

[See Us, Hear Us 2.0]

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1. INTRODUCTION

†The SUHU 2.0 survey investigates the mental health of children and youth in the 2021-22 school year

†The present study shows some preliminary descriptive results focused on the following questions:

1. How much impact did the Covid-19 pandemic have on the overall experience of children and youth at school and outside school hours during 2021-22?
2. How is the mental health of children and youth and how has the pandemic affected them?
3. What are the most common mental health diagnoses children and youth received before and since the pandemic began?
4. What are children and youth's current need for help with mental health? Where do they seek help? What are the barriers?

2. METHODS

†Data were collected from **563 children and youth (8-18 years)** and their parent/caregiver via an online survey between May 17 and July 21, 2022.

†The sample was weighted by age, gender, and location of residence using the 2016 Canadian Census data to represent Saskatchewan population.

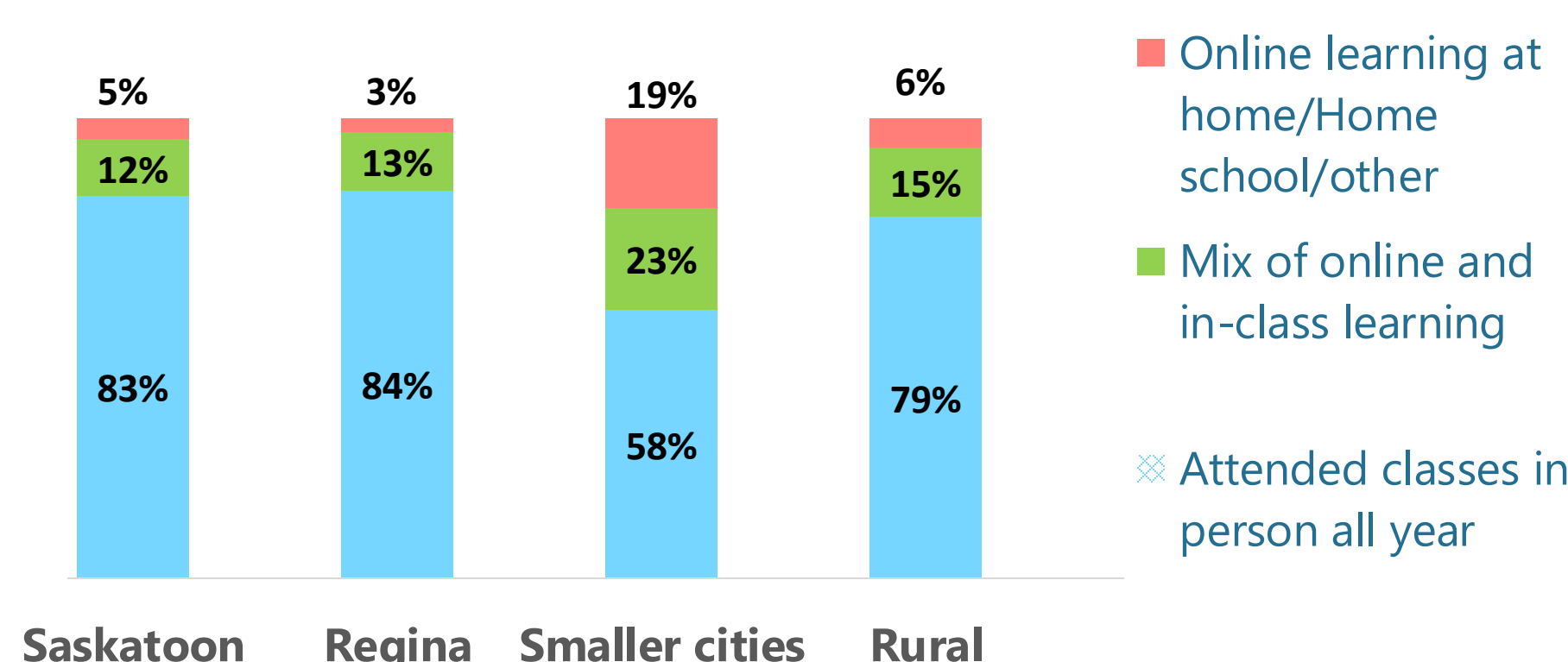
†Descriptive analysis using frequencies and proportions was conducted

†The Chi-square test of independence and Fisher's exact test was conducted to test the association between independent factors and outcome of interest

