

OCMH 2022 Annual Report

*Wired for Social Connection:
How Wisconsin Youth are Feeling
and Connecting*

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





Agenda

➤ Opening Remarks

Rep. Patrick Snyder (R-Schofield), Legislative Children's Caucus Co-Chair

➤ Briefing & OCMH Overview

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

➤ 2022 Data

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

➤ Youth Voice

Ava, Young Adult Lived Experience Partner, Office of Children's Mental Health

➤ Closing Remarks

Rep. Jill Billings (D-La Crosse), Legislative Children's Caucus Co-Chair



Opening Remarks

Rep. Patrick Snyder (R-Schofield)
Legislative Children's Caucus Co-Chair





Overview of OCMH

The Office of Children's Mental Health (OCMH) was created to support Wisconsin's children in achieving their optimal social and emotional well-being.

Our Charge

- Coordinate initiatives and improve integration across state agencies of children's mental health services.
- Establish and track children's mental health data points to direct work.



Foundational Pillars



Research & Data



Systems Change



Youth & Family Voice



Collective Impact



Collective Impact Approach

Stakeholders from different sectors collaborate on our collective impact teams to improve the integration of children's mental health services.





OCMH Resources

Accessing Children's Mental Health Services Guide:

A roadmap for parents who are not sure where to start when seeking mental health services for their child.



Accessing Children's Mental Health Services



1

I'm worried about my child. I notice...



Sleeping Issues
Outbursts
Mood Swings
Irritability
Anxiety
Always Alert
Anger
Sadness
Isolation
Poor Grades
Difficulty Concentrating

2

Who can help us?

Contact a trusted provider such as:

- Doctor or Primary Care Provider
- School Counselor or Teacher
- Community Services or Peer Specialist

Ask for a *mental health assessment*.
Be descriptive about your concerns.

Health insurance helps pay for needed services and can also help you find a therapist or provider but you do not need insurance to get services.

3

Therapy for emotional support.

There are many different types of therapy and every therapist is different. Look for a provider who meets your preference of gender, race, or culture. **Find someone who you and your child feels comfortable with.** When you call, ask:

1. Are you accepting new patients?
2. Do you accept my insurance?
Do you accept self-pay or sliding scale payment?
3. When is the next available appointment?
4. What are the next steps I can take right now?



It's okay to call another clinic and ask these same questions. You may get in sooner with another provider.

4

What does therapy look like?

You and your child will learn new skills and talk about experiences, mood, or behavior. **Parents are involved by:**

- Meeting with the therapist regularly
- Enhancing skills to support your child
- Speaking up for your child and family
- Taking care of yourself and finding the support you need



Healing is a journey



OCMH Resources

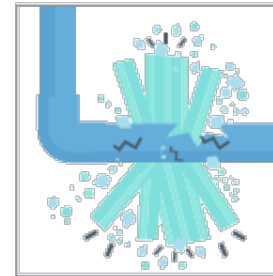
Handling a Mental Health Crisis:

Using a leaky pipe analogy, the guide includes tangible suggestions for caregivers and provides many resources for parents or youth to utilize.



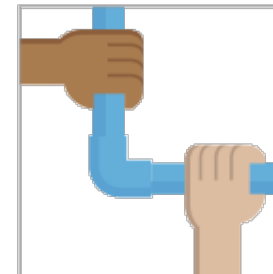
WHEN YOU NOTICE THE LEAK

- ▶ Stop. Take a breath. Notice your own feelings
- ▶ Take time to think – your responses matter
- ▶ Connect. Focus on the child and show interest and support
- ▶ Stay positive and open. Let them talk about or show their feelings
- ▶ Respect their experiences, address their concerns
- ▶ Ask if they are thinking about suicide
- ▶ Reach out for support, including friends, family, or teachers



IF THE PIPES BURST

- ▶ Stay calm – your child needs you
- ▶ Reassure safety and that you are here to help
- ▶ Use clear, short sentences to avoid confusion
- ▶ Offer safe options so your child feels more in control
- ▶ Remove things they could use to hurt themselves
- ▶ Contact your county's crisis line. If you call 911, ask for a mental health crisis worker



