



AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY

W W W . A A C A P . O R G

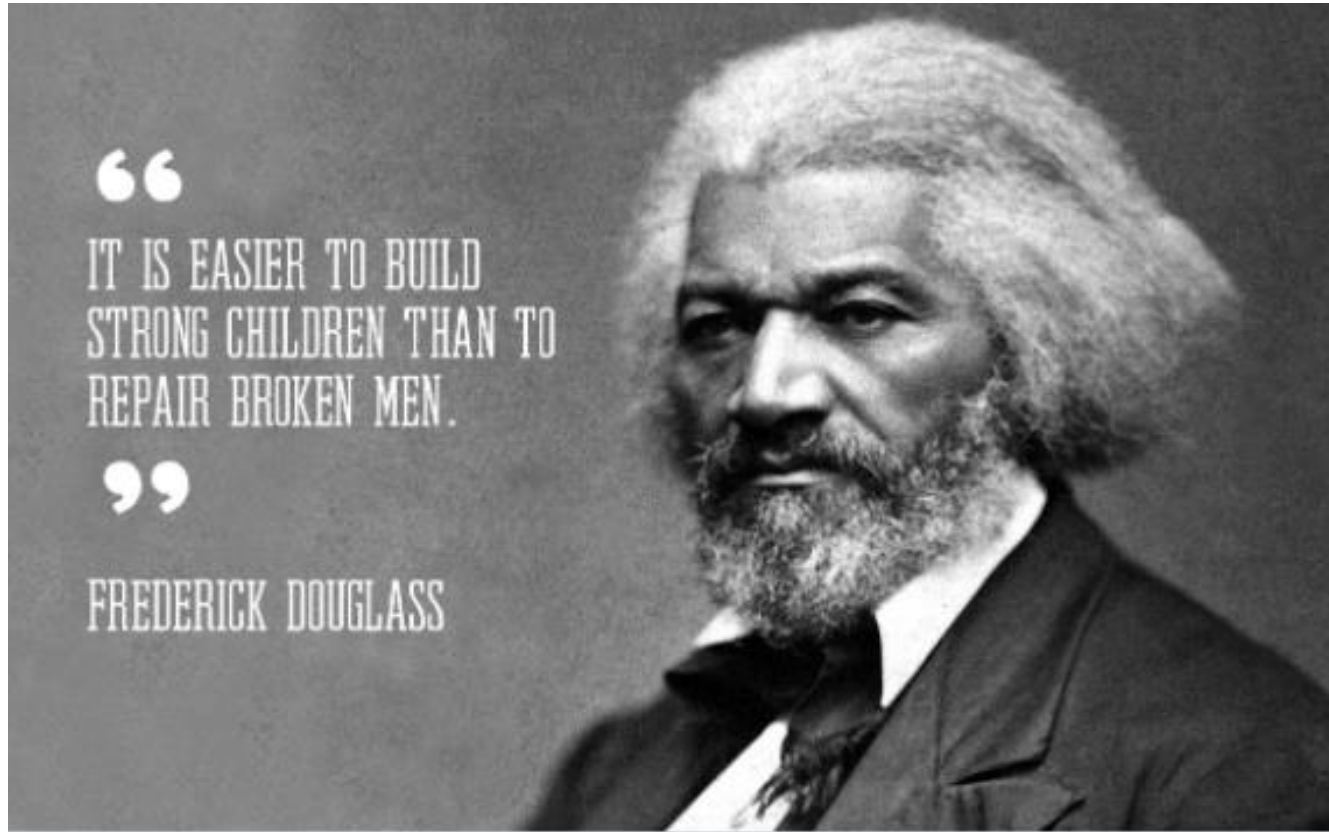


Forum for Children's Well-Being Responding to the Current Youth Mental Health Crisis and Preventing the Next One

Warren Y.K. Ng MD

President, American Academy of Child
and Adolescent Psychiatry

Frederick Douglass



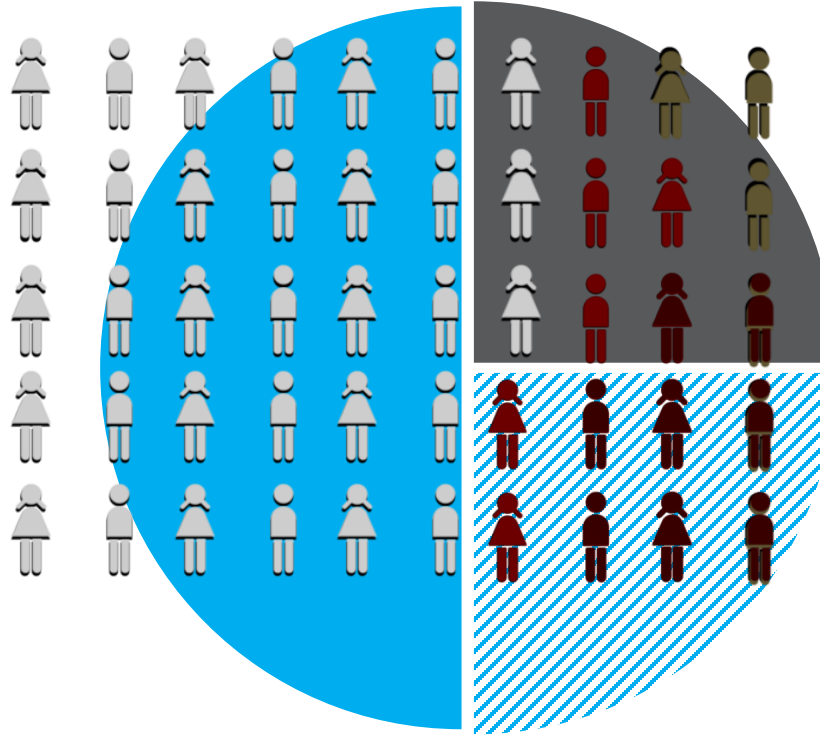
Audre Lorde

Life is very short and what we have to do must be done in the now.



1:5 children and youth have a mental health/behavioral disorder

50% of all lifetime mental illness start by **age 14**



75% of all lifetime mental illness start by **age 24**

Source: National Health & Nutrition Examination Survey, 2010; National Comorbidity Survey Replication-Adolescent Supplement, 2010; NIMH, Mental Illness Exacts Heavy Toll: Beginning in Youth, 2005

