

Massachusetts Department of Public Health

COVID-19 COMMUNITY IMPACT SURVEY: IMPACT OF COVID-19 ON YOUTH

Presented by: Allison Guarino
Coauthors: Justine Egan, Beatriz Pazos Vautin,
Elizabeth Beatriz & Ziming Xuan



Results as of June 8, 2021

REMINDER

This webinar is meant to be watched after you have already seen the [CCIS Introduction Webinar](#).

The introduction contains important background information explaining how to interpret these results, how we did the survey, and how to frame these findings with a racial justice lens so that we can all turn the CCIS data into action!

Visit <http://mass.gov/covidsurvey> for more!

CCIS TEAM MEMBERS

CCIS Project Leads

W.W. Sanouri Ursprung, Lauren Cardoso, Beth Beatriz, Glory Song, Caroline Stack, Kathleen Fitzsimmons, Emily Sparer-Fine, Ben Wood, Lisa Bandoian, Heather Nelson, Amy Flynn, Lisa Arsenault, Abby Atkins

CCIS Analytic Team

Beth Beatriz, Glory Song, Caroline Stack, Kathleen Fitzsimmons, Emily Sparer-Fine, Ziming Xuan, Matthew Tumpney, Rebecca Han, Lauren Larochele, Arielle Coq, Anne Marie Matteucci, Lauren Fogharty, Vera Mouradian, Melody Kingsley, Ta Wei Lin, Anna Agan, Justine Egan, Allison Guarino, Elizabeth Showalter, Beatriz Pazos Vautin, Priyokti Rana, Mayowa Sanusi, Emily Lawson, Alana LeBrón, Lauren Cardoso, W.W. Sanouri Ursprung

CCIS Steering Committee

Lauren Cardoso, W.W. Sanouri Ursprung, Beth Beatriz, Abbie Averbach, Ruth Blodgett, Ben Wood, Sabrina Selk, Nicole Daley, Lisa Bandoian

CCIS Data to Action Workgroup

Jessica del Rosario, Kim Etingoff, Lisa Bandoian, Andrea Mooney, Ben Kingston, Lauren Cardoso; Dawn Fukuda, Lamar Polk, Hermik Babakhanlou-Chase, Glennon Beresin, Mahsa Yazdy, Emily White, Timothy St. Laurent, Fareesa Hasan, Nicole Roos

CCIS Data Dissemination Workgroup

Beth Beatriz, Glory Song, Emily Sparer-Fine, Ta Wei Lin, Vera Mouradian, Rebecca Han

CCIS COMMUNITY PARTNERS

Many groups that were critical in the success of this effort and gave important input on the development and deployment of the survey:

- Health Resources in Action (HRiA)
- John Snow International (JSI)
- Academic Public Health Volunteer Corps and their work with local boards of health and on social media
- Mass in Motion programs, including Springfield, Malden, and Chelsea
- Cambodian Mutual Assistance
- The Mashpee Wampanoag Tribe
- The Immigrants' Assistance Center, Inc
- Families for Justice as Healing
- City of Lawrence Mayor's Health Task Force
- The 84 Coalitions, including the Lawrence/Methuen Coalition
- Boys and Girls Clubs, including those in Fitchburg and Leominster and the Metro South area
- Chinatown Neighborhood Association
- Father Bill's
- UTEC
- MassCOSH
- Stavros Center for Independent Living
- Greater Springfield Senior Services
- Center for Living and Working
- DEAF, Inc.
- Massachusetts Commission for the Deaf and Hard of Hearing
- Viability, Inc.



PURPOSE AND INTENT

COVID-19 & YOUTH

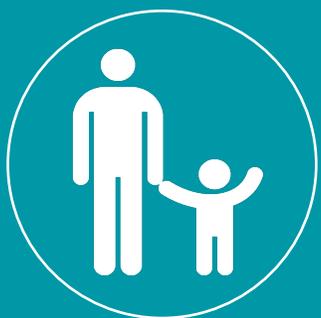


This webinar will share some key findings from the COVID-19 Community Impact Survey (CCIS) showing the pandemic's impact on youth, their roles and responsibilities in their families, their mental health, and their substance use. The goal is that these findings:

- Inform immediate and short-term actions
- Identify ways to advance new, collaborative solutions with community partners to solve the underlying causes of inequities
- Provide data that stakeholders at all levels can use to "make the case" for a healthy future for ALL.

Remember to watch the [CCIS Introduction Webinar](#) for important background, tools, and tips to frame these findings with a racial justice lens to turn the CCIS data into action!

Visit <http://mass.gov/covidsurvey> for all things CCIS!



YOUTH SURVEY

FRAMING MATTERS

Despite the common belief that youth are not impacted or worried about COVID-19, the data shows us that youth are deeply concerned and have been significantly impacted by the pandemic, especially youth of color, LGBTQA youth, youth with disabilities, and young parents.

YOUTH CCIS RESPONDENTS PROFILE



3,052 youth ages 14-24
took the survey



32% speak a language other than
English at home



46% under 18 years old
54% 18 and over



21% youth with disabilities

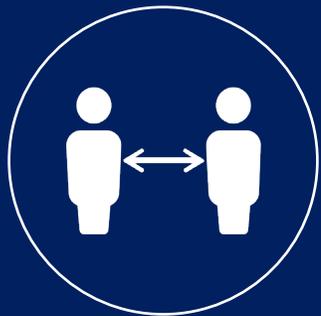


39% working youth

The CCIS worked intentionally to reach diverse youth populations by **partnering with community-based organizations** serving youth in MA, as well as communities most impacted by COVID-19