3. KEY FINDINGS

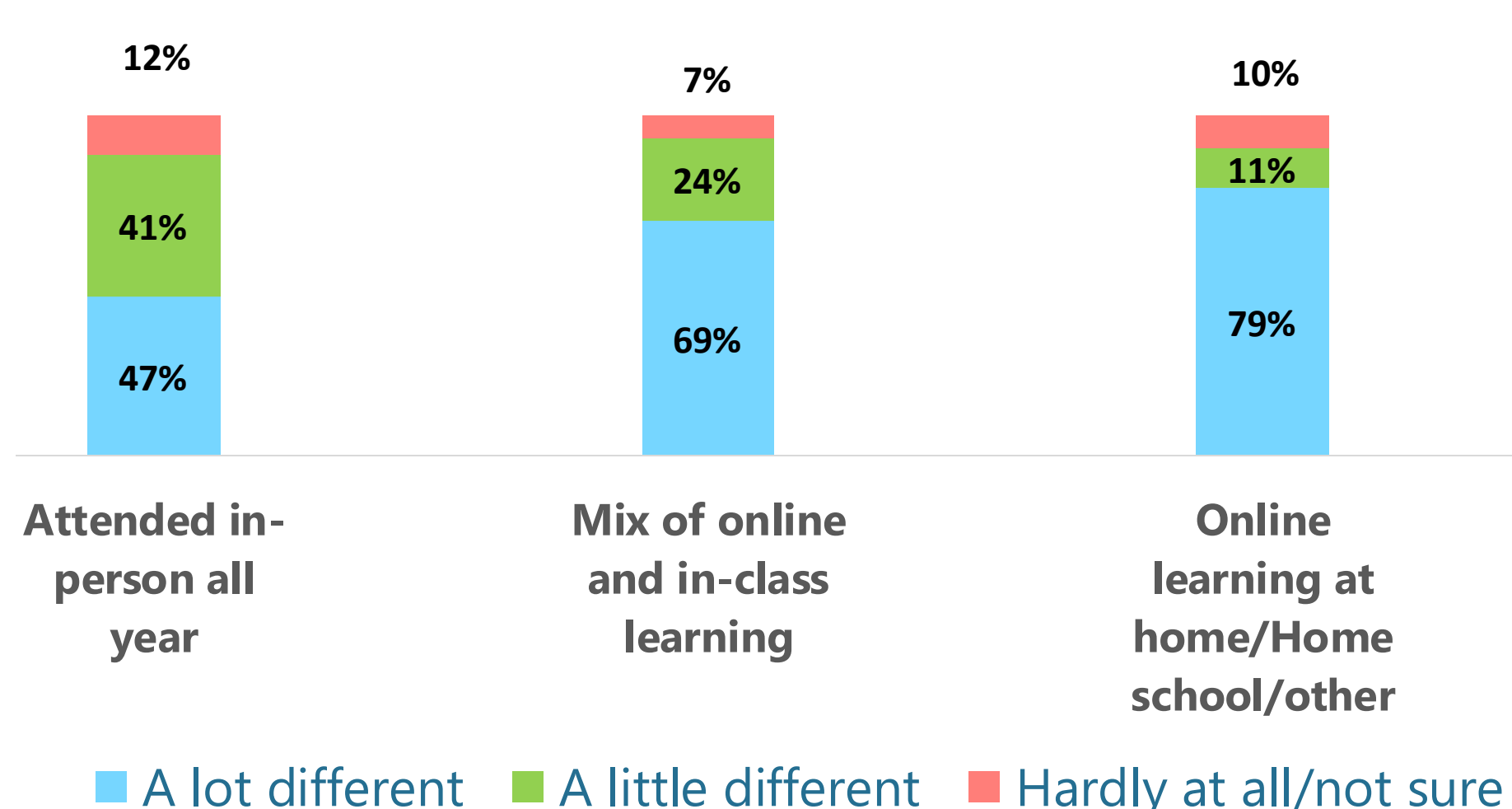
3.1.1 WHAT WAS SCHOOLING LIKE IN 2021-22?

