



Youth Mental Health: Current Trends and Ideas to Address the Need

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Mental Health America

Overall Wellness

Prevention Services

Identification of At-Risk

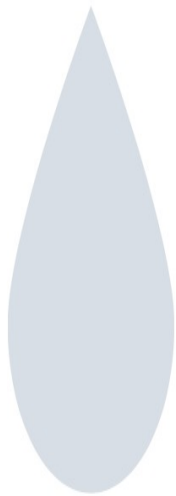
Treatment

Survey Across America

- Prevalence
- Access

State of CO – Mental Health Access 2018

YOUTH MENTAL HEALTH IS WORSENING AND ACCESS TO CARE IS LIMITED



IN A FIVE YEAR PERIOD, RATES OF
SEVERE YOUTH DEPRESSION
HAVE INCREASED



**OVER 1.7
MILLION**
YOUTH WITH MAJOR
DEPRESSIVE EPISODES
DID NOT
RECEIVE TREATMENT

THAT'S ENOUGH TO FILL
EVERY MAJOR LEAGUE
BASEBALL STADIUM ON
THE EAST COAST **TWICE**



Mental Health Across US

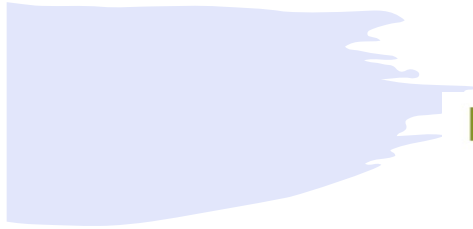
63.1% of youth with major depression do not receive any mental health treatment.

That means that **6 out of 10** young people who have depression and who are most at risk of suicidal thoughts, difficulty in school, and difficulty in relationships with others do not get the treatment needed to support them.

State-level budget cuts and coverage contraction has presented a challenge for federal programs, such as Medicaid, which is reported to have the greatest influence over mental health trends among children. ¹

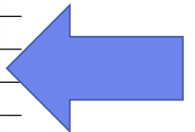
48.77%

of screeners age 11-17
report
significant thoughts of
suicide or self-harm



State	Rank
Massachusetts	1
South Dakota	2
Minnesota	3
Vermont	4
Connecticut	5
Iowa	6
North Dakota	7
Maine	8
Hawaii	9
New Jersey	10
Illinois	11
Maryland	12
New York	13
Delaware	14
District of Columbia	15
Pennsylvania	16
Michigan	17
Nebraska	18
Kansas	19
Ohio	20
New Mexico	21
Kentucky	22
Rhode Island	23
California	24
Wisconsin	25

Georgia	26
Montana	27
Alaska	28
New Hampshire	29
Missouri	30
Wyoming	31
North Carolina	32
Florida	33
Washington	34
Arkansas	35
Oklahoma	36
Utah	37
Louisiana	38
Texas	39
Virginia	40
Alabama	41
West Virginia	42
Colorado	43
Oregon	44
South Carolina	45
Tennessee	46
Idaho	47
Indiana	48
Arizona	49
Mississippi	50
Nevada	51



Youth Rankings

States with high rankings have lower prevalence of mental illness and higher rates of access to care for youth. Lower rankings indicate that youth have higher prevalence of mental illness and lower rates of access to care.

The 7 measures that make up the Youth Ranking include:

1. Youth with At Least One Major Depressive Episode (MDE) in the Past Year.
2. Youth with Alcohol Dependence and Illicit Drugs Use (Marijuana, Heroin, and Cocaine).
3. Youth with Severe MDE.
4. Youth with MDE who Did Not Receive Mental Health Services.
5. Youth with Severe MDE who Received Some Consistent Treatment.
6. Children with Private Insurance that Did Not Cover Mental or Emotional Problems.
7. Students Identified with Emotional Disturbance for an Individualized Education Program.

45	Oklahoma
46	Arkansas
47	Virginia
48	Colorado
49	Mississippi
50	Arizona
51	Nevada

State of CO – Mental Health Access 2022

8.1% OF CHILDREN HAD PRIVATE INSURANCE THAT DID NOT COVER MENTAL HEALTH SERVICES, TOTALING 950,000 YOUTH.

