

DEPRESSION & ANXIETY

AMONG YOUTH IN MAINE

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NAMI Maine

PREVELANCE: National

- About 20% of U.S. children and adolescents ages 9 to 17, have diagnosable psychiatric disorders
 - *That equal 15 million in the U.S.*
- Only about 20% of emotionally disturbed children and adolescents receive some kind of mental health services
- Number children and adolescents under age 18 is projected to grow by more than 40% in the next 50 years
 - *That's a change from 70 million to more than 100 million!*

CAP PROVIDER SHORTAGE: National

Practicing Child and Adolescent Psychiatrists (CAP) by State, 2015
RATE PER 100,000 CHILDREN, AGED 0-17

- Total States By:
 - Mostly Sufficient Supply: 1
 - High Shortage: 8
 - Severe Shortage: 41
- Estimated CAPs in the field: 7,000
- Projected CAPs by 2020: 8,300
 - *Only two-thirds of the estimated 12,600 needed!*

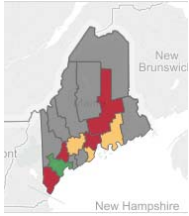
FROM THE AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY

PREVELANCE: Maine

- About 10,000 adolescents per year in 2009–2013 had at least one major depressive episode
 - *That's 10.2% of all Maine adolescents!*
- About 5,000 adolescents with depressive episodes received treatment for their depression
 - *More than half did not receive treatment*
- 50% of all intentional self-injury related emergency department visits were among individuals between ages 15-19 years old from 2010-2011
- From 2010-2012, there were 75 suicide deaths among youth under age 24


PROVIDER SHORTAGE: Maine

Practicing Child and Adolescent Psychiatrists (CAP) by Maine County, 2015
RATE PER 100,000 CHILDREN, AGED 0-17



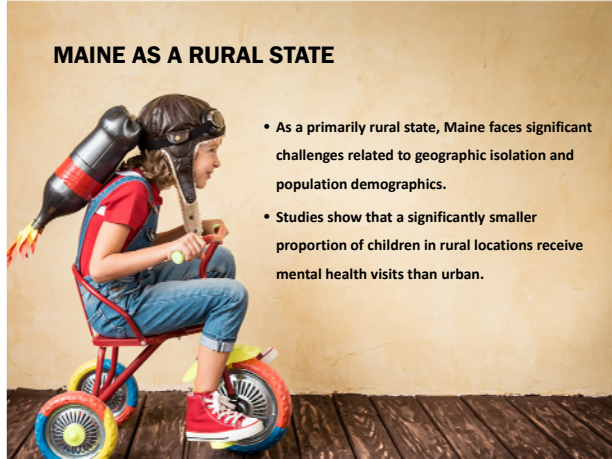
- Total Maine children under age 18: 257,952
- Total CAPs in Maine: 54
- Total CAPs in Maine per 100,000 children: 20.93

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MAINE AS A RURAL STATE

- As a primarily rural state, Maine faces significant challenges related to geographic isolation and population demographics.
- Studies show that a significantly smaller proportion of children in rural locations receive mental health visits than urban.



Possible Negative Behaviors Resulting From Untreated Depressive Symptoms

- Problems at school
- Running away
- Drug and alcohol abuse
- Low self-esteem
- Compulsive internet use
- Reckless behavior
- Loss of social support
- Anger/Aggression



GUIDANCE FOR SUPPORT

OFFER SUPPORT

- Let them know you are there for them
- They might not be ready yet
- Avoid overwhelming them with questions

BE CONSISTENT

- Respect their boundaries
- Try to offer the same level of ongoing support

LISTEN FIRST

- Do not minimize their feelings
- Give plenty of space for them to share
- Avoid passing judgement or reacting negatively

ACKNOWLEDGE

- Let them know you have heard them
- Acknowledge how these feelings have impacted their lives



WE ARE HERE TO HELP

- Training and education for families, professionals and community members
- Suicide awareness sessions and postvention services
- Support services such as a statewide helpline and support groups

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NATIONAL ALLIANCE FOR MENTAL ILLNESS