

Public Health Strategies Related to Child and Adolescent Mental Health and Their Impact Assessment

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Abstract: As many as 20% of adolescents experience mental health problems, and early intervention is critical to mitigate lasting effects on their education, social interactions, and quality of life. This study focused on factors that influence mental health outcomes, including school environment, family dynamics, and socioeconomic and environmental influences. Based on these influencing factors, this study evaluated the effectiveness of existing interventions, such as cognitive behavioral therapy (CBT), family counseling, and school mental health programs. Challenges remain in equitable resource allocation, service accessibility, and privacy issues. Addressing these barriers requires coordinated efforts between governments, communities, families, and nonprofit organizations to expand mental health services and ensure that all children, especially those in underserved areas, have access to services. This study concludes that increased collaboration and policy improvements in mental health education, resource allocation, and support systems are essential to promote comprehensive, long-term mental health among young people. This work requires increased investment and support to create an inclusive public health framework that prioritizes adolescent mental health.

Keywords: Adolescent, public health strategies, mental health.

1. Introduction

Lately there has been a focus, from health professionals and policymakers globally concerning health challenges faced by kids and teenagers. The rise, in anxiety, depression and behavioral issues is a worrying trend observed. According to the World Health Organization (WHO) 10 20% of youngsters worldwide experience health difficulties and half of these issues start before they reach 14 years of age. In a research conducted in 2020 it was revealed that 17 and a half percent of children, between the ages of 6 to 16 are facing health issues which emphasizes the growing significance of wellness among youngsters as a major public health issue with potential lasting impacts like hindering academic progress and social engagements impacting their quality of life overall despite increased awareness many nations such, as China continue to face challenges in effectively identifying treating and handling mental health concerns among the youth.

There is a growing body of research focusing on understanding the root causes of health issues, in children and teenagers today. Studies indicate that various factors including school environment and academic stress significantly contribute to the prevalence of anxiety and depression among youth. Moreover social influences such as family income levels and cultural norms can exacerbate the risks

associated with distress in individuals. Environmental aspects, like urbanization and pollution have also been linked to rates of health challenges in this demographic. In dealing with these issues therapeutic approaches, like Cognitive Behavioral Therapy (CBT) and family counseling have been shown to alleviate the symptoms of health conditions. Social initiatives such as implementing health programs in institutions are increasingly being viewed as viable solutions to tackle the rising mental health concerns affecting youngsters. Nevertheless ensuring access to these services remains an obstacle, particularly for underserved communities, in rural and impoverished regions.

Recognizing and dealing with health concerns, in kids and teenagers is crucial because taking action early can help avoid effects like struggles in schoolwork and social interactions as well as ongoing mental health problems later in life. Ongoing studies emphasize the importance of childhood and teenage years, in shaping well being; effective public health approaches are paramount.

This research aims to assess how well current public health approaches are working to address health issues, in kids and teens by looking at factors like school atmospheres and family dynamics that play a role in mental well being outcomes. The study will also examine the effectiveness of existing methods like therapy and medication, in managing symptoms. In conclusion, this research will thoroughly analyze public health measures with a focus, on identifying areas that can be improved to boost well being services, for youth. The suggestions that stem from this investigation will largely center on improving how resources are allocated, refining policies and advocating for health education in schools and communities.

2. Factors affecting mental health

2.1. School

The atmosphere, at school significantly impacts the well-being of kids and adolescents with academic stress being a concern for numerous students. The regular tests, assignments in abundance and the relentless pursuit of grades contribute to heightened levels of stress and sadness. Research indicates that prolonged exposure, to a workload substantially raises the likelihood of developing anxiety disorders and other emotional challenges. [1]. To address this issue effectively and promote student well-being, in schools and education systems It's important to strike an equilibrium between objectives and mental health resources This can help alleviate the detrimental effects of academic pressure, on students' mental well-being.

Bullying and peer pressure pose challenges, for teenagers as research indicates that those who experience bullying in school often struggle with self-worth and face heightened anxiety [2]. This form of stress does not affect performance but also contributes to serious mental health concerns resulting in behavioral issues such, as withdrawal and aggression. Moreover, peer rivalry and isolation can exacerbate existing issues compounding the effects of these experiences. Therefore, schools ought to implement bullying measures and foster an environment where students support and uplift each other.

Insufficient psychological support systems, in schools contribute to health challenges as highlighted by the MYRIAD Teams research findings reveal that a lack of trained counselors and adequate support services hinders students from accessing assistance [3]. Enhancing the psychological support framework, within schools and increasing the availability of counselors are steps to better assist students in need.

