

OCMH 2023 Annual Report

Statewide Briefing

January 12, 2024

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



Agenda

- **Opening Remarks**

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

- **OCMH Overview**

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

- **Trends and Data**

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

- **Youth Voice**

Samera Osman, Reagan High School Student

Nathan Zirk, North Crawford High School Student

- **Q&A**

Linda Hall, Director, 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



OCMH Staff

Linda Hall

Director

Karen Katz

Operations Lead

Amy Marsman

Senior Research Analyst

Andrea Turtenwald

Family Relations Coordinator



Wisconsin Office of
Children's
Mental Health

www.children.wi.gov



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

Our Vision:

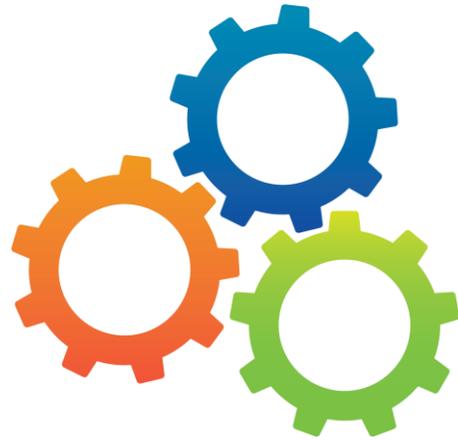
Wisconsin's children are safe, nurtured, and supported to achieve their optimal mental health and well-being.

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

Foundational Pillars



Research & Data



Systems Change



Youth & Family Voice



Collective Impact



OCMH Network

135 PEOPLE on the Collective Impact Council to learn about children's mental health initiatives

75 PEOPLE guiding our work as Lived Experience Parent and Youth Leaders

120 PEOPLE on 4 Social Connectedness of Youth teams to develop strategic action plans

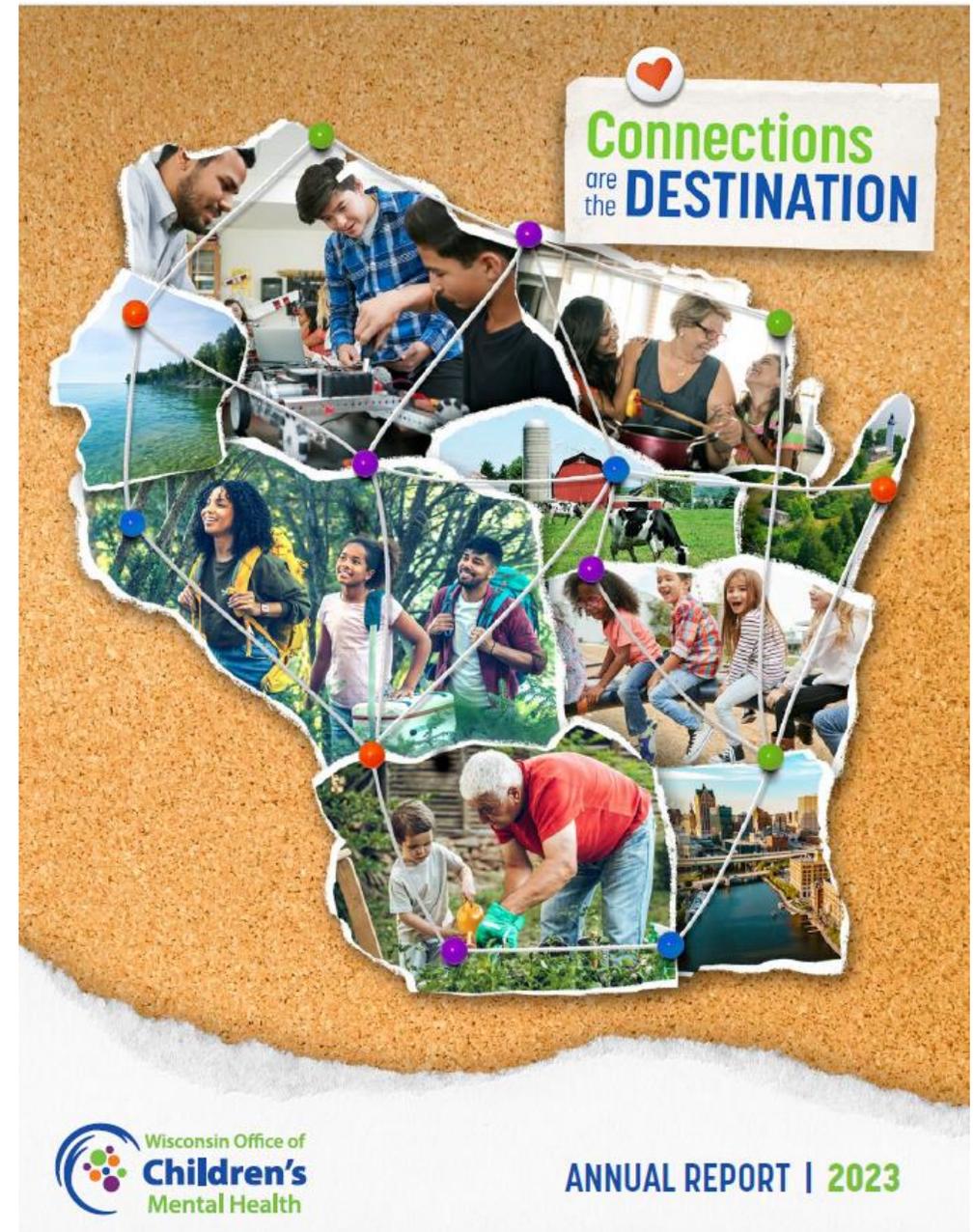
20 PEOPLE on the Advisory Council to provide strategic guidance to OCMH



