

## **Activity - Try out your new skills (10 minutes)!**

- Break into small groups
- Everyone will receive copies of Pennsylvania Youth Survey (PAYS) data from an anonymous PA County around one of three topics:
  - Bullying
  - Mental Health, Suicide, and Grief
  - Risk and Protective Factors
- ❖ All 3 packets include demographic information
- Briefly review the data so that you can answer the following questions:

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- Find something positive in the data or a success to celebrate.

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- Find something that needs to be improved.
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- Discuss how youth, family, provider, and system partners might see those successes or areas for improvement differently.

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- Identify an area where you would like more information. What is missing? Think about your original questions that brought you to this session...

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- What would be your next steps? What are the action steps that partners on your County Leadership Team or people in your agency would do with this information?
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# 1. DEMOGRAPHICS

49.2% of participants were female, and 50.8% were male. 6th graders were the best represented, with an estimated 87.8% participation rate based on most recent enrollment.

Overall, 72.2% of students surveyed in this county were white or Caucasian, 8.7% of students were black or African American, and the remainder were a combination of the remaining categories. 12.5% of students identified as being of Hispanic, Latino, or Spanish origin.

*Grade-level data are only displayed in this report when there were a minimum of 25 valid participants. “All Grades” represents the combined responses of all participating students from grades 6, 8, 10, and 12. Please note the distribution of participants in “All Grades” data for this county and keep this in mind when comparing local data to state data. State-level “All Grades” data are most useful when the county data are available for all four grades, meet the minimum cutoff for the total number of participants, and have a similar distribution of participants to the state.*

|  | County 2011 |         | County 2013 |         | County 2015 |         | State 2015 |         |
|--|-------------|---------|-------------|---------|-------------|---------|------------|---------|
|  | Number      | Percent | Number      | Percent | Number      | Percent | Number     | Percent |
| Survey respondents                             |             |         |             |         |             |         |            |         |
| All  | 10,854      | 100.0   | 12,062      | 100.0   | 13,475      | 100.0   | 216,916    | 100.0   |
| Survey respondents by grade                    |             |         |             |         |             |         |            |         |
| 6  | 3,160       | 29.1    | 3,104       | 25.7    | 3,880       | 28.8    | 53,532     | 24.7    |
| 8  | 2,832       | 26.1    | 3,630       | 30.1    | 3,848       | 28.6    | 61,222     | 28.2    |
| 10   | 2,686       | 24.7    | 3,022       | 25.1    | 3,207       | 23.8    | 56,128     | 25.9    |
| 12   | 2,176       | 20.0    | 2,306       | 19.1    | 2,540       | 18.8    | 46,034     | 21.2    |
| Survey respondents by gender                   |             |         |             |         |             |         |            |         |
| Male   | 5,205       | 50.0    | 6,043       | 50.5    | 6,708       | 50.8    | 106,472    | 50.3    |
| Female   | 5,200       | 50.0    | 5,922       | 49.5    | 6,506       | 49.2    | 105,341    | 49.7    |
| Survey respondents by ethnicity                |             |         |             |         |             |         |            |         |
| Yes, of Hispanic, Latino, or Spanish origin    | 969         | 8.9     | 1,456       | 12.1    | 1,686       | 12.5    | 25,504     | 11.8    |
| No, not of Hispanic, Latino, or Spanish origin | 9,885       | 91.1    | 10,606      | 87.9    | 11,789      | 87.5    | 191,412    | 88.2    |
| Survey respondents by race                     |             |         |             |         |             |         |            |         |
| Black, African American                        | 842         | 7.8     | 1,070       | 8.9     | 1,175       | 8.7     | 18,070     | 8.3     |
| American Indian                                | 92          | 0.8     | 130         | 1.1     | 205         | 1.5     | 3,326      | 1.5     |
| Asian/Pacific Islander                         | 212         | 2.0     | 325         | 2.7     | 497         | 3.7     | 9,915      | 4.6     |
| White, Caucasian                               | 7,800       | 71.9    | 9,175       | 76.1    | 9,729       | 72.2    | 157,967    | 72.8    |
| Multi-racial                                   | 1,130       | 10.4    | 779         | 6.5     | 827         | 6.1     | 11,087     | 5.1     |
| Race Unmarked                                  | 778         | 7.2     | 583         | 4.8     | 1,042       | 7.7     | 16,551     | 7.6     |

# MENTAL HEALTH CONCERNS AND SUICIDE RISK

A number of scientific studies have identified a link between mental health problems, such as depression, and the use of ATODs during adolescence. Depression is the number one risk factor for suicide by teens, a risk amplified in teens self-medicating with ATODs. For youth between the ages of 10 and 24, suicide is the third leading cause of death. It results in approximately 4,600 lives lost each year. Each year, approximately 157,000 youth between the ages of 10 and 24 receive medical care for self-inflicted injuries at Emergency Departments across the U.S. (CDC).

