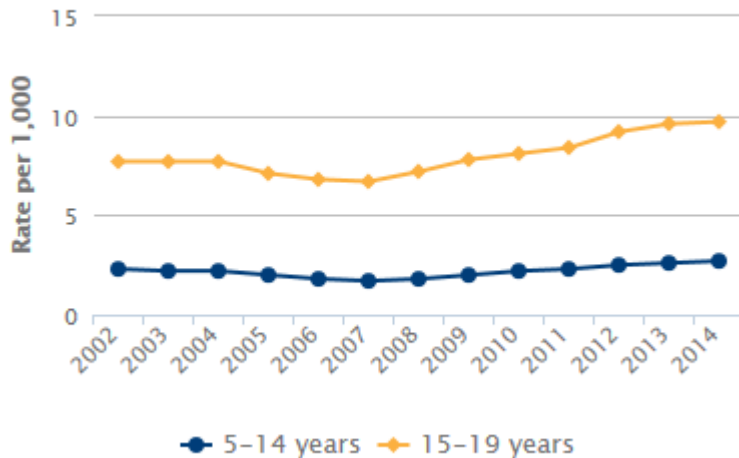


## Child & Youth Emotional Health in California

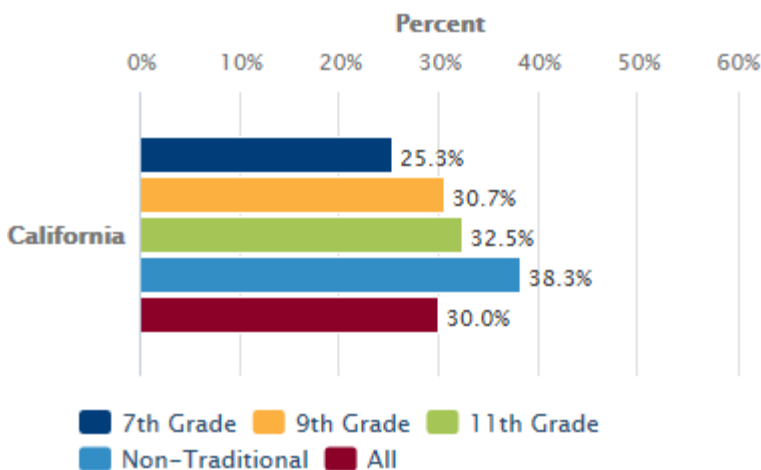
### Rates of Hospitalization for Mental Health Issues, by Age Group California



**Definition:** Number of hospitalizations for mental health issues per 1,000 children/youth ages 5-19, by age group.

**Data Source:** Special tabulation by the State of California, Office of Statewide Health Planning and Development (Sept. 2015); California Dept. of Finance, *Race/Ethnic Population with Age and Sex Detail, 2000-2010, 2010-2060* (Sept. 2015).

### Students Reporting Depression-Related Feelings, by Grade Level: 2011-2013



**Definition:** Percentage of public school students in grades 7, 9, 11, and non-traditional students reporting whether in the past 12 months they had felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities.

**Data Source:** California Department of Education, *California Healthy Kids Survey* and *California Student Survey* (WestEd).

### Youth Who Reported Needing Help for Emotional or Mental Health

### What It Is

Kidsdata.org provides the percentage of youth ages 12-17 who reported needing help during the past year for emotional or mental health problems, and, of those, the percentage who reported receiving counseling. In addition, kidsdata.org shows the number and rate of hospitalizations for mental health issues per 1,000 children and youth ages 5-19, by age group.

On kidsdata.org, indicators of "depression-related feelings" (i.e., student reports of whether, in the past 12 months, they felt so sad or hopeless every day for two weeks or more that they stopped doing some usual activities) and emotional/mental health measures reported by school staff come from the California Healthy Kids Survey (CHKS), California Student Survey (CSS), and California School Climate Survey (CSCS). These indicators are made available through a partnership with WestEd, which developed and administers the surveys, and the California Department of Education. Indicators include:

