Mental Health Services for Children and Adolescents

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NAMI, National Alliance of Mental Illness

July 22, 2018
Overview

• Introduction to NAMI
• Mental Health and Youth Overview
• School Based Mental Health Education
  • Ending the Silence
  • State Legislation
• Promising Treatment Model
  • Coordinated Specialty Care
• What can you do?
What is NAMI

• Nation’s largest grassroots mental health organization

• Dedicated to building better lives for the millions of Americans affected by mental illness.

• Resource for your constituents.

• Find your local NAMI at www.nami.org/local
MENTAL HEALTH and YOUTH

13%  
OF CHILDREN  
ages 8-15 experience a mental health condition

13-20%  
OF CHILDREN  
living in the U.S.

17%  
OF HIGH SCHOOL STUDENTS  
seriously consider suicide

50%  
OF CHILDREN  
ages 8-15 experiencing a mental health condition don’t receive treatment

(1 out of 5 children)  
experience a mental health condition in a given year

1/2  
OF ALL LIFETIME CASES  
of mental illness begin by age 14

Despite effective treatments there are long delays—sometimes decades—between onset of symptoms and treatment

Source: National Institute of Mental Health and Centers for Disease Control and Prevention
<table>
<thead>
<tr>
<th>Why it MATTERS</th>
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<tbody>
<tr>
<td>Approximately</td>
<td></td>
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<tr>
<td><strong>50%</strong></td>
<td></td>
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<tr>
<td>OF STUDENTS AGES <strong>14+</strong></td>
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<tr>
<td>with a mental health condition</td>
<td></td>
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<tr>
<td>drop out of high school</td>
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<tr>
<td>Over</td>
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<tr>
<td><strong>90%</strong></td>
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<tr>
<td>OF YOUTH WHO DIE BY SUICIDE</td>
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<tr>
<td>had one or more mental</td>
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<tr>
<td>health conditions</td>
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<tr>
<td><strong>50-75%</strong></td>
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<td>OF YOUTH IN JUVENILE</td>
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<td>JUSTICE SYSTEMS</td>
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<td>experience a mental health</td>
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<tr>
<td>condition</td>
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<tr>
<td><strong>SUICIDE IS THE 2ND LEADING</strong></td>
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<td>CAUSE</td>
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<td>of death for people ages</td>
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<td><strong>15-24</strong></td>
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Source: Centers for Disease Control and Prevention, National Institute of Mental Health and U.S. Department of Education

NAMI
National Alliance on Mental Illness
In NAMI’s strategic plan, we emphasize a focus on youth:

*NAMI will develop and implement strategies that engage youth, young adults and their families, expanding our reach across the lifespan.*
• Unique opportunity to reach many children with prevention, resilience and early identification.
• Continuum from universal promotion of wellness to intensive school- and community based treatment.
State Legislation on School Mental Health

- NY updates the health curriculum in elementary, middle and high schools to include material on mental health.
- VA mandates that mental health education be incorporated into physical education and health curricula for 9th and 10th-graders.
Covers:

- Mental Health condition
- Warning signs
- Statistics
- How to find help for self or others

- Free, evidence-based, school-based presentation program
Know the Warning Signs
Cost of Schizophrenia

24% Direct Health Care Costs
34% Lost Productivity for Caregivers
38% Unemployment
4% Other

Cost to our economy: $155.7 billion each year
Coordinated Specialty Care (CSC)
NIMH RAISE Study

Source: National Institute of Mental Health (NIMH)
Positive Outcomes

• Young people stayed in school, working and connected to family and friends
• Improved treatment engagement
• Key strategy: Get into treatment sooner
Current Status

- 2014: $25M from Congress
- 2015 and 2016: $50M from Congress
- 2016: Set-aside made permanent

- 12 programs in 2008 → 200+ programs in 2018
Here’s how you can help:

• Stay Informed
• Connect to your local NAMI
• Prioritize early intervention and Coordinated Specialty Care Programs
• Prioritize school based mental health
Questions?

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