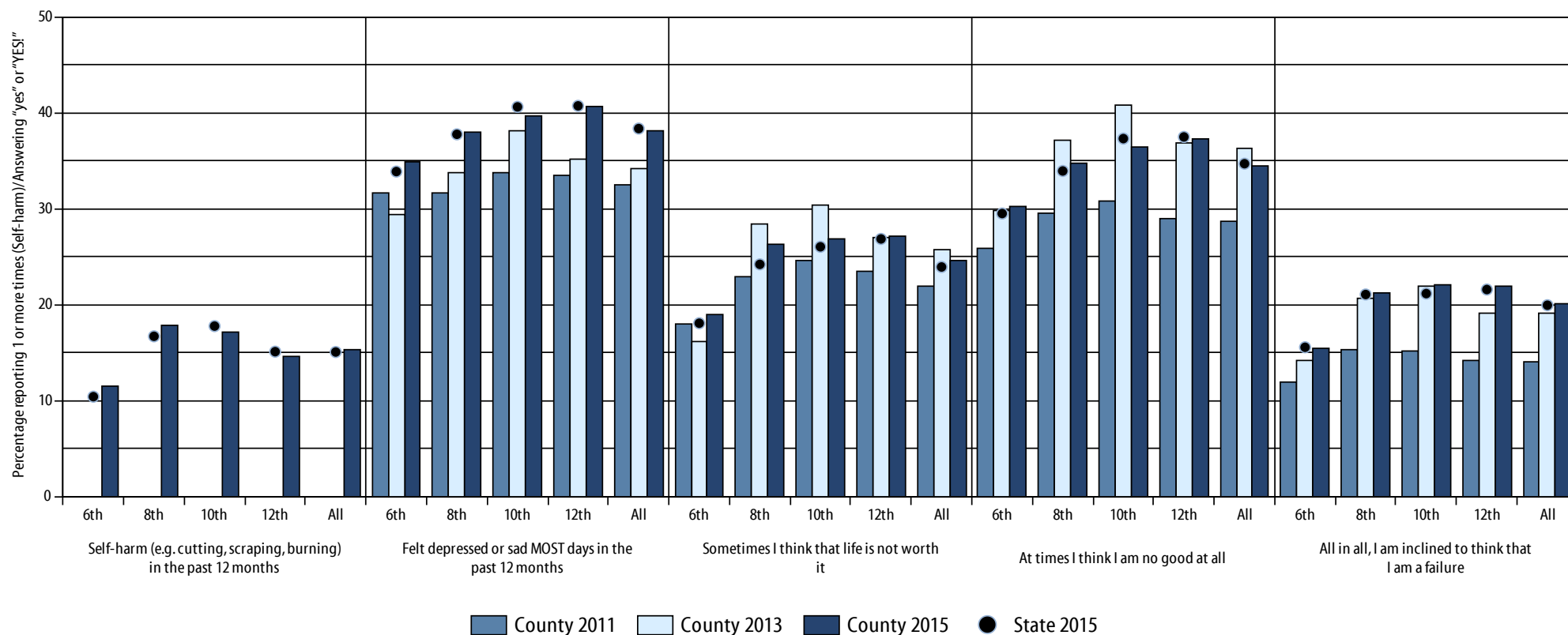
PAYS includes one question about self-harm and four questions that ask students about feelings—sadness, hopelessness, and worthlessness—that can be symptoms of depression. PAYS also asks five questions specific to suicide, measuring depressed behavior, suicidal intention, actual suicide attempts, and the seriousness of those attempts (by asking about resulting medical intervention).

