



Are we improving **mental health** among New Brunswick children and youth?

It's a fact:

In New Brunswick, mental health among children and youth is showing a negative trend, but protective factors are on the right track.

New Brunswick youth that perceive their mental health as "very good" or "excellent":

72%
Down from 79%

Provincial rank: 7/10

Indicators moving in the right direction



The percentage of children and youth who have a moderate-to-high level of mental fitness has increased

Children:
2010-2011: 80% 2013-2014: 84%
Youth:
2009-2010: 77% 2012-2013: 78%



The percentage of youth who have been bullied has decreased

2009-2010: 65% 2012-2013: 58%



The percentage of service delivery done within 30 days (from referral to first visit) for children and youth mental illness has improved

2012-2013: 41.7% 2013-2014: 52.6%



The school drop-out rate has decreased

2011-2012: 1.7% 2013-2014: 1.5%

Indicators moving in the wrong direction



The percentage of youth who are getting 8 hours or more of sleep has decreased

2009-2010: 52% 2012-2013: 38%



The rate of admissions to hospitals because of childhood and adolescent mental disease and disorders has increased

2013-2014: 56 cases per 10,000
2013-2014: 64 cases per 10,000

The rate for girls is almost twice as high as the rate for boys

Boys	Girls
45	84



Also, the rate for N.B. (64) is almost double that of Canada's (35)

Complaining about bullying

Only 40% of youth believe that something will be done (often or always) about bullying if they complain to an adult at school

More children and youth in New Brunswick are victims of family violence than in Canada

Canada (2010-11):
267 cases per 100,000

New Brunswick (2013-14):
365 cases per 100,000