




2016 Child Mind Institute Children's Mental Health Report



CHILD MIND INSTITUTE
speak up for kids

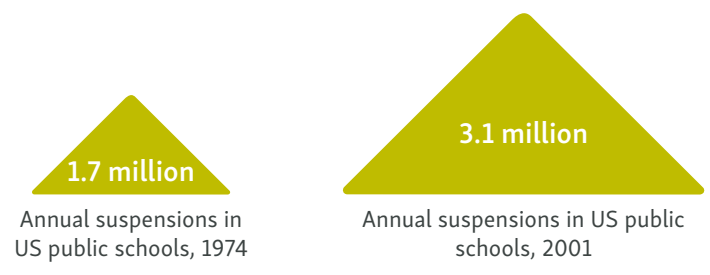
The Child Mind Institute Children's Mental Health Report brings together up-to-date information on child and adolescent mental health, based on reliable studies and comprehensive epidemiological data. The 2016 Report on mental health in schools covers:

-  **Negative effects of mental health disorders in school**
-  **Promising, evidence-based early intervention and prevention programs**
-  **School-wide and targeted interventions that make a positive difference**

Children struggling with mental health and learning disorders are at risk for poor outcomes in school and in life, and outdated approaches to discipline are only making matters worse. A widely deployed, integrated system of evidence-supported school-based mental health and preventive services is needed. If we want to help our children and our schools, we cannot wait.

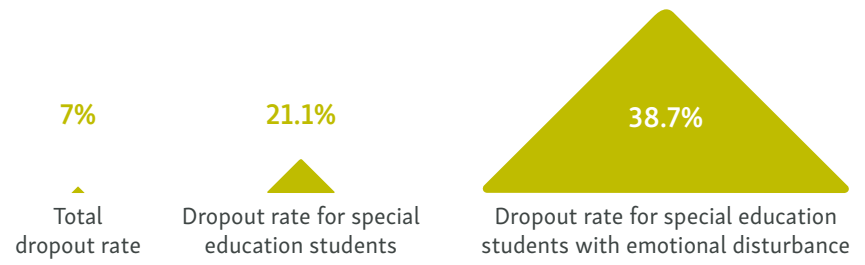
Behavioral discipline policies have stoked an explosion in suspensions and feed the school-to-prison pipeline.

The use of out-of-school suspension nearly doubled from 1.7 million in 1974 to 3.1 million in 2001. In the same period, enrollment in public elementary and secondary schools increased just 7.5%, from 44 million to 47.6 million.



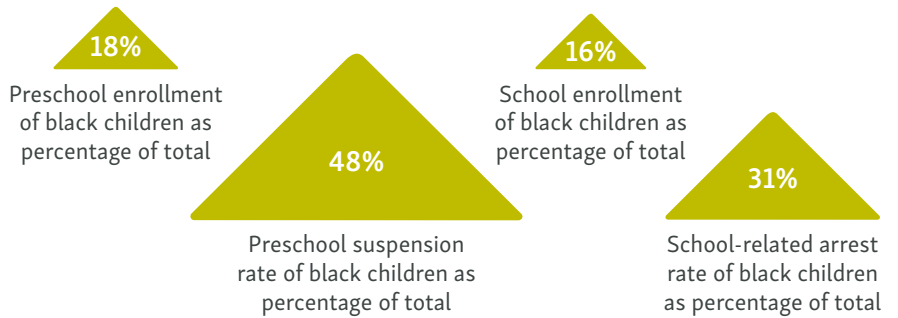
Mental health and learning disorders are tied to higher dropout rates.

The dropout rate for all students is 7%; for students in special education it is 21.1%; for students in special education with emotional disturbance, the dropout rate climbs to 38.7%.



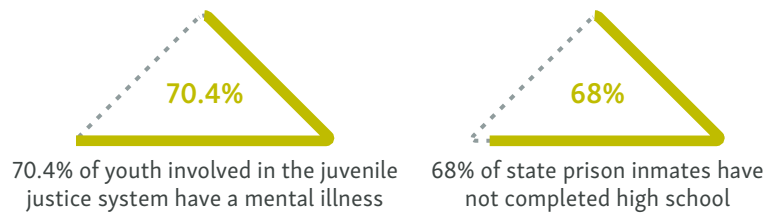
Minority children with mental health and learning disorders are at increased risk.

