

*Thank you,  
Lake Forest Park*



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# Quick Review of 2019 Services

CHS served **27 LFP residents** in our clinical programs in 2019 for a total of **707 hours** of therapy.

**20 were Mental Health Clients & 7 SUD Clients**



# Family Support

- Includes parenting classes, Play & Learn groups, Kinship Support group, & Out-of-School Time program at Ballinger Homes
- 1,508 hours of service
- 83 clients (35% not through 3<sup>rd</sup> Place Commons Play & Learn)
- Commons P&L discontinued now



# And then there was COVID-19...



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# Major Behavioral Health Implications

**We can reasonably expect that approximately three million Washingtonians will experience clinically significant behavioral health symptoms over the next two to five months. Symptoms of depression will likely be the most common, followed by anxiety and acute stress.**

DOH July 23, 2020



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# BH Impact

30–60% of the general population will likely experience depression due to the chronic and ongoing social and economic disruption in people's lives as a result of the COVID-19 pandemic. Suicide rates will be significantly higher than normal.



# ‘Children in the Pandemic’ Behavioral Health Symptoms

- eating too much or too little
- difficulty sleeping, having bad dreams or nightmares, sleeping too much or too little
- changes in behavior
- difficulty learning and remembering new things
- regression



# COVID & Substance Use

- **Due to the extended nature of a pandemic, it is likely that self-medication and use of substances of all types will increase significantly over the next 6–9 months.**
- **Anticipated 272 additional deaths annually due to overdose.**

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# Adjustments We Made

- **Telehealth for clinical services**
- **Remote parenting classes in Spanish & English**
- **Extended parent support**
- **Facebook pages for peer support & staying connected**
- **Grab & Go bags**
- **Remote Story-time in Spanish & English**
- **Remote Kinship Care support group**
- **Limited face-to-face services (with safety protocols)**



# Bright Side

- Went from zero telehealth to 100% telehealth in two weeks (many new laptops, Zoom connections, training, smart phones for texting, etc.)
- Received 8 weeks of funding for salaries through PPP loan
- Support from cities and others



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