



THE STATE OF MENTAL HEALTH & BEHAVIORAL HEALTH IN YOUNG TEXANS

REVISITING THE KIDS COUNT 2023 CALL FOR ACTION ON YOUTH MENTAL HEALTH

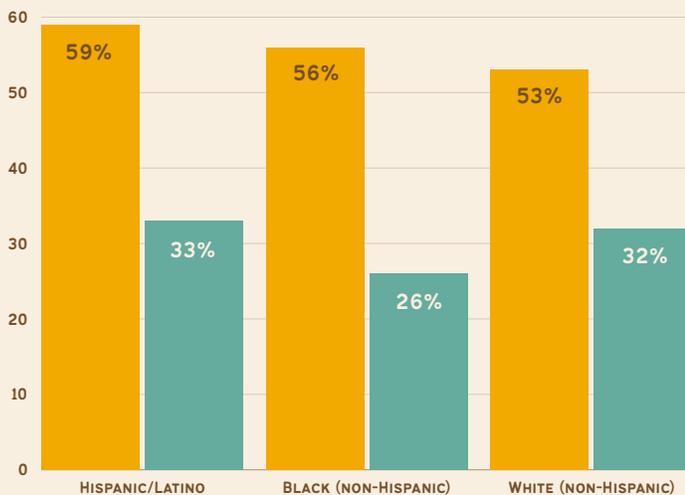
NOTE ON DATA COLLECTION, SURVEY INSTRUMENTS, AND INCLUSION:

The data in this brief are from the U.S. Census Bureau’s National Survey of Children’s Health (NSCH) and The Center for Disease Control’s (CDC) Youth Risk Behavior Survey (YRBS). Data collection efforts across many survey instruments have yet to fully include the diverse identities of Texans. Therefore, the demographic breakdown in this brief primarily reflects binary, cisgender sex-disaggregation of data, though such a binary focus excludes important information about transgender and gender-nonconforming populations. The categories of race and ethnicity also do not adequately reflect the multiracial and multiethnic populations of Texas. The primary sources for data collection in our state must evolve to be more inclusive and representative of the geographic, social, and cultural dimensions that define race and ethnicity.

POPULATION QUICK FACTS – TEXAS YOUTH UNDER 18

- ⇒ More than 1.2 million Texas children under 18 years report having at least one mental, emotional, developmental, or behavioral problem¹ (MEDB). That is **17.2% of all Texans under 18 who are affected by a MEDB problem, or roughly 1-in-5 of all Texas youth.**
- ⇒ **31% of surveyed Texas youth reported feeling sad or hopeless every day** for at least two weeks prior to the CDC’s 2021 Youth Risk Behavior Survey, in which the highest percentages were **Hispanic youth (40%) and Black youth (31%)**. Adolescent girls are significantly more at-risk for feelings of hopelessness and poor mental health in comparison to adolescent boys.

STUDENTS REPORTING FEELING SAD OR HOPELESS (FOR 2+ WEEKS) BY GENDER AND RACE/ETHNICITY



Source: Every Texan analysis of Center for Disease Control and Prevention Youth Risk Behavior Survey Data, (2021).

Note: Sum may not equal 100% due to varied sample sizes across sources.

1 IN 3

TEXAS CHILDREN EXPERIENCE A MENTAL HEALTH DISORDER IN A GIVEN YEAR.²

~50%

OF ALL MENTAL HEALTH CONDITIONS FULLY MANIFEST BY AGE 14.³

1. The National Survey of Children’s Health uses the term “Mental, Emotional, Developmental, or Behavioral (MEDB) Problems” to refer to their developed screener criteria that reports the prevalence of 10 conditions, including but not limited to: anxiety problems, depression, learning disabilities, and behavioral conduct problems amongst Texas youth.
2. The Meadows Mental Health Policy Institute
3. National Institute of Mental Health

