Investing in the Health and Well-being of South Carolina’s Children and Families

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BlueCross BlueShield of South Carolina Foundation

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About the Foundation

Our Vision:

To bridge health and health care in South Carolina.

- Access to Care
- Building a Stronger Workforce for Health
- Improving the Quality and Value of Health and Health Care
- Investing in the Health and Well-Being of SC Children and Families
- Research/Special Projects
Mental Health and Well-Being in South Carolina

ACEs prevalence
- 62% of adults reported one ACE as a child
- 22% of adults reported 2+ ACEs

83% of parents and caregivers reported current levels of stress and anxiety are much higher since COVID-19

South Carolina ranks 48 out of 50 for prevalence of youth with untreated major depression

1 Children’s Trust of South Carolina: ACEs Data 2017
2 Children’s Trust of South Carolina: Impact of COVID-19 Pandemic on SC Children’s Well-Being 2020
3 Youth Data 2021 | Mental Health America (mhanational.org)
### The Foundation's Strategy to Support Mental Health:

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Prevention: Awareness and Stigma Reduction

Project: Expansion of Mental Health and Suicide Awareness for Middle/High School Students
Partner: NAMI-SC

Before

- Only offered in schools that had funding locally
- Unknown number of students seeking help or asking for a friend
- Unknown percentage of students seeking assistance through crisis phone line services
- Unknown number of students needing immediate mental health crisis assistance after presentation

With support of grant

- Statewide expansion
- Added more intensive support for select counties based on youth suicide attempts/suicide rates
- Statistically significant increase in contact with Crisis Text Line and Suicide Prevention Line
- 180+ students approached a team member to discuss their own or their concerns for a friend or family members
SC ACEs Initiative – Data and Training

• County level data on ACEs prevalence and protective Factors
• Trainings to increase awareness statewide of ACEs and protective factors

Example ACE Data County Profile:

- 62% report ACEs
- Top ACEs Reported:
  - Emotional abuse: 32%
  - Parental divorce/separation: 32%
  - Household substance use: 27%

Project: The SC ACEs Initiative
Partner: Children’s Trust of South Carolina
Prevention: ACEs and Building Protective Factors

Project: The SC ACEs Initiative
Partner: Children’s Trust of South Carolina

SC ACEs Initiative - Community

**Empower Action Framework**
- Five steps
- Three communities
- One shared commitment
Connection to Services

Project: Expands capability of phone system used to serve the National Suicide Prevention Lifeline
Partner: Mental Health America Greenville

Calls to Suicide Prevention Lifeline in SC increased by **84%** since beginning of COVID-19.

Call ability increased from 1 line to 30 lines
Engaging and Training with Compassion

- Mental health clinicians receive training on best practices in student mental health treatment.
- School leaders, teachers and staff receive training on how trauma affects children and family function to build a trauma-informed culture throughout the school.

SC School Mental Health Internship and Educational Program

- Increasing the number of school-serving mental health clinicians with experience in a school setting by expanding the availability of internships and practicums in SC public schools
- Explore feasibility and considerations of using school mental health support staff/paraprofessionals

Vision 2022

All SC students to have access to a mental health clinician in public schools by 2022

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1 Vision 2022 is a partnership between the SC Department of Education and the SC Department of Mental Health
2 A partnership with SC Dept. Of Mental Health, University of South Carolina, USC Upstate Child Protection Training Center and Lexington and Saluda County School Districts
3 A partnership with University of South Carolina, SC Dept. Of Mental Health and school districts statewide
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