OVER 60% OF YOUTH WITH MAJOR DEPRESSION DO NOT RECEIVE ANY MENTAL HEALTH TREATMENT.
EVEN IN STATES WITH THE GREATEST ACCESS, **NEARLY 1 IN 3** ARE GOING WITHOUT TREATMENT.

10.6% OR OVER 2.5 MILLION YOUTH IN THE U.S. HAVE SEVERE MAJOR DEPRESSION.

THIS RATE WAS HIGHEST AMONG YOUTH WHO IDENTIFY AS MORE THAN ONE RACE, AT

14.5%

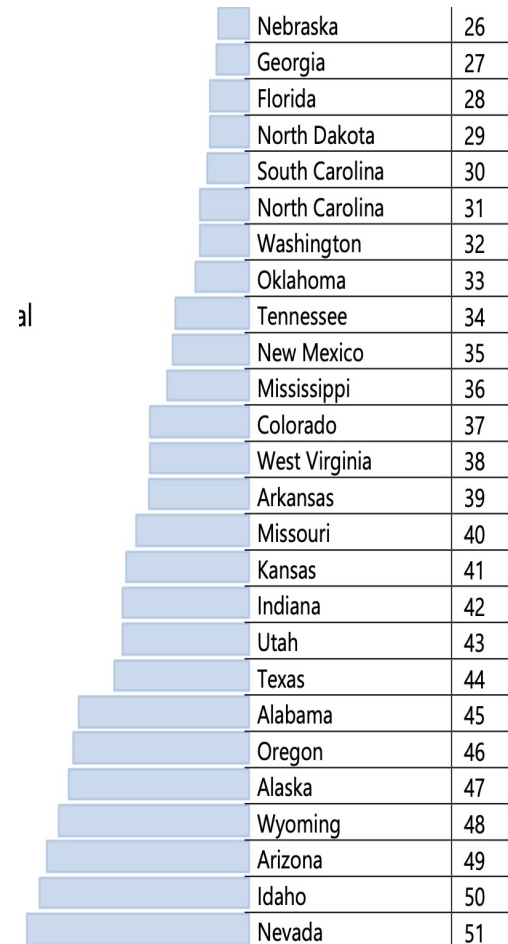
EVEN AMONG YOUTH WITH SEVERE DEPRESSION WHO RECEIVE SOME TREATMENT, **ONLY 27%** RECEIVE CONSISTENT CARE. IN STATES WITH THE LEAST ACCESS, ONLY

12% RECEIVE CONSISTENT CARE.

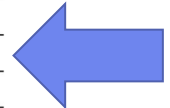
The 15 measures that make up the overall ranking include:

1. Adults With Any Mental Illness (AMI)
2. Adults With Substance Use Disorder in the Past Year
3. Adults With Serious Thoughts of Suicide
4. Youth with At Least One Major Depressive Episode (MDE) in the Past Year
5. Youth With Substance Use Disorder in the Past Year
6. Youth With Severe MDE
7. Adults With AMI Who Did Not Receive Treatment
8. Adults With AMI Reporting Unmet Need
9. Adults With AMI Who Are Uninsured
10. Adults With Cognitive Disability Who Could Not See a Doctor Due to Costs
11. Youth With MDE Who Did Not Receive Mental Health Services
12. Youth With Severe MDE Who Received Some Consistent Treatment
13. Children With Private Insurance That Did Not Cover Mental or Emotional Problems
14. Students Identified With Emotional Disturbance for an Individualized Education Program
15. Mental Health Workforce Availability

State	Rank
Massachusetts	1
New Jersey	2
Pennsylvania	3
Connecticut	4
Vermont	5
New York	6
Wisconsin	7
Maine	8
Maryland	9
Minnesota	10
Rhode Island	11
Illinois	12
New Hampshire	13
Hawaii	14
Kentucky	15
District of Columbia	16
South Dakota	17
Michigan	18
Louisiana	19
Virginia	20
Montana	21
Delaware	22
Iowa	23
California	24
Ohio	25



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Youth Rankings

States with rankings 1-13 have a lower prevalence of mental illness and higher rates of access to care for youth. States with rankings 39-51 indicate that youth have a higher prevalence of mental illness and lower rates of access to care.

