

# The Clay Center for Young Healthy Minds

Strengthening families through education.



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## 1 in 4 individuals will experience a mental illness during the course of his or her lifetime.

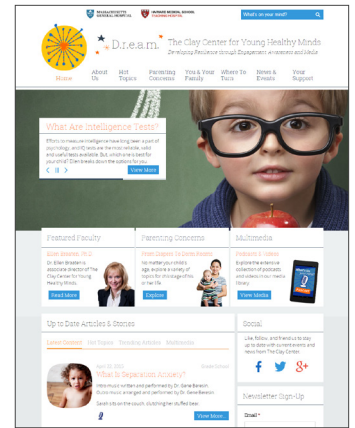
Moreover, it's estimated that 50% of psychiatric disorders begin in childhood, adolescence, or young adulthood. Despite such prevalence, however, stigma remains widespread, the public perception further compounded by an extreme shortage of child and adolescent psychiatrists in the U.S. today—approximately 8,000 to care for some 20 million young people who will require their services at some point in their lives.



This stark need fueled Dr. Gene Beresin's belief in the power of public mental health education to make a difference. And so, thanks to the generous support of Landon and Lavinia Clay and Elizabeth Gail Hayden, Dr. Beresin's vision was realized in 2013 with the birth of The Clay Center for Young Healthy Minds.

The Clay Center for Young Healthy Minds has become a valuable online resource where parents and other caregivers can access credible information and practical guidance on a host of mental health and developmental topics to support the emotional well-being and resilience of children in their care.

The Clay Center's narrative multimedia approach delivers high-quality content via multiple formats, including blogs, audio podcasts, online videos, and social media. Our information is presented in an easy-to-understand manner that is both engaging and entertaining.



The Clay Center's strength and credibility are derived from the expertise of our core team, as well as from our close affiliations with the Massachusetts General Hospital (MGH) Department of Psychiatry (named #1 in psychiatry by *U.S. News & World Report* for 17 of the last 19 years) and Harvard Medical School (HMS). We are also able to draw from an extensive community of local and global peer experts in all facets of youth development and emotional well-being, thereby delivering a range of topics spanning psychiatric disorders, general pediatric concerns, and learning differences.

## Meet The Clay Center Team



**Gene Beresin, MD, MA**  
Executive Director

Dr. Gene Beresin is executive director of The Clay Center, a full professor of psychiatry at HMS, and senior educator in Child and Adolescent Psychiatry at MGH. He received a BA in music from Princeton University, and an MA in philosophy along with his MD from the University of Pennsylvania.



**Ellen Braaten, PhD**  
Associate Director

Dr. Ellen Braaten is associate director of The Clay Center, director of the Learning and Emotional Assessment Program (LEAP) at MGH, and an assistant professor of psychology at HMS. Dr. Braaten received her MA in clinical psychology from the University of Colorado, and her PhD in psychology from Colorado State University.

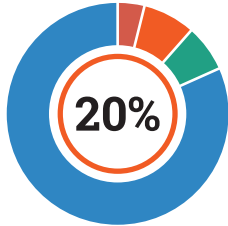


**Steve Schlozman, MD**  
Associate Director

Dr. Steve Schlozman is associate director of The Clay Center, and an assistant professor of psychiatry at HMS. He practices child and adult psychiatry at MGH, and serves as the primary consultant to the pediatric transplant service. Dr. Schlozman received BAs in English and biology from Stanford University, and his MD from the Dartmouth-Brown Program in Medicine.



The demand for the services of child and adolescent psychiatry is projected to **increase by 100 percent** between 1995 and 2020.

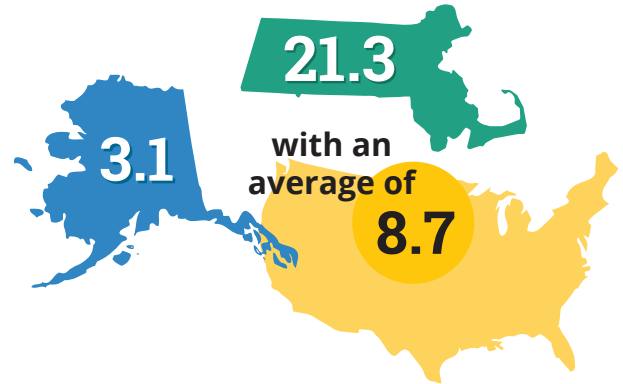


About 20 percent of U.S. children and adolescents aged 9 to 17 have diagnosable psychiatric disorders.

There is a severe maldistribution of child psychiatric services in the U.S., with children in rural areas and areas of low SES having significantly reduced access.

The ratio of child and adolescent psychiatrists per 100,000 youth ranges from

**3.1 in Alaska to 21.3 in Massachusetts**



Almost 1/3 of all college students report having felt so depressed that they had trouble functioning.



10 percent of college students seriously consider attempting suicide.



Suicide is the 2nd leading cause of death among college students, claiming the lives of 1,100 students each year.

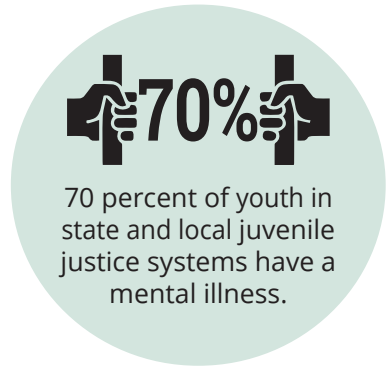


The average delay between onset of symptoms and intervention is between 8 to 10 years.



Half of all serious adult psychiatric illnesses—including major depression, anxiety disorders, and substance abuse—begin by age 14.

3/4 of illnesses are present by age 25.



70 percent of youth in state and local juvenile justice systems have a mental illness.



### MISSION STATEMENT:

The Clay Center for Young Healthy Minds at Massachusetts General Hospital is devoted to promoting the emotional well-being of young people by providing innovative education about mental health.

