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**Annotated Bibliography**

Berardini, Y., Ramey, H., Lawford, H., & Bellefeuille, A. (2021). The Covid-19 pandemic and shifts in mental health services for children, youth, and families. *Canadian Journal of Community Mental Health, 40*(3), 77–80.<https://doi.org/10.7870/cjcmh-2021-023>

In the  *Canadian Journal of Community Mental Health,* this article examines how the Covid-19 pandemic has affected mental health services and gives recommendations to maintain service and a therapeutic relationship with patients. During 2020, it became evident that mental health service providers were persisting despite the potential challenges and barriers brought by the Covid-19 pandemic.To maintain regular contact with youth and families, a few organizations initiated making and delivering “Care-kits.” To enhance online engagement, one service provider incentivized participation in creative ways. According to participants, these types of innovations solidified some relationships, improved engagement, and enhanced the mental health of youth and families.

Database: CINAHL Complete

Bonham, E., & Kwasky, A. (2021). Caring for the mental health of youth and families: What is the role of the psychiatric mental health advanced practice nurse? *Clinical Nurse Specialist: The Journal for Advanced Nursing Practice, 35*(5), 246–252.<https://doi.org/10.1097/NUR.0000000000000620>

This journal article from the *Clinical Nurse Specialist: The Journal for Advanced Nursing Practice,* gives insight on the role of an advanced practice provider that specializes in mental health and psychiatry. Children in our nation are experiencing the social, emotional, and physical impacts of an unprecedented time in history. Advanced practice nurses prepared as psychiatric clinical nurse specialists and nurse practitioners bring therapeutic interventions, psychopharmacologic management, and systems thinking to clinical environments of care. The need for well-educated advanced practice nurses has never been greater for our vulnerable populations of children, adolescents, and families with mental health challenges. Nurse-delivered programs demonstrate that interventions are necessary for communication, psychoeducation, and prevention of consequences from unacknowledged social media, stigma, and suicide problems.

Database: CINAHL Complete

Braband, B. J., Faris, T., & Wilson-Anderson, K. (2018). Building resilience among orphaned and vulnerable children through the memory book intervention. Journal of Christian Nursing, 35(3), 184–190.<https://doi.org/10.1097/CNJ.0000000000000504>

Braband et al. has researched an intervention of creating a memory book to help children and adolescents cope. Study findings revealed primary themes of identity and relationships, and secondary themes of coping, hope, and emotion. Findings suggest the value of *Memory Book* resources to encourage the preservation of a child's story and grief recovery that can be used for any child facing recovery from difficult life events and trauma.

Database: CINAHL Complete

Doan, B. T., Yang, Y. B., Romanchych, E., Grewal, S., Monga, S., Pignatiello, T., Bryden, P., & Kulkarni, C. (2021). From pandemic to progression: An educational framework for the implementation of virtual mental healthcare for children and youth as a response to COVID-19. *Journal of Contemporary Psychotherapy, 51*(1), 1–7.<https://doi.org/10.1007/s10879-020-09478-0>

Doan et al. explores how COVID-19 restrictions have necessitated child/youth mental health providers to shift towards virtually delivering services to patients’ homes rather than hospitals and community mental health clinics. The purpose of this essay is to give recommendations and guidelines on the shift to virtual mental health care VMHC. one suggestion is that patients reserve a private, quiet, safe, and comfortable space within their homes that also satisfies the purpose of assessment or treatment.Access to adequate hardware, software, and bandwidth that allows seamless communication with providers is another consideration in VMHC. Finally, the patient’s privacy regarding their personal health information should replicate an in-person visit. Patients must be willing and able to engage in virtual mental healthcare. Clinicians should be mindful that youth with social anxiety or body image concerns may struggle with video conferencing. In such cases it may be of value to allow the youth to participate off camera or with audio only. Furthermore, an increased demand in child and youth mental health resources is occurring as patients continue to experience disruption in their regular routines (including return to school), compounded by a decrease in social support. VMHC may also provide opportunities to address inequities in access to care that may be related to geography, access to technology, systemic racism or other barriers.

Database: CINAHL Complete

Dokken, D., Ahmann, E., Miller, D., & Weaver, J. (2020). Mental health needs during COVID-19: Responses in pediatric health care. *Pediatric Nursing, 46*(6), 304–307. <https://ezproxy.gvsu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,sso&db=ccm&AN=147618061&site=ehost-live&scope=site>

Dokken et. al. analyzes the increase in mental health incidences in both adult and children hospitals across the nation. The authors analyze some interventional methods that have been done to help with the declining mental health of many of the world’s current populations. They did note that mental health incidents occurred more during the COVID pandemic with children who were already at risk for mental health concerns based on their social life, socioeconomic status, or past stresses from life experiences such as violent or abusive households. Some of the ways that hospitals have responded include telehealth services, webinars educating on pertinent topics related to mental health, and adding supportive, accessible content to their hospital websites for families and patients to use. Identifying the mental health needs remains an important task of the nurse. This research will be pertinent to our essay as it provides some ideas on how to educate on mental health, and how effective those methods have been. This provides use the opportunity to understand if their is a more supportive and effective way that we can reach the pediatric community and help with the mental health stress COVID-19 had provided.

