

Prevalence of Mental Health Challenges & Extent of Service Use

Most children with mental health challenges do not get the help they need.

- **1 in 3** adolescents (aged 13 to 18) with mental disorders receive services for their diagnosis¹.
- **Half** of adolescents with severely impairing mental disorders never receive treatment².
- Service rates are highest for adolescents with ADHD (59.8%) and behavior disorders (45.4%)³.
- Fewer than **1 in 5** adolescents with anxiety, eating, or substance use disorders receive treatment for those disorders⁴.
- Hispanic and Black adolescents are less likely than their White counterparts to receive services for mood and anxiety disorders⁵.

Mental health is a nationwide public health issue.

The mental health and well-being of Americans are critical issues affecting each individual's quality of life and the health of our communities, business and economic stability. It touches everyone-- regardless of race, gender, class or religion.

- Half of all lifetime cases of mental and substance use disorders begin by age 14 and three-fourths by age 24⁶.
- Adults who began drinking alcohol before age 21 are more likely to be later classified with alcohol dependence or abuse than those who had their first drink at or after age 21⁷.
- More than 34,000 Americans die every year as a result of suicide—that's approximately one every 15 minutes⁸.
- One estimate puts the total economic costs of mental, emotional, and behavioral disorders among youth in the United States at approximately \$247 billion⁹.
- Racial incidents can be traumatic and have been linked to Post-Traumatic Stress Disorder (PTSD) symptoms among people of color¹⁰.
- LGBT individuals experience violence and PTSD at higher rates than the general population¹¹.
- More than 6 in 10 U.S. youth have been exposed to violence within the past year, including witnessing a violent act, assault with a weapon, sexual victimization, child maltreatment, and dating violence. Nearly 1 in 10 was injured¹².
- In a 2008 study by RAND, 18.5% of returning Iraq and Afghanistan war veterans reported symptoms consistent with post traumatic stress disorder (PTSD) or depression¹³.



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- ¹ Merikangas, KR et al. Service Utilization for Lifetime Mental Disorders in U.S. Adolescents: Results of the National Comorbidity Survey-Adolescent Supplement (NCS-A). *Journal of the American Academy of Child & Adolescent Psychiatry*. Vol. 50 No. 1 (Jan. 2011).
- ² Merikangas, KR et al., 2011.
- ³ Merikangas, KR et al., 2011.
- ⁴ Merikangas, KR et al., 2011.
- ⁵ Merikangas, KR et al., 2011.
- ⁶ Kessler, R. C. et al. (2005). Lifetime prevalence and age-of-onset distributions of *DSM-IV* disorders in the National Comorbidity Survey Replication. *Archives of General Psychiatry*, 62(6), 593-602.
- ⁷ Substance Abuse and Mental Health Services Administration (SAMHSA). (2009). *Results from the 2008 National Survey on Drug Use and Health: National findings*. (Office of Applied Studies, NSDUH Series H-36, DHHS Publication No. SMA 09-4434). Rockville, MD: SAMHSA.
- ⁸ Centers for Disease Control and Prevention (CDC). Web-based Injury Statistics Query and Reporting System (WISQARS) [Online]. National Center for Injury Prevention and Control (NCIPC), CDC (producer). Retrieved March 18, 2011, from www.cdc.gov/injury/wisqars/index.html
- ⁹ National Research Council & Institute of Medicine. (2009). *Preventing mental, emotional, and behavioral disorders among young people: Progress and possibilities*. Committee on the Prevention of Mental Disorders and Substance Abuse among Children, Youth, and Young Adults: Research Advances and Promising Interventions. O'Connell, M.E., Boat, T., & Warner, K.E. (Eds). Board on Children, Youth, and Families, Division of Behavioral and Social Sciences and Education. Washington, DC.: National Academies Press.
- ¹⁰ Bryant-Davis, T., & Ocampo, C. (2005). Racist-incident based trauma. *The Counseling Psychologist*, 33, 479–500.
- ¹¹ Roberts, A. L., Austin, S. B., Corliss, H. L., Vander Morris, A. K., & Koenen, K. C. (2010). Pervasive trauma exposure among U.S. sexual orientation minority adults and risk of posttraumatic stress disorder. *American Journal of Public Health*, 100(4).
- ¹² SAMHSA, 2009.
- ¹³ Burnman, M.A. et al. (2009). Mental health care for Iraq and Afghanistan war veterans. *Health Affairs*, 28, 771-782, Retrieved March 7, 2011 from http://www.rand.org/pubs/research_briefs/2009/RAND_RB9451.pdf