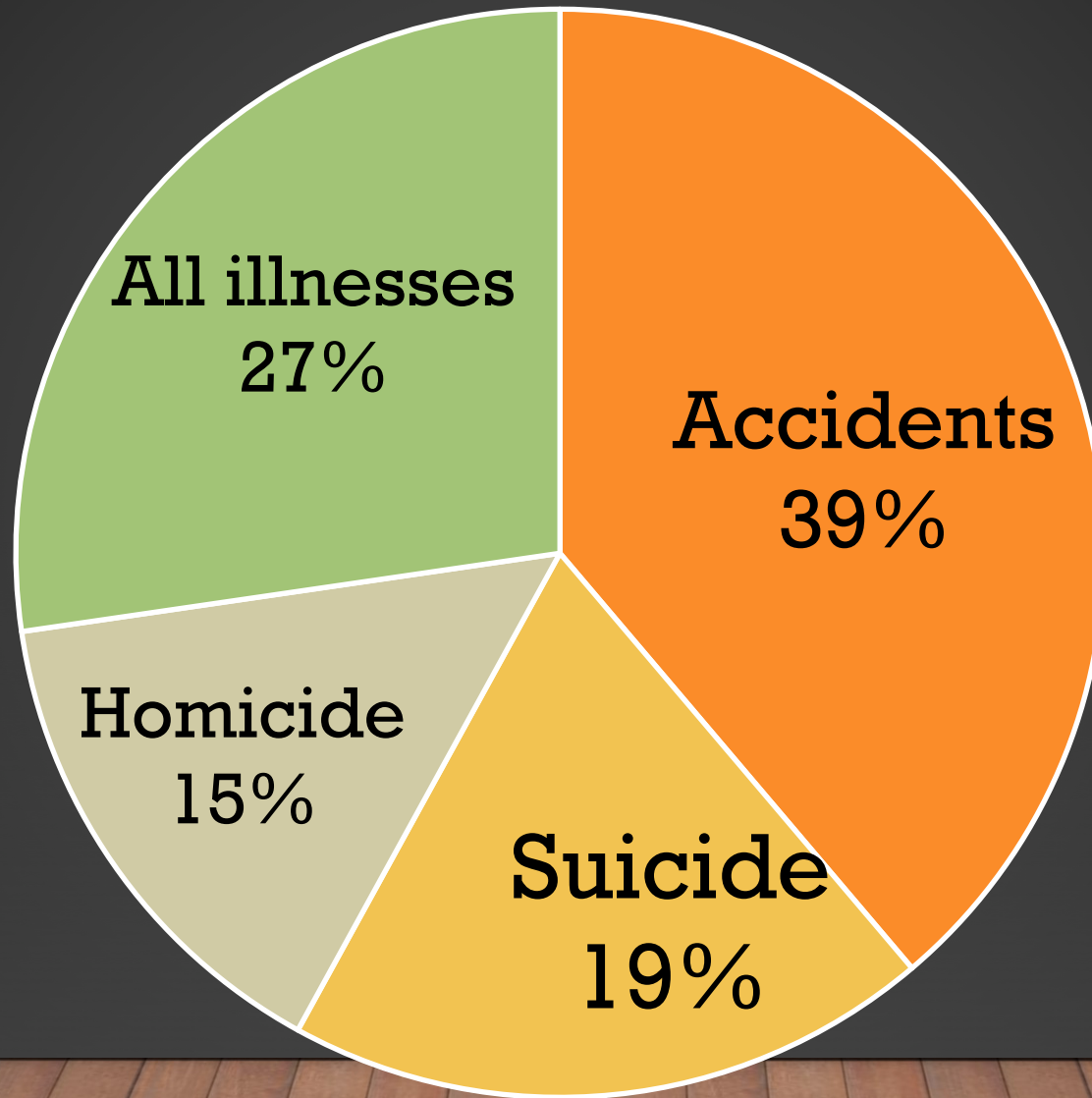


A photograph of four young people sitting on a stone wall with arched openings, looking out at the ocean during sunset. The scene is peaceful and contemplative. The title text is overlaid on a black bar across the middle of the image.

