

PATTERNS OF SCHOOL-BASED MENTAL HEALTH SERVICE UTILIZATION AMONG FAMILIES OF ANXIOUS YOUTH AND PARENTAL ENDORSED BARRIERS TO CARE

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Research indicates a low rate of mental health service utilization among anxious youth. The delivery of mental health (MH) services in school settings may be one way to improve access to care for youth. The current study aims to understand parental perceptions of anxiety, patterns of school-based MH service use among anxious youth, and barriers to school-based MH service use among this population. Forty-five families with anxious youth have participated in a qualitative interview or a quantitative study. Results showed a low rate of school-based MH service use (20 to 25%), a low rate of endorsement of parental perceived need for services, as well as a lack of recognition of anxiety related symptoms by the children's schools.