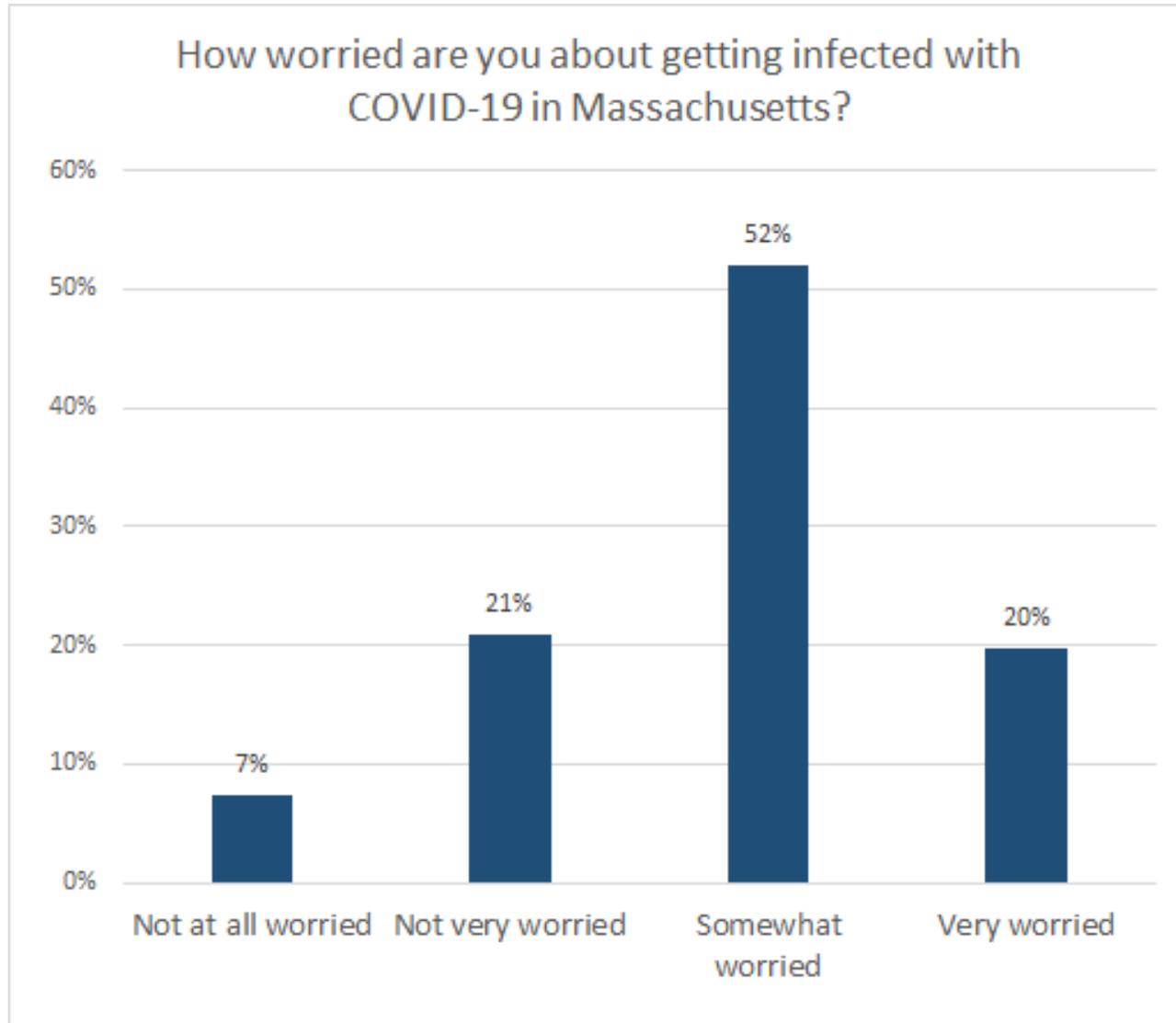


Artwork by Farah Jeune



YOUTH EXPERIENCE WITH COVID-19

YOUTH PERCEPTION OF COVID-19 RISK



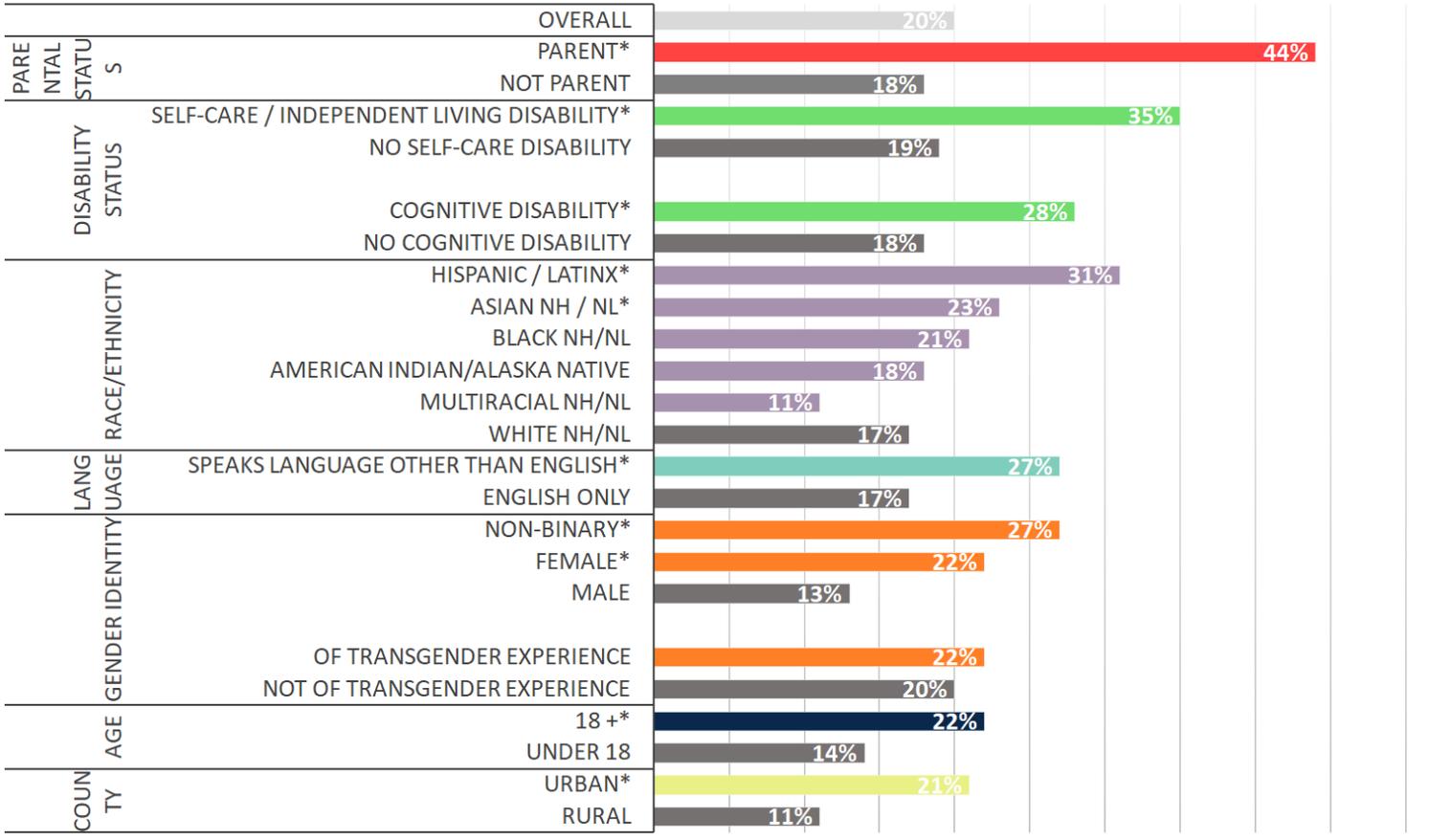
Contradicting some narratives in the media about youth not being concerned about the risks of COVID-19, 72% of Massachusetts youth reported being "somewhat" or "very" worried about getting infected with COVID-19.

YOUTH PERCEPTION OF COVID-19 RISK

72% of Massachusetts youth reported being "somewhat" or "very" worried about getting infected with COVID-19

% Youth "Very Worried" about Getting COVID-19

0% 5% 10% 15% 20% 25% 30% 35% 40% 45% 50%

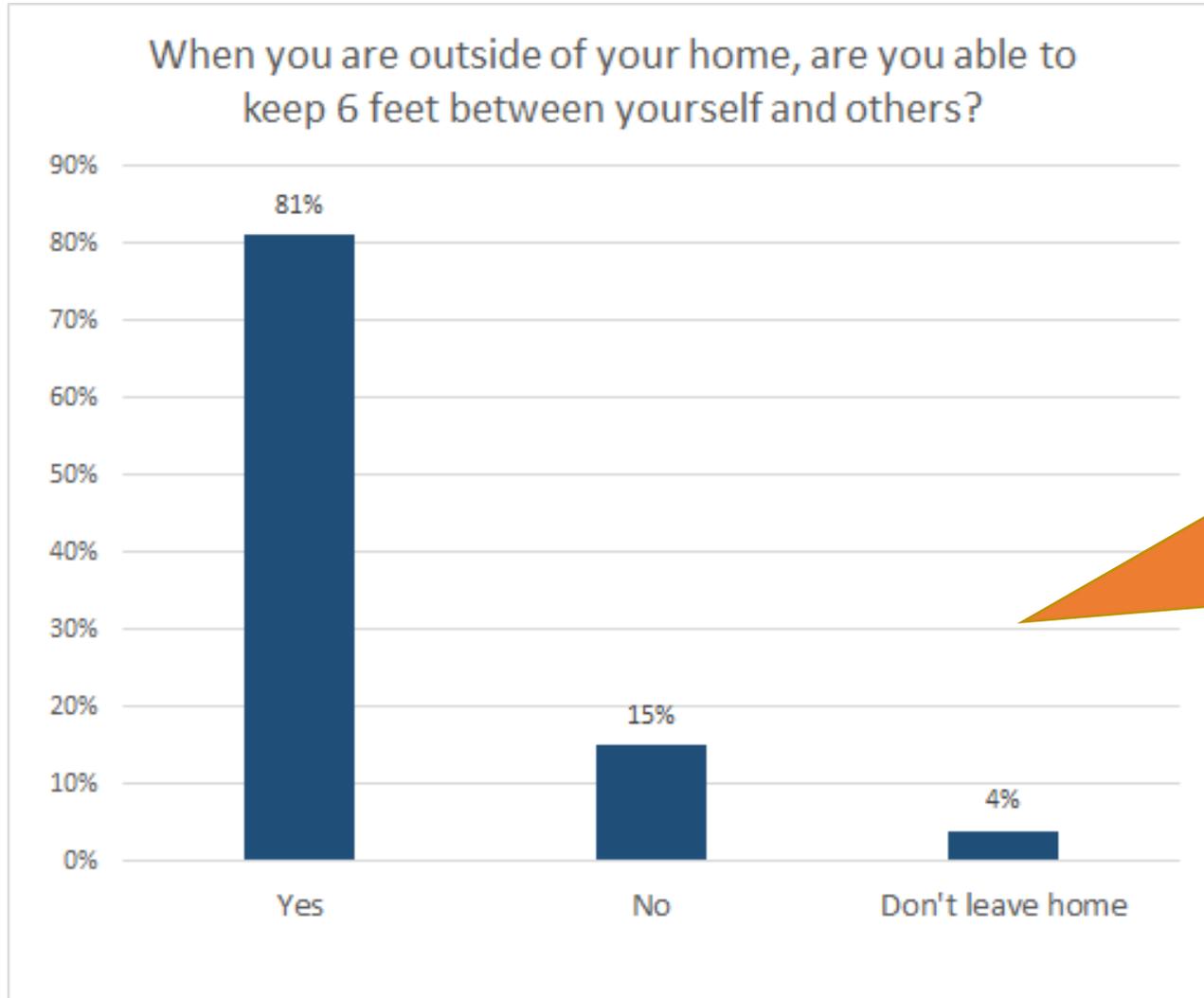


Youth most likely to report being “very worried” about getting COVID-19 are:

- Young parents
- Youth with disabilities
- Hispanic/Latinx youth
- Youth who speak a language other than English
- Non-binary youth

Data notes: 1) “Non-binary” includes respondents identifying as non-binary, genderqueer, not exclusively male or female. 2) “nH/nL”=non-Hispanic/non-Latinx; 3) “American Indian/Alaska Native” includes Hispanic/Latinx; 4) * denotes rate is significantly different (p<0.05) compared to the reference group; 5) All percentages are weighted to the statewide age and race/ethnicity distribution of those 14-24 years.

YOUTH EXPERIENCE WITH COVID-19



Youth over the age of 18 (18%) and youth with disabilities (20%) were more likely to report not being able to keep distance.

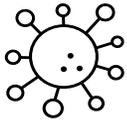
Among youth reporting not being able to keep 6 feet distance, the top reasons for this are:

- "The place where I buy **groceries** is crowded" (56%)
- "In order to do my **work**, I need to be physically close to others" (48%)
- "My **workplace** is crowded" (42%)
- "The **streets** where I live are crowded" (27%)

YOUTH EXPERIENCE WITH COVID-19

Certain groups of youth were more likely to report testing positive for, being exposed to, or losing someone due to COVID-19.

Compared to all youth respondents:



- Young parents (6%) and Black nH/nL youth (6%) were 2x as likely to report testing positive for COVID-19 (3%)



- Young parents (14%) and Hispanic/Latinx youth (13%) were more than twice as likely to report having a household member who tested positive for COVID-19 (6%)



- Young parents (14%), American Indian/Alaska Native youth (13%), and Black nH/nL youth (11%) were 2x as likely to report losing someone close to them due to COVID-19 (6%)

YOUTH EXPERIENCE WITH COVID-19

Certain groups of youth were more likely to report testing positive for, being exposed to, or losing someone due to COVID-19.

Youth Population	Tested positive for COVID-19	Household member tested positive for COVID-19	Lost someone close due to COVID-19
All Youth	3%	6%	6%
American Indian / Alaska Native	**	**	13%
Black, nH/nL youth	6%	6%	11%
Hispanic/Latinx youth	5%	13%	9%
Young parents	6%	14%	14%
Youth who speak a language other than English	4%	9%	9%

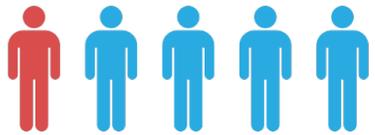
Data notes: 1) "nH/nL"=non-Hispanic/non-Latinx; 2) "American Indian/Alaska Native" includes Hispanic/Latinx; 3) ** indicated data is suppressed due to small numbers; 4) * * indicated data is suppressed due to small numbers; 5) All percentages are weighted to the statewide age and race/ethnicity distribution of those 14-24 years.