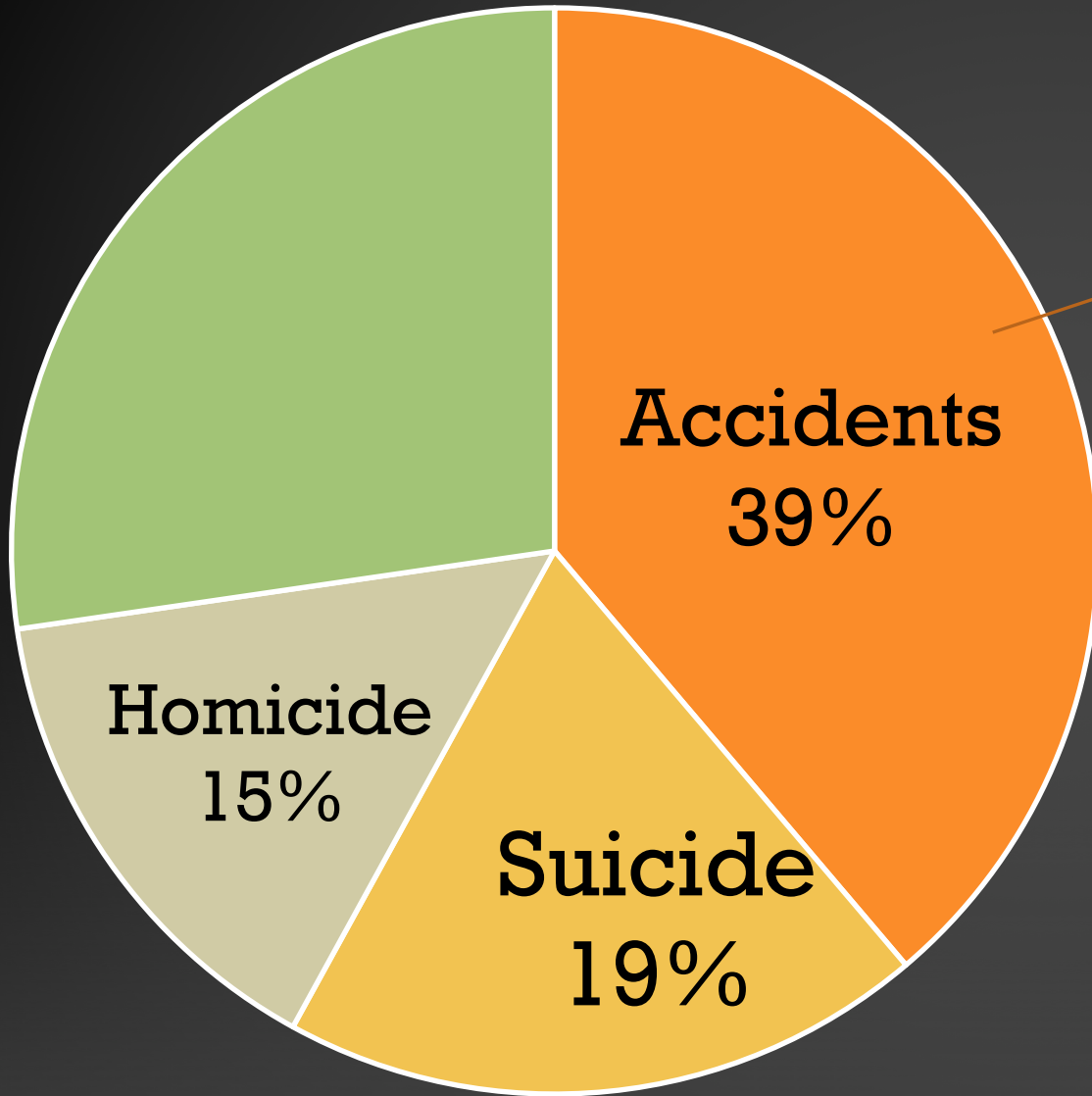
MENTAL HEALTH AND OUR YOUTH

Dale Wisely

LEADING CAUSES OF DEATH, AGE 15-19



LEADING CAUSES OF DEATH, AGE 15-19



- Motor vehicle crashes
- Drowning
- Accidental overdose

LEADING CAUSES OF DEATH, AGE 15-19

- Motor vehicle crashes
- Suicide
- Homicide
- Drowning
- Accidental overdose
- Falls from High Places