Silent Pandemic: Mental Health Crisis before COVID-19

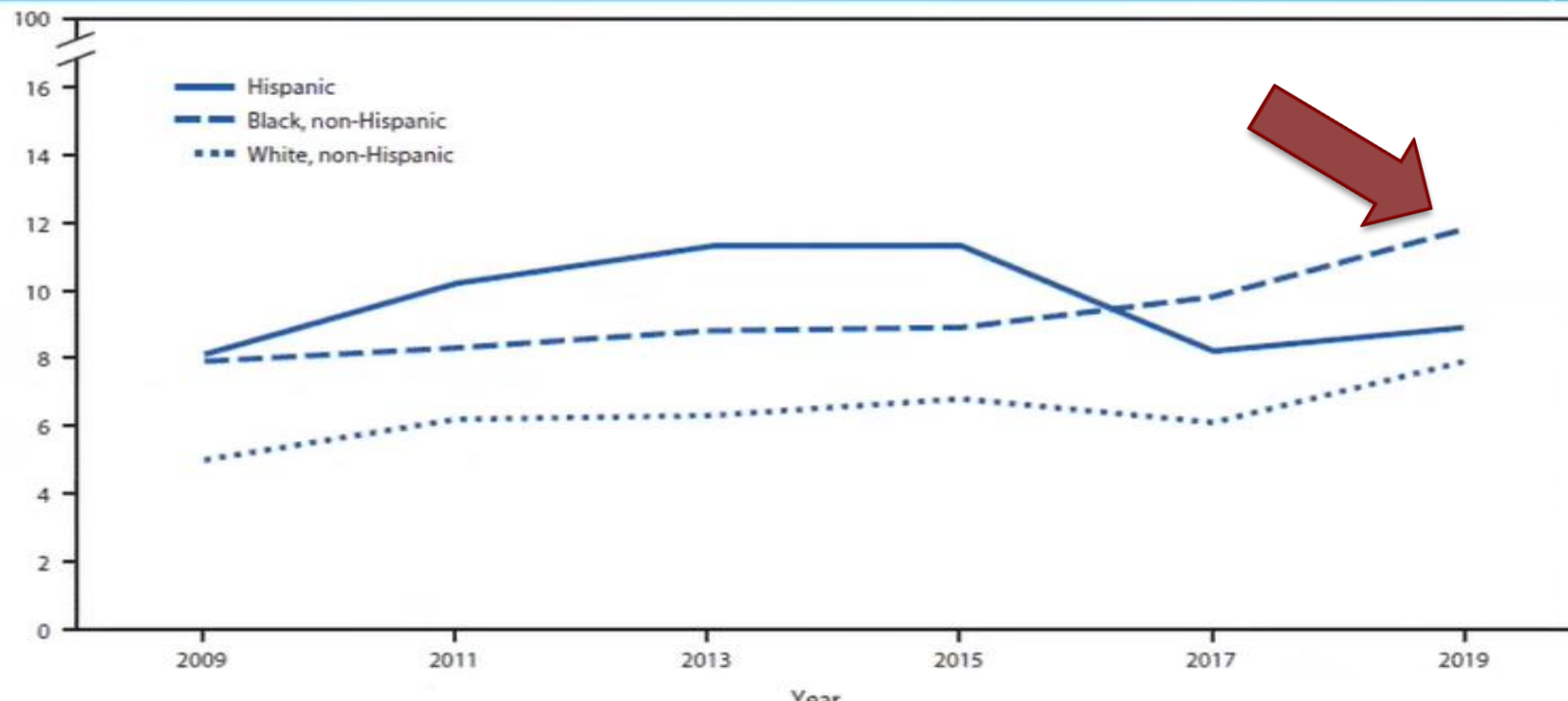
- Estimated 7.7 million children had a treatable mental illness
- less than ½ received any care
- 8-11 year gap in receiving care
- 1999-2018 Suicide rates increased 76% for youth 10-17 years old
 - Black youth 87% increase (also highest suicide prevalence)
 - White 85%
 - Hispanic 63%
 - Asian Pacific Islander 140% *
 - American Indian/AN 133% *

LGBTQ youth attempt suicide 5X higher than heterosexual youth

Intersectionality higher risk for LGBTQ youth of color



Percentage of High School Students attempting suicide 2nd leading cause of death with youth 10-24 years of age



- Black youth had highest prevalence of attempts
- Rep Watson-Coleman



RING THE ALARM
THE CRISIS OF BLACK YOUTH SUICIDE IN AMERICA

- YRBS 2009-2019
- Ivey-Stephenson et al 2019

Inequity and impact of COVID-19

- Inequity in health care access and quality of care
- Preexisting social determinants of health
- Low wage employment/ work from home/ sick leave benefits
- Digital equity
- Childcare and poorly resourced schools
- Overrepresentation in correctional and immigration detention facilities
- Crowded urban dwellings
- Trauma informed social justice response needed



Fortuna et al 2020

Social and economic factors drive health outcomes

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Racism and Discrimination					
Employment	Housing	Literacy	Food security	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Stress	
Medical bills	Playgrounds	Higher education		Exposure to violence/trauma	Quality of care
Support	Walkability				
	Zip code / geography				

Health Outcomes: Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

Source: <https://www.kff.org/policy-watch/health-disparities-symptom-broader-social-economic-inequities/>

Orphanhood during COVID-19 pandemic

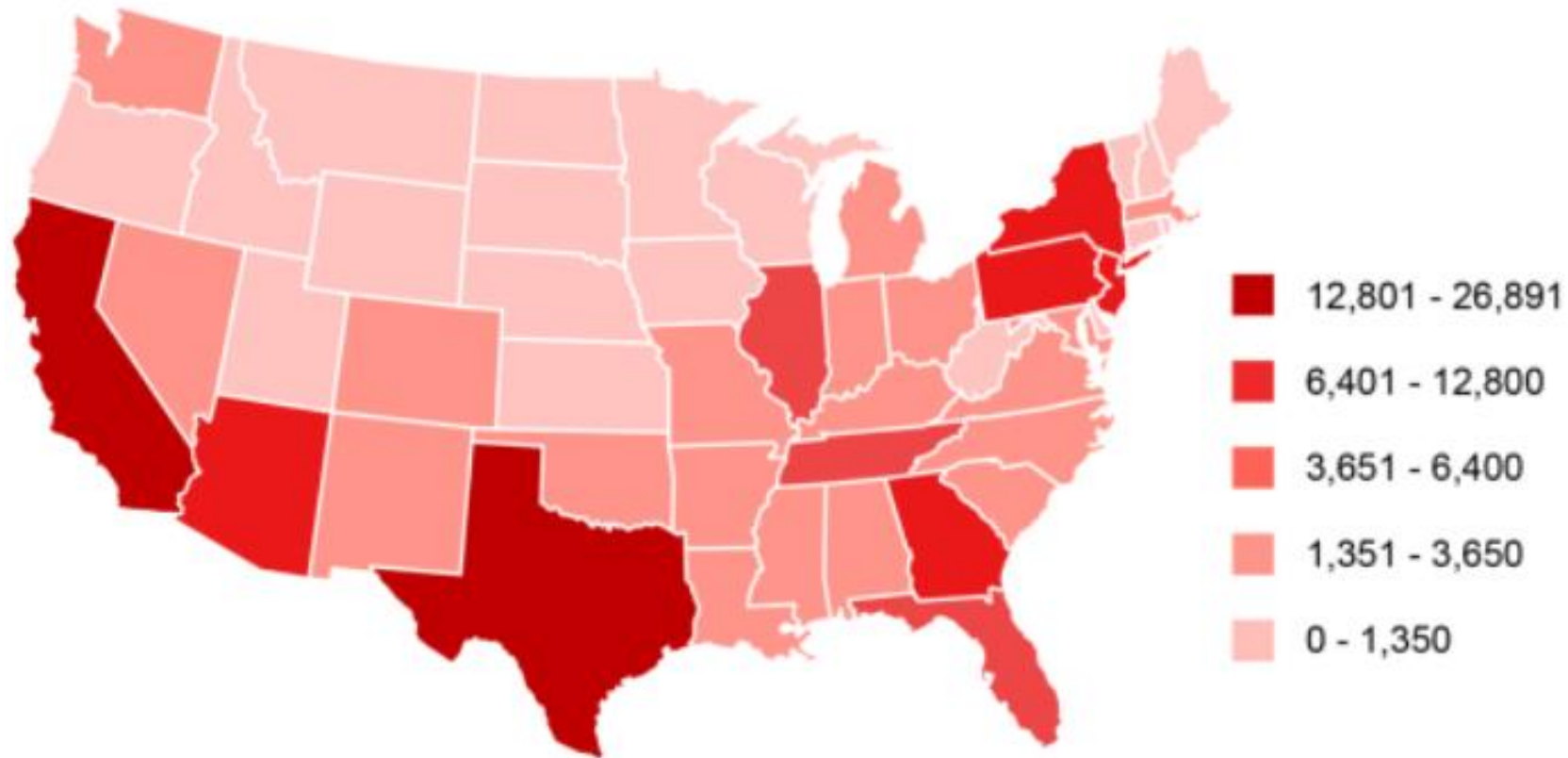
- 203,649 children lost a parent or caregiver/ 1:360
- 70% were for children under 13 years old
- 50% were 5-13 years old
- Race and Ethnicity: children of color
 - AI/NH 3.5 X higher
 - Black/Hispanic 2 X higher
 - Asian 1.4 X higher



