



School-Based
Approaches to
Youth Behavioral
Health

Citizens Research Council

- Founded in 1916
- Statewide
- Non-partisan
- Private not-for-profit
- Promotes sound policy for state and local governments through factual research – accurate, independent, and objective
- Relies on charitable contributions from Michigan foundations, businesses, and individuals
- *www.crcmich.org*

Tim Michling, MPA MPH MM
Citizens Research Council of Michigan

Research Associate – Health Policy

- MPA - Health Policy and Administration
Wayne State University
 - Graduate Certificate in Public Health Practice
 - Graduate Certificate in Economic Development
- MPH - Urban Health Research Methods
Wayne State University School of Medicine
- MM, BM, and BA
University of Michigan - Ann Arbor

Contact: tmichling@crcmich.org



School-Based Approaches to Youth Behavioral Health

Moving from Colocation to Coordination and Collaboration

A Youth Mental Health Crisis

Quantifying and Describing the Problem

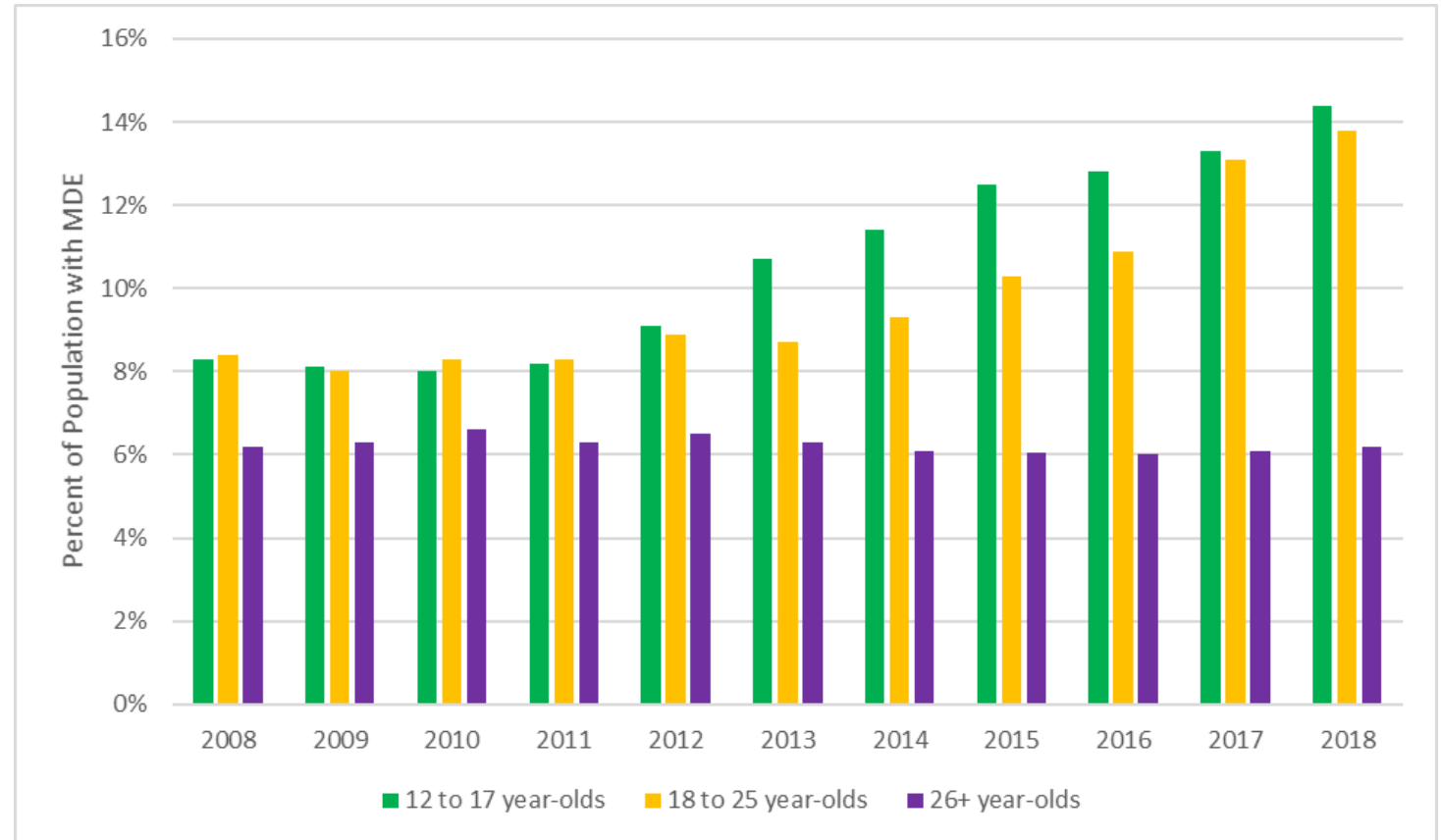
A National Crisis of Youth Mental Health

