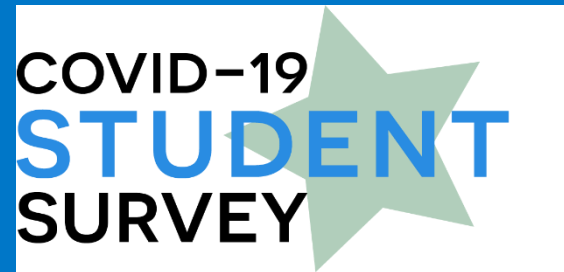


Adolescent Behavioral Health During the Pandemic: Results from the Healthy Youth Survey & COVID-19 Student Survey



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Background

- ▶ HYS 2020 postponed to 2021
- ▶ Pandemic changed many behaviors
- ▶ COVID-19 Student Survey (CSS) created as a needs assessment, administered Mar. 2021
- ▶ HYS 2021 administered in Oct. 2021 (first time online)
- ▶ CSS 2.0 administered Feb. 2022

Participation



COVID-19 Student Survey (CSS) 1.0

- ▶ Mar. 2021
- ▶ 35 counties
- ▶ 330 schools
- ▶ 65,000 students
- ▶ Grades 6-12
- ▶ Convenience sample

Healthy Youth Survey (HYS) 2021

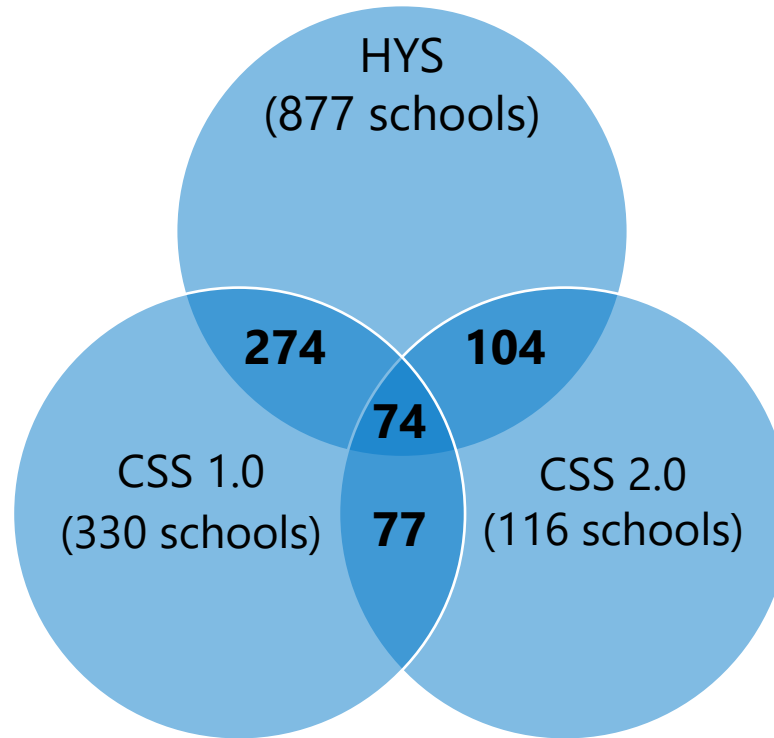
- ▶ Oct. 2021
- ▶ 39 counties
- ▶ 877 schools
- ▶ 208,000 students
- ▶ Grades 6, 8, 10, 12
- ▶ Representative

COVID-19 Student Survey (CSS) 2.0

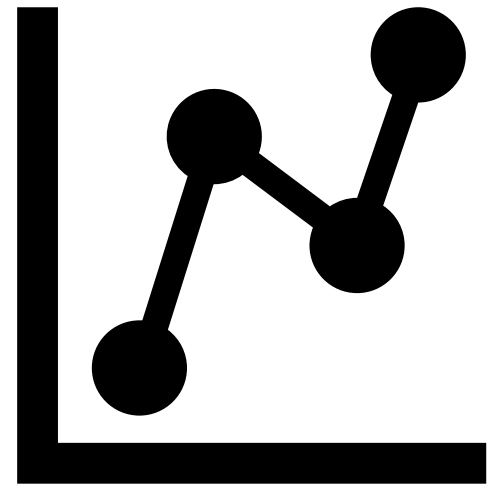
- ▶ Feb. 2022
- ▶ 116 schools
- ▶ 21,000 students
- ▶ Grades 6-12
- ▶ Convenience sample