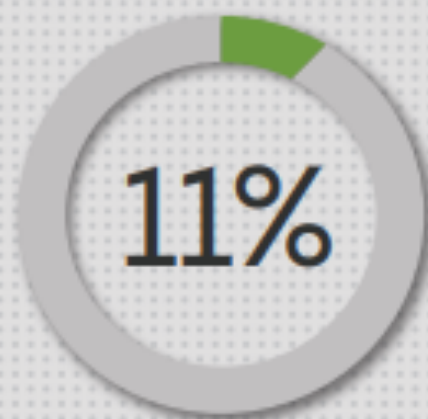
Mental Health Facts

CHILDREN & TEENS

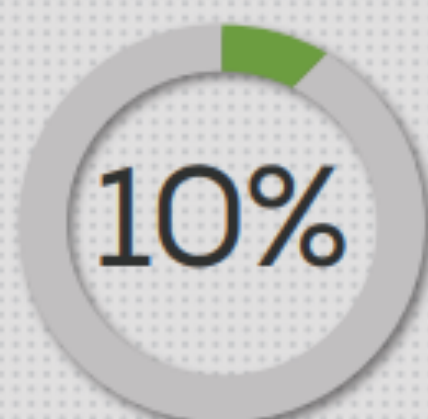
Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



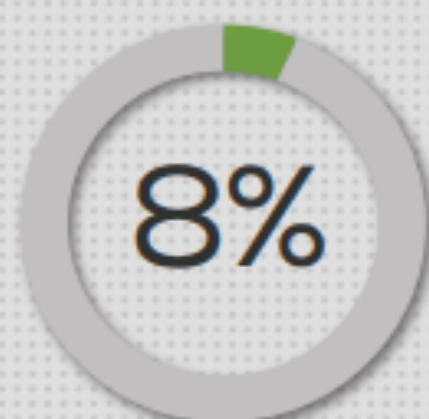
20% of youth ages
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11% of youth have
a mood disorder¹



10% of youth
have a behavior or
conduct disorder¹



8% of youth have
an anxiety disorder¹

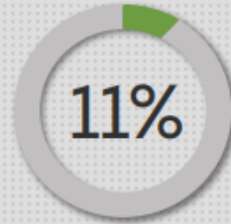
Mental Health Facts

CHILDREN & TEENS

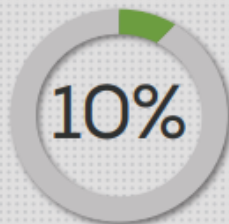
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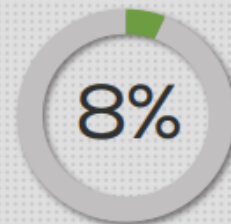
20% of youth ages 13-18 live with a mental health condition¹



11% of youth have a mood disorder¹



10% of youth have a behavior or conduct disorder¹



8% of youth have an anxiety disorder¹

Impact



50%

50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.¹



10 yrs

The average delay between onset of symptoms and intervention is 8-10 years.¹

37%



37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.¹

70%



70% of youth in state and local juvenile justice systems have a mental illness.¹

Suicide



3rd

Suicide is the 3rd leading cause of death in youth ages 10 - 24.¹



90%

90% of those who died by suicide had an underlying mental illness.¹

There Aren't Enough Mental Health Providers. And Kids Are Paying The Price.

Most counties in the U.S. don't have a single child psychiatrist, new research says.

By Catherine Pearson

11/04/2019 12:44pm EST



© IAIN SMITH VIA GETTY IMAGES

Most counties
in the USA do
not have a
single child
psychiatrist.

The background of the slide is a dark, moody photograph of three people in a small boat on water. The image is dimly lit, with the figures appearing as dark shapes against a slightly lighter, textured background of water and sky. The overall tone is somber and contemplative.

ADHD

Anxiety/Depression

Suicide & Self-Harm

Post-traumatic reactions

Substance abuse

MAJOR MENTAL HEALTH PROBLEMS AMONG YOUTH

A dark, grainy, and somewhat blurry background image showing three children standing in a field. The child on the left is wearing a red shirt, the middle child is in a blue shirt, and the child on the right is in a dark shirt. They are all looking towards the camera. The overall tone is somber and textured.

