

Tennessee AWARE Initiative

Facts about Children's Mental Health

Mental health disorders are the most common diseases of childhood.

Of the **74.5 million** children in the United States, an estimated **17.1 million** have or have had a psychiatric disorder¹—more than the number of children with cancer, diabetes, and AIDS combined.²

Half of all mental illness occurs before the age of **fourteen** and **75 percent** by the age of **twenty-four**.

In spite of the magnitude of the problem, lack of awareness and entrenched stigma keep the majority of these young people from getting help.³

Fewer than **half** of young people with mental illness receive adequate treatment.⁴



Figure 1

Young people with mental illness are frequently absent from school, and many experience reductions in academic achievement.⁵

Among students with disabling conditions, young people with mental illness are the **most likely** to drop out of school.⁵

Only **one third** of young people with mental illness advance to postsecondary education.⁵

More than **60 percent** of children in juvenile detention have a diagnosable mental illness.⁵

Suicide is the **second leading cause of death** for young people (ages 10-19) in Tennessee. In Tennessee, there were **49** deaths among persons aged 10-19 recorded in 2014. (TDOH)⁶

There is a **90 percent** recovery rate from mental illness.⁵

In the chart below, Tennessee is compared to United States statistics regarding children’s mental health concerns.

<u>Children’s Mental Health</u>	<u>TN</u>	<u>US</u>
Mental health issues – Percentage of parents who reported that a doctor has told them their child has autism, developmental delays, depression, anxiety, ADD/ADHD, or behavioral/conduct problems (ages 2-17). ⁷	21.0%	17.0%
Mental healthcare access – Percentage of children with emotional, developmental, or behavioral problems that received mental health care/counseling of some type during the past 12 months ⁸	9.4%	6.1%
Depression – Percentage of youth (ages 12-17) who had at least one major depressive episode in the past year. ⁹	9.9%	11.0%
Depression – Percentage of youth (grades 9-12) who report feeling sad or hopeless (almost every day for two weeks or more in a row). ¹⁰	31.1%	31.5%
Suicides – Percentage of youth who reported they attempted suicide in the past 12 months. ¹⁰	8.3%	7.4%
Suicides – Percentage of youth who reported that they had made a plan about how they would attempt suicide (during the 12 months before the survey). ¹⁰	13%	13.6%
Suicides – Percentage of youth who seriously considered attempting suicide.	16.5%	17.2%
Suicides – Percentage of youth who reported they had attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or a nurse. ¹⁰	2.9%	2.4%

1. Merikangas 2010, 2011; Kessler 2005; Costello 2003; Brauner 2006
2. National Cancer Institute; American Diabetes Association; Centers for Disease Control and Prevention
3. Surgeon General’s Report, 1999; Merikangas 2011
4. 4) Kessler RC, Amminger GP, Aguilar-Gaxiola S, Alonso J, Lee S, Ustun TB. (2007). Age of onset of mental disorders: A review of recent literature. *Current opinion in psychiatry*, 20,359-364.
5. Youth Mental Health First Aid Training Manual, National Council on Behavioral Health, 2015
6. Tennessee Department of Health (2015). *Tennessee Death Certificate Data 2013*. Nashville, TN: TDOH Office of Health Statistics and Research.
7. The Annie E. Casey Foundation, KIDS COUNT Data Center. National Survey of Children’s Health data, 2011-12.
8. Behavioral Health Indicators for TN and U.S., Data Book 2015 - TDMHSAS
9. National Survey on Drug Use and Health (NSDUH), Substance Abuse and Mental Health Services Administration, 2012-14.
10. Centers for Disease Control & Prevention, Youth Risk Behavior Survey, 2017.

Figure 1. Youth Mental Health First Aid Power Point, National Council on Behavioral Health, 2015.