Total: 293,000 students

Participation

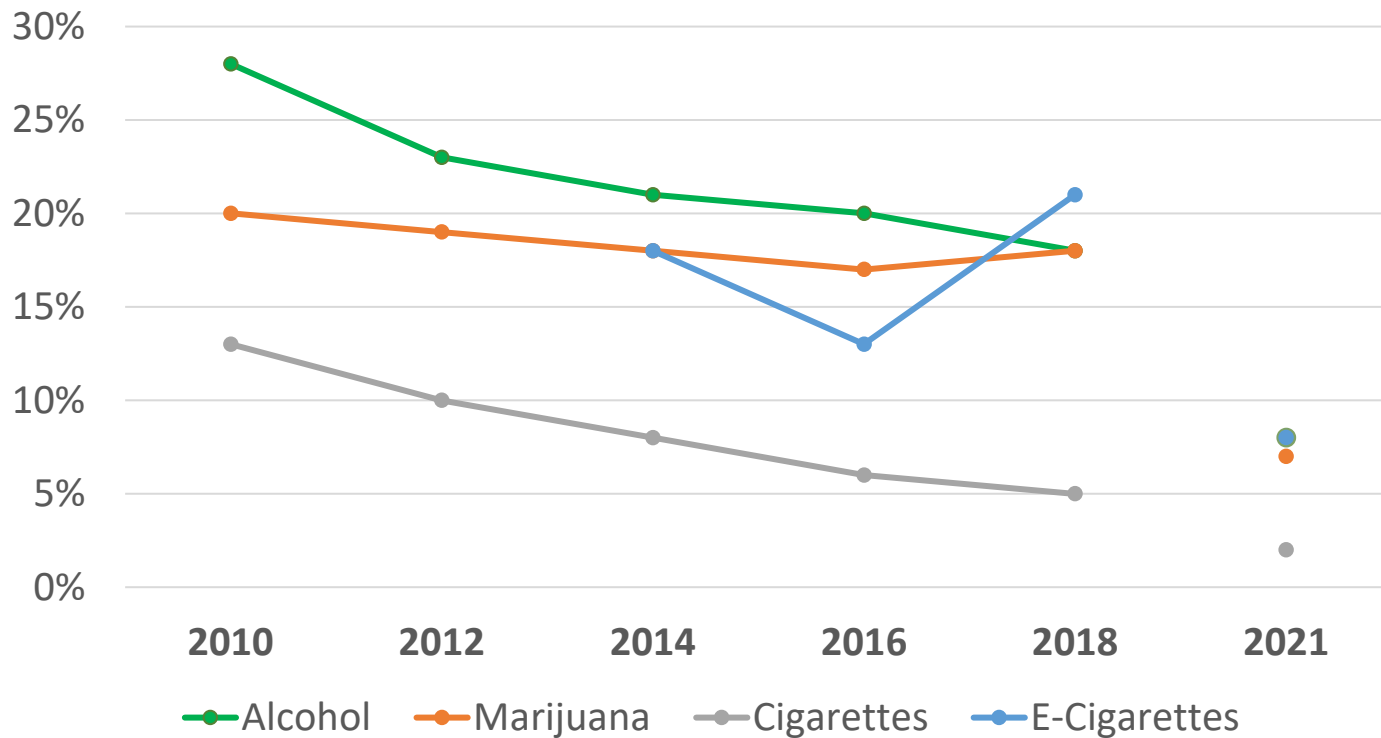


HYS 2021 Results: Substance Use



Current (past 30-day) Substance Use 2010-2021

Grade 10



Substance Use 2018-2021

Among 10th graders

- ▶ Current alcohol: 18% → 8%
- ▶ Binge drinking (5+): 10% → 6%
- ▶ Ever drank alcohol: 49% → 32%
- ▶ Current marijuana: 18% → 7%
- ▶ Current vapor products: 21% → 8%
- ▶ Current cigarettes: 5% → 2%
- ▶ Current Rx painkillers to get high: 4% → 1%
- ▶ Current polysubstance: 13% → 5%

Substance Use Results Summary

- ▶ Overall, students reported low levels of substance use
- ▶ Past 30-day substance use for alcohol, cigarette, marijuana, painkiller, and polysubstance use **decreased** from 2018 to 2021 (continuation of previous trend, but larger decrease)
- ▶ Past 30-day substance use for e-cigarette/vapor products **decreased** from 2018 to 2021 (reversal of previous trend)
- ▶ The perception that regular use of alcohol or marijuana is risky **slightly increased** from 2018 to 2021

