



# HENNEPIN COUNTY CHILDREN'S MENTAL HEALTH COLLABORATIVE

## Hennepin County Children's Mental Health Dashboard Mental health of County youth

Nationally, approximately one in five children and adolescents experience significant mental health issues, such as anxiety, depression, or attention-deficit/hyperactivity disorder. This overall incidence rate masks significant variation, which tends to appear on the basis of gender, race/ethnicity, and other factors. Many services and supports are available to help children experiencing mental health challenges. Left unaddressed, these issues can contribute to long-term difficulties at home, in school, and in forming healthy relationships.

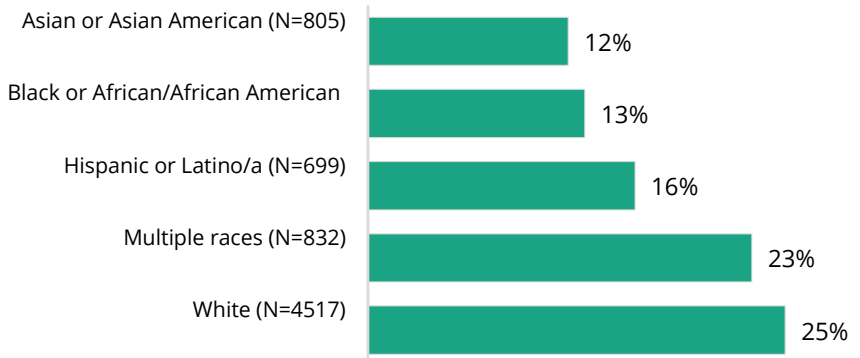


In 2019, 1 in 5  
9<sup>th</sup> grade students in Hennepin  
County, or

# 21%

reported having long-term mental  
health, behavioral, or emotional  
problems<sup>1</sup>

### Reports of long-term mental health problems vary by student race/ethnicity<sup>1</sup>



### Current context

The Minnesota Student Survey is conducted every 3 years, providing trend data related to youth well-being. The most recent survey was conducted in 2019, before the COVID-19 pandemic. Emerging research suggests that the pandemic has had a negative impact on child and adolescent mental health, due to factors such as anxiety, social isolation, school closures, and family challenges. It is likely that mental well-being of County youth has shown these same negative impacts over the last few years.

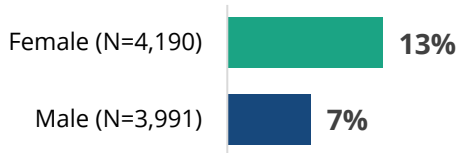
<sup>1</sup> 2019 Minnesota Student Survey (obtained from the [MN Department of Education](https://www.mn.gov)); N=8,206

## Females are approximately twice as likely to report mental health concerns<sup>2</sup>

9<sup>th</sup> grade students indicating that they have long-term mental health, behavioral, or emotional problems



9<sup>th</sup> grade students indicating that they have seriously considered attempting suicide at least once in the last 12 months



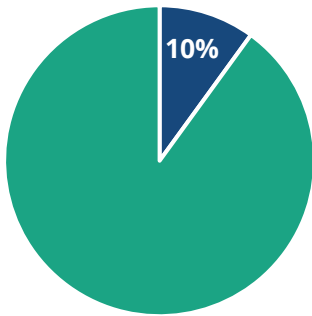
**10%**

of County 9<sup>th</sup> grade students in 2019 indicated that they seriously considered committing suicide at least once in the last 12 months<sup>2</sup>

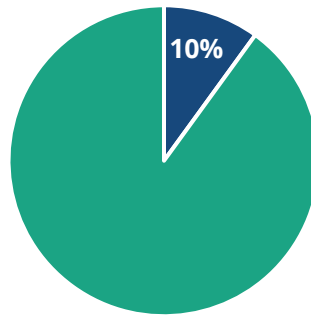
**3%**

of County 9<sup>th</sup> grade students in 2019 reported that they have actually attempted suicide at least once in the last 12 months<sup>2</sup>