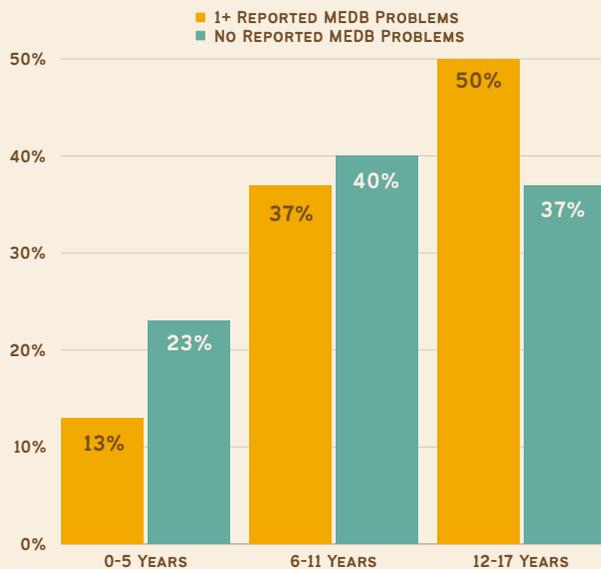


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GENERAL ASSESSMENT OF YOUTH MENTAL AND BEHAVIORAL HEALTH

- ⇒ Around half of all Texas youth with one or more MEDB problems are between 12 and 17 years old. Kids 6 to 11 follow, making up **37% of youth who report having one or more MEDB problems.**
- ⇒ Female students had higher rates of poor mental health during the COVID-19 pandemic compared to male students. Across all racial and ethnic groups, female students' rates of poor mental health were nearly double.

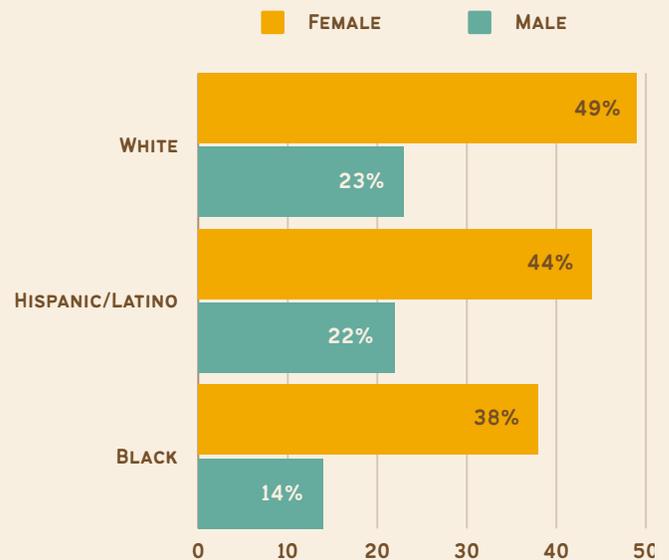
PREVALENCE OF MEDB PROBLEMS AMONG TEXAS YOUTH BY AGE



Source: Every Texan analysis of Center for Disease Prevention's National Survey of Children's Health Data, (2021).

Note: Sum may not equal 100% due to varied sample sizes across sources.

STUDENTS WHO REPORTED POOR MENTAL HEALTH DURING THE COVID-19 PANDEMIC BY GENDER & RACE/ETHNICITY



Source: Every Texan analysis of Center for Disease Control and Prevention Youth Risk Behavior Survey Data, (2021).

Note: Sum may not equal 100% due to varied sample sizes across sources.

SCHOOL-AGED YOUTH & THOUGHTS OF SUICIDE

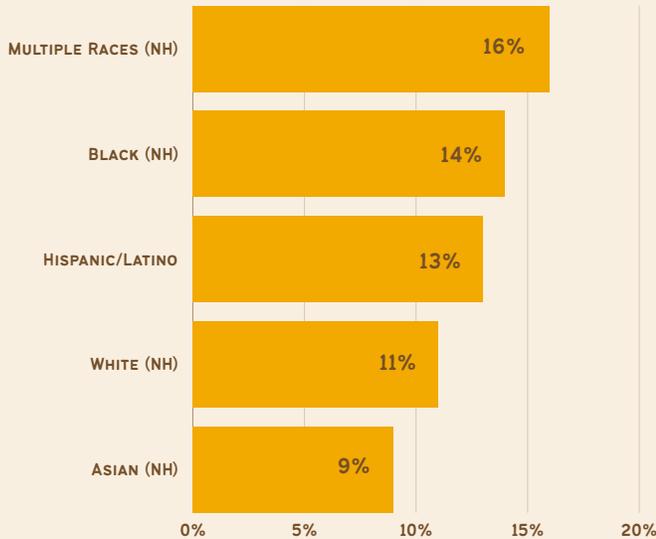
- ⇒ Black and Latino students are most likely to report making a plan on how they would commit suicide (**21% for each group**).
- ⇒ **14% of Black students and 13% of Latino students** reported attempting suicide one or more times in the last year.
- ⇒ Only **10% of Black students** sought help before a suicide attempt, the least of any demographic.



