

Population Mental Health for Vermont Youth

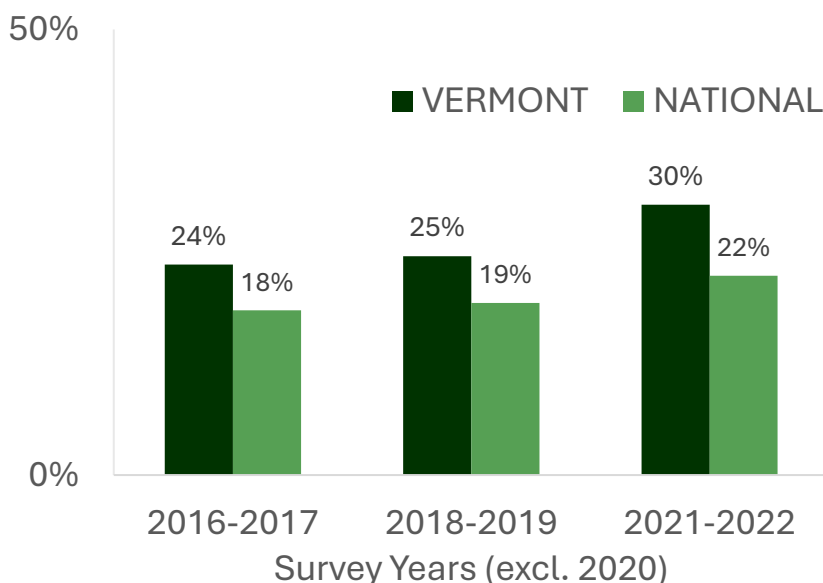


July 2025

Date Brief

Introduction: There is concern around increasing youth mental health problems nationwide.¹ Using data from the National Survey of Children's Health,² we estimate parent-reported prevalence of youth (6-17 years) with mental health problems and resilience over time, for Vermont and Nationally.

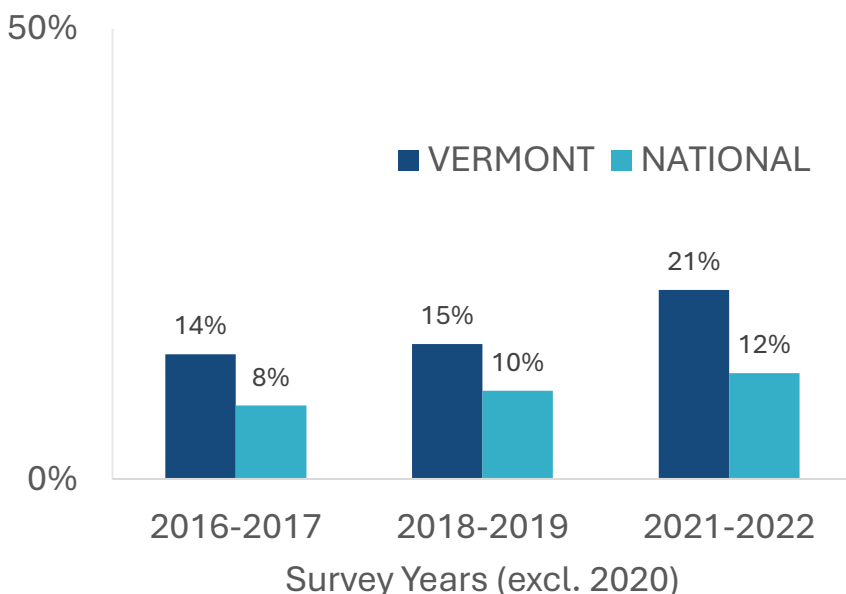
Figure 1: Percentage of youth with mental, emotional, or behavioral (MEB) problems



Key Takeaways

- Vermont youth MEB problems have remained 5%-8% higher than the National average.
- Vermont youth MEB problems have increased over 5% since 2016/17 and 2018/19, reaching 30% in 2021/22.
- National youth MEB percentages significantly increased by 4% from 2016/17 to 2021/22.

