



CITY, COUNTY, AND STATE NEWS

ID: Idaho's approach to school mental health was already scattered. Then COVID hit.

Marie felt like the world was caving in. When the COVID-19 pandemic hit, the Nampa sophomore was glad for a break from high school. Rest turned to agitation as school resumed online, but her regular routine did not. Marie's social circle shrank from 20 classmates to the eight people in her boyfriend's home, where she had taken up residence only months before. As she played with his siblings and cooked meals with his family, she worried about her own. Her mother and brother were homeless, sometimes turned away from shelters because of COVID-19 protocols. Guilt over her stable situation joined the chorus of worry and isolation. Marie asked her school therapist if they could increase Zoom visits to once a week. "There was just a lot going on in my life. I needed a little bit more support," said Marie, who asked that EdNews use her middle name. "After our meetings, I usually feel a lot better." Idaho's need for youth mental health support is extensive, urgent and inflamed by COVID-19. But access to the kinds of supports that helped Marie is not universal. The Gem State is consistently ranked at the top of national lists for youth suicides, and the bottom for youth access to mental health care — and that was before a global pandemic disrupted in-person services and piled isolation and anxiety on already burdened youth.

MONTGOMERY COUNTY, MARYLAND: Montgomery Co. leaders launch task force to support students' emotional, mental health

Montgomery County, Maryland, Council members Will Jawando and Craig Rice on Monday announced a task force aimed at providing more resources for students and less of a police presence in schools. While Jawando and Rice have been on opposite sides of the discussion of school resource officers in the past, they have come together to lead the effort to implement more social and emotional services and mentoring for students — as well as the money to make it possible. Restorative justice and services focused on positive reinforcement that will help students reach goals are also at the center of the new task force. "We are going to ensure that our children remain safe," said Rice during a virtual news conference announcing the effort.

OH: Ohio Medicaid program to expand access to behavioral health services for children: Gov. Mike DeWine announced a program called OhioRise through the Ohio Department of Medicaid Monday. The nearly \$1 billion dollar program would connect families with much-needed behavioral health services. Whether it's a developmental disability, mental health or behavioral health, program will coordinate services and connect them with families in their homes and communities.

REDWOODCITY, CA: \$105M Redwood City Mental Health Campus Breaks Ground

Skanska, a global construction and development company, broke ground Monday on a new \$105 million mental health campus in Redwood City that would be California's first net-zero carbon emissions mental health campus. Construction began in December 2020 on five new structures that will replace the existing Cordilleras Mental Health Facility at 200 Edmonds Road. Four of the new buildings will be mental health rehabilitation centers with 16 beds each for individuals needing long-term mental health care.

WASHINGTON: [Premera Blue Cross to invest \\$2.24 million to increase rural mental health crisis care capacity](#)

The Washington State Department of Commerce today announced \$2.24 million in capital grants to three behavioral health care providers across the state. Funding is provided through an innovative partnership with Premera Blue Cross – the first of its kind in Washington state - and will place needed capacity for health crisis stabilization care into rural communities. “Where you live should not be a barrier to appropriate and immediate treatment for people suffering a health crisis. We are proud to be working with Premera to develop a more complete range of behavioral health care options for residents of Washington’s rural communities,” said Commerce Director Lisa Brown. “These grants are an important investment in the future of community-based mental health care throughout our state.” “As a health plan covering the entire state of Washington, many of our members are spread over large, medically underserved areas,” said Jeff Roe, president and CEO of Premera Blue Cross. “Behavioral health needs are on the rise, and it is critical to invest in effective, long-term solutions to close the growing gap between urban and rural health care access.”

NATIONAL

[Students crushed by stress, depression are back in class. Here’s how schools meet their needs](#)

A youth mental health crisis was percolating for years. Rates of anxiety and depression had been on the rise. In 2017, suicide became the second leading cause of death for people ages 10 through 24. Then came COVID-19. Americans of all ages say the pandemic has taken a toll on their mental health, but the trend has been especially pronounced among young people. The rate of children ages 11 through 17 who were screened last year for anxiety and depression was 9% higher than it was in 2019, according to a Mental Health America report. Centers for Disease Control and Prevention data shows the number of children sent to emergency rooms for mental health conditions skyrocketed from April to October last year. For high schoolers, the biggest stressors have been the sense of disconnect from friends and loved ones and difficulties focusing on school or work, according to survey data by YouthTruth.

[The Dangers of Opioids in the Workplace](#)

Drug overdose is the number one cause of unintentional death in the U.S. According to the CDC, in 2018, more than 67,000 people died from drug overdoses. The main culprit of the deaths being opioids, including: prescriptions, heroin and fentanyl. The Biden administration released its first set of drug policy priorities after overdose deaths hit record numbers during the pandemic. The priorities provide a guide to ensure that the federal government promotes evidence-based public health and public safety interventions.

[4 Experts Share Ideas For Restoring Mental Health In The Black Community](#)

Due to intergenerational stress built over hundreds of years, healing for the Black community can look very different from other individuals. Handling the unique intersectionalities of personal trauma and institutional racism is a challenging barrier to overcome at any time, but especially difficult today. Trying to process the dramatic shift the coronavirus outbreak caused, in addition to the continual acts of violence and racism against Black bodies has left many struggling to mentally stay afloat. Psychological distress often goes untreated for many within the Black community, with research showing that 69% of Black adults with mental illness and 42% of Black adults with serious mental illness having received no treatment in recent years, the long term effects on Black mental health is inevitable. Here, four experts share their best tips and insights to help process these unprecedented times.

WEEKEND READING

[NPR](#): Mental Health Takes Center Stage As Pandemic Devastates Nashville's Live Music Scene

[PsychCongress](#): Co-involvement of Stimulants, Opioids in Overdose Deaths Rise in Latest CDC Data

[YAHOO! NEWS](#): Congressman opens up about post-traumatic stress after Jan. 6 insurrection

****The information compiled in this email originated from the following news sources:
DailyFLY, Forbes, Idaho Ed News, NPR, Occupational Health and Safety, PATCH,
PsychCongressUSA Today, WDTN, WTOP News, YAHOO! News ****