

**Table 6.34A Past Year Receipt of Mental Health Services and Reasons for Receiving Most Recent Mental Health Service in the Past Year among Persons Aged 12 to 17 Who Received Respective Mental Health Services in the Past Year: Numbers in Thousands, 2007 and 2008**

| Reason for Receipt of<br>Mental Health Services <sup>1</sup>  | SPECIALTY MENTAL HEALTH SERVICE |       |                         |       |                        |      | EDUCATION <sup>4</sup> |       | MEDICAL <sup>5</sup> |      | SPECIALTY<br>MENTAL HEALTH<br>AND EDUCATION<br>OR MEDICAL <sup>6</sup> |       |
|---|---------------------------------|-------|-------------------------|-------|------------------------|------|------------------------|-------|----------------------|------|--|-------|
|   | Total                           |       | Outpatient <sup>2</sup> |       | Inpatient <sup>3</sup> |      |                        |       |                      |      |  |       |
|   | 2007                            | 2008  | 2007                    | 2008  | 2007                   | 2008 | 2007                   | 2008  | 2007                 | 2008 | 2007   | 2008  |
| RECEIVED MENTAL HEALTH<br>SERVICES <sup>7</sup>               | 3,113                           | 3,126 | 2,781                   | 2,811 | 628                    | 598  | 2,862                  | 2,882 | 692                  | 706  | 1,278  | 1,306 |
| Thought about Killing Self or<br>Tried to Kill Self           | 543                             | 539   | 470                     | 486   | 189                    | 147  | 209                    | 234   | 61 <sup>a</sup>      | 103  | 156  | 182   |
| Felt Depressed  | 1,356                           | 1,356 | 1,291                   | 1,289 | 188                    | 167  | 856                    | 849   | 235                  | 230  | 461  | 464   |
| Felt Very Afraid or Tense                                     | 479                             | 562   | 433 <sup>a</sup>        | 533   | 75                     | 63   | 356                    | 389   | 65                   | 95   | 136  | 147   |
| Eating Problems   | 257                             | 252   | 234                     | 228   | 39                     | 48   | 127                    | 121   | 77                   | 85   | 77   | 67    |
| Other Diagnosed Mental/<br>Neurological Disorder <sup>8</sup> | 61                              | 58    | 52                      | 54    | 9                      | 4    | 5                      | 8     | 16                   | 26   | 4  | 3     |
| Breaking Rules or "Acting Out"                                | 672                             | 714   | 627                     | 668   | 104                    | 101  | 530                    | 558   | 94                   | 104  | 206  | 210   |
| Trouble Controlling Anger                                     | 448                             | 449   | 424                     | 419   | 52                     | 49   | 246                    | 268   | 43                   | 63   | 71   | 75    |
| Got into Physical Fights                                      | 143                             | 130   | 128                     | 116   | 22                     | 19   | 139                    | 115   | 13                   | 21   | 33   | 18    |
| Problems at Home/Family                                       | 771                             | 796   | 738                     | 754   | 63                     | 66   | 384                    | 400   | 54                   | 76   | 146  | 156   |
| Problems with Friends   | 322                             | 384   | 305                     | 371   | 22                     | 19   | 447                    | 476   | 18                   | 25   | 83   | 122   |
| Problems with People Other<br>Than Family/Friends             | 237                             | 272   | 222                     | 259   | 25                     | 24   | 276                    | 263   | 32                   | 36   | 57   | 70    |
| Problems at School  | 459                             | 522   | 431                     | 485   | 41                     | 56   | 533                    | 592   | 70                   | 85   | 118  | 143   |
| Some Other Reason <sup>9</sup>                                | 284                             | 275   | 255                     | 230   | 40                     | 57   | 159                    | 165   | 74                   | 79   | 48   | 50    |

\*Low precision; no estimate reported.

NOTE: Receipt of mental health services for persons aged 12 to 17 is defined as having received treatment/counseling for emotional or behavioral problems not caused by drug or alcohol use.

NOTE: Respondents with unknown receipt of mental health service information in the past year were excluded.

NOTE: Respondents could indicate multiple service sources; thus, the response categories are not mutually exclusive.

<sup>a</sup> Difference between estimate and 2008 estimate is statistically significant at the 0.05 level.

<sup>b</sup> Difference between estimate and 2008 estimate is statistically significant at the 0.01 level.

<sup>1</sup> Respondents were asked the reasons for the last time they received mental health care from each of the reported mental health services and could indicate multiple reasons for the last time they received mental health care; thus, these response categories are not mutually exclusive. Respondents who did not indicate receiving mental health care from a particular mental health service category for any of the reasons listed in this table were excluded for that service.

<sup>2</sup> Includes treatment/counseling from a (1) private therapist, psychologist, psychiatrist, social worker, or counselor; (2) mental health clinic or center; (3) partial day hospital or day treatment program; or (4) in-home therapist, counselor, or family preservation worker.

<sup>3</sup> Includes treatment/counseling from an overnight or longer stay in a (1) hospital, (2) residential treatment center, or (3) foster care or therapeutic foster care home.

<sup>4</sup> Includes treatment/counseling from a (1) school counselors, school psychologists, or regular meetings with teachers or (2) special education services while in a regular classroom or placement in a special classroom, program, or school. Reason for Receipt of Mental Health Services only pertains to treatment/counseling from school counselors, school psychologists, or regular meetings with a teacher. Respondents who did not report their school enrollment status, who reported not being enrolled in school in the past 12 months, or who reported being home-schooled were not asked about receipt of mental health treatment/counseling or reasons for mental health care from this source.