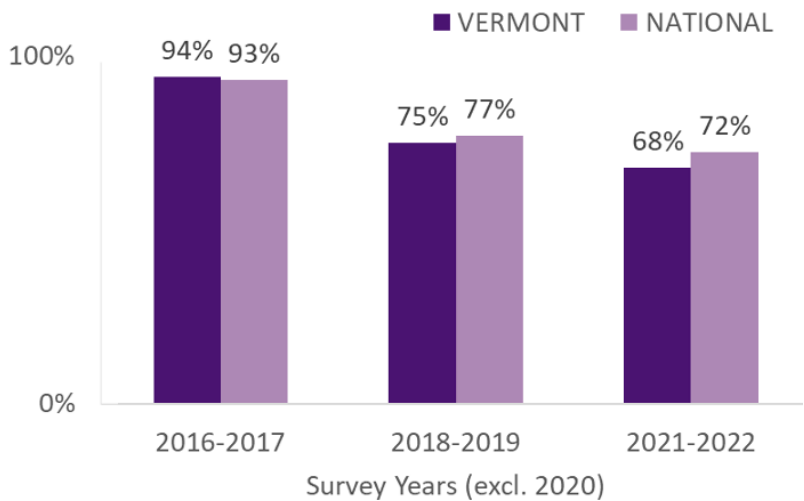
Figure 2: Percentage of youth with anxiety problems



Key Takeaways

- Anxiety problems among youth contributed the most to MEB problems in Vermont and Nationally over time.
- Vermont youth anxiety problems have increased over 7% and were 5%-9% higher than the National average across multiple years.
- National youth anxiety percentages increased by 4% from 2016/17 to 2021/22.

Figure 3: Percentage of youth exhibiting resilience



Key Takeaways

- Indicators of youth resilience have been declining in Vermont (-26%) and Nationally (-21%) over the same time that mental problems have increased.
- By 2021/2022, Vermont youth had 4% lower reported resilience than the National average.

Summary: Percentage of Vermont youth reporting mental health problems is higher than the National average, and both have increased since 2016. The higher rate in Vermont may be related to children in the state having greater access to mental health care and diagnosis. A 2024 national study on mental health care in America ranked Vermont first in students with an individualized education plan for emotional disturbance, ninth for private insurance covering mental health care, and sixth in mental health workforce availability.³

Resources for youth and families in Vermont

1. Connecting with a primary care provider is an essential step in managing overall health and well-being. Consider reaching out to a primary care provider, school counselor, or school nurse to discuss mental health.
2. Vermont Consultation and Psychiatry Access Program, caregiver resources: <https://www.vtcpap.com/resources-for-caregivers>
3. Find designated agency mental health providers by county on the DMH website: <https://mentalhealth.vermont.gov/individuals-and-families/designated-and-special-services-agencies>
4. Vermont Family Network: <https://www.vermontfamilynetwork.org>
5. Vermont Federation of Families for Children’s Mental Health: <https://www.vffcmh.org>

References

1. U.S. Department of Health and Human Services. Protecting youth mental health: The U.S. Surgeon General’s Advisory. Washington, DC: U.S. Department of Health and Human Services; 2021. Accessed April 20, 2025. <https://www.hhs.gov/surgeongeneral/reports-and-publications/youth-mental-health/index.html>.
2. U.S. Census Bureau. National Survey of Children’s Health 2016 Data Release. U.S. Census Bureau; 2017. Accessed April 20, 2025. <https://www.census.gov/programs-surveys/nsch/data/datasets/nsch2016.html>.
3. Reinert, M, Fritze, D & Nguyen, T. 2024. “The State of Mental Health in America 2024.” Mental Health America, Alexandria VA. <https://mhanational.org/wp-content/uploads/2024/12/2024-State-of-Mental-Health-in-America-Report.pdf>

These analyses were conducted in 2024 by the Health Services Research Team at the Vermont Child Health Improvement Program (VCHIP), University of Vermont, in partnership with the Vermont Department of Mental Health.

