



# July 26, 2023 Meeting

Kristy McCarron, Chairperson of the Commission



# Welcome

# Agenda

- Welcome and Introductions
- Recap of the Previous Commission Meeting
  - Approval of Minutes
- Discussion: School Mental and Behavioral Health
  - Youth Risk Behavior Survey
  - The Student Experience
- Comments from Commissioners on Current Work
- Final Discussion, Closeout and Priorities for Next Meeting



# Recap of the Previous Commission Meeting

Kristy McCarron, Chairperson, Healthy Youth and Schools Commission

# Recap of the Previous Commission Meeting

- July 12, 2023 Meeting
  - Main topic covered: School Mental and Behavioral Health
  - Approval of minutes



# School Mental and Behavioral Health

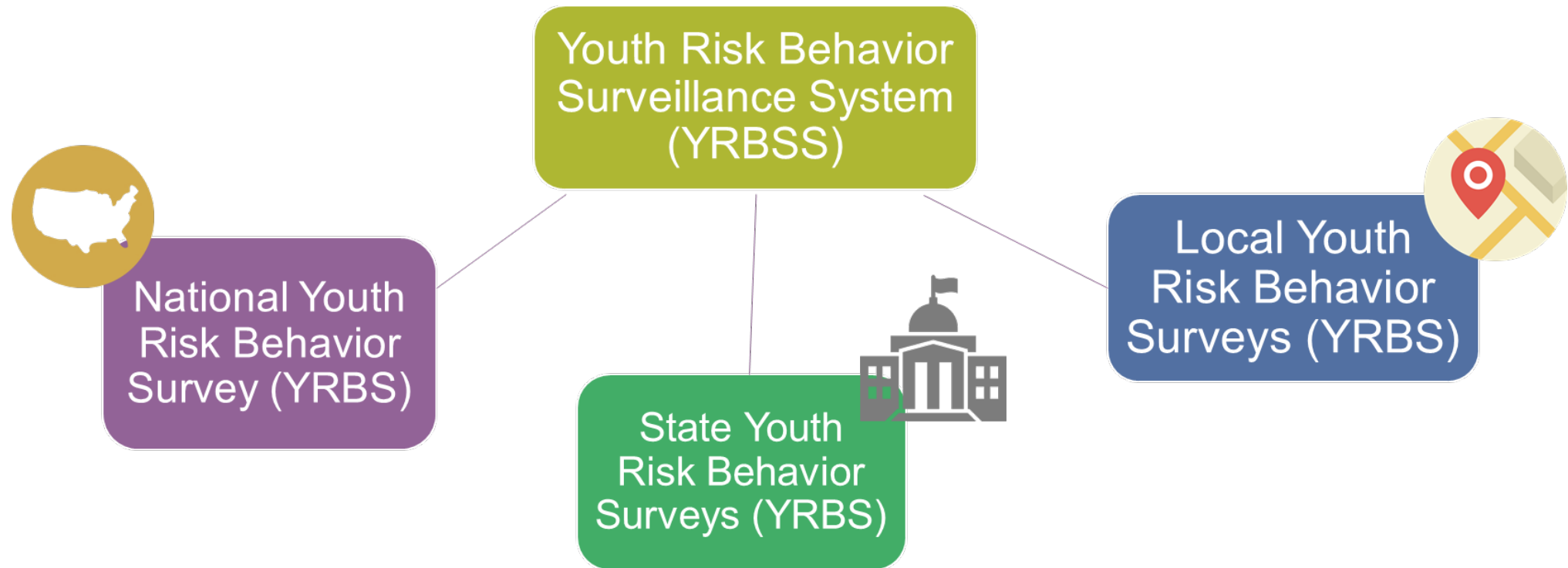


## Youth Risk Behavior Survey (YRBS)

*2021 Administration*

Aimee McLaughlin, Manager of Data and Strategic Initiatives

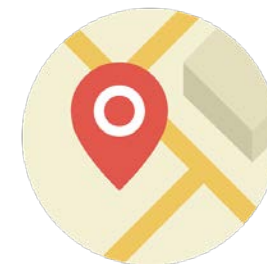
# Youth Risk Behavior Surveillance System (YRBSS)





# National, State and Local YRBS

- Biennial survey
- Sample of schools and students
- 99-question high school survey
- 49-question middle school survey (optional)
- 66 percent of state and local questionnaires must match the Centers for Disease Control and Prevention (CDC) standard questionnaire, ensuring comparability



# Data Files Available for Download

**CDC data files** – Middle and High School DC YRBS findings <https://osse.dc.gov/node/1635216>

- Summary Tables
- Summary Graphs
- Sample Description
- Academic Achievement
- Graphs
- Sample Statistics
- Sexual Identity Summary
- Sexual Identity
- Trend Reports

