



# Addressing the Mental Health and Social-Emotional Wellbeing of Students and Staff During COVID-19

## PART 2

# Living in “Virtual” Reality: How the Virtual World is Impacting Our Mental Health

### Featured Panelists

#### Jeremy D. Butler

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Community Initiatives Program Manager for Integrated Community Alternatives Network



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# Living in “Virtual Reality”: How the Virtual World is impacting our Mental Health.

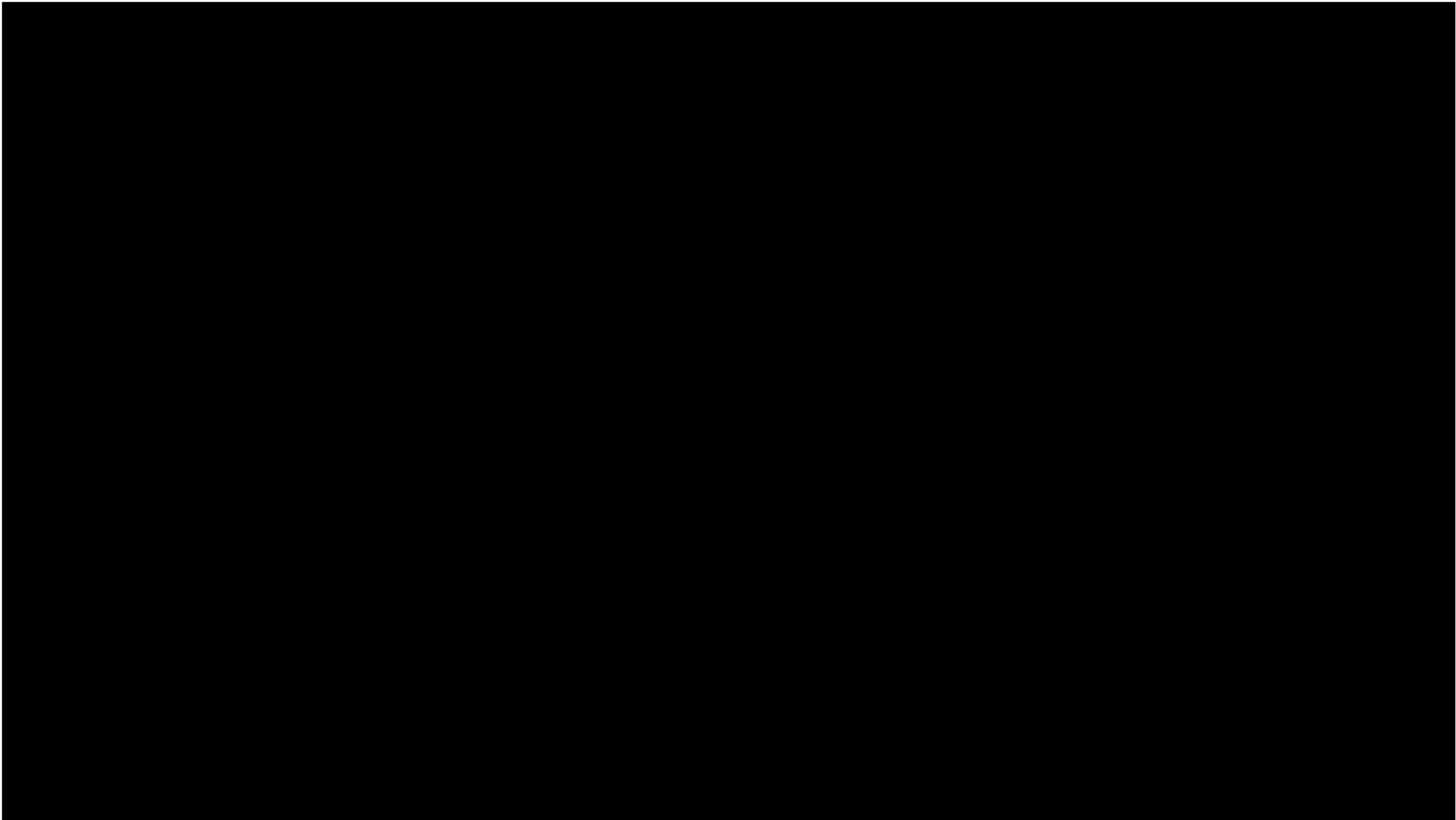
**Presented by:**  
**Jeremy D. Butler,**  
**Director of Community Initiatives**  
**Carrie E. Conte, LCSW**  
**Community Initiatives Program Manager**