MODE OF LEARNING BY PLACE OF RESIDENCE



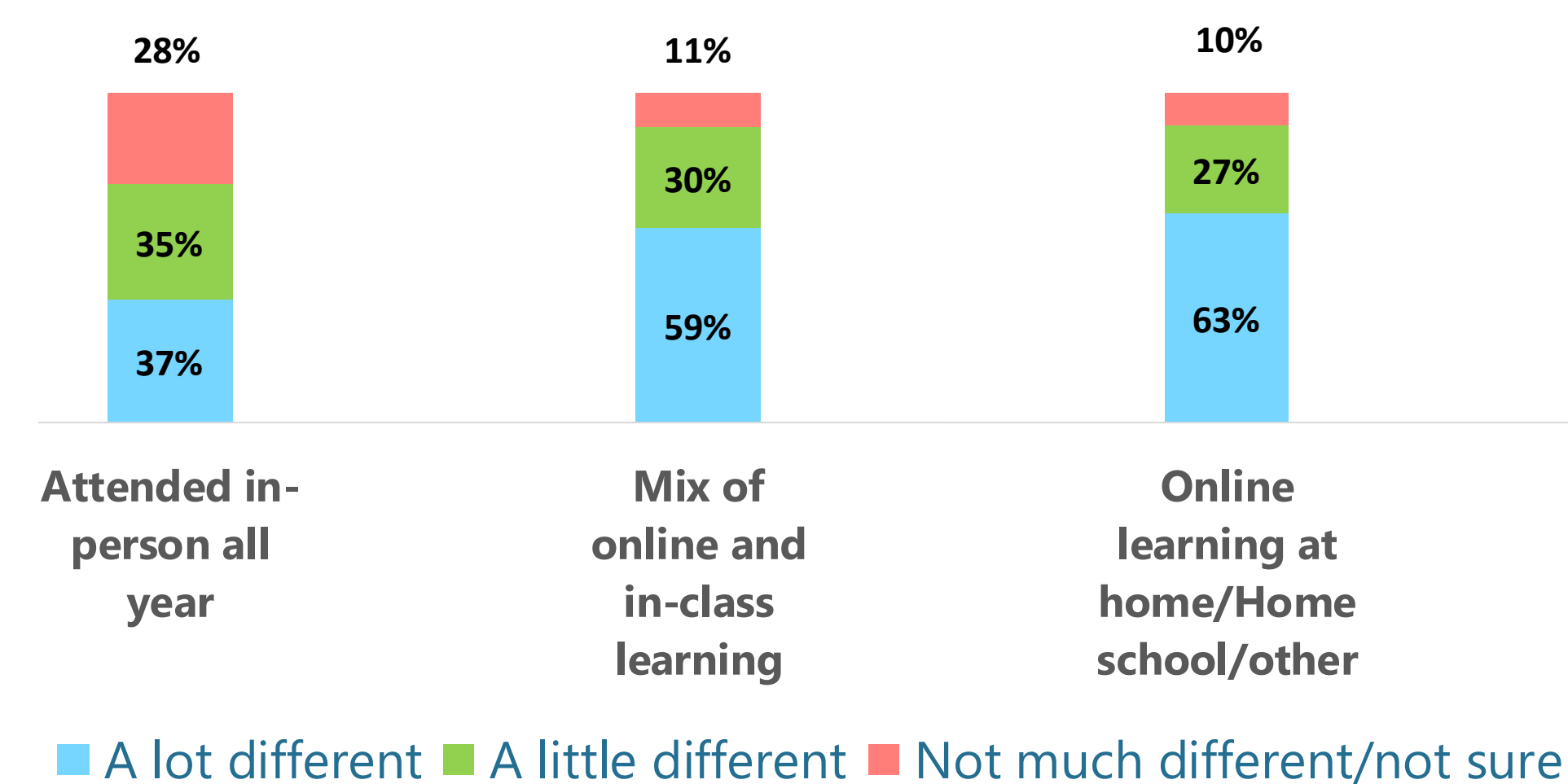
3.1.2 HOW DIFFERENT WAS SCHOOL IN 2021-22 DUE TO THE PANDEMIC?

