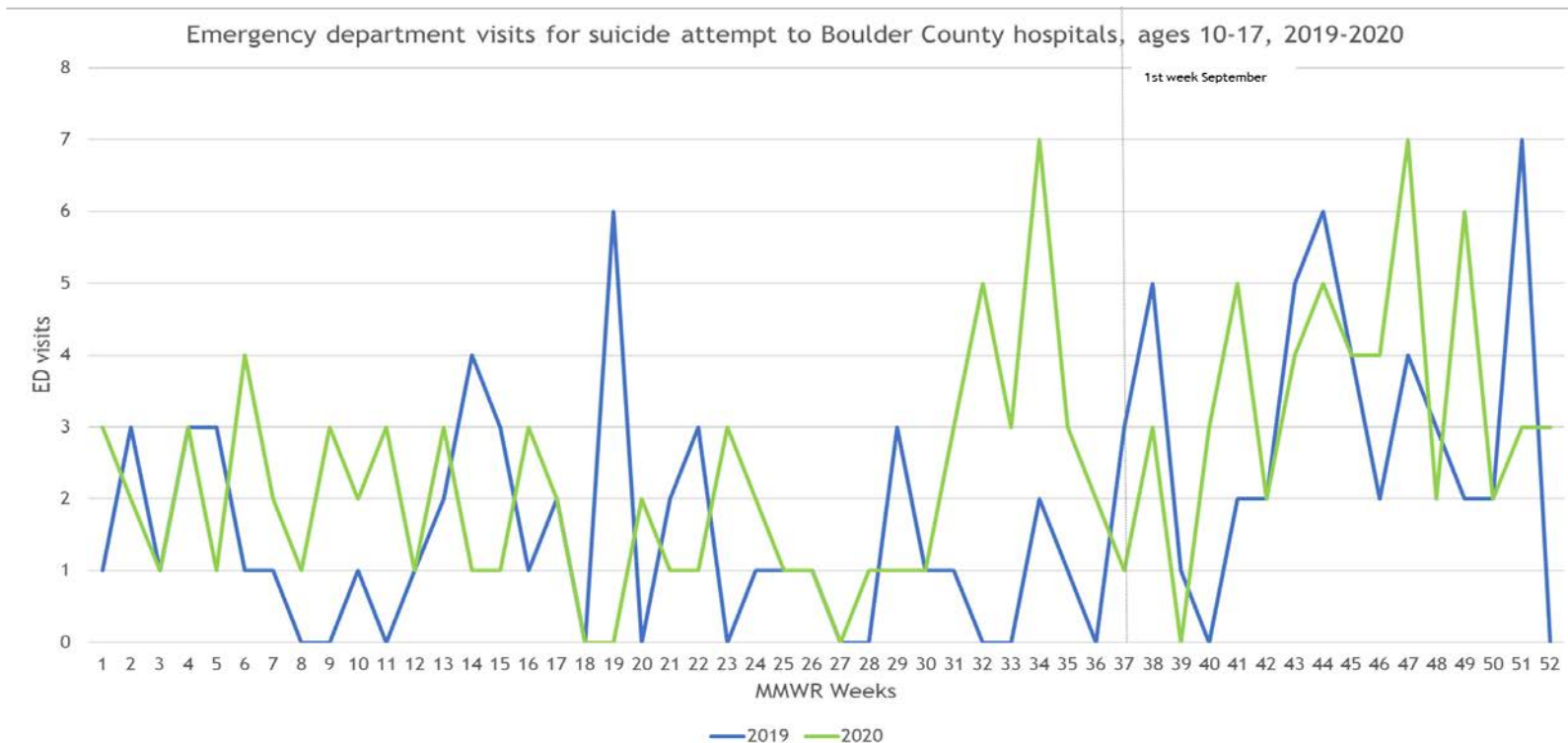


Emergency Visits for Suicide Attempts Increased by 31%

Cumulative ED visits for suicide attempt to Boulder County hospitals, ages 10-17, 2019-2020