HOW TO REPAIR THE PIPES AFTER

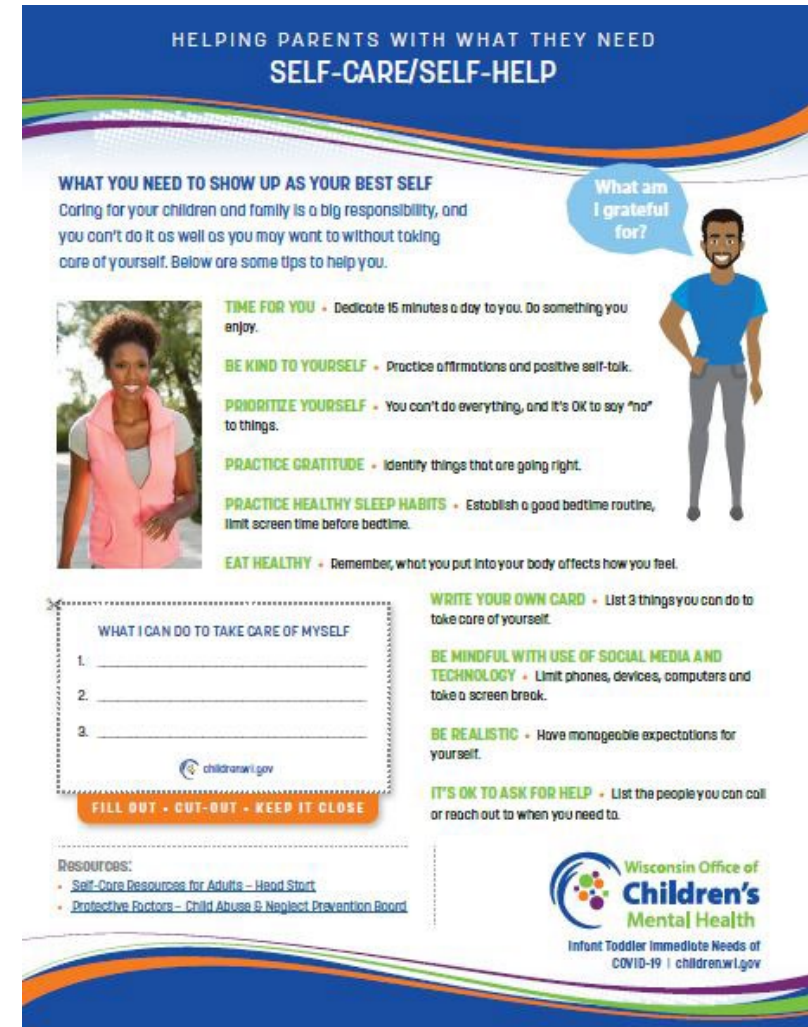
- ▶ Provide reassurance, support, and encouragement
- ▶ Identify services and supports (friends, teachers) that might help your family
- ▶ Check in regularly how each family member is doing
- ▶ Use and create routines and structure at home
- ▶ Assist family members to find and practice activities that relieve stress
- ▶ Complete a [Mental Health Crisis Card](#) for each family member



Parenting Tips & Advice

Videos and Flyers

- Responding to Challenging Behaviors
- Self-care/Self-help
- Basic Needs
- Social Connections
- What to do for Kids who Need Help
- The 3 Ps of Parenting During the Pandemic



**HELPING PARENTS WITH WHAT THEY NEED
SELF-CARE/SELF-HELP**

WHAT YOU NEED TO SHOW UP AS YOUR BEST SELF
Caring for your children and family is a big responsibility, and you can't do it as well as you may want to without taking care of yourself. Below are some tips to help you.

What am I grateful for?

TIME FOR YOU • Dedicate 15 minutes a day to you. Do something you enjoy.

BE KIND TO YOURSELF • Practice affirmations and positive self-talk.

PRIORITIZE YOURSELF • You can't do everything, and it's OK to say "no" to things.

PRACTICE GRATITUDE • Identify things that are going right.

PRACTICE HEALTHY SLEEP HABITS • Establish a good bedtime routine, limit screen time before bedtime.

EAT HEALTHY • Remember, what you put into your body affects how you feel.

WRITE YOUR OWN CARD • List 3 things you can do to take care of yourself.

BE MINDFUL WITH USE OF SOCIAL MEDIA AND TECHNOLOGY • Limit phones, devices, computers and take a screen break.

BE REALISTIC • Have manageable expectations for yourself.

IT'S OK TO ASK FOR HELP • List the people you can call or reach out to when you need to.

