



Apr 24th, 12:00 AM

## Treating and Preventing Childhood-Onset Mental Health Disorders

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# TREATING AND PREVENTING CHILDHOOD-ONSET MENTAL HEALTH DISORDERS

**1 in 5**

children in schools has a diagnosable mental health disorder



only

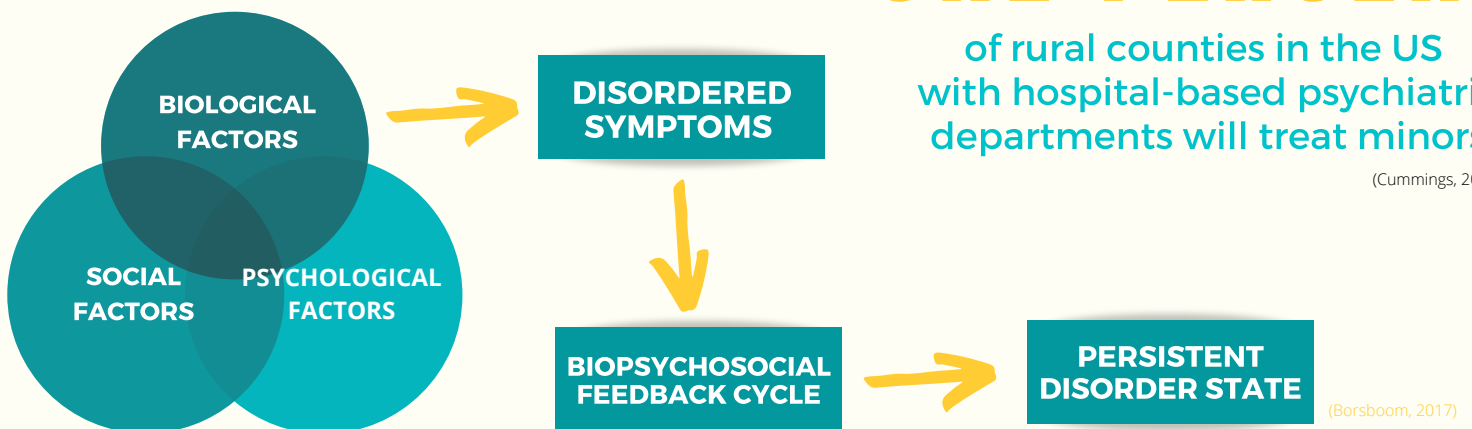
**ONE PERCENT**

of rural counties in the US with hospital-based psychiatric departments will treat minors

(Cummings, 2016)

but **70%** never receive care

(Searcy Van Vulpen, 2018)



(Borsboom, 2017)

## Treatment

- Family-based services
- School counseling
- Inpatient care
- Cognitive Behavioral Therapy
- Pharmacotherapy
- Psychosocial intervention



**EARLY INTERVENTION**



**PROFESSIONAL EVALUATION**



**CARE INTEGRATION**

## Prevention

### Prevention through Academic Resources

- In-school psychosocial wellness programs
- Adequate staffing of school psychologists and counselors
- Annual or biannual mental health screenings
- Health instruction provided by certified health educators

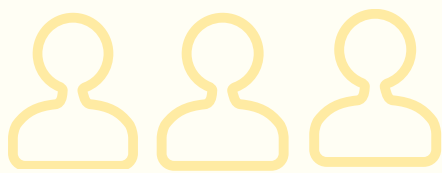


### Prevention through Medical Resources

- Increase psychiatric workforce through:
  - commensurate salary incentives for MDs
  - training and utilizing more Psychiatric Nurse Practitioners
- Expand youth services among inpatient facilities

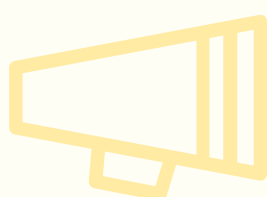


### Prevention through Family Resources



- Address adverse life events and chronic stress
- Improve mental health literacy

### Prevention through Policy



- Institute a licensed school psychologist in every public school (adjust priorities for school funding)
- Provide telemental health options in Emergency Departments and schools lacking in-person resources

***Mental health disorders in children can be best handled through an interdisciplinary collaboration between the fields of education and psychology, focused on implementing school-based mental health resources in both primary and secondary schools, expanding the psychiatric workforce, promoting health educator certification, and advocating for public funding.***

Created by Katya Engalichev, Winthrop University 2020