



COOK CENTER FOR  
HUMAN CONNECTION



# Montana Learning 2025 Cohort

*Mental Supports for  
Students and Staff*



# Today's Agenda

- Welcoming Activity
- Review the AASA Mental Health Cohort
- Learn the current the landscape of youth mental health
- Become familiar with a few of the major sources of data on mental health and suicide for young people
- Develop greater awareness of risk and protection factors
- Live Well, Lead Well



COOK CENTER FOR  
HUMAN CONNECTION



# The AASA Mental Health Cohort

# Mental Health Cohort Leads



COOK CENTER FOR  
HUMAN CONNECTION



**Paul Imhoff**, Lead Superintendent  
- Superintendent - Upper  
Arlington Schools, OH, Past  
President of AASA



**Anne Brown**, Co-Lead -  
President/CEO, Cook Center for  
Family Connection



**Rebecca Benghiat**, Co-Lead -  
President/COO, The Jed Foundation





# Understanding the Work of the Cohort

## The Why

### Essential Questions:

- How can we be best positioned in our communities (school and more broadly) to support the myriad mental health needs of our communities?
  - How can we understand and evaluate available interventions, resources, and tools?
  - How can we build networks to ensure access to resources and expertise into the future?
-



# Understanding the Work of the Cohort

## Learning Outcomes:

- Leverage/Utilize/Strengthen the MTSS framework to best support the mental health and well-being of the school community.
  - Develop fluency in processes that allow for ongoing strengths/needs assessment and evaluation.
  - Learn about interventions and resources:
    - Learn ways to address the mental health needs of your students, staff and community.
    - Access resources and services to help develop action plans for your district.
    - Hear from expert practitioners and researchers about actions having a positive impact.
    - Incorporate implementation science tools into program delivery and outcomes assessments.
-



# Understanding the Work of the Cohort

## The What

### Learning Outcomes:

- Develop Deep Networks:
    - Connect with national and state-level organizations that are providing mental health support and resources to schools.
    - Network/connect with leaders committed to taking positive action to assure the mental health of their educational communities.
-



# Mental Health Leadership Summit

AASA is inviting district superintendents and senior leadership to our Mental Health Leadership Summit on May 10 and May 11. The event will be held right outside of DC in Northern Virginia. When we have a confirmed event space, we will notify the group.

[Register here!](#)

---



A large decorative graphic on the left side of the slide, composed of three overlapping rounded rectangles in shades of blue, creating a layered effect.

# Current Landscape of Youth Mental Health

---

# Using Non-Stigmatizing Language can Reduce Harm and Improve Access to Care



- Person-centered language reflects that the disorder or illness is only one aspect of a person's life, not the defining characteristic.
- “A person living with schizophrenia,” rather than “schizophrenic.”
- “Died by suicide” rather than “committed suicide” (“commit” connotes criminality)

# Young people in the U.S. are struggling with significant rates of mental disorders



**15 to 24**

is the age of onset for most mental health challenges.

**2<sup>nd</sup>**

leading cause of death for people aged 10 -34 in the U.S. is suicide.

**18.8%**

18.8% of high school students reported having seriously considered suicide in the past year. This percentage is higher among females (24.1%), and lesbian, gay, or bisexual teens (46.8%).

A large decorative graphic on the left side of the slide, consisting of three overlapping rounded squares. The innermost square is a solid bright blue, the middle one is a lighter blue, and the outermost one is the lightest blue, creating a layered effect.

# How we Know What we Know

# Sources of data and information



- **Web-based Injury Statistics Query and Reporting System (WISQARS):** The CDC's interactive, online database that provides fatal and nonfatal injury, violent death, and cost of injury data.
- **Youth Risk Behavior Survey (YRBS):** The CDC's survey that assesses youth health behaviors.
- **The National Survey on Drug Use and Health (NSDUH):** The Substance Abuse and Mental Health Services Administration survey that collects information on tobacco, alcohol, and drug use, mental health and other health-related issues in the United States.

A large decorative graphic on the left side of the slide, composed of three overlapping rounded rectangular shapes in shades of blue, creating a layered effect.

