



Problem Identification

Background:

- 48.1% of residents living in Central Islip have an income below the federal poverty line.
- According to a 2022 report by the CDC, among children living below 100% of the federal poverty level, more than 1 in 5 have a mental, behavioral, or developmental disorder.
- One study concluded that children under the age of 18 are disproportionately affected by poverty, making up 23% of the total population, roughly 33% of all people in poverty.

How do systemic inequities inadequately affect children's access to psychiatric care in underserved communities?

- With the high cost of living and lack of policy change, families do not prioritize mental health due to the time and energy it takes to access "basic" needs.

New York States Mission on Poverty Alleviation

- Child Tax Credit
- Inflation Refund
- Expansion of Maternal Behavioral Health Services

Housing Unit Rate \$405,000
Median Gross Rent \$2100
Median Household Income \$110,000
Per Capita Income \$33,000
Household with persons under 1 Years old 93%

Statistic for Presentation

FAMILY WON'T QUALIFY: Federal Poverty Line for a 4 person household \$32, 150

-family won't qualify for benefits through state such as snap, section 8 etc.

Stereotypical American Family (2 parents, 2 kids): Income \$66,000

Renting Family: \$25,000/year (not including security deposits etc)

Groceries: \$1400x12 = \$16,800/year

Car Payment/ Car Insurance: \$742 (new vehicle)+ \$341= \$1083/month x 12= \$12996

Internet: 50/month x 12= \$600

Phone Plan (2-4 lines): 200/monthx12= \$2400

Average PreK Costs: \$1005/month x 12= 12060

Balance= -\$3856



My Work

- Individuals in low-income neighborhoods often don't receive adequate mental health resources due to a combination of systemic, economic, and social barriers.
- Encourages students to have a sense of autonomy to slightly alleviate additional stress in family dynamics.
- Gathered and allocated sensory and emotional/behavioral regulation tools to a local under-resourced school district.
- Equipped educators with accessible strategies to support students' emotional regulation and mental well-being in the classroom.
- Aimed to promote early intervention and reduce disparities in mental health outcomes through school-based supports.
- Encourages social emotional learning despite the Board of Educations structure for a voluntarily used "Benchmark" system.

References

Central Islip, New York (NY) poverty rate data - information about poor and low-income residents living in this city. (2023). City-Data.com. https://www.city-data.com/poverty/poverty-Central-Islip-New-York.html#google_vignette Governor Hochul Announces \$50 Million Effort to Fight Poverty in Upstate New York. (2023). Governor Kathy Hochul. <https://www.governor.ny.gov/news/governor-hochul-announces-50-million-effort-fight-poverty-upstate-new-york> Harvey, A. & Harvey, A. (2025, May 2). How Poverty Impacts Children's Mental Health and Educational Outcomes | Cate's Closet. Cate's Closet. https://www.catescloset.org/blog/2025/05/02/how-poverty-impacts-childrens-mental-health-and-educational-outcomes/?utm_source=helptol.com&utm_medium=social Hodgkinson, S., Godoy, L., Beers, L. S., & Lewin, A. (2017). Improving mental health access for low-income children and families in the primary care setting. *Pediatrics*, 139(1), 1-9. <https://doi.org/10.1542/peds.2016-1175>