Selected Survey Findings on: MENTAL HEALTH

CCHAPS
Community-wide Children’s Health Assessment & Planning Survey

Provided for the benefit of the children in our community by:
based on 7,439 parent surveys

about children aged 0 – 14 years

who live in our six-county community

(with an accuracy of ± 1.1% - ± 1.6% at a 95% Confidence Interval)

THE SURVEY SAYS . . .
A 6-County Profile of Children aged 0 – 14: MENTAL HEALTH

- 10.7% or 61,000 children have mental health issues
- Significantly poorer health
- 9 times more likely to have problems in school
- Increased environmental risks being 5 times more likely to experience some form of neglect or abuse
- Access to mental health care a significant issue for 11.4% of those with mental health issues – 7,000 children

Source: CCHAPS 2008
Is parent education or income related to the child’s mental health?

**Education**
- Without Mental Health Issues
- With Mental Health Issues

**Income**
- Without Mental Health Issues
- With Mental Health Issues

CCHAPS n = 7,439

Source: CCHAPS 2008

Provided for the benefit of the children in our community by:
children with current mental health issues by gender, ethnicity and race . . .

Overall: 10.0%

CCHAPS n = 7,439

Source: CCHAPS 2008
has this child been diagnosed or do you believe has a mental health issue?
by age of child in years who responded “YES”

Overall: 10.0%

CCHAPS n = 7,439

Source: CCHAPS 2008
6-County community: 61,252 (10.0%) children with mental health issues

- Wise: 9.0% or 1,104 children
- Denton: 7.4% or 10,223 children
- Parker: 11.8% or 2,425 children
- Tarrant: 10.7% or 42,941 children
- Hood: 7.4% or 653 children
- Johnson: 12.5% or 4,027 children

CCHAPS n = 7,439

Source: CCHAPS 2008
how would you describe this child’s general health?

- Excellent: 56.5%
- Very Good: 35.0%
- Good: 28.8%
- Fair: 6.9%
- Poor: 0.8%
- Don't Know: 0.3%

Without Mental Health Issues

- Excellent: 26.1%
- Very Good: 31.0%
- Good: 9.6%
- Fair: 1.8%
- Poor: 0.0%
- Don't Know: 0.0%

With Mental Health Issues

- Excellent: 10.0%
- Very Good: 20.0%
- Good: 30.0%
- Fair: 40.0%
- Poor: 50.0%
- Don't Know: 60.0%

CCHAPS n = 7,439

Source: CCHAPS 2008
children with mental health issues have more health issues and are . . .

- **20** times more likely to need health care but not get it
- **5.1** " limit activity
- **4.8** " experience bone or muscle problems
- **4.6** " have speech problems
- **3.2** " have vision problems
- **2.5** " be under weight [and 2.1x over weight]
- **2.3** " have hearing problems
- **2.1** " have dental problems
- **2.0** " have a serious headache [migraine]
- **1.9** " receive ear tubes

CCHAPS n = 7,439

Source: CCHAPS 2008
children with mental health issues have more behavior problems and are . . .

- 11 times more likely to be negatively obsessive
- 6.9 “ have self esteem issues
- 6.6 “ been in > 1 fight
- 4.5 “ have problems sleeping
- 4.3 “ wet the bed after age 5
- 4.0 “ have eating problems
- 3.5 “ to have been arrested

CCHAPS n = 7,439

Source: CCHAPS 2008
School-aged children with mental health issues have more problems in school. . .