The most common depressed thought was “at times I think I am no good at all,” reported by 34.4% of students in this county. 38.1% of students reported they felt sad or depressed MOST days in the past 12 months. Overall, 16.4% of students had seriously considered attempting suicide, compared to 16.0% of students at the state level.

| PAYS 2015 category:  | PAYS 2015 question text:  |
|--|---|
| <b>Mental health concerns</b><br><i>(self-harm and depression)</i>   | <i>In the past 12 months have you felt depressed or sad MOST days, even if you feel OK sometimes?</i><br><br><i>At times I think I am no good at all.</i><br><br><i>All in all, I am inclined to think that I am a failure.</i><br><br><i>Sometimes I think that life is not worth it.</i><br><br><i>How many times in the past 12 months have you done anything to harm yourself (such as cutting, scraping, burning) as a way to relieve difficult feelings, or to communicate emotions that may be difficult to express verbally?</i>                  |
| <b>Suicide risk</b><br><br>The next questions ask about sad feelings and attempted suicide.<br><br>Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life. | <i>During the past 12 months:</i><br><br><i>Did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?</i><br><i>Did you ever seriously consider attempting suicide?</i><br><i>Did you make a plan about how you would attempt suicide?</i><br><i>How many times did you actually attempt suicide?</i><br><br><i>If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?</i> |

