

KEY FINDINGS FROM ARIZONA ADOLESCENT MENTAL HEALTH REPORT II

1

Healthcare Access Challenges

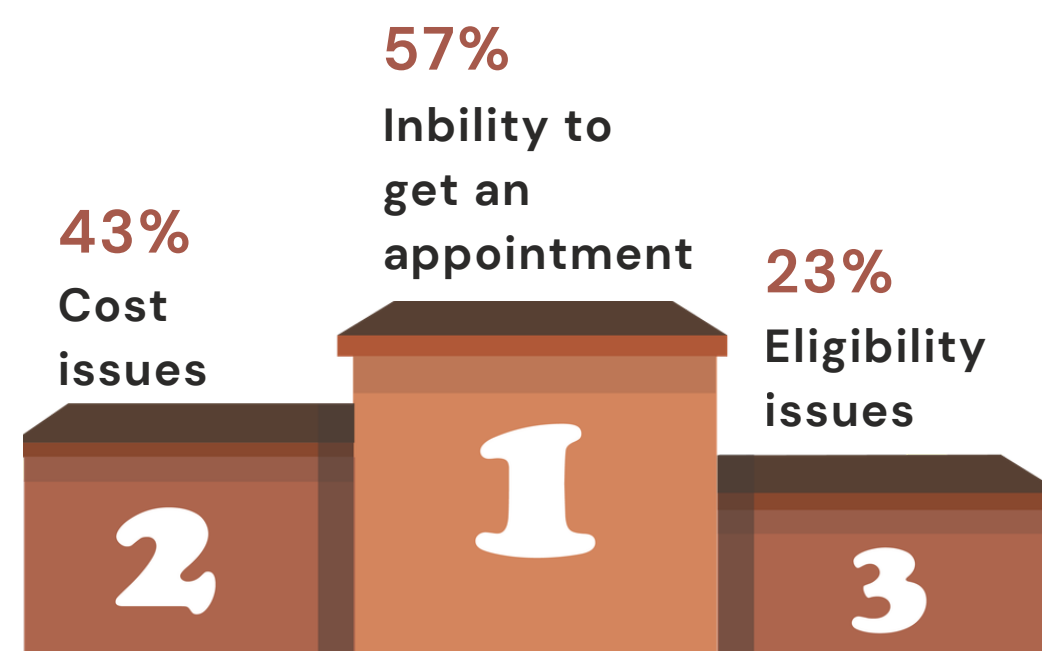
Among adolescents who needed mental health care (21%), nearly **one in three** had difficulty accessing it, and **one in four** found it very difficult or impossible to obtain.



**One
in 10**

Arizona adolescents were **uninsured**.

Three most common reasons for being **unable to obtain care**



Percentage of adolescents with adequate insurance coverage



Adolescents with private insurance had **more difficulty getting enough insurance coverage** compared to those with public insurance.

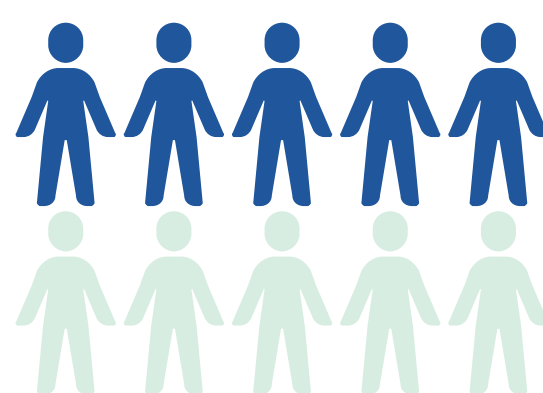
2

Safe and Supportive Environments

Only **44%** of Arizona adolescents had a **supportive adult** who they could share feelings with.

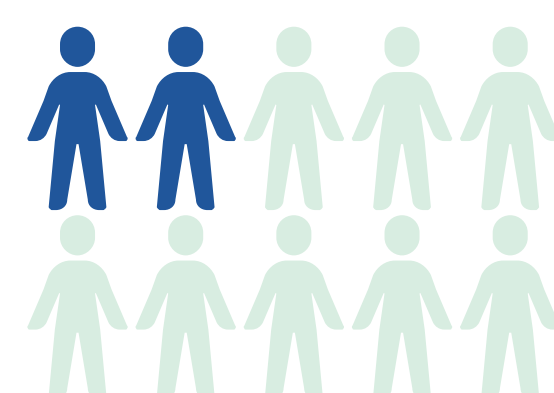


Poor mental health was experienced by **five out of 10** adolescents if they lacked a **supportive adult** in their lives.



