

# Adolescent Mental Health in Kansas



## Top health issues affecting adolescents in Kansas, as reported in 2015<sup>1</sup>:



**56%**

Substance Abuse



**75%**

Lack of Knowledge About Services



**35%**

Mental Health



**64%**

Embarrassment/ Acceptability



Health care provider diagnosis of anxiety disorder in youth under age 17 is going up, from **3.5%** 10 years ago to **4.1%** today. **80%** of children with an anxiety disorder never receive treatment. Current anxiety worldwide in children and adolescents is **7%**, according to a 2015 meta-analysis of 41 studies from 27 countries<sup>2</sup>.



In social anxiety disorder, earlier age of onset is linked to more severe anxiety later. **Youth with social anxiety disorder are 3 times more likely to experience depression!**

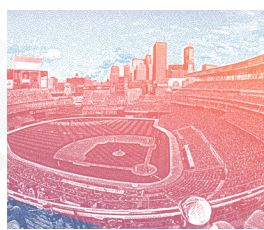
**Average age of onset, based on 24 studies composed of 11,000 young people<sup>2</sup>:**

### ## |  
Separation anxiety disorder:  
11 years

### ## ||||  
Social anxiety disorder:  
14 years

### ## |  
Specific phobia:  
11 years

## Youth Mental Health is Worsening and Access to Care is Limited<sup>3</sup>:



In a five year period, rates of severe youth depression have increased from 5.9% to 8.2%. **More than 1.7 Million Youth with Major Depressive Episodes DID NOT receive treatment, that's enough to fill every major league baseball stadium on the east coast TWICE.**

On the State of Mental Health in America report **62% of female youth scored moderately severe depression or severe depression. 52% of male youth.** On average, it takes 10 years between the onset of symptoms and when individuals receive treatment<sup>3</sup>.

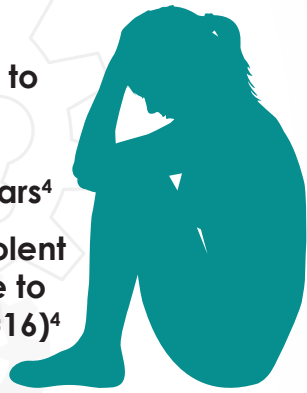


**22**

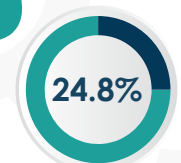
Total deaths due to violence among Kansas residents ages 10 to 17 years<sup>4</sup>

**73%**

of these violent deaths due to suicide (n=16)<sup>4</sup>



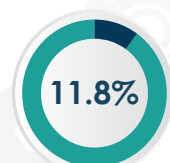
**During the 12 months before the survey, among Kansas high school students<sup>5</sup>:**



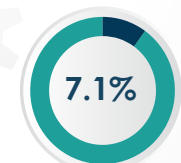
Felt sad or hopeless almost everyday for two weeks or more in a row, so that they stopped doing some usual activities



Seriously considered attempting suicide



Made a plan about how they would attempt suicide



Attempted suicide one or more times

ANXIETY DEPRESSION

References: 1. 2015 Kansas State Adolescent Health Report 2. Understanding Anxiety in Children and Teens 2018 Children's Mental Health Report by the Child Mind Institute 3. The State of Mental Health in America, 2018 Report 4. 2015 Kansas Violent Death Reporting System 5. 2017 Kansas Youth Risk Behavior Survey