Alcohol Use

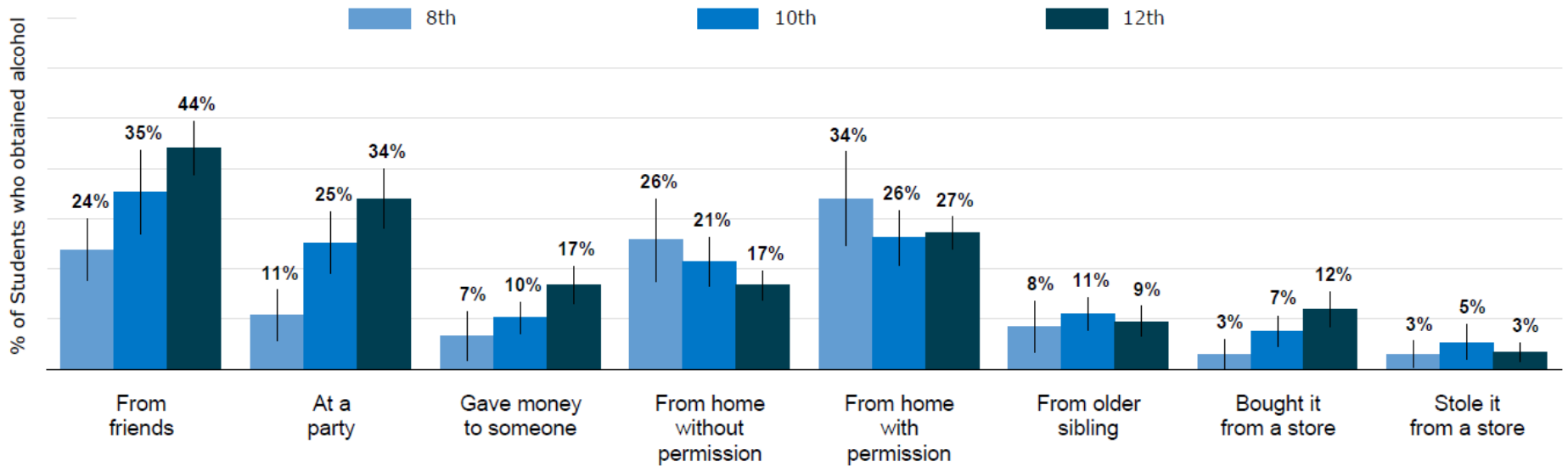
- ▶ Current (past 30-day) alcohol use, grade 10:
 - ▶ CSS 1.0: **6.2%**
 - ▶ HYS: **8.4%**
 - ▶ CSS 2.0: **8.0%**

Level of Alcohol Use

- ▶ 1-2 days drinking
 - ▶ CSS 1.0: **3.7%**
 - ▶ HYS: **5.9%**
 - ▶ CSS 2.0: **4.9%**
- ▶ 3-5 days drinking
 - ▶ CSS 1.0: **1.2%**
 - ▶ HYS: **1.5%**
 - ▶ CSS 2.0: **1.3%**
- ▶ 6+ days drinking
 - ▶ CSS 1.0: **1.3%**
 - ▶ HYS: **1.0%**
 - ▶ CSS 2.0: **1.8%**

Access to Alcohol (HYS)

Where Do Youth Get Alcohol?



The percentages in this chart are based on all students who reported getting alcohol in the past 30 days, regardless whether they reported drinking in the past 30 days. Students could select multiple sources.

Perception of Alcohol Risk

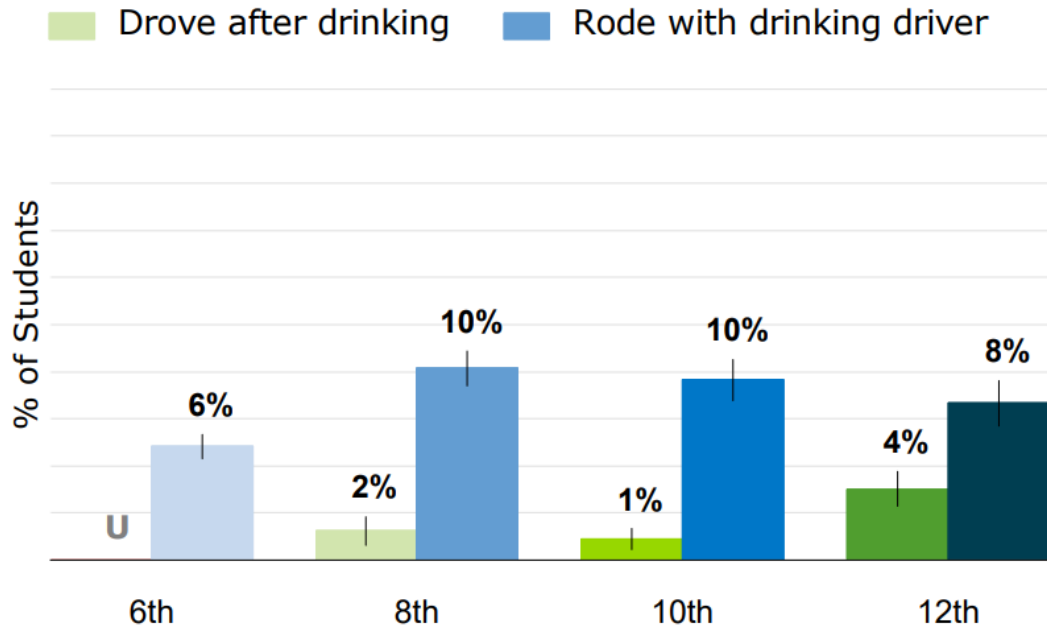
How much do you think people risk harming themselves if they take one or two drinks of an alcoholic beverage nearly everyday?