**I'M SO GLAD I HAD A CHILDHOOD**



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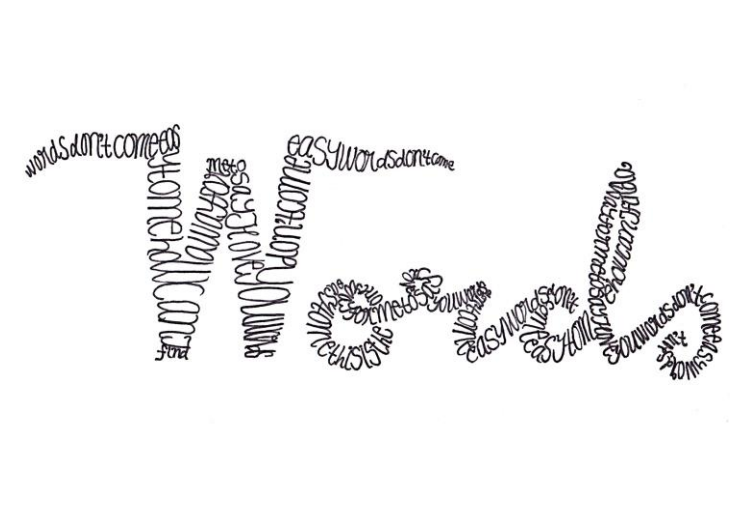
# How do we communicate?



55%



38%



7%





# The Good...





# Positive Impact of Social Media

- Stay connected to Friends and Family
- Reduce Stigma
- Find Support
- Teach self new things
- Get information
- Build a Positive Digital Footprint



# The BAD...





# Living at home

1 out of 4 Millennials live with their parents after college

It is projected that the number will jump to 50% of Millennials and Gen Z



“There are only two industries that call their customers ‘users’: illegal drugs and software.”

