

STUDENT MENTAL HEALTH
IN
SAN MATEO COUNTY

FIRST SOME NATIONAL DATA

- Of children ages 9 to 17, 21% have diagnosable mental or addictive disorder that causes at least minimal impairment
- Half of all lifetime cases of mental disorders begin by age 14
- In any given year, only 20 percent of children with mental disorders are identified and receive mental health services

San Mateo County Students

- 88,000 Public School Students
- 12,390 (21%) have a diagnosable mental health condition causing some level of impairment

California Healthy Kids Survey 2007- 09 Grades 7,9,11

- Verbal Harassment at School past 12 months
 - Rumors/Lies Spread about you 13,000
 - Sexual Jokes/comments 16,640
 - Made Fun because of Looks/Way Talk 14,040
- Reason for Harassment on School Property
 - Race, Ethnicity, National Origin 5,720
 - Sexual Orientation 1,560
 - Physical/Mental Disability 1,040

California Healthy Kids Survey 2007-09

Grades 7,9,11

- Frequency Feeling Sad/Hopeless within past 12 Months **15,600 (30%)**

Consequences of Untreated Mental Disorders in Children and Adolescents

- Untreated mental disorder can lead to a more severe, more difficult to treat illness
- Suicide third leading cause of death in youth. Over 90 percent of children and adolescents who commit suicide have a mental disorder
- 50% of students age 14 and older who are living with a mental illness drop out of high school. This is the highest dropout rate of any disability group

Consequences of Untreated Mental Disorders in Children and Adolescents

- Youth with unidentified and untreated mental disorders also tragically end up in jails and prisons
- According to a study funded by the National Institute of Mental Health—the largest ever undertaken—an alarming 65 percent of boys and 75 percent of girls in juvenile detention have at least one mental illness

Treatment Works

- Research shows that early identification and intervention can minimize the long-term disability of mental disorders
- Important advances in effective treatment
- Prevents the loss of critical developmental years and helps youth avoid years of unnecessary suffering
- Prevents a significant proportion of youth from future violence and crime
- It also enables children and adolescents to succeed in school, to develop socially and to fully experience the developmental opportunities of childhood

Stigma