Four in 10 adolescents who **did not** a supportive adult reported poor mental health

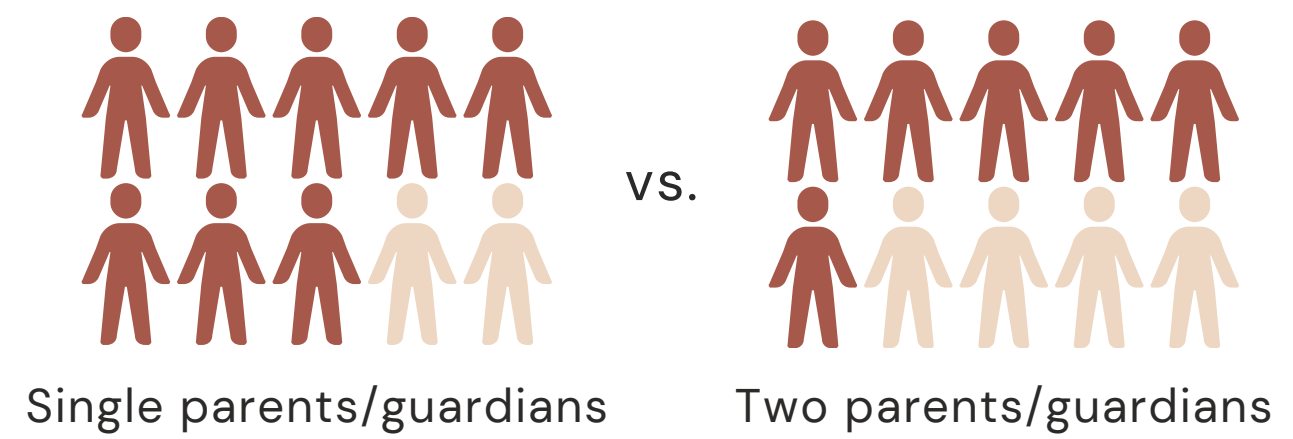
vs.



Two in 10 adolescents who had a supportive adult reported poor mental health

The report is based on data from the 2021 Arizona Youth Risk Behavior Survey (YRBS), which includes high school students in public and charter schools, and the 2021–2022 National Survey of Children's Health, which includes adolescents ages 12–17 years. Percentages are weighted estimates based on population survey data.

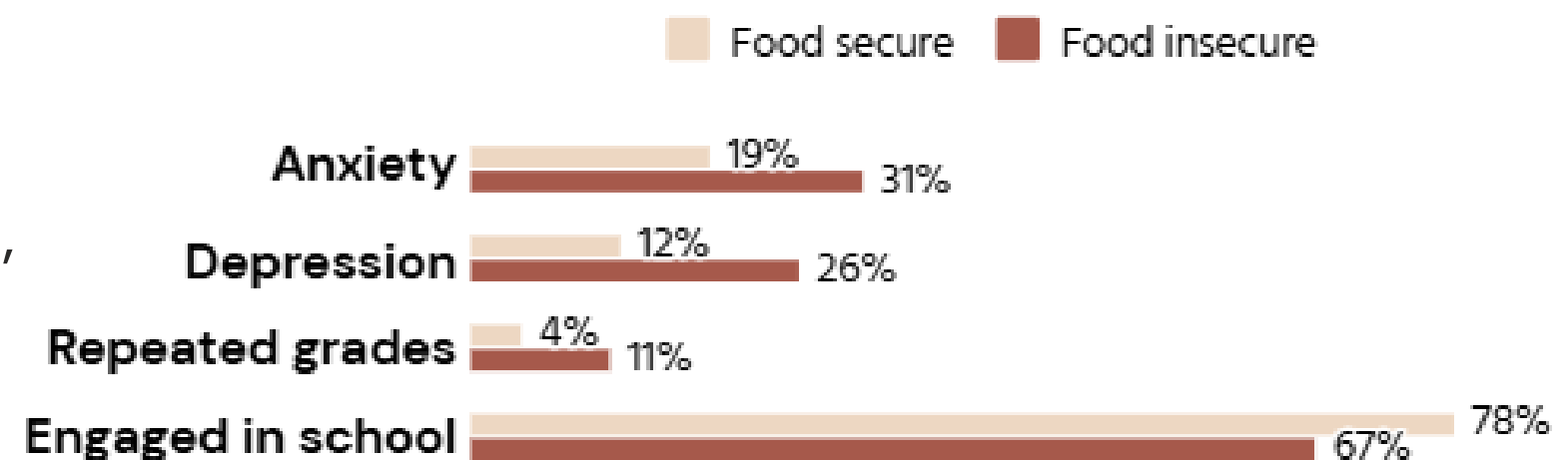
Emotional support was less common among **single-parent households** (64%) than two-parent married households (78%).



