

# OCMH 2024 Annual Report

## Statewide Briefing

JANUARY 10, 2025

Access the Annual Report:  
[www.children.wi.gov](http://www.children.wi.gov)





# Agenda



## Opening Remarks

Linda Hall, Director, *WI Office of Children's Mental Health*



## Youth Perspective

Hannah Brecke, Youth Leader, *Port Washington High School*



## Trends and Data

Amy Marsman, Senior Research Analyst, *WI Office of Children's Mental Health*

Kayla Winston, Youth Leader, *Case High School / Gateway Technical College*



## Reflections on Office of Children's Mental Health Anniversary

Kia Kjensrud, Executive Director, *WI Chapter American Academy of Pediatrics*



## Legislator Reflections on Children's Mental Health

Representative Snyder (R-Schofield) Co-Chair Children's Caucus

Senator LaTonya Johnson (D-Milwaukee) Co-Chair Children's Caucus



## Advancing Solutions & Looking Forward

Linda Hall, Director, *WI Office of Children's Mental Health*



## Q & A





## *Our Vision*

Wisconsin's children are safe, nurtured, and supported to achieve their optimal mental health and well-being.

Systems are family-friendly, easy to navigate, equitable, and inclusive of all people.

# Wisconsin OCMH

- **Coordinate** mental health initiatives and **improve integration** across state agencies
- **Establish and track** children's mental health data points to **direct** these efforts



# OCMH FOUNDATIONAL PILLARS



**RESEARCH &  
DATA**



**SYSTEMS  
CHANGE**



**YOUTH & FAMILY  
VOICE**



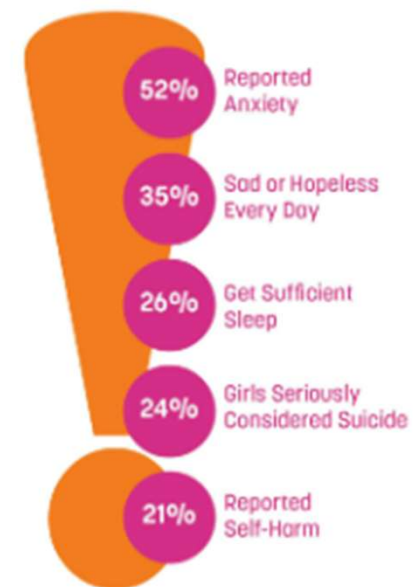
**COLLECTIVE  
IMPACT**



# Resources, Resources, Resources



**Use our Feelings  
Thermometers to identify and  
cope with emotions.**





# OCMH Staff



**Linda Hall**

Director

**Karen Katz**

Operations Lead

**Amy Marsman**

Senior Research Analyst

**Andrea Turtenwald**

Family Relations Coordinator



# Youth Perspective

Hannah Brecke, Youth Leader

*Port Washington High School*



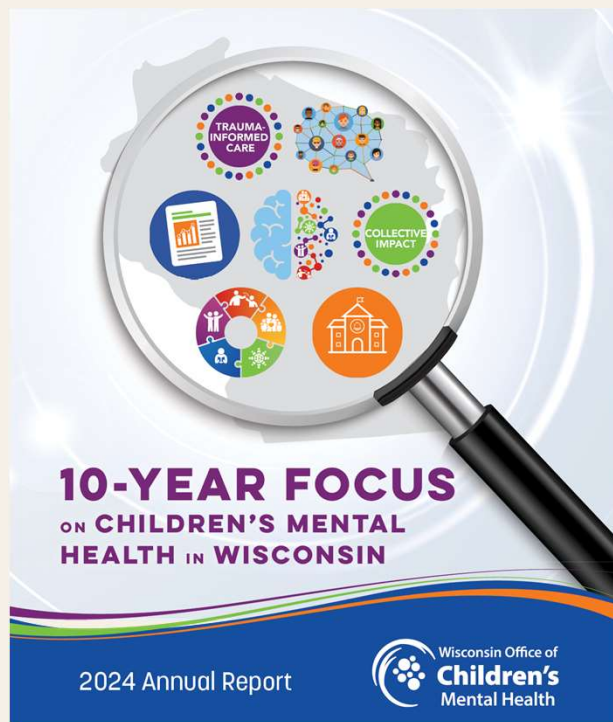
# 2024 Annual Report

## SUMMARIZES

*the status of youth  
mental health in  
Wisconsin.*

## REVIEWS

*efforts by OCMH and  
partners to improve  
child well-being.*



## HIGHLIGHTS

*Trends and key data.*

## PREVIEWS

*how OCMH will address  
the well-being of  
children, teens, and  
young adults in the  
year ahead.*





