

2022 FUNDRAISING INITIATIVE

Training More Child Psychologists to Address a Healthcare Crisis

The trauma of COVID-19 created a wave of child behavioral and developmental health problems

The pandemic has sparked increased need for pediatric mental, behavioral, and developmental care. In particular, the trauma that many children experienced due to the pandemic has harmed their mental health. According to the Centers for Disease Control, as many as one in five children were already living with a mental health challenge. The upheaval of school closures, prolonged social distancing, or the loss of loved ones due to COVID-19 has exacerbated this. For some families, the resulting anxiety and depression has been more than what they can manage. Their children exhibit behaviors ranging from fears of being alone, sleep disturbance, and night terrors to self harm and suicidal ideation. Mental health-related emergency department visits for kids age 5 to 11 jumped 24 percent between March and October 2020; for kids between 12 and 17, there was a 31 percent increase.

Global rates of youth depression and anxiety likely doubled during the pandemic.

Outpatient behavioral care can address ongoing pediatric mental health conditions and avoid emergencies. But of more than 100,000 psychologists in the US, only about 4,000 specialize in treating children. The shortage of providers combined with the common requirement for families to pay out of pocket for this type of care leads to a disparity in who can access this care, contributing to the fact that only about 20 percent of children who need mental health care actually receive it.

A child psychology post-doctoral program builds on decades of child development excellence

For more than 50 years, CPMC's Kalmanovitz Child Development Center (KCDC) has provided world-class, comprehensive care for children in need of specialized mental, behavioral, and developmental therapies. It is the largest evaluation and treatment program serving infants, children, adolescents, and their families in Northern California, as well as the only multidisciplinary child development services center in San Francisco.

The center's expert staff is committed to serving as many children in the community as possible. Before the pandemic, the center had a significant waitlist and was regularly operating at capacity. This demand has grown immensely during the last two years, resulting in a waitlist approaching 1,000 families. In 2021, KCDC cared for children in more than 18,000 visits, a 21 percent increase over the previous year.

To address the urgent need for practitioners, KCDC is expanding its **Child Psychology Post-Doctoral Program** to increase its ability to provide services with a focus on trauma-informed care. And its long-standing **General Scholarship Fund** helps overcome financial barriers so that no family is turned away based on their ability to pay. In 2021 alone, 369 children received care thanks to this assistance.



FUNDRAISING GOAL
\$3.2 million



For wildfires, floods, or earthquakes, there is a start and a finish. But during the pandemic, it became clear that the lockdowns were indefinite. It was not only the isolation contributing to depression and anxiety, but uncertainty about the future. Depression and anxiety caused by the pandemic is found across all age groups, but it manifests in different ways. What has happened to all of us during this time is a form of trauma, and that trauma will not miraculously go away. We all need to process it.

Suzanne Giraudo, Ed.D.
Director, Kalmanovitz Child Development Center

Expanding Care to Reach More Kids and Families in Need

Donors to the **KCDC Child Psychology Post-Doctoral Program** and the **General Scholarship Fund** are investing in more and better care for patients as well as important training for a new generation of specialists. This is truly an investment that will have a positive impact on children and families for decades to come. The benefits of these initiatives include:

1. **Helping more kids receive care** by supporting four post-doctoral child psychologists who will arrive with the ability to help local children right away
2. **Investing in health equity for underserved communities** by ensuring that every child, regardless of their family's ability to pay, can receive mental health services through expanded access to General Scholarship Funds (other clinics are often self-pay and an assessment can cost as much as \$6,000 which puts this care out of reach for many if not for KCDC)
3. **Increasing care options** by growing the skillset of post-doctoral child psychologists who are often skilled therapists but, for example, are often new to neuropsychological assessments; while they will get rigorous assignments based on the practice areas in which they are experienced, KCDC staff can provide oversight and guidance as they learn new areas of care
4. **Promoting community care** by exposing early-career psychologists to KCDC's community-focused mission and broadening their perspective beyond the more common career path of private practice where there are few or no opportunities to care for the underserved

A larger pool of qualified child therapists means KCDC can provide one-on-one care that uses cognitive behavioral therapy, a process that helps identify the thought patterns at work. And it includes a focus on trauma-informed care, a growing field that recognizes trauma can have lasting mental and physiological effects as children grow, making intervention as soon as possible important. Therapists familiar with these techniques help patients by understanding the nature of their trauma while creating a culture of safety and empowerment to promote healing and resilience.

Fundraising Initiative

The **KCDC Child Psychology Post-Doctoral Program** creates more opportunities for children to receive urgently needed care now, regardless of their family's insurance status or ability to pay. It is also an opportunity to invest in the long-term growth of this field so that children will have access to care in the



future. A \$2.1 million budget provides five years of funding for four post-doctoral child psychologists who can continue their training by directly helping children through supervised clinical practice. And \$1,000,000 will fund roughly five years of scholarships for hundreds of children who will receive care thanks to the **General Scholarship Fund**.

Significant contributors to the fundraising campaign may have the opportunity to name spaces at CPMC in honor of their family, a loved one, or a favorite physician. Donors may also be recognized through signage in CPMC facilities and in CPMC Foundation publications.



A Commitment to Community Care

The Kalmanovitz Child Development Center takes a proactive role in both providing rigorous, affordable treatment and increasing accessibility by bringing services into communities. KCDC provides a wide range of care beyond mental health treatment, including following up with infants who received newborn intensive care treatment and providing physical, speech, and occupational therapy. The Center houses its multidisciplinary services under one roof, which is a unique benefit for families, especially those whose children have developmental or behavioral delays and can conveniently access multiple types of care in one location. But it also operates satellite clinics in San Francisco's Mission District and San Rafael, places staff at community clinics to reach underserved populations, and partners with a local middle and high school as part of its work helping families overcome geographic, financial, and cultural barriers to care.