- ▶ Moderate risk or great risk, grade 10:
 - ▶ CSS 1.0: **62%**
 - ▶ HYS: **78%**

Alcohol Riding & Driving (HYS)

In a Vehicle

Students who report drinking and driving OR riding with a driver who had been drinking



Marijuana Use

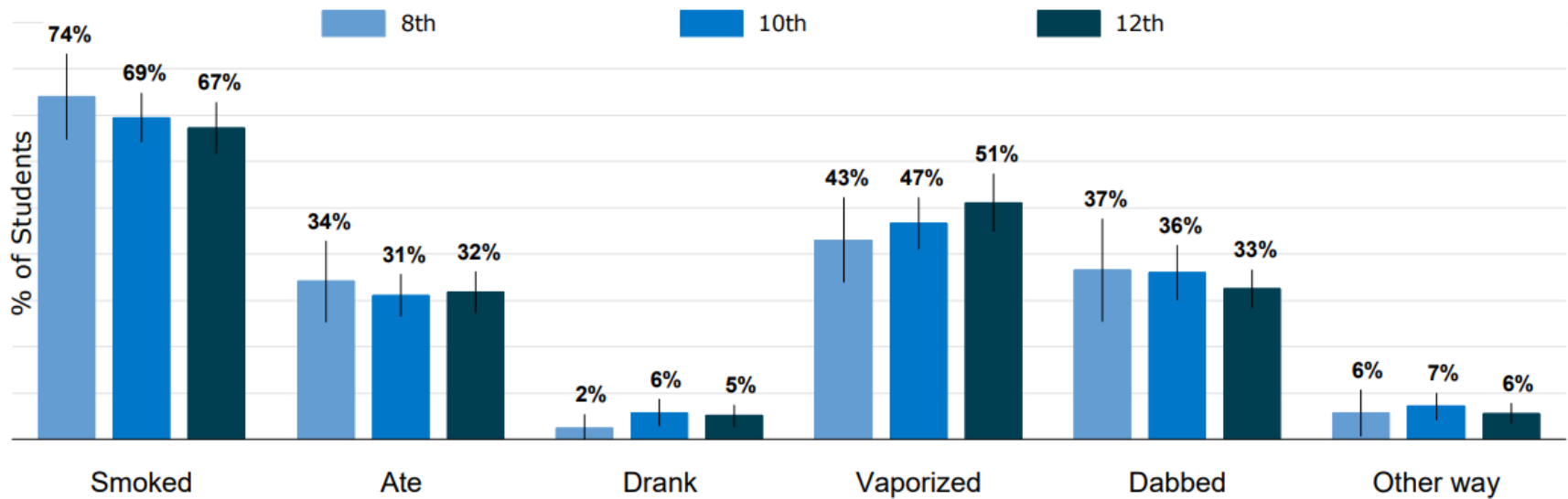
- ▶ Current (past 30-day) marijuana use, grade 10:
 - ▶ CSS 1.0: **6.9%**
 - ▶ HYS: **7.2%**
 - ▶ CSS 2.0: **8.4%**

Level of Marijuana Use

- ▶ 1-2 days:
 - ▶ CSS 1.0: **2.0%**
 - ▶ HYS: **2.7%**
 - ▶ CSS 2.0: **2.8%**
- ▶ 3-5 days:
 - ▶ CSS 1.0: **1.1%**
 - ▶ HYS: **1.3%**
 - ▶ CSS 2.0: **1.2%**
- ▶ 6-9 days:
 - ▶ CSS 1.0: **0.9%**
 - ▶ HYS: **0.8%**
 - ▶ CSS 2.0: **0.8%**
- ▶ 10+ days:
 - ▶ CSS 1.0: **2.9%**
 - ▶ HYS: **2.4%**
 - ▶ CSS 2.0: **3.6%**

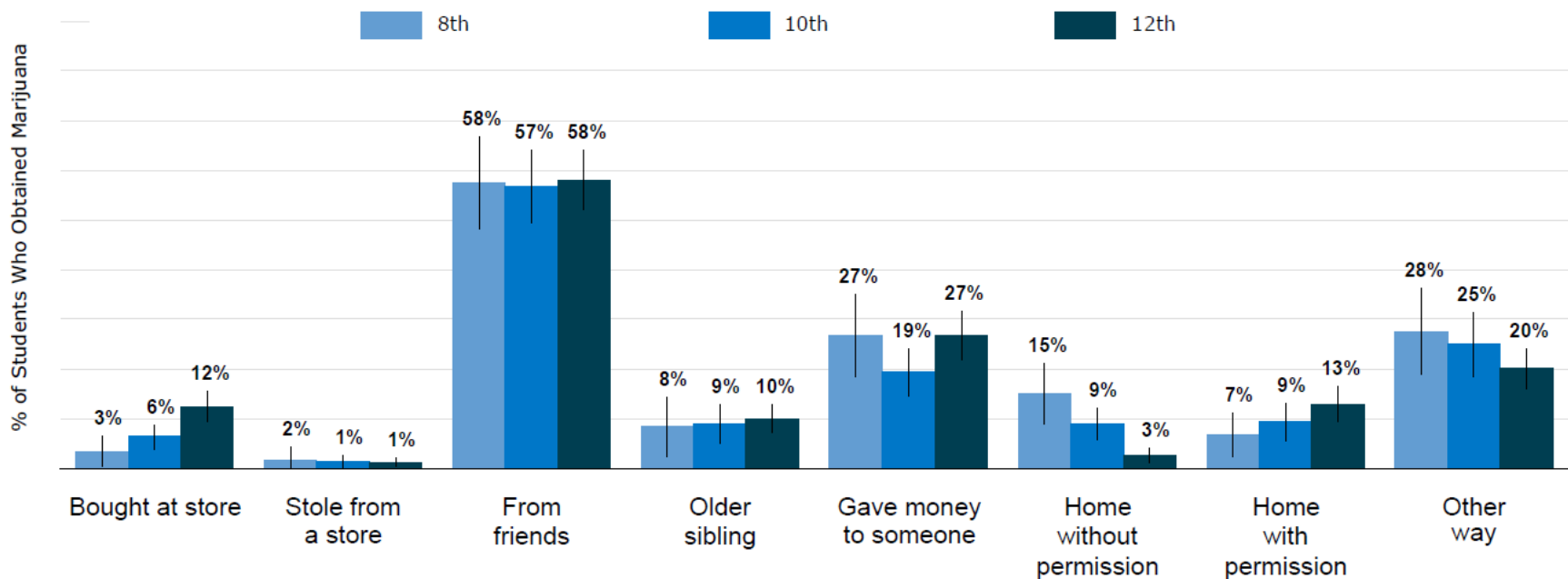
Type of Marijuana Use (HYS)