Data as of 2/28/2022

>991,000 deaths from COVID-19 among adults covid.cdc.gov

Total number of children with caregiver loss to COVID-19



COVID collaborative <https://www.covidcollaborative.us/initiatives/hidden-pain>

Now: Ongoing Mental Health Crisis

The State of Mental Health Among Adolescents in the United States

50%

of adolescents with major depression are diagnosed before reaching adulthood, even though childhood depression is more likely to persist into adulthood if left untreated.

Over 60%

of youth with major depression do not receive any mental health treatment. Even in states with the most access, **1 in 3** are going without treatment.

15%

of youth experienced a major depressive episode in the past year.

14.5%

of adolescents of color (119,000 people) cope with severe depression.⁷

10.6%

of youth (over 2.5 million) in the U.S. cope with major severe depression.

300,000

more adolescents experienced a major depressive episode in the last year, according to Mental Health America.

1,211

There are 1,211 students per school psychologist in the United States. The National Association of School Psychologists recommends one professional for every 500 students.⁸

⁷ "Youth Ranking 2022." Mental Health America.
<https://www.mhanational.org/issues/2022/mental-health-america-youth-data>.

⁸ "Shortage of School Psychologists."
National Association of School Psychologists.
<https://www.nasponline.org/research-and-policy/>

Mental Health Impact on Youth

Youth disproportionately impacted

- Racial and ethnic minority youth
 - American Indian and Alaska Native youth
 - Black youth
 - Latino youth
 - Asian American, NHaPI youth
- LGBTQ+ youth
- Intellectual and Developmental Disabilities
- Low income
- Rural areas
- Immigrant youth
- ❖ National reckoning of racial injustice, George Floyd, climate change, social media, politics



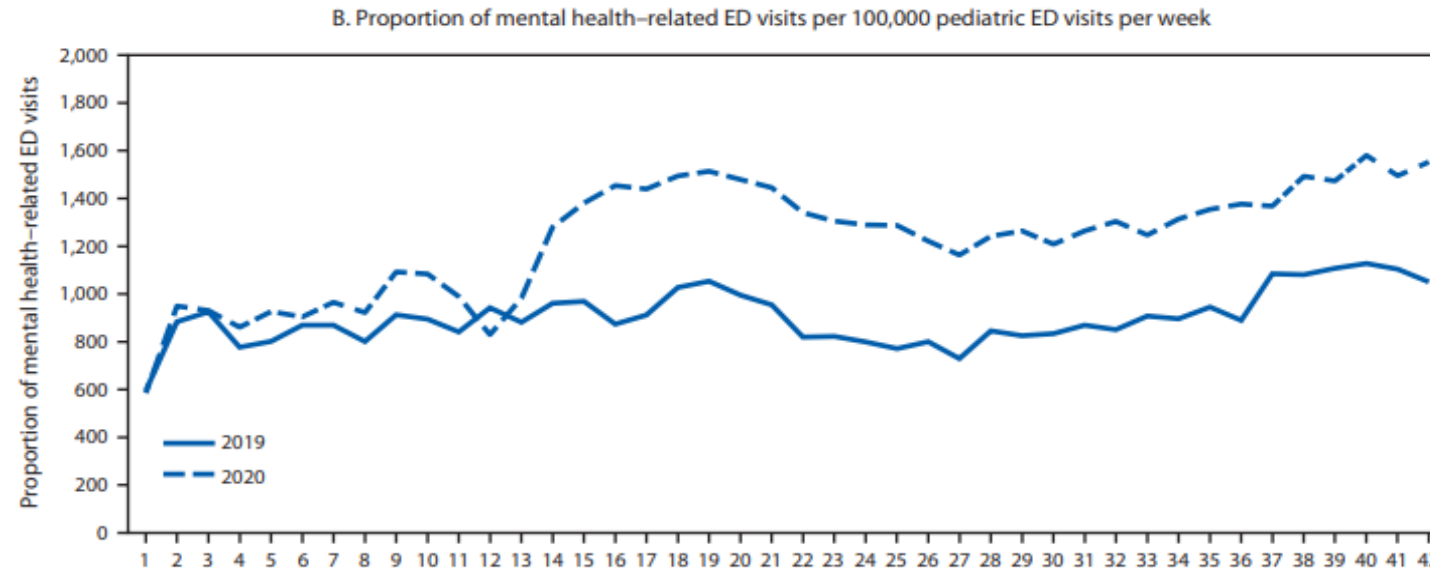
LGBTQ Youth MH survey Trevor Project 2021



- **42%** of LGBTQ youth seriously considered attempting suicide in the past year, including more than **half** of transgender and non-binary youth
- Suicide rates **4X higher** than heterosexual peers
- More than 80% of LGBTQ youth stated that their living situation more stressful
- 48% of LGBTQ youth reported they wanted mental health support but were unable to receive it in the past year.
- **75%** of LGBTQ youth reported that they had experienced discrimination
- **Half** of all LGBTQ youth of color reported discrimination based on their race/ethnicity in the past year, including **67% of Black** LGBTQ youth and 60% of Asian/Pacific Islander LGBTQ youth.
- **94%** of LGBTQ youth reported that recent politics negatively impacted their mental health.