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SCHOOL-AGED YOUTH & THOUGHTS OF SUICIDE

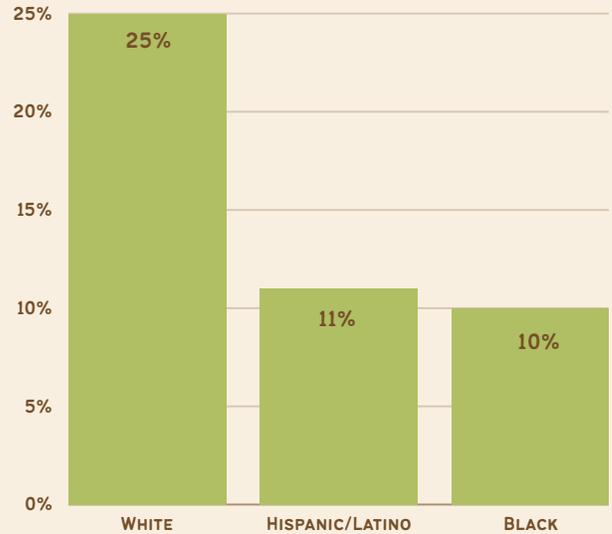
STUDENTS WHO ATTEMPTED SUICIDE 1+ TIMES WITHIN THE LAST YEAR BY RACE/ETHNICITY



Source: Every Texan analysis of Center for Disease Control and Prevention Youth Risk Behavior Survey Data, (2021).

Note: Sum may not equal 100% due to varied sample sizes across sources.

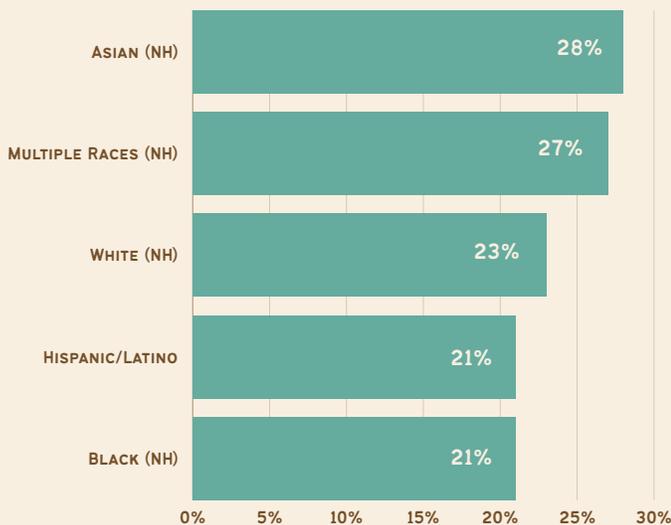
STUDENTS WHO REACHED OUT TO SOMEONE PRIOR TO A SUICIDE ATTEMPT BY RACE & ETHNICITY



Source: Every Texan analysis of Center for Disease Control and Prevention Youth Risk Behavior Survey Data, (2021).

Note: Sum may not equal 100% due to varied sample sizes across sources.