ADHD

Anxiety/Depression

Suicide & Self-Harm

Post-traumatic reactions

Substance abuse

MAJOR MENTAL HEALTH PROBLEMS AMONG YOUTH

Associated with wide
variety of problems when
untreated or undertreated

ADHD

- ▶ School underachievement/failure
- ▶ Depression, self-harm, suicide
- ▶ Poor relationships, including marriages (divorces)
- ▶ Substance abuse
- ▶ Job problems

ADULT / ADOLESCENT COMPLICATIONS OF
UNTREATED / UNDER TREATED ADHD

- ▶ Financial problems (Lower SES, underemployment & financial mismanagement)
- ▶ Incarcerations
- ▶ Unplanned pregnancies
- ▶ *ACCIDENTS (driving, head injury)*

ADULT / ADOLESCENT COMPLICATIONS OF
UNTREATED / UNDER TREATED ADHD

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MAJOR MENTAL HEALTH PROBLEMS AMONG YOUTH



HOME

U.S. POLITICS

MEDIA & NEWS

SOCIAL TRENDS

RELIGION

INTERNET & TECH

PUBLICATIONS

TOPICS

INTERACTIVES

FEBRUARY 20, 2019



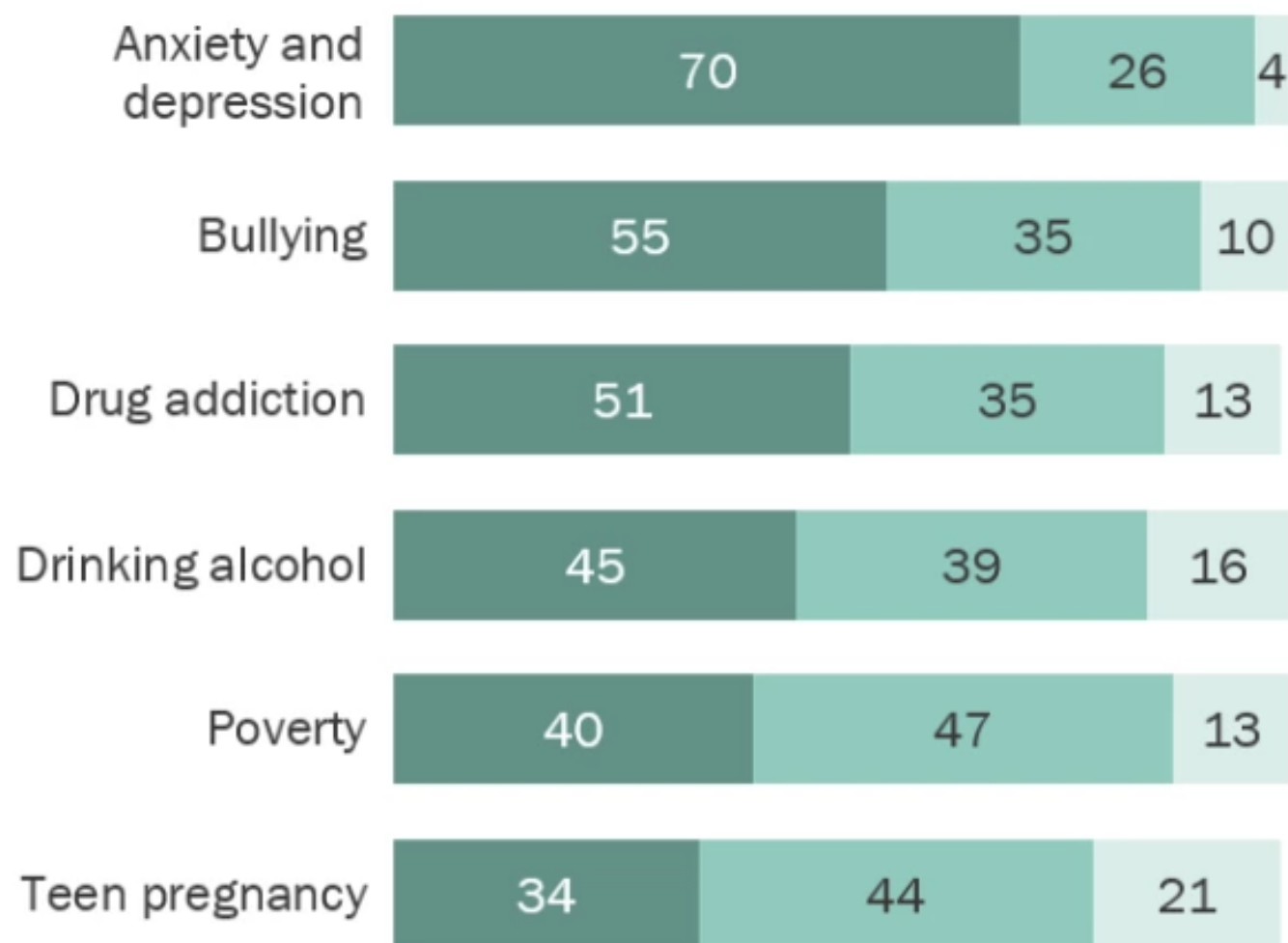
Most U.S. Teens See Anxiety and Depression as a Major Problem Among Their Peers