# Trends and Data

Amy Marsman

Senior Research Analyst, OCMH



## Trends: Increasing Concerns

-  Anxiety
-  Depression
-  Self-Harm
-  Considering Suicide





## Trends: Increasing Concerns

**Anxiety**  **29%**  
increase  
in Wisconsin

**Depression**  **42%**  
increase  
in Wisconsin





## Trends: Increasing Concerns

**Self-Harm**



**21%**  
increase  
in Wisconsin

**Considered  
Suicide**



**41%**  
increase  
in Wisconsin









# What Helps

- Coping Skills
- Universal Screening





## Trends: Decreasing Protection

-  Hunger
-  Sufficient Sleep
-  Late Night Screens
-  Extracurricular Activities





## Trends: Decreasing Protection

### HUNGER



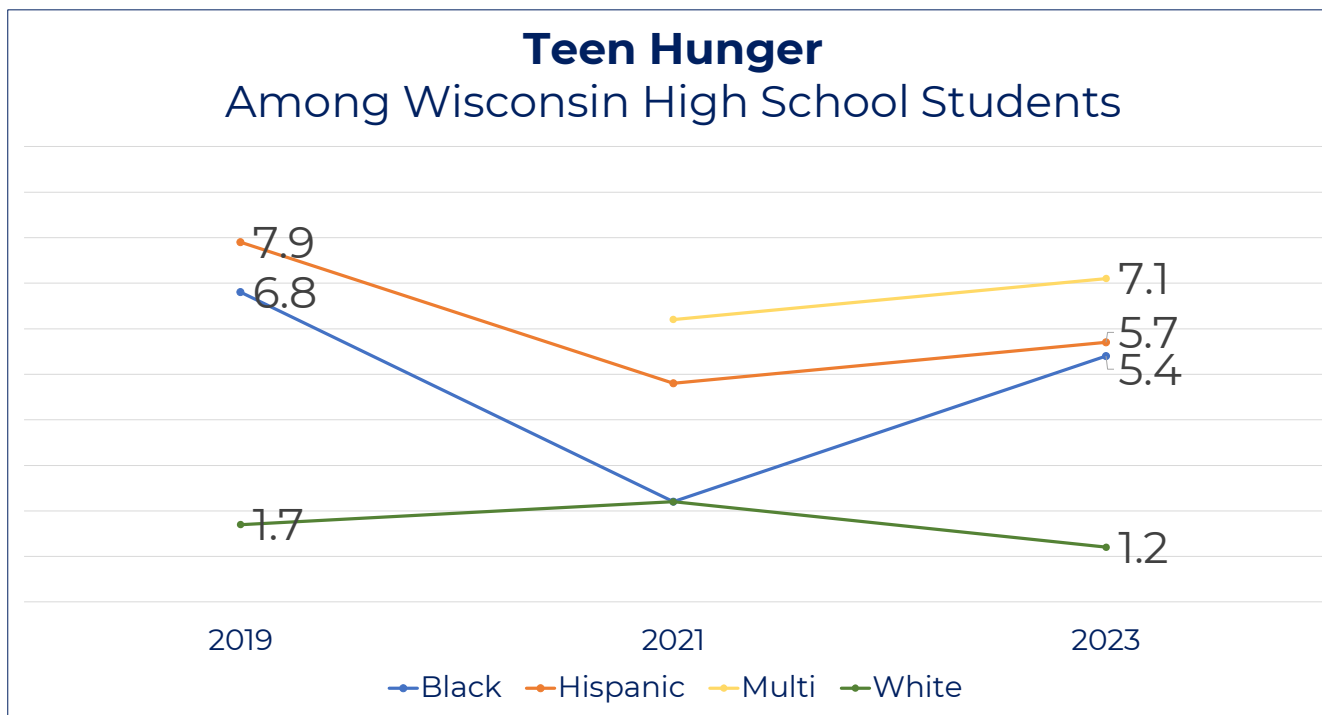
**30%** Among teens who were hungry, 30% seriously considered suicide.