-Edward Tufte

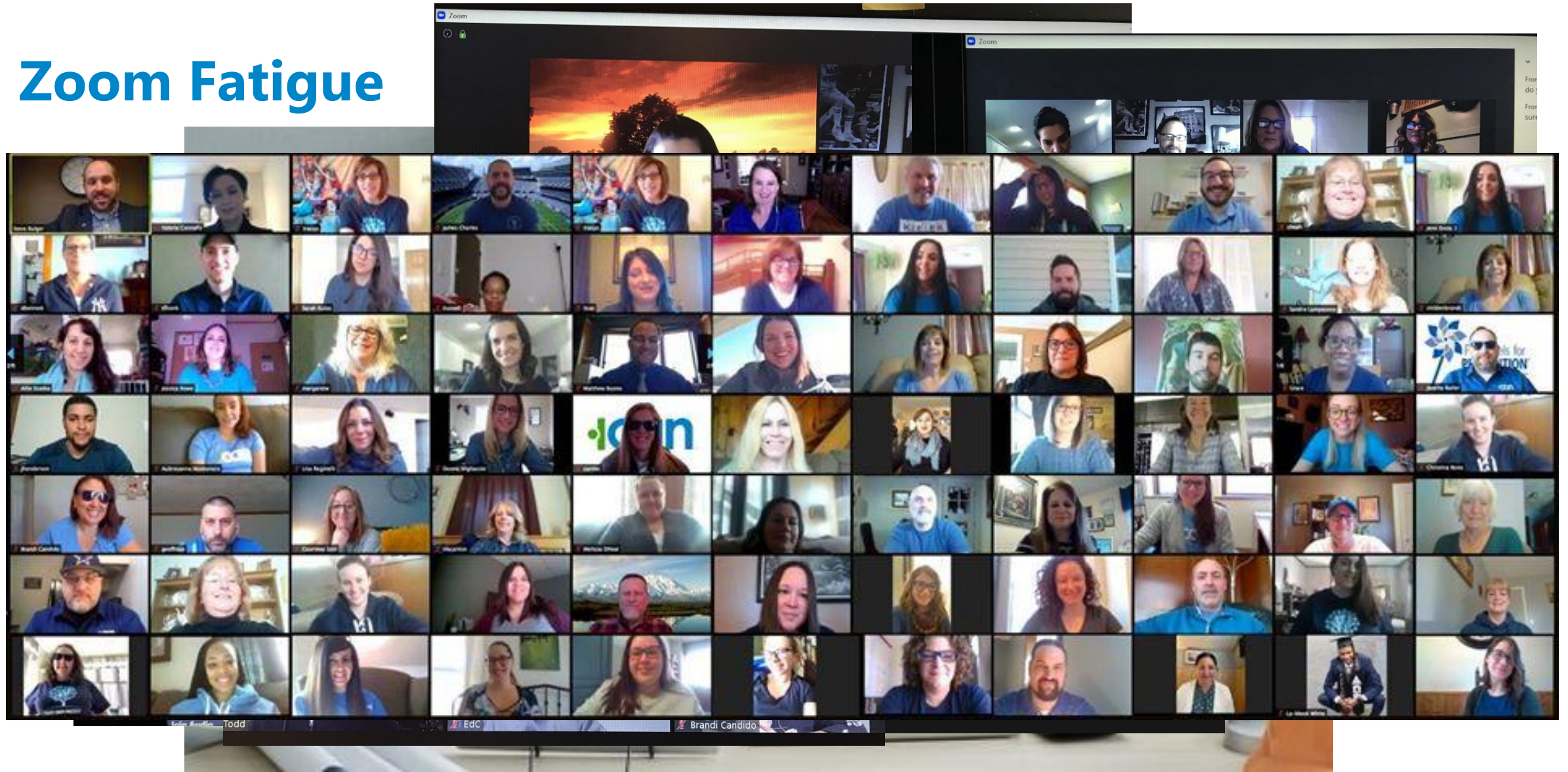


# Anxiety

- 1 out 3 youth 13-18 will experience an anxiety disorder
- Rates for Anxiety are up over 20% since 2007
- 48% of teens who spend 5+ hours a day on a device have at least one suicide risk factor.



# Zoom Fatigue







BAL

Working from home can  
mess with your head



# Sleep Deprivation

- 60-70% of US Teens have borderline to severe "Sleep Debt"
- Less sleep= decrease in self-regulation skills
- Blue UV
- Trigger to depression