For boys and girls, day-to-day experiences and future aspirations vary in key ways

problems teens see among their peers

% of teens saying each of the following is a ____ among people their age in the community where they live

■ Major problem ■ Minor problem ■ Not a problem



- ▶ Sadness or hopelessness
- ▶ Irritability, anger, or hostility
- ▶ Tearfulness / frequent crying
- ▶ Withdrawal from friends & family
- ▶ Loss of interest in activities
- ▶ Poor school performance
- ▶ Changes in eating & sleeping habits
- ▶ Restlessness & agitation
- ▶ Feelings of worthlessness & guilt
- ▶ Lack of enthusiasm & motivation
- ▶ Fatigue or lack of energy
- ▶ Difficulty concentrating
- ▶ Unexplained aches & pains (headaches/stomach aches)
- ▶ Thoughts of death or suicide

SYMPTOMS OF DEPRESSION IN YOUTH



Problems at school

Running away

Drug & alcohol abuse

Low self-esteem

Smartphone/ Gaming addiction

- ▶ Feeling nervous or "on edge."
- ▶ Perfectionism with distress
- ▶ Unfounded or unrealistic fears.
- ▶ Trouble separating from parents.
- ▶ Sleep disturbance.
- ▶ Obsessive thoughts and/or compulsive behaviors.
- ▶ Trembling, sweating, shortness of breath, **stomachaches, headaches,** and/or muscle tension or other physical symptoms.

