



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

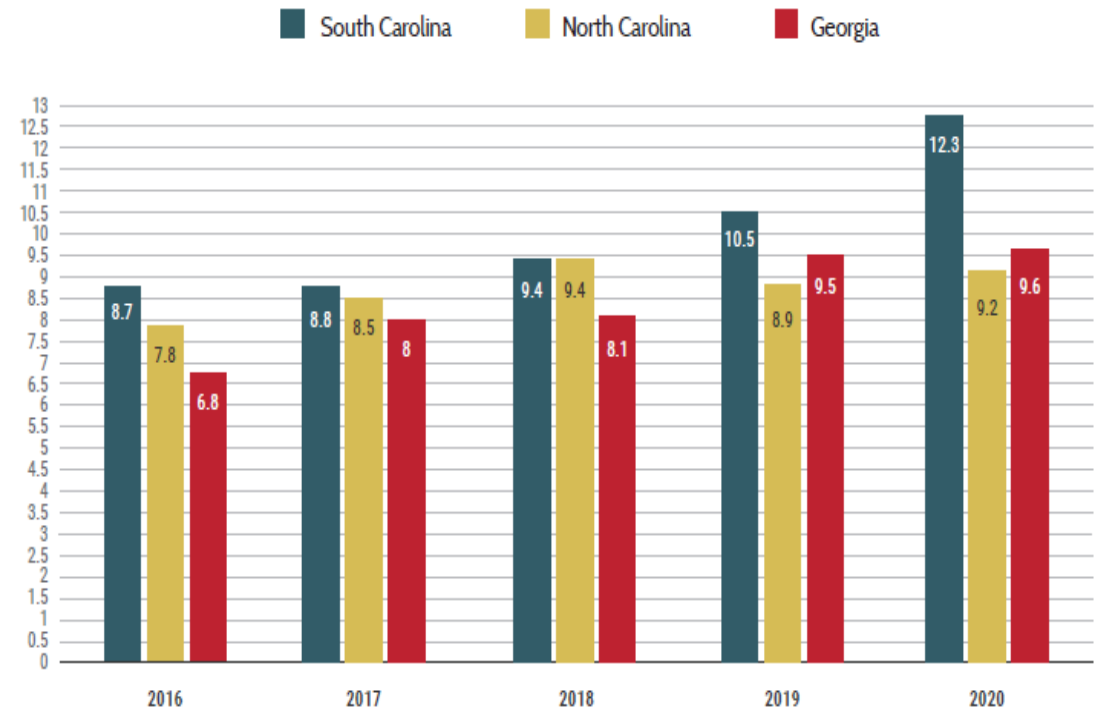
ACEs prevalence

- 62% of adults reported one ACE as a child
- 22% of adults reported 2+ ACEs¹

83% of parents and caregivers reported current levels of stress and anxiety are much higher since COVID-19²

South Carolina ranks 48 out of 50 for prevalence of youth with untreated major depression³

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Adolescent (Age 15 through 19) Suicide Mortality Rate per 100,000 in South Carolina, North Carolina and Georgia 2016-2020⁴⁴



Source: National Center for Injury Prevention and Control, United States Centers for Disease Control and Prevention, 2021

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)

⁴ SCIMPH SCBHC Behavioral-Health-Progress-Report-May 2021.pdf

The Foundation's Strategy to Support Mental Health:



Prevention: Building Awareness and Decreasing Stigma



Prevention: ACEs & Building Protective Factors



Connection to Services



Workforce



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



Prevention: ACEs and Building Protective Factors

Project: The SC ACEs Initiative

Partner: Children's Trust of South Carolina

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:

South Carolina Adverse Childhood Experience (ACE) Data Profile

PICKENS COUNTY

62%
report ACEs

Top ACEs Reported

Emotional abuse - 32% Parental divorce/separation - 32% Household substance use - 27%



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



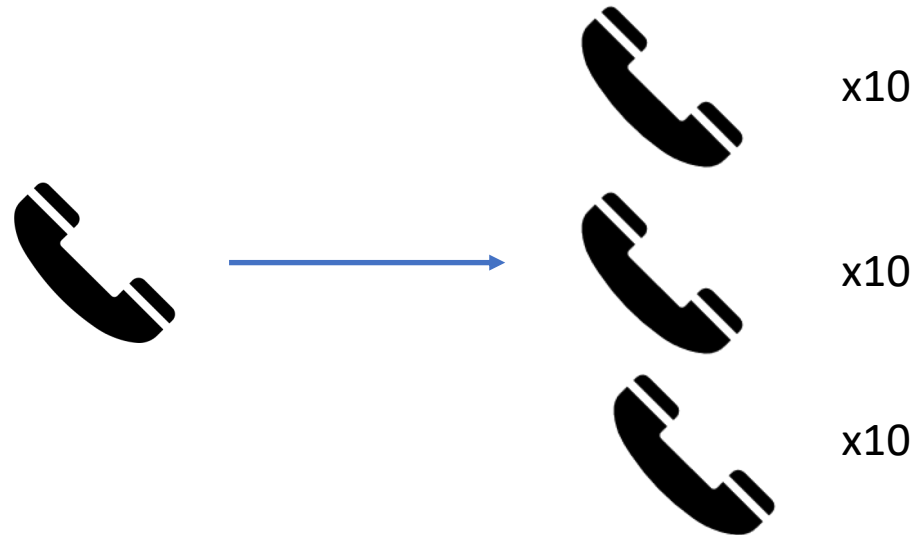
Connection to Services



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



Workforce

School Mental Health Workforce Portfolio, funded since 2015

Vision 2022¹

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

Engaging and Training with Compassion²

- 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 Program³

- 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

¹Vision 2022 is a partnership between the SC Department of Education and the SC Department of Mental Health

²A partnership with SC Dept. Of Mental Health, University of South Carolina, USC Upstate Child Protection Training Center and Lexington and Saluda County School Districts

³A partnership with University of South Carolina, SC Dept. Of Mental Health and school districts statewide



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