

# 2019 Eau Claire County Youth Mental Health Scorecard

| <b>Social Emotional Wellbeing</b>                                 | Middle School | High School |
|---|---------------|-------------|
| So sad or hopeless that stopped usual activities (past 12 months) | 25%           | 26%         |
| Problems with anxiety (past 12 months)                            | 47%           | 45%         |
| Seriously considered suicide (past 12 months)                     | 16%           | 15%         |

## **Protective Factors / Resilience**

|   |     |     |
|---|-----|-----|
| Have at least one supportive adult besides parent(s)          | 83% | 84% |
| Most or all of the time get emotional support when need it    | 48% | 26% |
| Have at least one teacher or other adult at school to talk to | 69% | 69% |
| Agree or strongly agree that they belong at school            | 72% | 64% |
| Most of the time or always feel safe at school                | 83% | 84% |
| Participate in school activities, teams or clubs              | 79% | 69% |

## **Risk Factors**

|   |     |     |
|---|-----|-----|
| Electronically bullied (past 12 months)                                 | 19% | 17% |
| Ever been forced to do anything sexual                                  | 6%  | 18% |
| Experienced hunger due to lack of food in home (past 30 days)           | 31% | 21% |
| Sleep fewer than 8 hours per night                                      | 42% | 73% |
| 3+ hrs/day screen time (Xbox, phone, computer) excluding for schoolwork | 55% | 44% |

## **Risk Behaviors**

|   |    |     |
|---|----|-----|
| Drank alcohol (past 30 days)                              | 8% | 25% |
| Used marijuana (past 30 days)                             | 2% | 14% |
| Vape/Juul/e-cigarettes (past 30 days)                     | 6% | 18% |
| Smoked cigarettes (past 30 days)                          | 1% | 5%  |
| Used any illegal drugs besides marijuana (past 12 months) | 1% | 4%  |
| Ever misused a prescription pain medication               | 4% | 9%  |

*All measures on this document are from the Youth Risk Behavior Survey (YRBS), a national survey developed by the Centers for Disease Control and Prevention. For more information about the YRBS see the link on the other side of this document.*

The Mental Health Matters Coalition created the **Youth Mental Health Scorecard** to assist the community to identify and address youth mental health needs. The scorecard includes a subset of items from the Youth Risk Behavior Survey\* organized into 4 categories that highlight important factors associated with youth mental health.

Together these topics highlight key issues to consider related to youth mental wellbeing, and data included here can help to put a spotlight on areas where more support and intervention are needed in the community.



### **Social Emotional Wellbeing**

Social emotional wellbeing items provide an overview of the state of mental health of youth in the Chippewa Valley, including the percent of young people at risk for depression, experience anxiety, and who have considered suicide.



### **Risk Behaviors**

Risk behaviors including tobacco, alcohol, and other drug use can be both a symptom and a cause of mental health issues. These risk behaviors are often unhealthy ways of coping with stress.



### **Protective Factors/Resilience**

Protective factors lessen risk for mental health issues. Supportive relationships with adults are critical to youth resilience. Other protective factors that support youth mental health are feeling safe at school and meaningful participation.



### **Risk Factors**

Risk factors include measures that when present in the lives of youth are associated with an increase risk for mental health issues. Risk factors on the scorecard include indicators of physical violence and bullying, food insecurity, screen time, and lack of sleep.

Some demographic groups are at higher risk for poor mental health. For example, consistent with state and national reports, **more youth who are female or identify as LGBTQ** in Eau Claire County report mental health problems compared to their peers, and disparities can exist by race or ethnicity and for youth living in poverty. It is important to consider the needs of these groups when planning for support and intervention.

*\*For more information about the Youth Risk Behavior Survey (YRBS) and a complete report of results, visit <https://dpi.wi.gov/sspw/yrbs/online>.*

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