



THE AMERICAN PSYCHIATRIC ASSOCIATION'S  
OMNA ON TOUR



*Diverse Youth in Transition:*



Navigating a Difficult Passage



**September 26, 2009**  
**Swedish Medical Center**  
**Seattle, Washington**



American Psychiatric Association  
Office of Minority and National Affairs

# **Diverse Youth in Transition: Navigating a Difficult Passage**

A Call to Action for Prevention and  
Recovery in Diverse Youth in  
Seattle

July 26, 2009

**American Psychiatric Association**

**Office of Minority and  
National Affairs (OMNA)**

Rosslyn, Virginia  
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**Disclosure Information:**

Dr. Primm has had no financial relationships to disclose.

# OMNA Mission

To contribute to the improvement of quality of care for diverse and underserved populations

To meet the professional needs of psychiatrists from under-represented groups

# OMNA on Tour

*Engaging communities  
to eliminate racial  
and ethnic disparities  
in mental health care*

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# OMNA on Tour

Traveling mental health  
disparities awareness program  
to foster collaboration, advocacy,  
and strategic action at the  
grassroots level

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# OMNA on Tour Potential Outcomes

- Leaders connect, network and form new relationships
- New collaborations and programs
- Greater access to and utilization of services
- Policy change (eg. collect data by race/ethnicity)
- Legislation for increased funding and system transformation

