

For Immediate Release

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Break the Cycle of Children's Mental Illnesses *Ride to Raise Awareness Gains Traction!*

Washington, DC, August 31, 2017 – Break the Cycle is a cross-country bike ride from Washington State to Washington, DC, which kicked off on August 17 and runs through October 22. American Academy of Child and Adolescent Psychiatry (AACAP) Member Andrés Martin, MD, MPH, is leading this ride to raise awareness of the challenges faced by children with mental illnesses. This amazing effort spans 5,000 miles, 21 states, and 60 grueling days. Dr. Martin is currently riding through Montana and has covered over 1,000 miles and counting!

Children's mental illnesses are *real, common, and treatable*. Yet today in the United States, this vulnerable population is caught in a vicious cycle of limited access to care, delayed treatment, and worsening illnesses. There are over 15 million children – 1 in 5 of America's youth – currently in need of the expertise of a child and adolescent psychiatrist. Sadly, there exists an extreme shortage of trained child psychiatrists to treat this population. See AACAP's [Workforce Maps](#).

Through Break the Cycle, we hope to raise awareness and needed funds to:

- support innovative research initiatives
- help increase the number of practicing child psychiatrists
- ensure children suffering in silence get the treatment they need

To date, we have raised over \$153,500, received over 180 pledges, and signed up over 30 riders.

Local communities are organizing events to show their support of this ride and cause. Break the Cycle is starting important conversations about these *real, common, and treatable* illnesses in communities across the country. The time for change is now, and that is why AACAP is supporting this ambitious and inspiring journey.

For additional information regarding AACAP's Break the Cycle, please visit breakthecycle.aacap.org or contact Samantha Phillips at sphillips@aacap.org.

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Representing 9,200+ child and adolescent psychiatrists worldwide, the American Academy of Child and Adolescent Psychiatry (AACAP) is the leading authority on children's mental illnesses.

AACAP Members actively research, diagnose, and treat psychiatric disorders affecting children, adolescents, and their families. For more information, please visit www.aacap.org.