YOUTH RESPONSIBILITIES

CHANGES IN YOUTH RESPONSIBILITIES

Youth have been asked to take on more adult responsibilities, including providing childcare for their families



More than 1 in 5 (21%) Hispanic/Latinx youth report having to babysit or watch their siblings more during the COVID-19 pandemic



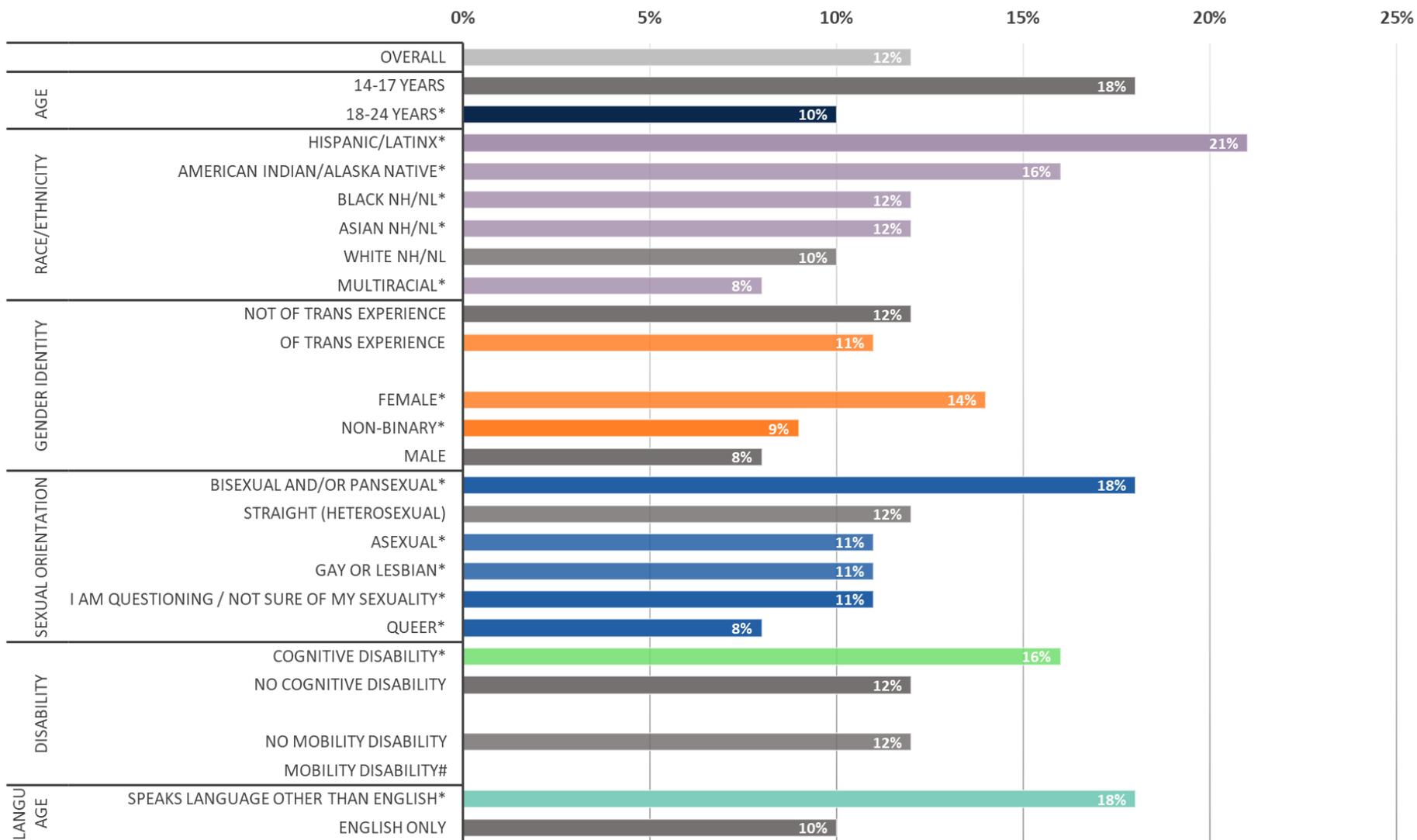
Youth who speak a language other than English (18%) are more likely to be asked to watch their siblings, compared to youth who only speak English (11%)



Youth with cognitive disabilities (16%) are also more likely than youth without cognitive disabilities (11%) to have to babysit their siblings more often

CHANGES IN YOUTH RESPONSIBILITIES

% MA Youth Who Have to Babysit their Siblings More Often due to COVID-19

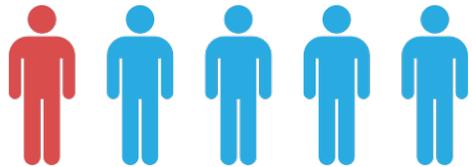


Data notes: 1) "Non-binary" includes respondents identifying as non-binary, genderqueer, not exclusively male or female. 2) "nH/nL"=non-Hispanic/non-Latinx; 3) "American Indian/Alaska Native" includes Hispanic/Latinx; 4) * denotes rate is significantly different ($p < 0.05$) compared to the reference group (REF); 5) # denotes data suppressed due to small numbers; 6) All percentages are weighted to the statewide age and race/ethnicity distribution of those 14-24 years.

CHANGES IN YOUTH RESPONSIBILITIES

Youth have been asked to take on more adult responsibilities, including providing **financial support** to their families.

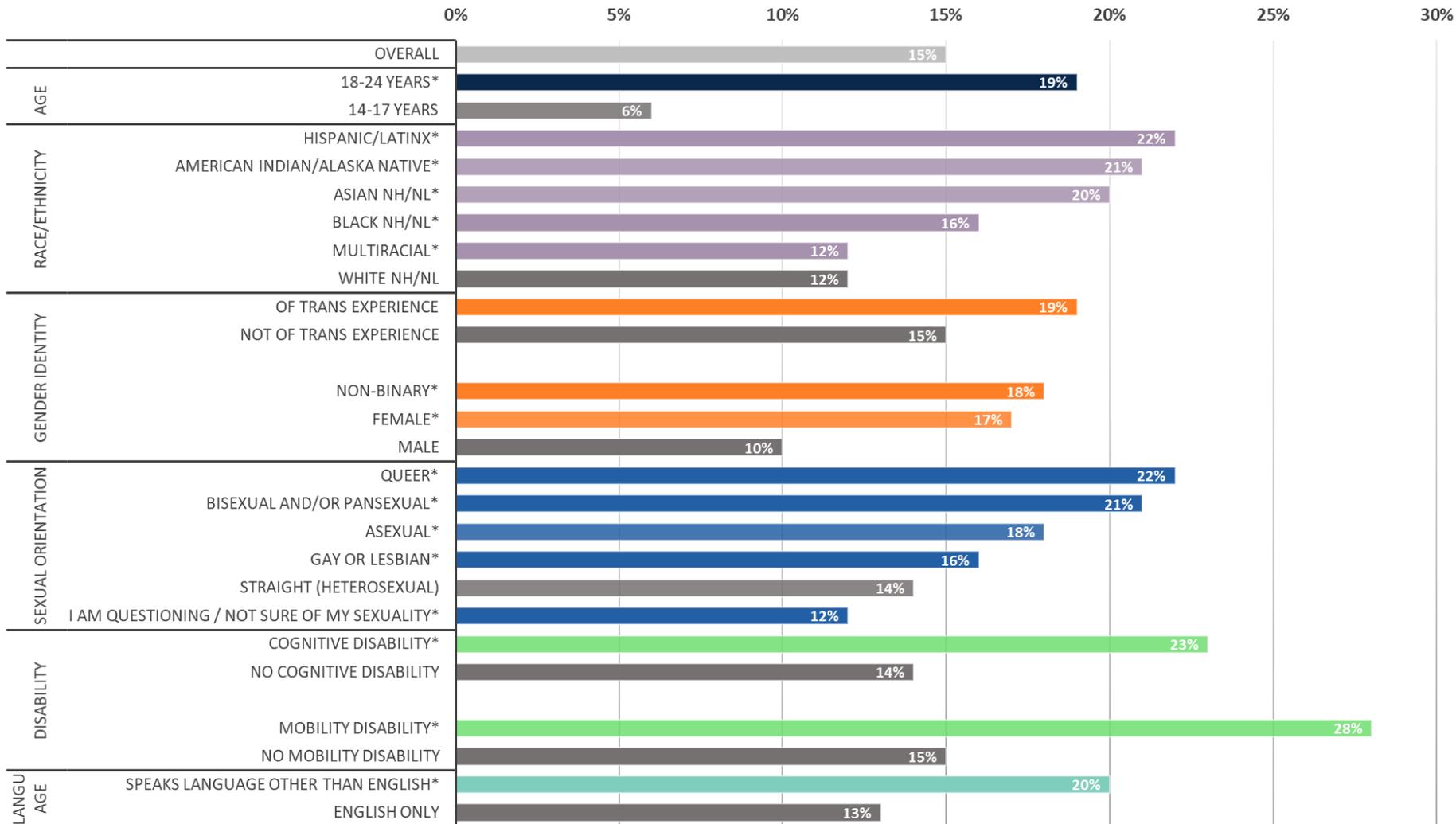
More than 1 in 5 youth in many populations have had to help their families financially more during COVID-19:



- Youth of Color (22% of Hispanic/Latinx youth, 20% of Asian nH/nL youth, 20% of American Indian/Alaska Native youth)
- Youth with disabilities (28% of youth with a mobility disability and 23% of youth with a cognitive disability)
- Youth who speak a language other than English (20%)

CHANGES IN YOUTH RESPONSIBILITIES

% MA Youth Who Have to Help Their Families Financially More Often due to COVID-19



Data notes: 1) "Non-binary" includes respondents identifying as non-binary, genderqueer, not exclusively male or female. Those "questioning/unsure of their gender identity" was suppressed due to small numbers; 2) "nH/nL"=non-Hispanic/non-Latinx; 3) "American Indian/Alaska Native" includes Hispanic/Latinx; 4) * denotes rate is significantly different ($p < 0.05$) compared to the reference group (REF); 5) All percentages are weighted to the statewide age and race/ethnicity distribution of those 14-24 years.

