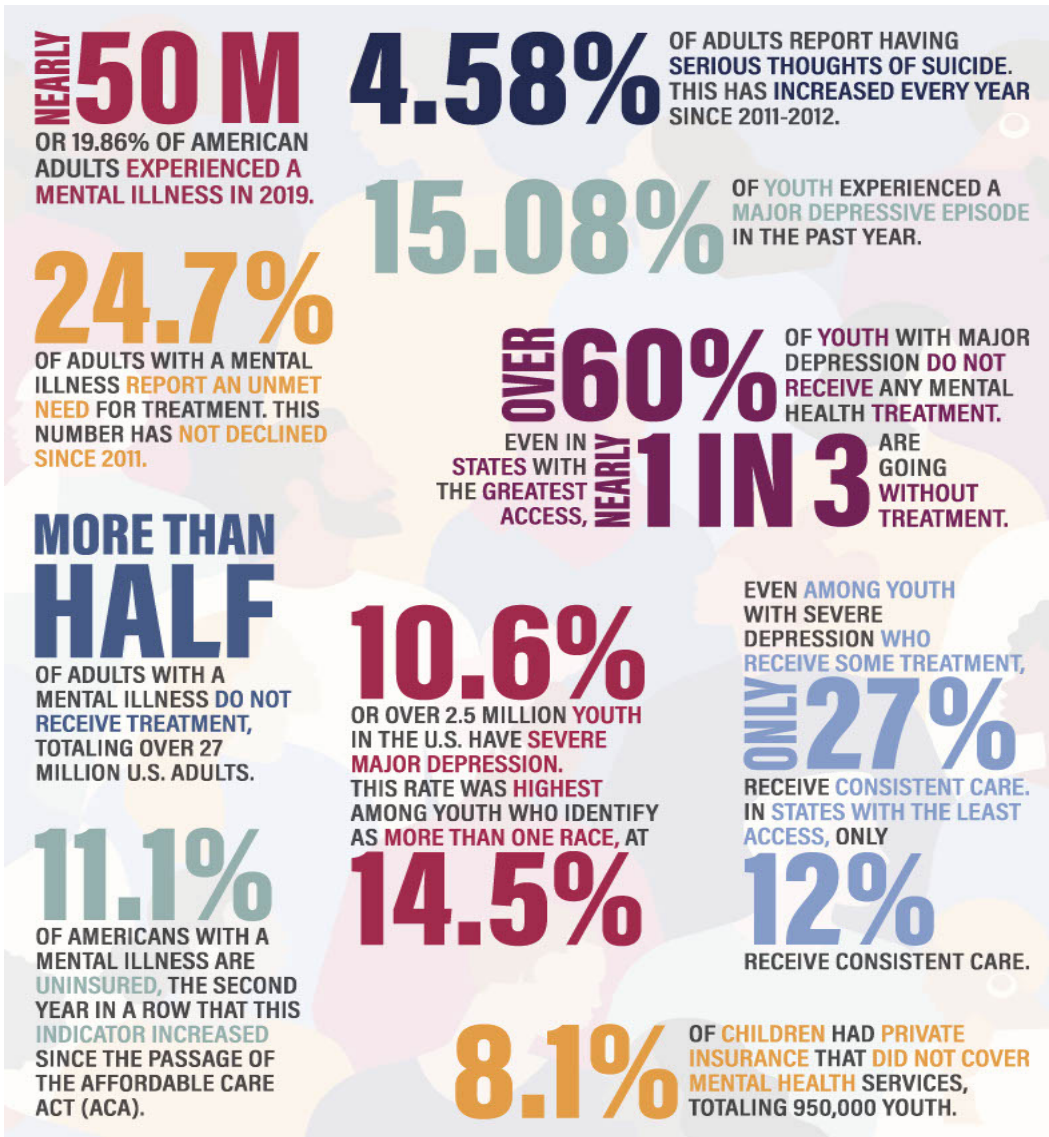


Mental Health Update

November 2021

Samantha Meltzer-Brody, MD, MPH,
Assad Meymandi Distinguished Professor and Chair
UNC Department of Psychiatry

Mental Health in the U.S.



