

Mental Health Matters

August 2023



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How do mental health and behavioral health differ?

Mental health and behavioral health often get used interchangeably. But the two are not quite the same, and the treatment methods may also vary.

Our mental health often informs numerous areas of our lives, including our behavior. The way we feel impacts our perception and, consequently, how we respond to situations.

In this article, we'll look at mental and behavioral health — how the two are similar and how they differ. Let's jump in.

What is mental health?

Mental health refers to cognitive, behavioral, and emotional well-being: how people think, behave and feel.

According to the World Health Organization, mental health is more than just the absence of mental disorder. It is a state of well-being where every individual realizes their potential. In this state, they can cope with the everyday stresses of life, work productively, and contribute to their community.

The UK Mental Health Foundation states that good mental health is characterized by a person's ability to fulfill critical functions, including:

The ability to learn

The ability to feel, express, and manage a range of positive and negative emotions

The ability to form and maintain good relationships with others

The ability to cope with and manage change and uncertainty

Our mental state can affect how we live in all aspects of life. This includes how we show up in our relationships (both in our personal and professional life) and our physical health. Similarly, individual circumstances, interpersonal relationships, and physical health can all impact mental health.

What is behavioral health?

Behavioral health is most commonly defined as the connection between behaviors and the well-being of the body, mind, and spirit. In simple terms, it's how one's behaviors impact their overall health. More specifically, it's about how our habits impact our general health and physical and mental wellness.

Behavioral health looks at people's actions and how they respond in various situations. For example, two people may experience the same emotion yet react in different ways.

Full article found at <https://www.betterup.com/blog/behavioral-health-vs-mental-health>





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In case of an Emergency:

- **911 For Immediate Support**
- **Ventura County Crisis Team (866) 998-2243 –(24 hours)**

**MENTAL
HEALTH
MATTERS**
#ENDTHESTIGMA

Mental Health In Schools

One in six U.S. youth aged 6-17 experience a mental health disorder each year, and half of all mental health conditions begin by age 14. Attention-deficit/hyperactivity disorder (ADHD), behavior problems, anxiety, and depression are the most commonly diagnosed mental disorders in children. Yet, about half of youth with mental health conditions received any kind of treatment in the past year.

Undiagnosed, untreated or inadequately treated mental illnesses can significantly interfere with a student's ability to learn, grow and develop. Since children spend much of their productive time in educational settings, schools offer a unique opportunity for early identification, prevention, and interventions that serve students where they already are. Youth are almost as likely to receive mental health services in an education setting as they are to receive treatment from a specialty mental health provider — in 2019, 15% of adolescents aged 12-17 reported receiving mental health services at school, compared to 17% who saw a specialty provider.

School-based mental health services are delivered by trained mental health professionals who are employed by schools, such as school psychologists, school counselors, school social workers, and school nurses. By removing barriers such as transportation, scheduling conflicts and stigma, school-based mental health services can help students access needed services during the school-day. Children and youth with more serious mental health needs may require school-linked mental health services that connect youth and families to more intensive resources in the community.

Early identification and effective treatment for children and their families can make a difference in the lives of children with mental health conditions. We must take steps that enable all schools to increase access to appropriate mental health services. Policies should also consider reducing barriers to delivering mental health services in schools including difficulty with reimbursement, scaling effective treatments, and equitable access.

How We Talk About It

Many mental health conditions first appear in youth and young adults, with 50% of all conditions beginning by age 14 and 75% by age 24.

One in six youth have a mental health condition, like anxiety or depression, but only half receive any mental health services.

Early treatment is effective and can help young people stay in school and on track to achieving their life goals. In fact, the earlier the treatment, the better the outcomes and lower the costs.

Unfortunately, far too often, there are long delays before they children and youth get the help they need.

Delays in treatment lead to worsened conditions that are harder — and costlier — to treat.

Full article found at <https://www.nami.org/Advocacy/Policy-Priorities/Improving-Health/Mental-Health-in-Schools>