YOUTH CONCERNS ABOUT BASIC NEEDS

More than 85% of youth are "not very worried" about food, housing, or paying for cell phones. Certain groups of youth are much more likely to be worried.



- 1 in 4 Hispanic/Latinx youth, Black nH/nL youth, youth with disabilities, non-binary youth, and queer youth are worried about getting enough food.



- Youth with disabilities are **3 times** as likely to be worried about having a place to live compared to youth without disabilities. **Hispanic/Latinx and American Indian/Alaska Native youth are 3 times** as likely and **Black nH/nL youth are 2 times** as likely to be worried about having a place to live compared to White nH/nL youth.

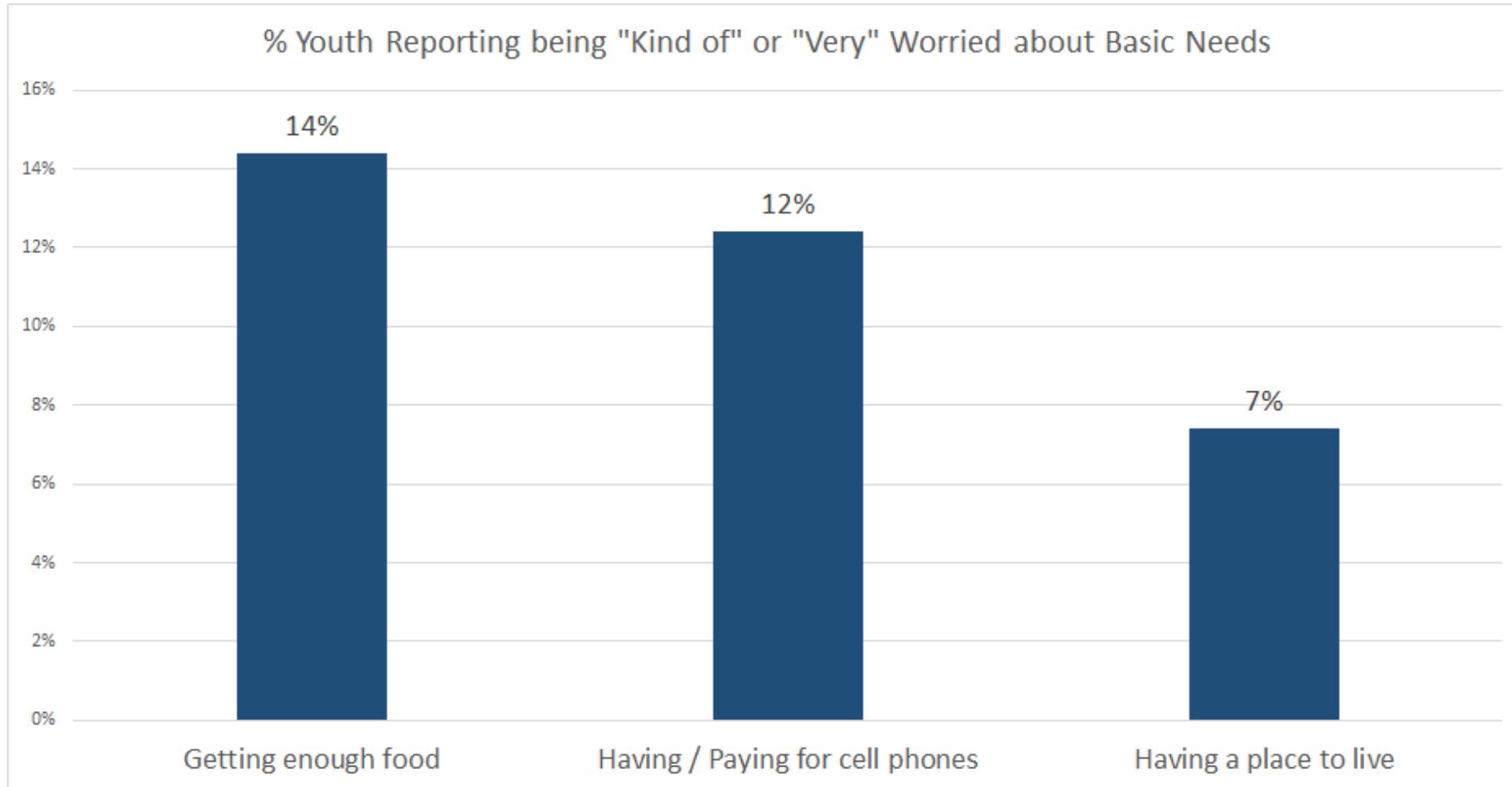


- Youth with disabilities, Hispanic/Latinx youth, and Black nH/nL youth are more than **2 times as likely** to be worried about paying for a cell phone compared to all youth.



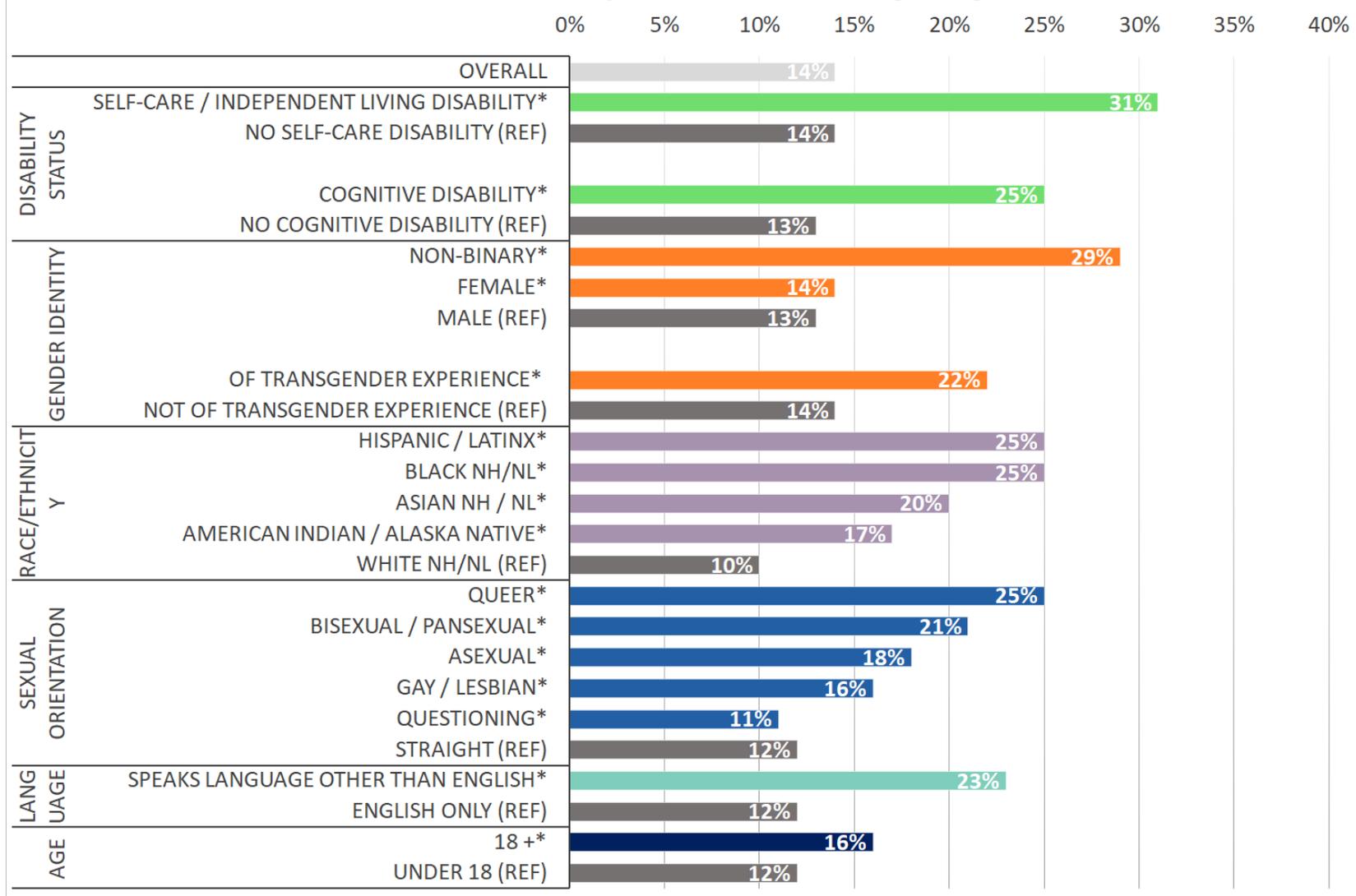
- Nearly half of young parents are worried about housing expenses.