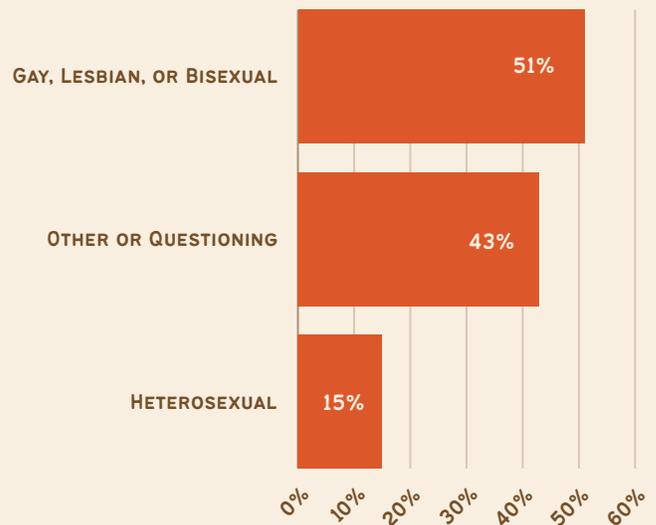
STUDENTS WHO SERIOUSLY CONSIDERED ATTEMPTING SUICIDE BY RACE & ETHNICITY



Source: Every Texan analysis of Center for Disease Prevention's National Survey of Children's Health Data, (2021).

Note: Sum may not equal 100% due to varied sample sizes across sources.

STUDENTS WHO SERIOUSLY CONSIDERED SUICIDE BY SEXUAL IDENTITY



Source: Every Texan analysis of Center for Disease Control and Prevention Youth Risk Behavior Survey Data, (2021).

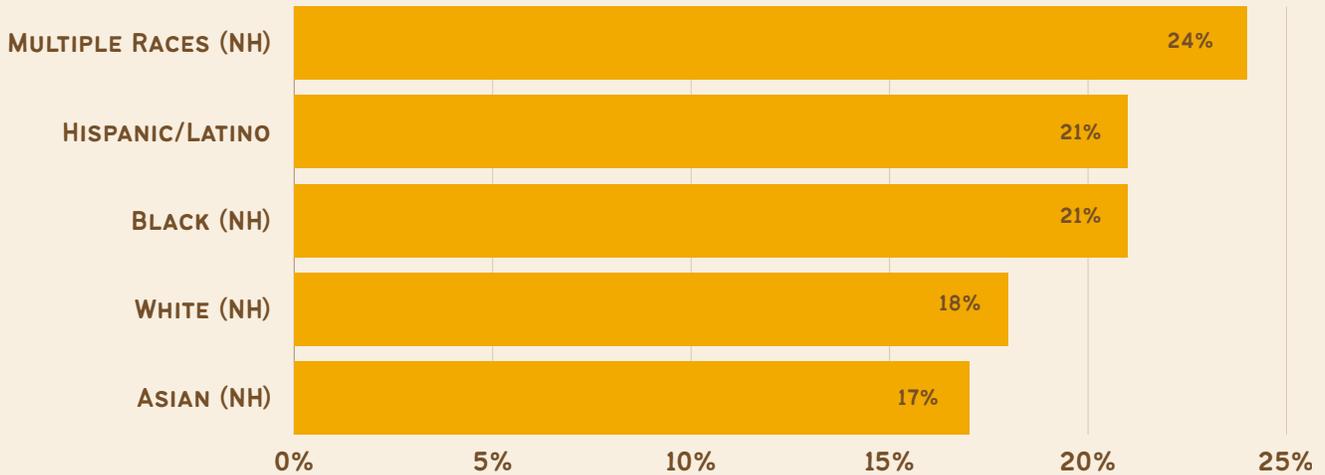
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SCHOOL-AGED YOUTH & THOUGHTS OF SUICIDE

STUDENTS WHO MADE A PLAN ON HOW THEY WOULD COMMIT SUICIDE BY RACE/ETHNICITY



Source: Every Texan analysis of Center for Disease Control and Prevention Youth Risk Behavior Survey Data, (2021).

Note: Sum may not equal 100% due to varied sample sizes across sources.

STUDENTS WHO MADE A PLAN ON HOW THEY WOULD COMMIT SUICIDE BY BY SEXUAL IDENTITY



Source: Every Texan analysis of Center for Disease Control and Prevention Youth Risk Behavior Survey Data, (2021).

Note: Sum may not equal 100% due to varied sample sizes across sources.