# WISQARS data

# What WISQARS is and what it can tell us



- It's an online, publicly accessible database on injuries/deaths.
- It provides data from medical examiners, police investigations, death certificates.
- There is new data yearly, but it is delayed.
  - The most recent data set is from 2020, with some provisional 2021 data.



	<u>1-4</u>	<u>5-9</u>	<u>10-14</u>	<u>15-19</u>	<u>All Ages</u>
1	Unintentional Injury 532	Unintentional Injury 272	Unintentional Injury 280	Unintentional Injury 1,591	Malignant Neoplasms 277,648
2	Homicide 203	Malignant Neoplasms 147	Suicide 213	Suicide 828	Chronic Low. Respiratory Disease 77,823
3	Congenital Anomalies 192	Homicide 69	Malignant Neoplasms 163	Homicide 748	Cerebrovascular 67,154
4	Malignant Neoplasms 125	Congenital Anomalies 68	Homicide 102	Malignant Neoplasms 192	Alzheimer's Disease 51,333
5	Heart Disease 63	Heart Disease 33	Congenital Anomalies 79	Heart Disease 131	Diabetes Mellitus 41,013

## WISQARS

### 5 Leading Causes of Death - Ohio 2010-2020



# Means Matter

Suicidal crises are often **brief**.

Some methods, especially guns, are **far more lethal** than others.

>90% of those who attempt and survive **do not go on to die** by suicide.

Many people who are suicidal are **ambivalent**.

---

# The limitations of WISQARS

- **It can't tell us what led to a death.** The information is only on deaths; it doesn't provide context around caused them.
- **The data coming out is only as good as what went in.** Certain data is not collected or is unable to be collected.

A large, decorative graphic on the left side of the slide, composed of three overlapping rounded rectangles in shades of blue, creating a layered effect.