**5X** Black kids are nearly five times as likely to be hungry as white kids.





# Trends: Decreasing Protection







## Trends: Decreasing Protection

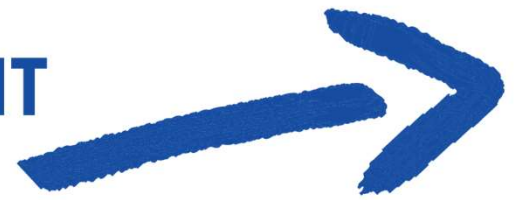
### SUFFICIENT SLEEP

In the last 10 years, the rate of teens who get sufficient sleep has dropped by **25%**



### LATE NIGHT SCREENS

**53%** of teens are on screens after midnight.

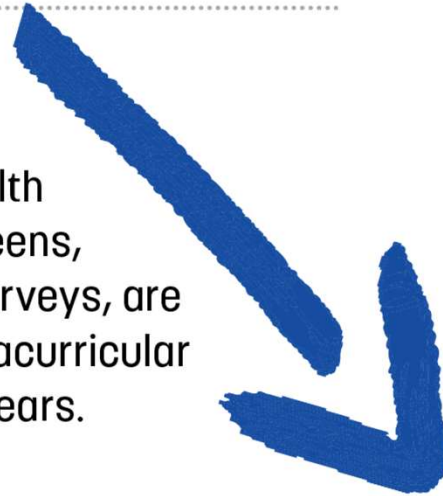




## Trends: Decreasing Protection

### EXTRACURRICULARS

Participating in an activity at school or in the community is linked with better mental health and social connectedness. Teens, as well as parents in other surveys, are reporting lower levels of extracurricular participation in the last five years.





# What Helps

- Family Media Plans
- Social Connectedness





## Trends: Protective Relationships



School Belonging



Belonging



Trusted Adults



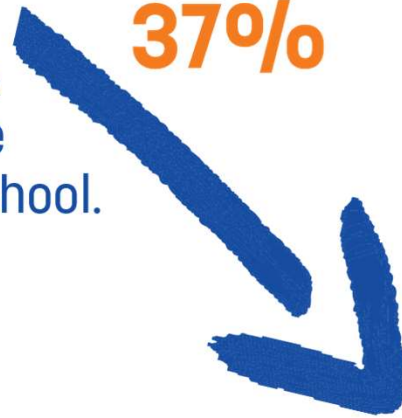


## Trends: Protective Relationships

### **BELONGING**

In the last 10 years  
there has been a 37%  
drop in kids feeling like  
they belong at their school.

**37%**





## Trends: Protective Relationships

### BULLYING

**1 in 4**

Students have been bullied,  
either electronically or on  
school property.





## Trends: Protective Relationships

### **TRUSTED ADULTS**

---

Black students are least likely to have a supportive adult at school – but they are most likely to say an adult would be their source of emotional help.





# What Helps

- School Culture
- Confidential Tiplines







# Youth Perspective

Kayla Winston, Youth Leader

*Case High School, Racine*

*UW-Parkside and Gateway Technical College*



# Dashboard

41

Quality of Life

Social & Economic Factors

Clinical Care

Health Behaviors





# Dashboard

## HEALTH BEHAVIORS

INDICATOR	US CURRENT	WI BASELINE	WI CURRENT
Participation in activities (ages 6-17)	70%	81%	77%
Electronically bullied (cyberbullying)	16%	17%	18%
Bullied on school property	19%	22%	22%
Students who use electronics 3+ hours on average school days (not for schoolwork)	N/A	75%	79%
Students who sleep 8 hours on average school night	23%	27%	26%
Teen birth rate per 1,000	13.6	13	9.8
Students who vape frequently (20 or more days in the month prior)	5%	9%	7%
Students who drink alcohol (at least one drink, at least one day in prior month)	22%	30%	26%
Students who experienced sexual dating violence	10%	13%	13%



Kids who participate in extra-curricular activities are less likely to report depression and anxiety and more likely to feel they belong.

Excessive screen time, associated with mental health concerns, continues to increase.

Kids who sleep at least 8 hours a night have better mental health. Experts advise that phones be kept out of kids' bedrooms and that teen classes begin 8:30 am or later.





# Dashboard

**Baseline**

- 2018
- 2019
- 2020






**Current**

- 2021
- 2022
- 2023





# Dashboard

-  Wisconsin is going in the wrong direction.
-  Wisconsin seems to be headed in the wrong direction.
-  This indicator did not meaningfully change.
-  Wisconsin seems to be headed in the right direction.
-  Wisconsin is going in the right direction.



