Statewide Trends in Youth Mental Health

Access the report at: www.children.wi.gov

*Please mute yourself*
Children’s Mental Health Highlights

- Dashboard Basis and Indicator Criteria
- OCMH Dashboard
- Achievements and Opportunities
- Equity and Child Well-Being
- Suicide
County Health Rankings Model

Basis for the OCMH Dashboard

<table>
<thead>
<tr>
<th>Health Outcomes</th>
<th>OCMH Criteria for Indicator Selection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length of Life (50%)</td>
<td><strong>Valid, reliable, nationally representative</strong></td>
</tr>
<tr>
<td>Quality of Life (50%)</td>
<td><strong>Significant health disparities</strong></td>
</tr>
<tr>
<td>Health Behaviors (30%)</td>
<td><strong>State department priority</strong></td>
</tr>
<tr>
<td>Alcohol &amp; Drug Use</td>
<td><strong>Stakeholder priority</strong></td>
</tr>
<tr>
<td>Tobacco Use</td>
<td><strong>Tobacco Use</strong></td>
</tr>
<tr>
<td>Diet &amp; Exercise</td>
<td><strong>Diet &amp; Exercise</strong></td>
</tr>
<tr>
<td>Sexual Activity</td>
<td><strong>Sexual Activity</strong></td>
</tr>
<tr>
<td>Access to Care</td>
<td><strong>Access to Care</strong></td>
</tr>
<tr>
<td>Quality of Care</td>
<td><strong>Quality of Care</strong></td>
</tr>
<tr>
<td>Education</td>
<td><strong>Education</strong></td>
</tr>
<tr>
<td>Employment</td>
<td><strong>Employment</strong></td>
</tr>
<tr>
<td>Income</td>
<td><strong>Income</strong></td>
</tr>
<tr>
<td>Family &amp; Social Support</td>
<td><strong>Family &amp; Social Support</strong></td>
</tr>
<tr>
<td>Community Safety</td>
<td><strong>Community Safety</strong></td>
</tr>
<tr>
<td>Air &amp; Water Quality</td>
<td><strong>Air &amp; Water Quality</strong></td>
</tr>
<tr>
<td>Housing &amp; Transit</td>
<td><strong>Housing &amp; Transit</strong></td>
</tr>
</tbody>
</table>

County Health Rankings Model, 2014 UWPHI
OCMH Dashboard

QUALITY of LIFE

Suicidality
Emotional and behavioral issues

Health Behaviors
• Screen use
• Cyberbullying

Social and Economic
• Education
• Family and School Engagement

Clinical Care
• Provider Access and Availability
• Screening

LEGEND
Wisconsin is going in the wrong direction.
Wisconsin made no change.
Wisconsin is going in the right direction.
## OCMH Dashboard

### What we added
- Difficulty with social skills
- School connectedness
- Measuring providers differently
- Children with mental health conditions who did not receive treatment
- Difficulty obtaining mental health services
- Doctors who did not ask about parental concerns with behavior problems
- Suicide attempts
- LGBT teens considering suicide
- High school students feeling sad or hopeless

### What we dropped
- Juvenile Arrests
- Illicit Drug Use
- Individual ACE’s
- Flourishing behaviors
- Measuring alcohol use differently
- Insurance coverage
- General poor mental health
Wisconsin’s Achievements

Social and Economic Factors
High School Graduation: +2%
Eighth grade math proficiency: +2%
4 yr old kindergarten: 97%
Mothers with higher education degrees: +2%

Clinical Care
Provider access: +2%
Screening: +6%
Early prenatal care: +2%
Workforce capacity: +436 providers since 2015
Opportunities to Improve

Children, adolescents and young adults are not getting the help they need

- Poor social skills
- Major Depressive Disorders
- Poor sense of belonging
- Risky behaviors
- Diagnosable mental illness
- Suicide and self-harm
Anxiety and Depression

Almost 60% of students in 9-12th grades experienced depression, anxiety, self-harm, or suicidal ideation in 2019.

15% of 12-17 yr. olds had an episode of Major Depression in the last year.

STUDENTS WHO FEEL SAD OR HOPELESS

ALMOST EVERY DAY

<table>
<thead>
<tr>
<th>Year</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009</td>
<td>21%</td>
</tr>
<tr>
<td>2011</td>
<td>23%</td>
</tr>
<tr>
<td>2013</td>
<td>25%</td>
</tr>
<tr>
<td>2017</td>
<td>27%</td>
</tr>
<tr>
<td>2019</td>
<td>29%</td>
</tr>
</tbody>
</table>

Ensuring Positive Mental Health

Wisconsin is making strides in developing the mental health workforce, yet almost half of children are not getting the help they need.

66 counties have a psychiatrist shortage.