**2021 YOUTH RISK BEHAVIOR SURVEY RESULTS**  
**District of Columbia (Including Charter Schools) Middle School Survey**  
 Summary Tables - Weighted Data

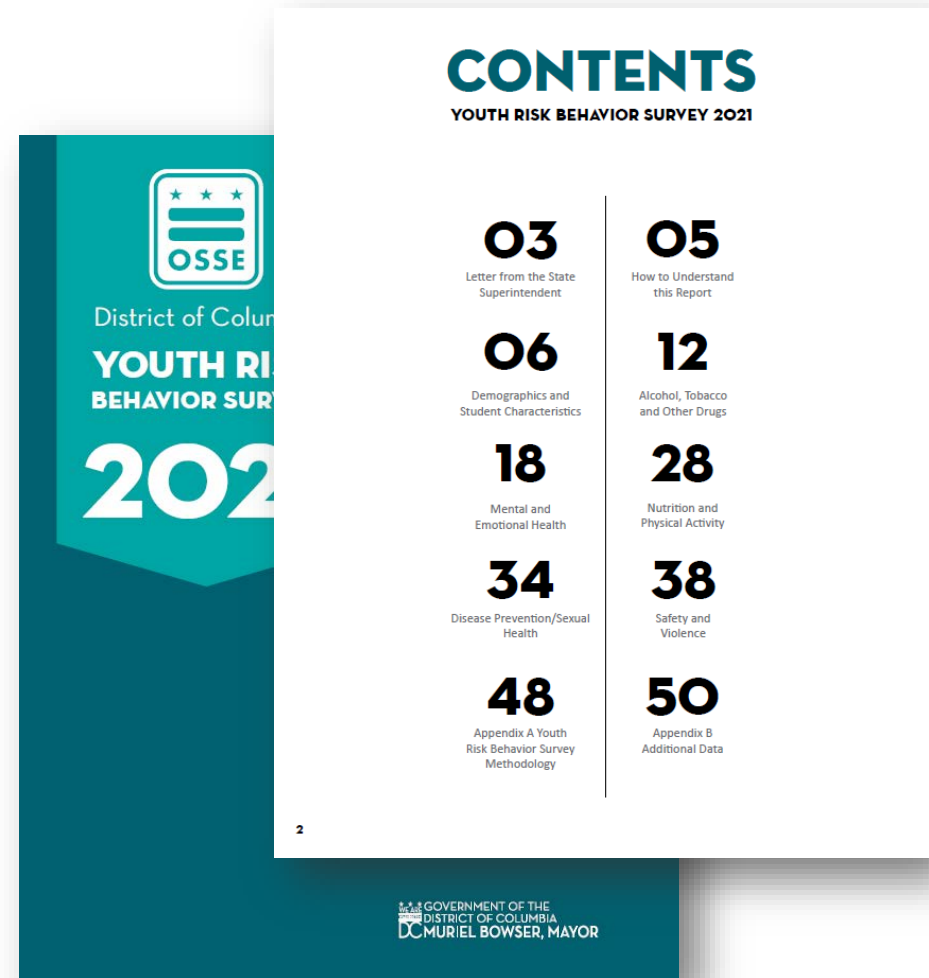
QN14: Percentage of students who ever seriously thought about killing themselves

	Total			Male			Female		
	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N	Percentage	95% confidence interval	N
Total	28.0	(27.2 - 28.8)	11,541	18.2	(17.2 - 19.2)	5,548	36.9	(35.6 - 38.1)	5,859
<b>Age</b>									
11 or younger	27.3	(25.7 - 28.9)	3,011	18.7	(16.7 - 20.9)	1,370	34.0	(31.7 - 36.4)	1,591
12	27.1	(25.7 - 28.5)	3,814	17.2	(15.5 - 19.0)	1,826	35.9	(33.8 - 38.1)	1,947
13	29.5	(28.1 - 31.0)	3,845	18.4	(16.7 - 20.2)	1,856	39.7	(37.6 - 41.9)	1,960
14 or older	28.2	(25.3 - 31.4)	846	19.5	(16.3 - 23.2)	486	39.8	(34.8 - 45.0)	351
<b>Grade</b>									
6th	26.5	(25.1 - 28.0)	3,757	18.3	(16.5 - 20.2)	1,764	33.4	(31.4 - 35.6)	1,936
7th	28.3	(26.9 - 29.8)	3,812	17.8	(16.1 - 19.6)	1,857	38.0	(35.9 - 40.3)	1,922
8th	29.2	(27.8 - 30.7)	3,895	18.3	(16.6 - 20.1)	1,887	39.3	(37.2 - 41.5)	1,976
<b>Race/Ethnicity</b>									
Asian*	25.0	(19.4 - 31.4)	188	16.1	(10.3 - 24.4)	99	33.7	(24.7 - 43.9)	86
Black*	28.7	(27.7 - 29.8)	6,527	18.9	(17.6 - 20.3)	3,170	37.8	(36.1 - 39.4)	3,314
Hispanic/Latino	29.6	(27.8 - 31.4)	2,424	17.7	(15.6 - 20.0)	1,141	39.9	(37.3 - 42.6)	1,255
Native American*	30.6	(21.4 - 41.7)	75	22.2	(12.6 - 36.3)	45	43.1	(27.2 - 60.7)	30
White*	20.0	(18.0 - 22.2)	1,310	13.4	(11.0 - 16.2)	642	25.1	(22.0 - 28.5)	640
All other races*	-	-	26	-	-	14	-	-	12
Multiple races*	31.8	(28.3 - 35.4)	642	17.5	(13.3 - 22.6)	246	40.2	(35.5 - 45.1)	383


