



## **Mental Health America of Franklin County**

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# **Children's Mental Health Statistics**

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- One in every five children and adolescents has a mental health problem that can be identified and treated (Surgeon General's Report on Mental Health, 1999).
- At least one in 10 children, or about six million youngsters, have a serious emotional disorder (Surgeon General's Report on Mental Health, 1999).
- Only one third of children with mental disorders receive treatment (Surgeon General's Report on Mental Health, 1999).
- The majority of Americans (70 percent) rebuff the false notion that childhood mental health problems are really the result of poor parenting (Surgeon General's Report on Mental Health, 1999).
- Each year, eating disorders, such as anorexia nervosa and bulimia nervosa, affect millions of Americans, 85%-90% of whom are teens and young adult women (National Institute of Mental Health, 2000).
- Attention deficit hyperactivity disorder is one of the most common mental disorders in children, affecting 3 to 5 percent of school-age children (National Institute of Mental Health, 1999).
- Suicide is the ninth leading cause of death in the U.S. It is the third leading cause of death for 15- to 24-year-olds and the sixth for 5- to 15-year-olds. The incidence of suicide among 15- to 24-year-olds has tripled since 1960 (Centers for Disease Control, 1997; American Academy of Child and Adolescent Psychiatry, 1997).
- Every hour and 45 minutes another young person commits suicide (The Jed Foundation, 2000).

## **CHILDREN AND DEPRESSION**

- At any one time, between 10 and 15 percent of children and adolescents have some symptoms of depression. In any given year, about 5 percent of children between 9 and 17 years old have full-fledged depression (U.S. Surgeon General's Report on Mental Health, 1999).
- Once a child experiences an episode of depression, he or she is at risk of having another episode within the next five years (Center for Mental Health Services, 1998).

- Teenage girls are more likely to develop depression than teenage boys (National Institute of Mental Health, 2000).
- About 13 percent of children between 9 and 17 years old have an anxiety disorder (U.S. Surgeon General's Report on Mental Health, 1999).
- Children and teens that have a chronic illness, endure abuse or neglect, or experience other traumas have an increased risk of depression (National Institute of Mental Health, 2000).
- Studies have confirmed the short-term efficacy and safety of treatments for depression in youth (National Institute of Mental Health, 2000).

### **MENTAL ILLNESS AND THE JUVENILE JUSTICE SYSTEM**

- Children who grow up in poverty are more likely to have a mental disorder or emotional disturbance and are more likely to have contact with the juvenile justice system (Mental Health America, 2000).
- About 42 percent of children in child welfare systems have a diagnosable mental health disorder (U.S. Surgeon General, 2001).
- Each year, more than one million youth come in contact with the juvenile justice system, and more than 100,000 youths are placed in some type of correctional facility. Studies consistently found the rate of mental disorders to be two to three times higher throughout the juvenile justice population than among youth in the general population (Coccozza, J. (Ed.) Responding to the Mental Health Needs of Youth in the Juvenile Justice System, 1992).
- Twenty percent of youths in juvenile justice facilities have a serious emotional disturbance and most have a diagnosed mental disorder. Up to an additional 30% of youths in these facilities have substance abuse disorders or co-occurring substance abuse disorders (Office of Juvenile Justice and Delinquency Prevention, 2000).
- Conduct disorder, substance abuse, post-traumatic stress disorder, attention deficit disorder and depression are the most common mental disorders of the youth in the juvenile justice system (Mental Health America, 2000).

### **CHILDREN AND ALCOHOL AND DRUG ABUSE**

- Alcohol, marijuana, inhalants, and club drugs are the most frequently used drugs among middle and high school youth (Substance Abuse and Mental Health Services Administration, 2000).
- Research has shown that the use of club drugs such as Ecstasy and GHB can cause serious health problems and, in some cases, cause death. Used in combination with alcohol, these drugs pose even more danger (National Institute on Drug Abuse, 1999).
- Children and adolescents increasingly believe that regular alcohol and drug use is not dangerous (Substance Abuse and Mental Health Services Administration, 2000).

- Among middle and high school aged students, less than 20% of young people between the ages of 12 and 17 report using alcohol in the previous month and less than 4% report drinking heavily in the past month (Substance Abuse and Mental Health Services Administration, 2000).
- Young people are beginning to drink at younger ages. Children who begin drinking or using drugs before age 15 are four times more likely to become addicted than those who begin at age 21 (Substance Abuse and Mental Health Services Administration, 2000).
- Children of alcohol- and drug-addicted parents are up to four times more likely to develop substance abuse and mental health problems (National Association for Children of Alcoholics, 1998).

### **COLLEGE STUDENTS**

- More than 75 percent of college students felt "overwhelmed" last year, and 22 percent were sometimes so depressed they couldn't function (American College Health Association, 2001).
- The number of freshman reporting less than average emotional health has been on the rise since 1985 (University of California, Los Angeles, Higher Education Research Institute, 2002).
- Ten percent of college students have been diagnosed with depression (Mental Health America, 2001).
- Seven percent of college students have an anxiety disorder (National Institute of Mental Health, 2000).

Approximately 5 percent of college women have bulimia (American Anorexia/Bulimia Association, 2001).

**Mental Health America of Franklin County** is a private, not-for-profit organization, established in 1956. We help people navigate the mental health system. We are dedicated to promoting mental health in Franklin County through advocacy, education, and support services. Our programs include: information and referral to community mental health and alcohol/drug services; free support groups for people with mental illness and their families; an Ombudsman program that assists clients in navigating the mental health and alcohol/drug system; mental health screenings in English and Spanish; Pro Bono Counseling Program where underinsured and uninsured individuals can receive free counseling; community and professional mental health education including Get Connected; maternal mental health support and advocacy (POEM); and a quarterly newsletter featuring legislative updates and new happenings at MHAFC. We receive funding from the Franklin County ADAMH Board, United Way of Central Ohio, individuals, foundations, and corporations. To become a member or find out more information, please visit us online at [www.mhafc.org](http://www.mhafc.org).