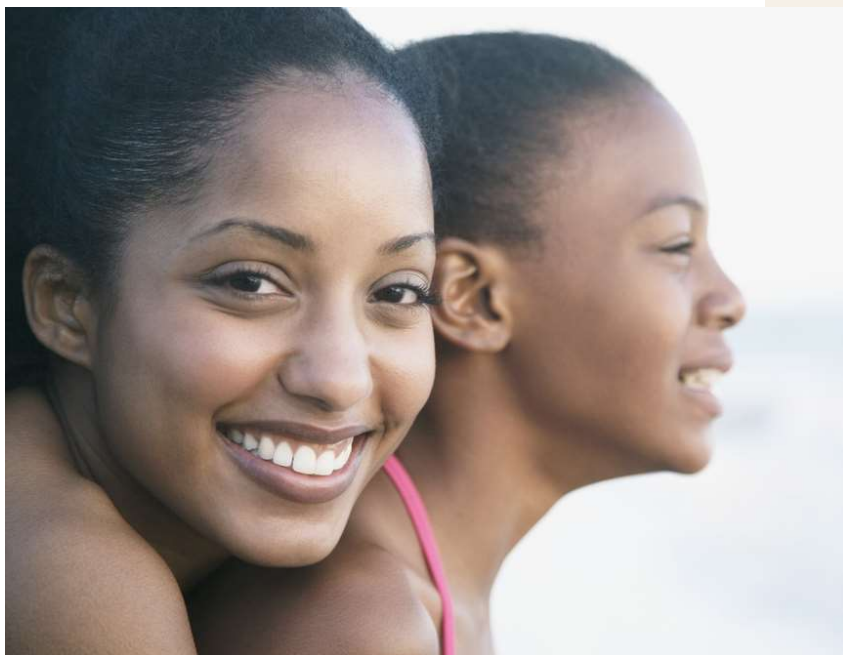


## Areas of Improvement

### *Compared to 5 years prior:*

- ✓ Youth and young adult (ages 16-24) employment is up
- ✓ Kids are making and keeping friends, less difficulty with friendships
- ✓ Students are drinking, smoking and vaping less
- ✓ Teen birth rate continued to decline





## Areas of Improvement

### *Compared to 5 years prior:*

- ✓ More mothers have higher education degrees
- ✓ Fewer kids in foster care
- ✓ Child poverty has declined





## Areas of Improvement

### *Compared to 5 years prior:*

- ✓ The number of psychiatrists in Wisconsin increased
- ✓ The number of school-based mental health professionals increased
  - ✓ School social workers
  - ✓ School psychologists
  - ✓ School counselors