Mental Health related emergency department visits

- Proportion of MH related ED visits increased in mid March-Oct 2020
- Increased 24% among children aged 5-11 years compared to 2019
- Increased 31% among adolescents aged 12-17 years compared to 2019
- 47 states representing approximately 73% of US ED visits
- Mental Health Conditions in ED Increased complexity
- 3 pandemic periods
- Female adolescents showed increases



- 2020- 2 conditions Eating D/O and tics
- 2021- 4 conditions plus Depression/OCD
- 2022- 5 conditions plus Anxiety, Traumatic Stress

Rebecca Leeb et al 2020 with National Syndromic Surveillance Program ED data
Radhakrishnan et al 2022 MHC Peds ED 2020/2021/2022



Morbidity and Mortality Weekly Report (*MMWR*)

Emergency department visits for suspected suicide attempts among U.S. girls ages 12–17 have increased during the COVID-19 pandemic*

February–March 2021

51% ↑

From the same period in 2019

* After an initial drop
CDC.GOV

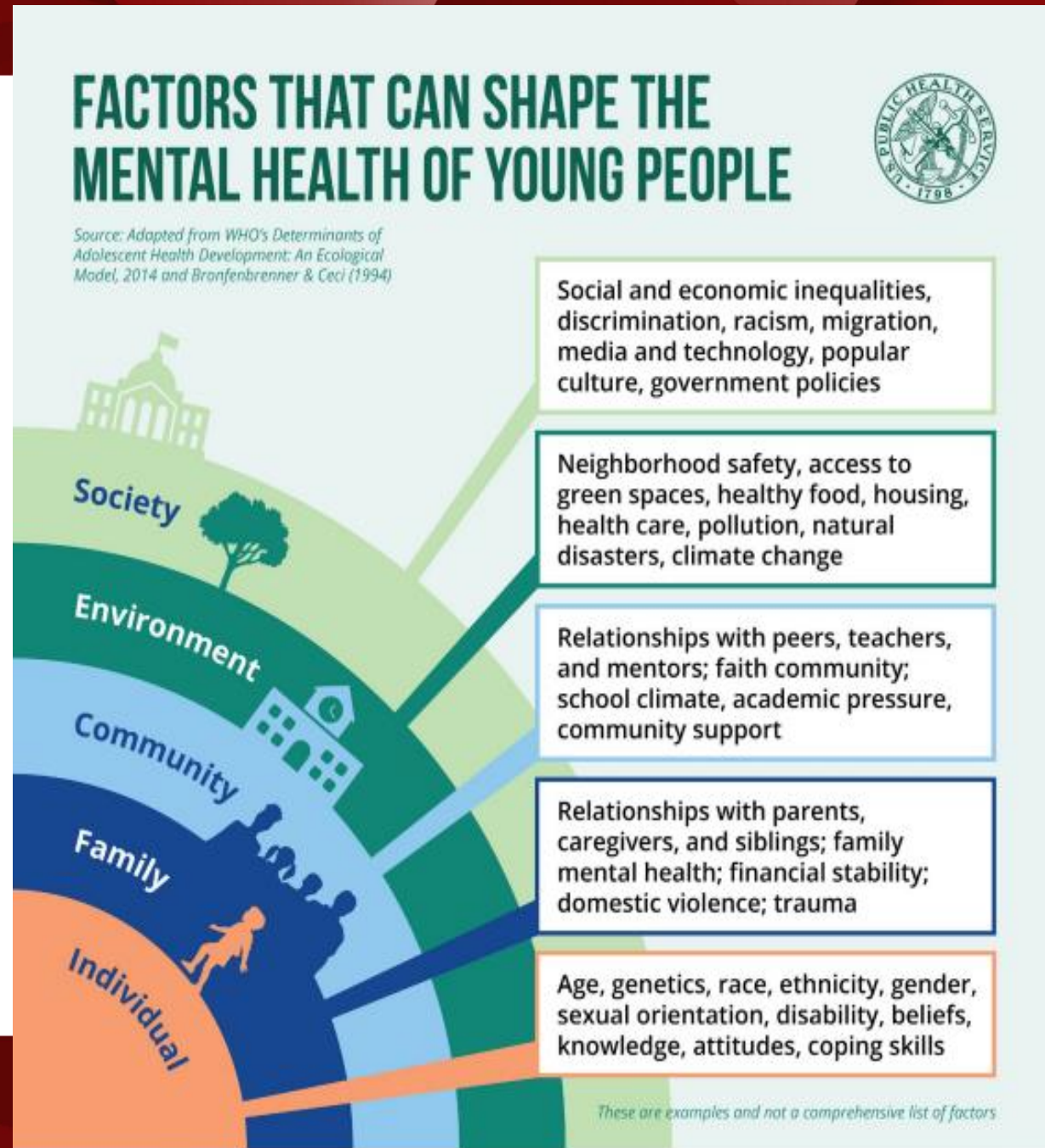
- 44.2% reported persistent hopelessness/Sadness
- 37% reported symptoms of poor mental health
- 55% emotional abuse
- 11% physical abuse
- 36% racism Asian>Black=multiple races
- 19.9% considered suicide attempt
- 9% attempted suicide

*LGBTQ youth highest in all areas

Protective factors: Relational Health and connectedness

Protecting Youth Mental Health

1. Mental health is an essential part of overall health
2. Empower youth and families to recognize, manage and learn
3. Ensure every child has access to mental health care
4. Support mental health of children and youth in educational, community and childcare settings
5. Address economic and social barriers
6. Increase data collection and research to respond more rapidly

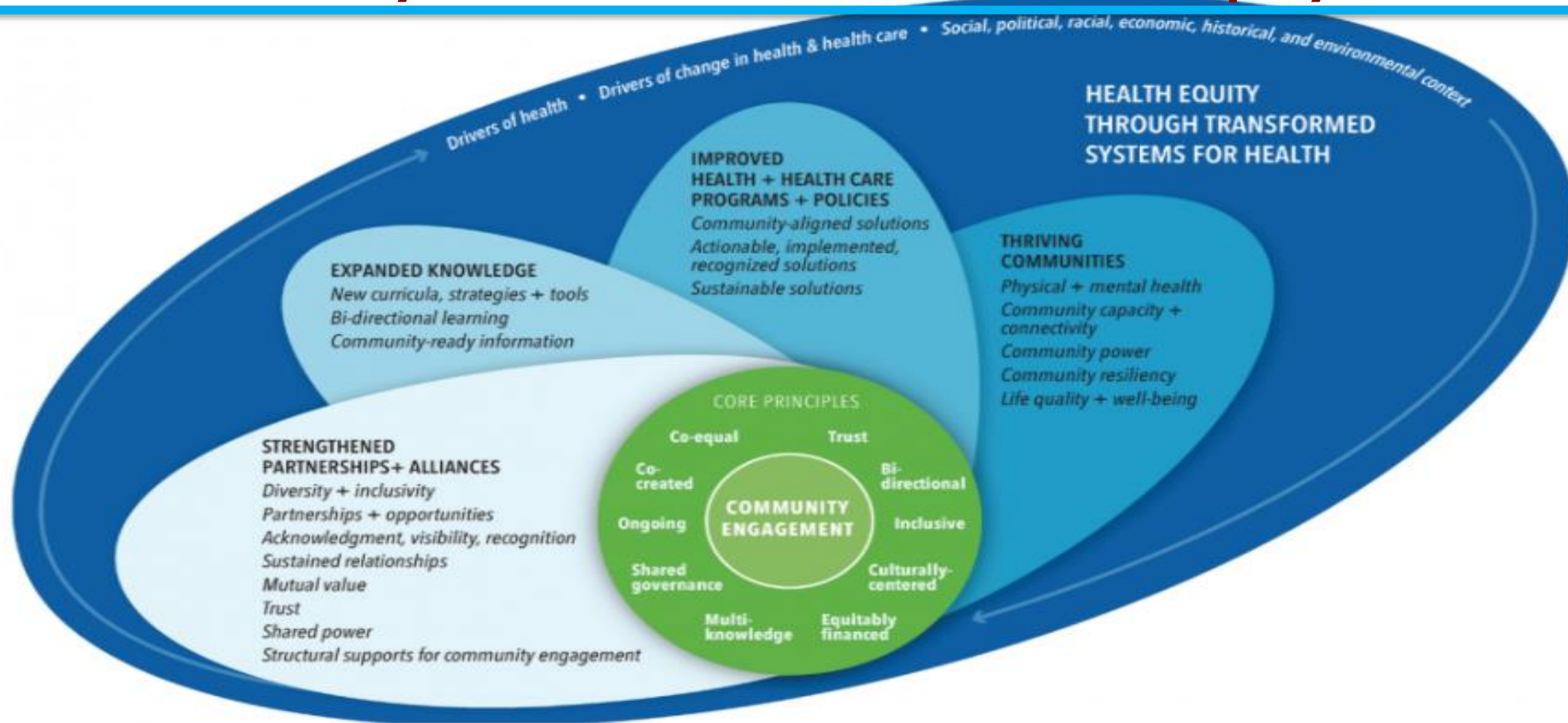


It takes a village...

