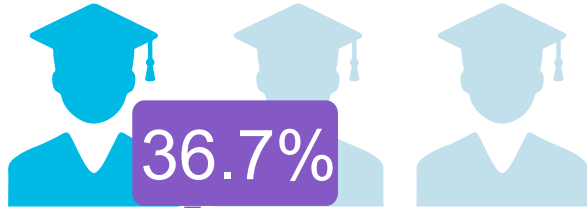


# FOCUS MENTAL HEALTH

## & HISPANIC HIGH SCHOOL STUDENTS

Before the COVID-19 pandemic, the mental health of students was already in decline

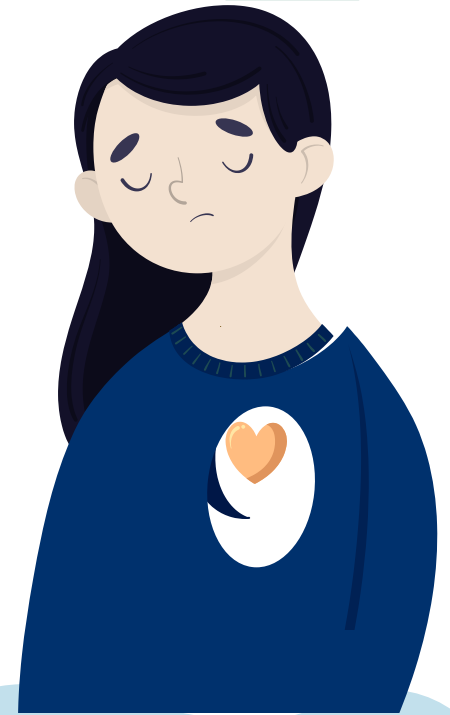


2019

**1 IN 3** high school students

reported feeling sad or hopeless.

An increase of 40% since 2009.<sup>1</sup>



2019

**17.2%** of Hispanic high school students seriously considered suicide.<sup>2</sup>

*Suicide*

2019-2020

The **second** leading cause of death<sup>3</sup> for Hispanics ages **15 to 34**

The **third** leading cause of death<sup>3</sup> for Hispanics ages **10 to 14**

<sup>1</sup>CDC. (2019). Youth Risk Behavior Survey: Data Summary & Trends Report 2009-2019. <https://www.cdc.gov/healthyyouth/data/yrbs/pdf/YRBSDataSummaryTrendsReport2019-508.pdf>

<sup>2</sup>Centers for Disease Control (CDC). Youth Risk Behavior Survey: United States 2019 Results.

<sup>3</sup>CDC. 10 Leading Causes of Death, United States: 2019-2020.

WISQARS

# MENTAL HEALTH

## & HISPANIC HIGH SCHOOL STUDENTS

The COVID-19 pandemic exacerbated the mental health crisis, especially among Hispanic students.

2021

**1 IN 5**

Hispanic students seriously considered attempting suicide.<sup>4</sup>



**46.4%**

of Hispanic students reported persistent feelings of sadness or hopelessness.<sup>4</sup>



Hispanic high schoolers were the most likely of any racial/ethnic group to report

**poor or declining mental health in the past 30 days<sup>5</sup>**

Hispanic youth were

**60%**

more likely to report feelings of poor or reduced mental health than non-Hispanic White youth.

<sup>4</sup> Jones SE, Ethier KA, Hertz M, et al. (2022). Mental Health, Suicidality, and Connectedness Among High School Students During the COVID-19 Pandemic — Adolescent Behaviors and Experiences Survey, United States, January–June 2021. MMWR Suppl 2022;71(Suppl-3):16–21d

<sup>5</sup> Flanagan, SK; Margolius, M; Pileggi, M; Glaser, L.; Burkander, K; Kincheloe, M; Freeman, J. (2021). Where Do We Go Next? Youth Insights on the High School Experience During a Year of Historic Upheaval. American’s Promise Alliance and Research for Action

**Hispanics are far less likely to receive treatment for mental illness.**

**91.7%**

of Hispanics 12 years and older with a substance use disorder did not receive treatment.<sup>6</sup>

**63.2%**

of Hispanic adolescents with a major depressive episode in the past year did not receive treatment.<sup>6</sup>

**49.7%**

of non-Hispanic White adolescents with a major depressive episode in the past year did not receive treatment.<sup>6</sup>

**66.1%**

Two-thirds of Hispanics 18 years and older with any mental illness did not receive treatment.<sup>6</sup>

### Barriers to Accessing Mental Health Care



#### Lack of Insurance

Hispanics (20%) are nearly three times as likely as non-Hispanic Whites (7%) to be uninsured. Lack of insurance prevents people from accessing mental health care.<sup>7</sup>



#### Stigma

Many Hispanics do not talk about mental health issues and have less knowledge about the signs and symptoms of mental health conditions or where to find help.



