

May 2014

A Month of Wellness for Children's Mental Health



**Children's Mental Health Week  
May 4 - 10, 2014**

Only 25% of adults with mental health symptoms believed that people are caring and sympathetic to persons with mental illness.

Read one fact a day in the month of May and you will help support the movement to increase awareness about children's mental health. Let's promote awareness and reduce stigma together!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			30	1 The CDC issued its first ever report on children's Mental Health in May 2013	2 Because parents fear that they will be blamed for their child's mental disability, they may not seek services	3 Early identification and treatment of MH & behavioral disorders has the best outcomes
4 Children with mental health issues in the welfare system are less likely to be placed in permanent homes	5 The onset of schizophrenia usually occurs in the teen years or in early adulthood	6 65% of boys and 75% of girls in juvenile detention have at least one mental health diagnosis	7 43% of children who use mental health services also have a substance abuse disorder	8 Rates of serious mental health disorders among homeless youth range from 19% to 50%	9 About 50% of students 14 years old or older living with mental illness drop out of high school	10 Mistrust of mental health services is an important reason for deterring people of color from seeking treatment
11 Adolescent girls are more likely than boys to have depression or an alcohol use disorder	12 LGB youth who did not experience homophobic teasing report the least depression & suicidal feelings of all student groups	13 Health reforms in Mass did not increase hospital utilization among youth with behavioral health diagnoses	14 More than 35% of children exposed to a single traumatic event will develop serious mental health problems	15 21% of low-income children and youth ages 6 through 17 have mental health problems	16 Suicide is the 3 <sup>rd</sup> leading cause of death in youth ages 15 - 24	17 Adolescent brains can match an adult brain's intellectual maturity--but will not reach emotional maturity until the early 20's
18 The effects of childhood bullying linger into adulthood	19 Families do not cause eating disorders—but they can be the patient's best ally in treatment	20 Children with conduct disorder often have learning disabilities and 1/3 are depressed	21 In any given year only 20% of children with mental health disorders are identified and receive treatment	22 Anxiety disorder symptoms commonly emerge at around age 6	23 59% of LGBTQ homeless youth reported victimization on the streets	24 Stigma leads to fear, mistrust, and violence against people living with mental illness and their families
25 88% of Latino children do not receive needed mental health care	26 Many young people with anxiety disorder are quiet and compliant, so the signs are often missed	27 There is compelling evidence that ADHD has a genetic basis	28 People who quit smoking have reduced feelings of depression, anxiety, and stress compared to active smokers	29 Stigma can result in inadequate insurance coverage for mental health services	30 Girls are 50% less likely to use MH services than boys	31 More people with mental disorders are affected by violence than are violent themselves