# YRBS data

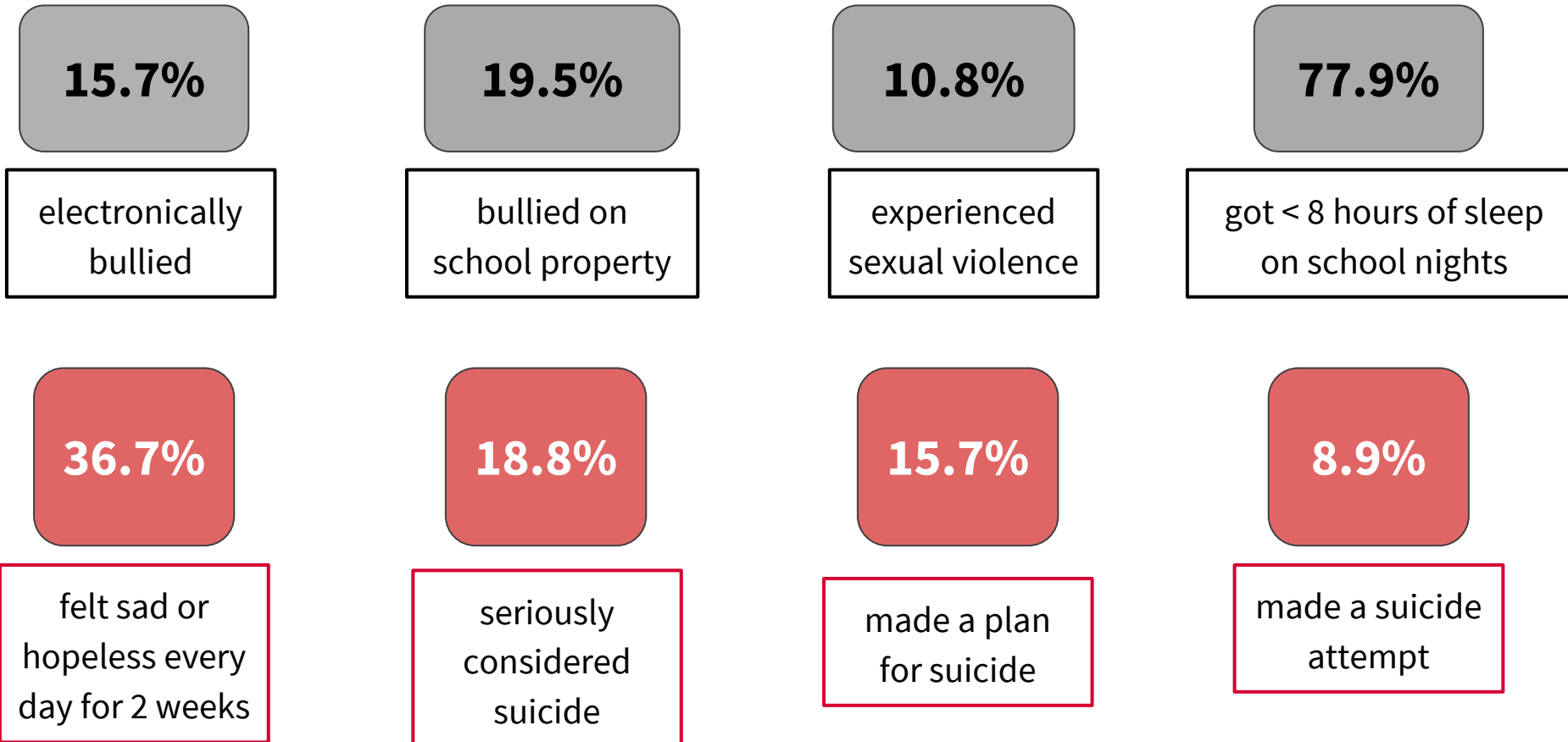
# What YRBS is and what it can tell us



- It's a state/district-level and also national survey of high school students, self-administered during class time.
- It's given every two years during odd years and asks questions about the last 12 months.
  - Last available data is from 2019.
- It focuses on 4 priority areas:
  - sexual behavior;
  - substance abuse;
  - experiences of violence; and
  - mental health & suicide.

# Data that comes out of YRBS

It tells us about how young people are feeling



# YRBS Trends Over Time



THE PERCENTAGE OF HIGH SCHOOL STUDENTS WHO:	2009 Total	2011 Total	2013 Total	2015 Total	2017 Total	2019 Total	Trend
<b>Experienced persistent feelings of sadness or hopelessness</b>	26.1	28.5	29.9	29.9	31.5	36.7	
<b>Seriously considered attempting suicide</b>	13.8	15.8	17.0	17.7	17.2	18.8	
<b>Made a suicide plan</b>	10.9	12.8	13.6	14.6	13.6	15.7	
<b>Attempted suicide</b>	6.3	7.8	8.0	8.6	7.4	8.9	
<b>Were injured in a suicide attempt that had to be treated by a doctor or nurse</b>	1.9	2.4	2.7	2.8	2.4	2.5	

# The limitations of YRBS



- We don't have information about young people who are not in school.
- We don't have the data participants do not want to provide because it's self-reported.
- We don't have data from regions that aren't participating.
- We don't have data that tells us about particular populations that are not represented in the national sample.

A large decorative graphic on the left side of the slide, composed of three overlapping rounded rectangles in shades of blue, creating a layered effect.

# NSDUH data



# What NSDUH is and what it can tell us



- It's a national survey of randomly selected people ages 12+ from households and group settings, such as shelters or dorms.
- It's a face-to-face screening and then computerized self-interviewing done in private.
- It uses DSM criteria for assessing mental health.
- It's given yearly.
  - The last available data is from 2021.

# NSDUH information can be compared



**2020**

**2021**

17% of 12-17 year olds had a major depressive episode



20.1% of 12-17 year olds had a major depressive episode

12% serious thoughts of suicide



12.7% serious thoughts of suicide

5.3% made a suicide plan



5.9% made a suicide plan

2.5% attempted suicide



3.4% attempted suicide

# The limitations of NSDUH



- It doesn't provide information about people in institutional settings, such as those who are incarcerated, street homeless, active military, nursing homes, etc.
- It doesn't provide insights into data that is not asked about.
- We don't have the data participants do not want to provide because it's self-reported.
- It doesn't give us information people don't want to divulge due to privacy concerns.