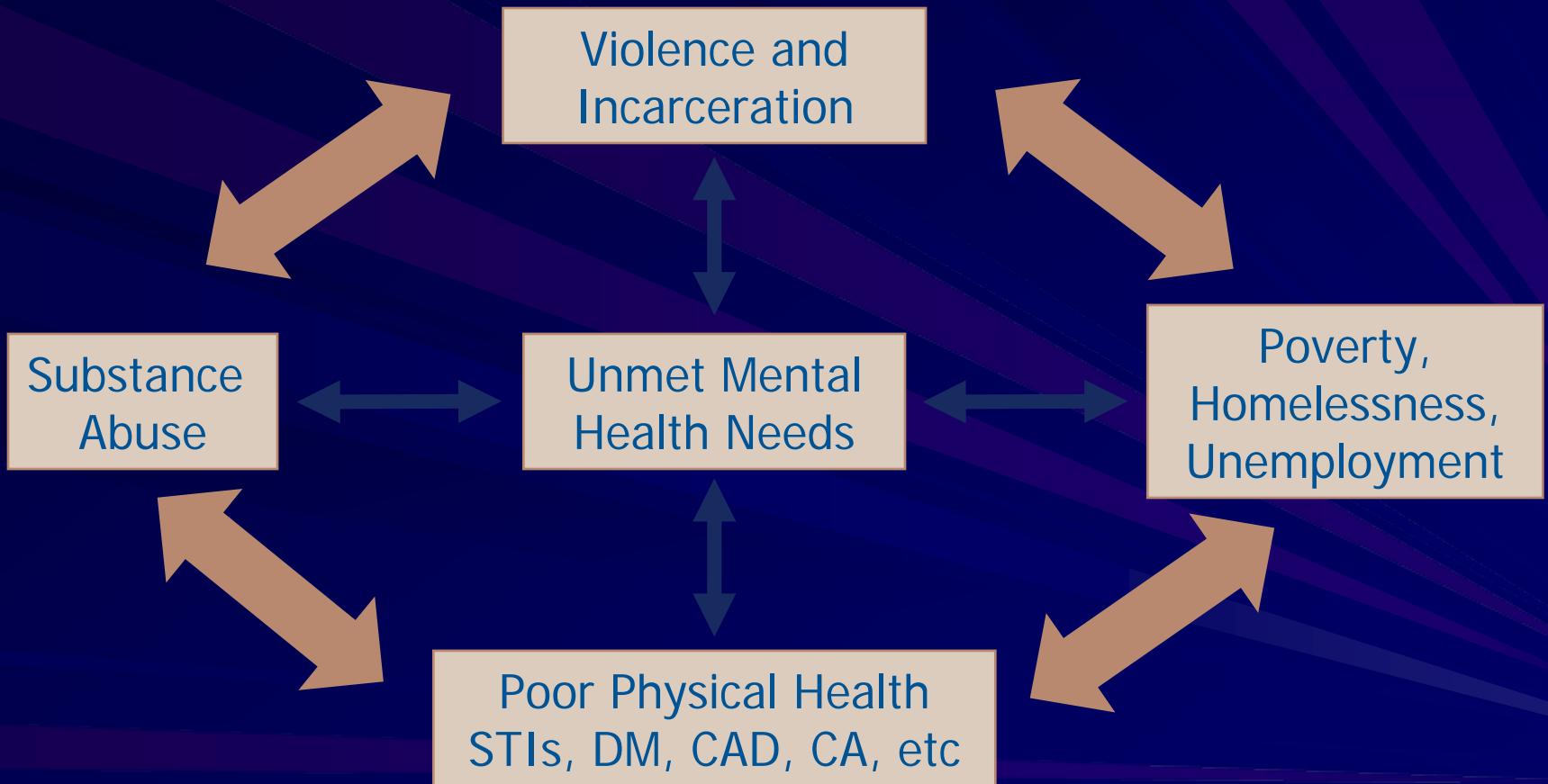
# Call to Action

- Consumer, family and community participation in planning and policy-making (*“Nothing about us without us”*)
- Multi-systemic and Multidisciplinary collaboration
- Sustainability

# Ethnic and Racial Disparities

- Mental Illness affects all
- Striking disparities in MH Care for 4 major ethnic & racial groups
  - Less likely to receive services
  - Poorer quality of care
  - Underrepresented in MH research
- Disparities impose great disability burden on these populations