- Youth, peers, parents, and families
- Social services, faith based and communities
- School teams
- Primary care team- Children's Hospital
- Mental health providers: navigators, health counselors, social workers, psychologists, nurse practitioners, child and adolescent psychiatrists plus...



National Academy of Medicine: Advance Health Equity



<https://nam.edu/assessing-meaningful-community-engagement-a-conceptual-model-to-advance-health-equity-through-transformed-systems-for-health/>

Child and Adolescent Mental and BH Principles

1. Prevention, Early Identification and Early Intervention
2. School based mental health
3. Integrated BH in Pediatric primary care
4. Child and Adolescent Behavioral Health workforce *Diversity
5. Insurance coverage and payment
6. Mental health parity
7. Telehealth
8. Infants, children and adolescents in crisis
9. Justice involved youth

Systems of Care approach- Child and Adolescent Psychiatrists



The diagram illustrates the 'Systems of Care' approach. At the top, two icons represent guiding principles: a green family icon labeled 'Family driven' and a blue person with a backpack icon labeled 'Youth guided'. Below these is the word 'Collaboration' in a large, blue, bubbly font. Underneath 'Collaboration' is the phrase 'of Child Serving Entities' in a similar blue, bubbly font. At the bottom, eight icons represent different systems: a stethoscope, a stack of books, a lightbulb, a pill bottle, a person with a backpack, a scale of justice, a person in a wheelchair, and a person with a backpack. Each icon is positioned above its corresponding system name.

