

# Mental Health

## Nevada

In calendar year 2002, 978 children ages 17 and under received mental-health services in Washoe County by Northern Nevada Child & Adolescent Services.<sup>1</sup> Eighty-five percent of the clients lived in Washoe County, and 61.9 percent were males and 38.1 percent were females. Whites (72.9 percent) were most likely to have received treatment, followed by Hispanics (12.4 percent), blacks (African Americans) (6.5 percent), and American Indians/Alaskan Natives (3.1 percent) (4.3 percent were other or unknown racial/ethnic group). Approximately 12.5 percent of the children and youth received at least one bed day of residential treatment. Twelve percent of the children were treated for depression.

The Rural Clinics in calendar year 2002 admitted 684 children and youth to outpatient services, 362 were ages 12 and under and 322 were ages 13 to 17.<sup>2</sup> Of the 684 children and youth, 327 were classified as seriously emotionally disturbed (SED) and 357 were non-SED. The Rural Clinics provide mental-health services in Carson City, Minden, South Lake Tahoe, Dayton, Silver Springs, Fernley, Yerington, Hawthorne, Fallon, Lovelock, Winnemucca, Battle Mountain, Elko, Ely, Mesquite, Pahrump, Tonopah, Caliente, and Overton.

## Significant Factors

Not all children and youth with mental-health problems are receiving mental-health services. Many barriers prevent them from getting the care they need:

- Stigma,
- Fragmented services,

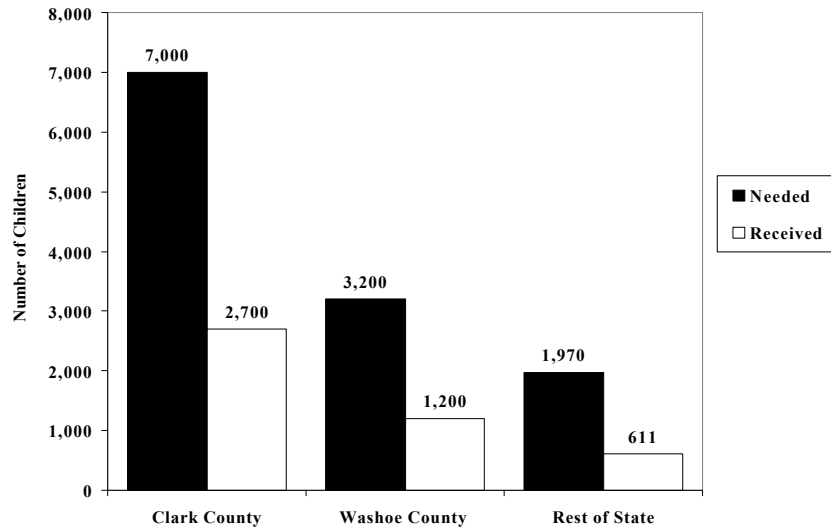
- Cost,
- Workforce shortages,
- Unavailable services, and
- Not knowing where or how to get care.”<sup>3</sup>

Stigma has been found to be a concern of parents. One researcher found 73 percent of a small group of parents/guardians indicated they would be concerned if another person found out that their children were being seen by health-care professionals and 70 percent were concerned that their children would not be respected.<sup>4</sup> According to the 2003 report by the President’s New Freedom Commission on Mental Health, “When people have a personal understanding of the facts, they will be less likely to stigmatize mental illnesses and more likely to seek help for mental health problems.”<sup>5</sup>

In 2002, 19.3 percent of U.S. youth ages 12 to 17 received treatment or counseling. The youth were most likely to have received treatment for depression (49.5 percent).<sup>6</sup> Treatment by age groups varied slightly—19.8 percent were 12 or 13, 19.9 percent were 14 or 15, and 18.2 percent were 16 or 17 years of age.<sup>7</sup>

# Mental Health Continued

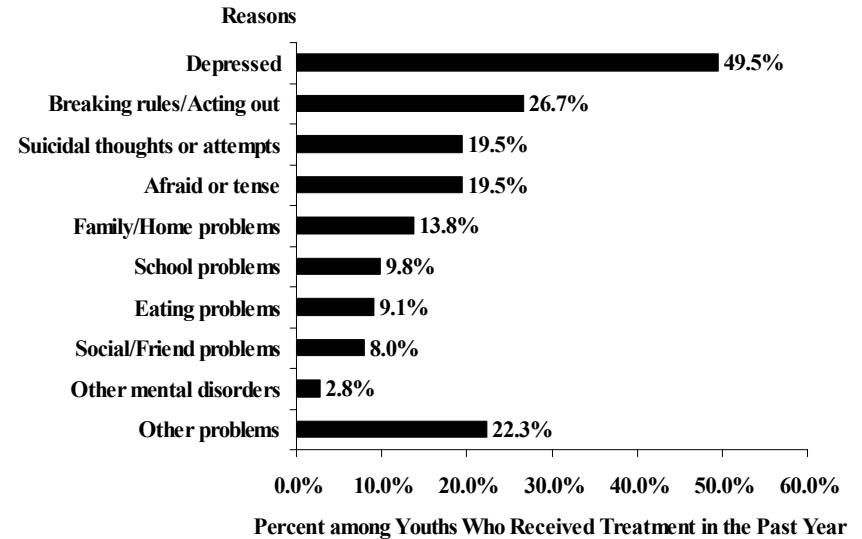
**Number of Nevada Children and Youth Enrolled in Medicaid\* Who Were Estimated to Need Behavioral-Health Services and the Number Who Received Them by Region: 2001**



\*Encounter data for Medicaid programs.

Source: "Clark County Mental Health Consortium Annual Plan," August 2002, available online at: <<http://dcfs.state.nv.us/AnnualPlan2002Clark>> as of 4/5/04; "Washoe County Mental Health Consortium Annual Plan," August 2002, available online at: <<http://dcfs.state.nv.us/AnnualPlan2002Washoe>> as of 4/5/04; and "Rural Mental Health Consortium First Annual Plan," 2002, available online at: <<http://dcfs.state.nv.us/AnnualPlan2002Rural>> as of 4/5/04.

**Reasons for Mental-Health Treatment in the Past Year among U.S. Youths Ages 12 to 17: 2002**



Source: U.S. Department of Health & Human Services, Substance Abuse and Mental Health Services, Office of Applied Statistics, "Results from the 2002 National Survey on Drug Use and Health: National Findings," available online at: <<http://www.samhsa.gov/oas/NHSDA/2k2NSDUH/Results/2k2results.htm>> as of 1/13/04.