



ACTION CHANGES THINGS!

MAY 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1 1 in 5 U.S. children ages 13-28 have, or will have a serious mental illness.</p>	<p>2 Suicide is the second leading cause of death in youth ages 10-24.</p>	<p>3 Common mental health disorders in children are: ADHD, anxiety, behavioral and depression.</p>	<p>4 Behavior challenges are more common in children aged 6-11 than older or younger children.</p>	<p>5 Signs of positive mental health among children include: affection, resilience, curiosity and positivity.</p>	<p>6 Risk factors for youth suicide can include recent loss, mood disorders, struggle with sexual identify and bullying.</p>	<p>7 Over 2.5 million youth in the U.S. have severe depression, and multiracial youth are at greatest risk.</p>

CHILDREN'S MENTAL HEALTH WEEK: MAY 1-7, 2022

<p>8 Adolescence is a critical time period for prevention and early intervention.</p>	<p>9 The suicide rate among Black youth is increasing faster than any other group of children.</p>	<p>10 Kids look to parents to know how to deal with stress and anxiety. .</p>	<p>11 <i>"Racism is a social determinant of health, which has a profound impact on the mental health status of minority children."</i> - The American Academy of Pediatrics</p>	<p>12 The prevalence of untreated youth with depression ranges from 38.6% in Maine to 71.0% in Nevada.</p>	<p>13 Youth in juvenile justice experience mental health disorders 3x more than the general youth population.</p>	<p>14 Talking about suicide and reducing access to means of self-harm are some of the actions we can all take to help.</p>
<p>15 65% - 70% of youth in contact with juvenile justice have a diagnosable mental health disorder.</p>	<p>16 Children in juvenile justice have better outcomes when they have interested, involved and engaged parents.</p>	<p>17 Latino adolescents are 53% less likely and African American adolescents are 87% less likely to receive treatment. .</p>	<p>18 When given supports and opportunities, young adults with behavioral health challenges can prepare for a successful transition into adulthood.</p>	<p>19 Research shows that when students take a leadership role in their IEP meetings, they build self-determination, and create their own goals.</p>	<p>20 70% teenagers saw mental health as a big issue. Fewer cited bullying or drug addiction as major problems.</p>	<p>21 Adolescents who spent time with therapy dogs showed an increase in socialization and engagement and a reduction in disorderly conduct.</p>
<p>22 When young people's mental health needs are met and they develop coping skills, they are much more able to thrive in school and beyond.</p>	<p>23 LGBTQ+ youth are 4X more likely to attempt suicide.</p>	<p>24 A child's odds of being happy increases and their risk of depression and anxiety decreases when they play.</p>	<p>25 Nearly 1 in 3 parents say their children's mental health is worse now than it was before the pandemic.</p>	<p>26 Only Idaho and Washington, D.C., exceed the nationally recommended ratio of one school psychologist for every 500 students.</p>	<p>27 87% of Americans are concerned about the mental health status of young people.</p>	<p>28 Feeling connected to school and family supports teens mental health.</p>

<p>29 Teenagers say depression and anxiety are major issues among their peers.</p>	<p>30 Over two-thirds of antidepressants prescribed to teenagers are for girls.</p>	<p>31 About 35% of teens with ADHD drop out of school.</p>
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