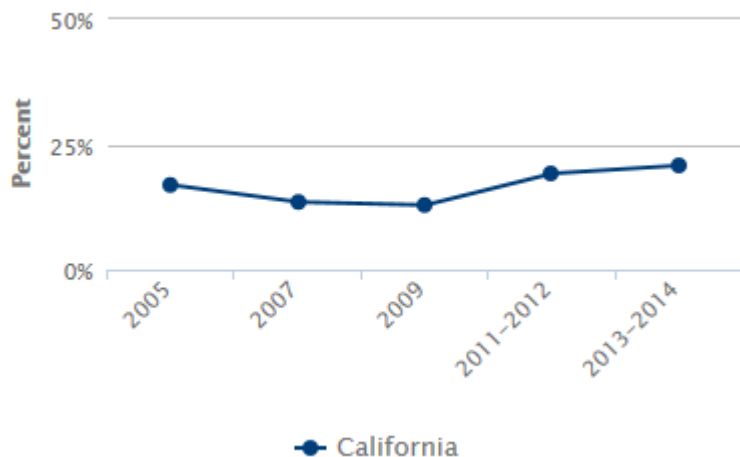
- Student reports of depression-related feelings by grade level, gender and grade level, level of connectedness to school,\* and race/ethnicity
- School staff reports of the extent to which student depression or mental health is a problem at school, their school emphasizes helping students with emotional and behavioral problems, and the extent to which students are well-behaved

### Why This Topic Is Important

Emotional health is an integral part of overall health, as physical and mental health are intricately linked (1, 2). Sound youth emotional health, which is more than the absence of disorders, includes effective coping skills and the ability to form positive relationships, to adapt in the face of challenges, and to function well at home, in school, and in life (1, 3). Positive emotional or mental health is critical to equipping young people for the challenges of growing up and living as healthy adults (1, 2).

Studies estimate that, each year, up to 1 in 5 U.S. children experience a mental disorder and about \$247 billion is spent on children's mental health problems (1, 3). Unfortunately, the majority of youth who need mental health treatment do not receive it, and mental health problems in childhood often have effects into

## Problems



**Definition:** Percentage of youth ages 12-17 who reported needing help during the past year for emotional or mental health problems, such as feeling sad, anxious, or nervous.

**Data Source:** UCLA Center for Health Policy Research, [California Health Interview Survey](#) (Dec. 2015).

### Youth Who Reported Needing Help for Emotional or Mental Health Problems: 2013-2014

Locations	Percent
California	20.8%
Alameda County	13.2%
Los Angeles County	20.9%
Orange County	23.5%
Riverside County	25.3%
Sacramento County	29.3%
San Bernardino County	21.6%
San Diego County	20.3%
Santa Clara County	22.6%

**Definition:** Percentage of youth ages 12-17 who reported needing help during the past year for emotional or mental health problems, such as feeling sad, anxious, or nervous.

**Data Source:** UCLA Center for Health Policy Research, [California Health Interview Survey](#) (Dec. 2015).

adulthood (1, 3, 4).

## How Children Are Faring

In California, 25% of 7th graders, 31% of 9th graders, and 33% of 11th graders reported that, in the past year, they had been so sad or hopeless every day for at least two weeks that they stopped doing some usual activities, according to 2011-13 data. Non-traditional students (i.e., those enrolled in [Community Day Schools](#) or [Continuation Education](#)) had the highest percentages reporting depression-related feelings in the past year: 38% in 2011-13. Greater percentages of females in 7th, 9th, and 11th grades, and in non-traditional classes, report depression-related feelings than their male peers. In addition, students who report feeling less connected to their schools more often report depression-related feelings. Among racial/ethnic groups, the percentage reporting depression-related feelings ranged from 26% to 35% in 2011-13, with the highest percentages among Hispanic/Latino and Native Hawaiian/Pacific Islander students.

In 2013-14, 21% of California youth ages 12-17 reported needing help for emotional or mental health problems, such as feeling sad, anxious, or nervous. This figure is higher than in previous years. Among those who reported needing help, approximately a third (35%) reported receiving counseling. In 2014, there were 13,710 hospitalizations for mental health issues among children ages 5-14 in California (a rate of 2.7 per 1,000) and 25,827 among youth ages 15-19 (9.7 per 1,000). The statewide rate of hospitalizations for mental health issues has fluctuated, but increased overall among children and youth between 2002 and 2014.

*View references for this text and additional research on this topic:*

<http://www.kidsdata.org/topic/68/youth-emotional-health/summary>



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