<sup>5</sup> Includes treatment/counseling from a pediatrician or other family doctor.

<sup>6</sup> Specialty Mental Health and Education or Medical includes receipt of any specialty mental health services and receipt of services from either Education or Medical sources.

<sup>7</sup> Received Mental Health Services row represents all youths who received treatment/counseling regardless of whether a reason is known.

<sup>8</sup> Respondent specified that he or she has been diagnosed with a mental or neurological disorder as a reason for having received mental health treatment/counseling. This reason is one of the most commonly reported other reasons for having received treatment/counseling.

<sup>9</sup> Respondents with unknown or invalid responses to the other-specify question on Some Other Reason for Receiving Mental Health Treatment/Counseling were classified as not having received treatment/counseling for Some Other Reason.

Source: SAMHSA, Office of Applied Studies, National Survey on Drug Use and Health, 2007 and 2008.

**Table 6.34B Past Year Receipt of Mental Health Services and Reasons for Receiving Most Recent Mental Health Service in the Past Year among Persons Aged 12 to 17 Who Received Respective Mental Health Services in the Past Year: Percentages, 2007 and 2008**

| Reason for Receipt of<br>Mental Health Services <sup>1</sup>  | SPECIALTY MENTAL HEALTH SERVICE |      |                         |      |                        |      | EDUCATION <sup>4</sup> |      | MEDICAL <sup>5</sup> |      | SPECIALTY<br>MENTAL HEALTH<br>AND EDUCATION<br>OR MEDICAL <sup>6</sup> |      |
|---|---------------------------------|------|-------------------------|------|------------------------|------|------------------------|------|----------------------|------|--|------|
|   | Total                           |      | Outpatient <sup>2</sup> |      | Inpatient <sup>3</sup> |      |                        |      |                      |      |  |      |
|   | 2007                            | 2008 | 2007                    | 2008 | 2007                   | 2008 | 2007                   | 2008 | 2007                 | 2008 | 2007   | 2008 |
| RECEIVED MENTAL HEALTH<br>SERVICES <sup>7</sup>               | 12.5                            | 12.7 | 11.1                    | 11.4 | 2.5                    | 2.4  | 11.5                   | 11.8 | 2.8                  | 2.9  | 5.1  | 5.3  |
| Thought about Killing Self or<br>Tried to Kill Self           | 20.2                            | 19.6 | 18.5                    | 18.7 | 44.9 <sup>a</sup>      | 35.4 | 9.3                    | 9.9  | 11.6 <sup>a</sup>    | 17.1 | 13.7   | 15.5 |
| Felt Depressed  | 50.0                            | 48.6 | 50.4                    | 49.0 | 44.8                   | 39.9 | 38.0                   | 35.9 | 44.3                 | 38.2 | 40.9   | 39.8 |
| Felt Very Afraid or Tense                                     | 17.9                            | 20.4 | 17.1 <sup>a</sup>       | 20.5 | 17.9                   | 15.1 | 15.8                   | 16.4 | 12.2                 | 15.9 | 12.0   | 12.5 |
| Eating Problems   | 9.7                             | 9.2  | 9.3                     | 8.8  | 9.2                    | 11.6 | 5.7                    | 5.1  | 14.5                 | 14.2 | 6.7  | 5.7  |
| Other Diagnosed Mental/<br>Neurological Disorder <sup>8</sup> | 2.3                             | 2.1  | 2.1                     | 2.1  | 2.1                    | 0.9  | 0.2                    | 0.3  | 3.0                  | 4.4  | 0.3  | 0.2  |
| Breaking Rules or "Acting Out"                                | 25.1                            | 25.7 | 24.7                    | 25.5 | 24.8                   | 24.3 | 23.5                   | 23.6 | 17.7                 | 17.4 | 18.0   | 17.8 |
| Trouble Controlling Anger                                     | 16.8                            | 16.3 | 16.7                    | 16.1 | 12.5                   | 11.8 | 10.9                   | 11.3 | 8.2                  | 10.6 | 6.2  | 6.4  |
| Got into Physical Fights                                      | 5.4                             | 4.8  | 5.1                     | 4.5  | 5.2                    | 4.5  | 6.2                    | 4.9  | 2.4                  | 3.6  | 2.9  | 1.5  |
| Problems at Home/Family                                       | 28.8                            | 28.9 | 29.0                    | 28.9 | 14.9                   | 16.0 | 17.0                   | 16.9 | 10.2                 | 12.7 | 13.0   | 13.3 |
| Problems with Friends   | 12.1                            | 14.0 | 12.1                    | 14.3 | 5.3                    | 4.7  | 19.8                   | 20.1 | 3.4                  | 4.2  | 7.3  | 10.4 |
| Problems with People Other<br>Than Family/Friends             | 8.9                             | 9.9  | 8.8                     | 10.0 | 6.0                    | 5.7  | 12.2                   | 11.1 | 6.0                  | 6.1  | 5.0  | 6.0  |
| Problems at School  | 17.2                            | 18.9 | 17.0                    | 18.6 | 9.7                    | 13.3 | 23.6                   | 25.1 | 13.2                 | 14.1 | 10.4   | 12.3 |
| Some Other Reason <sup>9</sup>                                | 10.7                            | 10.0 | 10.1                    | 8.8  | 9.6                    | 13.8 | 7.1                    | 7.0  | 14.0                 | 13.2 | 4.2  | 4.2  |

\*Low precision; no estimate reported.

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NOTE: Respondents with unknown receipt of mental health service information in the past year were excluded.

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