2023 Annual Report

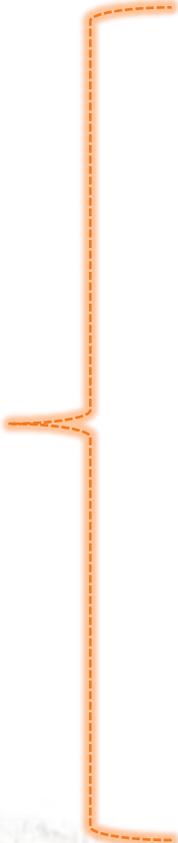
- ✓ Summarizes the status of youth mental health in Wisconsin.
- ✓ Highlights trends and data.
- ✓ Reviews efforts by OCMH and partners to improve child well-being.
- ✓ Previews how OCMH will address the well-being of children, teens, and young adults in the year ahead.

<https://children.wi.gov/Pages/ResearchData/AnnualReport.aspx>



Child Well-Being Indicators Dashboard

40 indicators



Healthy Behaviors



Social & Economic Factors



Clinical Care



Quality of Life



Child Well-Being Indicators Dashboard

Current

- 2021
- 2022
- 2023

Baseline

- 2017
- 2018
- 2019



Healthy Behaviors

2023 Indicators An * marks new or updated data	US Current	WI Baseline	WI Current	
Percent participating in activities (ages 6–17)*	72%	85%	78%	?
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)	NA	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*	13.9	13.8	10.1	✓
Students who vape frequently (20 or more days in the month prior)	11%	3%	7%	?

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

Some screen time can be positive, creating opportunities to connect with friends and peers. Excessive screen time, however, is associated with mental health concerns.

Research consistently shows that kids who sleep the recommended amount have better mental health. Experts advise middle and high school classes begin after 8:30 am.



Understanding the Data Dashboard



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).



Areas of Improvement

Compared to five years prior:

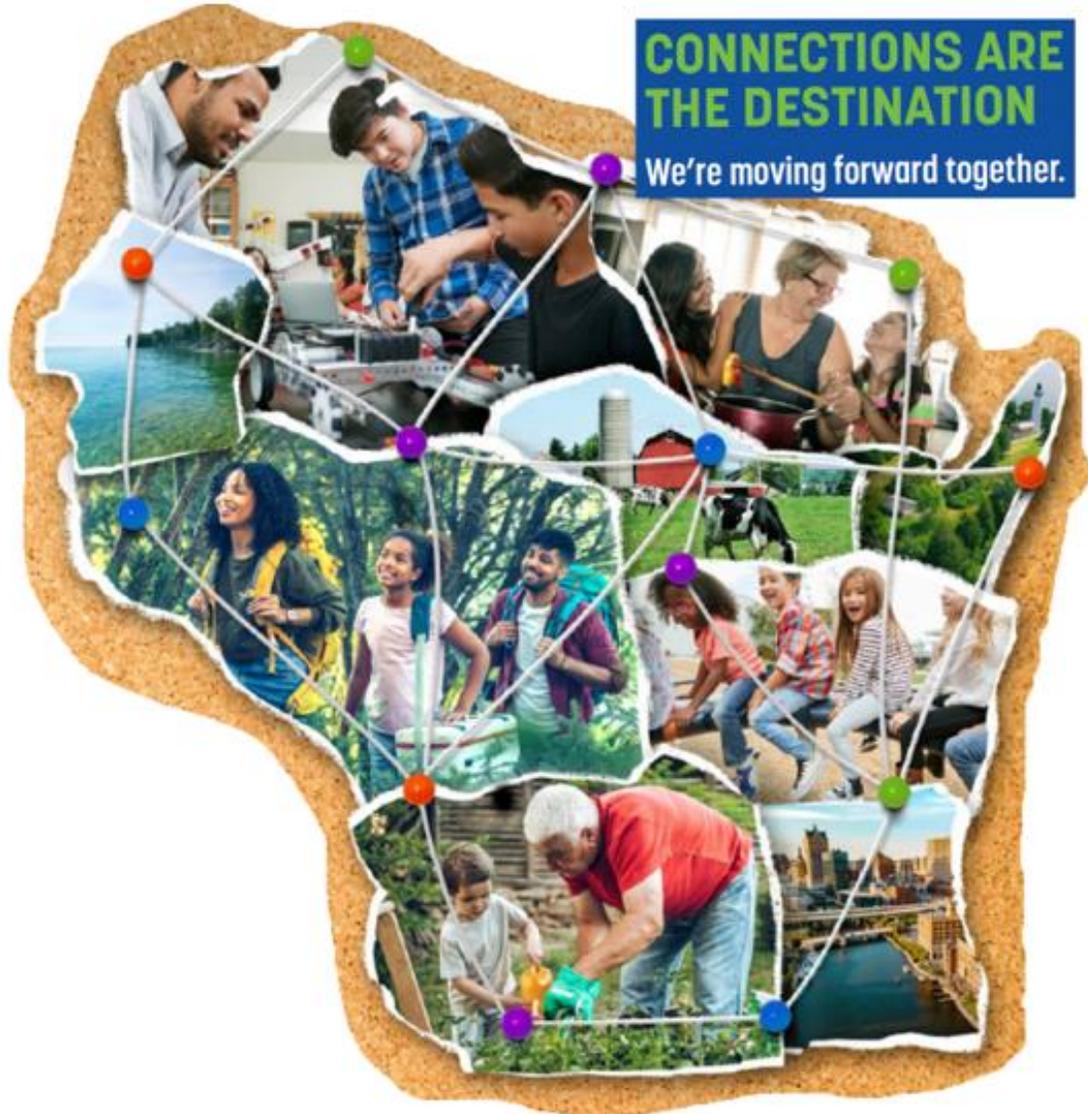
- **Low-income youth decreased**
- **Drinking declined** among teens
- **Teen birth rate decreased**
- **Foster care placements decreased**
- **More students are sleeping 8 hours**
- **Number of school social workers, school counselors, and school psychologists increased**
- **Count of psychiatrists increased**
- **Increase in Wisconsin mothers with higher education degrees to half**

Areas of Concern

Compared to five years prior:

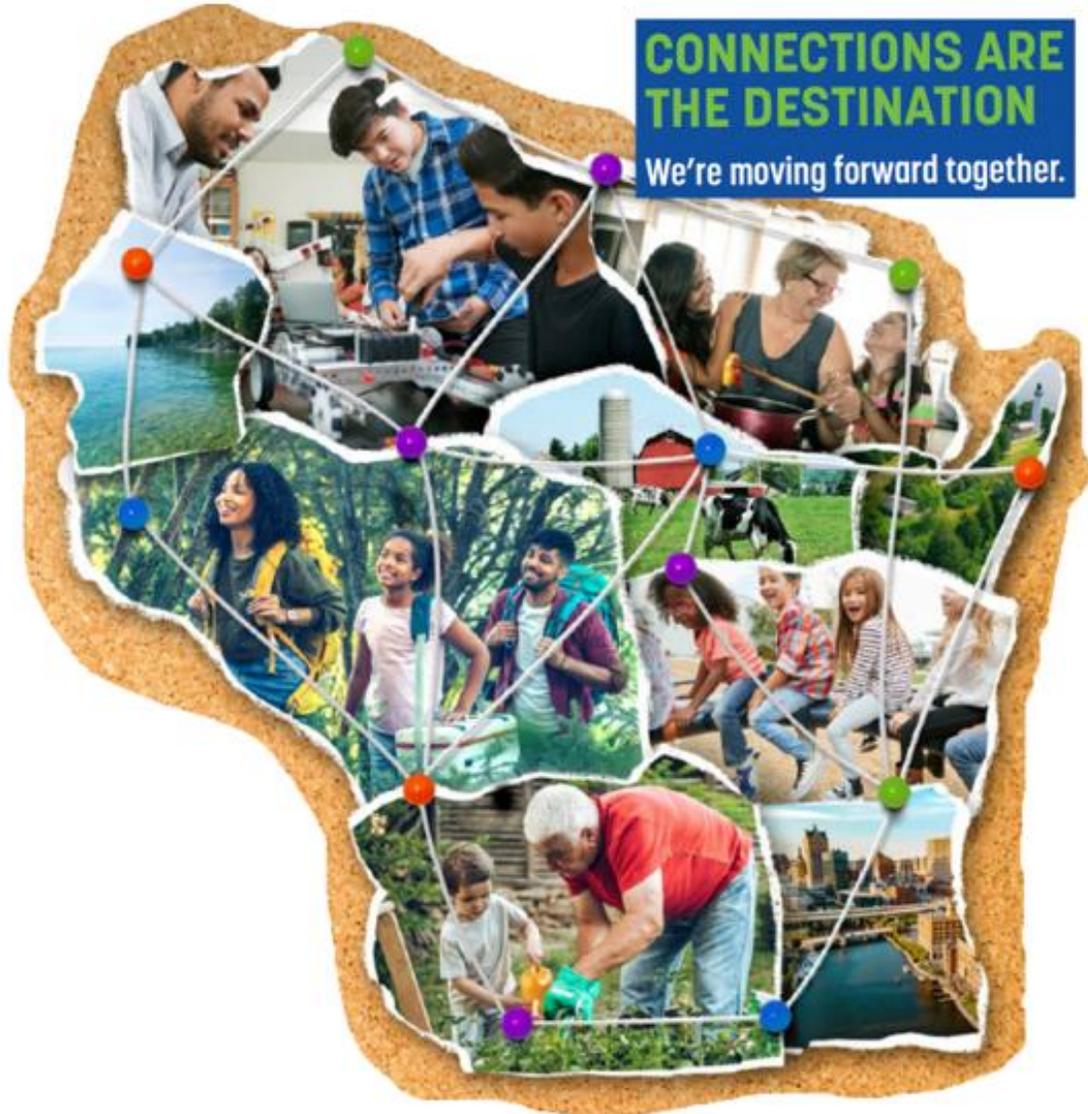
- **Large drop in 4-year-old kindergarten** (preschool enrollment)
- **Youth participating in extracurricular activities declined**
- **Vaping doubled** among teens
- **1 in 10 teens attempted suicide**
- **Almost half of LGBTQ youth seriously considered killing themselves**
- **Large increase in young adults with any mental illness**





