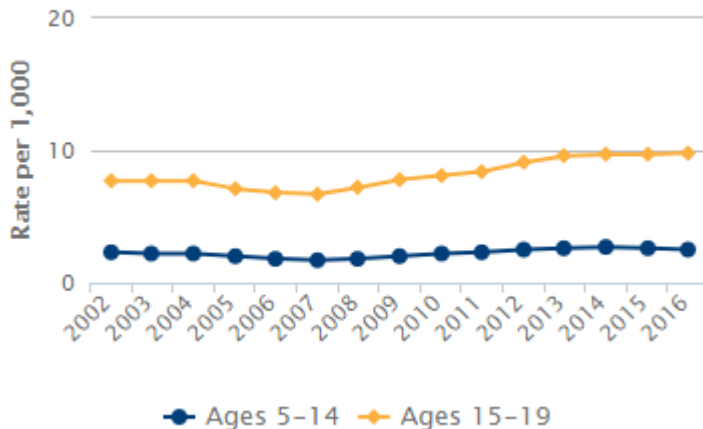


## Children's Emotional Health in California

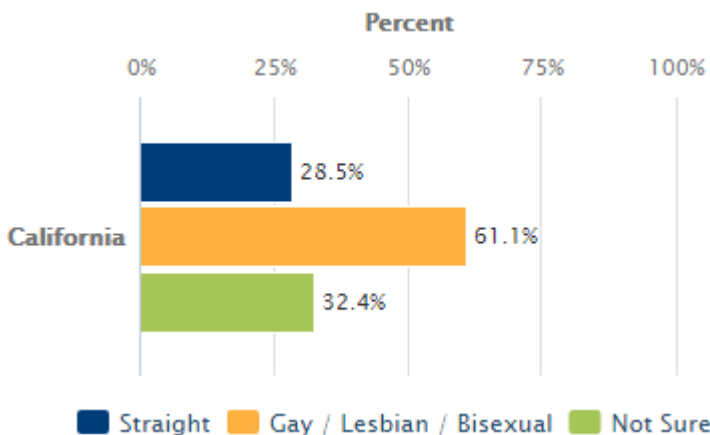
### Rate of Hospitalization for Mental Health Issues, by Age Group California



**Definition:** Number of hospital discharges for mental health issues per 1,000 children and youth ages 5-19, by age group (e.g., in 2016, there were 9.8 hospital discharges for mental health issues per 1,000 California youth ages 15-19).

**Data Source:** California Office of Statewide Health Planning and Development special tabulation; California Dept. of Finance, *Population Estimates by Race/Ethnicity with Age and Gender Detail 2000-2009*; Population Reference Bureau, *Population Estimates 2010-2016* (Aug. 2017).

### Students with Depression-Related Feelings, by Sexual Orientation: 2013-2015



**Definition:** Estimated percentage of public school students in grades 7, 9, 11, and non-traditional programs who, in the previous year, felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities, by sexual orientation (e.g., in 2013-2015, an estimated 61.1% of gay, lesbian, and bisexual students in grades 7, 9, 11, and non-traditional programs in California had depression-related feelings in the previous year).

**Data Source:** WestEd, *California Healthy Kids Survey*. California Department of Education (Jul. 2017).

### What It Is

Kidsdata.org provides the following indicators of children's emotional health:

- The number and rate of children and youth ages 5-19 hospitalized for mental health issues, by age group
- The percentage of students with depression-related feelings (i.e., being so sad or hopeless every day for two weeks or more that they stop doing some usual activities) in the previous year, by grade level (7, 9, 11, and non-traditional), gender, level of school connectedness,\* parent education level, race/ethnicity, and sexual orientation
- The percentage of youth ages 12-17 needing help in the previous year for emotional or mental health problems, and, in California and Los Angeles County, the percentage of those who receive counseling
- The percentage of children ages 2-17 who need mental health treatment or counseling and have received services in the previous year
- The percentage of school staff reports on the share of students who are well-behaved, the extent to which student depression or other mental health issues are a problem, and their level of agreement that helping students with emotional and behavioral problems is emphasized at their school, by type of school (elementary, middle, high, and non-traditional)

### 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 mental 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 health is critical to equipping young people for the challenges of growing up and living as healthy adults (1, 2).

