Relational Health: The Connection Between Adult and Childhood Mental Health

Children’s mental health is influenced by several factors, including genetic predisposition, parental or caregiver mental health, and exposure to Adverse Childhood Experiences (ACEs) such as violence in the home or community, emotional abuse or neglect, and economic hardship. Although the relationship between these factors is complex, Utah’s higher-than-average ACE scores and adult mental health needs indicate areas of potential influence to support childhood mental health in the state.

Utah and Childhood Mental Health

National estimates show 11-23% of Utah children between the ages of 3–11 experience mental, emotional, developmental, or behavioral challenges. The mental health of children is influenced by many factors with research demonstrating a strong link between the mental health of children and their parents and caregivers. Rates of adults with a mental health condition are higher in Utah than in most other U.S. states and the national average (Figure 1). Additionally, the rates of Utah parents reporting difficulty coping with the demands of raising children or experiencing poor mental health are among the highest in the nation (Figure 2).

Children with a parent or caregiver with poor mental health are at an increased risk of experiencing ACEs, which can lead to mental and behavioral health challenges in childhood and into adulthood if untreated or mitigated by positive childhood experiences and other protective factors (Figure 3). Figure 3 illustrates the relationship described in the literature between parent or caregiver mental health, exposure to adverse childhood experiences, and a child’s mental health outcomes. The figure also demonstrates how the relationship can be circular, with the child’s mental health influencing the parent or caregiver’s mental health in return.

In Utah, 67.8% of adults have experienced one or more ACE, which is higher than most other states and the U.S. average (63.9%, Figure 4). The second most common ACE experienced by Utah adults is living in a household with someone with a mental illness (28.1%).

Rates of untreated mental health needs for children in Utah is the 3rd highest in the U.S. (Figure 5) and nearly 50% of Utah adults with a mental health condition are not receiving treatment. Childhood intervention and access to treatment for parents and caregivers can reduce the impacts of poor parent/caregiver mental health on children and reduce the likelihood of long-term mental health challenges of children (Figure 3).
Endnotes


9. ACEs include exposure to abuse, neglect, violence, a household substance use disorder or mental illness, parental separation or divorce, an incarcerated household member, and other adverse experiences among children before the age of 18.


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