DIFFERENCE IN SCHOOLING EXPERIENCE BY MODE OF LEARNING

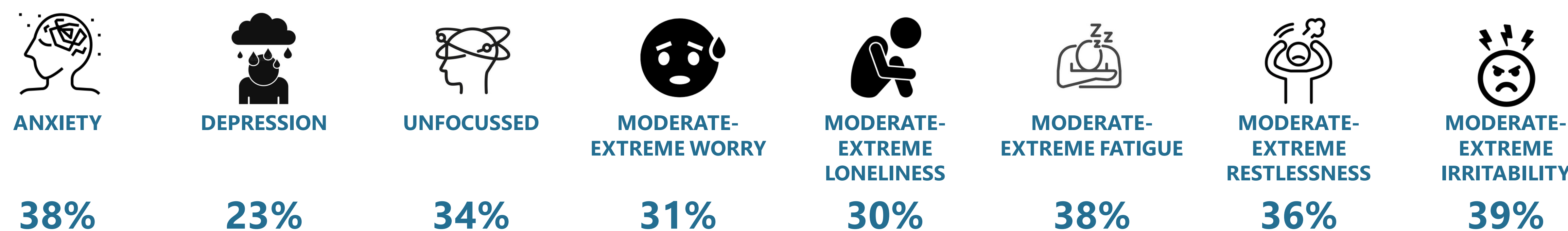


3.1.3 HOW DIFFERENT WERE EXTRACURRICULAR ACTIVITIES IN 2021-22 DUE TO THE PANDEMIC?

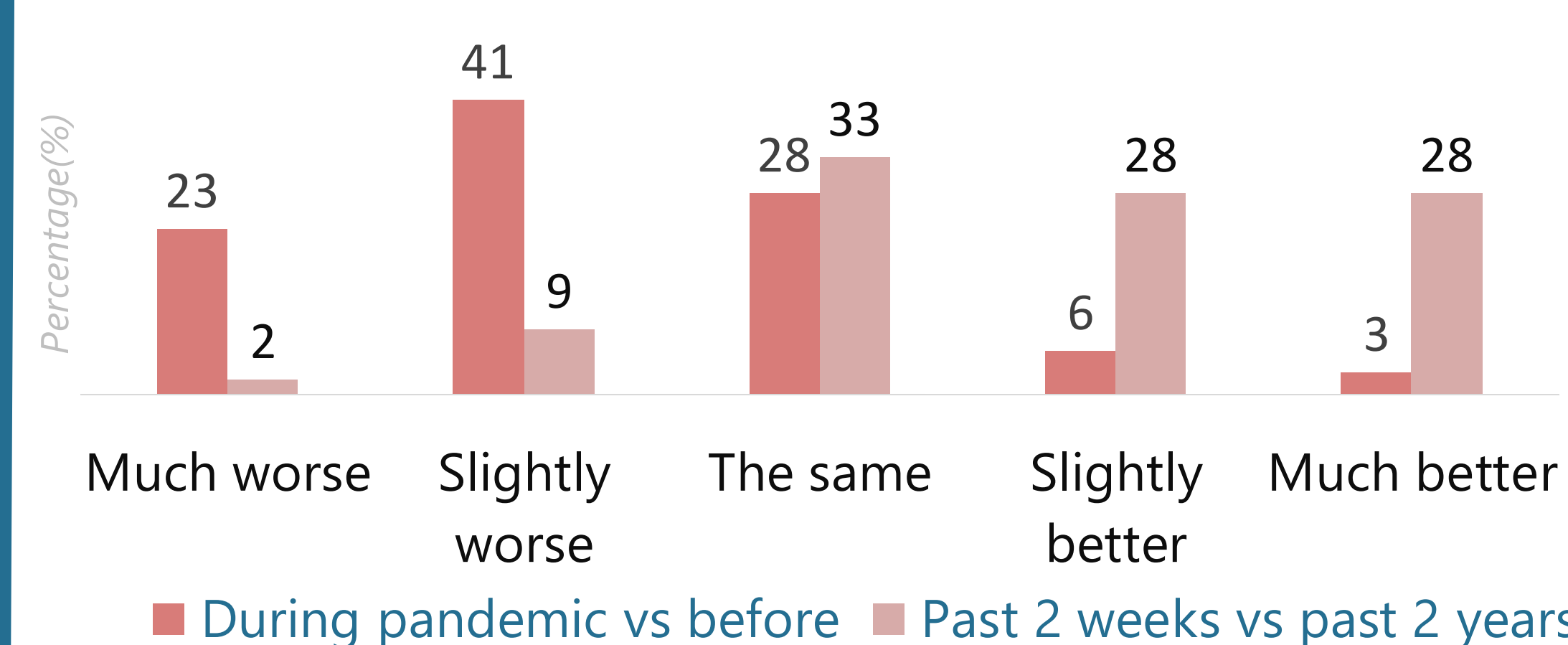