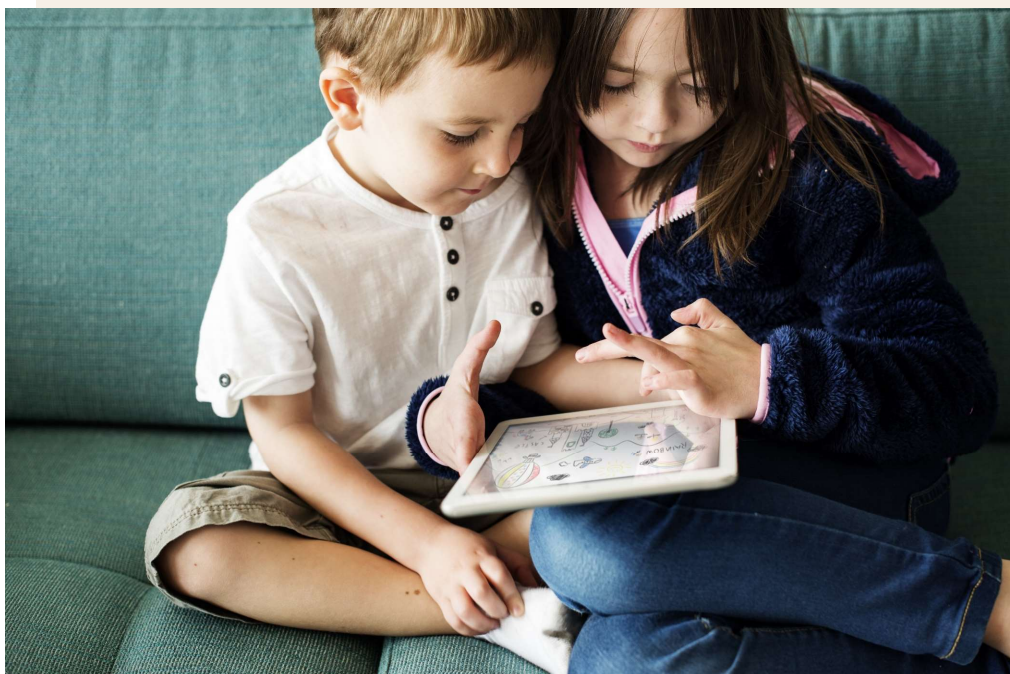






## Areas of Concern *Compared to 5 years prior:*

- ✓ Preschool (4K) enrollment declined
- ✓ Excessive screen time increased
- ✓ Teens who get sufficient sleep declined
- ✓ Kids who participate in activities declined





## Areas of Concern

*Compared to 5 years prior:*

- ✓ Teen anxiety, depression and suicidality continue to rise
- ✓ Half of kids (ages 3-17) with a mental health condition receive no treatment
- ✓ Young adults (18-25) with any mental illness increased

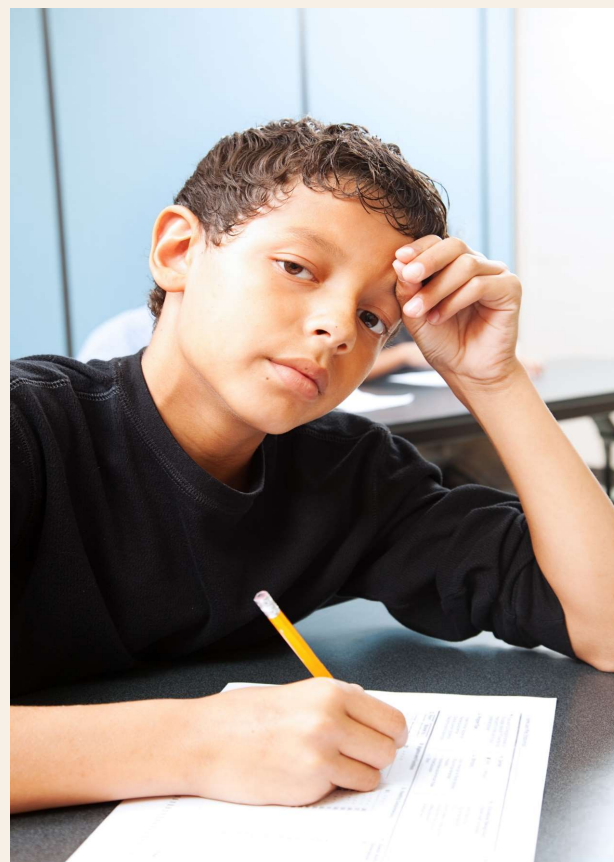




## Areas of Concern

*Compared to 5 years prior:*

- ✓ Majority of doctors don't ask parents about learning, development, or behavioral problems (ages 0-5)
- ✓ Teens who have a trusted adult at school has declined
- ✓ Teens who feel like they belong at their school continued to decline





# Reflection on OCMH 10-Year Anniversary

Kia Kjensrud, Executive Director

*WI Chapter of American Academy of Pediatrics*



# Legislator Reflections

## Rep. Pat Snyder, R-Schofield

- Children's Caucus, Co-Chair
- Assembly Children & Family Committee, Chair
- Emergency Detention and Civil Commitment of Minors Study Committee, Co-Chair
- Assembly Mental Health & Substance Abuse Prevention Committee, Member

## Senator LaTonya Johnson, D-Milwaukee

- Children's Caucus, Co-Chair
- Joint Finance Committee, Member
- Senate Mental Health, Substance Abuse Prevention, Children & Families Committee, Member
- Emergency Detention and Civil Commitment of Minors Study Committee, Member



# Stressors Impacting Wisconsin Youth



- ✓ Academic pressures
- ✓ Gun violence
- ✓ Political divisiveness
- ✓ Racism and discrimination
- ✓ Climate Change



# Factors Impacting Wisconsin Youth

- ✓ Lost relationship skills
- ✓ Unhealthy / unsafe tech
- ✓ Fewer trusted adults
- ✓ Low school belonging





# Advancing Solutions

Investing in wellness to improve child  
well-being in Wisconsin







# Advancing Solutions

Investing in wellness to improve child  
well-being in Wisconsin





**THANK YOU  
FOR  
JOINING US!**



# CONNECT WITH US!



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