#### Lack of Bilingual and Bicultural Health Professionals

Only 5.5 % of psychologists, who may be Hispanic or another race or ethnicity, said they can provide services in Spanish, making them rare.<sup>8</sup>

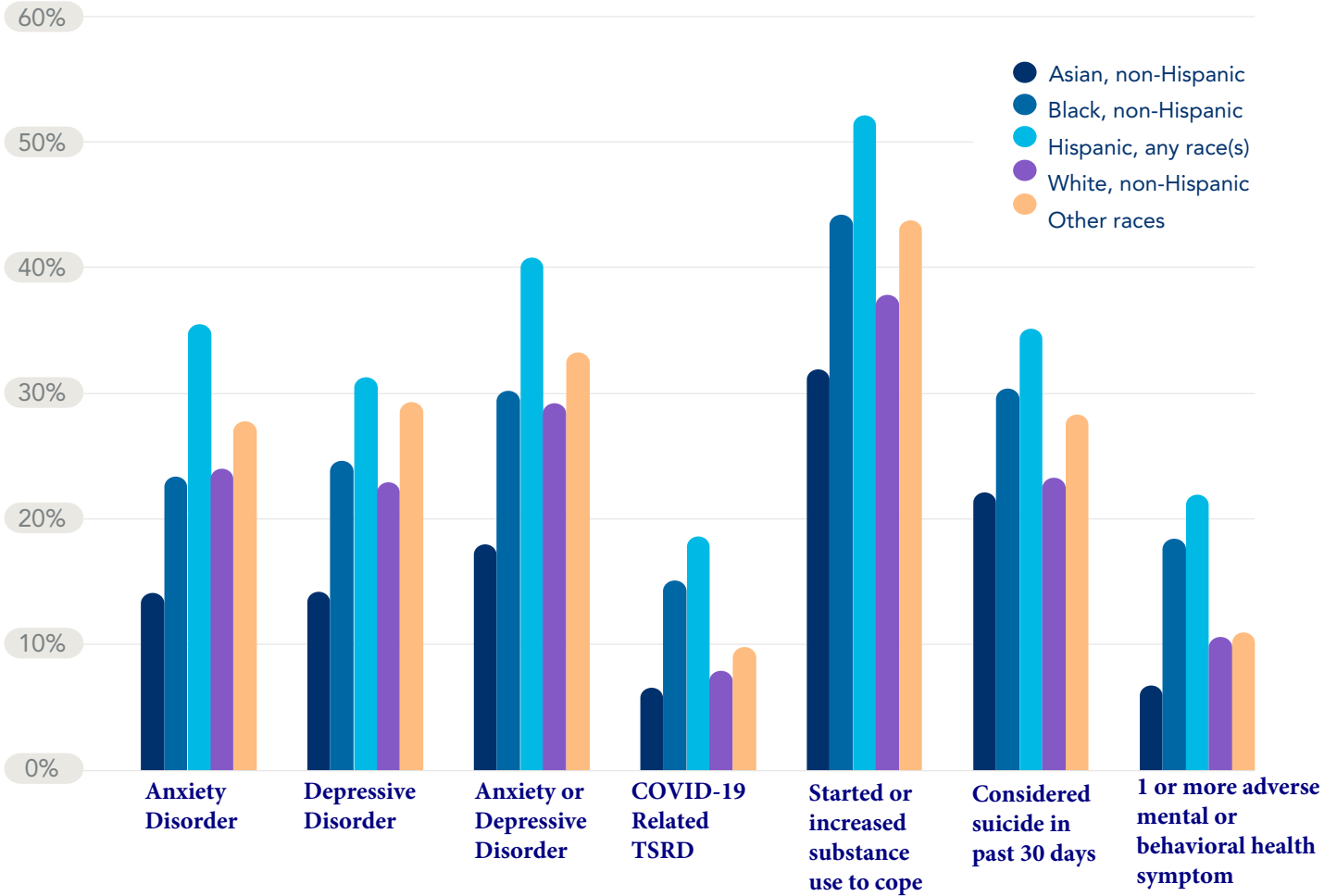
<sup>6</sup> Substance Abuse and Mental Health Services Administration (SAMHSA). (2020). 2019 National Survey on Drug Use and Health: Hispanics. U.S. Department of Health and Human Services.

<sup>7</sup> Assistance Secretary for Planning and Evaluation (ASPE) Office of Health Policy. (2021). Health Insurance Coverage and Access to Care Among Latinos: Recent Trends and Key Challenges.

<sup>8</sup> Hamp, A., Stamm, K., Lin, L., & Christidis, P. 2015 APA Survey of Psychology Health Service Providers. APA Center for Workforce Studies. September 2016

# Prevalence of adverse mental health outcomes and suicidal ideation (Persons over 18 years old)

June 24–30, 2020



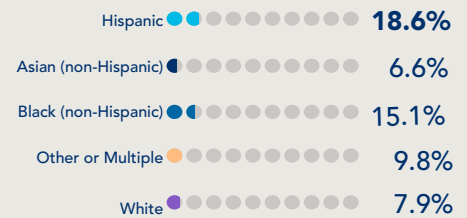
## Anxiety Disorder



## Depressive Disorder



## Seriously considered suicide in past 30 days



Source: Czeisler MĒ , Lane RI, Petrosky E, et al. (2020). Mental Health, Substance Use, and Suicidal Ideation During the COVID-19 Pandemic — United States, June 24–30, 2020. MMWR Morb Mortal Wkly Rep 2020;69:1049–1057. DOI: <http://dx.doi.org/10.15585/mmwr.mm6932a1>