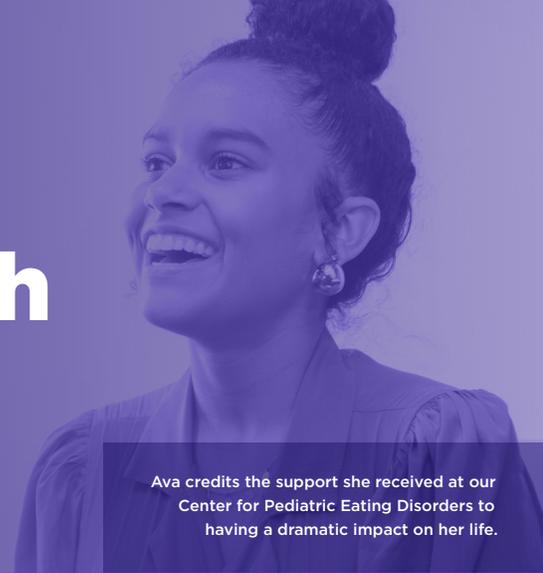


Pediatric Mental Health in Texas



Ava credits the support she received at our Center for Pediatric Eating Disorders to having a dramatic impact on her life.

Mental health is one of the largest, most complicated and costly challenges in pediatric health care today. That's why Children's HealthSM is leading the way to make this critical need a top priority.



20%



20% of children with depression and anxiety go **undiagnosed and untreated**

2 in 5



Nearly 2 out of 5 school-aged children experience a **mental health need** each year

2nd



Suicide is the 2nd-leading cause of death in adolescents; 15% have a suicidal plan, and 9% of these will **attempt suicide**

5%



Texas is the 2nd-worst state in the country in **adolescent substance abuse treatment**, with only 5% of teens who need treatment actually receiving it

1/2



20% of youth have a **psychiatric disorder**, and half do not get treatment

DRUG USE



1/23 female and 1/19 male adolescents in Texas, aged 12-17, need treatment for **drug use** but are not receiving it



Our Mental Health Services

Abby credits the care she received through our SPARC program with having a profound impact on her life, following more than one suicide attempt due to online bullying that made her feel hopeless.



COMMUNITY-BASED
EARLY IDENTIFICATION
& CARE



MENTAL HEALTH CARE
AT CRITICAL MOMENTS



INDIVIDUALIZED
CARE



TENDING TO MENTAL
HEALTH NEEDS FOR
OUR PATIENTS



IMPROVING
AVAILABLE CARE

SPECTRUM OF MENTAL & BEHAVIORAL HEALTH CARE PROVIDED BY CHILDREN'S HEALTHSM

COMMUNITY-BASED EARLY IDENTIFICATION & CARE

Expediting access to care before the point of crisis



- **Integrated Behavioral Health:** Our behavioral health specialists are integrated into more than 30 primary care sites across the region to manage behavioral health needs.
- **School-Based Telebehavioral Health:** This initiative provides early identification and access to treatment for mental health concerns in nearly 50 schools throughout North Texas.

MENTAL HEALTH CARE AT CRITICAL MOMENTS

Helping children and families in times of crisis related to mental health needs



- **Mental Health Support in ER:** Part of the care offered at our two ERs is from social workers and psychologists, who protect and advocate for patients' social and mental health needs.
- **Emergency Room Facilities:** The ER on our Dallas campus is completing the final phase of a full-scale renovation and expansion to meet the needs of North Texas children.
- **Inpatient Treatment:** Our program in Dallas provides treatment and follow-up care for patients who must remain hospitalized for a range of conditions and disorders.

INDIVIDUALIZED CARE

Optimizing long-term recovery and re-integrating patients into their home, school and social lives



- **SPARC (Suicide Prevention and Resilience at Children's):** This intensive outpatient program is designed to reduce teen suicide risk and increase patient skills and resilience.
- **Teen Recovery Program:** Our specialized outpatient treatment approach helps with both behavioral health and substance use issues.
- **Center for Pediatric Eating Disorders:** This innovative program features a multidisciplinary team serving children from across North Texas and beyond.
- **Outpatient:** We provide general psychiatry, developmental assessments and care for patients with medical-psychiatric disorders.
- **Day Treatment:** Specialists in this program provide all-day school alternative services to approximately 200 children each year.

WHAT'S NEXT: A WHOLE NEW LEVEL OF CARE

Our team is working on new partnerships with local pediatricians to provide even more innovative solutions.



Learn more about how you can help advance this critical solution.

TENDING TO MENTAL HEALTH NEEDS FOR OUR PATIENTS

Helping patients and their families manage psychological concerns resulting from medical conditions



- **Consultation and Liaison Service:** Our psychiatrists and psychologists offer care totaling approximately 120,000 patient encounters every year.
- **Neuropsychology:** Our pediatric clinical neuropsychologists focus on the study of brain function problems caused by injuries and brain disorders.
- **Rees-Jones Center for Foster Care Excellence:** We work to meet the behavioral and mental health needs of children in the foster care system.

IMPROVING AVAILABLE CARE

Helping ensure specialized care when children need it



- **Center for Pediatric Psychiatry:** Investing in continuing training and education keeps our experts at the forefront of the latest, most effective treatment for our patients.
- **Mental Health Research:** We are a leader in clinical research, paving the way for new discoveries, cures and management for illness and injury.
- **Advocacy:** Sustained improvements to the pediatric mental health care landscape require changes to laws, guidelines, public funding and insurance.