YOUTH CONCERNS ABOUT BASIC NEEDS



YOUTH CONCERNS ABOUT BASIC NEEDS

% Youth "Kind of" or "Very Worried" about Getting Enough Food



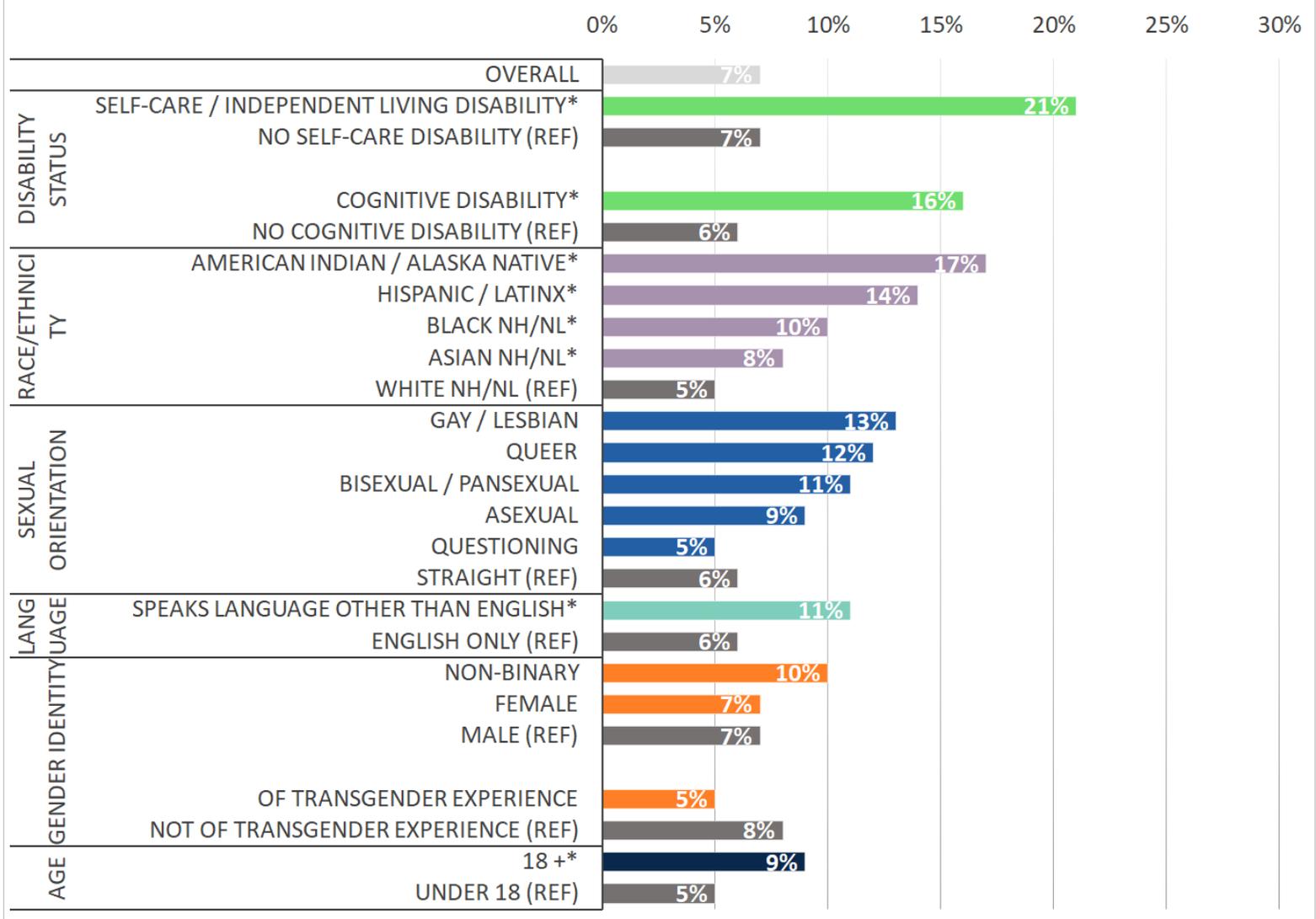
Youth more likely to report being very worried about getting enough food are:

- Youth with disabilities
- Non-binary youth
- Hispanic/Latinx youth
- Black nH/nL youth
- Asian nH/nL youth
- Queer youth
- Bisexual/pansexual youth
- Youth who speak a language other than English

Data notes: 1) "Non-binary" includes respondents identifying as non-binary, genderqueer, not exclusively male or female. 2) "nH/nL"=non-Hispanic/non-Latinx; 3) "American Indian/Alaska Native" includes Hispanic/Latinx; 4) * denotes rate is significantly different (p<0.05) compared to the reference group (REF); 5) All percentages are weighted to the statewide age and race/ethnicity distribution of those 14-24 years.

YOUTH CONCERNS ABOUT BASIC NEEDS

% Youth "Kind of" or "Very Worried" about Having a Place to Live



Youth most likely to report being very worried about having a place to live are:

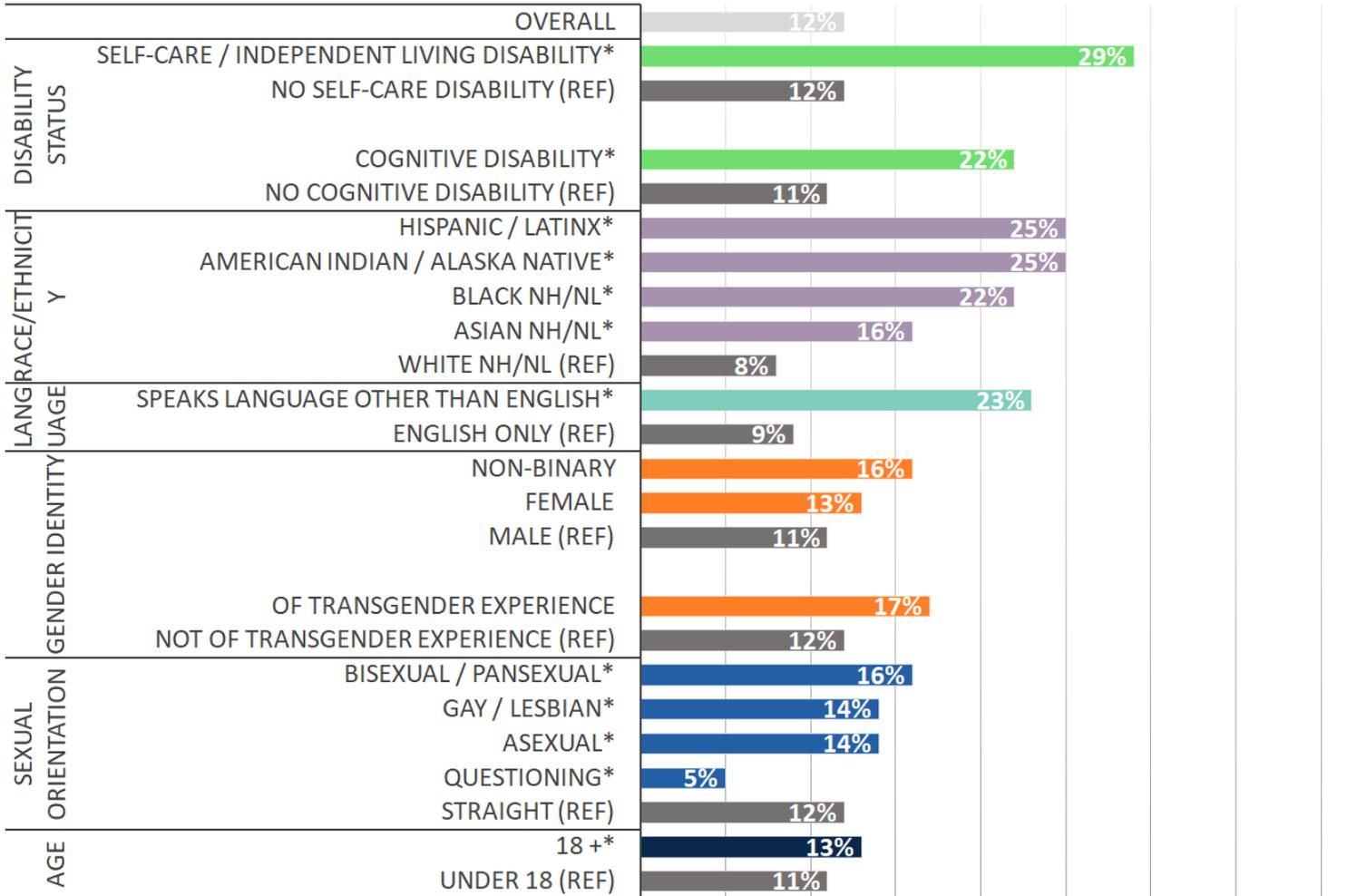
- Youth with disabilities
- Non-binary youth
- American Indian/Alaska Native youth
- Hispanic/Latinx youth
- LGBTQ+ youth
- Youth who speak a language other than English
- Youth over the age of 18

Data notes: 1) "Non-binary" includes respondents identifying as non-binary, genderqueer, not exclusively male or female. 2) "nH/nL"=non-Hispanic/non-Latinx; 3) "American Indian/Alaska Native" includes Hispanic/Latinx; 4) * denotes rate is significantly different ($p < 0.05$) compared to the reference group (REF); 5) All percentages are weighted to the statewide age and race/ethnicity distribution of those 14-24 years.

YOUTH CONCERNS ABOUT BASIC NEEDS

% Youth "Kind of" or "Very Worried" about Paying for Cell Phones

0% 5% 10% 15% 20% 25% 30% 35% 40%



Youth more likely to report being very worried about paying for cell phones are:

- Youth with disabilities
- Non-binary youth
- Hispanic/Latinx youth
- Black nH/nL youth
- American Indian/Alaska Native youth
- Youth who speak a language other than English

Data notes: 1) "Non-binary" includes respondents identifying as non-binary, genderqueer, not exclusively male or female. 2) Data for those who identified as "queer" was suppressed due to small numbers; 3) "nH/nL"=non-Hispanic/non-Latinx; 4) "American Indian/Alaskan Native" includes Hispanic/Latinx; 5) * denotes rate is significantly different ($p < 0.05$) compared to the reference group (REF); 6) All percentages are weighted to the statewide age and race/ethnicity distribution of those 14-24 years.



YOUTH MENTAL HEALTH

IMPACT ON YOUTH MENTAL HEALTH

Almost half of all youth in MA (48%) report feeling sad or hopeless almost every day for 2 weeks or more in a row that they stopped doing some usual activities.

