



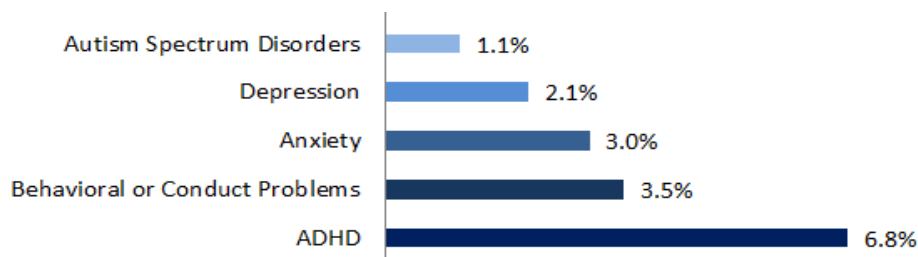
The Mental and Behavioral Health Needs of Children & Adolescents

According to the Centers for Disease Control and Prevention (CDC), approximately 13% of children had a diagnosable mental disorder within the previous year.¹

IMPORTANCE OF EARLY INTERVENTION

Research indicates that half of all lifetime cases of mental illness begin by age 14.³ Helping young children and their parents manage difficulties early in life may prevent the development of disorders. Once mental illness develops, it becomes a regular part of a child's behavior and more difficult to treat.⁴

12-Month Prevalence of Mental Health Disorders in Children and Adolescents (3-17 Years Old)

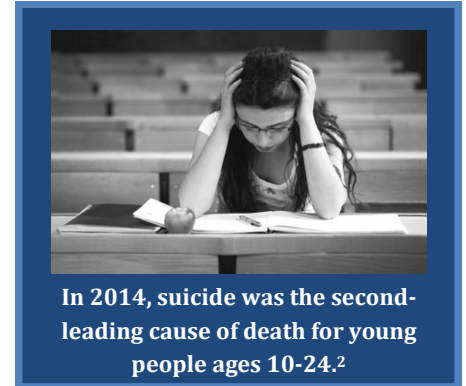


Note. Reprinted from Mental Health Surveillance Among Children—United States, 2005–2011. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention.

AT-RISK YOUTH POPULATIONS

Factors that predict mental health problems can be identified in the early years of a child's life.

- ◆ Psychosocial influences such as parental relationship problems, abuse, and exposure to violence can increase the risk for mental health problems.⁵
- ◆ In a recent study, nearly 85 percent of all screened children in Child Protective Services screened positive for a diagnosable mental health condition.⁶
- ◆ 70 percent of youth in the juvenile justice system have a diagnosable mental health disorder.⁷



THE ROLE OF HEALTH SERVICE PSYCHOLOGISTS

Health service psychologists (clinical, counseling and school) provide appropriate mental and behavioral health care services, including assessment, screening, psychotherapy, counseling, diagnosis, treatment, prevention, remediation, consultation, and supervision.

- ◆ Treatments with demonstrated benefits in reducing symptoms and improving functioning have been developed for the most common mental health problems experienced by youth; including conduct, anxiety, attention deficit and depressive disorders.⁸
- ◆ Empirical evidence documented over the last 20 years indicates that interventions provided by health service psychologists for children and youth at risk of or exhibiting mental health problems are especially effective.⁹

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4 Silverman WK, Hinshaw SP. The Second Special Issue on Evidence-Based Psychosocial Treatments for Children and Adolescents: A Ten-Year Update. *J Clin Child Adolesc Psychol*. 2008 Jan-Mar;37(1).

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7 Shufelt, J. L., Cocozza, J. J., & Skowrya, K. R. (2010). Successfully collaborating with the juvenile justice system: benefits, challenges, and key strategies. Washington, DC: Technical Assistance Partnership for Child and Family Mental Health.

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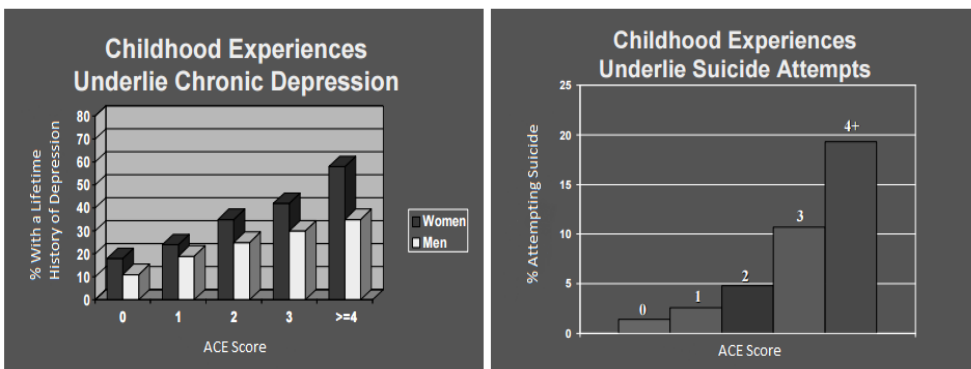
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THE LIFELONG IMPACT OF CHILDHOOD TRAUMA

Childhood experiences, including often unrecognized traumatic events, contribute to the public health problems of the adult population.

- ◆ There is a strong proportionate relationship between adverse childhood experience and contemporary health risks, like smoking, alcoholism, illicit drug use, obesity, and high-level promiscuity.¹
- ◆ Patients with adverse childhood experiences have a higher likelihood of developing heart disease, liver disease and chronic obstructive pulmonary disease, even when controlling for conventional risk factors like hyperlipidemia and smoking.¹



Note. An ACE score is a tally of different types of abuse, neglect, and other adverse experiences. Reprinted from "The Relationship of Adverse Childhood Experience to Adult Medical Disease, Psychiatric Disorders, and Sexual Behavior: Implications for Healthcare", by V. Felitti & R. Anda, 2009, *The Hidden Epidemic: The Impact of Early Life Trauma on Health and Disease*. Cambridge University Press.

BARRIERS TO ACCESS AND QUALITY MENTAL HEALTH CARE

Although factors that predict mental health problems can be identified in the early years, many families lack adequate access to quality mental health care services.

- ◆ While approximately 13 percent of youth live with a mental health problem, the National Institute of Mental Health estimates only 20 percent of these youth get the treatment they need.²
- ◆ Based on 2011-2014 combined data, 30.8 percent of people aged 12 or older who needed but did not receive treatment cited lack of health care coverage and inability to afford care as the most significant barrier to receiving substance use treatment.³
- ◆ The quality and availability of mental health services vary by state. There is a 25 percent difference between the states with the highest and lowest percent of children who needed but did not get mental health services (39 percent to 13.7 percent).⁵

BENEFITS OF SERVING YOUTH MENTAL HEALTH NEEDS

The mental and behavioral health of children and adolescents deserves immediate and substantial attention not only to support current functioning, but also to promote healthy long-term functioning.

- ◆ Promoting mental health care and early intervention will likely reduce overall health care burdens and costs.⁵
- ◆ Addressing mental health in children reduces the use of medical services and lessens involvement in and lowers costs of child welfare, juvenile justice, and other social services.⁵
- ◆ Positive behavioral functioning is strongly associated with improved school performance.⁵

Mental health problems and related disorders are associated with lower academic achievement,⁶ greater family distress and conflict,⁷ and poorer social functioning during childhood and into adulthood.⁸

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1 Felitti, V., & Anda, R. (2009). The Relationship of Adverse Childhood Experience to Adult Medical Disease, Psychiatric Disorders, and Sexual Behavior: Implications for Healthcare. In *The Hidden Epidemic: The Impact of Early Life Trauma on Health and Disease*. Cambridge University Press.

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