LGBTQ+ YOUTH CONTINUE TO BE AT HIGH RISK OF SUICIDE, AS SURVEY RESULTS SHOW MORE THAN 40% OF STUDENTS WHO IDENTIFY AS GAY, LESBIAN, BISEXUAL, OR QUESTIONING THEIR SEXUALITY REPORT: POOR MENTAL HEALTH, MAKING A PLAN TO COMMIT SUICIDE, AND/OR SERIOUSLY CONSIDERING SUICIDE.

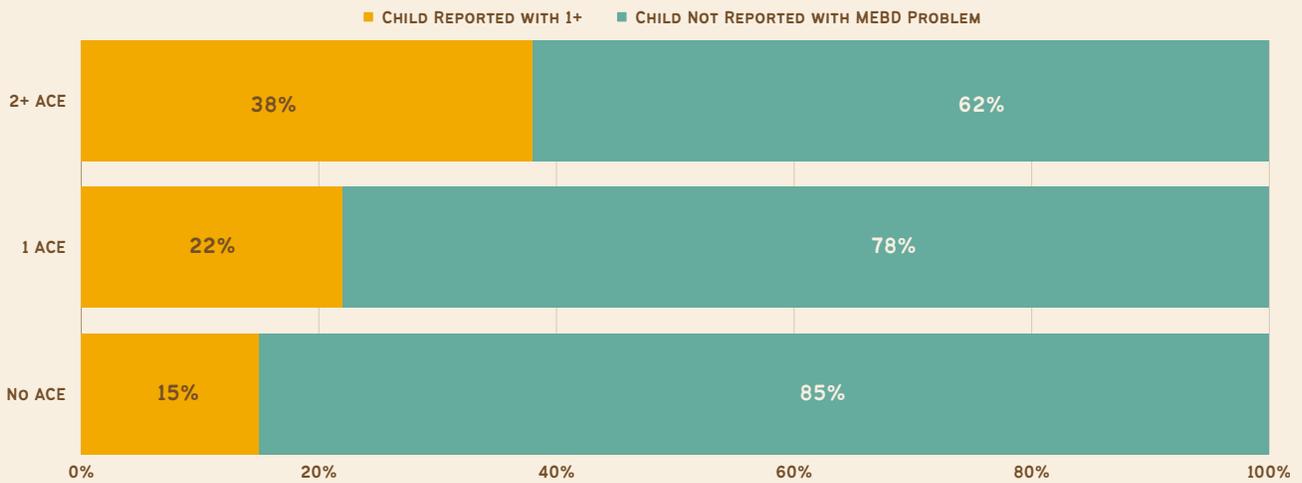


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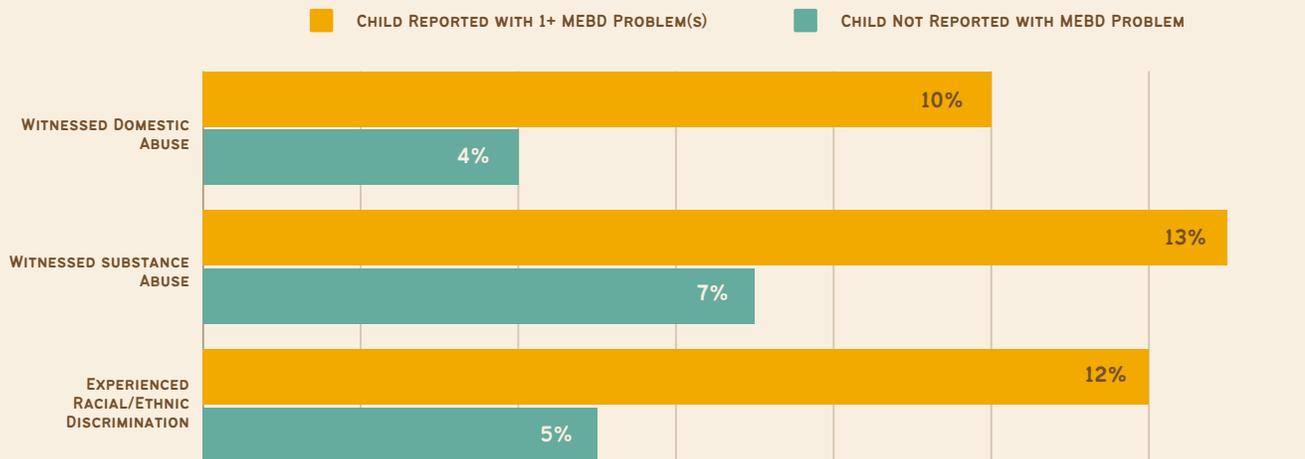
EFFECTS OF FAMILY ENVIRONMENT & ADVERSE CHILDHOOD EXPERIENCES