SYMPTOMS OF ANXIETY IN YOUTH

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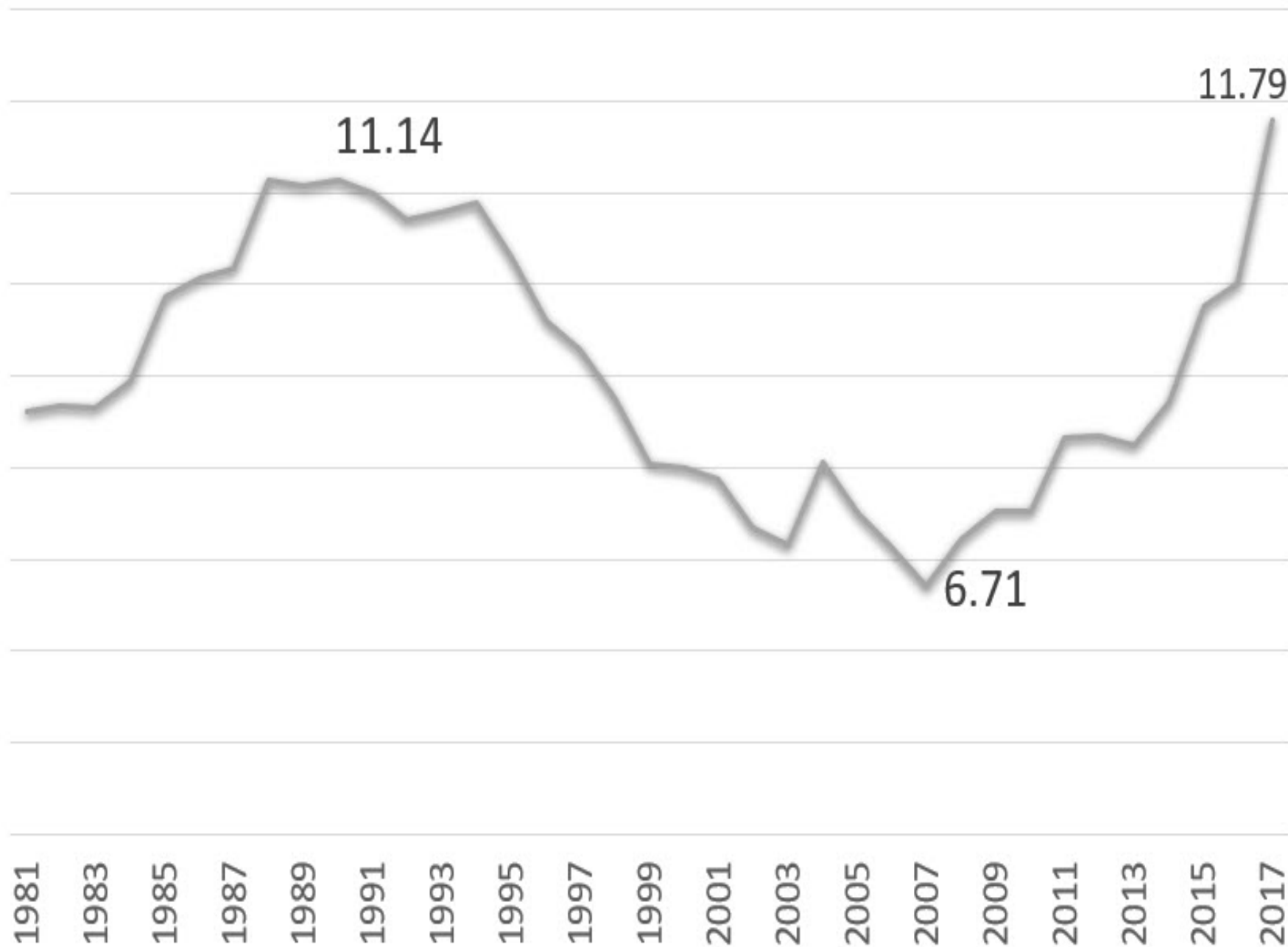
MAJOR MENTAL HEALTH PROBLEMS AMONG YOUTH

suicide

a national crisis



Suicide rates have increased significantly in all ages in last 15 years.



Suicide Rates, 15 to 19-year-olds, 1981-2017.

Peaked in early 1990s; Dropped to low point in 2008.

In 10 years, 2007-2017, suicide rates in teenagers

increased **76%**

Percent change in suicide rates, 2007 vs. 2017 15 to 19-year-olds

White males	Up 68%*
White females	Up 110%
Black males	Up 72%
Black females	Up 235%**

* Up 22% just from 2016 to 2017!

**But still the lowest rate of these 4 groups



Major contributors to youth suicide

Clinical Depression

Severe Anxiety

Substance Abuse/Addiction

Eating Disorders

Alienation from Family, School, Friends (a lack
of *belonging*)

Bullying (as a trigger)