Stressors Impacting Wisconsin Youth

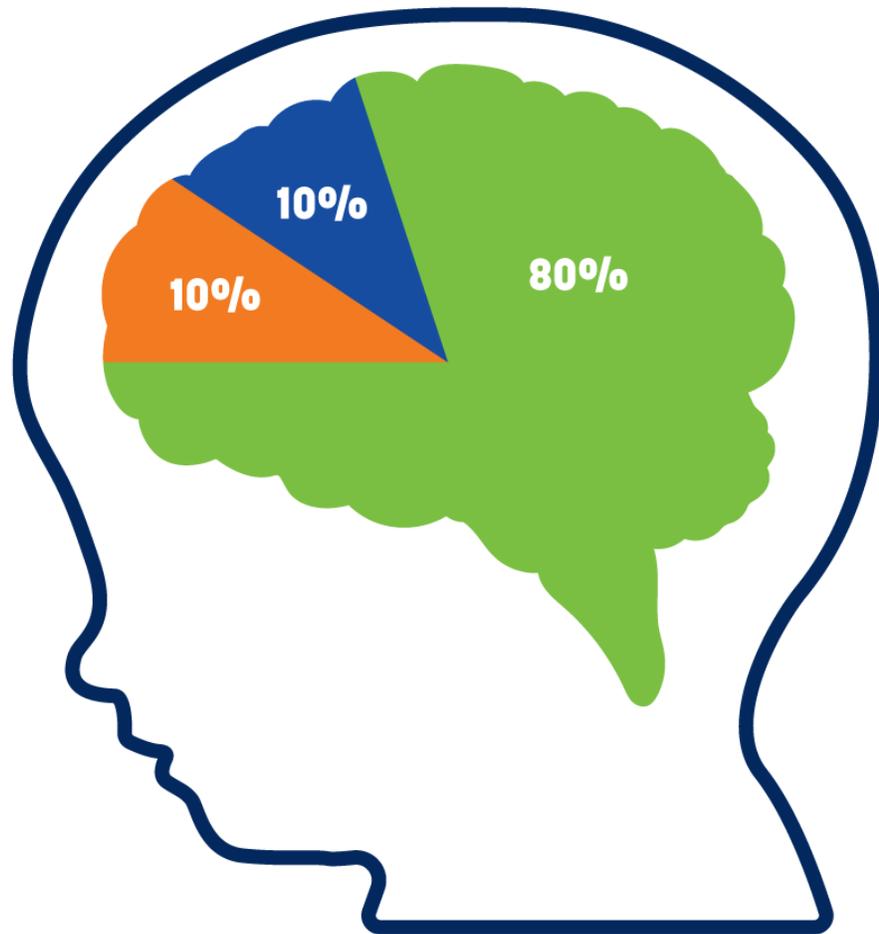
- Academic pressures
- Widespread gun violence
- Racism and discrimination (anti-LGBTQ policies)
- Political divisiveness
- Climate change



Stressors Impacting Wisconsin Families

- Lack of childcare
- Financial insecurity
- Food insecurity
- Housing instability

Impact of Childcare



80% of brain development occurs **between ages 0-3**

10% of brain development occurs **between ages 4-5**

10% of brain development occurs **after age 5**

90% of brain development occurs in a child's first 5 years.

The first 5 years of a child's life impacts that child's well-being for the rest of their life.

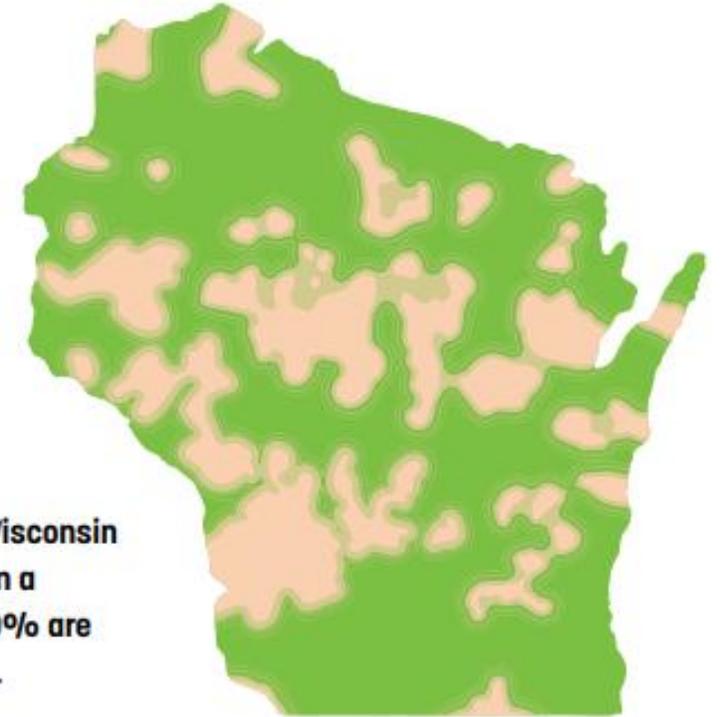
Impact of Childcare

Wisconsin is in a childcare crisis, one of the hardest hit states, and we are at risk of:

- A third of childcare centers closing permanently
- 50% of early care educators leaving the field
- Nearly 90% of centers raising tuition.



Of the 54% of all Wisconsin residents who live in a childcare desert, 70% are rural Wisconsinites.