2.2. Environment

Community safety plays a role, in shaping the well-being of young individuals as well. Children and adolescents residing in neighborhoods characterized by crime rates and limited social assistance are at a risk of displaying symptoms related to anxiety and depression [4]. Prolonged exposure to

community surroundings can trigger enduring stress reactions, among children which may adversely impact their health and cognitive growth over time. In places, like the Chicago area in the United States Where Is it found that teenagers often deal with increased crime and gang violence. Those youngsters who grow up in surroundings frequently exhibit levels of anxiety and emotional concerns. Additionally, Adolescents residing in high crime regions are more prone to encountering attention difficulties and displaying signs of irritability within their behavior and mental well-being.

The digital environment has both positive and negative effects on the mental health of teenagers. The Internet and social media give teenagers many social and learning opportunities. However, they also bring some big challenges. Cyberbullying and too much information are common issues in the digital space. Many teenagers report feeling more stress and anxiety when they use social media. Long periods of exposure to negative and competitive content online can lead to higher levels of anxiety and depression. Because of this, parents and teachers need to work together. They need to guide teenagers so they can use the Internet in a careful and healthy way.

2.3. Society

Socioeconomic status has a strong effect on children's mental health. Research has shown that children who live in economic poverty are more likely to have mental health problems. These problems can include anxiety and unusual behaviors. The reasons for this include a lack of resources and high levels of family stress [5]. Economic poverty does not just limit a child's access to good education and activities outside of school. It can also increase social isolation and stress.

Cultural and social expectations also play an important part in how teenagers feel and think. Different social ideas of success, looks, and behavior affect how teenagers see themselves and their levels of anxiety [6]. For example, society often has high expectations for school performance and physical appearance. These high standards can make teens feel pressure as they try to meet them while growing up. This can lead to self-doubt and changes in mood.

2.4. Family

Family is one of the most direct factors that affect children's mental health. Changes and problems in family relationships, such as arguments between parents or an unstable family setup (for example, domestic violence, divorce, or financial struggles), can make children more likely to have emotional and behavioral problems [7]. Children who grow up in a stressful environment full of conflicts often feel a lack of security. This can lead to feelings of depression and unusual behavior.

The way parents raise their children also plays an important role in mental health. Children who are disciplined too strictly often feel restricted and have self-doubt. On the other hand, overprotective parenting can lead to a lack of independence and the inability to handle challenges.

The mental health of parents has a very strong effect on their children. Parents who have emotional problems like depression and anxiety can pass these issues to their children through behavior or genes [8]. A child can be negatively affected not only emotionally but also in their own mental state by copying or subconsciously learning from their parents. Because of this, it is important to pay attention to parents' mental health and give them the support and help they need. This should be included as part of a public health strategy.

3. Assessment criteria and treatment plans

3.1. Mental health assessment and diagnosis

Early assessment and diagnosis of mental health are important steps for effective intervention. Standardized assessment tools like the Child Behavior Checklist (CBCL) and the Children's

Depression Inventory (CDI) are often used in mental health screening and diagnosis [9]. These tools help mental health professionals find emotional and behavioral problems in children and teenagers. They also help guide further diagnosis and treatment.

Early intervention is considered an important step to stop mental health problems from getting worse. Early screening can find mental health issues sooner and help reduce the negative effects these problems can have on daily life and long-term growth. This means schools and communities need to work together. They should create screening systems and carry out regular mental health checks for teenagers.

3.2. Treatment

Psychological Counseling and Therapy

Cognitive behavioral therapy (CBT) is a helpful treatment that is often used for mental health problems in teenagers. By helping teenagers change negative ways of thinking and behavior habits, CBT can help them deal with symptoms of anxiety and depression [10]. For example, CBT helps students learn how to find and challenge negative thought patterns. It also helps them develop positive ways to handle stress.

Family therapy is focused on improving communication and solving conflicts within the family [11]. The main aim of family therapy is to make family relationships better through different interventions. This can increase understanding and support among family members. In turn, this helps children improve their mental health. Research has shown that family therapy is not only helpful for improving the mental state of one person. It also improves the overall well-being and function of the whole family.

Psychological support at school has a good effect on students' mental health. School mental health services, such as counseling and emotional regulation classes, can offer help when needed. They also help students improve their skills in managing emotions [12,13]. However, in many places, these services are still not enough. Because of this, more policy and resource support is needed.