- Mental, emotional, and behavioral disorders have become the most common illnesses that children under the age of 18 experience in the United States
- 1 in 5 youth have a diagnosable mental health disorder, resulting in significant impairment for 1 in 10
- Nearly 50% of youth with mental, emotional, and/or behavioral health issues are not getting the behavioral health treatment that they require
- 7 in 10 teens view depression and anxiety as major problems among their peers

Youth Depression on the Rise in U.S.

- The incidence of major depressive episodes has increased dramatically among youth over the past decade
- Increasing youth mental health issues are part of a trend that long predates COVID-19

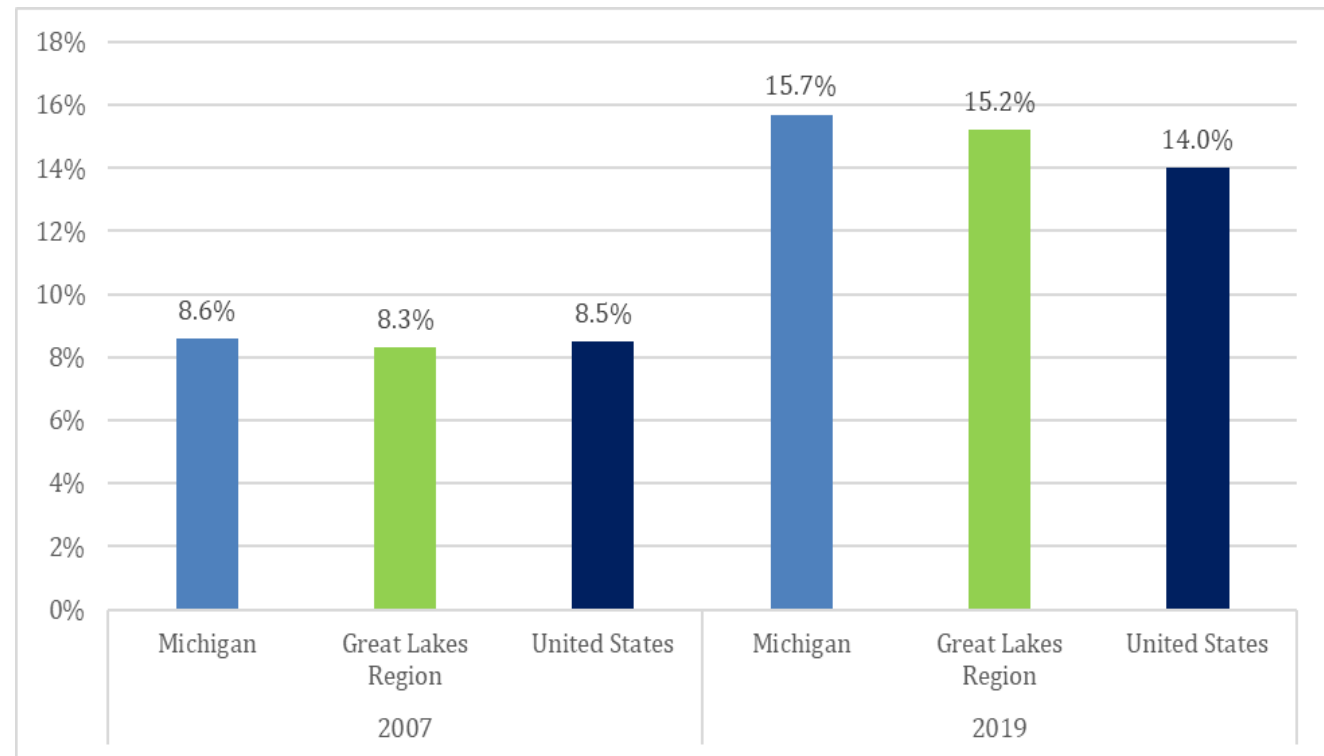
Major Depressive Episodes in Past Year by Age Group in U.S., 2008-2018