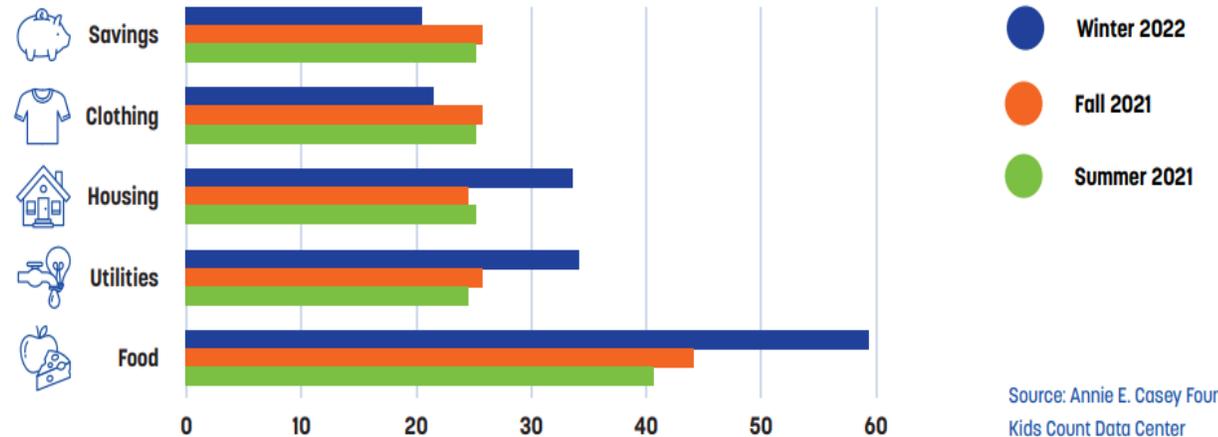
Source: ChildcareDeserts.org

Impact of Poverty

Families with high financial stress are twice as likely to report poor health.

- The U.S. child poverty rate more than doubled recently.
- It rose from 5.2% in 2021 to 12.4% in 2022, following the expiration of pandemic programs like the expanded Child Tax Credit (CTC).

How Wisconsin Families Spend Child Tax Credit Payments



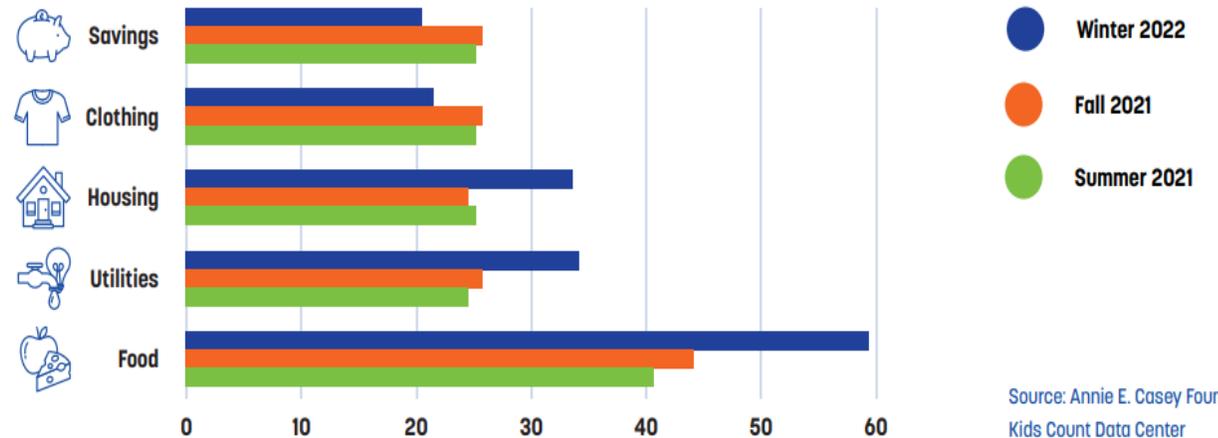
Source: Annie E. Casey Foundation
Kids Count Data Center

Impact of Poverty

Families with high financial stress are twice as likely to report poor health.

- Wisconsin families spent their 2021 and 2022 CTC funds on food more than anything else.

How Wisconsin Families Spend Child Tax Credit Payments



Source: Annie E. Casey Foundation
Kids Count Data Center

Impact of Poverty

- **60%** of food insecure teens report anxiety and depression.
- **40%** of food insecure teens report self-harm.