4. Analysis of public health strategies

4.1. Analysis of Existing Strategies

Different countries have approaches, to addressing health issues among kids and adolescents with strategies like mental health education and school counseling programs proving beneficial in enhancing students' emotional wellness [14]. For instance, the UK introduced the "Green Paper on Child and Adolescent Mental Health" in 2017 with the objective of boosting funding for health services, in schools and expanding the availability of counselors.

In the United States exists a program called the School and Community Mental Health Support Program that assists schools by offering health experts and services for intervention, with backing, from federal resources. There is evidence to show that such approaches have successfully enhanced health screening and early intervention efforts.

Finland and Australia serve as models, with their public health approaches that could inspire others to follow suit in promoting well-being among the youth population. In Finland's education system they have integrated intelligence lessons into the curriculum to enhance students understanding of their emotions boost their mental resilience and foster strong social skills. On the hand Australia has implemented the Headspace initiative which provides mental health assistance and early intervention services, for individuals aged 12 to 25. This program is widely accessible. Aims to offer help to young people in need. Studies indicate that supporting students' mental well-being, in these nations has proven beneficial as evidenced by a decrease, in students' reports of anxiety and depression symptoms.

Some local authorities collaborated with profit groups to support children's mental well-being, through community initiatives as well. One illustration of this is the Positive Parenting Program (Triple P) implemented in the Netherlands. This initiative educates parents, about fostering health within their households. Studies indicate that this program has lessened children's issues and enhanced parents' coping skills in dealing with difficulties.

4.2. Challenges and optimization

Although public health strategies have achieved success overall the unequal distribution of resources and funding remains a worldwide concern. Certain low-income nations face limitations in health resources with a scarcity of professional mental health personnel relative to demand [15,16]. In countries such, as the United States and the United Kingdom mental health initiatives frequently encounter challenges due, to budget cuts and insufficient funding. This situation has resulted in services that're insufficient to support all the individuals requiring them; hence why prioritizing increased funding, for mental health services is crucial.

Regions and disadvantaged communities lack access, to quality mental health services which exacerbates existing mental health issues and puts children from impoverished families and marginalized groups at increased risk of psychological challenges. Policymakers must address this disparity by ensuring access to health services. To illustrate in Australia youngsters, in areas receive health assistance via telemedicine and digital healthcare platforms [17].

When it comes to utilizing health strategies finding a balance, between safeguarding privacy and facilitating data sharing is key. Ensuring the confidentiality of health details is crucial for well-being and fostering trust. Nevertheless, sharing information is essential, for delivering well-coordinated health services. To address this challenge some countries are exploring methods to encrypt and anonymize data, which aids in sharing information while preserving patient privacy. For instance, the European Union has implemented the General Data Protection Regulation (GDPR). This rule guarantees that individuals details remain safeguarded when sharing health information.

4.3. Strategy optimization suggestions

1) There should be more cooperation between the education, health, and social services sectors. This cooperation can help create better mental health support systems. For example, by developing mental health courses and training programs through the partnership of education and health sectors, schools can build greater awareness and teach mental health skills.

2) Governments need to increase the budget and resources for mental health programs. This is especially important in the education system and public health system. Doing this will help make sure that mental health services in schools can continue and stay strong.

3) Social awareness of mental health issues in children and teenagers should be increased. This can be done by using information and education programs to remove the stigma of seeking mental health help. For example, Japan has made some progress in this area. A nationwide mental health awareness campaign has helped people become more accepting of mental health services.

4) The use of remote mental health services and digital health platforms should be promoted. This includes tools like mobile apps and online counseling. These tools can help mental health services reach more children and teenagers, especially those in remote and low-resource areas.

5. Conclusion

Through an examination of studies and real-world instances it becomes evident that implementing public health measures plays a crucial role in enhancing the emotional well-being of young individuals. The implementation of these measures serves as an avenue, for intervention and therapy.

School based mental health classes, community assistance initiatives and digital mental health resources have proven to be effective and significant, in this endeavor.

Nevertheless there are obstacles that must be overcome. These hurdles encompass issues such, as resource distribution disparities in service accessibility and concerns regarding privacy protection. It is essential to address and enhance efforts to tackle these challenges. Moving forward it is imperative for government entities communities. Families to collaborate closely to enhance and implement mental health policies. The government ought to continue augmenting funding and support for health initiatives to ensure the availability and accessibility of mental health services, for all individuals. Community groups and NGOs should remain actively involved in educating the public and offering services to promote an environment, for well-being while recognizing the significant influence of family education and support, on the lifelong mental health of children.

By working in areas and persisting in our endeavors for the future of public health strategies aimed at addressing the mental well-being of children and adolescents comprehensively can pave the way, for nurturing their growth and holistic progress effectively.

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