Type of Marijuana Use, among Current Marijuana Users



Access to Marijuana (HYS)

Where Do Youth Get Marijuana?



The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

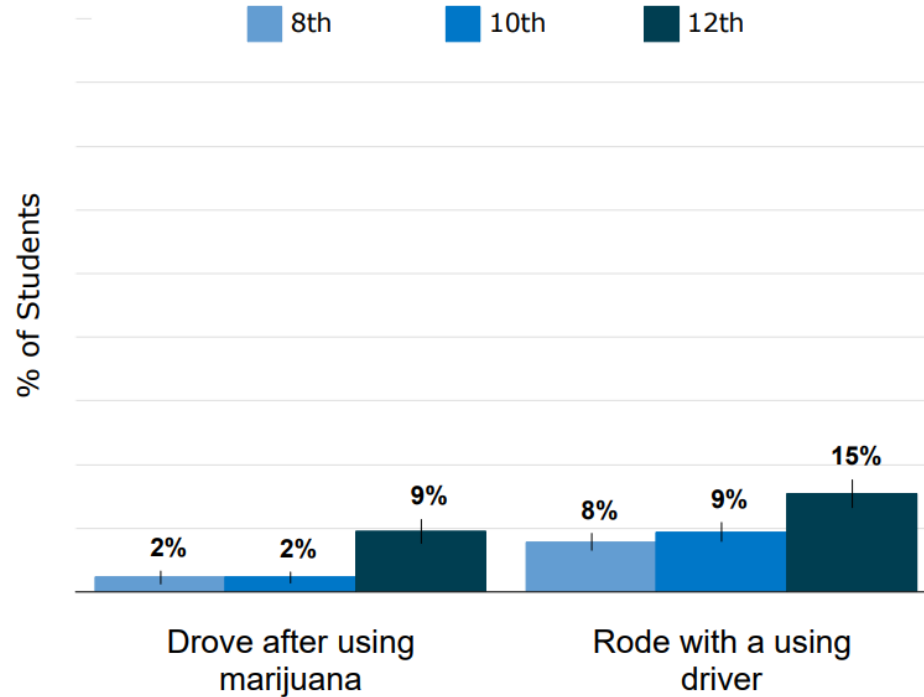
Perception of Marijuana Risk

How much do you think people risk harming themselves if they: use marijuana regularly (at least once or twice a week)?