Database: CINAHL Complete

Dvorsky, M. R., Breaux, R., & Becker, S. P. (2021). Finding ordinary magic in extraordinary times: child and adolescent resilience during the COVID-19 pandemic. *European Child & Adolescent Psychiatry*, *30*(11), 1829–1831. <https://doi.org/10.1007/s00787-020-01583-8>

Dvorsky et. al. presents unique research that puts COVID’s impact on children into a new and unique perspective. Much of the rest of the research we found presented ideas that COVID had only negative effects on education, development, and mental health of children. However, the authors suggest that there is a possibility that the needs of some children are better met with virtual schooling and more time at home to work at a more individualized pace. For example, the authors suggested that individuals who face peer victimization at school may do better at school virtually as their social stress is being mildly reduced. The authors also suggest that some stress early in a child’s life can promote independence and a stronger sense of adaptability later in life. This article is interesting to consider and to use in our essay as it presents an opposing thought to the idea we have. It is important to recognize that not every child will negatively be impacted by COVID-19. In that way, how can we shape our ideas on interventions for children who have worse mental health when they are able to attend school normally. This article will help us to reach a wider and more diverse pediatric population.

Database: CINAHL Complete

Ghandour, R. M., Sherman, L. J., Vladutiu, C. J., Ali, M. M., Lynch, S. E., Bitsko, R. H., & Blumberg, S. J. (2019). Prevalence and treatment of depression, anxiety, and conduct problems in US children. *The Journal of Pediatrics*, *206*. <https://doi.org/10.1016/j.jpeds.2018.09.021>

Ghandour et. al is a study of recent data that analyzed the prevalence of depression, anxiety and conduct disorders. The latest nationally representative data from the 2016 [National Survey of Children's Health](https://www.jpeds.com/action/doSearch?AllField=%22National%20Survey%20of%20Children%27s%20Health%22&journalCode=ympd) showed that depression, anxiety, and behavioral/conduct problems are prevalent among US children and adolescents. Among children aged 3-17 years, 7.1% had current anxiety problems, 7.4% had a current behavioral/conduct problem, and 3.2% had current depression. The prevalence of each disorder was higher with older age and poorer child health or parent/caregiver mental/emotional health.

Database: CINAHL Complete

Henderson, M. D., Schmus, C.J., McDonald, C.C, & Irving, S.Y. (2020). The COVID-19 pandemic and the impact on child mental health: A socio-ecological perspective. *Pediatric Nursing, 46*(6), 267–290. <https://ezproxy.gvsu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,sso&db=ccm&AN=147618053&site=ehost-live&scope=site>

Henderson et. al. investigates two case studies of children and adolescents (Alex and Cristina) and their experiences with stress and mental health during the COVID pandemic and before the pandemic as well. The authors also provide insight on the disruption COVID has had; access to mental health services, less social interaction, immense stress during a time of development and growth both physically and emotionally. There is an emphasis on nursing in this research as it identifies nurses as a primary source of discovering mental health needs in patients. As nurses, the author explains, we hold the power to truly impact our patients and update our services to their mental health needs. Nurses at the microsystem level can inquire about the mental and behavioral health of their pediatric patients. They can communicate with families about how to best support their children through their mental health needs. At a macrosystem level, nurses must advocate for their patients safety, care, and the education of staff on mental health needs in the patient population. This research is important to our essay as it provides active ways to identify mental health needs in patients, and how to advocate at a micro and macro level for our patients. This serves as a foundation on interventions that we can implement into our project for elementary school-aged children.

Database: CINAHL Complete

McKegney, C. C. (2021). Understanding child development in the assessment of stress in children amidst the COVID-19 pandemic. *Pediatric Nursing, 47*(1), 48–51. <https://ezproxy.gvsu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,sso&db=ccm&AN=148820883&site=ehost-live&scope=site>

The information and research presented by McKegney provides relevant indicators of stress amongst the various developmental ages of children. This article was written in response to the COVID pandemic and increasing rates of stress among children due to the delays or change in their normal developmental patterns. McKegney, who is a nurse practitioner explains the importance of recognizing developmental stress in children as caregivers, and educating families on these changes and how COVID impacted their children. By identifying any stress in their developmental cycle related to COVID can help provide early mental health services, stress relief activities, and an awareness of the changes that need to occur in the child’s life. This article is important to our essay as it allows us to understand the signs of stress for children in each developmental stage. This understanding and analysis can help to define ways that we, as future nurses, can intervene and care for the mental health needs of our future pediatric patient population.