Mental disorders affect as many as 1 in 5 U.S. children each year and are some of the most costly conditions to treat—mental health

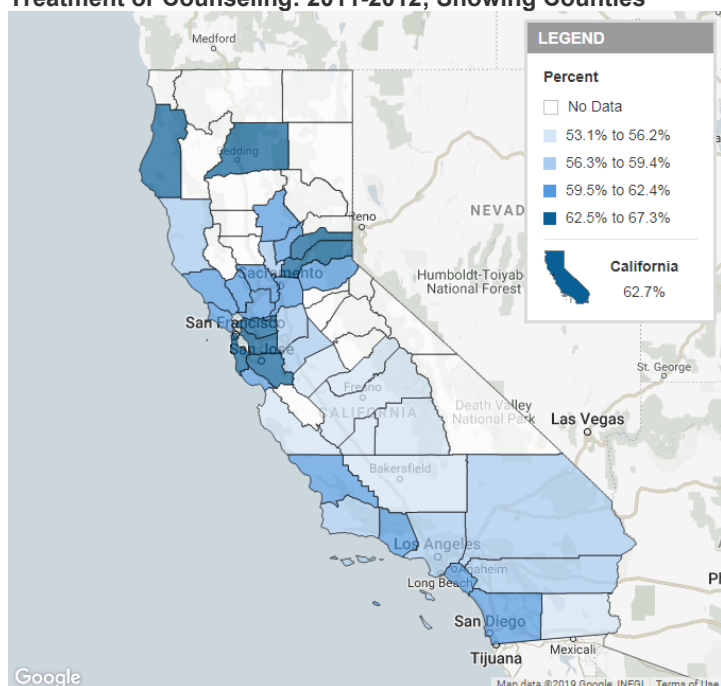
## Students with Depression-Related Feelings, by Gender and Grade Level: 2013-2015

| California      | Percent |       |
|-----------------|---------|-------|
|                 | Female  | Male  |
| Grade Level     | Yes     | Yes   |
| 7th Grade       | 32.3%   | 18.2% |
| 9th Grade       | 42.2%   | 20.1% |
| 11th Grade      | 41.4%   | 24.7% |
| Non-Traditional | 43.6%   | 35.2% |

**Definition:** Estimated percentage of public school students in grades 7, 9, 11, and non-traditional programs who, in the previous year, felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities, by gender and grade level (e.g., in 2013-2015, an estimated 42.2% of female 9th graders in California had depression-related feelings in the previous year).

**Data Source:** WestEd, *California Healthy Kids Survey*. California Department of Education (Jul. 2017).

## Receipt of Mental Health Services Among Children Who Need Treatment or Counseling: 2011-2012; Showing Counties



**Definition:** Percentage of children ages 2-17 who need mental health treatment or counseling and who have received mental health services in the past 12 months (e.g., in 2011-2012, 62.7% of California children needing treatment or counseling received mental health services in the previous 12 months).

**Data Source:** Child and Adolescent Health Measurement Initiative, Data Resource Center for Child and Adolescent Health, *Advancing data-in-action partnerships for children and children with special health care needs in California counties and cities using synthetic estimation from the 2011/12 National Survey of Children's Health and 2008-2012 American Community Survey* (Nov. 2016).

problems among young people under age 24 cost the U.S. an estimated \$247 billion annually (1, 3). Unfortunately, the majority of young people who need mental health treatment do not receive it, and mental health problems in childhood often have negative effects in adulthood (1, 3, 4).

## How Children Are Faring

There were 38,578 hospital discharges for mental health issues among California youth ages 5-19 in 2016: 12,806 for children ages 5-14 and 25,772 for teens ages 15-19. Overall, the statewide rate of youth mental health hospitalization was 5 per 1,000 in 2016, up from 4 per 1,000 in 2002.

In 2013-2015, an estimated 25% of 7th graders, 32% of 9th graders, 33% of 11th graders, and 38% of non-traditional students in California experienced depression-related feelings in the previous year (meaning they felt so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities). Depression-related feelings were more common among female students, those with low levels of school connectedness, and those whose parents did not finish high school. More than 60% of gay, lesbian, and bisexual youth experienced depression-related feelings in 2013-2015, compared to less than 30% of their straight peers. Among racial/ethnic groups with data, estimates of depression-related feelings ranged from less than 27% to more than 40%.

An estimated 21% of California youth ages 12-17 needed help for emotional or mental health problems (such as feeling sad, anxious, or nervous) in 2013-2014, up from 17% in 2005. Among those who needed help, approximately one-third (35%) received counseling. According to 2011-2012 parent reports, an estimated 63% of California children ages 2-17 who needed mental health treatment or counseling received services in the previous year, with county-level estimates ranging from 53% to 67%.

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

<https://www.kidsdata.org/topic/68/childrens-emotional-health/summary>



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