WHAT I CAN DO TO TAKE CARE OF MYSELF

1. _____

2. _____

3. _____

children.wi.gov

FILL OUT • CUT-OUT • KEEP IT CLOSE

Resources:

- [Self-Care Resources for Adults – Head Start](#)
- [Protective Factors – Child Abuse & Neglect Prevention Board](#)

**Wisconsin Office of
Children's
Mental Health**
Infant Toddler Immediate Needs of
COVID-19 | children.wi.gov



OCMH Resources – Youth Voice



Youth Voice promotes mental health, because it activates:

- ***decision-making skills** and persistence to achieve goals*
- ***social skills**, interpersonal skills, social competence and social capital*
- *a sense of **belonging, connection** alongside a sense of agency and autonomy*





Research and Data

Annual Report:

Articulates the current well-being of children, teens, and young adults in Wisconsin. Also includes efforts made by OCMH and State Department partners.

Our Brains Are Wired for SOCIAL CONNECTIONS



2022 Annual Report



Child Well-Being Indicators Dashboard






40 health factors in clinical, social, economic, and individual health behavior categories

Current: 2021 or 2022










Baseline: 2016 or 2017

LEGEND

Each stoplight indicates whether the current Wisconsin data is an improvement or not when compared to the baseline data. The most recent available data at the time of print are used for "current" statistics. Data from approximately five years prior are used for "baseline" statistics. For details on any indicator, please see the indicator description document on the [OCMH website](#).

-  Wisconsin is going in the wrong direction (known to be statistically significant).
-  Wisconsin seems to be headed in the wrong direction, but is within the margin of error (not statistically significant) or unknown (significance unknown).
-  This indicator did not change (difference of 0.5% or less before rounding).
-  Wisconsin seems to be headed in the right direction but is within the margin of error (not statistically significant) or unknown (significance unknown).
-  Wisconsin is going in the right direction (known to be statistically significant).

HEALTH BEHAVIORS

| INDICATOR | US CURRENT | WI BASELINE | WI CURRENT | |
|---|------------|-------------|------------|---|
| Extracurricular participation | N/A | 68% | 64% |  |
| Electronically bullied (cyberbullying) | 16% | 18% | 16% |  |
| Bullied on school property | 20% | 24% | 18% |  |
| Students who use electronics 3+ hours on average school days (not for schoolwork) | N/A | 40% | 75% |  |
| Students who sleep 8 hours on average school night | 22% | 26% | 28% |  |
| Students who experienced sexual dating violence | 8% | 10% | 10% |  |
| Students who drink alcohol (at least one drink, at least one day in prior month) | 29% | 30% | 26% |  |
| Teen birth rate per 1,000 | 15.4% | 16.2% | 11.5% |  |
| Students who vape frequently (20 or more days in the month prior) | 11% | 3% | 7% |  |

Participation in extracurricular activities – sports, music, art, drama, or afterschool clubs – has a range of positive outcomes: improved self-esteem, resilience, social skills, connection to school, and academic performance.

Screen time increase is attributed to heavy reliance on technology and virtual connections during the pandemic.

Research consistently shows that kids who sleep the recommended amount have better mental health.






Wisconsin's teen birth rate continues to fall and is below the national rate.



2022 DASHBOARD

Wisconsin Child Well-Being Indicators Dashboard



-  Wrong direction
-  Headed in the wrong direction (within margin of error)
-  No change
-  Headed in the right direction (within margin of error)
-  Right direction