Database: CINAHL Complete

Radhakrishnan, L., Leeb, R. T., Bitsko, R. H., Carey, K., Gates, A., Holland, K.M., Hartnett, K.P., Kite-Powell, A., Devies, J., Smith, A.R., Van Santen, K., Crossen, S., Sheppard, M., Wotiz, S., Lane, R.I., Njai, R. Johnson, A.G., Winn, A., Kirking, H.L., Rodgers, L., & et. al. (2022). Pediatric emergency department visits associated with mental health conditions before and during the COVID-19 pandemic — United States, January 2019–January 2022. MMWR. Morbidity and Mortality Weekly Report, 71(8), 319–324. https://doi.org/10.15585/mmwr.mm7108e2

Radhakrishnan et al studies pediatric emergency visits associated with mental health before and after covid-19. The proportion of pediatric emergency department (ED) visits for mental health conditions (MHCs) increased during 2020.During March–October 2020, among all emergency department (ED) visits, the proportion of mental health-related visits increased by 24% among U.S. children aged 5–11 years and 31% among adolescents aged 12–17 years, compared with 2019. Increases in weekly visits for eating and tic disorders for females, and particularly among adolescent females aged 12–17 years during 2020, 2021, and in January 2022, could represent an overall increase in distress among females during the pandemic. Declines in MHC-related visits during 2020 align with previous research and with reported declines in overall volume of pediatric ED visits during the pandemic. During 2021 and January 2022, visits for overall MHCs were stable among children and adolescents aged 0–17 years but accounted for a larger proportion of all ED visits compared with 2019. Concerns about ED capacity and potential spread of COVID-19 might have contributed to a delay in seeking health care; thus, ED visits related to MHCs during the pandemic might underestimate the actual need and represent more severe presentations of MHCs than if earlier intervention and treatment were available. Overall, there is recommendation for Early identification and expanded evidence-based prevention and intervention strategies are critical to improving pediatric mental health, especially among adolescent females, who might have increased need.

Database: Google Scholar

Rao, A. R., Rao, S., & Chhabra, R. (2022). Rising mental health incidence among adolescents in Westchester, NY. *Community Mental Health Journal, 58*(1), 41–51.<https://doi.org/10.1007/s10597-021-00788-8>

Rao et. al. provides valuable quantitative data and analysis to our essay. It was noted in their research that there was a 5.4% increase in mental health incidences in individuals age 0-17 years of age from 2009-2016. They also explain how high stress incidents and situations during specific childhood and adolescent years can increase an individual’s risk of certain mental health conditions like Bipolar Disorder or Schizophrenia. While the rates of mental health incidents increased, the spending on mental health services increased as well. This could show flexibility and willingness to add more change to mental health services as COVID affects mental health in the population. This research is important to our essay as it provides evidence that even before the COVID pandemic, mental health in the world’s youth has been getting worse. This allows our essay to hypothesize if COVID has had any other effects on mental health, or what interventions have been used and if they are working. The statistics presented in this research can also lay as a foundation for future research to be compared to.

Database: CINAHL Complete

Shim, R., Szilagyi, M., & Perrin, J. M. (2022). Epidemic rates of child and adolescent mental health disorders require an urgent response. *Pediatrics*. <https://doi.org/10.1542/peds.2022-056611>

Shim et al. from the American Academy of Pediatrics, responds to the mental health epidemic that is affecting children and adolescents across the country. Responses that are recommended starts with reconsidering the harmful impacts of childhood trauma and adversity and structural racism on the most vulnerable and precious members of our population. Public health needs to direct attention to minimize this crisis through household income support, housing, nutrition, and other areas that will help lower rates of health conditions. Specific preventive interventions must be designed to protect children and adolescents from these harms, and to appropriately intervene with trauma-informed, antiracist care provided by a pediatric and mental health workforce with specific training on successful interventions, in a health care system designed to minimize these harms.

