

Session 2 Panelists

- *Moderator:* **Jill M. Emanuele, PhD**, Child Mind Institute
- **Jennifer Leonardo, PhD**, Children's Safety Network, Education Development Center
- **Mary Alvord, PhD**, Alvord, Baker & Associates, and Resilience Across Borders
- **Krystal Lewis, PhD**, National Institute of Mental Health

Child Anxiety Statistics

- **Anxiety disorders**

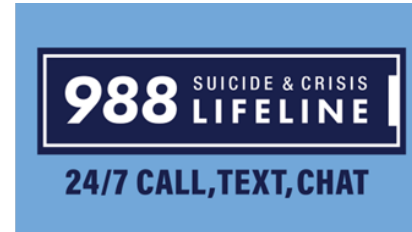
- most common
- 5-10% 12-month prevalence in youth, 15-32% lifetime prevalence
- Girls are 2x more likely to have an anxiety disorder than boys
- Generalized Anxiety Disorder (GAD) affects 3-6% of youth.
- Social Anxiety Disorder (SAD) affects 5-10% of adolescents
- Separation Anxiety affected 4-5% of youth and is typically seen in younger children, around 2.9%
- Panic Disorder affects 1-3% of youth
- OCD affects 1-4% of youth
- PTSD affects 5% of youth

- **Mood Disorders**

- 14.3% lifetime prevalence
- 18.3% of female
- 11.2% of males
- Depression
 - 11% lifetime prevalence
 - 7.5% 12-month prevalence
- 19.5% of teens aged 12 to 17 had a major depressive episode in the past year
- The rate of adolescent depression increased from 8% in 2009 to 15.8% in 2019
- 1 in 3 (36.2%) of young adults between the ages of 18 and 25 experienced a mental, behavioral, or emotional health issue in the past year

Youth Suicide Statistics

- Suicide is the second-leading cause of death for teens and young adults, ages 10-34 ([CDC](#), 2023).
- 22% of high school students reported having seriously contemplated suicide in the past year, especially females, Native Americans, and LGBTQ youth ([CDC](#), 2023).
- 10% of high school students attempted suicide in the past year, especially females, Native Americans, LGBTQ youth, and black youth ([CDC](#), 2023).



Where to get help

- Alvord, M.K. & McGrath, A. (2023). The Action Mindset Workbook for Teens: Simple CBT skills to help you conquer fear & self-doubt & take steps toward what really matters. New Harbinger Publications, Inc.
- Chansky, T.E. (2004). Freeing your child from anxiety: Practical strategies for overcoming fears, worries, and phobias and be prepared for life-from toddlers to teens. Harmony books.
- Hutt. R.L. (2019). Feeling better CBT workbook for teens: Essential skills and activities to help you manage moods, boost self-esteem, and conquer anxiety. Althea Press.
- Lebowitz, Eli R. (2021). Breaking free of child anxiety and OCD: A scientifically proven program for parents. Oxford University Press.
- Schab. LM. (2021). The anxiety workbook for teens (2nd ed.). New Harbinger Publications, Inc.
- QPR (Question, Persuade, Refer) Suicide Prevention Training | SAMHSA
- SAMHSA SAFE-T (Suicide Assessment Five-Step Evaluation and Triage)
- American Psychological Association Health Advisory on Social Media and Teens (2023)
- ADAA.org
- childmind.org
- Jedfoundation.org