## Mental Health Concerns

### County 2015 Pennsylvania Youth Survey

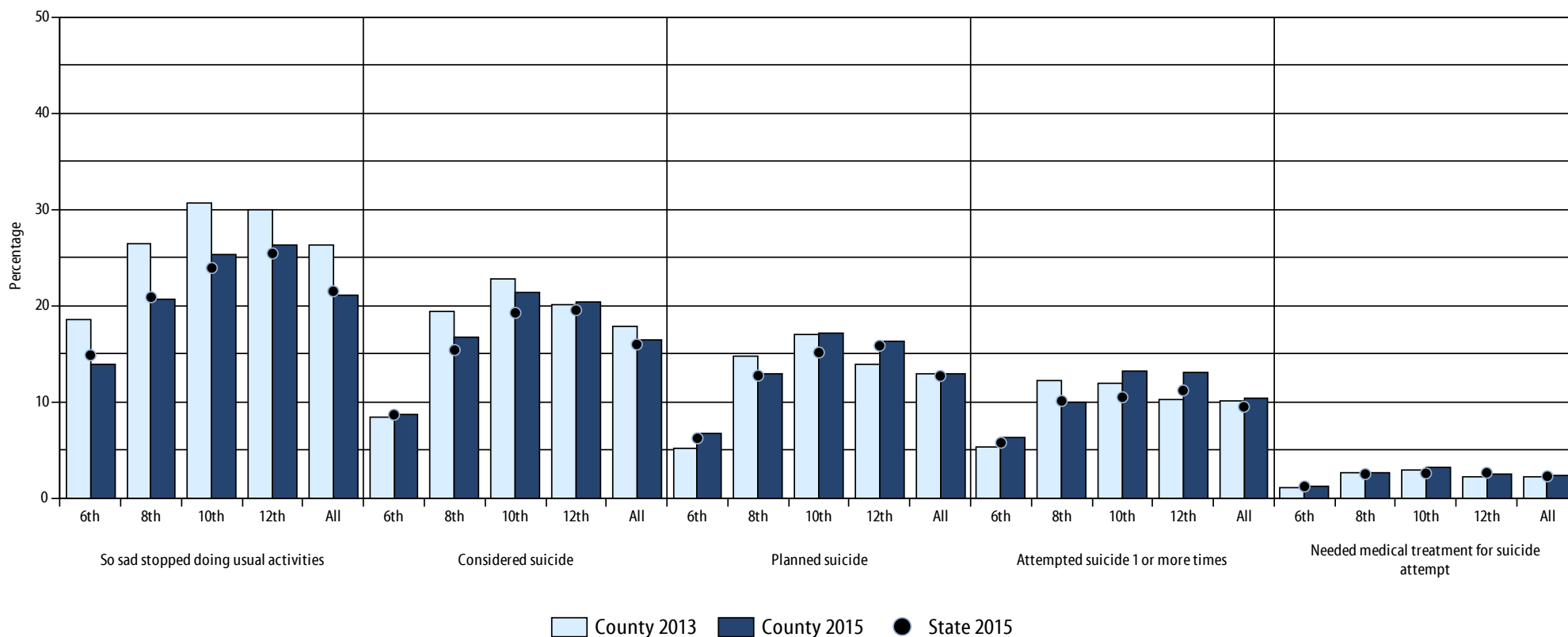


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| Grade | Self-harm (e.g. cutting, scraping, burning) in the past 12 months |             |             |            | Felt depressed or sad MOST days in the past 12 months |             |             |            | Sometimes I think that life is not worth it |             |             |            | At times I think I am no good at all |             |             |            | All in all, I am inclined to think that I am a failure |             |             |            |
|-------|---|-------------|-------------|------------|---|-------------|-------------|------------|---|-------------|-------------|------------|--------------------------------------|-------------|-------------|------------|--|-------------|-------------|------------|
|       | County 2011   | County 2013 | County 2015 | State 2015 | County 2011   | County 2013 | County 2015 | State 2015 | County 2011                                 | County 2013 | County 2015 | State 2015 | County 2011                          | County 2013 | County 2015 | State 2015 | County 2011  | County 2013 | County 2015 | State 2015 |
| 6     | n/a   | n/a         | 11.5        | 10.4       | 31.6  | 29.5        | 34.9        | 33.9       | 18.0  | 16.2        | 18.9        | 18.1       | 25.9                                 | 29.7        | 30.2        | 29.5       | 11.9   | 14.2        | 15.5        | 15.6       |
| 8     | n/a   | n/a         | 17.9        | 16.7       | 31.6  | 33.7        | 38.0        | 37.7       | 22.9  | 28.3        | 26.4        | 24.2       | 29.6                                 | 37.2        | 34.8        | 33.9       | 15.3   | 20.6        | 21.2        | 21.1       |
| 10    | n/a   | n/a         | 17.1        | 17.8       | 33.8  | 38.2        | 39.6        | 40.6       | 24.5  | 30.3        | 26.8        | 26.0       | 30.8                                 | 40.8        | 36.4        | 37.3       | 15.2   | 21.9        | 22.1        | 21.2       |
| 12    | n/a   | n/a         | 14.6        | 15.1       | 33.5  | 35.1        | 40.7        | 40.7       | 23.5  | 27.0        | 27.1        | 26.8       | 28.9                                 | 36.8        | 37.3        | 37.5       | 14.2   | 19.1        | 21.9        | 21.6       |
| All   | n/a   | n/a         | 15.3        | 15.1       | 32.5  | 34.1        | 38.1        | 38.3       | 22.0  | 25.7        | 24.6        | 23.9       | 28.7                                 | 36.3        | 34.4        | 34.7       | 14.1   | 19.1        | 20.0        | 19.9       |