DIFFERENCE IN EXTRACURRICULAR ACTIVITIES BY SCHOOLING SITUATION



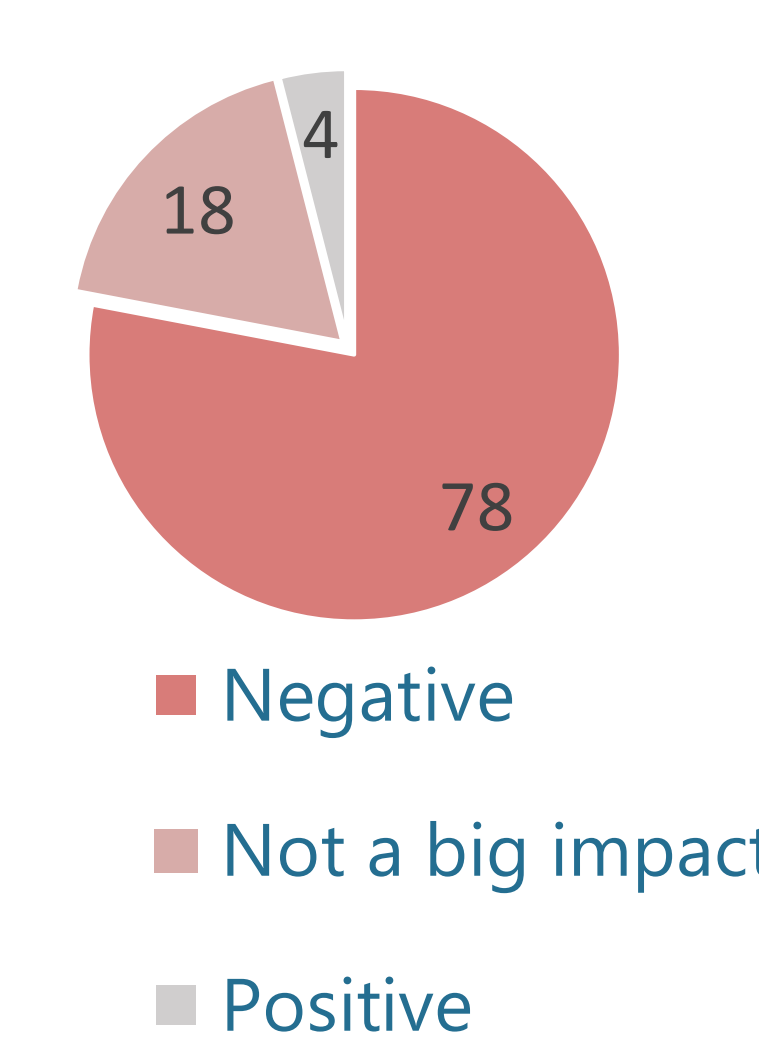
3.2.1 PERCENTAGE OF CHILDREN AND YOUTH REPORTING MENTAL HEALTH CONCERNS IN THE TWO WEEKS PRIOR TO THE SURVEY