Major risk factors for suicide

Family conflict

Mental disorders

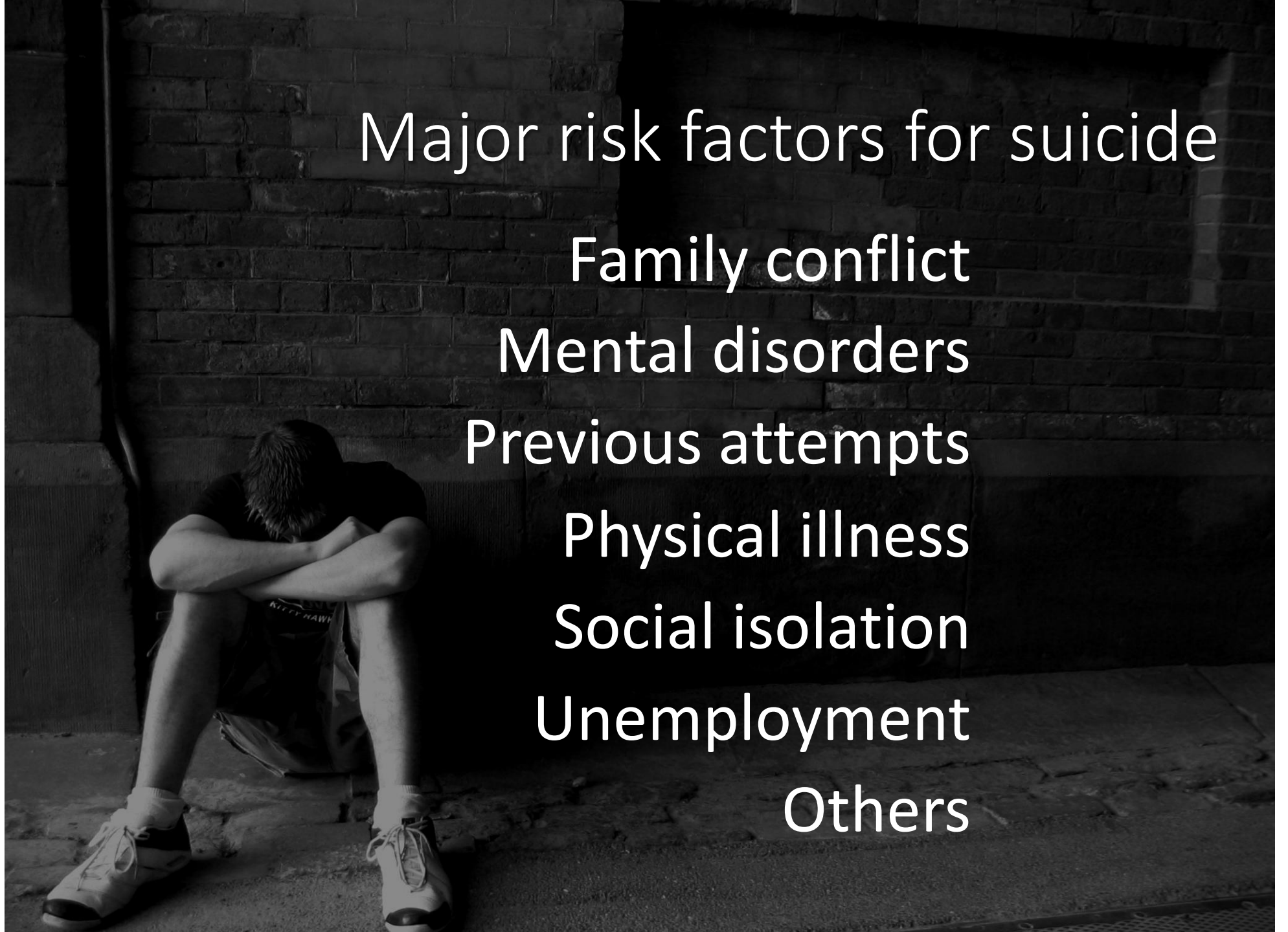
Previous attempts

Physical illness

Social isolation

Unemployment

Others



Most Common Method

Firearms 50%

What to do?

Accept that no person
is immune to mental
illness.

What to do?

PROACTIVELY ask your child/teen directly

- if they ever have feelings of wanting to harm themselves
- if they ever feel depressed
- if they drink or use drugs
- ?

What to do?

If your child needs
mental health care, call
your pediatrician.

What to do?

If your child has a mental health issue (*including ADHD*), they should see a mental health professional regularly, if not frequently, even if they are doing well.

Urgent Matters

- Pediatrician on-call
- 911/Emergency Room
- PIRC
- Crisis Center: (205) 323-7777



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Free Course: Learn The Negative Impact of Student Social Media & Screen Time

- How screen time addiction impacts students
- Ways parents can prevent screen time addiction
- Learn what gamification and FOMO are (and why it helps apps market to your kids)

 Take the free course

 Or, unlock all of our courses in Parent University

Negative Effects of Student Social Media & Screen Time



FREE Parent/Educator Course: Learn how to keep your kids/students safe and smart online with SmartSocial.com



90% of teens sleep with phones in their rooms

62 % of the teens use their smartphones after bedtime.

57 % use phones while in bed,

21% percent said they wake up if a text comes in.

Fear Of Missing Out



THE PROBLEM WITH THIS....





MENTAL HEALTH & OUR YOUTH

DALE WISELY