Families Responded: 1,100
Children Represented: 2,300

How are Children and Caregivers Doing, Really?

A 2021 survey conducted by the National Federation of Families | www.ffcmh.org

One of my kids is fine academically, but is extremely challenged by the lack of social interaction. Another one of my kids is requiring all of my time during the day to stay on task. And a third child is suffering because she has nothing to do because school hasn’t started for her, so she is watching too much TV because I can’t do everything. (Oregon)

My grandson now has a negative self image due to his low grade in math. He says he’s dumb because he doesn’t understand the concepts. He has always been a very good student. At home, his mother is unable to help because she doesn’t understand the math, struggles with substance abuse and is depressed. (West Virginia)

Impact on Caregiver and Child Mental Health

Caregivers report that both they and their children are experiencing an increase in behavioral health symptoms. It’s absolutely exhausting. (Indiana)

My son is nonverbal and this has not been taken into consideration at all and he is not receiving his speech and occupational therapy. (Texas)

Our special needs child needs access to in-person instruction. The teachers and supports are stretched so thin between virtual and in-person classrooms. I don’t see the same level of support and communication as pre-covid. (West Virginia)

Are Your Child’s I.E.P. / 504 Plans Being Met?

Students receiving special education services are being left behind. (New Jersey)

The teachers are and have been amazing. I just wish there were two of me. (Massachusetts)

Accessing Mental Health Services

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EducaTion and Mental HealTh during Covid-19

Impact on Caregiver and Child Mental Health

Caregivers report that both they and their children are experiencing an increase in behavioral health symptoms (anxiety, depression, substance abuse, negative thoughts) at equivalent rates (~70%). However, adults are accessing mental health services and supports more frequently than their children (56% vs. 39%).

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I have become depressed and anxious. I can’t manage my work on top of helping my 6-year-old manage his school schedule and learn new material. It’s absolutely exhausting. (Indiana)

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Children Represented: All 50 States and The District of Columbia

What Do Caregivers Say is Most Challenging?

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"Children are resilient, but they don’t have the life experience to adapt so quickly and well."

We really need you.

It has been extremely stressful and emotionally draining.

This generation will most likely have long-term mental health struggles for years to come.

I am very concerned about inequality.

"They are resilient, but they don’t have the life experience to adapt so quickly and well."

Experiencing 11-year-old virtual learning has been an unbelievable challenge for our family. The anxiety and pressure these children are feeling is immense and this is not beneficial to anyone’s mental health. I feel like everyone is looking at the rise of COVID-19 cases but no one is looking at the rise of depression, substance abuse, suicide, etc. It is more important to treat our children with kindness, support, and empathy that we are looking at.

"The anxiety and pressure these children are feeling is immense and this is not beneficial to anyone’s mental health."

The anxiety and pressure these children are feeling is immense and the most vulnerable (special needs, long-term illness, low-income, poor) are likely to fall further behind while the wealthier, more privileged ride this out with fewer impacts. I feel like everyone is looking at the rise of COVID-19 cases but no one is looking at the rise of depression, substance abuse, suicide, etc. It is more important to treat our children with kindness, support, and empathy that we are looking at.

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FAMILY VOICES
on Education and Mental Health during COVID-19

NATIONAL FEDERATION OF FAMILIES

www.ffcmh.org

"I am very concerned about inequality."