The seven measures that make up the Youth Ranking include:

1. Youth With At Least One Major Depressive Episode (MDE) in the Past Year
2. Youth With Substance Use Disorder in the Past Year
3. Youth With Severe MDE
4. Youth With MDE Who Did Not Receive Mental Health Services
5. Youth With Severe MDE Who Received Some Consistent Treatment
6. Children With Private Insurance That Did Not Cover Mental or Emotional Problems
7. Students Identified With Emotional Disturbance for an Individualized Education Program

Rank	State
1	Pennsylvania
2	Maine
3	District of Columbia
4	Vermont
5	Massachusetts
6	New Hampshire
7	New Jersey
8	Connecticut
9	New York
10	Maryland
11	Wisconsin
12	Illinois
13	Colorado
14	Minnesota
15	Rhode Island
16	Mississippi
17	Georgia
18	Delaware
19	Ohio
20	Alabama
21	Virginia
22	Missouri
23	South Dakota
24	Kentucky
25	Louisiana

Disparities in Mental Health Treatment for Youth of Color

Of Youth With MDE: Did you see a Health Professional or Receive Medication for Depression in the Past Year?		Asian	Black or African American (non-Hispanic)	Hispanic	More than one race	White (non-Hispanic)	Native American or Alaska Native	Native Hawaiian or Other Pacific Islander
Yes	Percentage	8.30%	9.40%	9.50%	15.60%	22.00%	15.20%	*
	Count	16,000	33,000	89,000	25,000	424,000	4,000	*
No	Percentage	91.70%	90.60%	90.50%	84.40%	78.00%	84.80%	*
	Count	175,000	316,000	849,000	133,000	1,503,000	21,000	*

Disparities in Mental Health Treatment for Youth of Color – School Services

Among Youth With MDE Who Received Non-Specialty Mental Health Services:

Did You Receive Mental Health Services From Education Sources?		Asian	Black or African American (non-Hispanic)	Hispanic	More than one race	White (non-Hispanic)	Native American or Alaska Native	Native Hawaiian or Other Pacific Islander
Yes	Percentage	20.30%	37.30%	26.80%	34.30%	29.00%	34.70%	*
	Count	39,000	130,000	250,000	54,000	558,000	9,000	*
No	Percentage	79.70%	62.70%	73.20%	65.70%	71.00%	65.30%	*
	Count	152,000	219,000	682,000	103,000	1,367,000	16,000	*

Youth Presentations with COVID



CLINICAL - MH



SCHOOL



HOME



Youth Mental Health - School

Refusal

Lack of Motivation/Disengage

Anger

Lack of Consequences

Teachers not equipped

"Next year will be better"

Youth Mental Health + COVID



BASELINE MH
INCREASED



ED VISITS INCREASED



UNIVERSAL BURN-OUT



Completed
Suicide

Mental Health Provider

- 1 month – 19%
- 1 year – 32%
- Life time – 53%

Primary Care Provider

- 1 month – 45%
- 1 year – 77%
- Lifetime – 100%

(Luoma, Martin, & Pearson, 2016)

Resiliency



What is resiliency?



How do we build resiliency?



Resiliency and MH

Prevention

School

- Teachers
- Coaches
- Staff
- MH Providers

Primary Care

- MH Billing

Mental Health

- Consistent care
- Evidence Based Practices

Home

- Resiliency
- Family MH

Resources

Brown, M., Moore, C.A., MacGregor, J. & Lucey, J.R. (2021) Primary care and mental health: Overview of integrated care models. *The Journal for Nurse Practitioners (17)*, 10-14.

Luoma, J.B., Martin, C.E., & Pearson, J.L. (2016). Contact with mental health and primary care providers before suicide: A review of the evidence. *Am J Psychiatry*.

Reinert, M., Fritz, D. & Nguyen, T. (2021). *The state of mental health in America 2022*. Mental Health America.



Thank You