- ▶ Moderate or great risk, grade 10:
 - ▶ CSS 1.0: **61%**
 - ▶ HYS: **66%**

Marijuana Riding & Driving

Marijuana Use and Riding/Driving

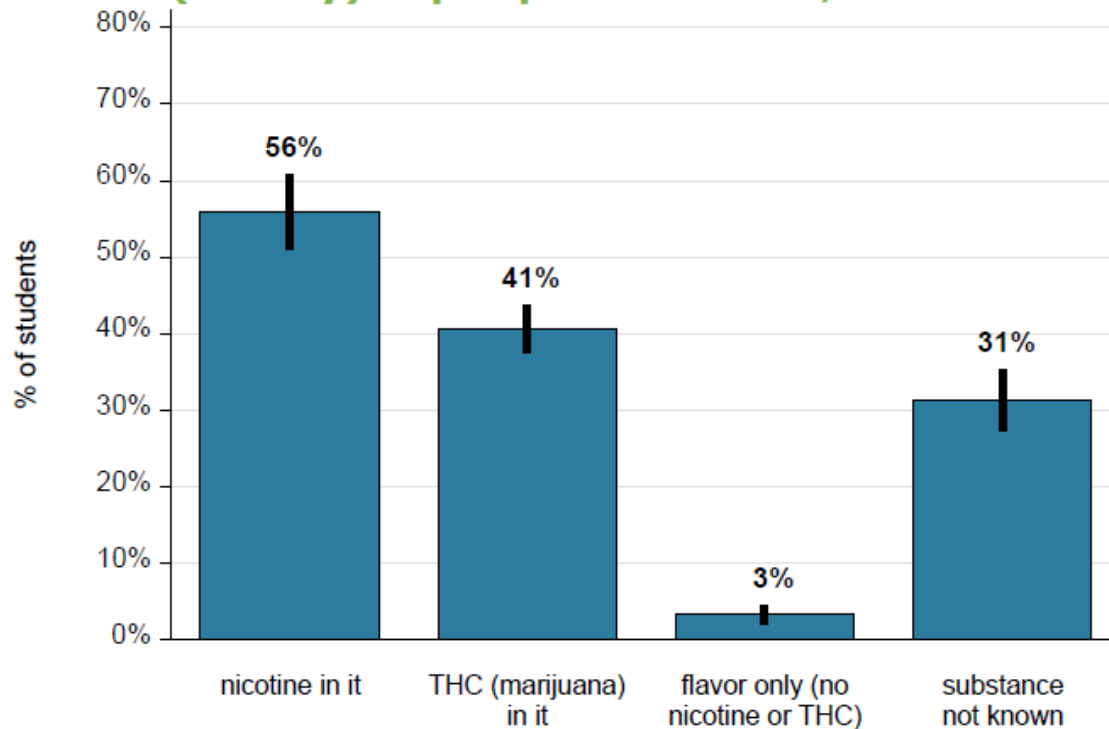


Vapor product use

- ▶ Past 30-day vapor product use (e-cig, JUUL, vape pen), grade 10:
 - ▶ CSS 1.0: **6.6%**
 - ▶ HYS: **7.6%**
 - ▶ CSS 2.0: **7.8%**

Type of vapor product use (HYS)

Reported substance "vaped" among current (30-day) vapor product users, Grade 10



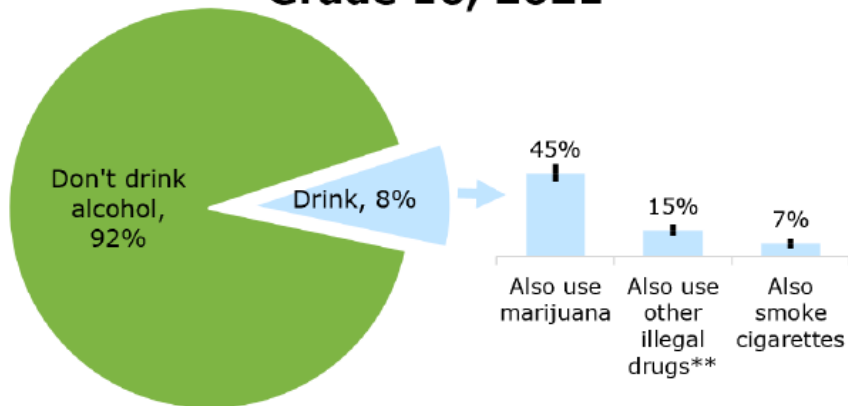
*Students can select more than one type of substance

Polysubstance Use (HYS)

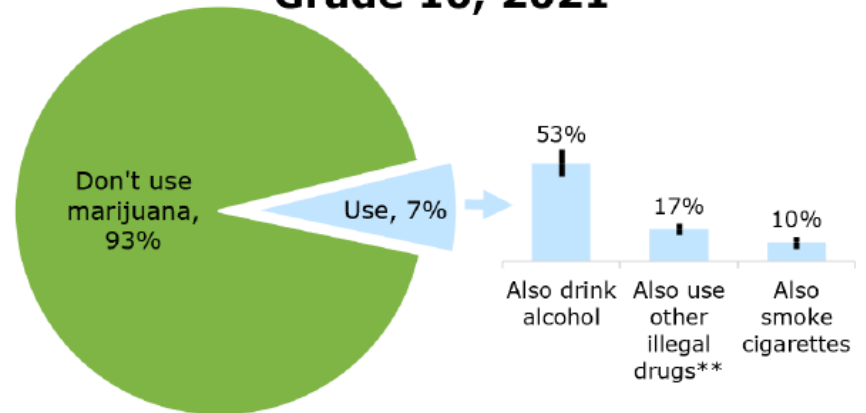
- ▶ Current polysubstance use (more than one substance in past 30 days):
 - ▶ HYS 2021: **5%**
 - ▶ 2 substances: 4%
 - ▶ 3 substances: 1%
 - ▶ 4 substances: <1%

Polysubstance Use (HYS)