This is 21% percent higher than the Youth Risk Behavior Survey (MA YRBS: 27% in 2017)



78% of youth of transgender experience report feeling sad or hopeless every day for 2+ weeks, as well 83% of Non-binary youth and 84% of queer youth



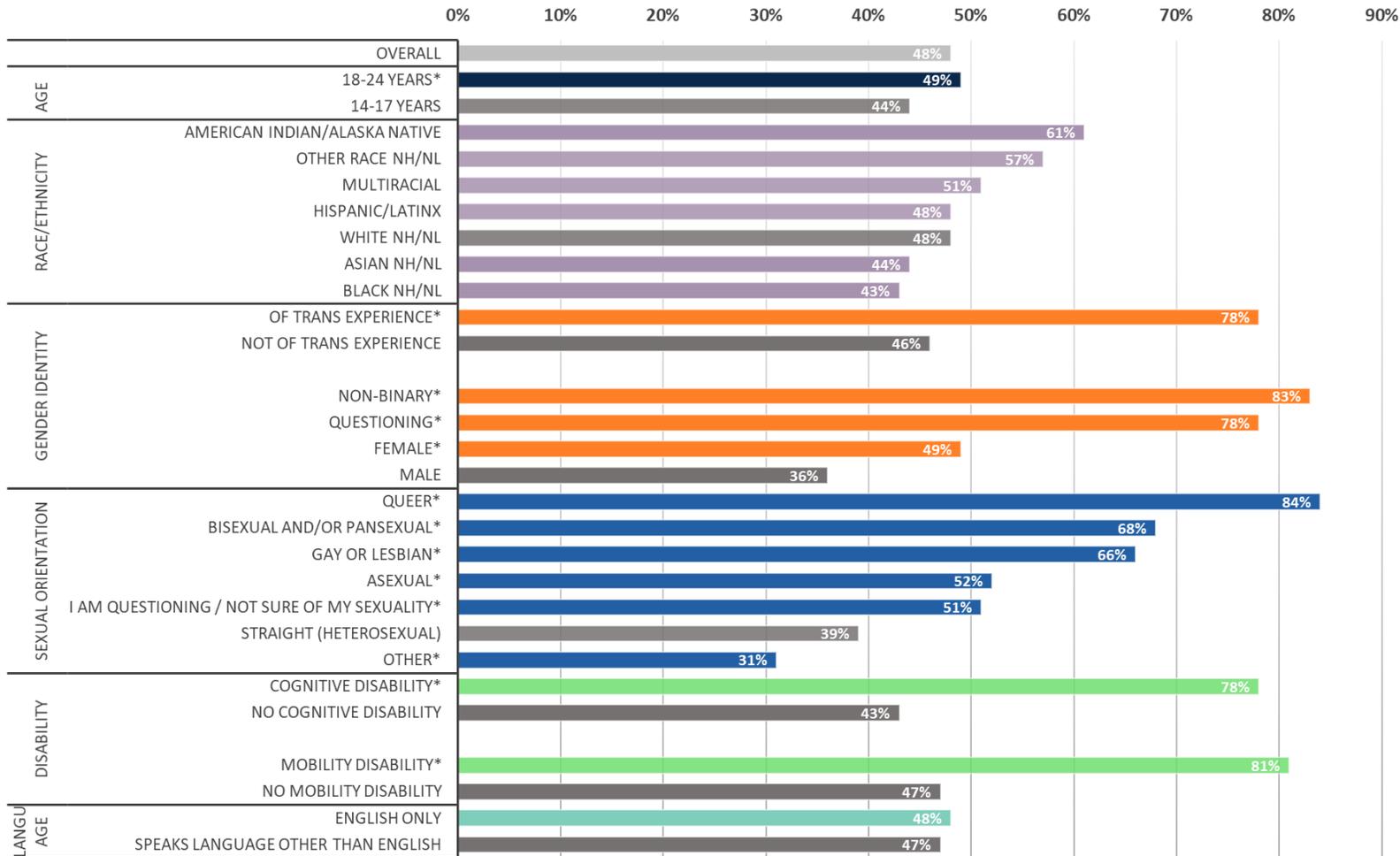
75% of youth with any disability report feeling sad or hopeless every day for 2+ weeks



Over half (55%) of working youth report feeling sad or hopeless every day for 2+ weeks

IMPACT ON YOUTH MENTAL HEALTH

% MA Youth Feeling Sad or Hopeless Every Day for 2+ Weeks



LGBQA youth, youth of trans experience, and youth with disabilities are experiencing the greatest inequities when it comes to mental health concerns during the pandemic

Data notes: 1) "Non-binary" includes respondents identifying as non-binary, genderqueer, not exclusively male or female. 2) "nH/nL"=non-Hispanic/non-Latinx; 4) "American Indian/Alaskan Native" includes Hispanic/Latinx; 5) * denotes rate is significantly different (p<0.05) compared to the reference group (REF); 6) All percentages are weighted to the statewide age and race/ethnicity distribution of those 14-24 years.

IMPACT ON YOUTH MENTAL HEALTH

Youth are experiencing PTSD-like reactions during COVID-19

10% of LGBQA and Youth of Trans Experience need access to suicide and crisis resources



61% of Queer youth have had 3+ PTSD reactions, 55% of Non-binary youth have had 3+ PTSD reactions, and 53% of youth of transgender experience have had 3+ PTSD reactions during COVID-19



More than 2x the amount of youth with a disability (46%) reported 3+ PTSD reactions during COVID-19, compared to youth without a disability (22%)



31% of working youth, compared to 22% of non-working youth, reported 3+ PTSD reactions during COVID-19

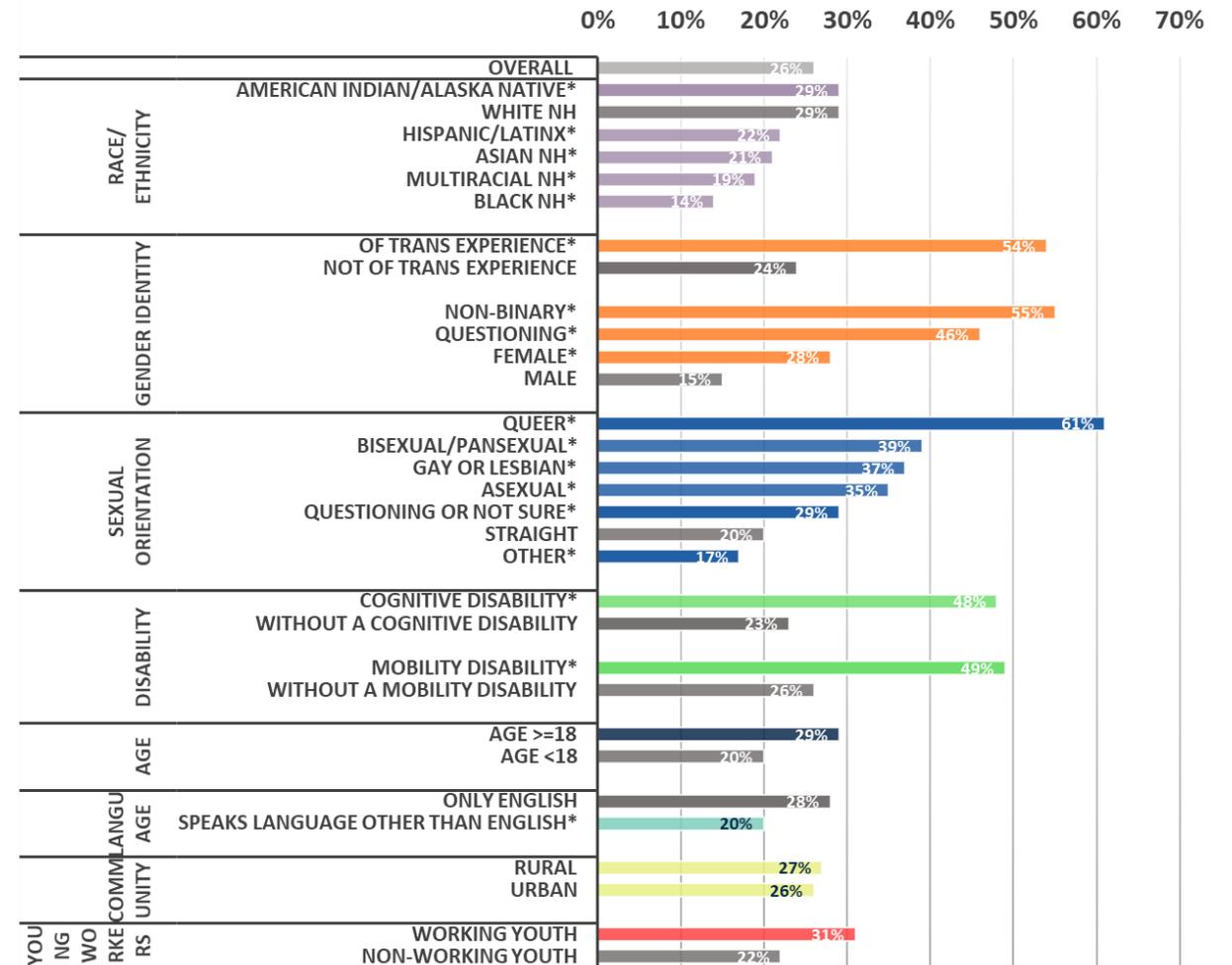
IMPACT ON YOUTH MENTAL HEALTH

How has the pandemic impacted all residents' mental health?

