

Mental Health Outcomes of Youth with an Incarcerated Parent

IN MINNESOTA



Youth affected by parental incarceration experience more mental health problems than their peers.

It is estimated that four million youth in the United States suffer from a serious mental health issue. Until recently, little was known about the mental health of Minnesota youth who have experienced the incarceration of their parent. Findings from the Adverse Childhood Experiences Study (ACES) link the exposure to household dysfunction, such as familial incarceration, to higher risks of medical and social problems as an adult.

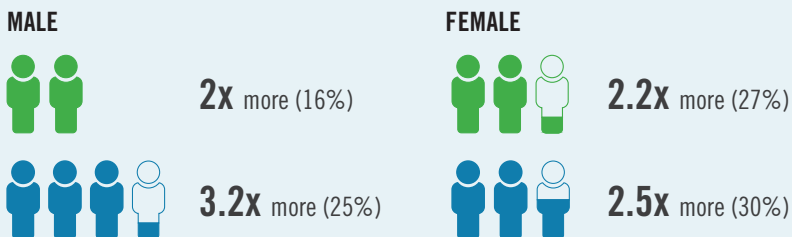
Using data from the Minnesota Student Survey (2013), the impact of parental incarceration on the mental health of Minnesota youth was analyzed. This infographic shares key information learned about students' self-reported emotional and behavioral problems.

1 in 6 MINNESOTA YOUTH has experienced PARENTAL INCARCERATION

Mental Health Indicators

Long-term mental health problems

Youth who have experienced parental incarceration – currently or in the past – are more likely to report long-term mental health problems compared with youth who have no history of parental incarceration.



Compared with youth who have never had an incarcerated parent

Why Examine Differences by Gender?

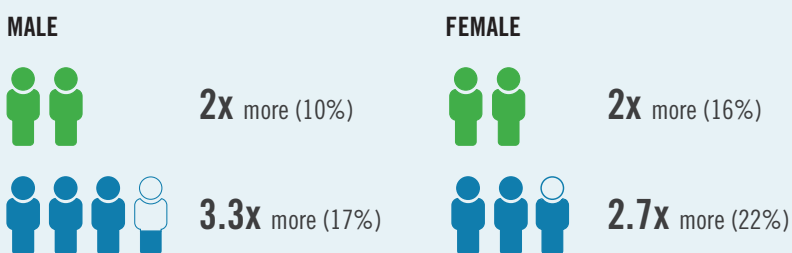
Some common mental disorders, such as depression, anxiety, and somatic complaints are more common in females than males.



- Has had an incarcerated parent in the past
- Currently has an incarcerated parent

Mental health treatment in the past 12 months

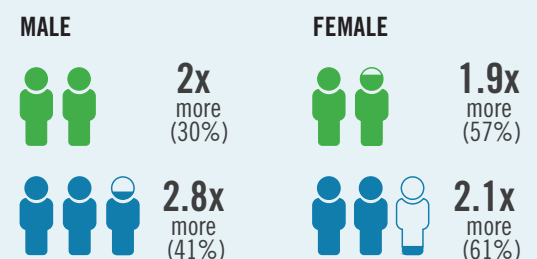
Youth who have experienced parental incarceration – currently or in the past – are more likely to have received treatment than youth who have no history of parental incarceration.



Compared with youth who have never had an incarcerated parent

Internalizing problems in the past 12 months

Youth who have experienced parental incarceration – currently or in the past – are more likely to have experienced at least three of these reoccurring issues: feelings of depression; trouble sleeping; feeling anxious or upset; or wanting to end their life.

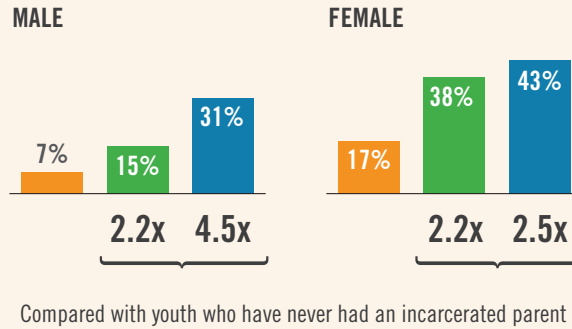


Compared with youth who have never had an incarcerated parent

Mental Health Indicators

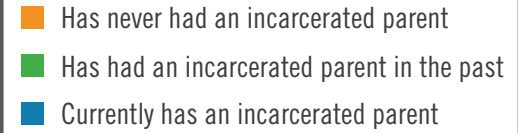
Purposeful self-injury

Youth who currently have an incarcerated parent are more likely to hurt or injure themselves than those of the same gender who have not experienced parental incarceration.



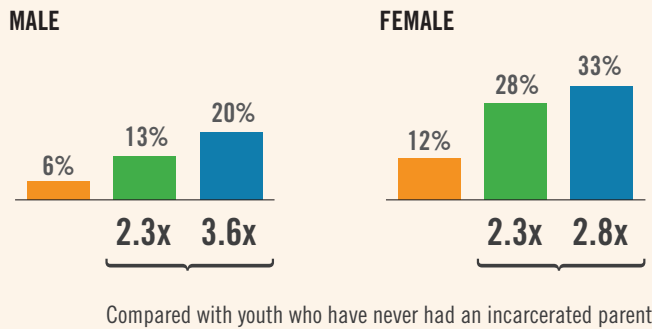
In addition to difficulties with academic outcomes and increased substance use,

youth who have experienced parental incarceration report more mental health problems than youth with no history of parental incarceration.

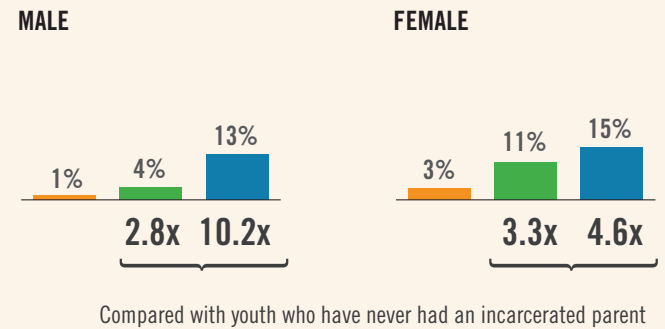


Youth who have experienced parental incarceration report more frequent suicidal ideation and suicide attempt than those who have not experienced it.

Youth who have seriously considered attempting suicide in the past year



Youth who have attempted suicide in the past year



This infographic is brought to you by Minnesota's Strengthening Families Affected by Incarceration Collaborative's Evaluation sub-committee which includes representatives from Wilder Research, University of Minnesota, Council on Crime and Justice, MN Department of Corrections, MN Department of Human Services, MN Department of Education, and MN Department of Public Safety. Staff time for the production of this infographic was provided by Wilder Research.

Part 4 of a series of graphics on the impacts of parental incarceration on Minnesota youth.

Sources

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For more information

website: familiesaffectedbyincarceration.org

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