

# CHILDREN'S MENTAL HEALTH

June 11, 2025



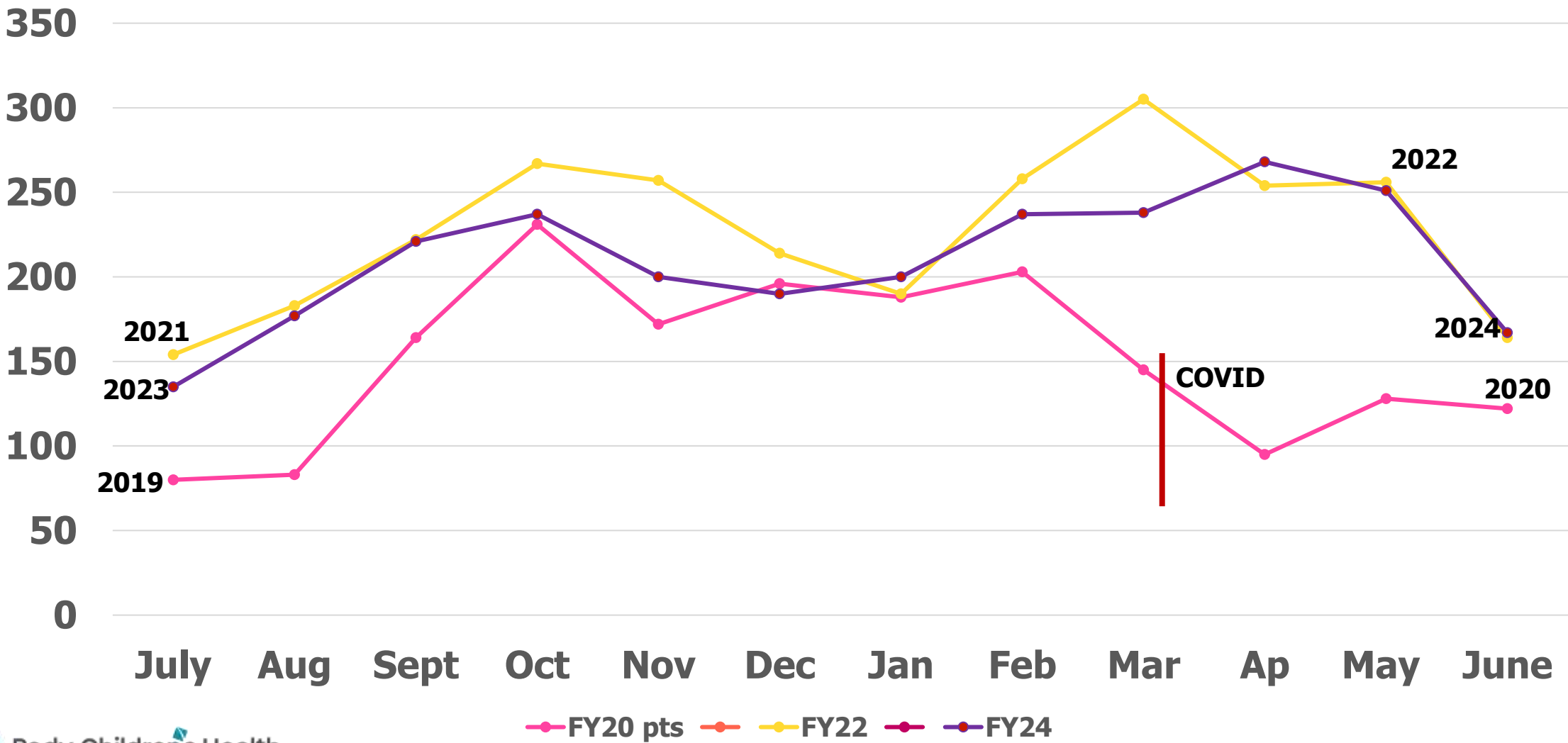


One in Five










# Patients with Psychiatric Crisis Evaluated in ED: FY20, FY22, FY24



# Youth Risk Behavior Survey Data Trends 2009-2023

## MENTAL HEALTH VARIABLES

The Percentage of High School Students Who:*	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	2023	Trend
Experienced persistent feelings of sadness or hopelessness	26	28	30	30	31	37	42	40	
Experienced poor mental health†	—	—	—	—	—	—	29	29	—
Seriously considered attempting suicide	14	16	17	18	17	19	22	20	
Made a suicide plan	11	13	14	15	14	16	18	16	
Attempted suicide	6	8	8	9	7	9	10	9	
Were injured in a suicide attempt that had to be treated by a doctor or nurse	2	2	3	3	2	3	3	2	



