

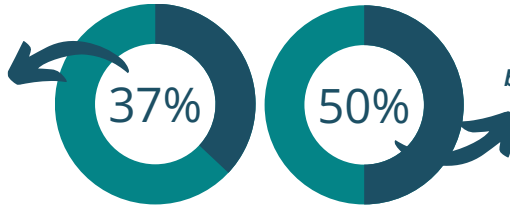
A 2023 survey of Nashville youth found that access to high-quality and affordable mental health supports was the number one concern for respondents. With an average cost of \$180 for a counseling session in Nashville and an increase in the number of young people seeking mental health supports, many of the mental health needs of our young people are simply not being met.

Youth mental health issues are on the rise in Tennessee

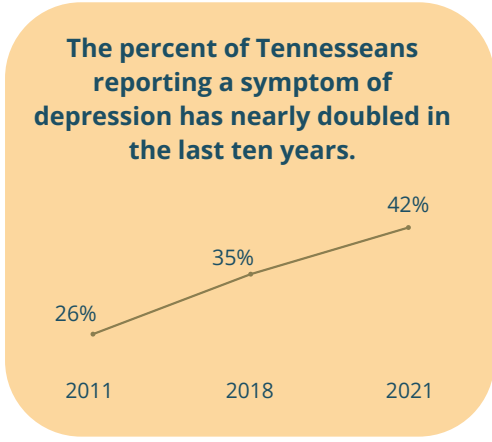
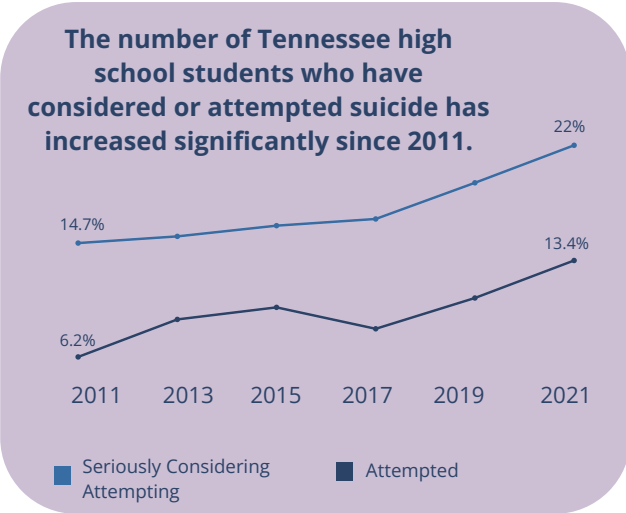
Over 1 in 3

Tennessee youth have been diagnosed with a major behavioral health condition

of Tennessee parents listed their children's mental health as a top concern in a recent poll



of Tennessee youth diagnosed with behavioral health conditions did not receive mental health services

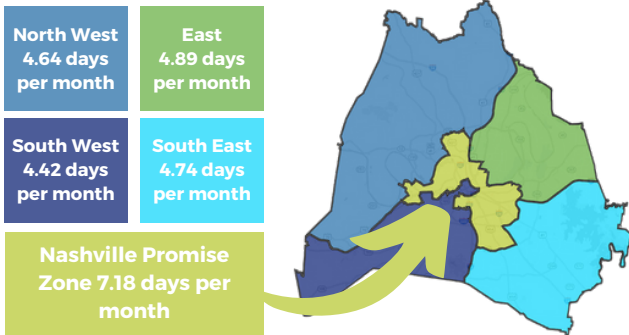


Negative Mental Health Can Impact:

- Academic Achievement**
Youth with mental health conditions often struggle academically and are at higher risk of school absenteeism and dropping out.
- Social Emotional Development**
Youth who suffer from social anxiety and depression are more likely to self-isolate, heightening the risk of depressive episodes and impacting social relationships.
- Physical Health**
Depression and severe anxiety in youth is associated with an increased risk of substance abuse, which has both immediate and long-term effects on physical health.

Nashville youth in the city's Promise Zone, our lowest income neighborhoods, report higher mental health issues but have less access to supports.

Number of Poor Mental Health Days per Month as Self-Reported by Youth in Nashville

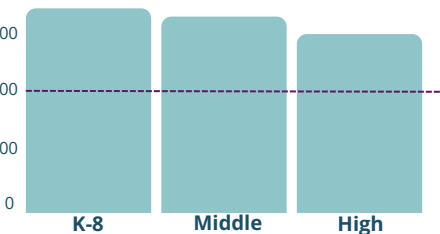


Fewer than 30% of youth in Nashville's Promise Zone are insured.

In 2019, 22.5% of youth under 14 years of age lived in the Nashville Promise Zone, where only 28.9% of youth are insured.

While more staff are needed, Tennessee recently allotted \$8M to School-Based Behavioral Health, adding 115 new elementary, middle, and high school mental health liaisons across the state.

Average Caseload for Tennessee Counselors by Grade level, 2022-23



9% increase in counselor referrals in Tennessee schools compared to last year

250 students American School Counselor Association recommended case load

By 2030, Tennessee will have trouble staffing several different behavioral health professions.