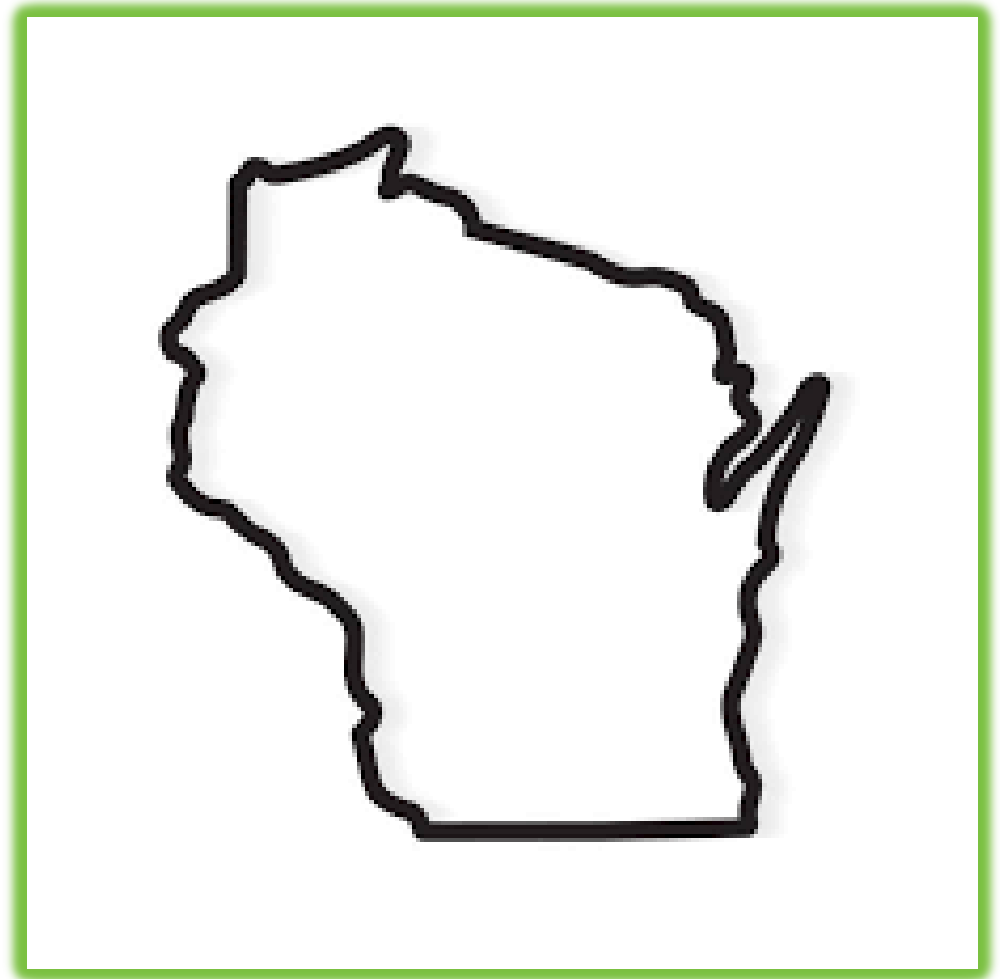
Health Behaviors | Clinical Care |
Social & Economic Factors | Quality of Life



Areas of Improvement

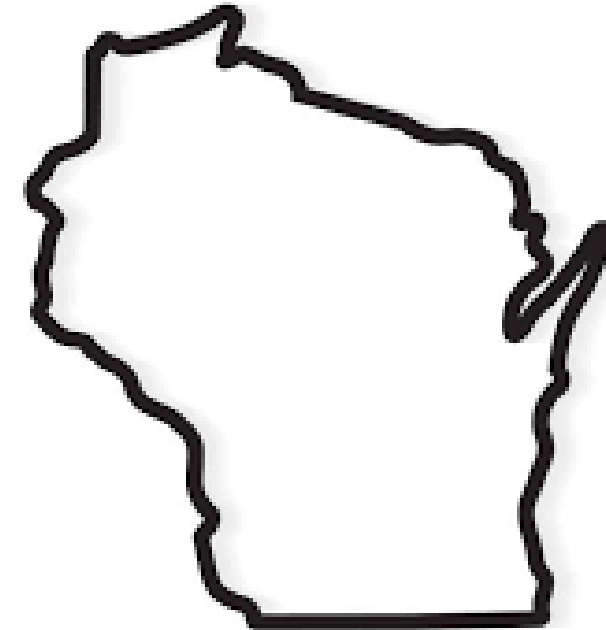
Compared to five years prior:

- ✓ — Bullying **decreased** from 24% to 18%
- ✓ — Teen birth rate **decreased** from 16% to 11%
- ✓ — Number of school social workers **increased**
- ✓ — Number of school counselors **increased**
- ✓ — Number of school psychologists **increased**



Wisconsin is going in the right direction

- ✓ The count of school-based mental health professional increased, improving student to professional ratios.
- ✓ Fewer students experienced bullying at school.
- ✓ Fewer teen mothers.





State vs Nation

- Wisconsin's performance is better than the nation's on some indicators.
- Wisconsin's current data is compared to the nation's current data.

