

review the facts about children's mental health

the problem

suicide is the **2nd** leading cause of death for youth ages 15-34



50% of all lifetime cases of mental illness begin by age 14

1 in 6 children (age 2-8) have a diagnosed mental, behavioral, or developmental disorder



1 in 8 Texas high school students reported attempting suicide

40% of **LGBTQ** youth have seriously considered attempting suicide in the past year

the suicide rate among teenage latinas is close to **double** that of non-Hispanic youth and young adult females

the risks

60% of Texas youth entering state juvenile justice facilities have a moderate to severe mental health issue



high school students with significant symptoms of depression are **twice** as likely to drop out



about **1 in 2** people who experience a mental illness during their lives also experience a substance use disorder



children who experience **4 or more** types of trauma were **30x** more likely to have behavior & learning problems

the barriers to treatment

the average delay between the onset of symptoms & treatment is **11 years**

mental health professional shortages in Texas mean we only meet about **36%** of the state's needs



173 Texas counties do NOT have a single licensed psychiatrist



24 additional counties only have one psychiatrist

our hope

prevention programs & parental participation can reduce symptoms by as much as **60%** in school age children



81% of kids with anxiety respond to treatment in just 12 weeks



86% of parents said their child had benefited from telehealth mental health services during the COVID-19 pandemic



Sources: 1) "Suicide Facts & Figures: Texas 2019" by American Association for Suicide Prevention. 2) "Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication" in National Library of Medicine. 3) "National Survey of Children's Health" by Data Resources Center for Child & Adolescent Health. 4) "Public Health Impact: Suicide" by America's Health Rankings. 5) "2020 National Survey on LGBTQ Youth Mental Health" by The Trevor Project. 6) "Texas Group Promotes Suicide Prevention Among Hispanics" by Substance Abuse and Mental Health Services Administration (SAMHSA). 7) "2022-2023 Legislative Appropriations Request" by Texas Juvenile Justice Department. 8) "Revisiting the Link Between Depression Symptoms and High School Dropout: Timing of Exposure Matters" in The Journal of Adolescent Health. 9) "Common Comorbidities with Substance Use Disorders Research Report" by National Institute on Drug Abuse. 10) "Childhood trauma linked to higher rates of mental health problems and obesity, says Stanford/Packard psychiatrist" by Stanford Medicine. 11) "Lifetime prevalence and age-of-onset distributions of DSM-IV disorders in the National Comorbidity Survey Replication" in National Library of Medicine. 12) "Designated Health Professional Shortage Areas Statistics, Third Quarter of Fiscal Year 2020 Designated HPSA Quarterly Summary" by Bureau of Health Workforce Health Resources and Services Administration. 13) "Psychiatrists, 2019" by Texas Department of State Health Services. 14) "Psychiatrists, 2019" by Texas Department of State Health Services. 15) "Children's Mental Health Report" by Child Mind Institute. 16) "Children's Mental Health Report" by Child Mind Institute. 17) "2020 Children's Mental Health Report on Telehealth services during the COVID-19 pandemic" by Child Mind Institute.