Higher school engagement and lower levels of anxiety or depression were observed among adolescents living in **supportive and safe neighborhoods**.

3 Wellness Behaviors

Food insecurity was associated with **higher rates of anxiety, depression, and grade repetition**, as well as **lower levels of school engagement** among adolescents.



27% of adolescents who spent more than **four hours/day on screen** reported seriously considering attempting **suicide**.
(vs. 18% of their peers who spent less time on screen).

4 Positive & Adverse Childhood Experiences (P/ACEs)

Eight in 10 adolescents in Arizona reported at least one Adverse Childhood Experiences (ACE).

ACEs are **potentially traumatic events** before age 18 years, such as abuse and neglect, and parental divorce

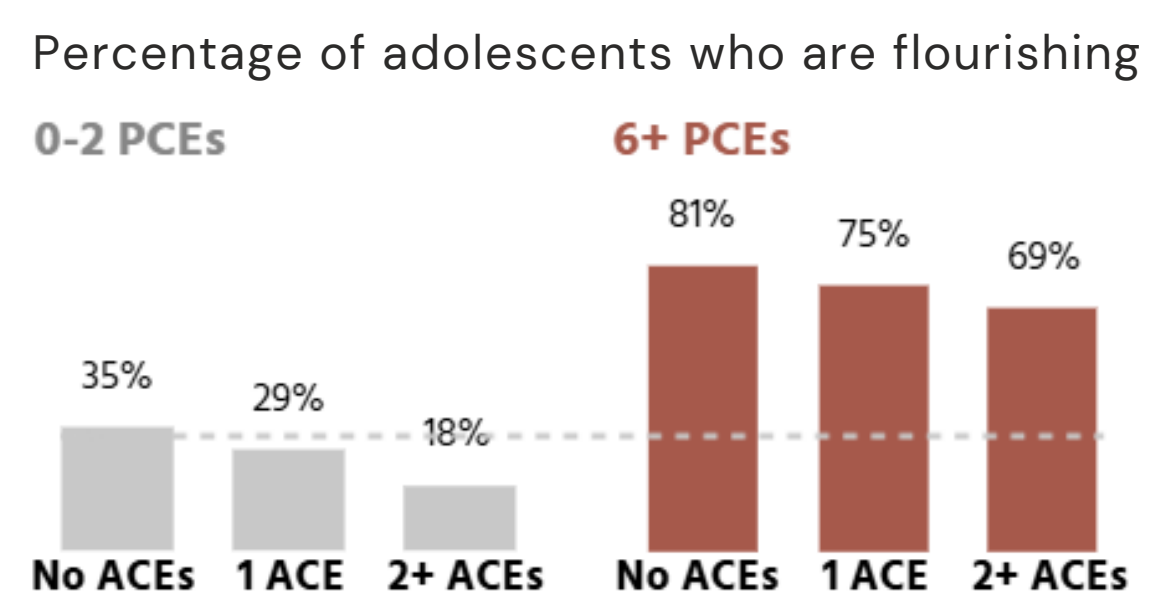
according to the Centers for Disease Control and Prevention's (CDC) definition of Adverse Childhood Experiences (ACEs).

Two in 10 adolescents in Arizona had two or fewer Positive Childhood Experiences (PCEs).

PCEs are experiences during childhood that promote safe, stable, and nurturing relationships and environments

according to Anderson's (2022) article, "CDC's Perspective on Generating and Updating the Definitions and Measures of ACEs and PCEs: Work for a New Generation of Equitable Research and Practice."

Adolescents with six or more PCEs were **more likely to flourish** (e.g., demonstrating emotional resilience), **even when facing significant adversity**, than their peers with two or fewer PCEs.



Improving adolescent mental health in Arizona requires urgent, collaborative statewide action to **address barriers, strengthen support systems, and create opportunities for all youth to thrive**.

To access the full report, please visit azdhs.gov/yrbs
For more information, email aeval@azdhs.gov