

MAY 2008



May is Mental Health Month

The Iowa Federation of Families for Children's Mental Health
 106 South Booth Street, Anamosa, Iowa 52205 888-400-6302
www.iffcmh.org help@iffcmh.org



The designated Statewide National Federation of Families for Children's Mental Health organization focusing on the behavioral, emotional, mental, and social health of all children and their families.

Children's Mental Health Matters!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 5-9% of all children in the USA have a serious emotional disturbance	2. 13% of children between 9 and 17 years old have an anxiety disorder.	3. About 4.1% of school age children have ADHD
4. Children with ADHD drop out of school 10 times more than other children.	5. Nearly 2/3 of boys and 3/4 of girls in detention centers have a psychiatric disorder.	6. Only about 21% of children in the USA who need mental health services get them.	7. Kids who have been bullied are 50% more likely to admit bringing a weapon to school.	8. About every 2 hours a young person kills himself or herself.	9. 3,000,000 teenagers have considered or attempted suicide in the past year.	10. Suicide is the 3 rd leading cause of death among people under 24 years of age.
11. 1 of 8 adolescents with a mental illness has a substance abuse problem.	12. Girls ages 12-17 now match boys in drug and alcohol abuse.	13. 80% of people with mental illness and substance abuse report onset before age 20.	14. Untreated youth with co-occurring conditions have high rates of suicide and social	15. Youth with co-occurring disorders often are incarcerated rather than treated.	16. Autism affects 10-12 of every 10,000 children.	17. Childhood depression is a brain disorder that affects acts, thoughts, and feelings.
18. Depression in children is treatable with early intervention and proper support.	19. 1 in every 33 children may have depression.	20. Bullied children suffer real pain, affecting their social and emotional growth.	21. Some victims of bullying have attempted or completed suicide to escape the harassment.	22. Children and youth who cause trouble at home or in school may be suffering from depression.	23. Conduct disorder causes kids to act out their feelings or impulses in destructive ways.	24. Anorexia affects 1 in every 100-200 girls but a much lesser amount of boys.
25. 1 to 3 of every 100 youth experience bulimia.	26. Schizophrenia occurs in about 5 of every 1000 children.	27. 13 of every 100 children between 9 and 17 have an anxiety disorder.	28. 4% of boys and 6% of girls have signs of PTSD caused by violence endured or witnessed	29. Early identification and intervention is a must to prevent downward spiral.	30. Family members may find it helpful to join a Federation parent to parent support group.	31. If your family needs information, support, or advocacy, call Iowa Federation of Families at 888-400-6302