

Mental health support for adolescents



Adolescence can be a difficult time, and it often comes with an increased risk of mental and emotional health challenges. Optum® Behavioral Health offers support, tools and resources for members to help them navigate mental health care for their dependents.

Mental health during the formative years

Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. This is an important time for creating social and emotional habits that affect mental well-being, but some youth may struggle. Depression is one of the leading causes of illness and disability among this age group, and suicide is the third-leading cause of death in 15–19-year-olds.¹

Additional concerns include:

- Anxiety
- Developmental or mood disorders
- ADHD
- · Eating disorders
- Psychosis
- Substance use disorders

Effects of the pandemic on today's youth

46%

of teens have shown signs of a new or worsening mental health condition.² 31%

increase in mental health-related ER visits.³ 24%

of students said they know someone who has had suicidal thoughts.⁴



Deepening challenges for families

The pandemic created a strain on adolescents and their families. Remote learning and canceled extracurricular activities left many teens feeling frustrated, anxious, hopeless and disconnected.

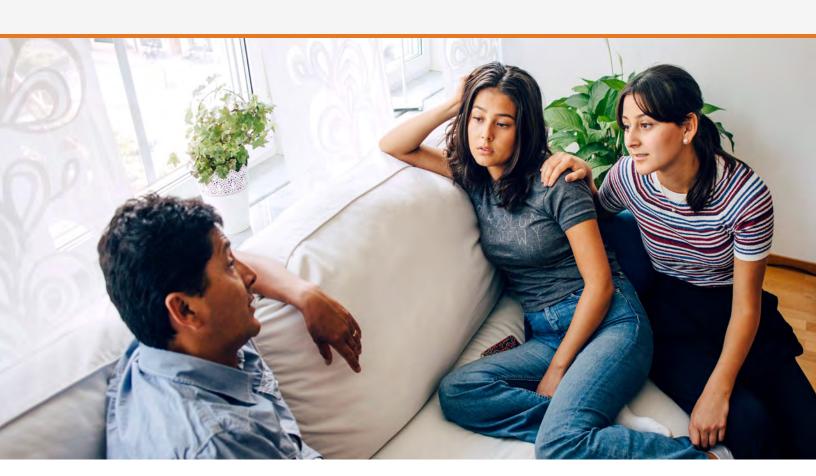
When in-person activities begin again, this can also lead to fear of the unknown and uncertainty around returning to school and social settings as students and families navigate yet another transition.

Parents and caregivers are feeling the added stress as well. Caring for a child's mental health may mean caregivers are sacrificing their own physical and emotional needs. And as more parents return to the workplace, the support they're able to give may be impacted, leading to further concerns for both working parents and children.



20%

of family caregivers suffer from depression, twice the rate of the general population.⁵



optum.com Page 2

Providing support when it's needed most

Optum Behavioral Health offers a wide variety of solutions designed to support families and their children's mental health needs. Our behavioral health network includes providers who specialize in adolescent care, telehealth options and more.



Available support includes:



optum.com Page 3

Learn more

For more information, visit optum.com/behavioralhealth or contact your Optum representative.

Sources:

- World Health Organization. Adolescent mental health. who.int/news-room/fact-sheets/detail/ adolescent-mental-health. September 28, 2020. Accessed July 23, 2021.
- University of Michigan Health. National poll: Pandemic negatively impacted teens' mental health. healthblog.uofmhealth.org/childrens-health/national-poll-pandemic-negativelyimpacted-teens-mental-health. March 15, 2021. Accessed July 23, 2021.
- Centers for Disease Control and Prevention. Mental health-related emergency department visits among children aged <18 years during the COVID-19 pandemic — United States, January 1–October 17, 2020. cdc.gov/mmwr/volumes/69/wr/mm6945a3.htm. November 13, 2020. Accessed July 23, 2021.
- Chegg.org. COVID-19 and mental health: How America's high school and college students are coping during the pandemic. chegg.org/covid-19-mental-health-2020. September 2020. Accessed July 23, 2021.
- 5. Family Caregiver Alliance. Caregiver depression: A silent health crisis. caregiver.org/resource/caregiver-depression-silent-health-crisis/. Accessed July 23, 2021.
- 6. Substance Use Treatment Helpline performance monitoring and related claims from January 1, 2017 to September 30, 2018. Nussbaum, January 2019.
- 7. Data represents mean individual percent change in PHQ-9, GAD-7, and SPIN scores among a cohort of participants that consecutively initiated use between January 1, 2020 to June 30, 2020 and completed at least three modules.
- 8. BH Source of Truth; SURE Network Summary Dashboard, Q2 2021. Karimzadeh, July 8, 2021.



11000 Optum Circle, Eden Prairie, MN 55344

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.