## Suicide risk

### County 2015 Pennsylvania Youth Survey



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| Grade | So sad stopped doing usual activities |             |             |            | Considered suicide |             |             |            | Planned suicide |             |             |            | Attempted suicide |             |             |            | Needed medical treatment for suicide attempt |             |             |            |
|-------|---------------------------------------|-------------|-------------|------------|--------------------|-------------|-------------|------------|-----------------|-------------|-------------|------------|-------------------|-------------|-------------|------------|--|-------------|-------------|------------|
|       | County 2011                           | County 2013 | County 2015 | State 2015 | County 2011        | County 2013 | County 2015 | State 2015 | County 2011     | County 2013 | County 2015 | State 2015 | County 2011       | County 2013 | County 2015 | State 2015 | County 2011                                  | County 2013 | County 2015 | State 2015 |
| 6     | n/a                                   | 18.5        | 13.9        | 14.9       | n/a                | 8.4         | 8.6         | 8.7        | n/a             | 5.2         | 6.7         | 6.2        | n/a               | 5.3         | 6.3         | 5.8        | n/a  | 1.1         | 1.3         | 1.2        |
| 8     | n/a                                   | 26.5        | 20.6        | 20.9       | n/a                | 19.4        | 16.7        | 15.4       | n/a             | 14.8        | 12.9        | 12.7       | n/a               | 12.2        | 10.0        | 10.1       | n/a  | 2.7         | 2.6         | 2.5        |
| 10    | n/a                                   | 30.7        | 25.3        | 23.9       | n/a                | 22.8        | 21.3        | 19.2       | n/a             | 17.0        | 17.1        | 15.1       | n/a               | 11.9        | 13.2        | 10.5       | n/a  | 3.0         | 3.3         | 2.6        |
| 12    | n/a                                   | 29.9        | 26.3        | 25.4       | n/a                | 20.1        | 20.3        | 19.5       | n/a             | 13.9        | 16.3        | 15.8       | n/a               | 10.2        | 13.0        | 11.2       | n/a  | 2.2         | 2.6         | 2.6        |
| All   | n/a                                   | 26.3        | 21.1        | 21.5       | n/a                | 17.8        | 16.4        | 16.0       | n/a             | 12.9        | 12.9        | 12.7       | n/a               | 10.1        | 10.4        | 9.5        | n/a  | 2.3         | 2.4         | 2.3        |

# TRANSITIONS AND MOBILITY, GRIEF, AND OTHER STRESSFUL EVENTS

Death of friends or family members, personal injury, moving homes, and worrying about having enough food are stressful events that can negatively affect a student's life.

