

# The Case for School Mental Health Brief 2023



**Rates of youth mental health problems are at historically high rates and rising.**

- 1 in 5 youth have social, emotional, and behavioral problems that impair their learning (Fabiano & Evans, 2019; Merikangas et al., 2010).
- There has been a 33% increase in the rate of students reporting depression and anxiety since 2010. The most alarming trends are seen for students of color: suicide rates among Black youth, for example, have doubled since 2014.
- The COVID-19 pandemic exacerbated stressors for youth. Over one-third of Washington high school students reported feeling worried about friends and family contracting COVID-19, and over half felt depressed or sad "most days" in the year after returning to school (Kilmer et al. 2022)

**CONTRIBUTING CENTER(S):**

**Northwest MHTTC**

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Effective school mental health is unlikely to be achieved at scale without accountability structures, quality monitoring, investment in the school-based workforce, and technical assistance to schools and districts.

The Policy Core at the UW SMART Center created this brief that highlights the key benefits of school mental health and the strategies recommended to the Washington state legislature to strengthen student wellness in schools. We are sharing this document as a reference point for other states.

## [Access The Case for School Mental Health Brief 2023 Here >](#)

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### ***Want more information and school mental health resources?***

*Visit the Northwest MHTTC's **School Mental Health page** and **sign up for our newsletter** for regular updates about events, trainings, and resources available to the Northwest region.*

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Spotlight on SAMHSA Resources

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[findtreatment.gov](https://findtreatment.gov)  
SAMHSA's National Helpline: 1-800-662-HELP (4357)  
SAMHSA's Disaster Distress Helpline: 1-800-985-5990 or Text TALKWITHUS  
to 66746



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