# Unintended consequences untreated child mental illness

Some risks of  
untreated  
mental health  
in children:

- 1) Less likely to graduate
- 2) More likely to be incarcerated
- 3) Increased risk of homelessness
- 4) Increased risk of death (suicide and chronic illnesses)
- 5) Costs of over 100 billion per year in lost productivity

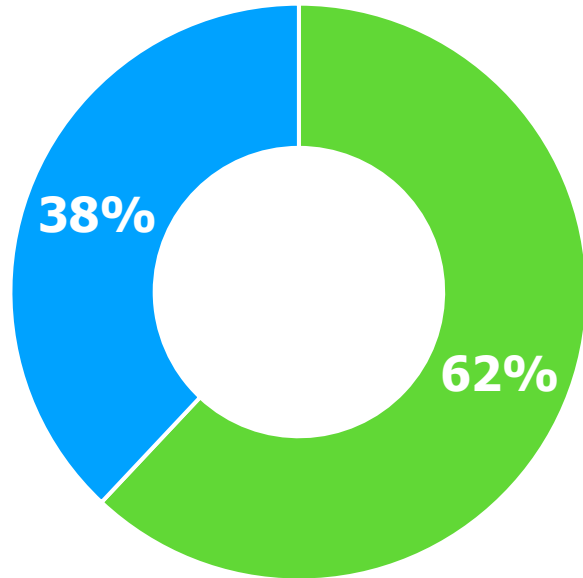
# Leading Causes of Death for Children 1 to 19 yrs of age, Orange County, CA; By Age Group and Number of Deaths

	1-4 years	5- 9 years	10 – 14 years	15-19 years	1-19 years
<b>First</b>	Unintentional injuries 10	Cancer 14	<b>Suicide 15</b>	Unintentional Injuries 90	Unintentional Injuries 115
<b>Second</b>	Congenital Anomalies 7	Unintentional Injuries 4	Cancer 13	<b>Suicide 28</b>	Cancer 56
<b>Third</b>	Cancer 7	Homicide 4	Unintentional Injuries 11	Cancer 22	<b>Suicide 43</b>

# Prevalence of ACEs in California

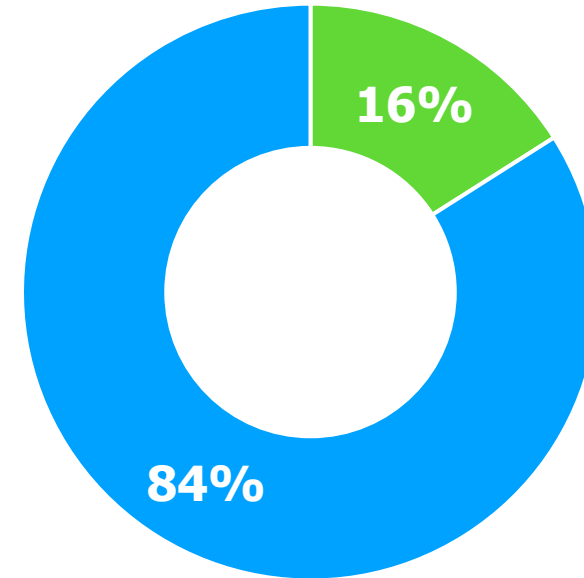
## Californians who have experienced at least 1 ACE

■ Have experienced at least 1 ACE



## Californians who have experienced 4 or more ACEs

■ Have experienced 4 or more ACEs



Sources: California Department of Public Health, Injury and Violence Prevention Branch (CDPH/IVPB), University of California, Davis, Violence Prevention Research Program, California Behavioral Risk Factor Surveillance System (BRFSS), 2011-2017.



# Annual Cost of ACEs to California

Cardiovascular disease

Smoking

Heavy Drinking

Obesity

**\$112.5  
BILLION**

Asthma

Arthritis

COPD

Depression

Data source: Miller TR, Waehrer GM, Oh DL, Purewal Boparai S, Ohlsson Walker S, Silverio Marques S, et al. (2020) Adult health burden and costs in California during 2013 associated with prior adverse childhood experiences. PLoS ONE 15(1): e0228019. <https://doi.org/10.1371/journal.pone.0228019>

# Pediatric Mental Health Continuum of Care

Prevention/Early  
Intervention

Schools, Screening, Pediatrician's office, Education

Linkage to care

Navigation – right level of care at the right time in the right place

Outpatient

Therapy, Assessment, Embedded in pediatricians, Autism Center

Intensive  
Outpatient

Intensive Outpatient Program, Partial Hospitalization Program, Full Service Partnership (FSP)

Residential

Intensive treatment in a facility

Crisis (outpt)