Wisconsin is doing well, compared to the national trend:

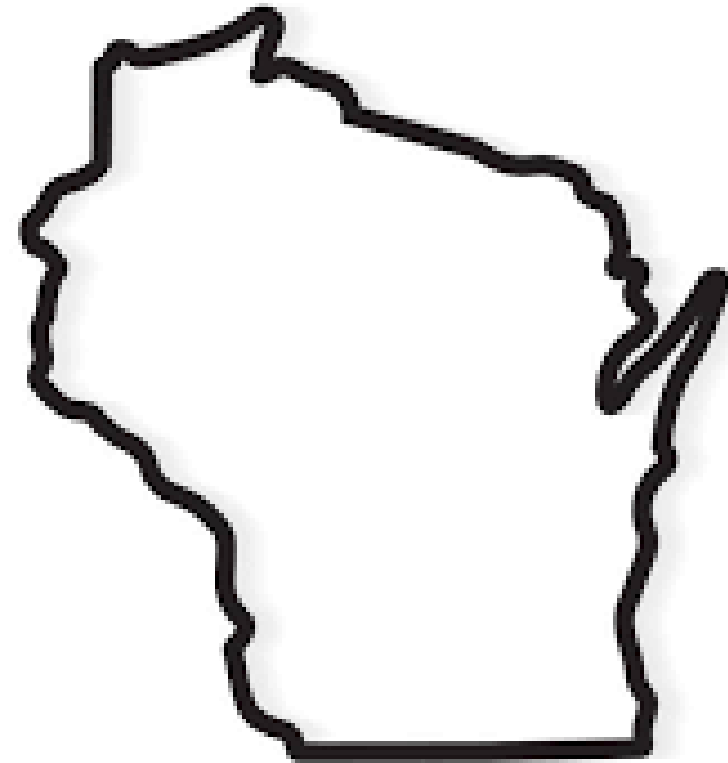
- ✓ **Students who sleep 8 hours on school night**
(28% state vs 22% nation)
- ✓ **Math proficiency in 8th grade**
(33% state vs 26% nation)
- ✓ **Employment (ages 16-24)**
(67% state vs 54% nation)
- ✓ **Positive adult mentor**
(92% state vs 86% nation)
- ✓ **4 year-old kindergarten enrollment**
(56% state vs 29% nation)
- ✓ **Mothers with higher education degrees**
(48% state vs 42% nation)
- ✓ **Early developmental screen**
(44% state vs 35% nation)
- ✓ **Early prenatal care**
(81% state vs 76% nation)



Areas of Concern

Compared to five years prior:

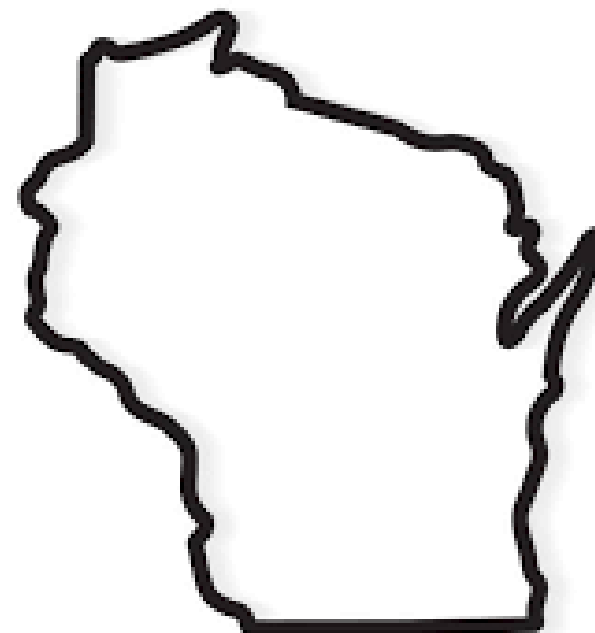
- ✕ Students who use electronics 3+ hours (not for schoolwork) **increased** from 40% to 75%
- ✕ School connectedness **decreased** from 71% to 61%
- ✕ Math proficiency **decreased** from 39% to 33%
- ✕ Depressed HS students **increased** from 27% to 34%
- ✕ LGBT youth seriously considering suicide **increased** from 43% to 48%
- ✕ Young adults with any mental illness **increased** from 24% to 33%
- ✕ Students who vape frequently (20 or more days per month) **increased** from 3% to 7%





Wisconsin is going in the wrong direction

- More students are experiencing negative mental health, especially LGBT youth.
- Students have lower academic performance and feel less connected to school.
- More kids have unhealthy behaviors.

