



## School Mental Health: Enhancing Treatment Access and Engagement

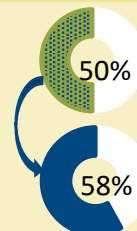
### School Mental Health Improves Treatment Access



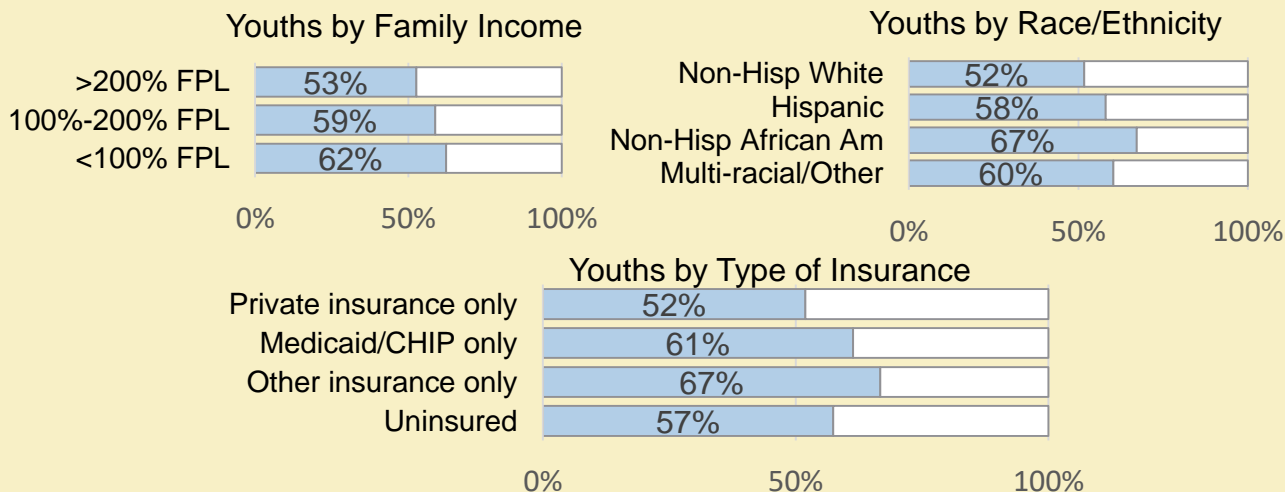
School mental health<sup>a</sup> improves treatment access for youths, especially for those who are living in *poverty*, *racial/ethnic minority*, *uninsured*, and/or covered by *public health insurance*.

Only  $\frac{1}{2}$  of youths with mental health problems receive any treatment.<sup>1</sup>

**58%** of youths receiving mental health treatment have used school mental health services.<sup>2</sup>



#### Among Adolescents with Any Mental Health Service Use in Past Year, % Having Used School Mental Health<sup>b, 3</sup>

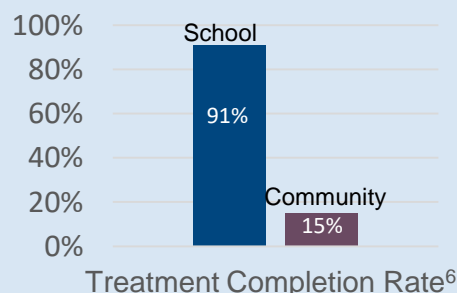


### School Mental Health Improves Treatment Engagement



Only a small amount of research has examined the effect of school mental health on youths' ongoing treatment engagement.

Existing research suggests that school mental health significantly improves treatment engagement for youths.<sup>4, 5, 6</sup> However, additional research is needed to examine the effectiveness of various school mental health programs in diverse educational settings.



a. "School mental health" in this infographic refers to mental health services provided in the school setting.  
b. Adolescents: youths ages 12 to 17, based on 2018 U.S. data.

## References:

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