Behavioral Health

Mental Health concerns such as depression and anxiety are more common among adults who have had exposure to unfavorable social, economic, or environmental circumstances. Stressful experiences such as poverty, debt, low educational attainment, unemployment, and weak social support all contribute to poor mental health.

**Key Finding**

- Women make up 70% of hospital visits for anxiety or stress-related disorder and major depression, and they account for 65% of visits for bipolar disorder.

**Mental Health-related Hospital Visits by Disorder and Sex, Montgomery County, 2017**

- Women are more likely to have a hospital visit for self-harm (data not shown), but the suicide rate for men was more than 3 times higher than for women.

**Suicide Death Rate* by Demographic Group**

- Montgomery: 15.6
- Male: 24.7
- Female: 7.2
- White: 17.4
- Black: 9.4

*Age-adjusted rate per 100,000
Source: Ohio Death Certificates, Ohio Department of Health

**Mental Health-related Hospital Visits by Disorder and Insurance Type, Montgomery County, 2017**

- 50% of visits for bipolar disorder and 48% visits for schizophrenia were paid by Medicaid.

**Mental Health-related Hospital Visits by Disorder (per 1,000), Montgomery County, 2016-2017**

- Nearly half (49%) of self-harm related hospital visits were paid for by Medicaid.

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**Across the Nation**

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**Behavioral Health**

**MENTAL HEALTH**

**PHI PUBLIC HEALTH IMPORTANCE:**

Childhood mental illness is a chronic condition that can continue through the lifespan and impact overall health. Children who suffer from anxiety, depression, and mood disorders may have difficulty functioning at home and in school or forming positive healthy relationships with others. Trauma has been found to be the central issue of mental health problems in children and can have a negative impact on brain development. Children who are exposed to multiple traumatic events, or adverse childhood experiences, are at higher risk of developing psychological problems and have higher rates of disease and disability.

**Adverse Childhood Experiences**

ACEs are traumatic events occurring in childhood that place individuals at an increased risk of health problems as adults.

- Physical abuse
- Substance abuse in the home
- Sexual abuse
- Mental illness in the home
- Emotional abuse
- Parental separation or divorce
- Witnessing physical abuse
- Incarcerated household member

**Related Health Problems Include:**

- Substance abuse
- Mental illness
- Poor pregnancy outcomes
- Chronic disease

**Mental Health Among Youth Grades 7-12**

- Any Psychological Distress: 39.1%
- Anxious: 23.8%
- Depressed: 17.0%
- Received Mental Health Care: 29.0%
- Considered Suicide: 13.0%

**Gay, lesbian, and bisexual youth are twice as likely to be bullied and 3 times more likely to stay home from school because they feel unsafe compared to straight youth.**

46% of transgender youth are bullied, and one-third miss school because they feel unsafe attending.

**Youth Grades 7-12 with 3 or More ACEs**

- 21% of Ohio youth have experienced 3 or more Adverse Childhood Experiences (ACEs). The most common ACEs reported: separated parents + emotional abuse + substance abuse in the home + mental illness in the home

**Source:** Ohio Healthy Youth Environment Survey (OHYES!)

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**Bullying Among Youth Grades 7-12 by Demographic Characteristics, Ohio, 2015-2018**

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<th>Orientation</th>
<th>Gender</th>
<th>Race/Ethnicity</th>
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<tbody>
<tr>
<td>Bullying at School in the Past Year</td>
<td>Ohio</td>
<td>Male</td>
</tr>
<tr>
<td>Straight</td>
<td>22%</td>
<td>17%</td>
</tr>
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<td>Gay/Lesbian/Bisexual</td>
<td>5%</td>
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**Adverse Childhood Experiences (ACEs)**

- Physical abuse
- Substance abuse in the home
- Sexual abuse
- Mental illness in the home
- Emotional abuse
- Parental separation or divorce
- Witnessing physical abuse
- Incarcerated household member

**Related Health Problems Include:**

- Substance abuse
- Mental illness
- Poor pregnancy outcomes
- Chronic disease

**Mental Health Among Youth Grades 7-12 by Gender, Ohio, 2015-2018**

- Received Mental Health Care: 27% Male, 35% Female, 30% Transgender
- Moderate or Severe Psychological Distress: 11% Male, 14% Female, 24% Transgender
- Considered Suicide: 8% Male, 16% Female, 16% Transgender

**Source:** Ohio Healthy Youth Environment Survey (OHYES!)

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**Mental Health Among Youth Grades 7-12 by Demographic Characteristics, Ohio, 2015-2018**

- Received Mental Health Care: 45% Gay/Lesbian/Bisexual, 53% Male, 47% Female
- Moderate or Severe Psychological Distress: 26% Gay/Lesbian/Bisexual, 15% Male, 16% Female
- Considered Suicide: 10% Gay/Lesbian/Bisexual, 20% Male, 10% Female

**Source:** Ohio Healthy Youth Environment Survey (OHYES!)

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**Adverse Childhood Experiences (ACEs) Among Youth Grades 7-12, Ohio, 2015-2018**

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<tr>
<td>Emotional Abuse</td>
</tr>
<tr>
<td>Drugs/Alcohol Abuse in the Home</td>
</tr>
<tr>
<td>Mental Illness in the Home</td>
</tr>
<tr>
<td>Incarcerated person in the Home</td>
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**KEY FINDING** as self-reported

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46% of transgender youth are bullied, and one-third miss school because they feel unsafe attending.

**Source:** Ohio Healthy Youth Environment Survey (OHYES!)

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**KEY FINDING** as self-reported

- The demographic groups that most often report experiencing 3 or more ACEs include: Transgender, Gay/Lesbian/Bisexual, Hispanic

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**Phrasing Notes:**

- **PHI PUBLIC HEALTH IMPORTANCE:**
  - Childhood mental illness is a chronic condition that can continue through the lifespan and impact overall health. Children who suffer from anxiety, depression, and mood disorders may have difficulty functioning at home and in school or forming positive healthy relationships with others. Trauma has been found to be the central issue of mental health problems in children and can have a negative impact on brain development. Children who are exposed to multiple traumatic events, or adverse childhood experiences, are at higher risk of developing psychological problems and have higher rates of disease and disability.

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    - Race/Ethnicity: 18% Black, 25% White, 46% Hispanic

- **Mental Health Among Youth Grades 7-12 by Gender, Ohio, 2015-2018**
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    - Male: 27%
    - Female: 35%
    - Transgender: 30%
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  - Emotional Abuse: 28%
  - Drugs/Alcohol Abuse in the Home: 22%
  - Mental Illness in the Home: 21%
  - Incarcerated person in the Home: 13%
  - Physical Abuse: 8%
  - Witnessed Physical Abuse: 7%
  - Sexual Abuse: 5%

**Source:** Ohio Healthy Youth Environment Survey (OHYES!)

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