



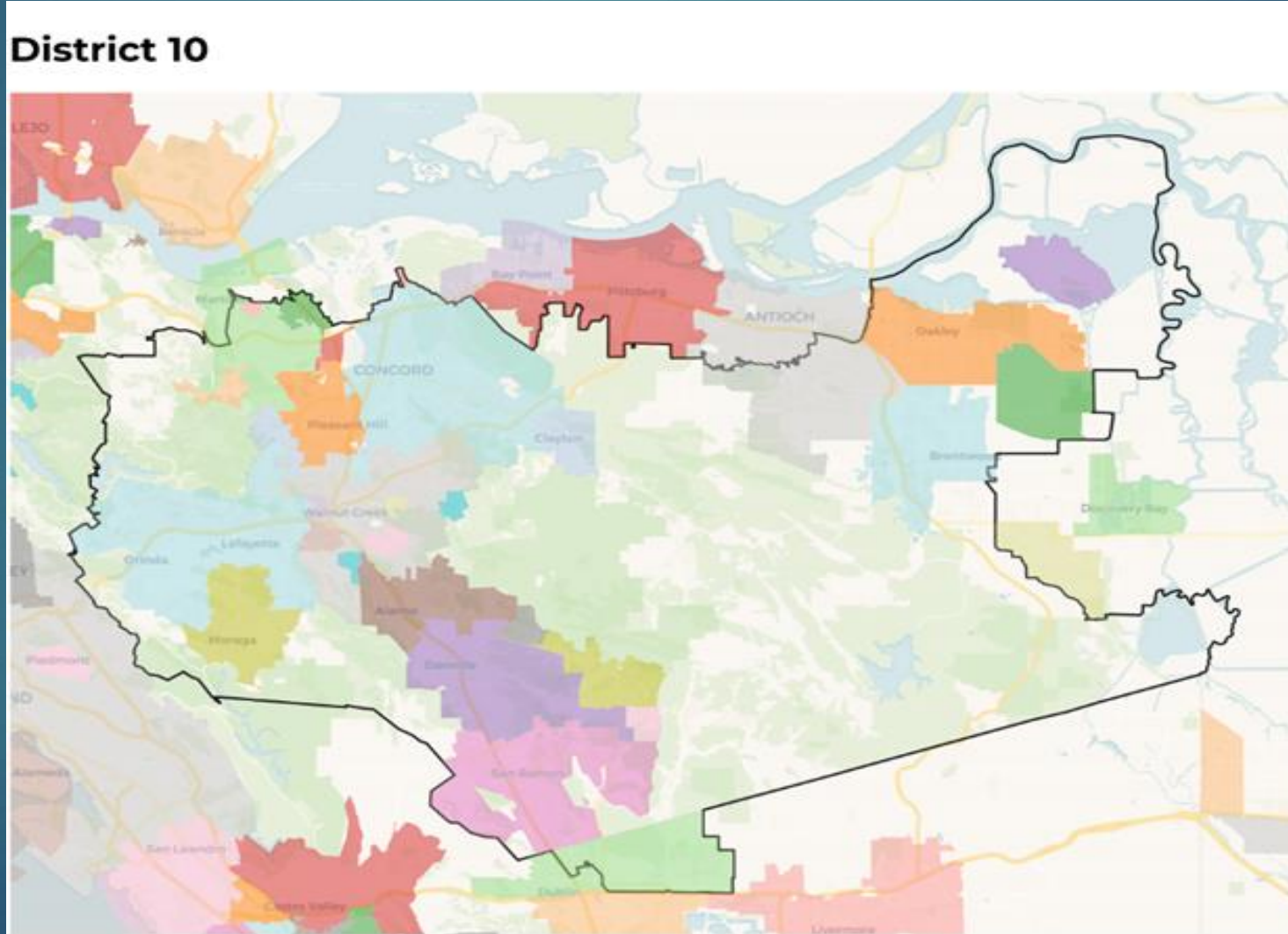
Youth Mental Health Town Hall and Resource Fair



AUGUST 22, 2023

California's 10th District

- ▶ Includes most of Contra Costa County and a part of Alameda County.



