

# Mental Health Organization Sandstone Care Launches Research Report about the State of Mental Health in America

CHICAGO, ILLINOIS, USA, June 1, 2023 /EINPresswire.com/ -- Sandstone Care, a national teen and young adult addiction treatment and mental health organization, has released its 2023

Mental Health Research Report, utilizing original research and data. As one of the only addiction treatment centers in the U.S. to conduct its own research, Sandstone Care used a proprietary assessment to capture trends and insights on the state of mental health of teens (13-18), young adults (18-30), and adults (30+) in our country.



Over the last few years, there has been a dramatic shift in the mental health landscape in America. Actualized data from survey participants were compiled and compared with the latest findings from medical associations across the U.S. Sandstone Care was able to gather, observe, and explore insights and trends into how the country's mental health has evolved across several age groups. Age-specific research allows healthcare workers, parents, and policymakers to confidently assess the areas that need greater assistance, explore how to get ahead of this growing epidemic, and provide better wellness opportunities for our communities.

"A unique thing about this research is that it gives insights to the signs that teens and young adults are noticing most within themselves when they are concerned about their mental health," says Halcy Driskell LPC, CAC-III, Director Of Behavioral Health at Sandstone Care.

Quiz takers were divided into two groups: self-takers and loved ones. The quiz was designed to assess mental health struggles by using a five-point scale (1 being least concern to 5 being most concern). Sandstone's clinical team, who reviewed responses coming in, suggested that answering "yes" to two or more of the five questions suggested that the individual should consider treatment options. Much of the data available regarding mental health stems from medical admission rates; while that data provides key information, it often overlooks the growing severity of mental health issues before they reach the point of requiring intervention. By allowing participants to provide responses about the social and emotional changes they observed in themselves or their loved ones, Sandstone's results ranged across the spectrum of mental health experiences.

From this original research, Sandstone Care shed light on emerging trends for each age category, such as:

- Teens: Mood changes were the most commonly reported symptom noted among teen quiz takers
- Young Adults: Highest levels of substance use to cope with mental health struggles out of all age groups
- Adults: Less than 15% of adults ranked below a 3 on the five-point scale, which points to higher levels of mental illness or disorders

The findings showed significant insights into the social and emotional challenges that different age groups face. Sandstone's research also observed some encouraging trends, for example, many young people showed a willingness to seek treatment earlier on in their mental health struggles.

Sandstone Care's research showed that all ages were equally interested in understanding their mental health and/or substance use. It is encouraging that all age groups showed interest in finding support in navigating mental and emotional challenges. In order to provide access to the right mental health treatment, providers need to take the needs of specific demographics into consideration.

Unlike traditional treatment methods, Sandstone Care focuses on age-based mental health treatment that allows participants to be grouped by age range regardless of gender. This innovative type of care allows individuals to embrace treatment and reduce symptoms associated with mental health disorders by recognizing specific challenges they may face at different stages of life. This support can aid in suicide prevention and help improve the overall quality of life for those struggling with mental health conditions.

For more information about the 2023 Sandstone Care Mental Health Research Report, visit <https://www.sandstonecare.com/mental-health-statistics-2023/>.

## About Sandstone Care

Sandstone Care, a unique and innovative addiction treatment center with locations across Colorado, Maryland, Virginia, and Illinois, specializes in working with teens and young adults. Sandstone's clinical team is experts at treating the root cause of mental health and addiction challenges. Over the years, Sandstone Care has treated hundreds of young people struggling with addiction and mental health issues with an incredibly hands-on approach, involving the families every step of the way, and providing support in all areas of their client's lives. For more information visit <https://www.sandstonecare.com/>.

Barrie Cohen

Barrie Cohen Public Relations

+1 303-900-7505

[email us here](#)

---

This press release can be viewed online at: <https://www.einpresswire.com/article/636955438>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.