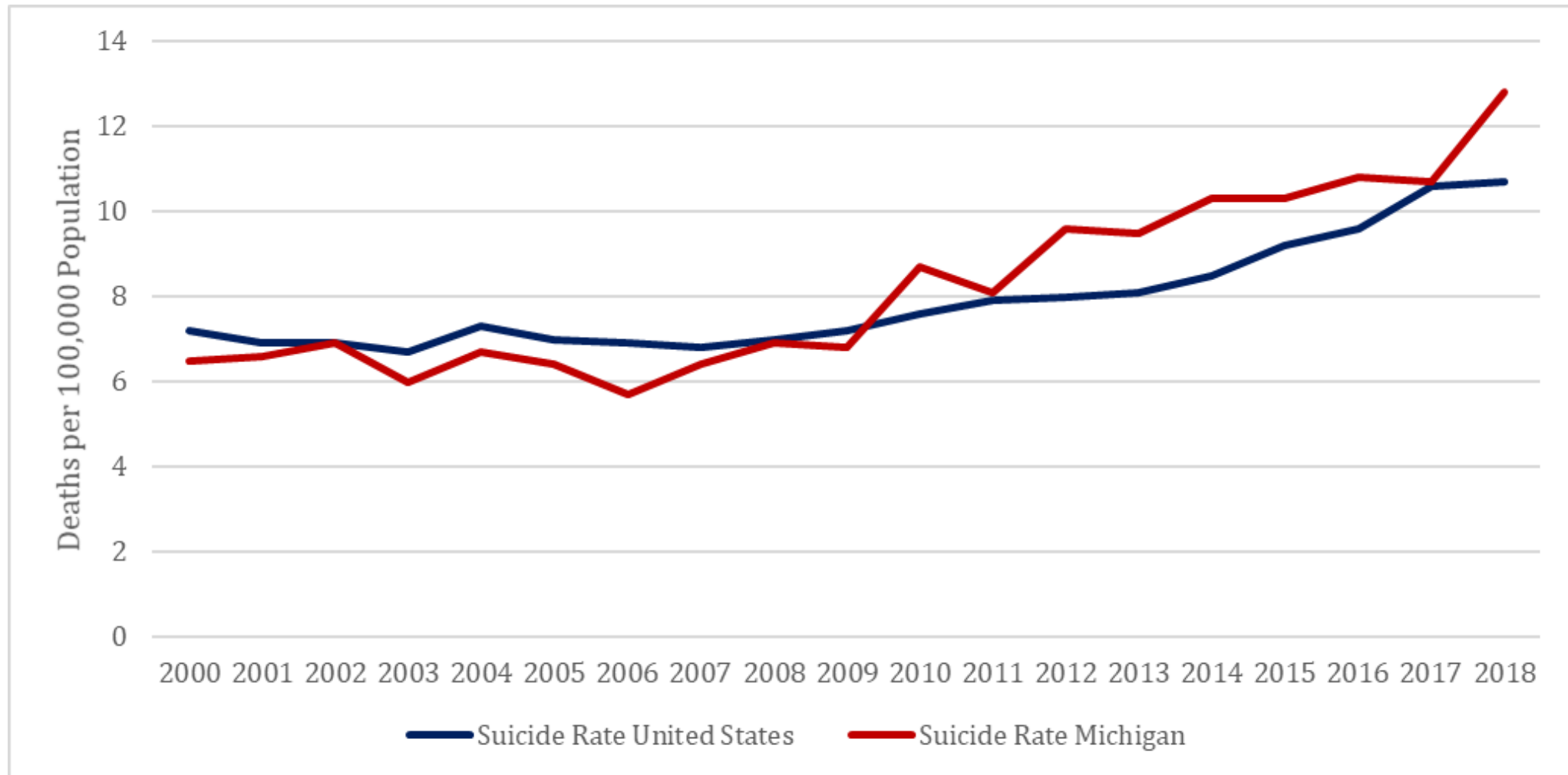
Amid National Crisis, Michigan Fares Poorly