Psychological trauma and stress can occur as a result of a severely distressing event. A traumatic or stressful event involves a single experience, or an enduring or repeating event or events, that completely overwhelm the individual's ability to cope or integrate the ideas and emotions involved with that experience. PAYS asks about the death of close friends or family, and transitions in housing.

Changing homes often means losing one's friends and learning the way around a new neighborhood or school. Neighborhoods with high rates of migration are also less cohesive and stable.

43.4% of students in this county reported the death of close friend or family member in the past twelve months, compared to 40.3% at the state level. 14.7% of students reported changing homes once or twice within the past 12 months, and 6.6% of students reported having changed homes three or more times in the past three years.

The three most frequently reported stressful events in this county were students reporting "they were worried they would run out of food at home due to money issues" (reported by 14.2% of students), "they had skipped a meal because their family didn't have enough money for food" (reported by 6.5% of students), and "they had lived away from parents or guardians because you were kicked out, ran away, or were abandoned" (reported by 5.7% of students).

**PAYS 2015 category:** PAYS 2015 question text:

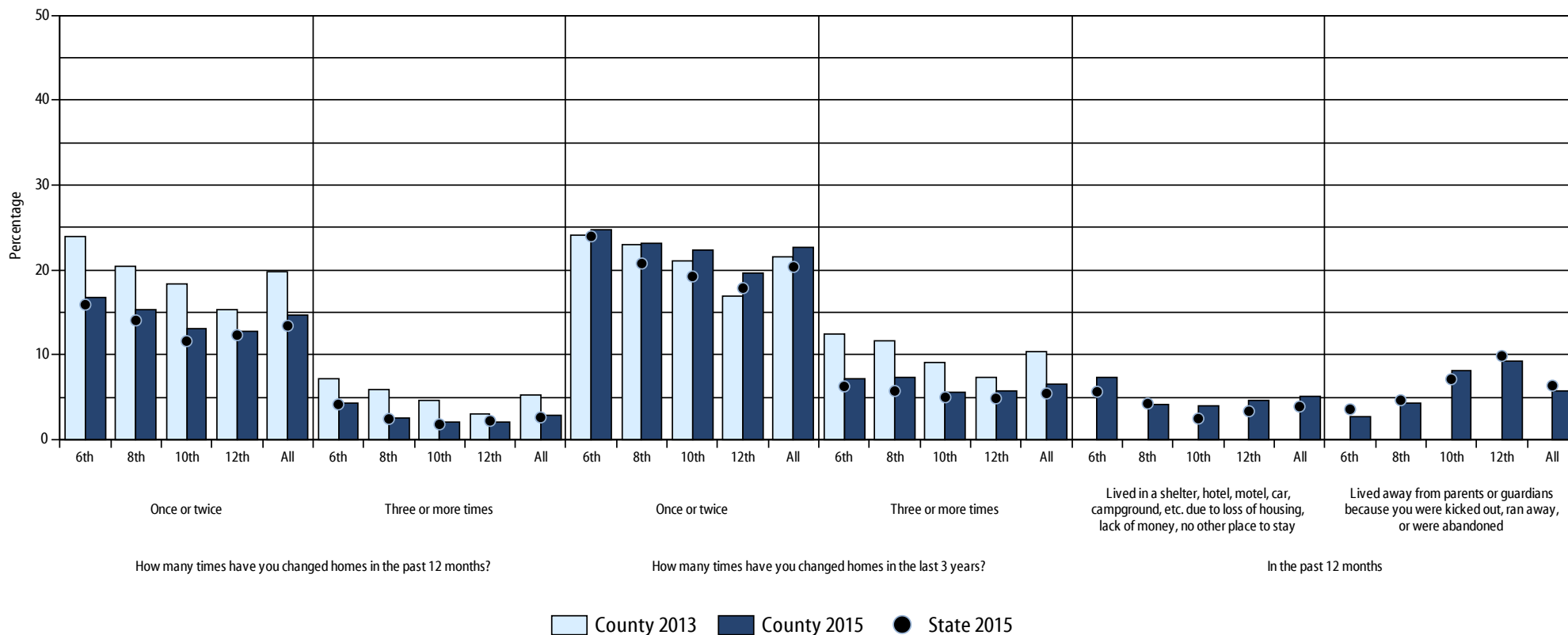
**Transitions and mobility** *How many times have you changed homes:  
in the past 12 months?  
including the past 12 months, in the last 3 years?  
During the past 12 months, have you or your family  
lived in a shelter, hotel, motel, car, campground, or  
someone else's home, etc. due to loss of housing, lack  
of money, or did not have another place to stay?  
In the past 12 months, did you ever live away  
from your parents or guardians because you were  
kicked out, ran away, or were abandoned?*