More than 25% of boys of color served under IDEA receive an out-of-school suspension. Black children make up 18% of preschool enrollment, but represent 48% of preschool children with more than one suspension. Black students represent just 16% of student enrollment but 31% of students subjected to a school-related arrest.



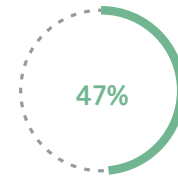
Dropout and mental health disorders predict prison.

High-school dropouts are 63 times more likely to be jailed than four-year college graduates. 70.4% of youth involved in the juvenile justice system meet criteria for a psychiatric diagnosis, and 68% of state prison inmates have not completed high school.



Early intervention is key.

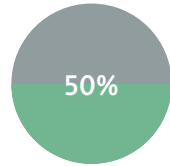
Access to mental health services in school-based health centers leads to a tenfold increase in treatment for mental health or substance abuse. Expulsions in prekindergarten are reduced by more than 47% when classrooms have regular access to a psychiatrist or psychologist.



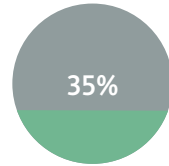
Reduction in preschool expulsions with access to mental health professional

Prevention has lasting effects.

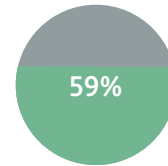
Young adults who participated in the Good Behavior Game behavior management program as first graders later showed a 50% reduction in risk of drug abuse or dependence; a 35% risk reduction for alcohol abuse or dependence; a 59% decreased risk for regular smoking; and a 32% reduction in risk of developing antisocial personality disorder.



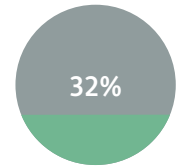
Risk reduction for drug abuse or dependence



Risk reduction for alcohol abuse or dependence



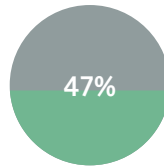
Risk reduction for regular smoking



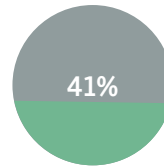
Risk reduction for developing antisocial personality disorder

New approaches to changing school climate have concrete results.

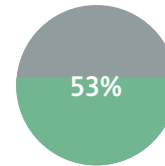
In a district implementing restorative discipline approaches over a period of six years, the suspension rate fell for students of all races and ethnicities. The reduction was 47% for all students; 41% for black students; 53% for Latino students; and 61% for white students.



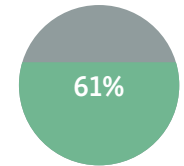
All students



Black students



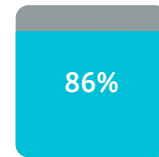
Latino students



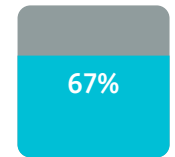
White students

Schools can facilitate intensive clinical interventions.

CBITS is a novel group intervention for children with symptoms of post-traumatic stress disorder and can be delivered by school-based mental health personnel. A study of 126 students showed that, compared to no intervention, 86% reported less-severe PTSD symptoms and 67% reported less-severe depression symptoms.



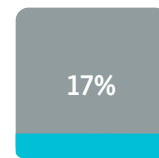
Reduction in PTSD symptoms



Reduction in depression symptoms

Large-scale implementation of behavioral models is gaining ground.

Positive behavioral interventions and supports (PBIS) is a whole-school approach in place in approximately 17,000 US schools, or 17%. A four-year randomized controlled trial looking at 12,334 children found that students in PBIS schools were 33% less likely to receive an office discipline report (ODR).



PBIS is established in 17,000 US schools, or 17%



33% reduction in office discipline reports

Schools have already made the effort to successfully accommodate and encourage children facing different hurdles to learning and success: physical handicaps, for instance. Social, emotional and behavioral health is the necessary next step for building better schools to nurture healthy brains and happy children. It's time for schools to make a change for children struggling with mental health disorders.