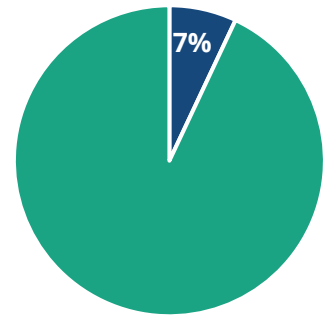
## Parent perspectives<sup>3</sup>



Parents reporting that their child age 0-17 has long-term mental health, behavioral, or emotional problems



Parents reporting that a doctor, teacher, or school counselor told them that their child age 0-17 needed professional help for emotional or behavioral problems in the past 12 months



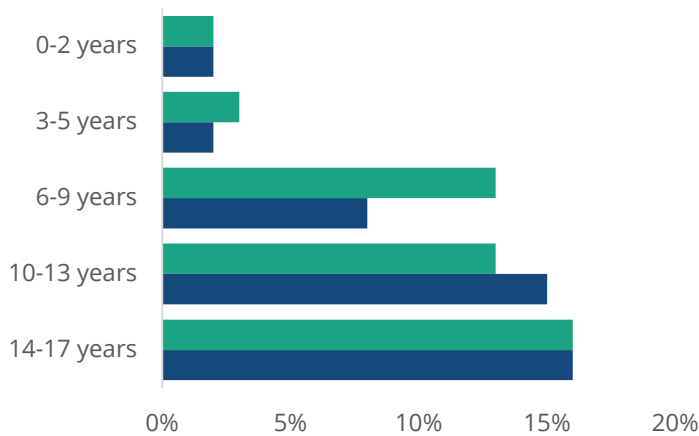
Parents reporting that mental or emotional difficulties kept their child age 0-17 from doing his or her usual school or other daily activities at least "somewhat" in the past month<sup>4</sup>

<sup>2</sup> 2019 Minnesota Student Survey (obtained from the [MN Department of Education](#)); N=8,206

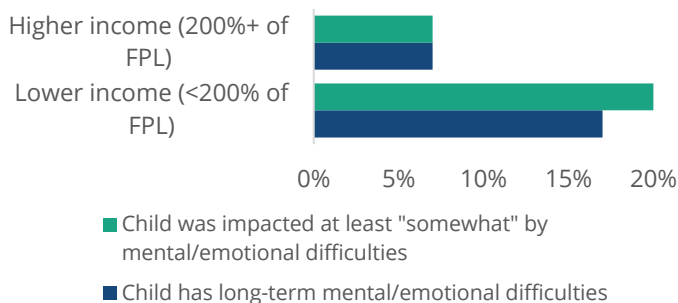
<sup>3</sup> 2015 Hennepin County [Child SHAPE survey](#); N=1,356-1,418

<sup>4</sup> Rating options included "not at all", "very little," "somewhat", "quite a lot," and "could not do usual school or daily activities"

## Parent reports of child emotional difficulties increased by child age<sup>5</sup>



## Parent reports of child emotional difficulties also varied by family economic status<sup>5</sup>



## Learn more

**National Institute of Mental Health.** [Shareable resources on child and adolescent mental health.](#)

This site provides a variety of brief informational resources related to children's mental health, suitable for sharing with families or distributing through social media.

**National Institute for Health Care Management (NIHCM) Foundation.** [Solutions & challenges for children's mental health in the COVID-19 pandemic.](#)

This infographic provides an overview of the impact of COVID-19 on children's mental health, along with some links to other resources.

**Minnesota Association for Children's Mental Health (MACMH) - [COVID-19 resources.](#)**

MACMH has compiled a list of organizational resources and webinars related to children's mental health and COVID-19.

## Reflection questions

What systems are positioned to recognize and support youth with mental health issues in our community (i.e., schools, child care, youth programs, faith communities, and others)? What resources or supports do they need to promote positive child mental health?

How can we best support parents who are concerned about their children's mental health? How can we ensure that they have the information and support that they need to access mental health support for their children?

What can we do to organize around social determinants of health, to prevent some of the challenges that can contribute to mental health issues? (i.e., ACES, economic insecurity, racism/discrimination)?

What steps are being taken in health care, schools, or other settings to identify youth who may need support? What can we do to ensure that youth in need of support are identified and connected with appropriate services and supports?

For more information on Children's Mental Health contact, the [Hennepin County Children's Mental Health Collaborative](#)

<sup>5</sup> 2015 Hennepin County [Child SHAPE survey](#); N=1,356-1,418