- ⇒ Children who experienced Adverse Childhood Experiences³ (ACEs) in their home are more likely to have a reported MEDB problem than children who did not.
- ⇒ The largest percentage gap between children with MEDB problems and children without are between youth who have experienced racial or ethnic discrimination (~12%) and those who have not (~5%).

MEBD HEALTH STATUS BY LEVELS OF ADVERSE CHILDHOOD EXPERIENCES



MEBD HEALTH STATUS BY COMMON ADVERSE CHILDHOOD EXPERIENCES



4. Adverse Childhood Experiences (ACEs) identifies a range of experiences that a child may have interacted with or witnessed that could have negative impacts on their well-being.



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ACCESS TO MENTAL HEALTH CARE & COVERAGE

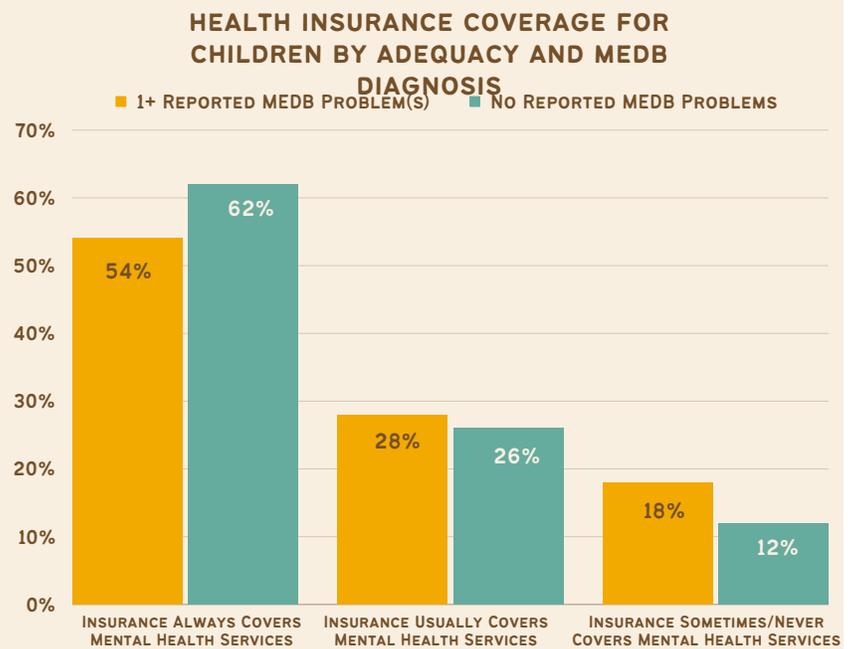
- ⇒ More children without MEDB problems have coverage for mental health services than those with a reported MEDB problem.
- ⇒ Children with reported MEDB problems are more likely to 'sometimes' or 'never' have mental health coverage compared to kids without MEDB problems.

24%

OF TEXAS FAMILIES SAYS IT'S EITHER VERY OR DIFFICULT OR THEY ARE NOT ABLE TO OBTAIN MENTAL HEALTH CARE FOR THEIR CHILD. ⁵

75%

OF TEXAS YOUTH WHO HAD A MAJOR DEPRESSIVE EPISODE IN 2019 DID NOT RECEIVE MENTAL HEALTH SERVICES. ⁶



Source: Every Texan analysis of Center for Disease Prevention's National Survey of Children's Health Data, (2021).