Collaboration of Child Serving Entities



Primary
Health Care
System



Education
System



Mental
Health
System



Substance Abuse
Treatment Services
System



Child Welfare
System



Juvenile
Justice
System

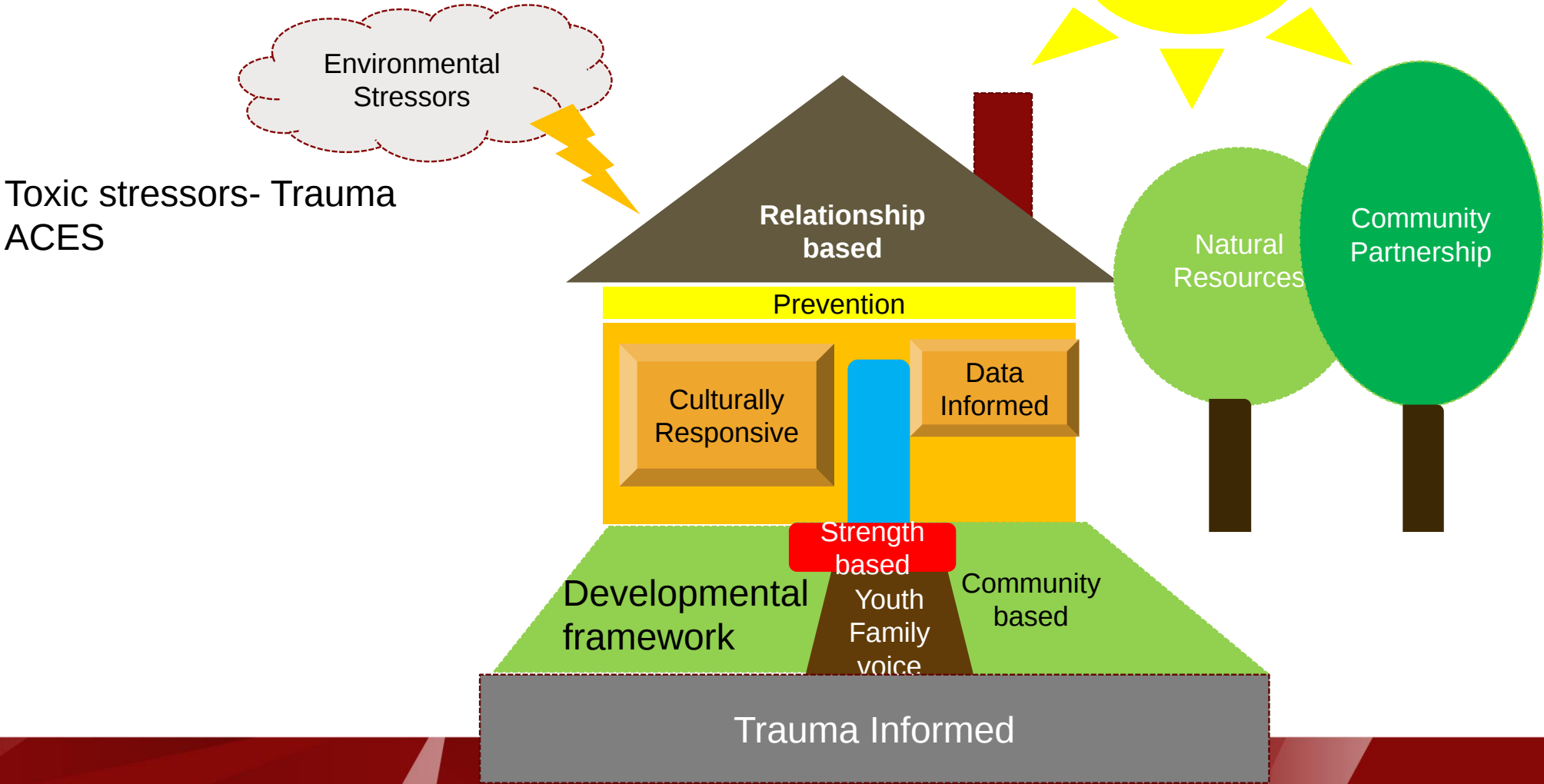


Developmental
Disabilities System



Early
Childhood
Services
System

Systems of Care



Building a village to the youth



Child Psychiatry Access Programs- Pediatricians Primary Care



**National Network of Child Psychiatry Programs
(NNCPAP.org)**

Alaska

Arkansas

*California

*Colorado

Connecticut

*Delaware

Florida

Georgia

Illinois

*Iowa

*Maine

Maryland

Massachusetts

*Michigan

Minnesota

Mississippi

*Missouri

Nebraska

*New Hampshire

*New Jersey

New York

*North Carolina

*Ohio

Oregon

Pennsylvania

Rhode Island

Texas

*Vermont

*Virginia

Washington

Washington, DC

*Wisconsin

Wyoming

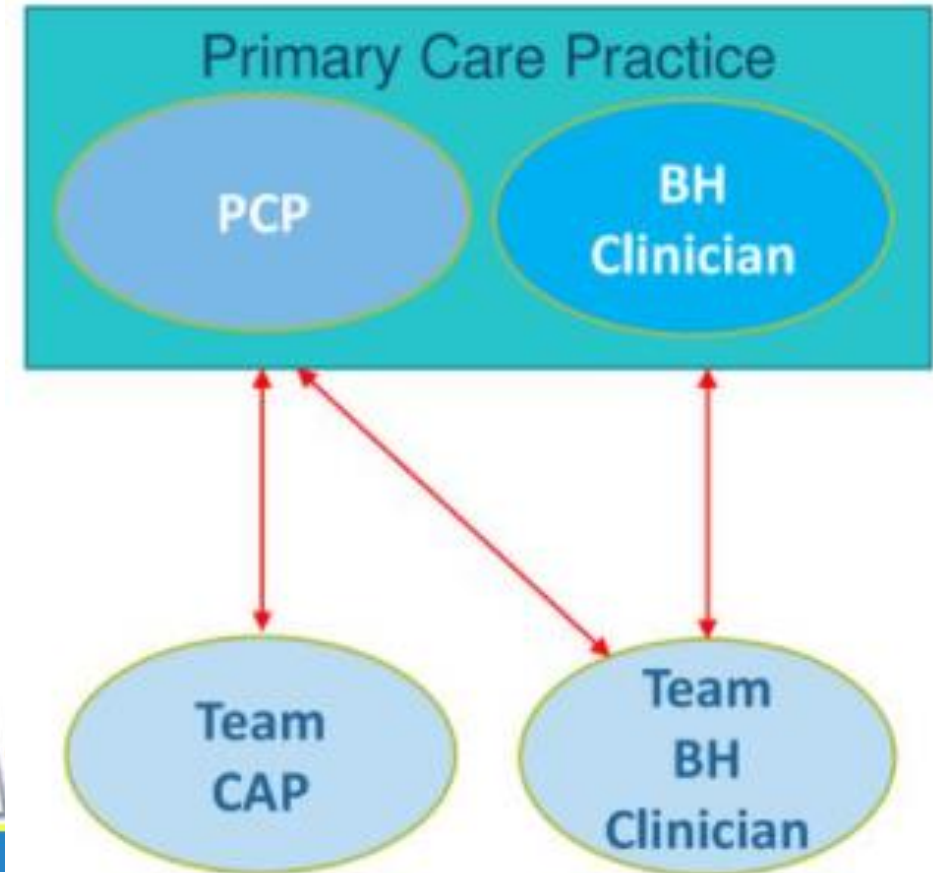
Over a third of all children in US covered – 24 million.