Impact of Housing

Youth who live in stable housing have:

- Better mental health
- Better physical health
- Better school attendance
- Better academic performance
- Improved earnings in adulthood
- Reduced behavioral problems
- Reduced suicidality



Investing in Wellness

Policy options – supported by research – to improve child well-being in Wisconsin.



Invest in early childhood, especially Wisconsin's childcare sector.



Expand state tax credits such as the Child Tax Credit and the Earned Income Tax Credit.



Fund housing assistance for families and expand Wisconsin's affordable housing stock.

Student Leaders

Samera Osman, Reagan High School, Milwaukee

Nathan Zirk, North Crawford High School, Soldiers Grove



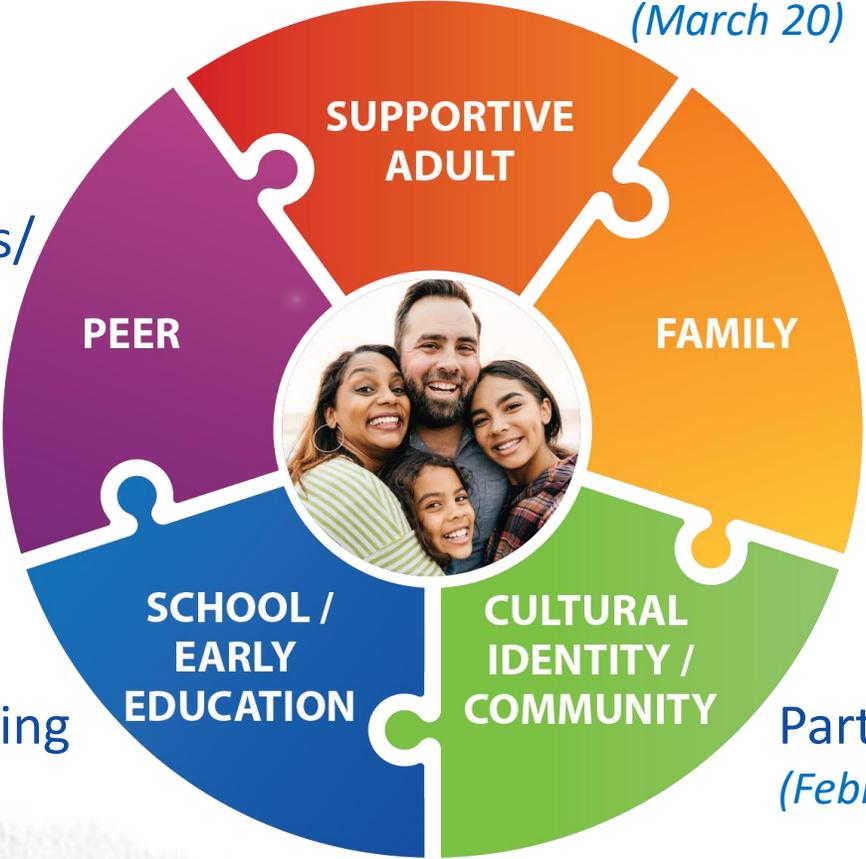


OCMH Strategic Focus

Social
Connectedness
of Youth

Social Connectedness of Youth 2024 Convenings

Supportive adult besides parent
(March 20)



Family shares ideas and talks about things that really matter
(January 17)

Participation in activities
(February 28)

May: Children's Mental Health Month

Making and keeping friends/
difficulty with friendships
(June 19)

School belonging
(April 24)

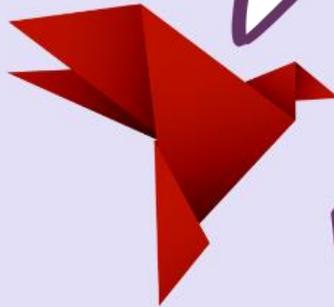


RAISE
YOUR
VOICE



HOPE
SQUAD

SOURCES
OF STRENGTH



REDgen



Wisconsin Office of
Children's
Mental Health

Youth Leadership

- School-Based Peer-Led Wellness Programs
- Mental Wellness Leadership Summit

More in 2024



Showcasing Solutions in Children's Mental Health

Using Data to Improve Children's Mental Health

For those who work with youth and are concerned about their mental health, the Youth Risk Behavior Survey (YRBS) is most likely familiar. It is a voluntary, school-based, and anonymous questionnaire taken by middle and high school students across the country that shows how youth are doing across a number of categories. While many communities and school districts in Wisconsin embrace the survey, some really dig into the data and use it to drive youth initiatives. La Crosse County is one of those.