# How this data is often presented in the news

**Youth suicide attempts soared during pandemic, CDC report says**

*NBC News, June 11, 2021*

**The Crisis in Youth Suicide**

**How the pandemic has affected America's mental health crisis in children**

**Depression and Suicide Rates Are Rising Sharply in Young Americans, New Report Says.**

**In pandemic's isolation, an alarming number of teenage girls are attempting suicide**



[jedfoundation.org](http://jedfoundation.org)

# Suicidal Ideation



Suicidal ideation can range from vague thoughts to a definitive plan and does not mean someone has a mental illness.



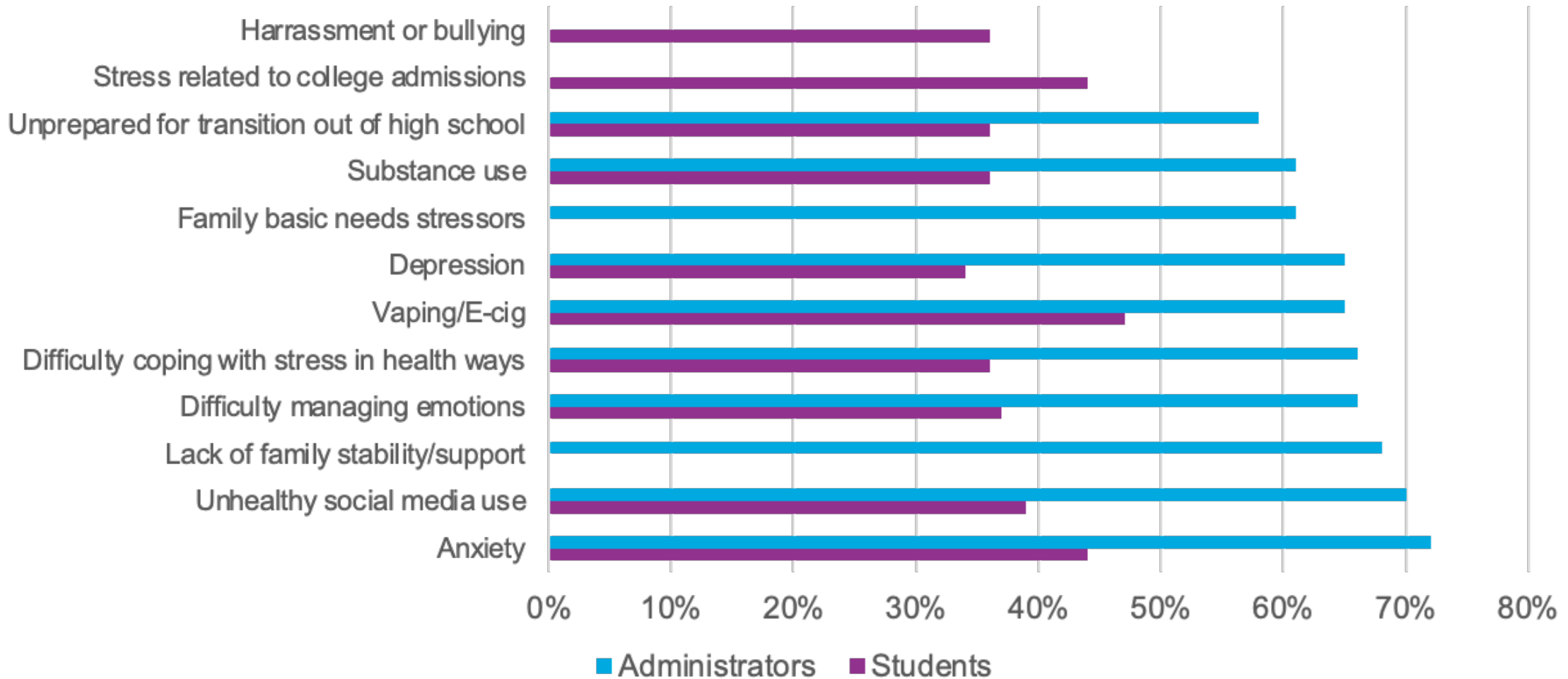
Created by Bethany Verbrugge, LMSW

Example 'Suicide Scale', created by Bethany Verbrugge, LMSW, for illustrative purposes only – not peer-reviewed.