- Respondents were asked how many times they had any of the following reactions to the COVID-19 outbreak in the past month:
 - Having nightmares or thinking about it when you didn't want to
 - Going out of your way to avoid situations
 - Constantly being on guard, watchful, or easily startled
 - Feeling numb or detached
 - Feeling guilty or unable to stop blaming yourself

*This question was adapted from "Primary Care PTSD Screen for DSM-5 (PC-PTSD-5)"
 Reference: Prins, A., Bovin, M. J., Kimerling, R., Kaloupek, D. G, Marx, B. P., Pless Kaiser, A., & Schnurr, P. P. (2015). Primary Care PTSD Screen for DSM-5 (PC-PTSD-5) [Measurement instrument]. Available from <https://www.ptsd.va.gov>

MA Youth who have 3+ PTSD reactions during COVID-19



* denotes statistically significant findings

IMPACT ON YOUTH MENTAL HEALTH

Youth need resources to improve their mental health and wellbeing

Among youth who reported feeling sad or hopeless every day for 2+ weeks or more, at least 1 in 3 youth:



Need information on how to access a therapist (35% of youth)



Need access to in person individual or group therapy (35% of youth)



Need an application on a mobile phone or tablet for mental health (33% of youth)

IMPACT ON YOUTH MENTAL HEALTH

Youth who experienced the highest inequities during the COVID-19 pandemic are most in need of resources to improve their mental health and wellbeing

Youth who need information on how to access a therapist:

- ✓ 49% of vision impaired youth
- ✓ 40% of gay or lesbian youth



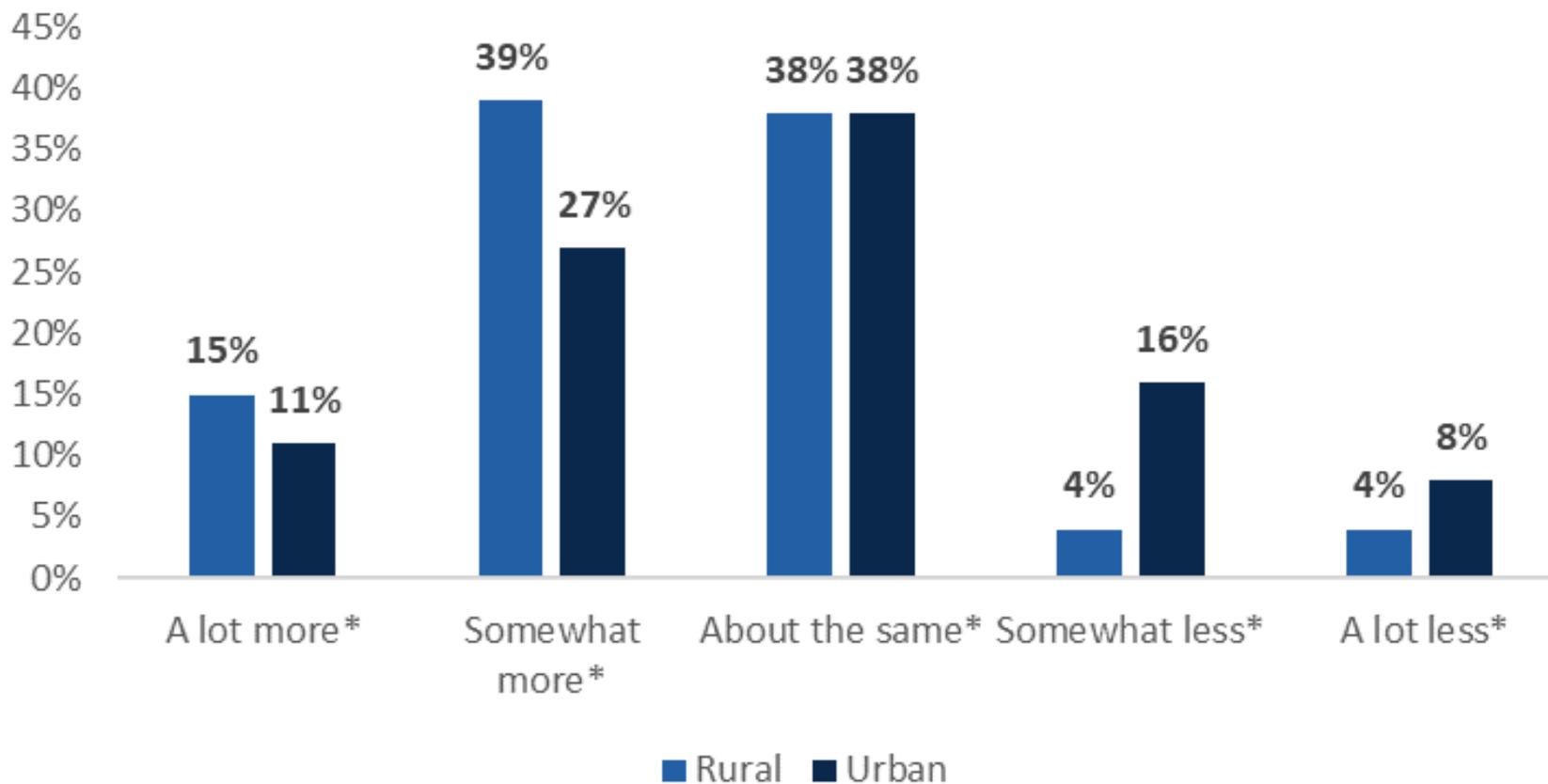
Asian nH/nL youth (35%) were **significantly more likely to request information on how to access a therapist** compared to white nH/nL youth (28%)



YOUTH SUBSTANCE USE

CHANGES IN SUBSTANCE USE

Changes in Youth Substance Use, Rural v. Urban



Youth living in rural areas were **significantly more likely to report more substance use** since the pandemic began, compared to youth living in urban areas

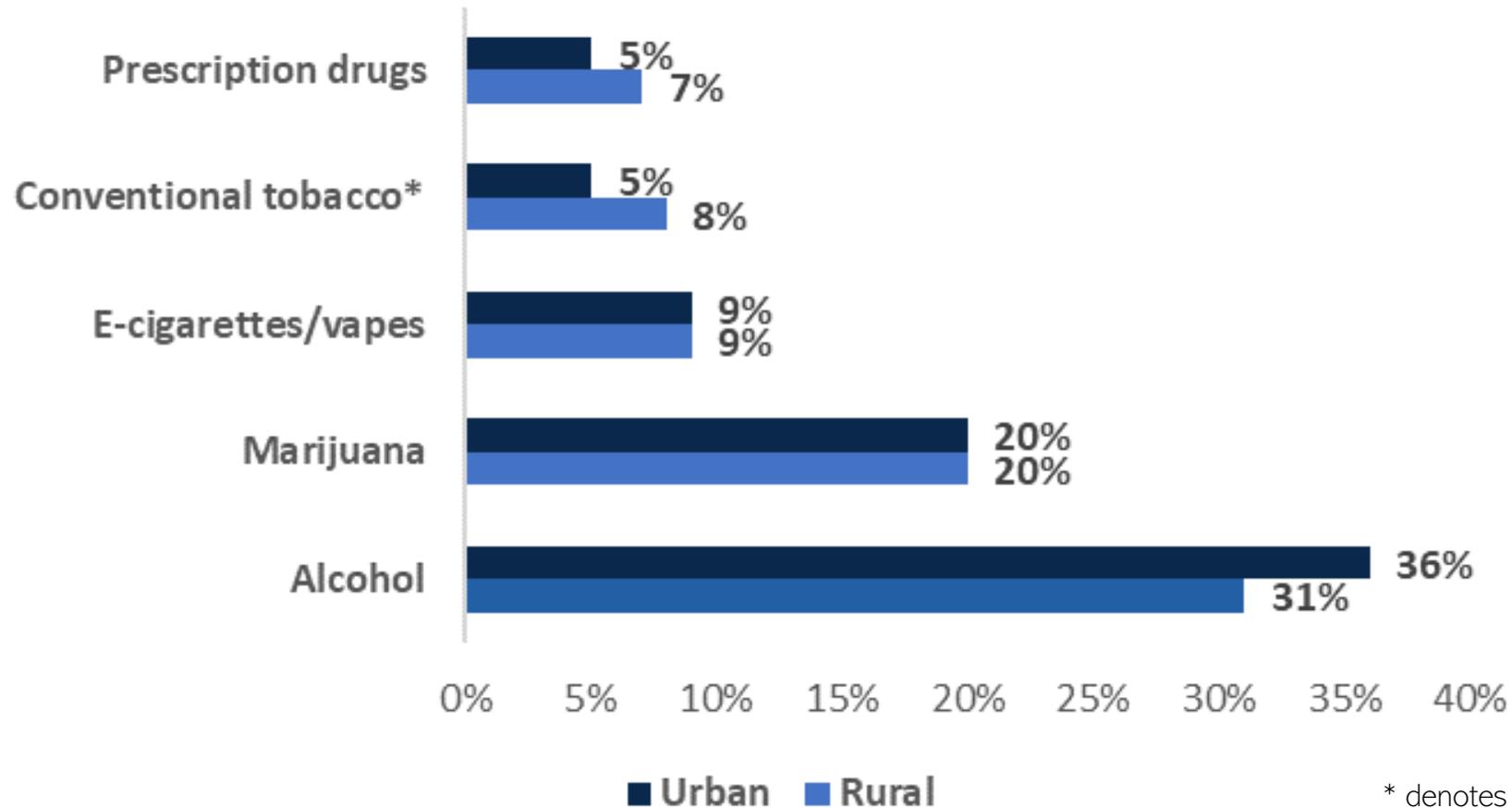
Youth living in urban areas were **significantly more likely to report less substance use** compared to youth living in rural areas

The most requested resources youth need right now are in person **therapy*** (14% of youth living in rural areas and 7% of youth living in urban areas) and **peer support*** (9% of youth living in rural areas and 3% of youth living in urban areas)

* denotes statistically significant findings

TYPES OF SUBSTANCES USED

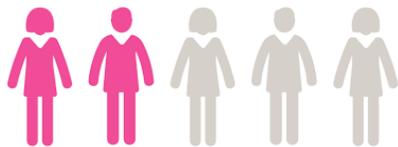
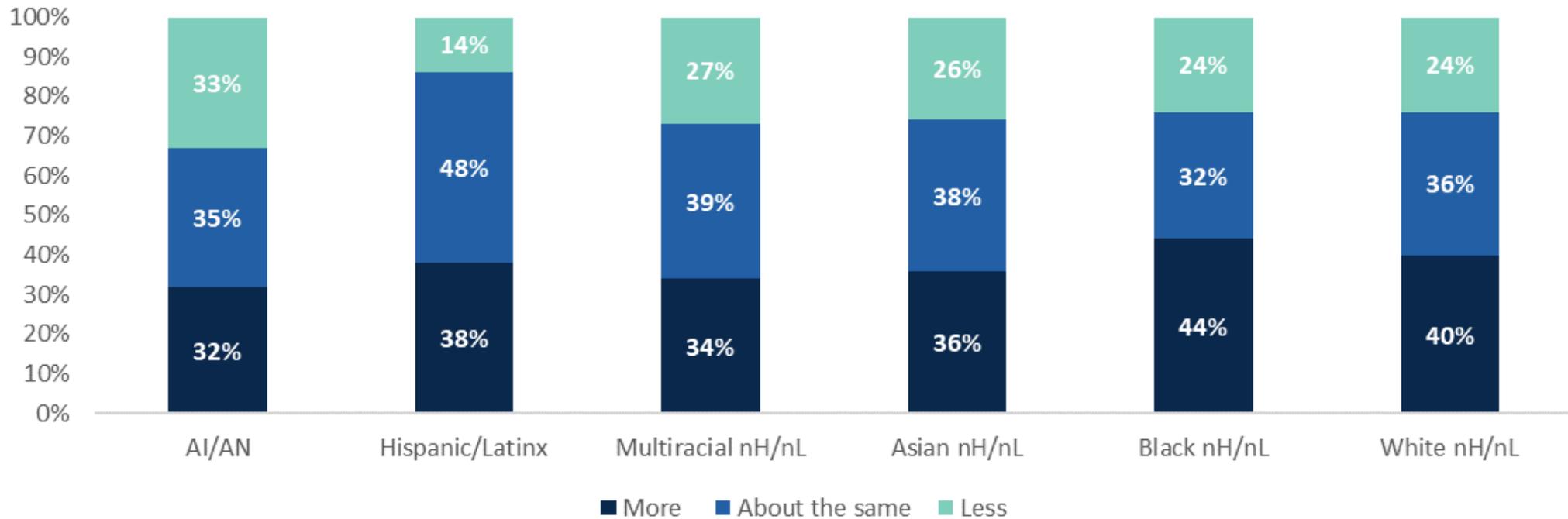
Types of Substances Used by Youth,
Urban v. Rural