MCAP
Massachusetts Child Psychiatry Access Program

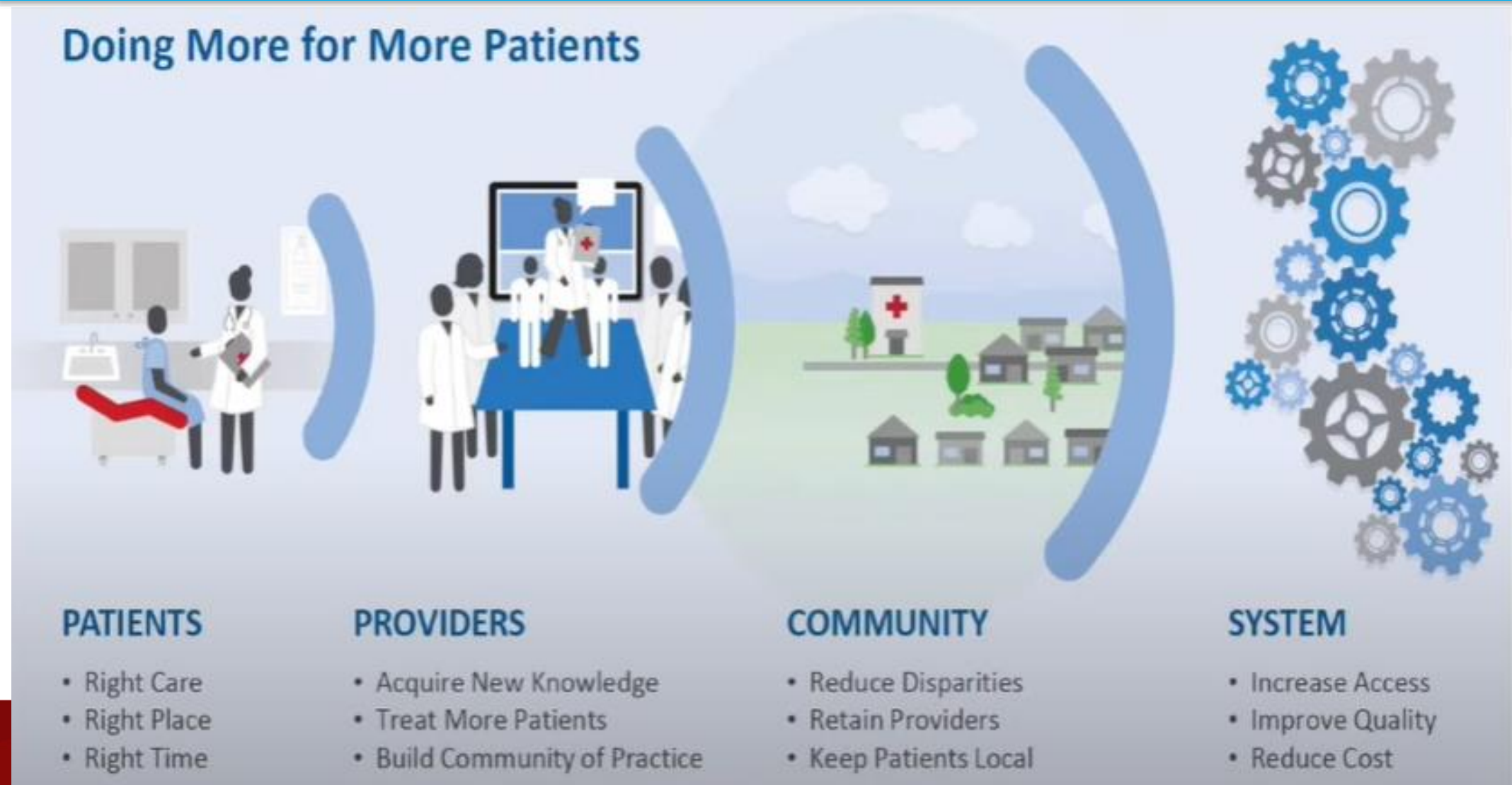
*Partial state, Red = Developing



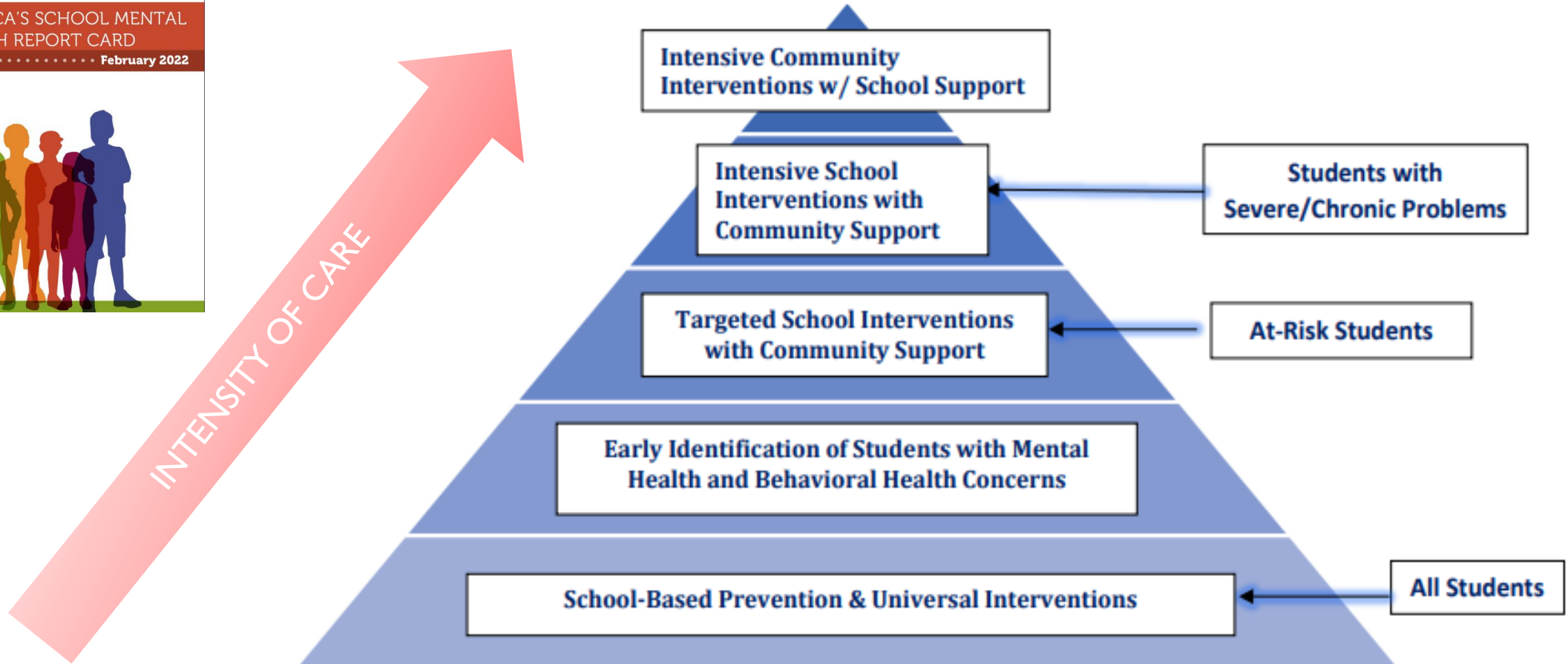
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Project ECHO (Extension for Community Healthcare Outcomes)



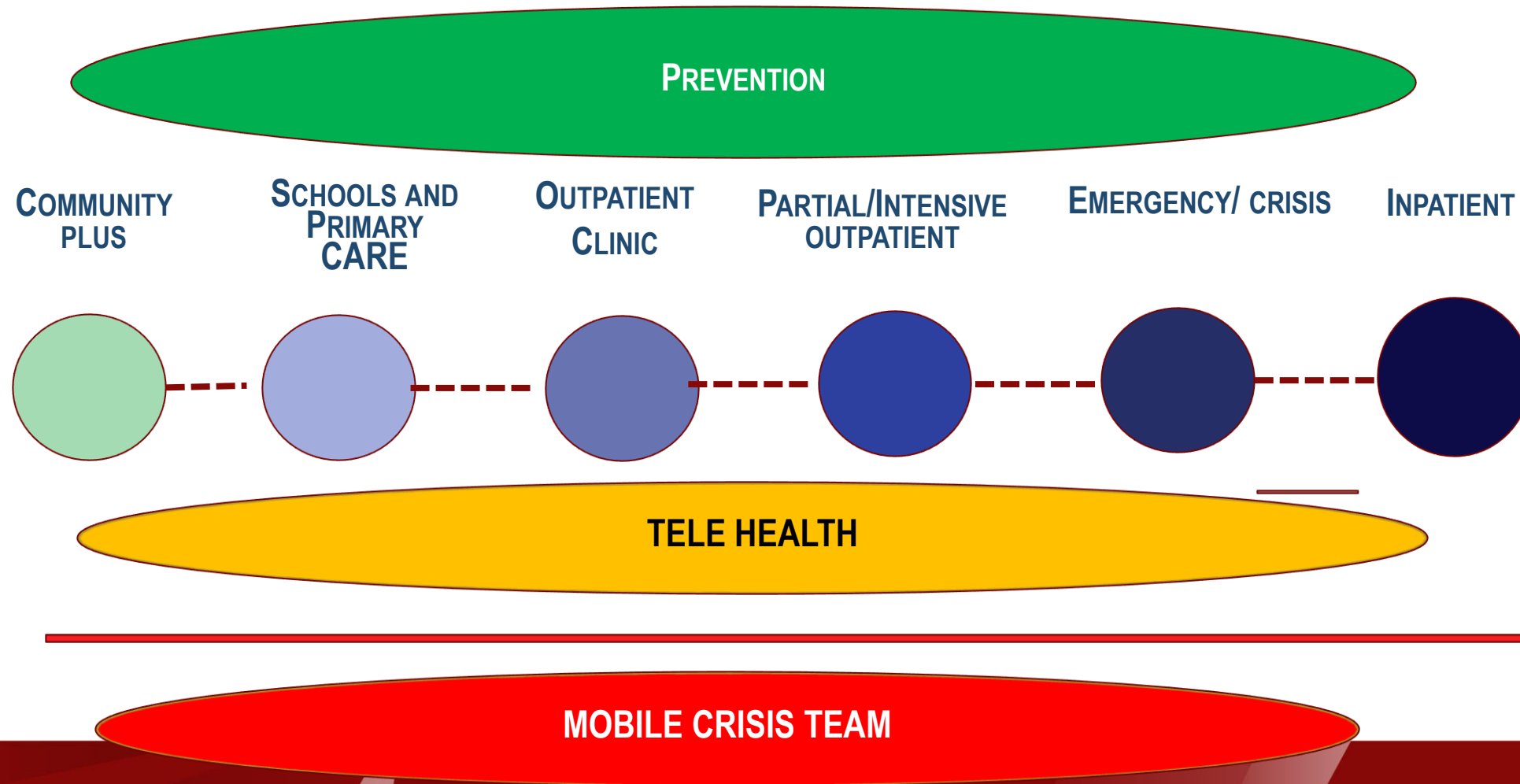
School-based Mental Health Tiered Levels of Care



