



# Early Intervention, Better Outcomes

Nancy C. Osborn, Ph.D.

KC Healthy Kids



# CDC

- Defined mental disorders “as serious changes in the way children typically learn, behave, or handle their emotions, causing distress and problems getting through the day.”



# CDC

- ▶ “Note: The rates reported on this page are estimates based on parent report, using nationally representative surveys. This method has several limitations. It is not known to what extent children receive these diagnoses accurately. Estimates based on parent-reported diagnoses may match those based on medical records, but children may also have mental disorders that have not been diagnosed.”



# CDC



- Most commonly diagnosed disorders are ADHD, anxiety disorders and behavioral disorders.
- 9.4% of children 2 to 17 diagnosed with ADHD (6.1 million)
- 7.4% of children 3 to 17 diagnosed with behavior problems (4.5 million)
- 7.1% of children 3 to 17 diagnosed with anxiety (4.4 million)
- 3.2 % of children 3 to 17 diagnosed with depression (1.9 million)



# CDC

- Diagnoses of anxiety and depressive disorders have increased over time.
- Higher percentages of children need referrals to mental health treatment
- 8 out of 10 children aged 3 to 17 with depression received treatment
- 6 out 10 children age 3 to 17 with anxiety receive treatment.
- Only 5 in 10 children age 3 to 17 with behavioral issues received treatment.

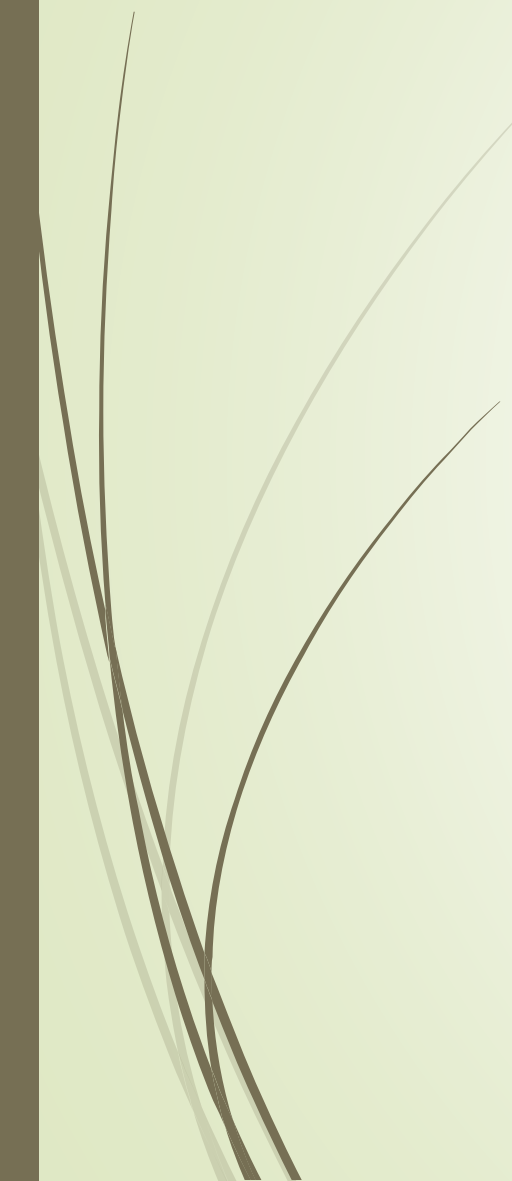


CDC

One in 6 children age 2 to 8  
had a diagnosable mental,  
behavioral or developmental  
disorder



# CDC

- Boys 2 to 8 were more likely to be diagnosed with a mental, behavioral or developmental disorder
  - 1 in 5 children living below 100% of the poverty level had a mental or behavioral disorder
  - Of course, both age and poverty level impacted whether or not they receive treatment
- 



# 2016 Child Mind Institute's Children's Mental Health Report

- One in five children suffer from a mental health or learning disorder.
- 80% of chronic mental health issues start in childhood
- 50% of mental health disorders begin prior to age 14
- 75% of mental health disorders begin before age 24





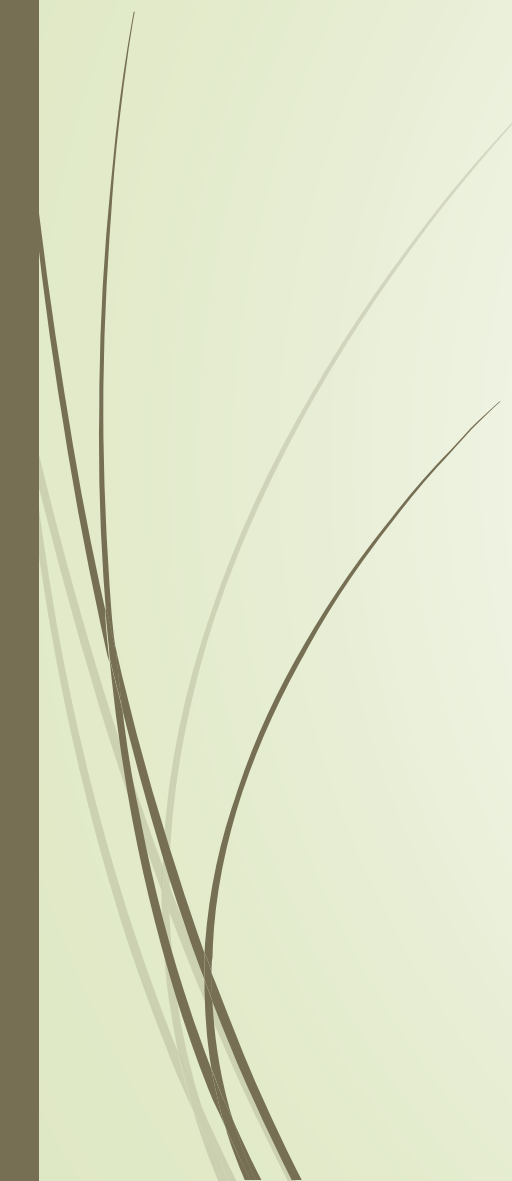
# Child Mind Institute

Some impacts of mental health issues in childhood:

- Dropping out of school
- Low levels of educational achievement in general
- Expulsions in prekindergarten are almost twice as likely if the classroom does not have access to a psychiatrist or psychologist
- “In one study of special education students, the suspension/expulsion rate for students with emotional disturbances was 64%.”



# So what do you do?



Please spend a few minutes discussing what you can do about an 8 year old male student who has challenging behaviors but also seems anxious. You have spoken to his parents who indicate the boy is “fine” at home. Using a trauma informed lens, in your group, brainstorm how you would approach this situation.



# References

- National Center on Birth Defects and Developmental Disabilities, Center for Disease Control and Prevention. *Data and Statistics on Children's Mental Health*, last reviewed on April 19, 2019.
- Child Mind Institute. *2016 Child Mind's Institute on Children's Mental Health*, 2016.