Mental Health Update
November 2021

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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.

Mental Health in the U.S.

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

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

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

CHILDREN'S HOSPITAL COLORADO  |  MAY 25, 2021

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