Database: Google Scholar

Siegel, R. M., & Mallow, P. J. (2021). The impact of COVID-19 on vulnerable populations and implications for children and health care policy. *Clinical Pediatrics, 60*(2), 93–98.<https://doi.org/10.1177/0009922820973018>

Siegel et. al. identifies the implications of COVID-19 on minority groups and those with specialized situations as well as children. This research article explores the implications that COVID and the closing of schools has had on children living in a low socioeconomic status family. As discussed in their research, children are facing different psychosocial issues with COVID than most. It is noted that COVID has been correlated with an increase in food insecurity, social isolation, decreased surveillance of family violence, impaired learning, and a decrease in physical activity in children. These findings indicate that their is a need for education and interaction with children to help curve the possible mental health decline of the children. Siegel et. al. suggests widely available mental health services, telehealth, health insurance for the unemployed, and more funding for proper social distancing and sanitation for kids to be able to go back to the classroom safely. The research presented in this article is important to our essay as it provides a socioeconomic perspective on COVID and how this effect can reach the children of the family. When presenting our thoughts for intervention, it will be important to keep these psychosocial ideas in mind.

Database: CINAHL Complete

Skeen, S., Laurenzi C.A., Gordon S.L., du Toit S., Tomlinson M., Dua T., Fleischmann A., Kohl K., Ross D., Servili C., Brand A.S., Dowdall N., Lund C., van der Westhuizen C., Carvajal-Aguirre L., Eriksson de Carvalho C., & Melendez-Torres G.J. (2019). Adolescent mental health program components and behavior risk reduction: A meta-analysis. *Pediatrics, 144*(2):e20183488, 1-13. <https://doi.org/10.1542/peds.2018-3488>

Skeen et. al. defines different interventions to aid in increased positive thinking and behaviors in adolescents, and the effectiveness of these interventions. The interventions were done according to the mode necessary for delivery; face-to-face, virtual, or a combined modality. A combination of research from other articles indicated the results of the interventions the article presented. For some areas, like anxiety and depression, online modalities were helpful in educating and reducing risk for the adolescent population. Another example includes no response to the combined modality for alcohol and tobacco use. This meta-analysis will be imperative for our essay as we will be able to understand the best approach for educating adolescents and pediatric populations on their mental health. This provides us with some background on the effectiveness of our interventions, leading us to choose some interventions, like the online modality for anxiety and depression, and utilize it in our pediatric community.

Database: PubMed

Williams, M. L., Morse, B. L., DeGraffenried, W., & McAuliffe, D. L. (2021). Addressing Stress in High School Students During the COVID-19 Pandemic. NASN School Nurse, 36(4), 226–232.<https://doi.org/10.1177/1942602X21993053>

The research conducted by Williams et.al. is important in understanding that COIVD has affected the normal social routines and patterns of the youth, causing feelings of isolation. They note how the youth populations needs social interaction to develop peer connections and autonomy and avoid isolation. While the age gap is different than our research essay defines, it is valuable to our topic as it emphasizes interventions that eliminate peer isolation and inevitable stress associated with the COVID pandemic. The research explains the importance of interventions for mental health reaching the elementary and middle-school aged children as this amount of chronic stress, with no interventions, can be damaging to their overall mental health as they age. The innovative interventions tested with approved accuracy included: recognizing signs and symptoms of stress on physical and emotional health, advocating for mental health literacy curriculums, social prescribing, incorporating anticipatory guidance related to health promotion lifestyle practices into each school health encounter, and creating a virtual school health office to reach students while COVID-19 safety isolation continues. This research provides valuable information on what nurses can do to positively impact the mental health of children.

Database: PubMed

Xie X., Xue Q., Zhou Y., [Kaiheng Z](https://jamanetwork.com/searchresults?author=Kaiheng+Zhu&q=Kaiheng+Zhu)., [Qi L.,](https://jamanetwork.com/searchresults?author=Qi+Liu&q=Qi+Liu) [Jiajia Z.,](https://jamanetwork.com/searchresults?author=Jiajia+Zhang&q=Jiajia+Zhang) & [Ranran S.](https://jamanetwork.com/searchresults?author=Ranran+Song&q=Ranran+Song) (2020) Mental health status among children in home confinement during the Coronavirus disease 2019 outbreak in Hubei Province, China. *JAMA Pediatrics, 174*(9), 898–900. <https://doi.org/10.1001/jamapediatrics.2020.1619>

Xie et. al. researched the effects that children confined to their homes during China’s stay-at-home order had on their mental health. The research was conducted in 2020 in Huangshi and Hubei Province, China. The participants were of primary and middle school age (grades 2-6) and were given surveys to measure their anxiety, depression, worries, and optimism about the COVID pandemic. The scores of the surveys indicated nearly a 5% increase in anxiety and depressive symptoms from previous surveys done prior to the COVID pandemic. This research is important to our essay as it explores our main purpose by surveying children grades two to six to understand their true feelings about COVID. A decline in mental health was noted and emphasized the importance of building childhood resilience and education on mental health topics. With this research and information, nurses can understand that children too feel a strong sense of stress related to COVID that has affected a number of children’s mental health. In this way, nurses can educate pediatric patients and communicate openly about mental health and how to manage their feelings in a healthy way.

Database: Google Scholar