A Whole-community Approach to Children’s Mental Health

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TEEN GIRLS WHO PERSISTENTLY FELT SAD OR HOPELESS INCREASED DRAMATICALLY FROM 2011 TO 2021

The State of Adolescent Mental Health in North Carolina

more than 1 in 5 high school students report they have seriously considered attempting suicide

Early Adversity has Lasting Impacts

Adverse Childhood Experiences

- Traumatic Brain Injury
- Fractures
- Burns
- Depression
- Anxiety
- Suicide
- PTSD
- Unintended pregnancy
- Pregnancy complications
- Fetal death
- HIV
- STDs
- Chronic Disease
- Cancer
- Diabetes
- Alcohol & Drug Abuse
- Unsafe Sex
- Risky Behaviors
- Opportunities
- Education
- Occupation
- Income
North Carolina Office of Rural Health
Counties designated health professional shortage areas

Shortage area may be a whole county, population or geographic area within a county.
Onset is early and has a lifetime impact

Depression, Anxiety and Other Behavior Health Disorders by Age

Source: Data and Statistics on Children's Mental Health | CDC; https://www.cdc.gov/childrensmentalhealth/data.html; Accessed May 2023
Whole Person

- Expanding access in rural and underserved areas
- Integrating mental health into primary care, care navigation
Whole Family

• Addressing the continuum of care with substance use and mental illness
• Investing in family stabilization
Whole Community

- Committing to organizations with local expertise in rural and underserved communities
- Building a network of trauma-informed care
- Supporting children in foster care and their families
- Creating safe outdoor spaces for play
Thank You!