- Nearly 20% of Michigan youth have been diagnosed with depression, anxiety, and/or ADHD
- Nearly 2 in 5 Michigan youth report feeling sad or hopeless every day for a two-week period in a way that impacted their usual activities
- The proportion of youth in Michigan experiencing a major depressive episode has increased by 83 percent since 2007

Percentage of Youth Experiencing a Major Depressive Episode in Michigan, Great Lakes Region, and the U.S., 2007 and 2019



Suicide Death Rate Among Persons Aged 10-24 in the United States and Michigan, 2008-2018



Behavioral Health Treatment Context

Numerous Barriers to Treatment

Health Professional Shortage Areas for Mental Health Care

State	Total HPSA Designations	Population of Designated HPSAs	Percent of Need Met Within HPSAs
Illinois	172	5,152,758	23.74%
Indiana	81	4,426,818	31.99%
Michigan	241	4,216,659	27.86%
Minnesota	119	1,786,542	28.61%
Ohio	113	2,390,519	42.82%
Wisconsin	114	2,185,992	32.13%

Limited Access and Barriers to Treatment

- Shortages and Maldistribution of Behavioral Health Providers
- Structural Barriers
 - Transportation
 - Insurance Coverage
 - Waiting Times
- Social Barriers
 - Information Deficits
 - Norms and Values
 - Stigma

Addressing Youth Mental Health

Health and Wellness in an Educational Context

Why Schools?

Health Impacts Education

- Student health affects academic and occupational success
- Students' health impacts peers and school environment
- Student health is intertwined with discipline and attrition

Education Impacts Health

- Educational achievement associated with lifelong health benefits
- Substantial contact time with students
- Social and intellectual development influence health-related behaviors

