

YOUTH AND MENTAL HEALTH

HEALTHY YOUTH SURVEY

Washington State Healthy Youth Survey Facts

- More than 35,000 students participate across the state.
- Questions ask about risk for injury, health outcomes, alcohol, and drug use.
- Results are used by communities to support youth and reduce risks.

More info available at: www.askhys.net

Island County Facts

Represented School Districts *

Oak Harbor
Coupeville
South Whidbey

Survey Response Rates

6th Grade: 62%
8th Grade: 54%
10th Grade: 74%
12th Grade: 59%

*Camano Island youth are reported as part of the Stanwood School District in Snohomish County

BULLYING	6th Graders	8th Graders	10th Graders	12th Graders
Bullied in the past 30 days	33.5%	31.7%	27.1%	17.2%
Bullied or harassed by someone through computer or cell phone	~	12.6%	13.9%	14.4%
~ = Question was not asked to these students				
ABUSE	6th Graders	8th Graders	10th Graders	12th Graders
Threatened or had activities limited by a boy/girlfriend	~	2.4%	10.9%	8.6%
Physically hurt by a boy/girlfriend	~	3.2%	3.0%	6.3%
Been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to	~	13.7%	18.5%	24.1%
Physically abused by an adult	~	20.5%	28.6%	25.1%
QUALITY OF LIFE	6th Graders	8th Graders	10th Graders	12th Graders
Feeling sad or hopeless¹	~	24.3%	39.1%	41.7%
Feel alone in life²	~	14.4%	15.4%	17.3%
Look forward to the future²	84.2%	77%	70.4%	71%
Feel nervous, anxious or on edge nearly every day over the last 2 weeks	~	10.2%	18.3%	20.5%
Not able to stop or control worrying every day over the last 2 weeks	~	11.5%	14.6%	17.3%
* Within the past year; 1. Defined from self-report of being so sad or hopeless they stopped doing usual activities for two or more weeks in a row; 2. Rate 8-10 on scale when 10="Completely true"				
SUICIDE*	6th Graders	8th Graders	10th Graders	12th Graders
Seriously considered attempting suicide	22.3%	13.9%	21.2%	23.4%
Planned how to attempt suicide	~	13.6%	17.0%	19.8%
Attempted suicide	7.9%	9.1%	8.8%	9.9%
* Within the past year				
SOCIAL SUPPORT	6th Graders	8th Graders	10th Graders	12th Graders
Feel unable to ask a parent for help with a personal problem	12.3%	18.6%	17.5%	19.5%
Do not have (or are not sure you have) an adult to turn to when feeling sad or hopeless	16.2%	14.4%	27.7%	23.6%



YOUTH, DEPRESSION AND SUICIDE

HEALTHY
YOUTH
SURVEY

WHAT WE CAN DO

NEED HELP?

Crisis Text Line

Text HOME to 741741

Suicide Prevention:

9-1-1 or 800-273-8255

The Trevor Project :

Resources for Gay/
Lesbian/Bisexual/
Transgender Youth:

866-488-7386

Island County Human Services

(Mental Health
Counseling and
School-Based Mental
Health Program)
360-969-5867

Citizens Against Domestic Violence and Abuse (CADA)

800-215-5669

Compass Health

Oak Harbor
360-678-4100
Coupeville
360-678-5555

PARENTS

PARENTS CAN know signs of depression:

- Changes in eating and sleeping habits.
- Consistent feelings of sadness and anxiety.
- Loss of interest in pleasurable activities.
- Irritability.
- Overeating or a loss of appetite.
- Thoughts of suicide or attempt at suicide.¹

PARENTS CAN know signs of suicide:

- Changes in eating.
- Frequent complaints about physical ailments such as stomachache, headache, or fatigue.
- Unusual neglect of personal appearance.
- Substance abuse, mental health issues, and physical and sexual abuse are often factors that contribute to suicide attempts.²

If you suspect your child is struggling with depression or suicidal thoughts:

- Connect them to a mental health professional through your school, physician, or other community resource.
- Talk to them, and listen carefully.
- Help them find and build relationships with an adult they can go to with problems. Understand this may not be a parent, but find someone both of you can trust.

SCHOOLS AND YOUTH ORGANIZATIONS

If you suspect a student is struggling with depression or suicidal thoughts, STAFF AND TEACHERS CAN:

- Take your suspicions seriously.
- Contact your Island County school-based mental health counselor or an Island County Mental Health Counselor.
- Advocate for additional school-based mental health counselors to help meet the needs of our students at each school.

SCHOOL AND ORGANIZATION ADMINISTRATION CAN offer suicide-prevention trainings to all staff.³

GOVERNMENT

Government officials CAN

- Create and support commissions dedicated to youth, such as the Oak Harbor Youth Coalition.
- Improve access to mental health services for youth through dedicated funding for school-based mental health counselors.

¹National Institutes of Health (n.d.). *Depression*. Retrieved from National Institute of Mental Health: <http://www.nimh.nih.gov/health/topics/depression/index.shtml>

²National Institutes of Health (n.d.). *Suicide in the U.S.: Statistics and Prevention*. Retrieved from National Institute of Mental Health: <http://www.nimh.nih.gov/health/publications/suicidein-in-the-us-statistics-and-prevention/index.shtml#intro>

³Health and Human Services (n.d.). *Prevention at School*. Retrieved from stopbullying.gov: <http://www.stopbullying.gov/prevention/at-school/index.html>