

GROWING HEALTHY MINDS

funded by
 **FIRST 5**
RIVERSIDE

Children's Mental Health Facts

Social emotional development is a key component in a child's healthy development. Children need to be healthy in order to learn, grow and lead successful lives. The fact is that most children and youth in need of mental health services do not receive them—this is why First 5 Riverside's Mental Health Initiative is so crucial to the well-being of Riverside County's children. We are here to help them grow healthy minds.

The National Facts...

- Identifying and addressing social emotional issues early can help diminish more serious problems in the future.
- Four million children and adolescents in this country suffer from a serious mental disorder that causes significant functional impairments at home, at school and with peers.
- One in five children have a diagnosable mental disorder.
- One in 10 youth have serious mental health problems that are severe enough to impair how they function at home, school, or in the community.
- Factors that predict mental health problems can be identified in the early years.
- 21% of low-income children and youth ages 6 through 17 have mental health problems.
- 50% of children and youth in the child welfare system have mental health problems.
- 67% to 70% of youth in the juvenile justice system have a diagnosable mental health disorder.
- 75% to 80% of children and youth in need of mental health services do not receive them.
- 13% of children from diverse racial and ethnic backgrounds receive mental health services.
- 88% of Latino children have unmet mental health needs.
- Children and youth with mental health problems have lower educational achievement, greater involvement with the criminal justice system, and fewer stable and longer-term placements in the child welfare system than children with other disabilities. When treated, children and youth with mental health problems fare better at home, school, and in their communities.
- African-American preschoolers are three to five times more likely to be expelled than their Caucasian, Latino, or Asian-American peers.
- Elementary school children with mental health problems are three times more likely than their peers to be suspended or expelled.
- Young children, especially those who are abused or who have unhealthy relationships with their parents or caregivers, are susceptible to serious mental health disorders, according to research by the American Psychological Association.

(continued)

GROWING HEALTHY MINDS

funded by
 **FIRST 5**
RIVERSIDE

- Infants and toddlers are very unlikely to receive mental health treatment, which can lead to life-long developmental problems.
- Research shows that early identification and intervention can minimize the long-term disability of mental disorders.
- Early and effective mental health treatment can prevent a significant proportion of delinquent and violent 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.

Riverside County Facts...

- 33,855 (28.4%) children age 3 to 17 were reported to have difficulties with emotions, concentration, behavior, or being able to get along with others.
- Approximately one in eight parents/guardians indicate that their child's difficulties are severe.
- Approximately one in 20 parents/guardians report that their child has been diagnosed with ADD, ADHD (Attention Deficit Hyperactivity Disorder) or a developmental delay.
- More than eight out of 10 children age 3 to 17 with difficulties or a mental health condition has not visited a mental health professional in the past 12 months.
- In the past year, one in eight children age 3 to 17 have received counseling or therapy to deal with their difficulties or mental health condition/diagnosis.

Sources:

National Center for Children in Poverty. The Trustees of Columbia University in the City of New York. 2009. National Center for Children in Poverty (NCCP). <http://nccp.org/publications/pub_687.html>

National Alliance on Mental Illness. 2011. National Alliance on Mental Illness (NAMI). <http://www.nami.org/Template.cfm?Section=federal_and_state_policy_legislation&template=/ContentManagement/ContentDisplay.cfm&ContentID=43804>