# Vicious Cycle



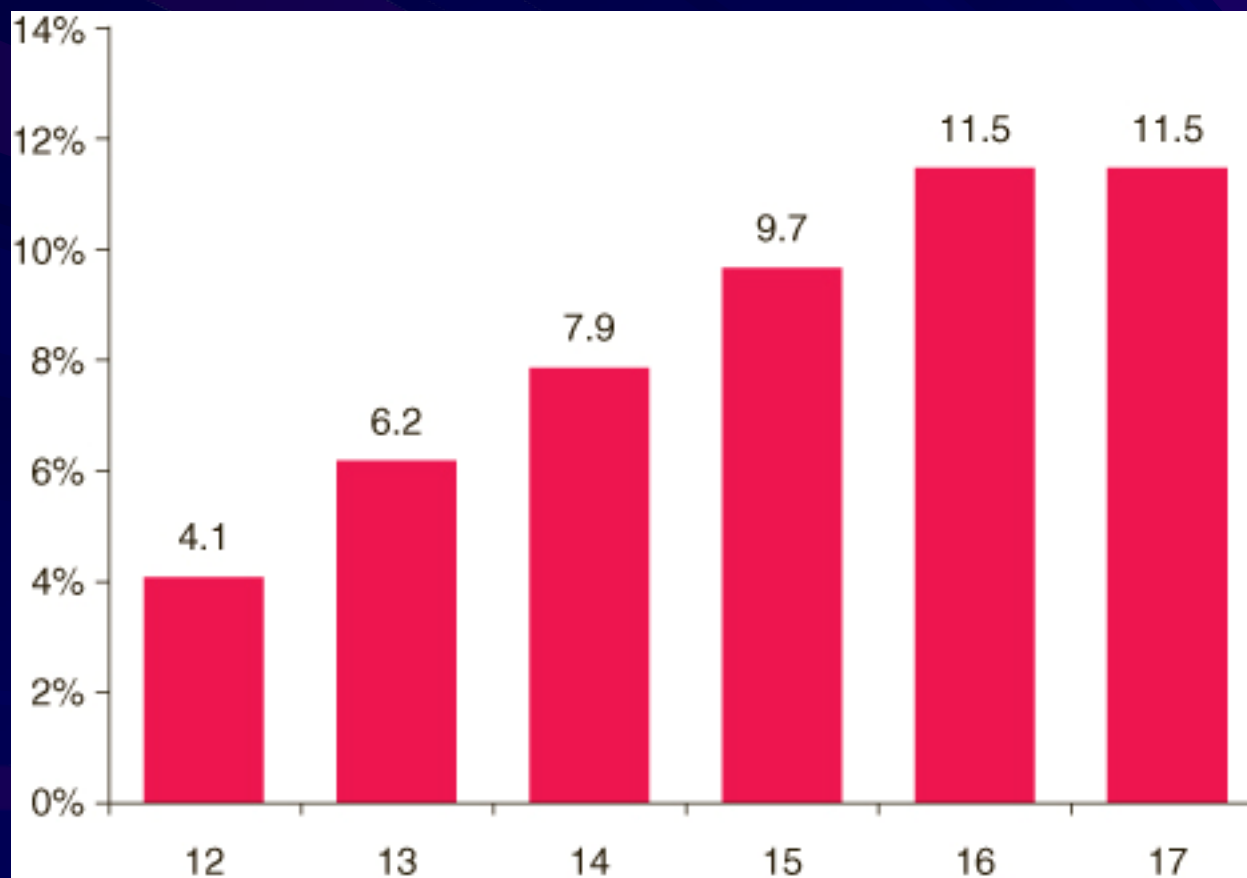
# Major Racial/Ethnic Groups

	Wash. State	US
White	85%	80%
Asian American	7%	4%
African American	4%	13%
American Indian/Alaska Native	2%	1%
2 or more races	3%	2%
Hispanic	9%	15%

# Youth and Mental Disorders

- 1 in 10 youth has mental health problems serious enough to impair function
- 1 in 5 youth from low-income families has mental health problems
- 75-80% of children and youth in need of mental health services do not receive them
- Latino youth are less likely than others to receive services
- less than 10% of youth 12-17 years old in need of treatment for substance use disorders received specialty treatment

# Past Year Major Depressive Episode Among Youths Aged 12 to 17, by Age: 2004-2006



Source: SAMHSA NSDUH Report 2008

# Violence among Youth Aged 12 - 17

- 32% engaged in violent behavior in past year
- Rates higher among 13, 14, & 15 year olds (than those older or younger)
- Youth who had used illicit drugs were twice as likely to have engaged in violence
- Rates of violence higher among those in families with lower incomes

# Youth in Criminal Justice System

Nearly 70% of youth in the juvenile justice system have a diagnosable mental health disorder

## Minority Youth:

- Over-represented in criminal justice system: make up 1/3 of youth but more than 2/3 of youth in juvenile facilities
- Confined and sentenced for longer
- Less likely to receive alternative sentencing or probation than whites

(Minority youth: African-American, Asian, Hispanic, Pacific Islanders, and Native Americans)

# High School Students

	Hispanic	White	Black
Felt sad or hopeless (2 weeks in a row)	36%	26%	29%
Made plan about suicide attempt	13%	11%	10%
Attempted suicide	10%	6%	8%

# Adolescents Receiving Mental Health Treatment or Counseling in Past Year

## Treatment Setting:

■ specialty mental health	12.5%
■ educational setting	11.5%
■ general medical setting	2.8%

(5% received services in both specialty MH and educational or general medical setting)