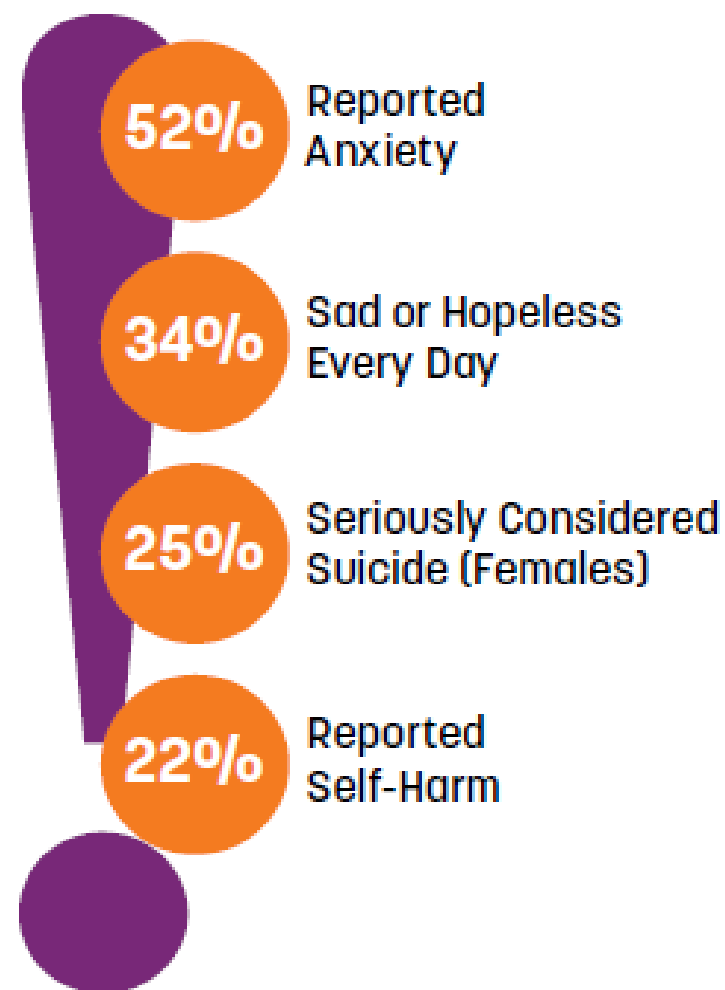




Well-Being Trends

- 1 in 5 kids **self-harm**
- 1 in 4 girls **seriously consider suicide**
- 1 in 3 feel **sad or hopeless**
- 1 in 2 feel **anxious**

WISCONSIN YOUTH'S DECLINING MENTAL HEALTH

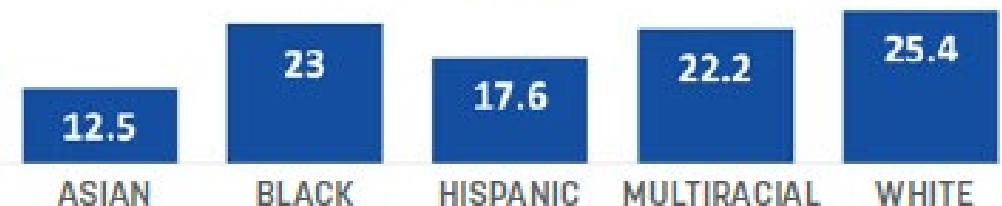




Well-Being Trends

- **76% of kids would NOT talk with their family** about their feelings. Among those who felt sad, empty, hopeless, angry, or anxious.
- **Asian and Hispanic students are the least likely to talk** with adult family members.