* denotes statistically significant findings

CHANGES IN SUBSTANCE USE

Changes in Youth Substance Use during COVID-19, by Race/Ethnicity



More than 2 in 5 (44%) of Black nH/nL youth report using more substances during the COVID-19 pandemic began

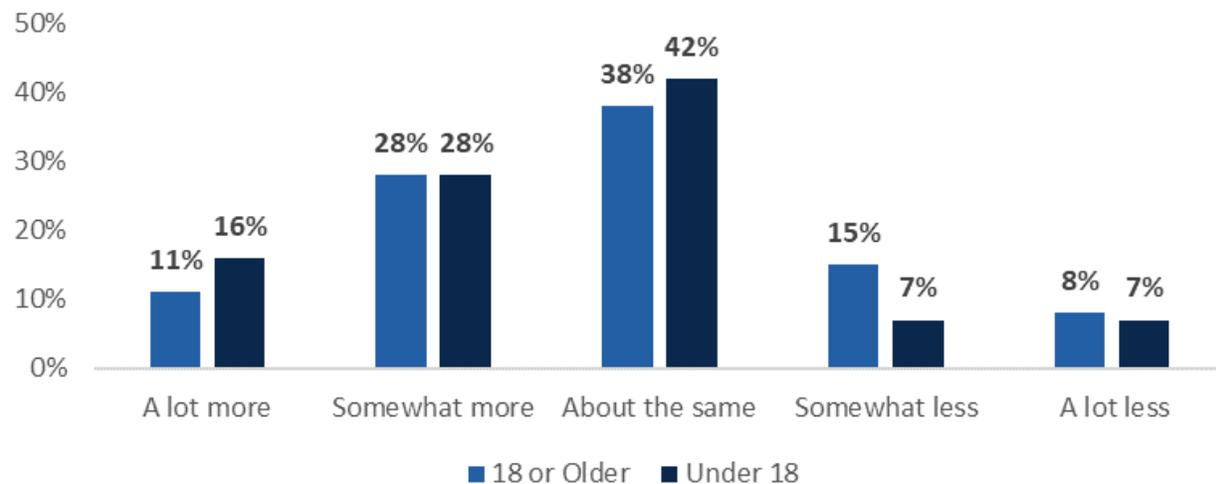


Hispanic/Latinx youth are reporting 2x a lot more substance (17%) use than AI/AN youth (8%), Multiracial nH/nL youth (8%), and Black nH/nL youth (8%)

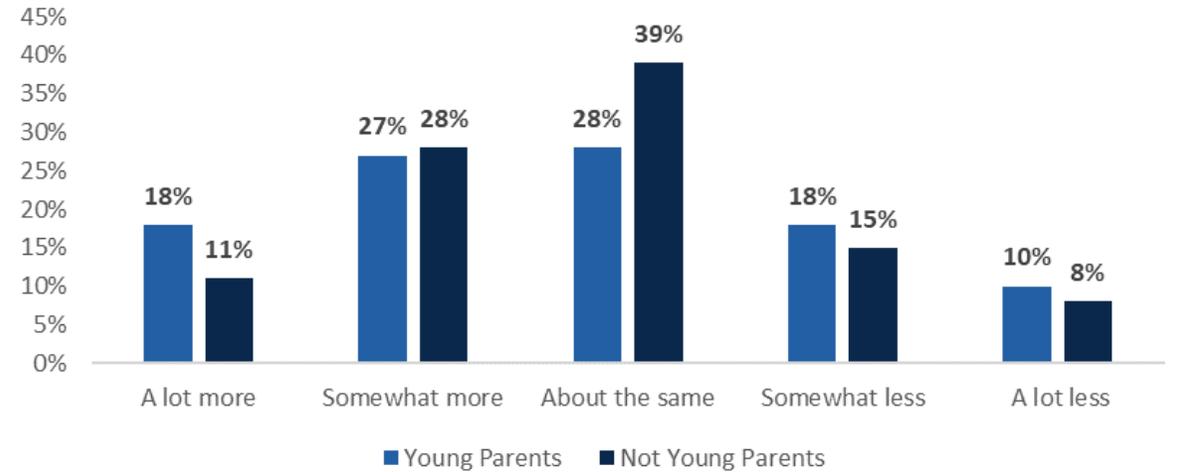
CHANGES IN SUBSTANCE USE

Older youth (age 18 and older) report using more substances compared to younger youth (under 18 years old)

Changes in Youth Substance Use during COVID-19, by age group



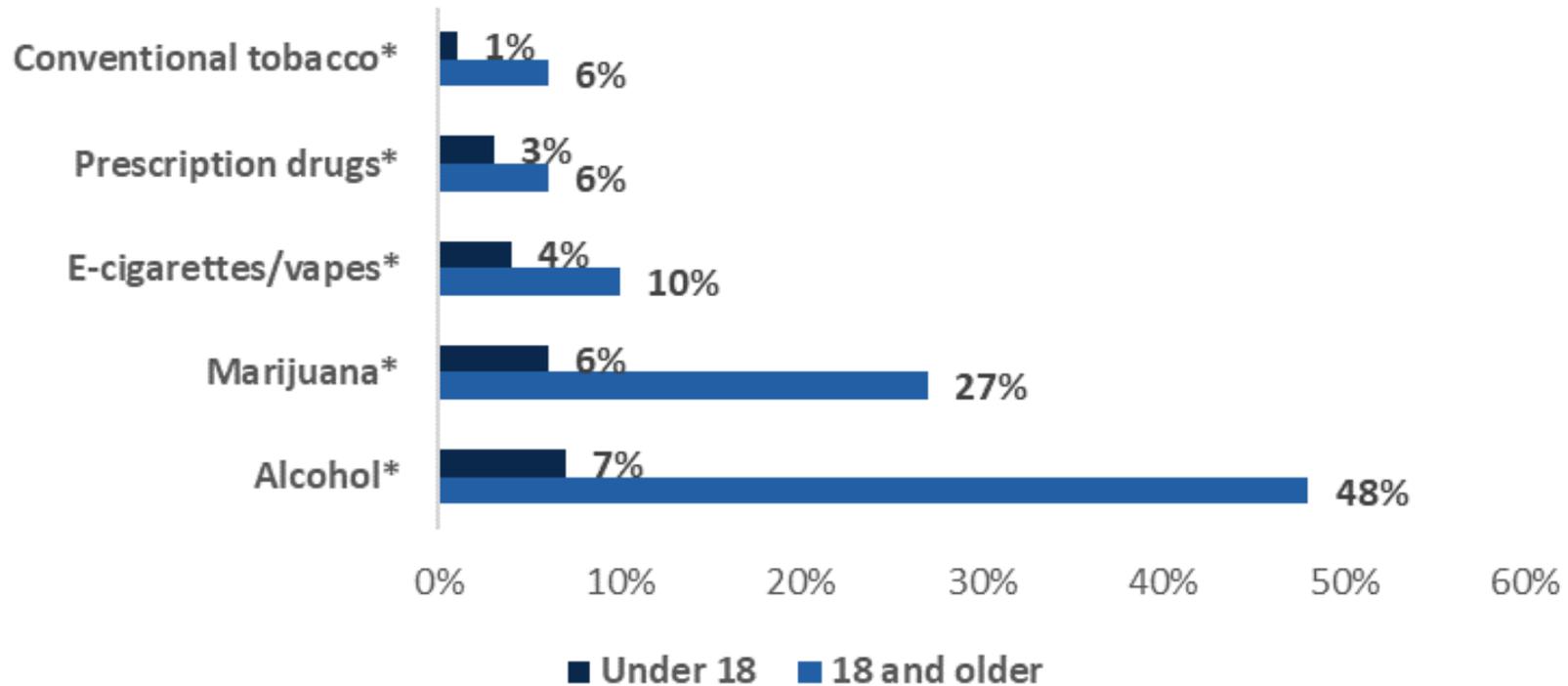
Changes in Youth Substance Use during COVID-19, by youth parenting status



Young parents report using more substances than youth who are not parenting

TYPES OF SUBSTANCES USED

Types of Substances Used by Youth,
<18 v 18 +



38% of youth 18 and older and 83% of youth under 18 did not report using substances in the past 30 days*

* denotes statistically significant findings

KEY TAKEAWAYS: YOUTH

"Solutions" to the pandemic have not addressed the experiences and/or needs of youth.

The consequences are felt acutely and in lasting ways:

- Youth are deeply concerned and have been significantly impacted by the pandemic, especially youth of color, LGBTQA youth, youth with disabilities, and young parents.
- Many youth are facing early parentification and are concerned about providing the basic needs for their families.
- The pandemic has had a significant impact on the mental health of youth.

WANT TO KNOW MORE?

Visit <http://mass.gov/covidsurvey> for more information on how residents of Massachusetts have been impacted by the pandemic and how we can all work together to turn these data into action!