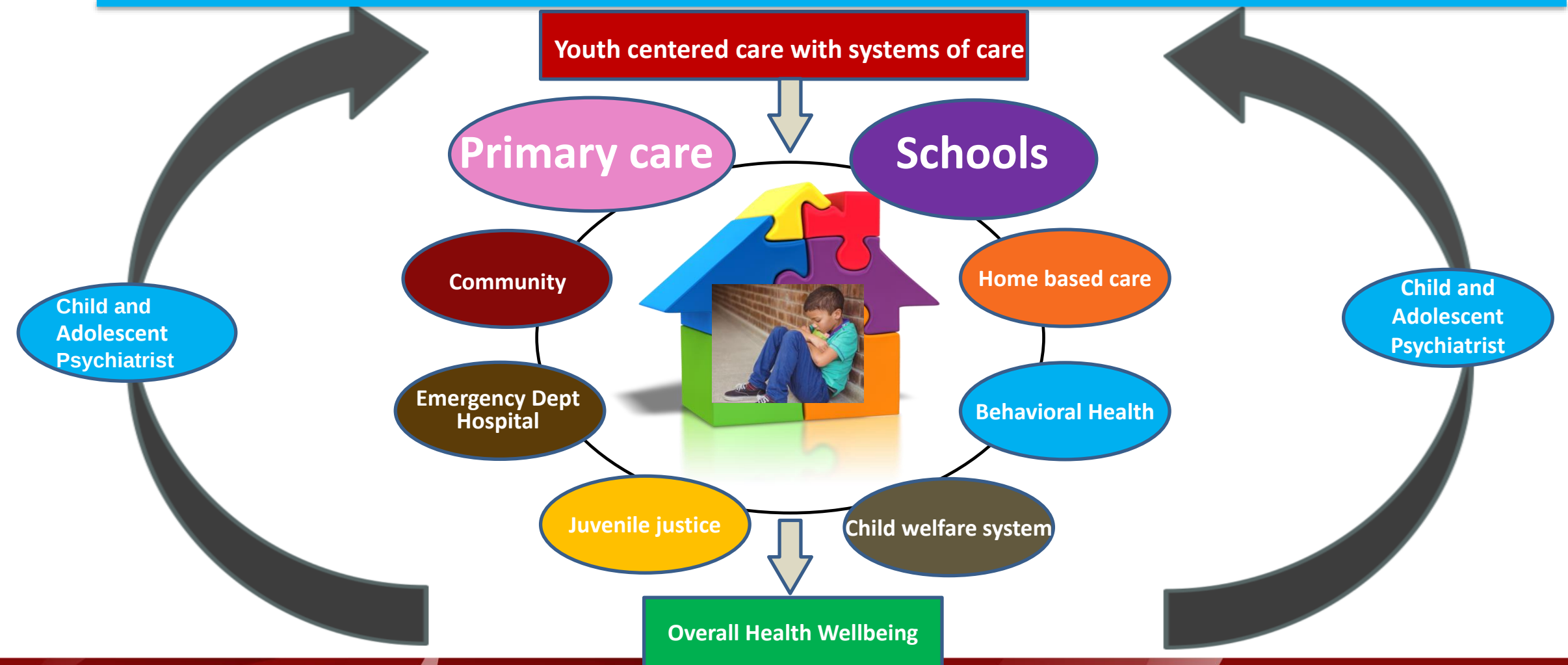
The Continuum of School Mental Health Services

Adapted from "Communication Planning and Message Development: Promoting School-Based Mental Health Services" in *Communique*, Vol. 35, No.1. National Association of School Psychologists, 2006.

Behavioral Health Across the Continuum of Psychiatric Care



Building a village for youth



Summary

- Child and adolescent psychiatrists with American Academy of Child and Adolescent Psychiatry contributes to the collective efforts as team members with physician expertise in behavioral health
- Go to where the youth are- Telehealth, Primary care, School based
- **Right care at right time, place, team member and intensity**
- Partnering with youth, parents, families and communities
- Diversity agenda to target inequities and representation
- Focus on workforce
- Advocacy is key

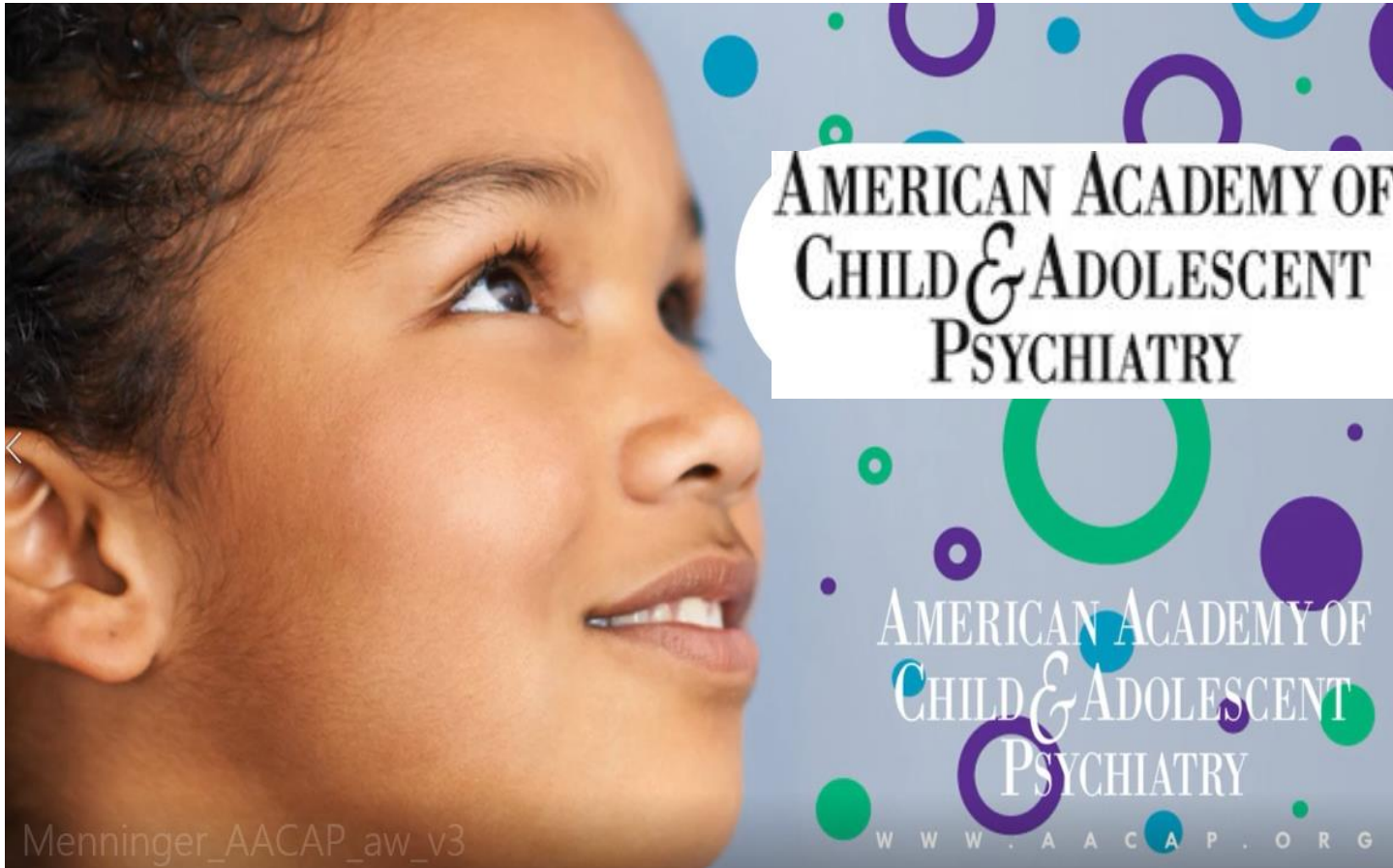
Hero for youth mental health

“A true hero isn’t measured by the size of their strength, but by the strength of their heart.”

“I think a hero is any person really intent on making this a better place for all people”
Maya Angelou



Thank you



There will always be light if we are only brave enough to see it. If only we're brave enough to be it.

Amanda Gorman
The Hill We Climb