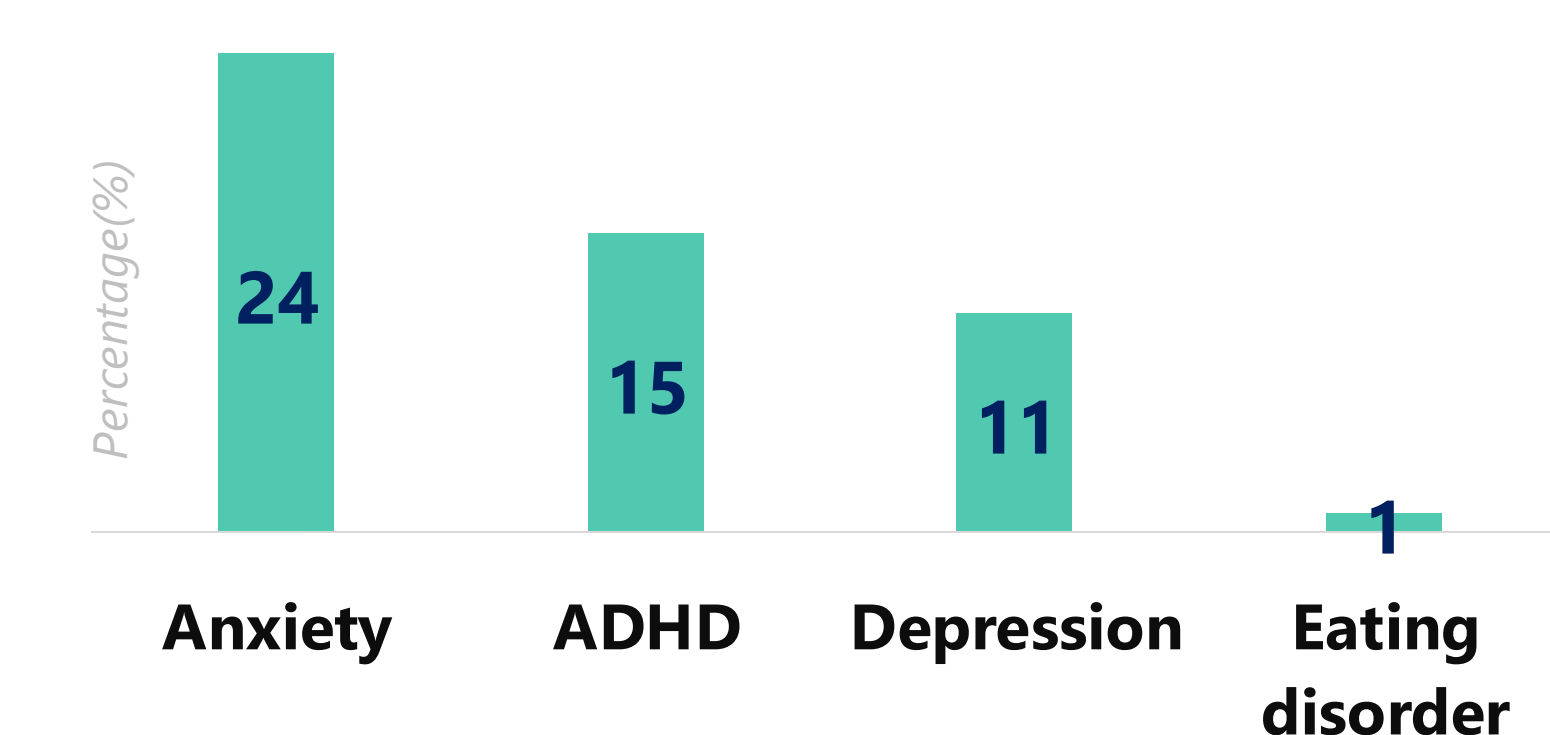
3.2.2 CHILD AND YOUTH'S PERCEPTION OF CHANGE IN MENTAL HEALTH



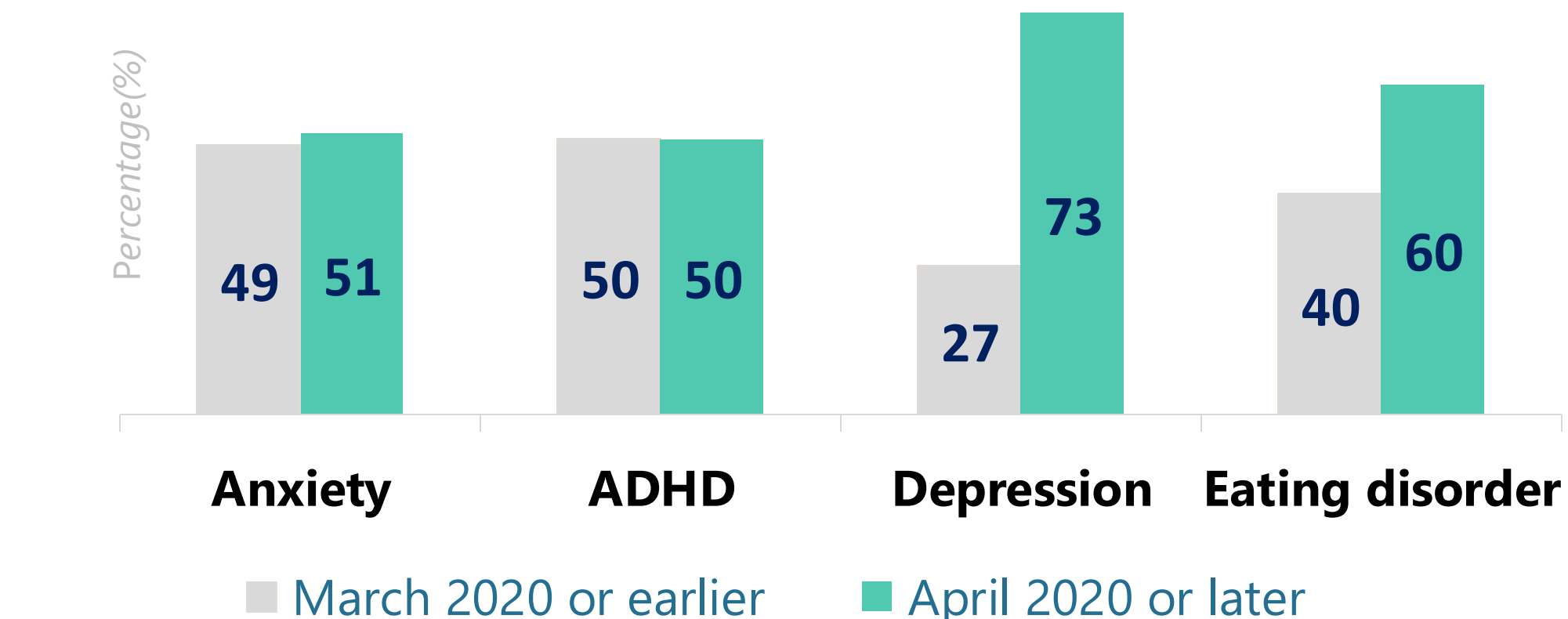