- Missed 3 or more
  - With Mental Health Issues: 50.2%
  - Without Mental Health Issues: 32.6%
  - 1.5 times more likely

- Academic Problems
  - With Mental Health Issues: 38.6%
  - Without Mental Health Issues: 4.2%
  - 9.2 times more likely

- Behavior Problems
  - With Mental Health Issues: 33.6%
  - Without Mental Health Issues: 3.4%
  - 9.9 times more likely

- Suspended
  - With Mental Health Issues: 10.8%
  - Without Mental Health Issues: 3.2%
  - 8.3 times more likely

- Developmentally Delayed
  - With Mental Health Issues: 25.9%
  - Without Mental Health Issues: 3.2%
  - 8.1 times more likely

- Been Bullied
  - With Mental Health Issues: 30.6%
  - Without Mental Health Issues: 7.3%
  - 4.2 times more likely

- Bullied Others
  - With Mental Health Issues: 6.5%
  - Without Mental Health Issues: 6.5%
  - 4.3 times more likely

Source: CCHAPS 2008
children with mental health issues are at greater environmental risk . . .

- Psychological Abuse: 5.6 times more likely
- Neglected: 4.3 times more likely
- Physical Abuse: 5.3 times more likely
- Sexual Abuse: 4.7 times more likely
- Gang Threat Victim: 8.3 times more likely
- CPS Investigation: 1.7 times more likely
- In Foster Care: 5.6 times more likely

CCHAPS n = 7,439

Source: CCHAPS 2008

Provided for the benefit of the children in our community by: Cook Children's
Understanding ACCESS and barriers: MENTAL HEALTH

11.7% did not access needed mental health care . . .

Why not?

- 50.0% could not afford
- 40.3% not covered by insurance
- 29.0% could not get in to see a doctor
- 17.7% don’t know where to go
- 14.5% not available

Total greater than 100% due to allowing multiple responses with an average of 2.2 reasons given by each respondent

**Conclusion:**
Those who need mental health care the most have the greatest problem obtaining those services

Source: CCHAPS 2008
Other mental health issues: AUTISM

- Based on 3,671 respondents to the CCHAPS survey, 0.9% of children (32) in our 6 county region have Autism or Asperger's Syndrome.

Source: CCHAPS 2008
My daughter has a hard time expressing herself – as a parent I’m not able to help her.

My son has ADD and Bipolar Disorder – medication and counseling are done separately – Cook Children’s should take the lead on making this seamless.

[providers] put people into a box and many times kids just don’t fit a specific category. They need to treat mental health more on a case-to-case basis.

The costs for testing is outrageous – a reading test costs > $200.

I don’t know what resources are out there!

Source: CCHAPS 2008
Are you sad a lot?  
Sometimes = 31%  
Yes = 5%

At school I always feel sad because there is bullying at school

Have you been bullied at school?  
MOMS = 9.3% Yes  
KIDS = 51.0% Yes  
- for all kids responding

I’m sad when things don’t go my way or my baby don’t get things he needs.  
- 17 year old girl

I’m sad because no one is my friend, my cat died, no one plays with me at the playground.

The pressures of school are sometimes overwhelming

Source: CCHAPS 2008
A CCHAPS Special Report

Are you angry a lot? Sometimes = 32% Yes = 8%

I feel angry when someone makes a snide remark about me

When I’m angry I beat a pillow with a dagger or my great uncle’s army knife.
- 8 year old boy

When I’m angry I throw things around and yell
- 13 year old boy

Source: CCHAPS 2008
Cook Children’s is committed to…

Giving our community access to the data and the tools to act

Continuing to use the data to research, understand and communicate children’s health issues and potential solutions

Creating a “Center for Children’s Health” to sustain this effort
A CCHAPS Special Report

The Decade of the Child:
Healthy Children 2020

Call to Action
How to get involved...

Children’s health issues are so complex that making a significant difference is a grand journey. It is a journey that is best taken with the right equipment and with the right company. The CCHAPS journey is just beginning and will evolve over time, but here are the first few steps you can take now:

- Explore our Web site at [www.cchaps.org](http://www.cchaps.org) to learn more about CCHAPS and the children’s health issues in our 6-counties.
- Use the data to define and understand a children’s health issue that is important to you.
- Use the tools to begin to build collaborations and act on the data for that issue.
- Contact us to discuss how we can work together to make this 6-county region the healthiest place for children by 2020.
- Visit our Web site often or follow us on Facebook as the CCHAPS journey unfolds.

And,

Thanks for working to make a difference in the life of a child!