# The Ugly...



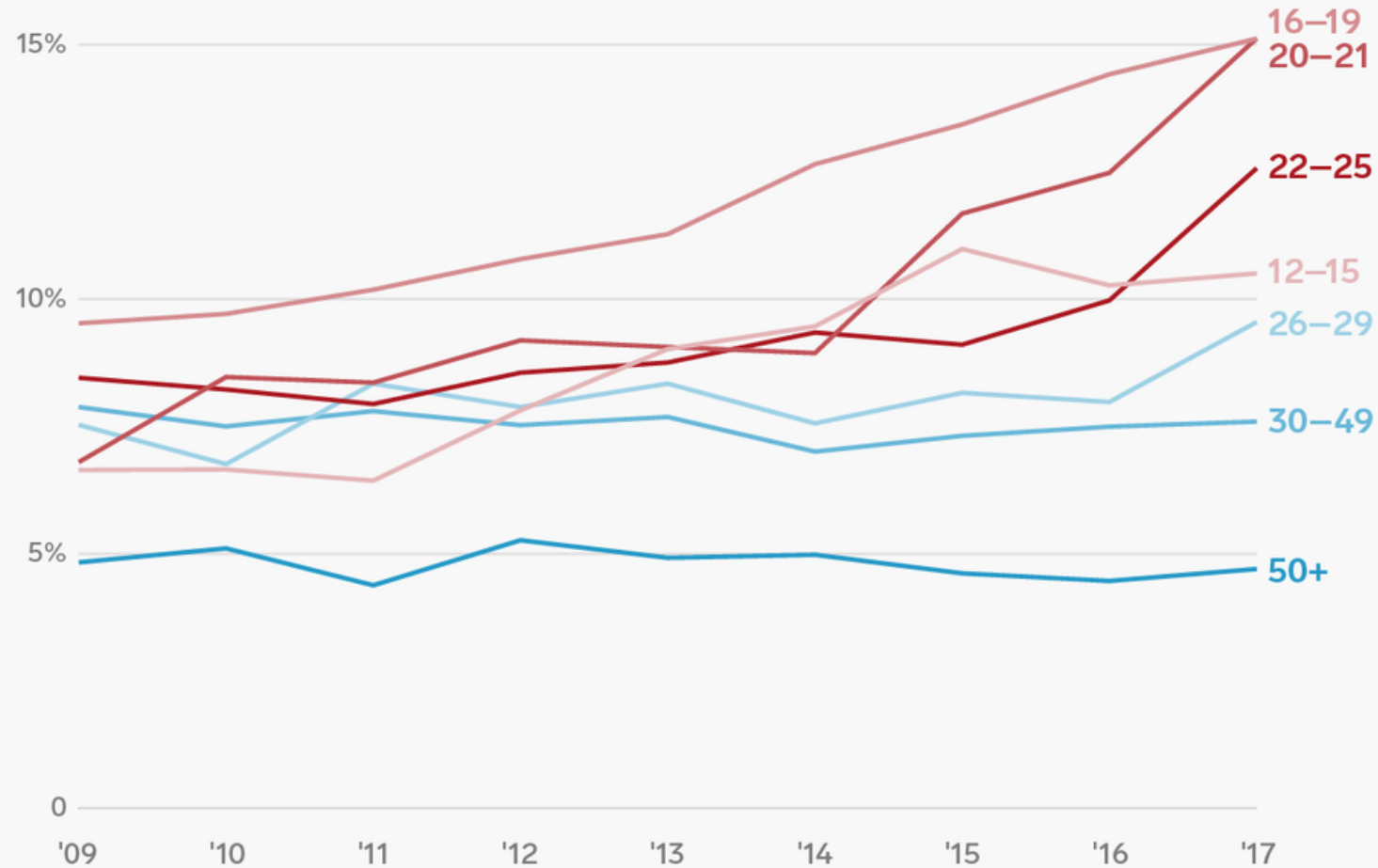
# Mental Health Trends

- Since 2005 there has been a 37% increase in Major Depressive Episodes (MDE)
- 3 million adolescents (12-17 yr old) reported at least 1 major MDE in past year
- When followed into adulthood, those with adolescent-onset depression (compared to those without) are twice as likely to have a [major depressive episode](#), five times more likely to attempt suicide, and are at increased risk for death by suicide
- Girls show double the rates of boys for depression (19.5% to 5.8%)
  - (US Dept Health and Human Services)



# Depression rates by age, 2009–2017

Percent of population in each **age group** that has reported a Major Depressive Episode