A large decorative graphic on the left side of the page, consisting of three overlapping rounded rectangular shapes in shades of blue, creating a layered effect.

# Comprehensive Approaches to Youth Mental Health

# Top 10 Mental Health Issues According to Students and Administrators



Source: JED and Fluent primary research with 1,014 U.S. high school students in grades 9-12 and 479 high school administrators (344 principals/assistant principals, 129 school counselors, and 6 district superintendents). Survey conducted in late 2019.

District/school provides opportunities for students to **develop** foundational **life skills** for success in adult life.

District/school proactively educates and **promotes means safety** to the high school community (staff, families, caregivers, students).

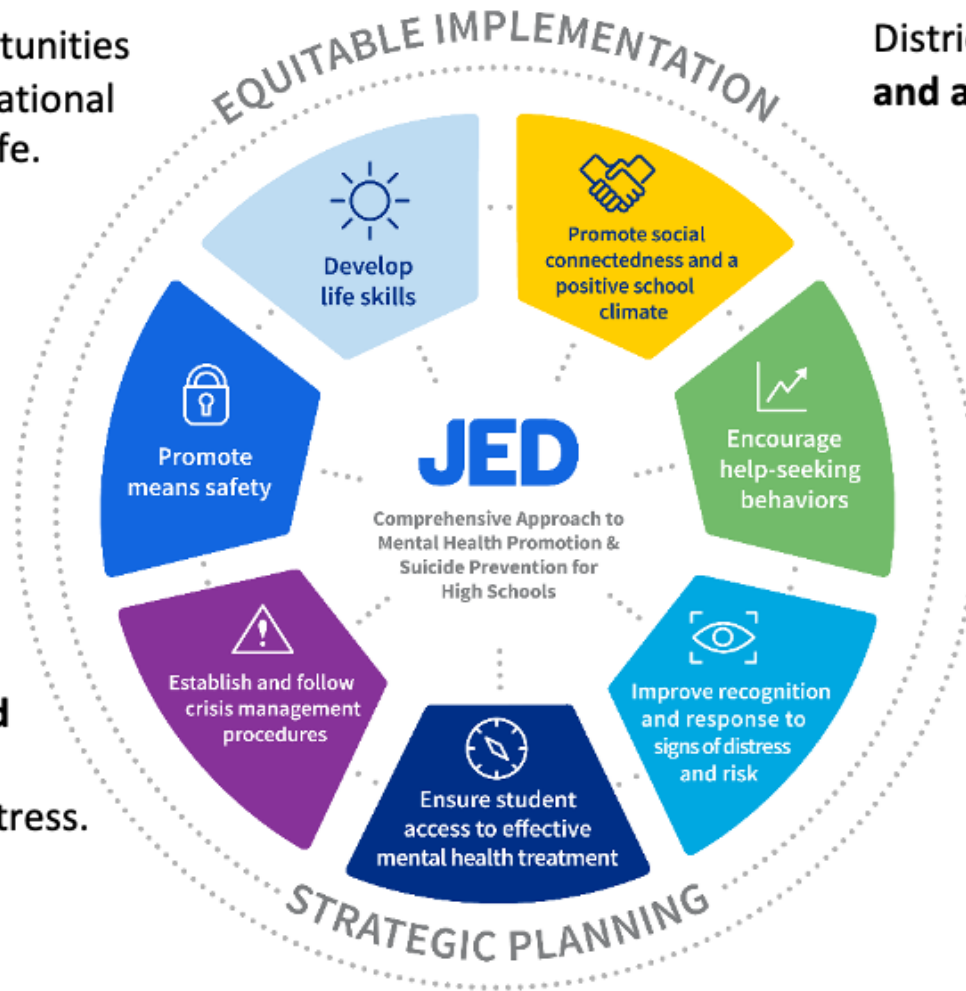
District/school **establishes and follows crisis management procedures** for students in distress.

District/school **promotes access to effective mental health treatment** and better connections to mental healthcare in the community.

