

YOUTH MENTAL HEALTH: ISLAND COUNTY 2008



Findings from the Washington State Healthy Youth Survey

| SUICIDE (PAST YEAR) | 6 TH | 8 TH | 10 TH | 12 TH |
|--|-----------------|-----------------|------------------|------------------|
| | GRADERS | GRADERS | GRADERS | GRADERS |
| Seriously considered attempting suicide | 18.1 | 16.4 | 19.3 | 15.7 |
| Planned how you would attempt suicide | ~ | 11.0 | 14.0 | 13.0 |
| Attempted suicide | 5.8 | 7.6 | 10.9 | 5.5 |
| Very or somewhat likely to seek help if feeling depressed or suicidal | ~ | 30.1 | 28.5 | 35.2 |
| Very or somewhat likely to seek help for a friend who is depressed or suicidal | ~ | 78.2 | 81.5 | 87.2 |

| DEPRESSION (PAST YEAR) | 6 TH | 8 TH | 10 TH | 12 TH |
|---|-----------------|-----------------|------------------|------------------|
| | GRADERS | GRADERS | GRADERS | GRADERS |
| Have been severely depressed * | ~ | 26.3 | 28.9 | 28.9 |
| Feel alone in life, ratings of 9-10, 10 is "completely true" | ~ | 11.1 | 8.1 | 5.7 |
| Have goals and plans for the future | 86.3 | ~ | ~ | ~ |
| Look forward to the future, ratings of 8-10 "completely true" | ~ | 77.3 | 70.3 | 68.2 |

*Depressed – Student self report of being so sad or hopeless they stopped doing usual activities for two or more weeks in a row.

| SOCIAL SUPPORT | 6 TH | 8 TH | 10 TH | 12 TH |
|--|-----------------|-----------------|------------------|------------------|
| | GRADERS | GRADERS | GRADERS | GRADERS |
| Do not feel they can ask a parent for help with a personal problem | 15.3 | 27.5 | 23.1 | 20.0 |
| Do not have (or are not sure) they have an adult to turn to when feeling sad or hopeless | 23.1 | 27.4 | 24.8 | 27.0 |
| Feel can get help at school for substance use problems | ~ | 70.0 | 61.7 | 44.3** |

*Significantly lower than state rate

| BULLYING (PAST 30 DAYS) | 6 TH | 8 TH | 10 TH | 12 TH |
|----------------------------------|-----------------|-----------------|------------------|------------------|
| | GRADERS | GRADERS | GRADERS | GRADERS |
| Been bullied in the past 30 days | 33.5** | 24.8 | 21.8 | 18.0 |

**6th grade rate higher than state rate (29.7%)

| ABUSE | 6 TH | 8 TH | 10 TH | 12 TH |
|--|-----------------|-----------------|------------------|------------------|
| | GRADERS | GRADERS | GRADERS | GRADERS |
| Boyfriend/girlfriend has limited your activities or threatened you | ~ | 7.4 | 13.1 | 7.0 |
| Boyfriend/girlfriend physically hurt you | ~ | 6.9 | 9.3 | 6.9 |
| Ever been physically abused by an adult (2006 data) | ~ | 18.8 | 24.8 | 18.6 |

We are extremely appreciative of the participation of all four Island County school districts in the Healthy Youth Survey. Their participation allows us to report on the current health status of our youth and track trends over time.

For more information about this data sheet contact Carrie McLachlan, MPA, Supervisor, Assessment and Healthy Communities, Island County Public Health, 360-221-8486, carriem@co.island.wa.us