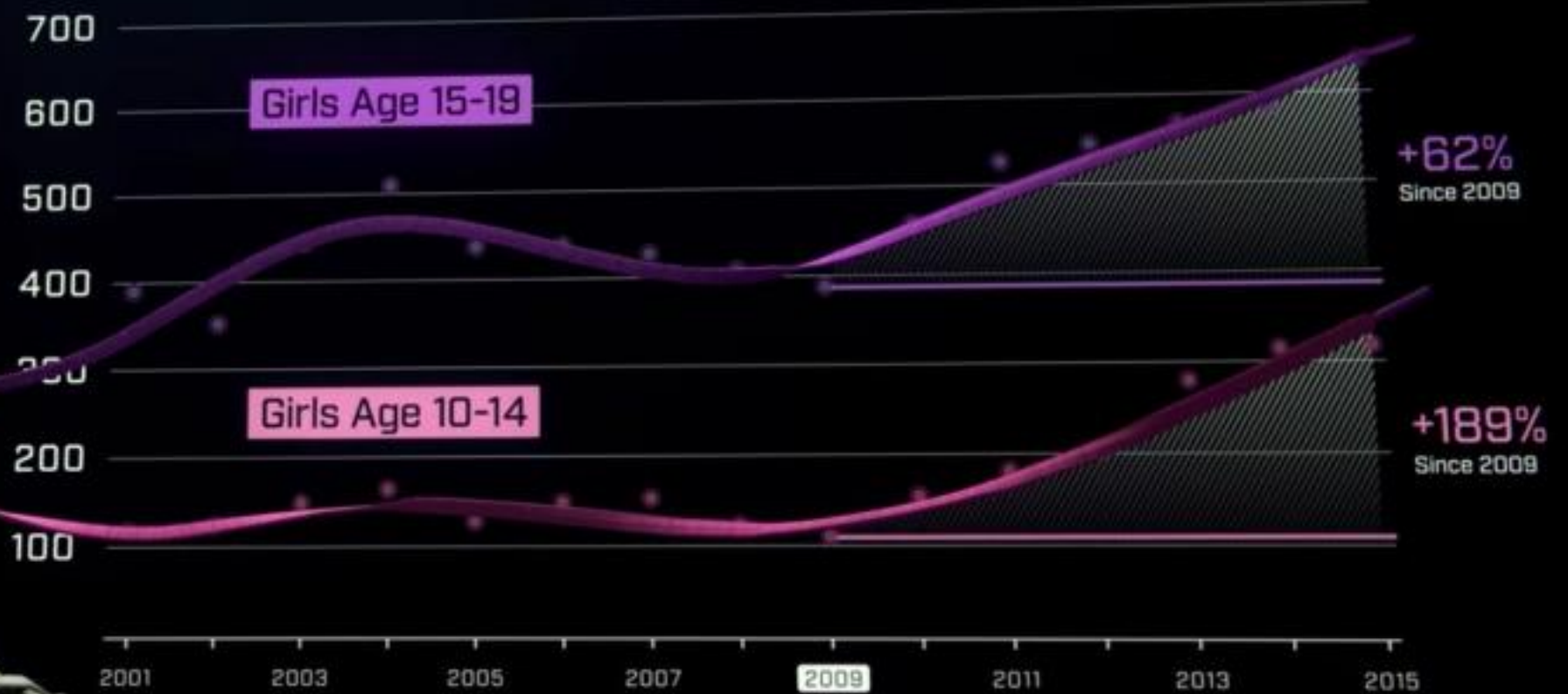


Source: Journal of Abnormal Psychology, Twenge et al.

Insider Inc.