PERCENT WHO WOULD TALK WITH
ADULT FAMILY MEMBER ABOUT FEELINGS
*Among those who felt sad, empty,
hopeless, angry, or anxious*

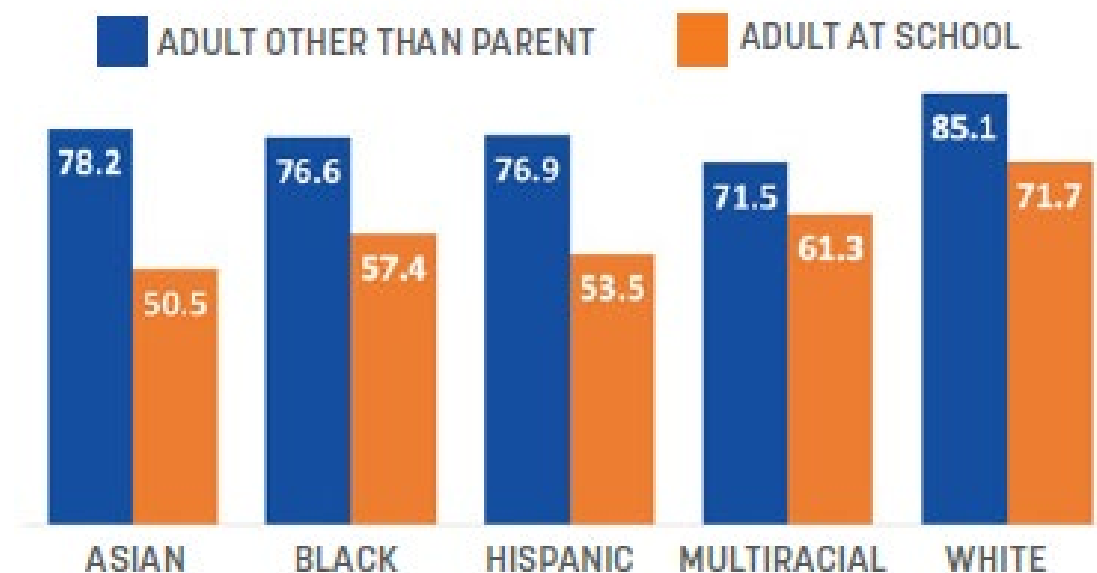




Well-Being Trends

- **67% of kids have an adult at school that they can talk to if they have a problem.** about their feelings. This has declined over the last ten years from 73%.
- **Asian and Hispanic students are less likely to have an adult at school to turn to,** with nearly half reporting they have no teacher or adult at school they can talk to about a problem.

PERCENT OF HIGH SCHOOL STUDENTS WHO HAVE ADULTS THEY CAN TALK TO





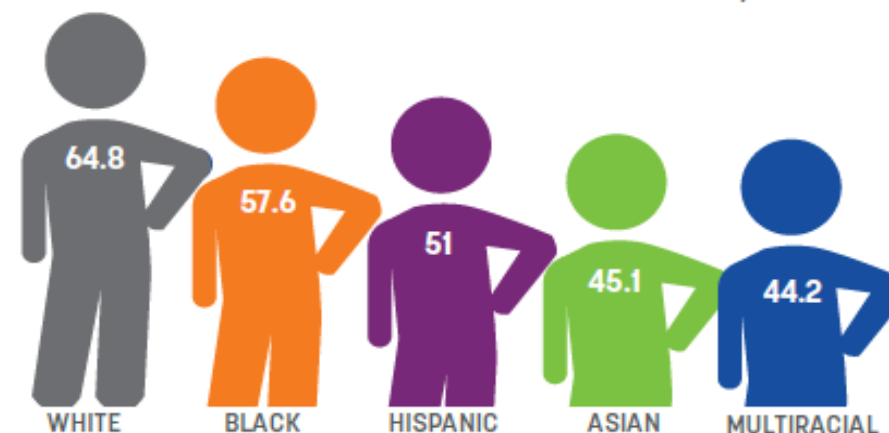
Well-Being Trends

- **60% of high school students feel they belong at school.** This has declined over the last five years from 70%.
- **Less than half of Asian and Multiracial students feel they belong at their school.**

PERCENT OF WISCONSIN HIGH SCHOOL STUDENTS WHO FEEL THEY BELONG AT SCHOOL, 2013-2021



PERCENT OF WISCONSIN HIGH SCHOOL STUDENTS WHO FEEL THEY BELONG AT SCHOOL BY RACE, 2021





Tracking Well-Being

Measures to watch:

- Belonging
- Family Shares Ideas
- Making and Keeping Friends





Youth Voice

Ava Pellegrino

*Young Adult Lived Experience Partner
Office of Children's Mental Health*



Wisconsin Office of
Children's
Mental Health



Social Connectedness of Youth

Definition:

Youth are socially connected when they are actively engaged in positive relationships where they feel they belong, are safe, cared for, valued, and supported.