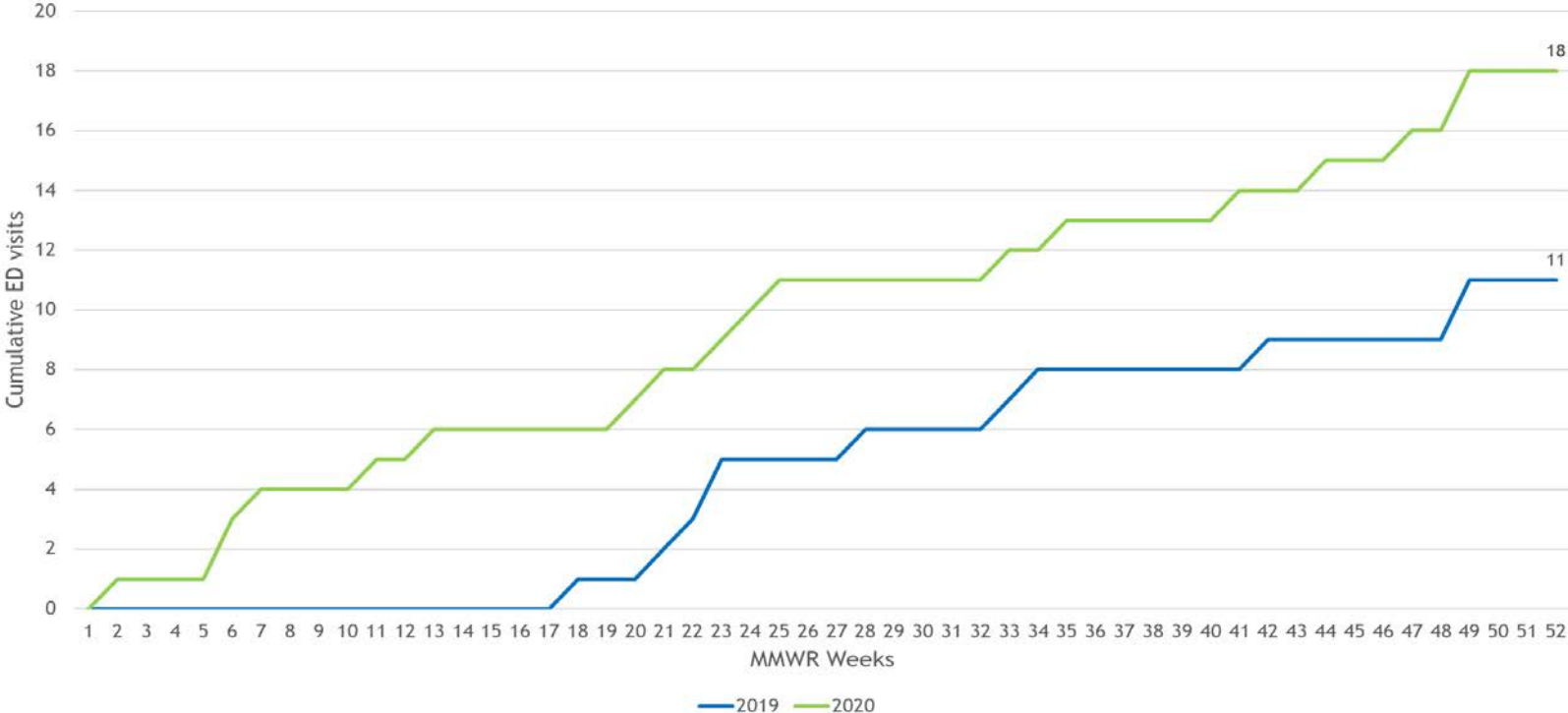


Visits for Suicide Attempts Higher in Late Summer & Fall



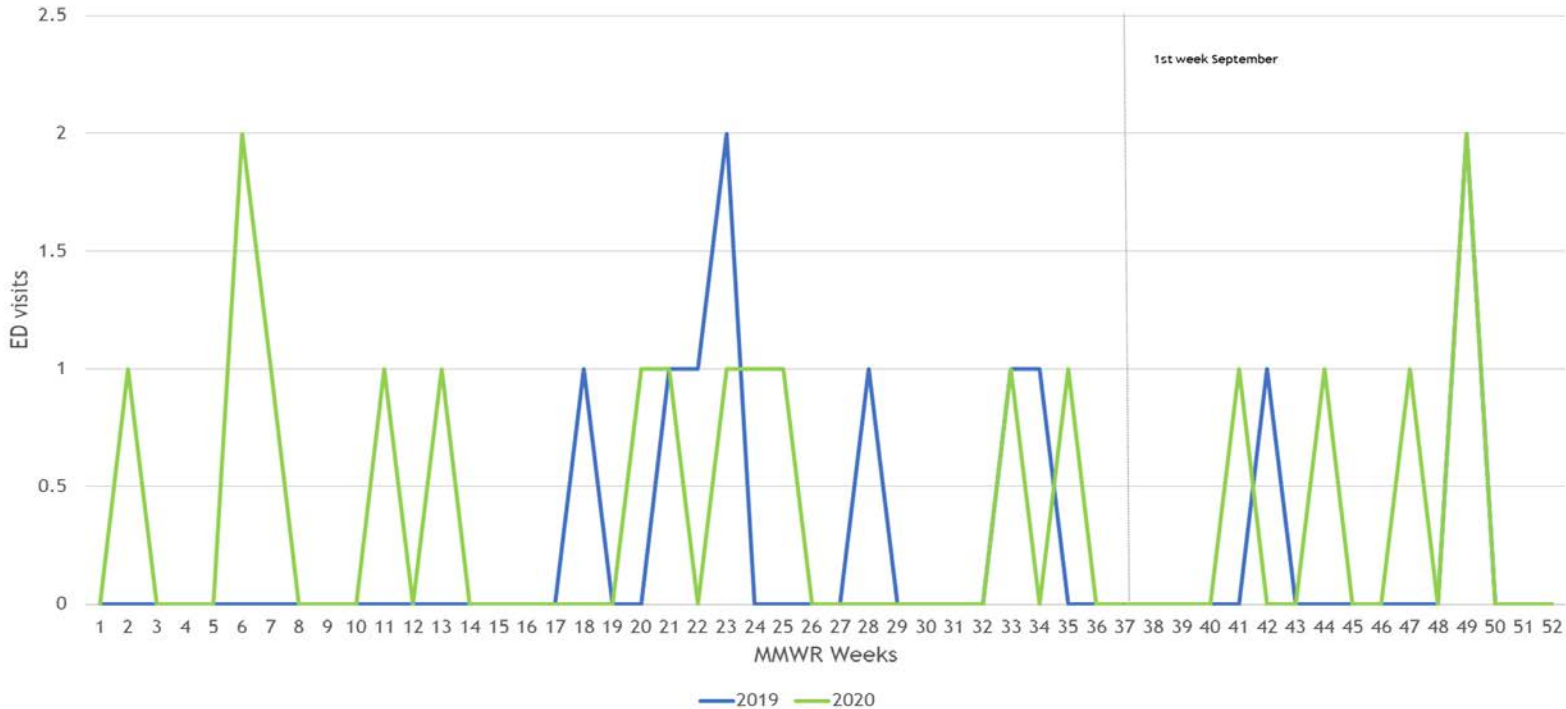
Visits for Sexual Violence 64% Higher

Cumulative ED visits for sexual violence to Boulder County hospitals, ages 10-17, 2019-2020



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

Reason for Emergency Visit	Percentage Increase from 2019 to 2020
Alcohol Overdose	14%
Marijuana Overdose	10.5%
Suicide Ideation	4%
Suicide Attempt	31%
Sexual Violence	64%

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?