## U.S. Hospital Admissions for Non-Fatal Self Harm

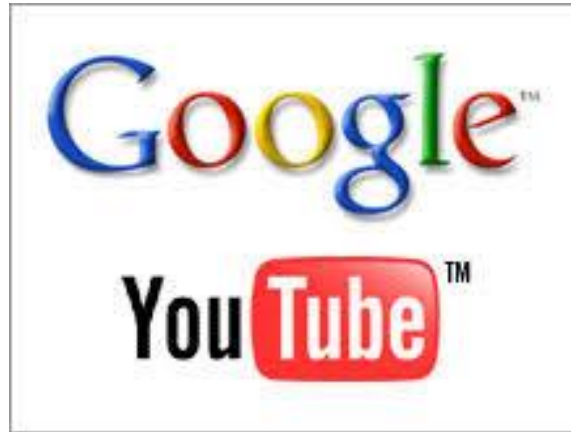
Per 100,000 Girls



Source: Centers for Disease Control and Prevention

-The Social Dilemma, 2020

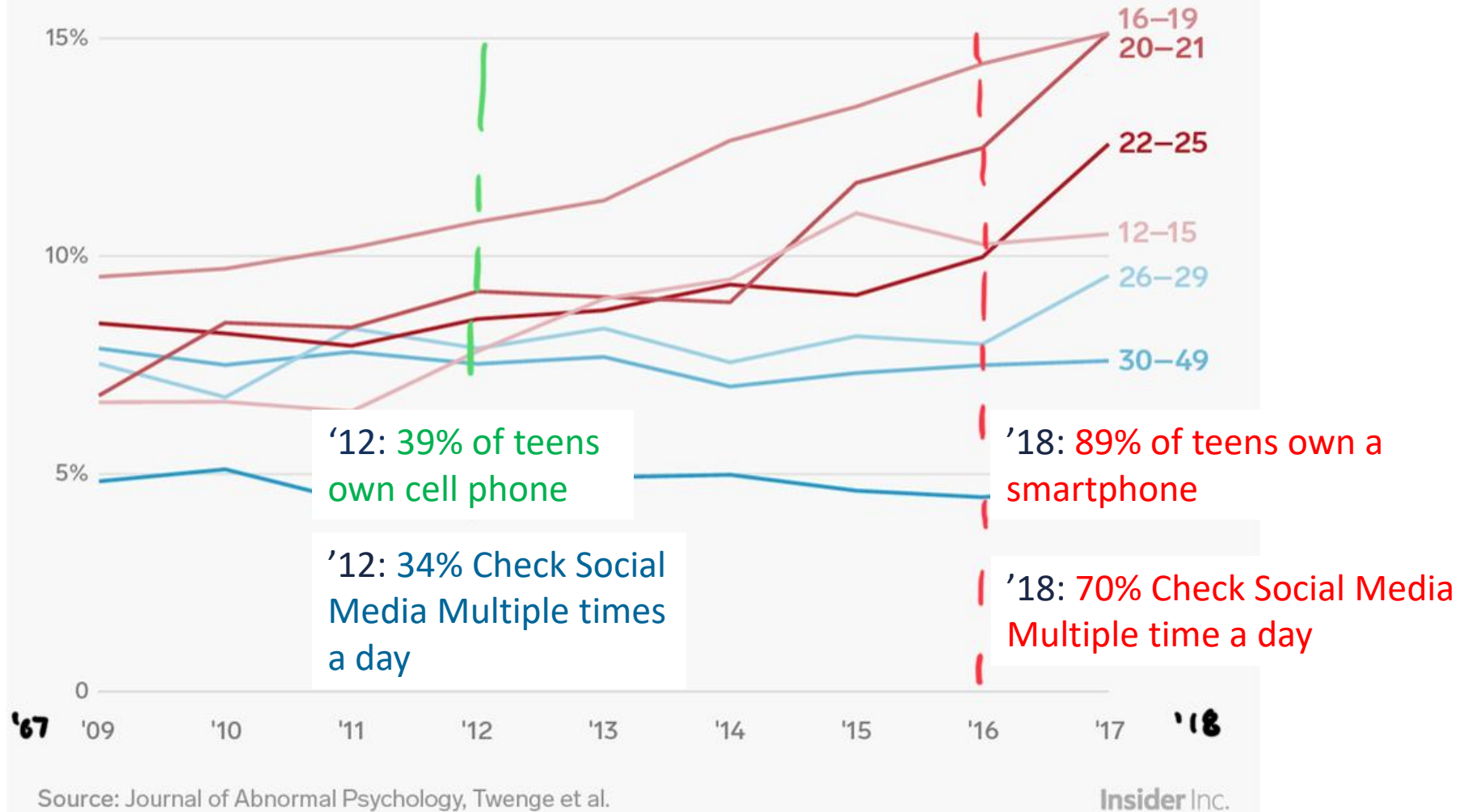
# What happened in 2007?