The Youth Mental Health Epidemic

- ▶ According to CDC data, in 2021, **42% of high school students** had persistent feelings of sadness or hopelessness. This includes **57% of female high school students** and **29% of male high school students**.
- ▶ From 2016-2019, **ADHD, anxiety, behavior problems, and depression** were the most commonly diagnosed mental health disorders in children aged 3-17.
- ▶ Depression and anxiety are on the rise among youth. The percentage of children aged 6-17 who have ever been diagnosed with either anxiety or depression rose from **5.4% in 2003** to **8.4% in 2011-2012**.
- ▶ Mental health disorders can begin in early childhood. Among children aged 2-8, **17.4% had a diagnosed mental, behavioral, or developmental disorder**.
- ▶ Mental health disorders have an impact on education and learning. Being at risk for mental health problems in first grade leads to a **5% drop in academic performance** over two years.

Suicide Prevention and Substance Abuse in Youth

- ▶ Recent data on suicide among adolescents is troubling.
 - ▶ In 2018-2019 reporting on the past year, **15.7% of adolescents aged 12-17 made a suicide plan.**
 - ▶ Over this same time period, **8.9% of adolescents attempted suicide** and **2.5% of adolescents made a suicide attempt that required medical treatment.**
- ▶ Significant numbers of adolescents also struggle with substance abuse disorders.
 - ▶ In 2018-2019 reporting on the past year, **4.1% of adolescents aged 12-17 had a substance use disorder.**
 - ▶ **3.2% of adolescents had an illicit drug use disorder** and **1.6% of adolescents had an alcohol use disorder.**

Additional Factors Affecting Youth Mental Health

- ▶ Sexual orientation
 - ▶ **69% of lesbian, gay, bisexual, or queer high school students experienced persistent feelings of sadness or hopelessness** in 2021, a rate significantly higher than the 42% rate for high school students as a whole.
 - ▶ In 2021, **22% of lesbian, gay, bisexual, or queer high school students had attempted suicide within the last year**. This is significantly higher than the 6% rate for heterosexual high school students.
- ▶ Race and ethnicity
 - ▶ About **53% of African American youth experience moderate to severe symptoms of depression**. Approximately **20% of African American youth reported facing racial trauma often or very often** in their lives.
 - ▶ Among high school students who attempted suicide in 2021, students from American Indian/Alaska Native (16%), African American (14%), Hispanic (11%), or multiracial (12%) backgrounds were more likely to attempt suicide than White students (9%).

Social Media and Children

- ▶ **A range of studies have identified the troubling impact that social media can have on children's mental health.** It is critical to confront these impacts early, since unaddressed mental health issues in children can lead to negative outcomes later in life.
 - ▶ Students in 8th grade who use social media for 10 or more hours per week are **56% more likely to report being unhappy** than those who spend less time on social media.
 - ▶ Teenagers who spend three or more hours a day using electronic devices are **28% more likely to get less than seven hours of sleep** per night.
 - ▶ In 2021, **20.5% of female high school students** and **11.2% of male high school students** said they experienced cyberbullying.

Actions in Congress

- ▶ **Co-Chair of bipartisan Trauma-Informed Care Caucus**
- ▶ **Secured \$2.96 million for 3 community projects that support mental health access in Contra Costa County**
- ▶ **Suicide Prevention Assistance Act (H.R. 2648)** – Would create a grant program to help integrate mental health screenings as part of primary care visits. The legislation was developed after research showed that approximately half of all individuals who die by suicide had visited their primary care doctor within a month prior to death.
- ▶ **Early Childhood Mental Health Support Act (H.R. 5569)** – Would increase access to mental health services for young children enrolled in Head Start and early childhood education centers. This legislation was developed based on estimates that one in five children have a diagnosable mental disorder, and evidence of better outcomes in children who receive earlier treatment.
- ▶ **Mental Health Matters Act (H.R. 7780)** – Series of mental health policy priorities that would help support the behavioral health of students and school staff, strengthen school-based behavioral health care, and ensure access to mental health and substance use disorder benefits for workers and their families.
- ▶ **Supported amendment to Restoring Hope for Mental Health and Well-Being Act (H.R. 7666)** – Would authorize NIH to conduct independent research into the effects of technology and social media on children's cognitive, physical, and socio-emotional development.

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