Note: 242 students were excluded from this analysis.  
 \*Non-Hispanic.  
 N = Number of students in this subgroup.  
 - = Fewer than 30 students in this subgroup.

# 2021 DC YRBS Report Available Soon

- Unintentional injuries and violence
- Sexual behaviors
- Alcohol, tobacco and other drug use
- Unhealthy dietary behaviors
- Inadequate physical activity
- Behavioral and mental health concerns



# LEA- and School- Level Data Available Soon\*

 DISTRICT OF COLUMBIA OFFICE OF THE STATE SUPERINTENDENT OF <b>EDUCATION</b>	LEA:	Example DC School

Because these data are at the LEA-level, statistical weighting could not be applied; therefore, these data should not be considered representative of your entire LEA population. Your LEA's participation rate should be taken into consideration when interpreting the applicability and generalizability of these data to the overall student population.

\*Available to only LEA leaders

2017 Youth Risk Behavior Survey				
Reporting Category	LEA Results		DC-wide Results	
	% of Middle School Students	% of High School Students	% of Middle School Students	% of High School Students
<b>Participation Rate</b>	92.1%	88%		
<b>Demographics</b>				
Identified as lesbian, gay, or bisexual	11.4%	17.6%	8.2%	14.6%
<b>Mental and Emotional Health</b>				
Made a plan to kill themselves <sup>1</sup>	14.2%	15.5%	15.8%	15.8%
Attempted to kill themselves <sup>1</sup>	7.8%	12.2%	12.5%	16.0%
Had one teacher or other adult in school that they can talk to if they have a problem at time of survey	67.0%	55.1%	67.8%	65.2%
Were bullied on school property <sup>1</sup>	36.2%	17.0%	32.5%	11.5%
Were electronically bullied <sup>1</sup>	12.6%	7.6%	13.5%	8.9%
<b>Disease Prevention</b>				
Were ever tested for HIV <sup>2</sup>	Not Asked	18.0%	Not Asked	29.9%
Were ever tested for a sexually transmitted disease (STD)	Not Asked	16.9%	Not Asked	30.3%
<b>Alcohol, Tobacco, &amp; Other Drugs</b>				
Smoked at least once in the last 30 days	n<10	7.4%	4.0%	8.1%
Ever used an electronic vapor product	22.2%	43.5%	16.2%	29.3%
Had at least one drink of alcohol in the past 30 days	5.9%	18.8%	9.0%	20.5%
Used marijuana in the past 30 days	5.5%	23.5%	9.8%	33.0%

# Depression

A new question was added to the District YRBS in 2021 - During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety and depression.)

- 25.6 percent of female middle school students and 11.9 percent of male middle school students report poor mental health.
- 33.8 percent of female high school students and 15.3 percent of male high school students report poor mental health.

# Suicidality

- 28 percent of middle school students have ever seriously thought about killing themselves.
  - The breakdown between males and females demonstrates significant difference in risk, with females' suicidal thoughts doubling those of their male peers (37 percent of middle school females and 18 percent of males).
- At the high school level, females also demonstrate significantly higher rates of suicidal ideation than their male peers, with 25 percent of high school females having seriously considered attempting suicide in the 12 months prior to the survey compared to 10 percent of high school males.

# Mental Health by Sexual Orientation

The mental health of LGB youth also shows concerning trends:

- [Suicidality](#) is significantly higher among lesbian, gay, bisexual, questioning or other sexual identity students (LGBQ+) than heterosexual students at both the middle and high school levels.
  - Middle school students who identify as LGBQ+ are **2.8 times as likely** to attempt suicide as their heterosexual peers.
  - LGBQ+ high school students are **2.4 times as likely** as their heterosexual peers to experience suicidality and **three times as likely** to experience poor mental health compared to their heterosexual peers.



# The Student Experience





# Questions and Discussion

# Discussion

- What are your recommendations to the DC Council to enhance school mental health services?



# Commissioners' Current Work

Commissioners



# Final Discussion, Closeout and Priorities for Next Meeting

Commissioners