

# Children's Mental Health in Westchester 2024

"[Mental health]... which has been the leading health and social issue impacting the lives and futures of young people for decades, has entered a dangerous phase.... environmental, social, economic, political, or technological changes... in the past two decades have harmed the mental health of young people and increased mental ill health among them."

*The Lancet Psychiatry Commission on Youth Mental Health, A global consortium of world-leading psychiatrists, psychologists, academics and young people.*

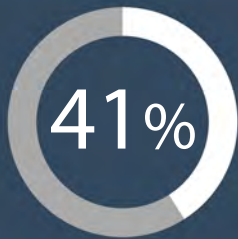
McGorry PD, Mei C et al. Lancet Psychiatry, Volume 11, Issue 9, p. 731, September 2024

US Teens who spend over 3 hours per day on social media faced **DOUBLE** the risk of experiencing poor mental health outcomes including symptoms of depression and anxiety.

Riehm, Kira E., et al. "Associations between Time Spent Using Social Media and Internalizing and Externalizing Problems among US Youth." JAMA Psychiatry, vol. 76, no. 12, 11 Sept. 2019, pp. 1266-1273, Table 2.

8th and 10th graders averaged 3.5 hours per day.

Miech, R. A., Johnston, L. D., Bachman, J. G., O'Malley, P. M., Schulenberg, J. E., and Patrick, M. E. (2022). Monitoring the Future: A Continuing Study of American Youth (8th- and 10th Grade Surveys), 2021. Inter-university Consortium for Political and Social Research, <https://doi.org/10.3886/ICPSR38502.v1>.



of US parents report that most days they are so stressed they cannot function.

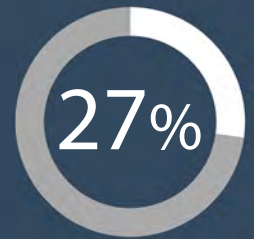


3.6x

In New York State, children under 18 indicated severe depression risk 3.6 times the rate of adults.



In Westchester, public school bullying incidents **went up by 15%** between the school years 2018-19 and 2022-23.

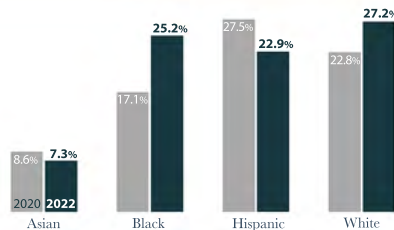


of Westchester public school 12th graders reported that they used marijuana in the last month.

"Stress in America 2023," American Psychological Association, Nov. 2023, [www.apa.org/news/press/releases/stress/2023/collective-trauma-recovery](http://www.apa.org/news/press/releases/stress/2023/collective-trauma-recovery) | "County and State Data Map: Defining Mental Health across Communities," Mental Health America, 2023 Data, <https://mhanational.org/mhamapping/mha-state-county-data> | "NYSEd:IRS:School Safety Data Reporting," New York State Education Department, [https://www.p12.nysed.gov/irs/school\\_safety/school\\_safety\\_data\\_reporting.html](https://www.p12.nysed.gov/irs/school_safety/school_safety_data_reporting.html) | Binge Drinking and Marijuana Use: Student Assistance Services Corporation, "2021-22 Drug Free Communities Support Program Core Measures."

**One out of Five** NYS children & youth ages 3 to 17 have been reported to have mental, emotional, developmental, and/or behavioral problems.

2021-2022 National Survey of Children's Health, <https://www.childhealthdata.org>



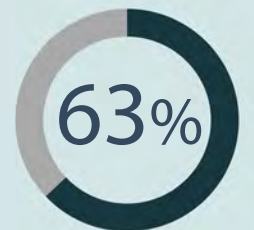
## What's Going On?

Asian children in New York State reported lower rates of mental, emotional, developmental or behavioral problems than their peers.

NOTE: Unless specified, children in a racial subgroup are non-Hispanic. 2018-19 & 2021-2022 National Survey of Children's Health, <https://www.childhealthdata.org>.

Among US teens ages 12 to 17, with substance use disorders, **almost half** of them also had a major depressive episode.

"Key Substance Use and Mental Health Indicators in the United States: Results from the 2021 National Survey on Drug Use and Health", US Substance Use and Mental Health Services Administration.



of youth in Encompass (a Westchester County funded program) with depression achieved significant symptom reduction by the end of treatment.

Rucak, Lorena, "Encompass/The Harris Project," Coordinated Children's Services Initiative Meeting, October 17, 2024

Find out more at:  
**wca4kids.org**

Support for this fact sheet comes from the Westchester County Board of Legislators.

Version 1 - 10/22/2024

## 2024 Westchester County Operating Budget

**0.54%** of the county budget is dedicated to the **Department of Community Mental Health (DCMH)**

**6.54%**

of the same budget is dedicated to the **Department of Correction.**

**69** DCMH School-Based Mental Health Clinics (234 public schools in the county,)

**21** DCMH Early Step Forward Locations (offers mental health services for children (0-5) with behavioral challenges affecting school readiness.

**21** Community Schools Community schools partner with local organizations to provide academic and family support beyond the classroom.

**In Westchester County Public Schools, there is**

**ONE PSYCHOLOGIST** for every **388 students.**

**ONE GUIDANCE COUNSELOR** for every **315 Students.**

**ONE SOCIAL WORKER** for every **833 Students.**

2024 Westchester County Operating Budget Adopted, Operating Budget Comparative Analysis - Expenditures, [https://www.westchester.gov/DCMH/Clinics\\_Slow\\_Victoria](https://www.westchester.gov/DCMH/Clinics_Slow_Victoria), "Data on School Based Clinics," Email to Limaric Cabrera, 9/26/2024, DCMH Early Step Forward: Bell, Andrew, "Data on School Based Clinics," Email to Limaric Cabrera, 9/30/2024, | Community Schools : New York State Education Department, <https://www.nysed.gov/sites/default/files/programs/student-support-services/community-schools-list-22-23.pdf> | Support Staff Data, New York State Department of Education, FOIL Request FL-EM-22/1338, October 18, 2022, 2021-22 School Year