



Transforming Mental Health Care for Sarasota County Youth

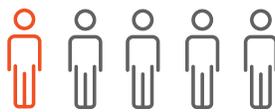
Mental health impacts every system in our community.
No one should navigate the maze of mental health care alone.

Identifying Strengths and Gaps

Untreated mental health issues in children, youth, and young adults devastate individuals, extend to their families, and spread across the community to cost taxpayers dearly.

But the barriers that prevent youth from receiving the care that they need are not insurmountable. In 2018, Charles & Margery Barancik Foundation and Gulf Coast Community Foundation commissioned the University of South Florida to conduct a research scan of mental health services in Sarasota County for young people up to age 24. The goal is to identify strengths and gaps and prioritize ways to make the system work for our youth and their families.

Why We're Invested



1 in 5 youth experiences a severe mental disorder during their life.



Half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.



The average delay between onset of symptoms and intervention and treatment is 8 to 10 years.

50%

Only half of children with a mental health condition aged 8-15 received mental health services in the previous year.

60%

60% of youth who have died by suicide had an underlying mental illness.

\$86,179,317

annual economic cost of untreated mental illness
for children and young adults in Sarasota County.*

*The primary drivers of this cost are suicide, criminal justice, education, and worker productivity.

Effective Transformation of Care

STRENGTHEN THE SYSTEM OF CARE

- **Create an interagency governance structure**, such as the Behavioral Health Stakeholders Consortium, to **lead a unified system of care**.
- **Assess for trauma and provide care** that promotes healing and avoids re-traumatizing.
- **Invest in universal prevention** that promotes wellness and **prioritize early intervention**.

SUPPORT FAMILIES

- **Establish coordinated entry points** for families to access appropriate treatment.
- **Support families in navigating care**, especially those with high need youth.

EDUCATE AND ADVOCATE

- **Eliminate the stigma** associated with receiving mental healthcare.
- **Advocate for a dedicated funding source** for children's health.
- **Attract and retain high quality health care providers** and equip all service providers with appropriate training.

“Mental health services are consumer driven. You have to reduce the stigma and make people open to getting assistance. Then you have to make that help available.”

- Stakeholder Interview

37% of students with a mental health condition age 14 and older drop out of school—the highest dropout rate for any disability.

70% of youth in state and local juvenile justice systems have a mental illness.

Now The Work Begins

Research is just the starting point. Informed by data in the mental health scan, stakeholders across our community must engage in the hard work of turning these findings into an action plan to improve the mental health care system.

Mental Health Project Fund

It will take all of us to do this work. Join us by investing in the Mental Health Project Fund at Gulf Coast Community Foundation, seeded by the Charles & Margery Barancik Foundation, to address recommendations in the mental health scan. **Learn more at GulfCoastCF.org**

Funded by:

Charles & Margery Barancik Foundation
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Research by:

University of South Florida College of Behavioral & Community Sciences

To view the full Mental Health Environmental Scan visit BarancikFoundation.org

Things Families Can Do Today

Finding ways to assist your child with mental health challenges can be difficult. However, there are routes to help make things easier.



Talk with your
pediatrician



Get a referral to a
mental health specialist



Work with
your school



Connect with
other families

Crisis Text Line

Text **HERE4U to 741741** from anywhere in the United States about any type of crisis to instantly start a text conversation with a trained Crisis Counselor.

Free of charge, 24/7 and confidential.