National Trends in Mental Health
From the National Alliance on Mental Illness, July 2010

In Minnesota, nearly one in every ten children has a serious emotional disturbance that is interfering with social, cognitive and emotional development, according to the Department of Human Services.

Nearly 50% of youth ages 8-15 with a mental illness received no mental health services in the previous year.

50% of all chronic mental illness begins by age 14.

70% of youth in juvenile justice systems have at least one mental health condition and at least 20% live with severe mental illness.

Suicide is the third leading cause of death for people between the ages of 15 and 24 years old.

Who We Help
Cambia Hills offers comprehensive mental health services for youth ages 12-17 and compassionate support for their families. Many of the youth we treat have experienced:

- Depression
- Anxiety
- Self-harm behaviors
- Trauma
- Alcohol and drug abuse

Our Programs
All of our mental health programs include individualized treatment plans, tailored to fit the needs of the youth and their families. We are focused on creating successful outcomes for everyone involved.

Cambia Hills Day Treatment program keeps youth in their home and community with a structured school setting and therapeutic services Monday through Friday. As youth transition out of day treatment, after-care services are offered to the student and their family based on their individual needs.

Cambia Hills Residential Treatment program offers behavior stabilization, skill development and therapeutic services for youth who need more intensive treatment.

Mental health issues are treatable and manageable.

A child and his or her family are not on this journey alone. Cambia Hills is here to help. To make a referral, contact our admissions team at 1.800.644.4557. Additional information on our programs and how to access our services can be found at CambiaHills.org.
We are here to help

The signs may be subtle or evident – moody, anxious, depressed, stressed, isolated. A child may not know what is going on or how to explain it. Sometimes it’s hard for caregivers to know if this is just a stage or something more. For youth who are experiencing a pattern of behaviors that frequently interrupt their functioning at home or in school, Cambia Hills is here to help.

Know the symptoms

Oftentimes the symptoms of a mental health disorder in youth ages 12 - 17 go untreated for too long, causing mental health issues to worsen. Dramatic changes in behavior, appearance, hygiene, or sleeping patterns are often noticed and may result in:

- Explosive expressions of anger
- Withdrawing from family and friends
- Decline in academic performance
- Loss of interest in sports or hobbies they once enjoyed
- Alcohol or drug abuse
- Listlessness, apathy, or difficulty concentrating

If you notice these symptoms in a child you care about, please call Cambia Hills for help.

You are not alone

An estimated one in every five children suffers from a mental health disorder*. It is important for youth and their families to know they are not alone and that help exists.

* From the National Alliance on Mental Illness, July 2010.