3.2.3 YOUTH'S PERCEPTION OF PANDEMIC'S IMPACT ON THEIR LIFE OVERALL



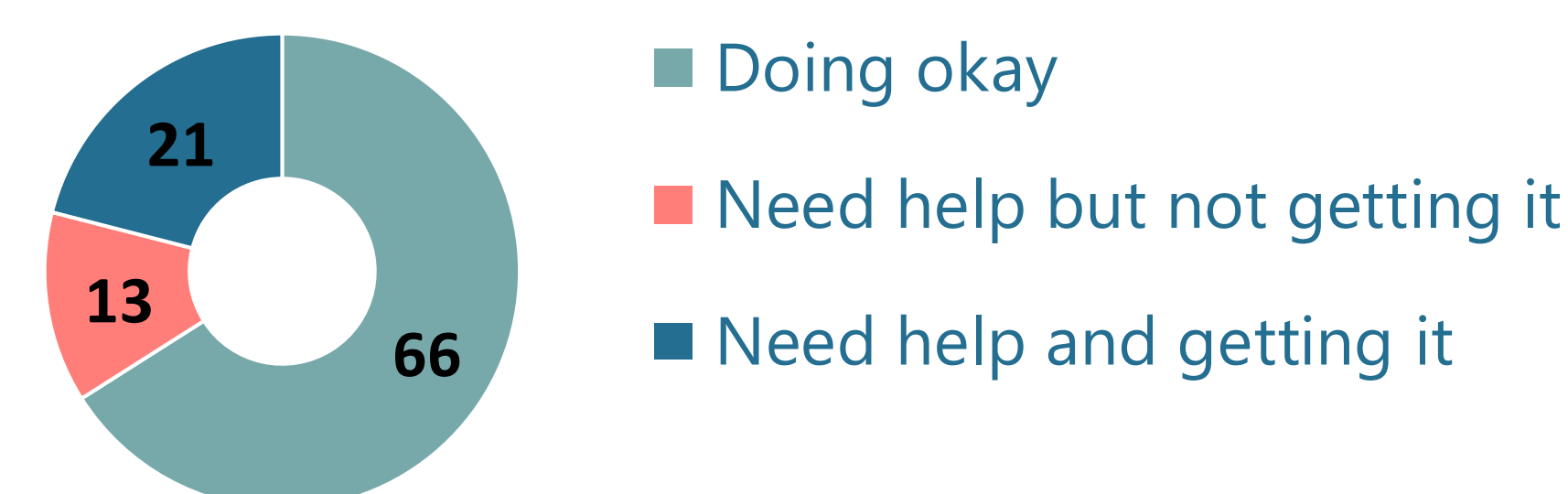
3.3.1 CHILDREN AND YOUTH'S MENTAL HEALTH DIAGNOSES