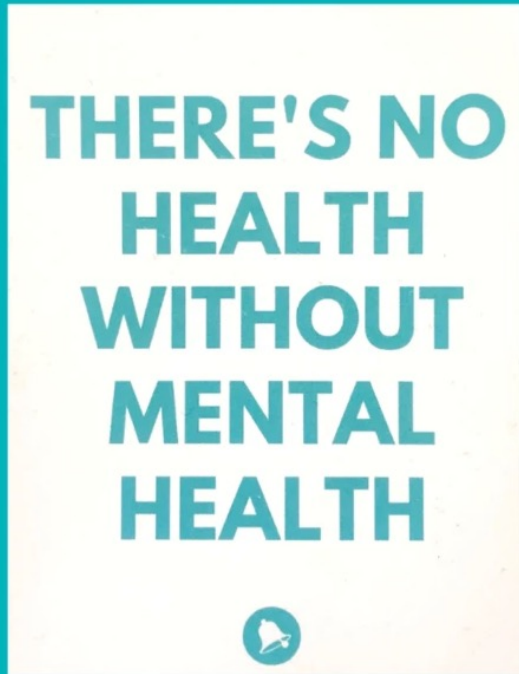
Scope of National Mental Health Crisis

The pandemic has markedly worsened the mental health of the United States

46.6 million Americans or 20% of the population suffers from mental illness

Current infrastructure inadequate to address the massive need

24.7% of adults with a mental illness report an unmet need for treatment



Scope of National Mental Health Crisis, Youth

Pandemic has markedly worsened mental health of youth

Mental health concerns among high school to college-aged students have more than tripled in the last year

More than 2.5 million youth (10.6%) have severe major depression

15.7% of youth experienced a major depressive episode in the past year

Image Source: 2022: *The State of Mental Health in America*. Mental Health America.



Children's Hospital Colorado Declares a 'State of Emergency' for Youth Mental Health

CHILDREN'S HOSPITAL COLORADO | MAY 25, 2021



The Impact of the COVID-19 Pandemic on Youth and Adolescent Mental Health



The Washington Post

Children's mental health badly harmed by the pandemic. Therapy is hard to find. North Carolina highlighted in this story

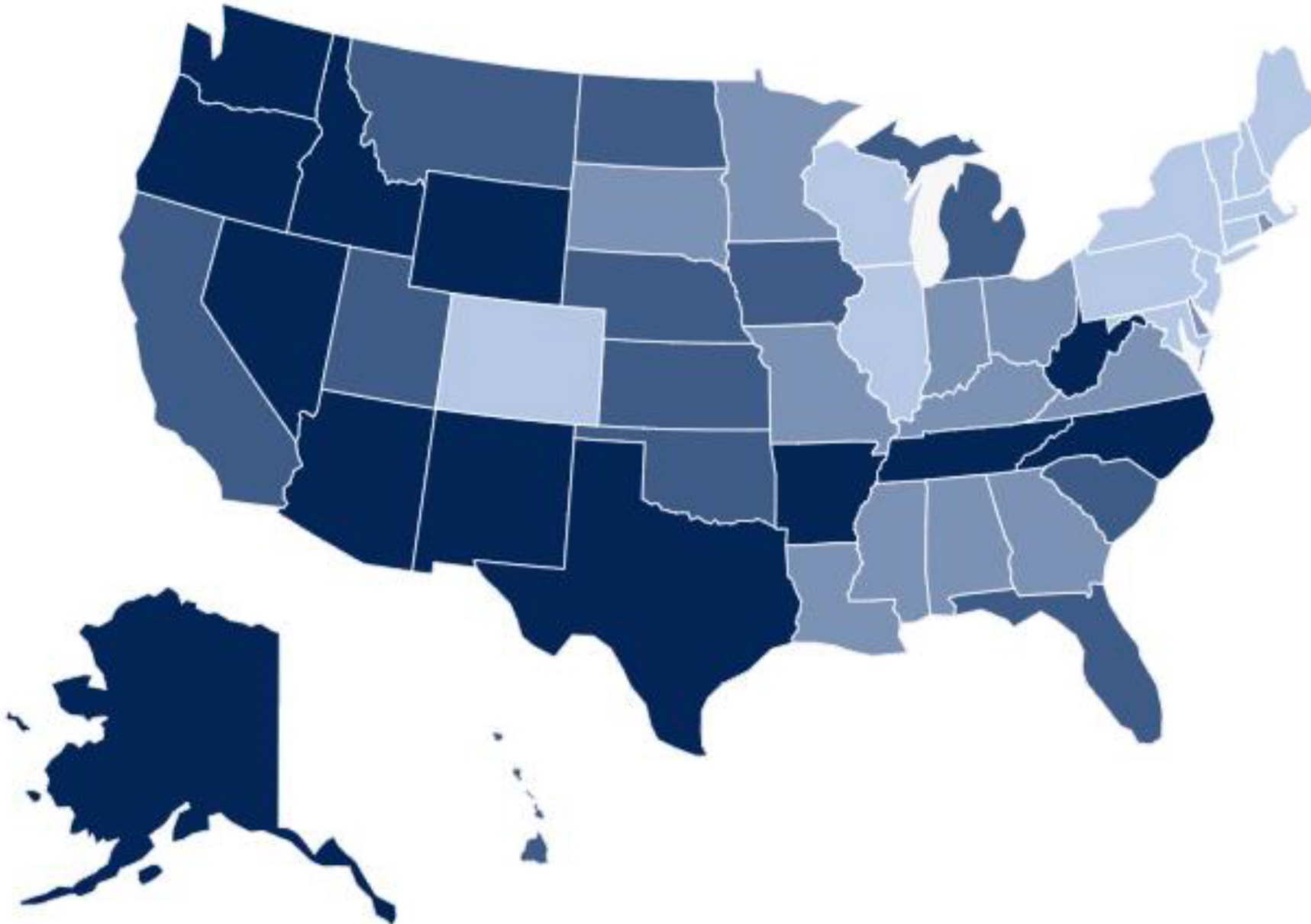
(Mark Wang for The Washington Post)

