Investing In “Upstream Services”: Can we afford anything less?

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FOR ALL OR A FEW?

“Everyone has mental health needs, whether or not they have a mental illness, just as everyone has physical health needs, whether or not they are sick”

Lynne Friedli
Mental health......

.....is more than the absence of mental disorders
Mental Health vs. Mental Illness
Mental Health Problems in Adulthood Begin in Adolescence

- 20% of US children experience a mental health problem in any given year

- Half of lifetime diagnosable mental illnesses start by age 14, and about 75% start by age 24

- Symptoms of
  - anxiety disorders emerge by age 6
  - behavioral disorders by age 11
  - mood disorders by age 13
  - substance use disorders by age 15
Suspensions/Expulsions

Children with behavioral health problems have lower educational achievement and are 3X more likely to be absent, suspended, or expelled than children with other disabilities.
Drop Out Crisis

44% of youth with diagnosed behavioral health problems drop out of high school
CHILDREN’S MENTAL HEALTH

Improving Access to Children’s Mental Health Care: Lessons from a Study of Eleven States

Donna Behrens, Julia Graham Lear, Olga Acosta Price

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THE GEORGE WASHINGTON UNIVERSITY

WASHINGToN, DC
75% of children receiving mental health support receive it in.... WHERE?
75% of children receiving mental health support receive it in....

SCHOOL
School Mental Health.....

does it fill a gap?
School Mental Health

Levels and Types of Intervention

- Intervention/Indicated/Tertiary
- Prevention/Selective/Secondary
- Promotion/Universal/Primary
Promotion of Mental Health

Mental health promotion interventions are universal, build on an individual’s capacities and competencies, focus on strengthening protective factors, and minimizing risk factors (individual, environmental, & social)
What Promotes Positive Mental Health and Facilitates Learning?

Caring, Belonging, Connectedness, Security, Support
THERE IS **NO** HEALTH, WITHOUT MENTAL HEALTH

WITHOUT HEALTH, LEARNING IS LIMITED