

Module 2: Prevalence



The prevalence of children and youth impacted by mental health and substance use disorders are well documented. [Youth Topics | Youth.gov](#)

Schools that promote student mental health and well-being and address substance use concerns can improve classroom behavior, school engagement, and peer relationships. These factors are all connected to academic success. [About Children's Mental Health \(CDC\)](#).



One in six U.S. youth aged 6-17 experience a mental health disorder each year.

(Whiteny and Peterson, 2019; [National Alliance on Mental Illness Fast Facts](#))

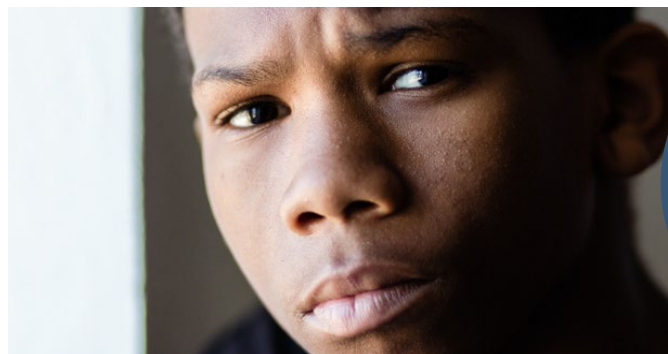
Among high school students: 39.7% of students experienced persistent feelings of sadness and hopelessness, 28.5% experienced poor mental health, 20.4% seriously considered attempting suicide, and 9.5% attempted suicide.

(Verlenden, Fodeman, Wilkins, Jones, Moore, Cornett, Sims, Saelee, et al, 2023)



Among children and youth ages 3-17 with a current mental health condition, just over half (53%) received treatment or counseling from a mental health professional in the past year.

(National Survey of Children's Health, 2018-2019)





School-based mental health services can reduce rates of absenteeism by 50% and rates of tardiness by 25%.

(Kang-Yi, Wolk, Locke, Beidas, Lareef, Pisciella, Lim, Evans, et al, 2018)

More than two-thirds of public schools reported an increase in the percentage of students seeking mental health services from school since the start of the pandemic.

(National Center for Education Statistics, 2022)



Six percent of 12th graders report daily use of marijuana in the past 30 days.

(Monitoring the Future Survey, 2022)

An estimated 8-10% of California youth ages 12-17 have a substance use disorder.

(SAMHSA National Report, 2023)

School-based behavioral health services offer many benefits to students in need.

Schools play a critical role in supporting students. Schools can be a safe, non-stigmatizing, and supportive environment in which youth and families have access to prevention, early intervention, and treatment through school-based programs.

Schools and community organization partnerships can enhance the academic success of individual students.

Studies show these partnerships can lead to:

- Stronger social and emotional skills development
- Enhanced student engagement (higher attendance rates and lower chronic absenteeism)
- Improved academic outcomes (higher test scores and better grades, higher rates of on-time grade promotion, and higher graduation rates)



Source: [School-Community Partnerships | MDRC](#)

Key Terms

Behavioral health services: A continuum of prevention, intervention, treatment and recovery support services for mental health and substance use.

County-funded: Services funded through the County of San Diego's Health & Human Services Agency's Behavioral Health Services Division.

Provider: Unless otherwise specified, a County-funded behavioral health provider.

Administrative Information

For administrative information or to provide feedback about the [SchoolLink training program](#), please email BHSContactUs.HHSA@sdcounty.ca.gov with subject line: SchoolLink