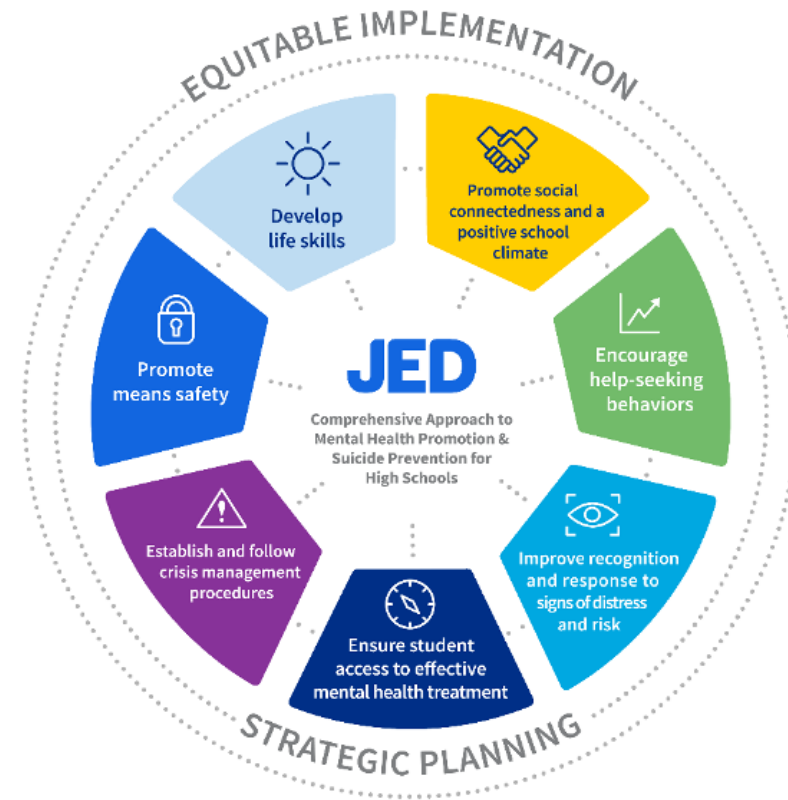
District/school **promotes social connectedness and a positive school climate.**

District/school strengthens efforts to **encourage student help-seeking behavior**

District/school implements a proactive, comprehensive approach for **improved recognition and response to warning signs of distress and risk.**







## Measure, Assess, Plan, Measure



# LINKS!

[Monitoring The Future](#)

[Trevor Project National Survey on LGBTQ Youth Mental Health](#)

[The Adolescent Behaviors and Experiences Survey](#)

[Youth Risk Behavior Survey](#)

[National Survey on Drug Use and Health](#)

<https://wisqars.cdc.gov/data/lcd/home>

<https://www.cdc.gov/suicide/facts/disparities-in-suicide.html>

<https://www.cdc.gov/nchs/products/databriefs/db450.htm>

<https://www.cdc.gov/nchs/data/databriefs/db450.pdf>

<https://www.cdc.gov/nchs/products/databriefs/db450.htm#Data%20sources%20and%20methods>

# LINKS!



## **News Headlines:**

<https://www.ems1.com/suicide/articles/cdc-suicide-is-second-leading-cause-of-death-for-people-10-to-34-ozEOelXE9iKJymc7/>

<https://www.nytimes.com/2022/12/14/health/long-covid-deaths.html>

<https://www.usnews.com/news/health-news/articles/2022-09-30/suicides-in-the-u-s-climbed-in-2021-cdc-data-shows>

<https://arstechnica.com/science/2022/12/study-2017-rise-in-teen-suicide-rates-due-to-seasonal-shifts-not-13-reasons-why/>

<https://www.forbes.com/sites/nickmorrison/2022/12/28/teen-suicides-fell-during-lockdown-rose-when-in-person-schooling-resumed-study-finds/?sh=69b18e5864d7>

## **JED Article:**

<https://thehill.com/opinion/congress-blog/3722472-cdc-reports-suicides-up-for-young-people-developing-community-points-the-way-out/>

# Live Well, Lead Well



The Jed Foundation



COOK CENTER FOR  
HUMAN CONNECTION



# Thank you.



COOK CENTER FOR  
HUMAN CONNECTION



The Jed Foundation