# Depression rates by age, 2009–2017

Percent of population in each **age group** that has reported a Major Depressive Episode



# Suicide Trends

- Suicide rates have doubled for 15-19 year old girls 2007-2015
- Same time boys have seen a 30% increase
- Suicide as a whole is up 25% since 1999
- 45,000+ lives lost to suicide in 2016 (More than half had no known mental health condition)
- LA Unified (2015)- 5,000 incidents of suicidal ideation. Started tracking in 2010-2011 (255 reports)

# U.S. Suicide Rates

Deaths Per 1,000,000 Girls

Social Media  
Available on Mobile



Source: Centers for Disease Control and Prevention

-The Social Dilemma, 2020



# Support




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“Social media isn’t a tool that’s just waiting to be used. It has its own goals and it has its own means of pursuing them by using your psychology against you.”

-Tristan Harris

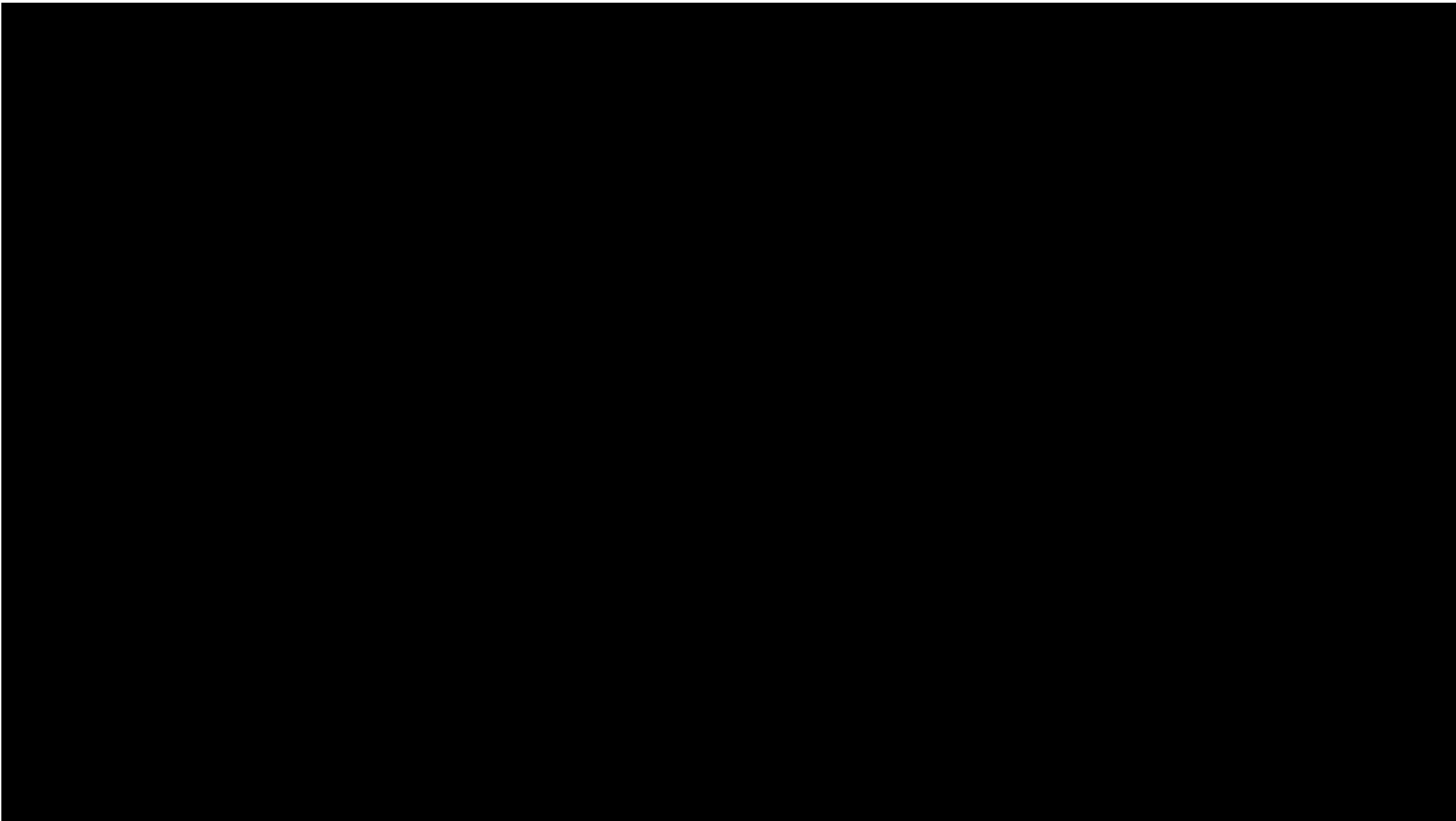


*Can we  
panic now?*

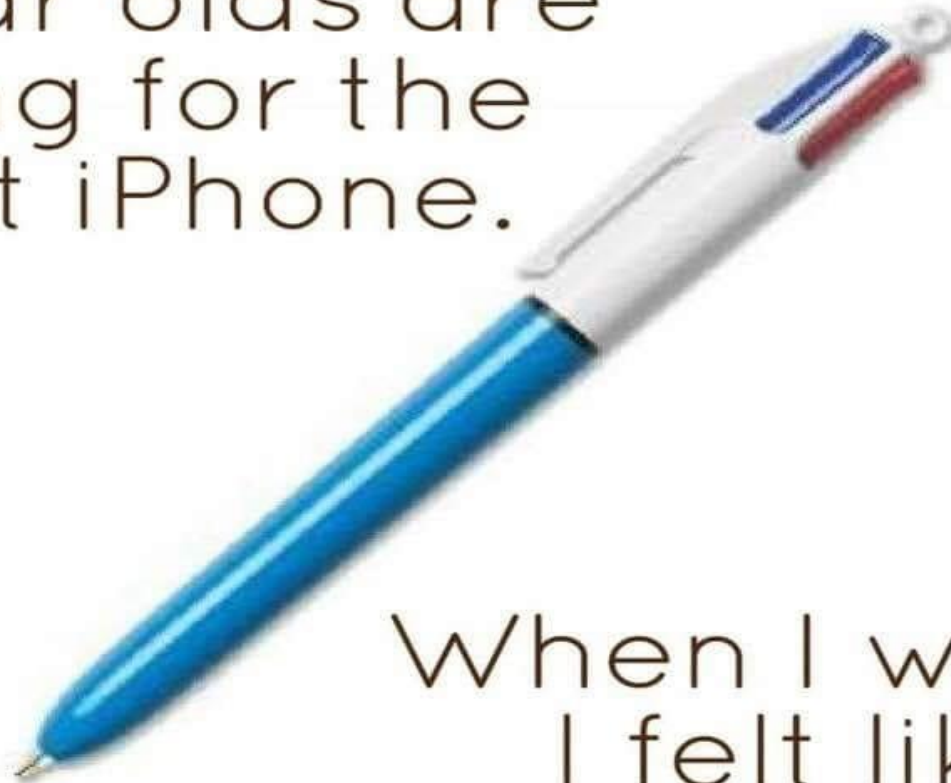


WHAT?

CAN WE DO ●



Today,  
8 year olds are  
asking for the  
latest iPhone.



When I was 8,  
I felt like I'd  
won the lottery  
if I had this pen.



# Thank you for your time!

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