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!

PREVALENCE: National

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

PREVALENCE: Maine
PROVIDER SHORTAGE: Maine

Practicing Child and Adolescent Psychiatrists (CAP) by Maine County, 2015

Rates per 100,000 children, age 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

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

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 judgment or reacting negatively

ACKNOWLEDGE

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

GUIDANCE FOR SUPPORT
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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