Investing in School Health Professionals

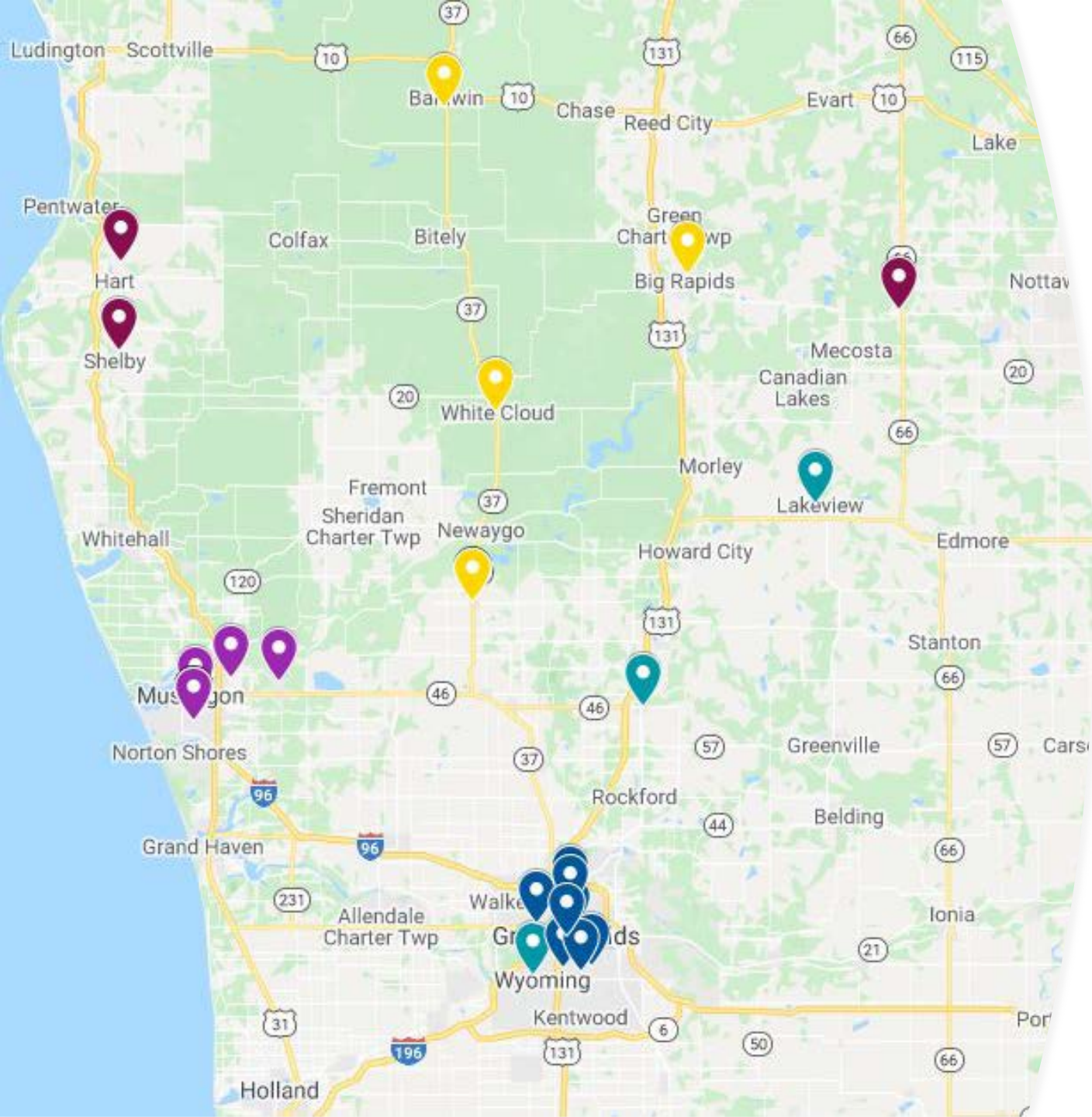
- Michigan has a dearth of health professionals working in schools, particularly nurses and social workers
- Key personnel for providing instructional support, school-wide wellness and prevention, and external referrals and partnerships
- Funding directed to student health is a wise investment

Ratios of Professionals to Students

	Recommended	U.S.	Michigan
<i>School Counselors</i>	1:250	1:464	1:744
<i>School Social Workers</i>	1:250	1:2,106	1:1,051
<i>School Psychologists</i>	1:500	1:1,211	1:1,521
<i>School Nurses</i>	1:750	1:936	1:4,199

School-Based/School-Linked Health Centers

- In Michigan, around 200 school-based/school-linked health centers and programs
- School-based health centers remove several barriers to access and treatment
- Michigan has taken the first steps to establishing more robust and sustainable funding
 - Success leveraging federal dollars: Medicaid, SAMHSA, CDC, & ED
 - Substantial room for growth and improvement



School-Based Health Centers in West Michigan

- School-Based Health Centers are typically in lower income areas
- Students are:
 - Less likely to have usual source of primary care
 - More likely to have transportation barriers
 - Usually higher proportion of Medicaid enrollees

Additional Strategies in Schools

Educator and Staff Training

- Multi-tiered support systems
- Social and Emotional Learning (SEL)
- Trauma-informed practices
- Uniform referral systems and warm hand-offs
- Family supports and wraparound services

School Environment

- Preventing bullying, discrimination, and racism
- Active destigmatization of behavioral health issues
- School arts/music, extracurricular activities, and nutrition
- Addressing mental health disparities
 - LGBTQ+ youth
 - Low-income youth

Citizens Research Council of Michigan

Publications are available free of charge on our website:

www.crcmich.org

Follow Us on Twitter: @crcmich



Like us on Facebook:

www.facebook.com/crcmich



Providing Independent, Nonpartisan Public Policy Research Since 1916