By Katherine Ellison

August 14, 2021 at 2:00 p.m. EDT

What We Face Now: Child & Adolescent Psychiatry & Behavioral Health

- **Marked increase demand for Services from across UNC Health**
- **Few Child and Adolescent Psychiatrists Outside of Urban Areas**
- **National Shortage of Child and Adolescent Psychiatrists**
- **Shortage of inpatient psych beds for children and adolescents**
- **Back-log of child and adolescents in emergency rooms**



25	Louisiana
26	Indiana
27	Michigan
28	Oklahoma
29	Hawaii
30	Florida
31	Iowa
32	Utah
33	Kansas
34	North Dakota
35	South Carolina
36	California
37	Nebraska
38	Montana
39	Washington
40	Tennessee
41	Texas
42	North Carolina
43	Wyoming
44	West Virginia
45	Oregon
46	Alaska
47	New Mexico
48	Arkansas
49	Arizona
50	Idaho
51	Nevada

- North Carolina has inadequate investment for child and adolescent mental health.
- Ranked 42/50 states in the country



500 Montgomery Street, Suite 820
 Alexandria, VA 22314-1520
www.mhanational.org
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- **The Path Forward will require ongoing commitment and investment of resources.**
- **We must make the mental health of our children a priority– they are our future**



We are committed to making things better!

- **UNC Psychiatry and UNC Health has expanded our clinical footprint with recruitment of:**
 - **Child & Adolescent Psychiatrists, Psychologists and Social Workers**
 - **Markedly expanded the inpatient consultation-liaison psych services**
 - **Virtual care is a game-changer to increase access**
 - **We are focused on delivering innovative and impactful new programs that will move the bar.**



UNC Partners with SECU Foundation to Increase Behavioral Health Care Access to Children through Telepsychiatry

October 11, 2021



A \$1.97 million grant from the SECU Foundation will allow the UNC School of Medicine Department of Psychiatry to lead a pilot program that will address the behavioral health crisis in children and adolescents by expanding access to care through telemedicine services in schools, especially in rural areas.



HEALING

Young Minds

Funding the Foundation of Hope Child and Adolescent Anxiety and Mood Disorders Program

UNC Department of Psychiatry to Create Child and Adolescent Mental Health Research Program with \$1 Million Commitment from the Foundation of Hope

November 15, 2021



The Foundation of Hope Child and Adolescent Anxiety and Mood Disorders Program (CHAAMP) within the UNC Department of Psychiatry will conduct cutting-edge translational research to advance understanding and treatment of pediatric and adolescent mood and anxiety disorders.