OCMH Collective Impact Teams



Family



Supportive Adult



**Cultural Identity/
Community**

Social Connectedness of Youth State Visits

July 26-27
North/
Northwestern
Wisconsin

In a New Light Galley – Northwest Passage: Providing a therapeutic nature photography program and art gallery for students at Northwest Passage Residential Treatment Center.

Family Resource Center St. Croix Valley: Providing education, resources, and support to families with children prenatal to kindergarten in Pierce, Polk, and St. Croix Counties.

Mental Health Matters: Building a community culture to support youth resilience and decrease depression among middle and high school age youth.

Washburn County Mental Health Task Force: Identifying youth with unmet needs and connecting them with appropriate services.

Spooner
Webster

Baldwin

Eau Claire &
Chippewa Valley
Counties



Racine Unified School District/ Racine Collaborative for Children's Mental Health: Preparing high school students for college and the workforce by providing real-world experiences with local businesses and professionals.

The Boys & Girls Club of Greater Green Bay: Providing a safe, inviting, place for youth ages 7-17 to learn, grow, and have fun; with a focus on building relationships, the arts, social emotional learning, and working with the community.

Green Bay

Acceptational Minds: Helping students with Autism and similar conditions, and their families, navigate life with neurodiverse brains.

Milwaukee
Racine

Boys & Girls Club of Greater Milwaukee: Starting with a safe place to learn and play, efforts focus on relationship development, positive adult-to-youth interactions, and social emotional development to enhance young people's strengths and positive outcomes.

August 23
Green Bay

October 26
Milwaukee

October 5
Racine



Social Connectedness of Youth



What We Can Do – Collectively

1. Increase investment in comprehensive school mental health services
2. *Support students and staff in improving school climate to be welcoming to all students*
3. Invest in youth mental health action recommendations from OCMH Listening Sessions
4. *Reduce family stress by increasing services like parent peer support, crisis services, and home visiting*
5. Increase availability of culturally sensitive mental health professionals



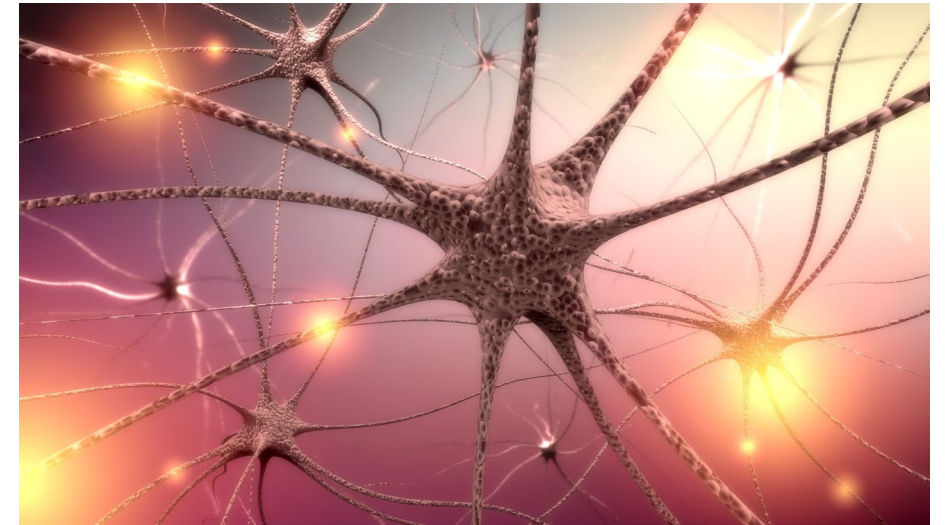


Social Connectedness of Youth



What We Can Do – Individually

- Connect with a young person:
 - Connection is an essential vitamin for the brain
 - Connections of less than a minute can make a difference





Closing Remarks

Rep. Jill Billings (D-La Crosse)
Legislative Children's Caucus Co-Chair





Ways to Connect With Us



Facebook:
OCMHWI



Instagram:
@YouthMentalHealthWI



Twitter:
@WIKidsMH



LinkedIn:
OCMHWI



Newsletter:
Sign up online



YouTube:
Wisconsin OCMH

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