Background

• Clinical Child & Pediatric Psychologist
• Training:
  – Bachelor’s from West Virginia University, MS & PhD from University of Florida
  – Internship & Post-Doctoral Fellowship from Children’s Memorial Hospital (now Ann & Robert H Lurie
    Children’s Hospital of Chicago)
• Appointments:
  – Attending Psychologist at Lurie Children’s Hospital
  – Assistant Professor of Psychiatry & Behavioral Sciences at Northwestern University
  – Program Manager of the Partial Hospitalization Program in the Department of Child & Adolescent
    Psychiatry
• Research and clinical interests in treatment outcomes, pediatric obesity, and motivational
  interviewing
• Member, Board of Directors, Chicago Run
Mental Health & Illness in America

Prevalence of Mental Illness

Fact: 43.8 million adults experience mental illness in a given year.

1 in 5 adults in America experience a mental illness.

Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.

One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
Prevalence by Diagnosis

### Prevalence of Mental Illness by Diagnosis

- **1.1%**: 1 in 100 (2.4 million) American adults live with schizophrenia.¹
- **2.6%**: 2.6% (6.1 million) of American adults live with bipolar disorder.¹
- **6.9%**: 6.9% (16 million) of American adults live with major depression.¹
- **18.1%**: 18.1% (42 million) of American adults live with anxiety disorders.¹

### Prevalence of Adult Mental Illness by Race

- **16.3%**: Hispanic adults living with a mental health condition.
- **19.3%**: White adults living with a mental health condition.
- **18.6%**: Black adults living with a mental health condition.
- **13.9%**: Asian adults living with a mental health condition.
- **28.3%**: AI/AN* adults living with a mental health condition.

*American Indian/Alaska Native
LGBTQ Community

2X
LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.

11%
11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

2-3X
Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

Treatment of Mental Illness

Treatment in America

60%
Nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.4

50%
Nearly 50% of youth aged 8-15 didn't receive mental health services in the previous year.1

African American & Hispanic Americans used mental health services at about 1/2 the rate of whites in the past year and Asian Americans at about 1/3 the rate.1
Issues Faced by Multicultural Communities

Critical Issues Faced by Multicultural Communities

- Less access to treatment
- Less likely to receive treatment
- Poorer quality of care
- Higher levels of stigma
- Culturally insensitive health care system
- Racism, bias, homophobia or discrimination in treatment settings
- Language barriers
- Lower rates of health insurance

Mental Health in Pediatric Populations

Fact: 1 in 5 children ages 13-18 have, or will have a serious mental illness.¹

- 20% of youth ages 13-18 live a with mental health condition²
- 11% of youth have a mood disorder³
- 10% of youth have a behavior or conduct disorder⁴
- 8% of youth have an anxiety disorder⁵
Mental Health in Pediatric Populations

<table>
<thead>
<tr>
<th>Impact</th>
<th>50%</th>
<th>50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24.2</th>
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<tbody>
<tr>
<td></td>
<td>10 yrs</td>
<td>The average delay between onset of symptoms and intervention is 8-10 years.1</td>
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<td></td>
<td>37%</td>
<td>37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate of any disability group.3</td>
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<tr>
<td></td>
<td>70%</td>
<td>70% of youth in state and local juvenile justice systems have a mental illness.4</td>
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Suicide in Youth

<table>
<thead>
<tr>
<th>Suicide</th>
<th>3rd</th>
<th>Suicide is the 3rd leading cause of death in youth ages 10 - 24.2</th>
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<tbody>
<tr>
<td></td>
<td>90%</td>
<td>90% of those who died by suicide had an underlying mental illness.1</td>
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Warning Signs

- Feeling very sad or withdrawn for more than 2 weeks (e.g., crying regularly, feeling fatigued, feeling unmotivated).
- Trying to harm or kill oneself or making plans to do so.
- Out-of-control, risk-taking behaviors that can cause harm to self or others.
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or fast breathing.
- Not eating, throwing up or using laxatives to lose weight; significant weight loss or gain.
- Severe mood swings that cause problems in relationships.
- Repeated use of drugs or alcohol.
- Drastic changes in behavior, personality or sleeping habits (e.g., waking up early and acting agitated).
- Extreme difficulty in concentrating or staying still that can lead to failure in school.
- Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes.

What Should Parents & Caregivers Do?

4 Things Parents Can Do

- Talk with your pediatrician
- Get a referral to a mental health specialist
- Work with the school
- Connect with other families
Services at Ann & Robert H. Lurie Children’s Hospital of Chicago

The Department of Child & Adolescent Psychiatry at Lurie Children’s Hospital

- Multidisciplinary department includes psychiatry, psychology, social work, nursing, speech & language pathologist, education specialists, recreation therapist, milieu therapists
- Patients and families up to age 18
- Department Head: Mina K. Dulcan, MD
- Multitude of Internships & Fellowships across disciplines
- Clinical Services & Programs:
  - Outpatient Services
  - Inpatient Psychiatry Program
  - Partial Hospitalization Program
  - Psychiatry & Behavioral Health Consultation Service
  - Center for Childhood Resilience
- Research Activities
Outpatient Services

- > 18,000 clinical visits annually
- Diagnostic Evaluation
- Developmental Evaluations
- Neuropsychological Testing
- Speech & Language Evaluations
- Specialty Services:
  - Mood & Anxiety Program
  - Pediatric Neuropsychiatry Program
- Group Treatments:
  - Disruptive Behavior Disorders
  - Social Skills Group
  - Mood & Anxiety Groups

Inpatient Psychiatry Unit

- Children & Adolescents 3-17 years old
- Brief hospitalization with a focus on evaluation and stabilization
- Mean length of stay is 5 days
- Multidisciplinary team

- Components:
  - Individual, group, and family therapy
  - Recreational and behavioral therapy
  - Classroom instruction
  - Medication evaluation and management
  - Parent Education
Partial Hospitalization Program

- Intensive, short-term treatment of youth aged 4- to 14-years-old
- Multidisciplinary team
- Serves up to 12 patients at a time
- Programming is Monday – Friday from 8:30am – 3pm
- Generalist program
- Referrals from within Lurie Children’s (IPU, ED, PBHCS, OPS) and external community referrals
- Required components:
  - 2 family sessions weekly
  - Multi-family group on Wednesdays 2-3:30pm
  - Only 2 unexcused absences allowed
  - Can assist with FMLA paperwork for parents

How to Access Services

2 step process:

1. Parent or Caregiver calls 1-800-KIDS-DOC and gives brief description of concern and requested services

2. An intake staff member from Psychiatry will call the individual back to gather more specific information and provide the appointment date and time
Additional Resources


- National Alliance on Mental Illness (NAMI); www.nami.org

Questions?
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