Driving the work

Better Together in La Crosse County is a collaborative that brings youth serving organizations together with the goal of improving the mental health of adolescents in their county. They understand the value of the YRBS to provide powerful county level data, but also acknowledged a lack of awareness of the data within the community. So, as they dug into the YRBS data in 2019 and 2021 they had two goals – to create awareness of the data among the community and really use the data to drive youth-focused initiatives.

“ If we use the YRBS data to show us where we need to focus, and intervene early, we will see better outcomes for our youth.

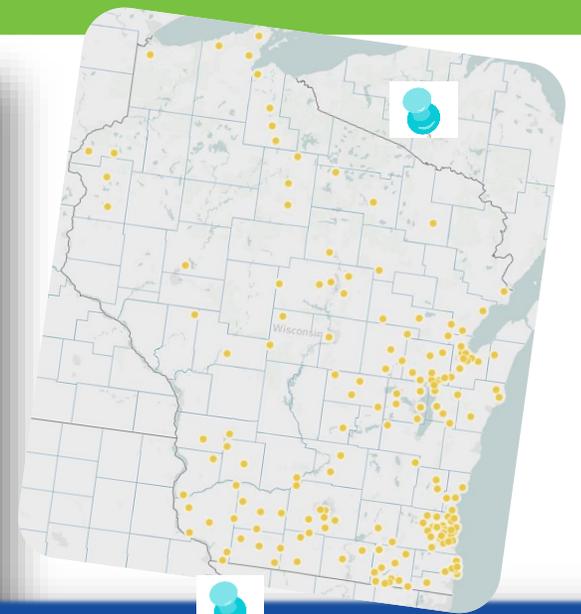
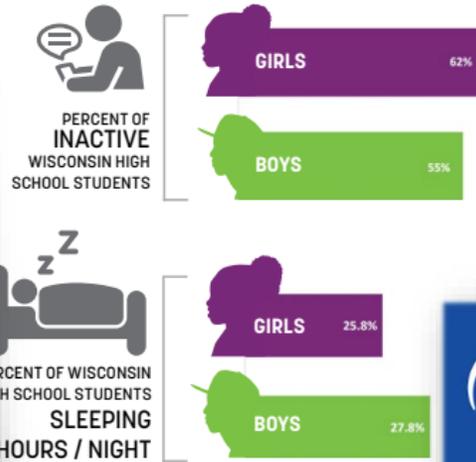
— Diana DiazGranados

Project Director - Better Together La Crosse County

Screening Recommendations:
8+ YEARS --> ANXIETY
12+ YEARS --> DEPRESSION & SUICIDE RISK

WHAT'S HAPPENING IN WISCONSIN?

In 2019, 55% of Wisconsin high school students said they were not physically active (60 minutes per day on five or more days). Rates of inactivity were higher for girls than boys.¹¹ Further, the majority of our high school students are not getting the minimum recommended amount of sleep (8-10 hours) on the average school night.¹²



FACT SHEET

LEARN:

- WHY THIS MATTERS
- WHAT THE RESEARCH SAYS
- WHAT'S HAPPENING IN WISCONSIN
- WHAT HELPS
- WHAT WE CAN DO

HOUSEHOLD CHALLENGES

ABUSE

NEGLECT

ADVERSE Childhood Experiences

CULTURAL TRADITIONS

FAITH

SUPPORTIVE ADULT RELATIONSHIPS

SAFE HOME ENVIRONMENT

POSITIVE Childhood Experiences

SUPPORTING CHILD WELL-BEING

WISCONSIN GIRLS IN DISTRESS

- 66% Anxiety
- 50% Sad and hopeless nearly every day
- 32% Self-harm
- 22% Bullied online
- 20% Experienced sexual assault or coercion
- 25% Considered suicide
- 20% Made a plan for suicide
- 11% Attempted suicide

Wisconsin Office of Children's Mental Health



Questions



www.children.wi.gov

Closing Remarks

Rep. Jill Billings (D-La Crosse)

Legislative Children's Caucus Co-Chair



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**Thank You for
Joining Us Today**