Of the counties that do have psychiatrists, some don’t even treat children.
Equity in Child Health and Well-Being

- Education
- Economic
- Mental Health
90% of all kids graduate within 4 years... most of the kids who don’t are Black.
### Economic Equity

<table>
<thead>
<tr>
<th>Economic Measures</th>
<th>Wisconsin Rank</th>
<th>Rank for Extensive Black vs White Racial Equality Gap</th>
<th>Unemployment Rate Gap</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td></td>
<td>50th in the nation</td>
<td>Wider unemployment</td>
</tr>
<tr>
<td>Median annual income</td>
<td></td>
<td></td>
<td>gaps:</td>
</tr>
<tr>
<td>Labor-force participation</td>
<td></td>
<td></td>
<td>• District of Columbia</td>
</tr>
<tr>
<td>Poverty rate</td>
<td></td>
<td></td>
<td>• Illinois</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Michigan</td>
</tr>
</tbody>
</table>

Wisconsin ranks **50th in the nation** for having the most extensive Black vs white racial equality gap.

Wisconsin ranks **48th in the nation** for having the most extensive unemployment rate gap.

Wider unemployment gaps:
- District of Columbia
- Illinois
- Michigan
Mental Health Equity

In Wisconsin, 2018

11% of Black children

Needed but didn’t receive treatment, as compared to only:

2% of white children

As a result of geographical and insurance barriers, diverse populations are more likely to:

• Delay treatment
• Stop treatment
• Not receive appropriate treatment
Suicidality

16% of all high school students have considered dying by suicide.

Females and Self-Harm Injuries

Emergency Department Visits

Hospitalizations

COVID-19 and Children’s Mental Health

The Voices of Wisconsin Students Project-
Learning, Coping and building Resilience
During COVID-19

Register to participate:
https://wipps.org/research-partners/
Listening to Communities, Educators and People with Lived Experience about Children's Mental Health and Well-Being
Children’s Mental Health Awareness Social Media Campaign

#YouAreNotAlone | #PeerSupport | #ChildrensMentalHealthMatters
Youth Listening Session
Social Media Invites
designed by an OCMH Youth Lived Experience Partner
Fact Sheets

SUPPORTING CHILD WELL-BEING THROUGH BUILDING SOCIAL & EMOTIONAL SKILLS

WHY IT MATTERS
Building social and emotional skills are critically important for lifelong mental wellness, achieving academic and career success, and enhancing social connections. Children require supportive skills to reach and reach their full potential in all areas of life. In childhood, adolescents, and adults, these skills enable them to make positive decisions, manage their emotions, and connect better in interpersonal relationships.

WHAT THE RESEARCH SAYS
Educational research demonstrates that when children master the “soft skills” developed through social emotional learning, it is associated with greater well-being and academic performance. Students who participate in evidence-based social emotional programs achieve higher grades in academic settings.

Social emotional learning increases the likelihood of being in public hearing, receiving public awareness, and spending time in a positive environment.

WHAT'S HAPPENING IN WISCONSIN?
Wisconsin has strong and evidence-based social emotional learning standards and comprehensive plans designed to guide curriculum development and ensure school-wide improvements in building social and emotional skills.

Some examples of the various components that measured schools have:
- Social and emotional learning curriculum
- Social and emotional learning instruction
- Social and emotional learning activities
- Social and emotional learning environments

WHAT CAN WE DO?

IMPROVE OUR CURRICULUM
- Work to improve students' social-emotional learning skills by providing them with opportunities to develop these skills in and out of the classroom.

IMPROVE THE LIVES OF OUR STUDENTS
- Implement evidence-based social emotional programs in schools.

What we can do

SUPPORTING CHILD WELL-BEING THROUGH IMPROVING SCHOOL OUTCOMES

EARLY CHILD EDUCATION PROVIDERS
- Parent-teacher collaboration to implement challenging behavior management plans and strategies that promote academic success for students.

TEACHERS AND ADMINISTRATORS
- Increase the use of positive behavior interventions and supports, and reduce the use of out-of-school suspensions.

Policymakers
- Monitor spending on early care and education to reduce the school-to-prison pipeline.
**Resiliency**

*Wisconsin families don’t demonstrate as much resilience as compared to families across the nation*

<table>
<thead>
<tr>
<th>Event</th>
<th>US (%)</th>
<th>WI (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stay hopeful even in difficult times.</td>
<td>58</td>
<td>52</td>
</tr>
<tr>
<td>Know we have strengths to draw on.</td>
<td>57</td>
<td>52</td>
</tr>
<tr>
<td>Work together to solve the problem.</td>
<td>53</td>
<td>48</td>
</tr>
<tr>
<td>Talk together about what to do.</td>
<td>53</td>
<td>50</td>
</tr>
</tbody>
</table>

**Youth Justice**

*In January 2021, Wisconsin will be one of only 3 states in the nation who sends a 17 year old adolescent to adult prison.*

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Additional Fact Sheets at: www.children.wi.gov

Survey Link in Chatbox
OR
Email: OCMH@wisconsin.gov
Building Emotional Well-Being Through Strong Foundations

Lifespan of a Child

0-5 YRS
6-12 YRS
13-18 YRS
19-26 YRS

FAMILY

EDUCATORS
COMMUNITY
MENTAL HEALTH SUPPORTS
CARING ADULTS
PHYSICIANS
PEERS

SOCIAL DETERMINANTS OF HEALTH

Wisconsin Office of Children's Mental Health
More Information

The Annual Report, Fact Sheet, and detailed descriptions of each indicator and data sources can be found on our website:

www.children.wi.gov

Questions? Contact us at:

OCMH@wisconsin.gov