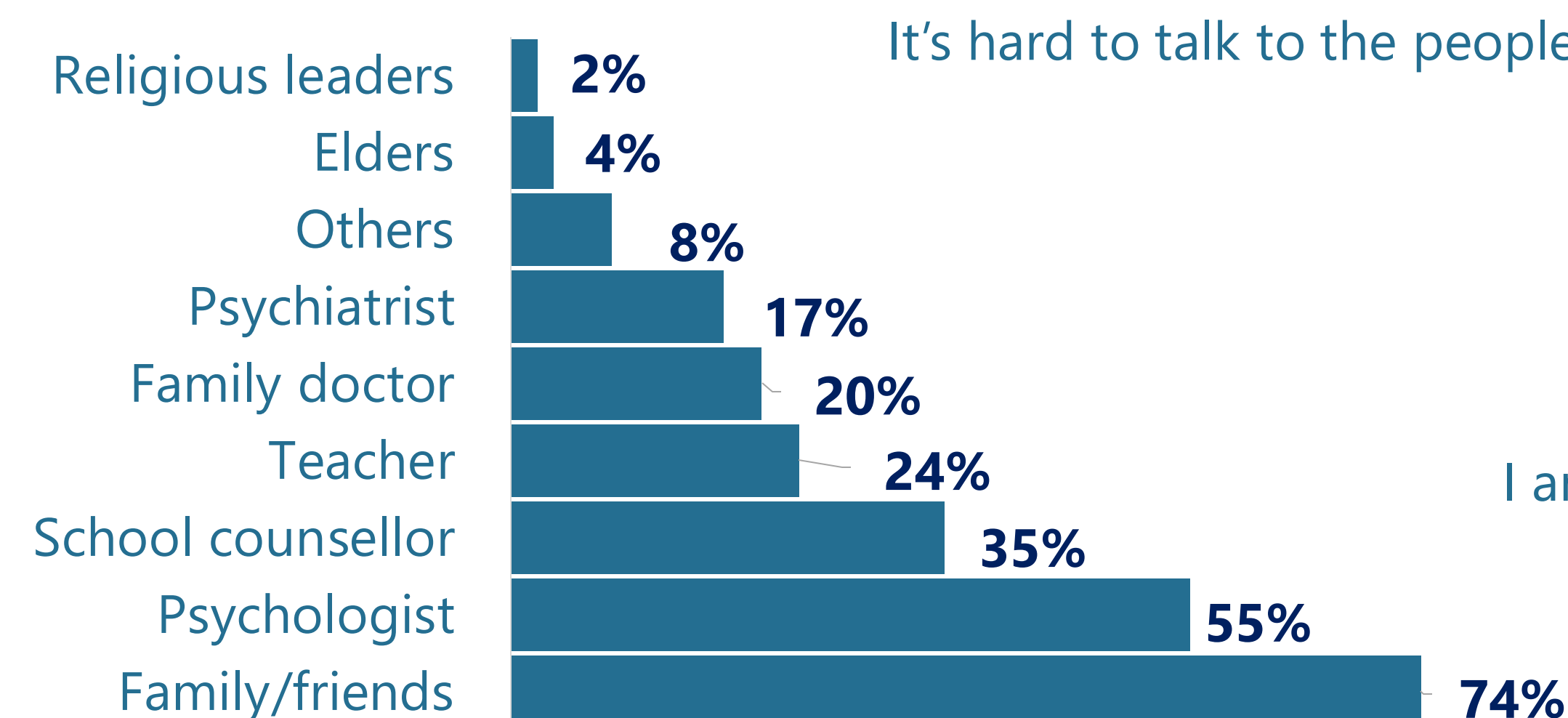
3.3.2 TIME OF MENTAL HEALTH DIAGNOSES



3.4.1 PERCENTAGE OF CHILDREN AND YOUTH INDICATING CURRENT NEED FOR MENTAL HEALTH HELP



3.4.2 SOURCES OF HELP



It's hard to talk to the people I'd usually get help from because of the pandemic

- My parent(s)/caregiver(s) are too busy: 11%
- Our family cannot afford to pay for help: 20%
- Other: 21%
- I am on a waitlist to see a mental health care provider: 22%
- I don't know who to ask: 27%
- I feel uncomfortable or scared asking for help: 55%

3.4.3 BARRIERS OF HELP

4. CONCLUSION

- ❖ The Covid-19 pandemic has impacted the mode of learning differently for children and youth in Regina/Saskatoon, smaller cities, and rural areas. Mix of online and in-person or in-person only learning was experienced most by children and youth in mid-size/smaller cities. Children and youth who indicated mix of online and in-person or online only reported that the pandemic has disrupted their school experience 'a lot'.
- ❖ Anxiety and depression was reported by 38% & 23% of children and youth; Other moderate to extreme mental health concerns ranged from 30 to 39%.
- ❖ Change in mental health since the Covid-19 pandemic began compared to before, was felt negatively by 64%; and change in life overall by 78%.
- ❖ 24% of children and youth were diagnosed by a medical provider with Anxiety. Comparable numbers for a diagnosis with ADHD was of 15% and for depression it was 11%.
- ❖ 1 in 5 children and youth needed mental health help, and a majority of them were receiving supports and services, in order, from family/friends, followed by psychologists and school counsellor.
- ❖ Almost 1 in 8 were not getting the help they needed, and the most common reason was feeling uncomfortable or scared to ask for help

5. ACKNOWLEDGMENT

