

## **NPM 15: MENTAL HEALTH TREATMENT**

### **GOAL**

To increase the percent of adolescents who receive needed mental health treatment or counseling.

### **SIGNIFICANCE**

Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, which cause distress and problems getting through the day.<sup>1</sup> The prevalence of mental/behavioral health conditions has been increasing among children and has been found to vary by geographic and sociodemographic factors.<sup>2</sup> However, a significant portion of children diagnosed with a mental health condition do not receive treatment.<sup>2</sup> Further, the receipt of treatment is generally dependent on sociodemographic and health-related factors.<sup>2</sup> Adequate insurance and access to a patient-centered medical home may improve mental health treatment.

### **DEFINITION**

**Numerator:** Number of adolescents, ages 12 through 17, who are reported by a parent to have received treatment or counseling from a mental health professional during the past 12 months.

**Denominator:** Number of adolescents, ages 12 through 17, who are reported by a parent to have either:

- Received treatment or counseling from a mental health professional during the past 12 months or
- Did not receive treatment or counseling but needed to see a mental health professional.

### **HEALTHY PEOPLE 2030 OBJECTIVE**

Related to Mental Health and Mental Disorders (MHMD) Objective 03: Increase the proportion of children with mental health problems who get treatment. (Baseline: 70.7 percent of children aged 4 to 17 years with mental health problems received treatment in 2019, Target: 79.3 percent).

### **STATUS**

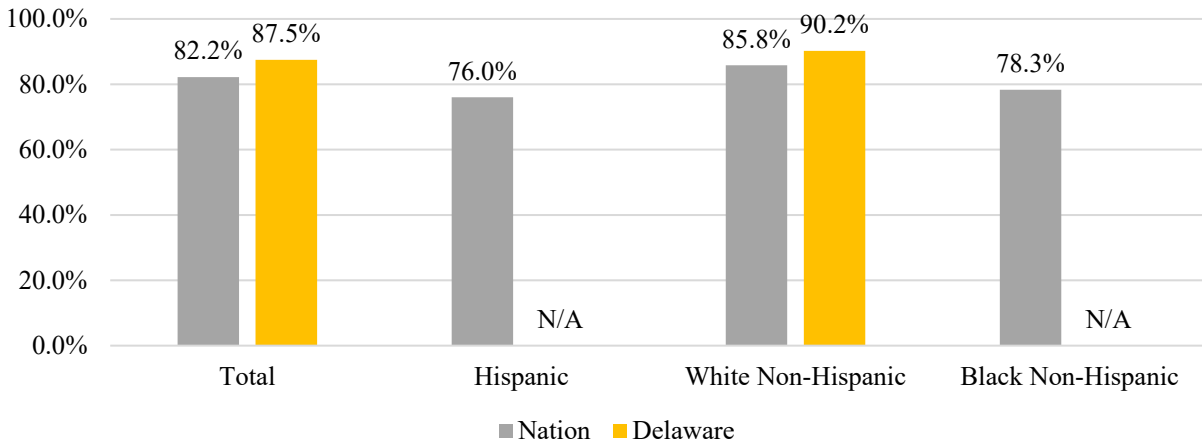
Figure 1 indicates that the percentages of Black non-Hispanic and Hispanic adolescents who receive needed mental health treatment or counseling were slightly lower than the corresponding percentage for White non-Hispanic adolescents at the national level (state-level was not available for these two race/ethnicities). In addition, as shown in Figure 2, the percentage of Medicaid-enrolled adolescents who receive needed mental health treatment or counseling was lower than the corresponding percentage for adolescents covered by private insurance.

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<sup>1</sup> Centers for Disease Control and Prevention. Children's Mental Health. 2020 February 10.

<sup>2</sup> Ghandour RM, Sherman LJ, Vladutiu CJ, et al. Prevalence and Treatment of Depression, Anxiety, and Conduct Problems in US Children. J Pediatr. 2019;206:256-267.e3.

**Figure 1. Percentage of Adolescents Receiving Needed Mental Health Treatment, by Selected Race/Ethnicities, NSCH 2021-2022.**



**Figure 2. Percentage of Adolescents Receiving Needed Mental Health Treatment, by Health Care Coverage, NSCH 2021-2022.**