Females more likely than males to have received services

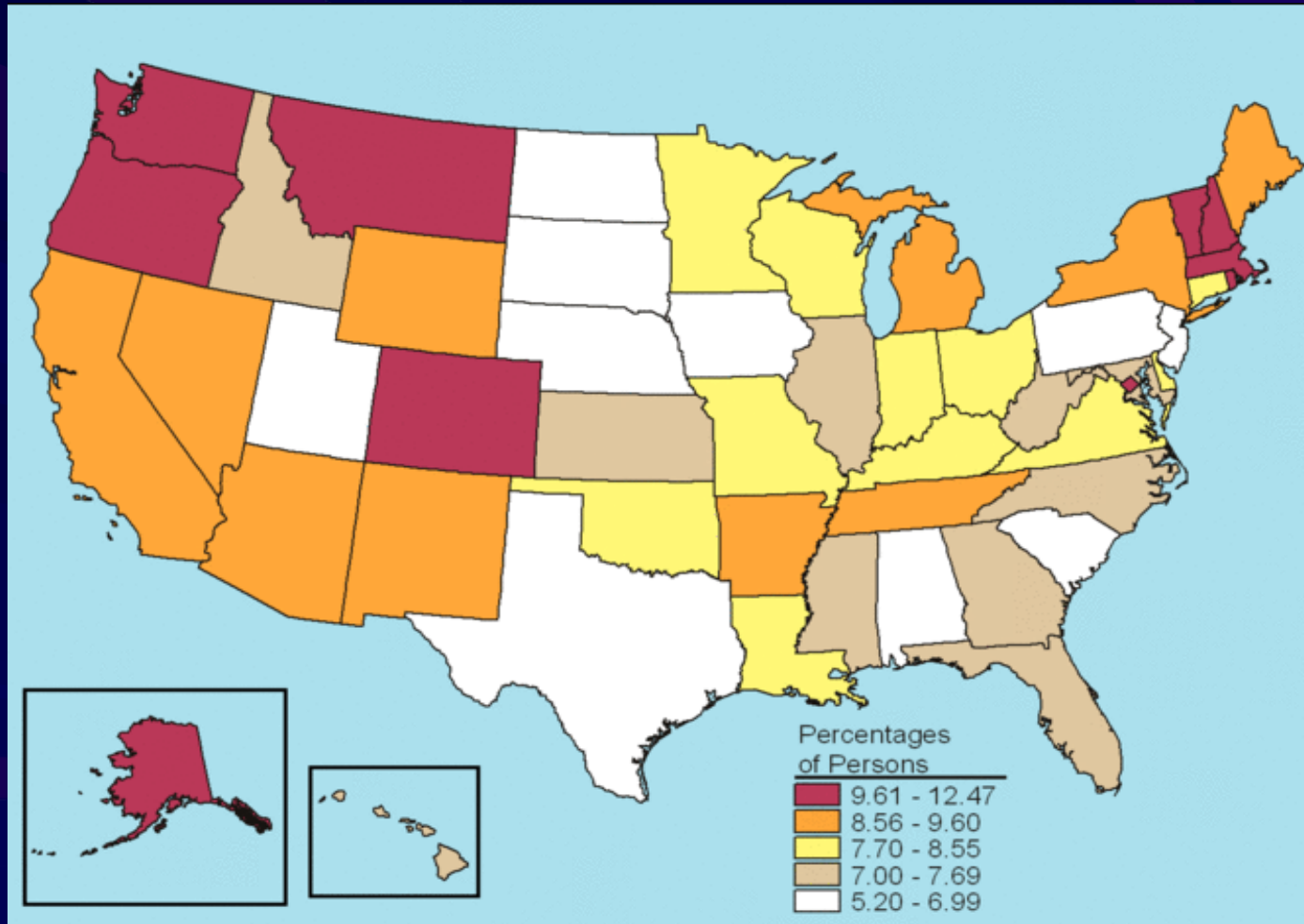
# Adolescents: Reason for Receiving Mental Health Services

	Specialty <u>Mental Health</u>	Educa- <u>tional</u>	General <u>Medical</u>
Felt depressed	50%	38%	44%
Problems at home/family	29%	17%	10%
Breaking rules/"acting out"	25%	24%	18%
Thought about killing self or tried to kill self	20%	9%	12%
Felt very afraid or tense	18%	16%	12%

# Alcohol Use, 12–17 Year-olds

	Washington	US
Alcohol use in past month	18%	16%
Binge alcohol use in past month	11%	10%

# Illicit Drug Use in past Month among persons age 12 or older (percentages)



Source: SAMHSA , 2006 and 2007 data (NSDUH)

# Consequences of untreated co-occurring substance abuse

- Worsened mental symptoms and greater disability
- Predisposition to general medical conditions like HIV, hepatitis, and tuberculosis
- Further disruption of family systems
- Increased economic hardship due to loss of workplace productivity and expense of illicit drugs
- Greater probability of violence and incarceration
- Less chance of recovery from mental illness

# High School Graduation Rates (2006)

	Wash. State	US
Asian American	72%	79%
White	67%	76%
Hispanic	49%	55%
African American	46%	51%
American Indian/Alaska Nat.	38%	50%
All students – 2006	62%	69%
All students – 1996	68%	66%

Source: EPE Research Center 2009

# High School Graduation Rate

(2005)

Seattle 68.9%

- 4<sup>th</sup> highest of the school districts serving the largest 50 cities
- Down .7% from 1995

Special thanks:

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and

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