Emergency Dept, Crisis Stabilization Unit, In Home Crisis

Hospital setting, "Intensive Care Unit of Mental Health"

Inpatient

# Treatment is Effective



- Depression and other mental health disorders are treatable
- Especially in children and adolescents
- For moderate levels, evidence-based talk therapies
- More severe, combination of medication and talk therapy shown to be most effective
- Can see return to functioning

# How do we increase access to treatment?

- 1/3 to 1/2 of children receive treatment
- Under-reimbursement for treatment vs. physical health treatment
- Policy change, such as enforcement of parity laws
- Investment in workforce development
- Investment in prevention and early intervention





# Screening in Medical Clinics

- Screen 12 years and older, every 3 months
- Pilot, Primary Care and Specialty Care
- 4% positive Primary Care, 9% Specialty Care
- Through philanthropy, psychologist does assessment
- Referrals



# Embedded Services in Primary Care

- See mental health provider right away
- Focus on behavioral issues, anxiety, depression, school issues
- Provide early intervention early childhood
- Team with pediatrician



# School Based Programming

- Part of California plan for youth behavioral health
- Increases availability of mental health treatment in school (mild to low moderate)
- Mandates payment from both government and commercial insurers
- Each district develops plan for addressing needs



# CHOC | OCDE WellSpaces





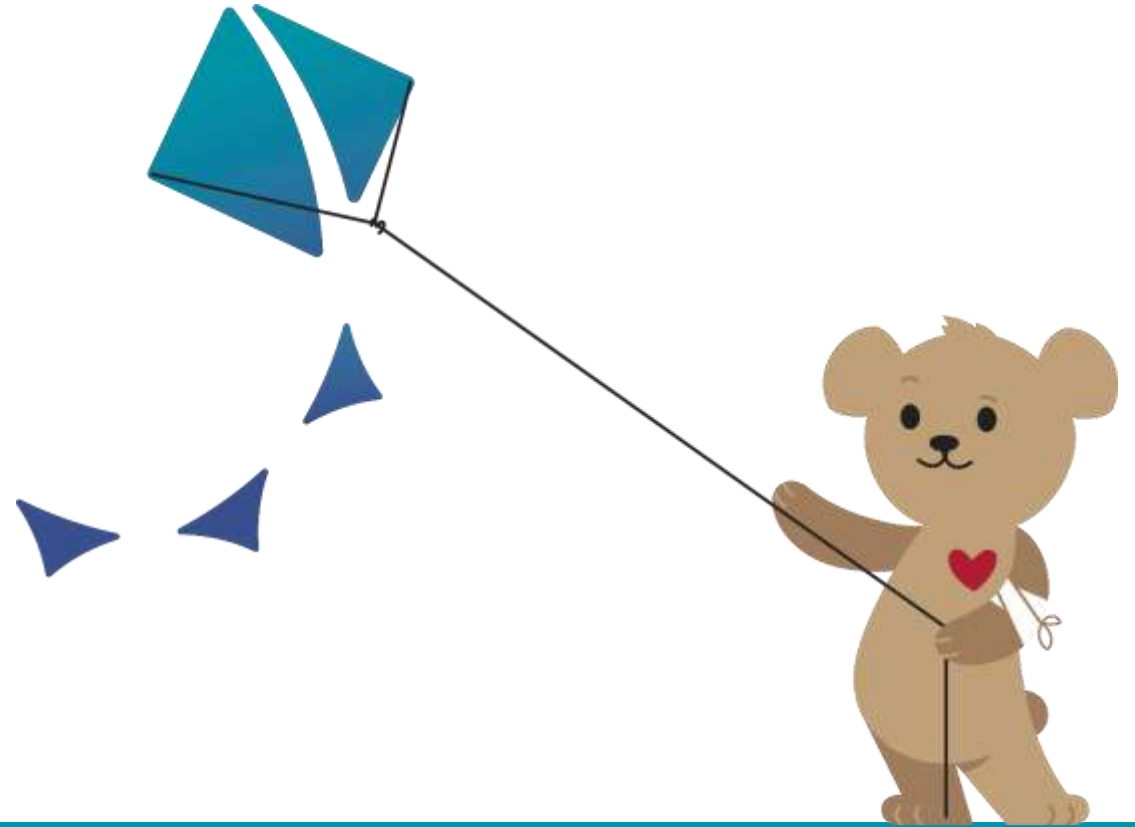
# WellSpace – University High School, Irvine, CA



- Aromatherapy
- Fidget Toys
- Gratitude Wall
- Journaling
- Mindful Coloring
- Mindful Movement
- Sand Gardens
- Water Painting







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