

Equal Parenting Effects on Mental Health

Divorce is the second most common Adverse Childhood Experience (ACE) which predicts health and social problems as an adult.

(Center for Disease Control)

- Children involved in shared parenting suffer less depression and exhibit less anger, hyperactivity, and delinquency. (Holstein, 2015)
- Children from shared parenting families were better adjusted (across measures of emotional and behavioral adjustment, self esteem, ...than children in sole residence families, **and they were very similar to children in intact families.** (Bauserman 2002)
- Children of divorce in Wisconsin had fewer stress related illnesses as well as less depression and other health problems in shared physical custody compared to sole mother custody (Melli and Brown 2008)
- Amato (1993) reviewed the literature on frequency of contact with nonresident fathers and children's well-being and found 15 studies in which frequent contact appeared to benefit academic achievement, psychological adjustment, self-esteem...(Fabricius, W., & Luecken, L. (2007).)
- In a longitudinal study of post-divorce custody arrangements children in shared physical custody were better off academically, emotionally and psychologically and less stressed (Turunen, J. 2014)
- The Stanford Custody Project followed children from 1,100 divorced families... the shared parenting children were better off on all measures of emotional, academic, and behavioral well-being... Maccoby & Mnookin, 1992)
- We can thus conclude that having equally shared residence is associated with markedly lower likelihood of stress for the children (Turunen, J. 2014)
- Children in shared arrangements experienced much less initial distress at parental separation. Four years later, the children reported in interviews that they had not experienced the feeling of loss of one parent, nor adjustment problems (Pearson, J., & Thoennes, N. (1991).)
- Children sharing residences equally, have lower likelihood of experiencing high levels of stress. (Turunen, J. 2014)

Fatherless effects on Mental Health

(5/6 noncustodial parents are fathers) (US Census Bureau)

- The lingering situation of minimal parenting time with fathers for great numbers of children is a serious public health issue. (Fabricius, W., Sokol, K., Diaz, P., & Braver, S. 2012)
- Adolescents between the ages of 14-19 have higher self-esteem and less depression when they have greater intimacy with their fathers. (US Department of Health and Human Services, 2015)
- In response to the loss of a father after divorce... The three most commonly occurring problems were psychological distress, affecting 69% of the sample, academic problems, affecting 47% and aggression towards parents, affecting 41%. (Legg, Mendell and Riemer 1989)
- A longitudinal study has shown that father involvement correlates with lower levels of child emotional distress (Ramchandani et al., 2013);
- Custodial parents overwhelmed by the sole responsibility of care are less physically and emotionally available (Lamb and Kelly 2009; Kelly 2007; Kelly 2003)

6,474,144 Texans have a mental illness. This number includes over 5 million adults and over **1.4 million children.** (The U.S. Surgeon General)

211,234 Texans Received Services in the Texas mental health system in 2012: (Texas Department of State Health Services)

\$374,077,387 Funding for Individuals Person Served by the Texas Mental Health System in 2012 (Texas Department of State Health Services)