**Other Stressful Events** *In the past 12 months, have any of your friends  
or family members close to you died?  
How many times have you:  
Worried that food at home would run out before  
your family got money to buy more?  
Skipped a meal because your family didn't have enough money to  
buy food? How many times have the following things happened?*



## Transitions and mobility

### County 2015 Pennsylvania Youth Survey

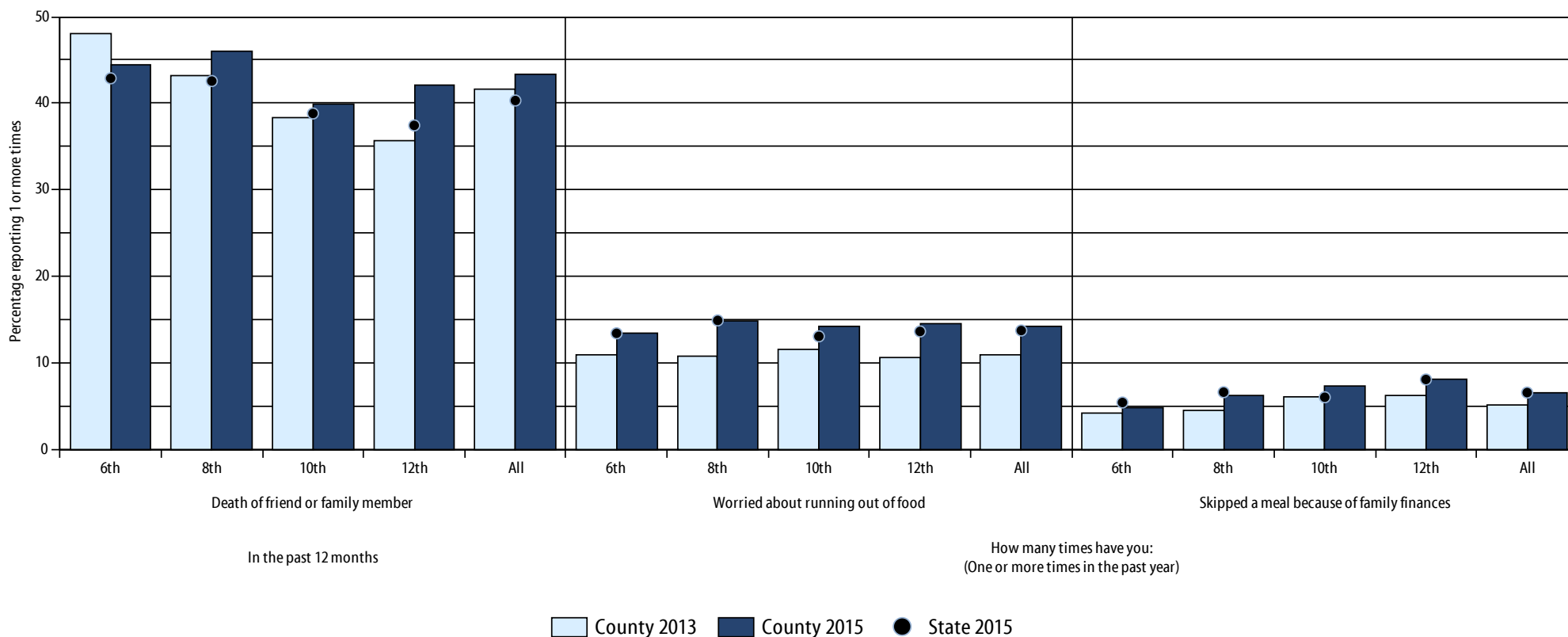


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| Grade | Once or twice in the last year |             |             |            | Three or more times in the last year |             |             |            | Once or twice in last 3 years |             |             |            | Three or more times in last 3 years |             |             |            | Lived in a shelter, hotel, motel, car, campground, etc. due to loss of housing, lack of money, no other place to stay |             |             |            | Lived away from parents or guardians because you were kicked out, ran away, or were abandoned |             |             |            |
|-------|--------------------------------|-------------|-------------|------------|--------------------------------------|-------------|-------------|------------|-------------------------------|-------------|-------------|------------|-------------------------------------|-------------|-------------|------------|---|-------------|-------------|------------|---|-------------|-------------|------------|
|       | County 2011                    | County 2013 | County 2015 | State 2015 | County 2011                          | County 2013 | County 2015 | State 2015 | County 2011                   | County 2013 | County 2015 | State 2015 | County 2011                         | County 2013 | County 2015 | State 2015 | County 2011   | County 2013 | County 2015 | State 2015 | County 2011   | County 2013 | County 2015 | State 2015 |
| 6     | n/a                            | 23.9        | 16.8        | 15.9       | n/a                                  | 7.2         | 4.2         | 4.1        | n/a                           | 24.1        | 24.7        | 23.9       | n/a                                 | 12.4        | 7.2         | 6.3        | n/a   | n/a         | 7.4         | 5.6        | n/a   | n/a         | 2.8         | 3.6        |
| 8     | n/a                            | 20.5        | 15.3        | 14.0       | n/a                                  | 5.9         | 2.6         | 2.4        | n/a                           | 23.0        | 23.1        | 20.7       | n/a                                 | 11.7        | 7.3         | 5.7        | n/a   | n/a         | 4.1         | 4.2        | n/a   | n/a         | 4.3         | 4.6        |
| 10    | n/a                            | 18.3        | 13.0        | 11.6       | n/a                                  | 4.6         | 2.0         | 1.8        | n/a                           | 21.0        | 22.2        | 19.2       | n/a                                 | 9.0         | 5.6         | 5.0        | n/a   | n/a         | 4.0         | 2.5        | n/a   | n/a         | 8.1         | 7.1        |
| 12    | n/a                            | 15.3        | 12.8        | 12.3       | n/a                                  | 3.0         | 2.1         | 2.2        | n/a                           | 16.8        | 19.7        | 17.8       | n/a                                 | 7.4         | 5.7         | 4.8        | n/a   | n/a         | 4.6         | 3.3        | n/a   | n/a         | 9.3         | 9.8        |
| All   | n/a                            | 19.8        | 14.7        | 13.4       | n/a                                  | 5.3         | 2.8         | 2.6        | n/a                           | 21.6        | 22.7        | 20.3       | n/a                                 | 10.3        | 6.6         | 5.4        | n/a   | n/a         | 5.1         | 3.9        | n/a   | n/a         | 5.7         | 6.3        |

## Grief and other stressful events

### County 2015 Pennsylvania Youth Survey



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| Grade | Death of friend or family member |             |             |            | Worried about running out of food |             |             |            | Skipped a meal because of family finances |             |             |            |
|-------|----------------------------------|-------------|-------------|------------|-----------------------------------|-------------|-------------|------------|---|-------------|-------------|------------|
|       | County 2011                      | County 2013 | County 2015 | State 2015 | County 2011                       | County 2013 | County 2015 | State 2015 | County 2011                               | County 2013 | County 2015 | State 2015 |
| 6     | n/a                              | 48.0        | 44.5        | 42.9       | n/a                               | 11.0        | 13.4        | 13.4       | n/a                                       | 4.2         | 4.8         | 5.4        |
| 8     | n/a                              | 43.2        | 46.1        | 42.6       | n/a                               | 10.8        | 14.8        | 14.9       | n/a                                       | 4.6         | 6.3         | 6.6        |
| 10    | n/a                              | 38.4        | 39.9        | 38.8       | n/a                               | 11.5        | 14.2        | 13.1       | n/a                                       | 6.1         | 7.4         | 6.0        |
| 12    | n/a                              | 35.7        | 42.2        | 37.4       | n/a                               | 10.7        | 14.6        | 13.6       | n/a                                       | 6.3         | 8.1         | 8.1        |
| All   | n/a                              | 41.6        | 43.4        | 40.3       | n/a                               | 11.0        | 14.2        | 13.7       | n/a                                       | 5.2         | 6.5         | 6.6        |