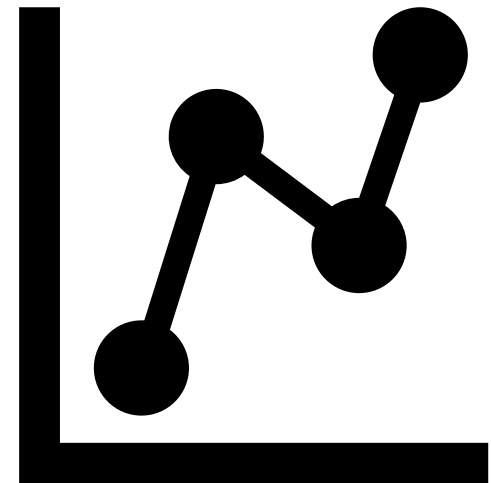
Current (past 30-days) Substance Use Among Current Alcohol Drinkers, Grade 10, 2021



Current (past 30-days) Substance Use Among Current Marijuana Users, Grade 10, 2021

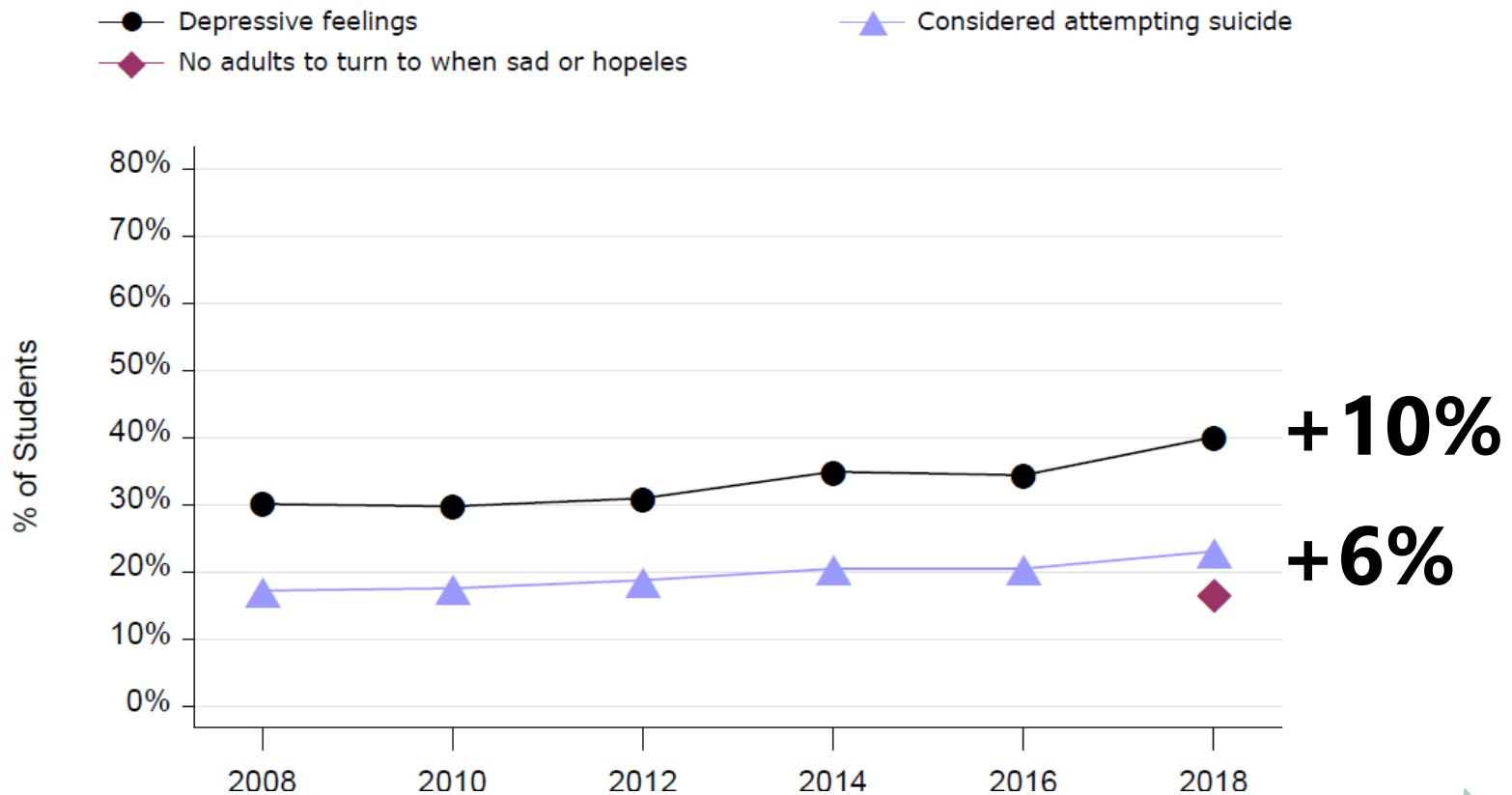


HYS 2021 Results: Mental Health



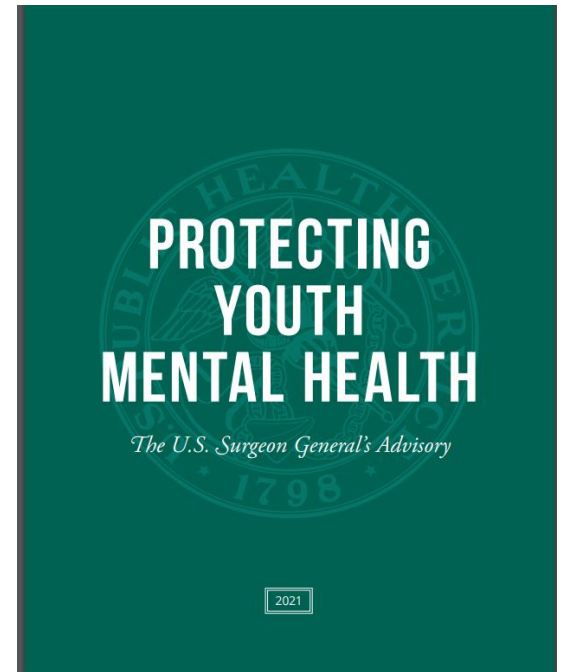
Adolescent mental health was worsening before COVID-19

Depressive Feelings and Suicide Trends, Grade 10



National Recognition of Crisis

- ▶ Adolescent mental health crisis:
 - ▶ Oct. 2021: American Academy of Pediatrics Declaration of a National Emergency in Child and Adolescent Mental Health
 - ▶ Dec. 2021: Surgeon General's Advisory on Protecting Youth Mental Health



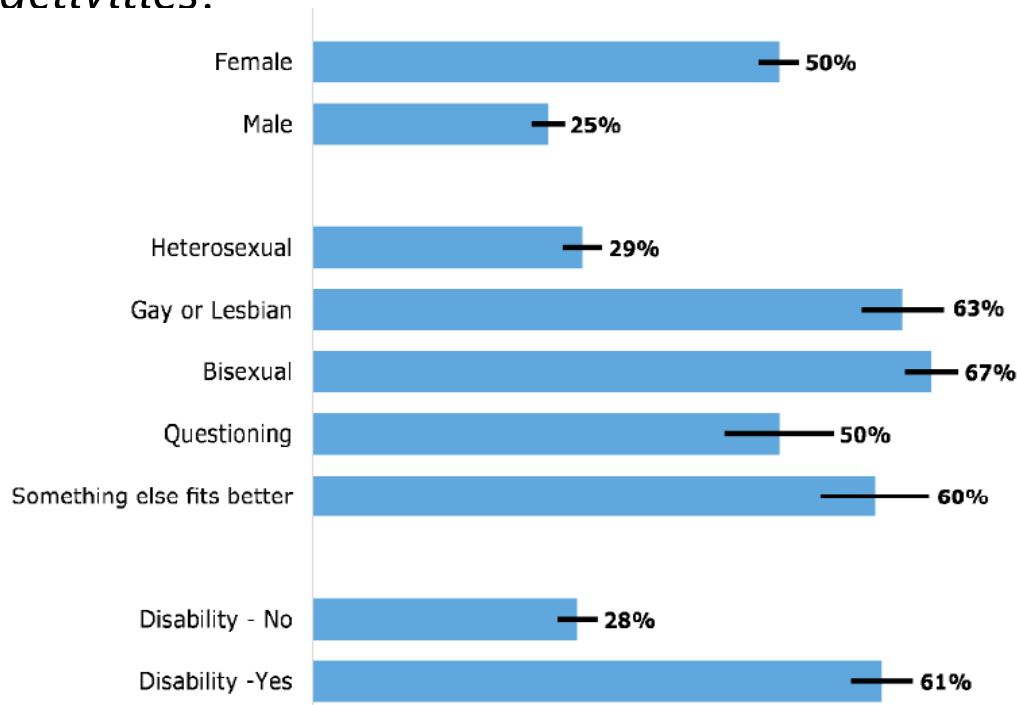
Sadness

During the past 12 months, 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?

- ▶ CSS 1.0: **45%**
- ▶ HYS: **38%**
- ▶ CSS 2.0: **38%**
- ▶ Over one-third of high school students report feeling sad or hopeless for two weeks or more in the past year

Sadness Disparities (HYS)

During the past 12 months, 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?



Worrying

*How often over the last 2 weeks, were you bothered by:
Not being able to stop or control worrying?*

▶ HYS 2021: **56%**

▶ 17% nearly every day

▶ More than half of high school students report being unable to stop worrying in the past two weeks

COVID-19 Worries

How worried are you right now about the following as a result of the COVID pandemic: Your family being unable to afford rent or housing?

Pretty/extremely worried, grade 10:

- ▶ CSS 1.0: **26%**
- ▶ HYS: **15%**
- ▶ CSS 2.0: **5.8%**

Anxiety

*How often over the last 2 weeks, were you bothered by:
Feeling nervous, anxious or on edge?*

- ▶ HYS 2021: **69%**
 - ▶ 22% nearly every day
- ▶ A majority of high school students report they felt nervous or anxious in the past two weeks

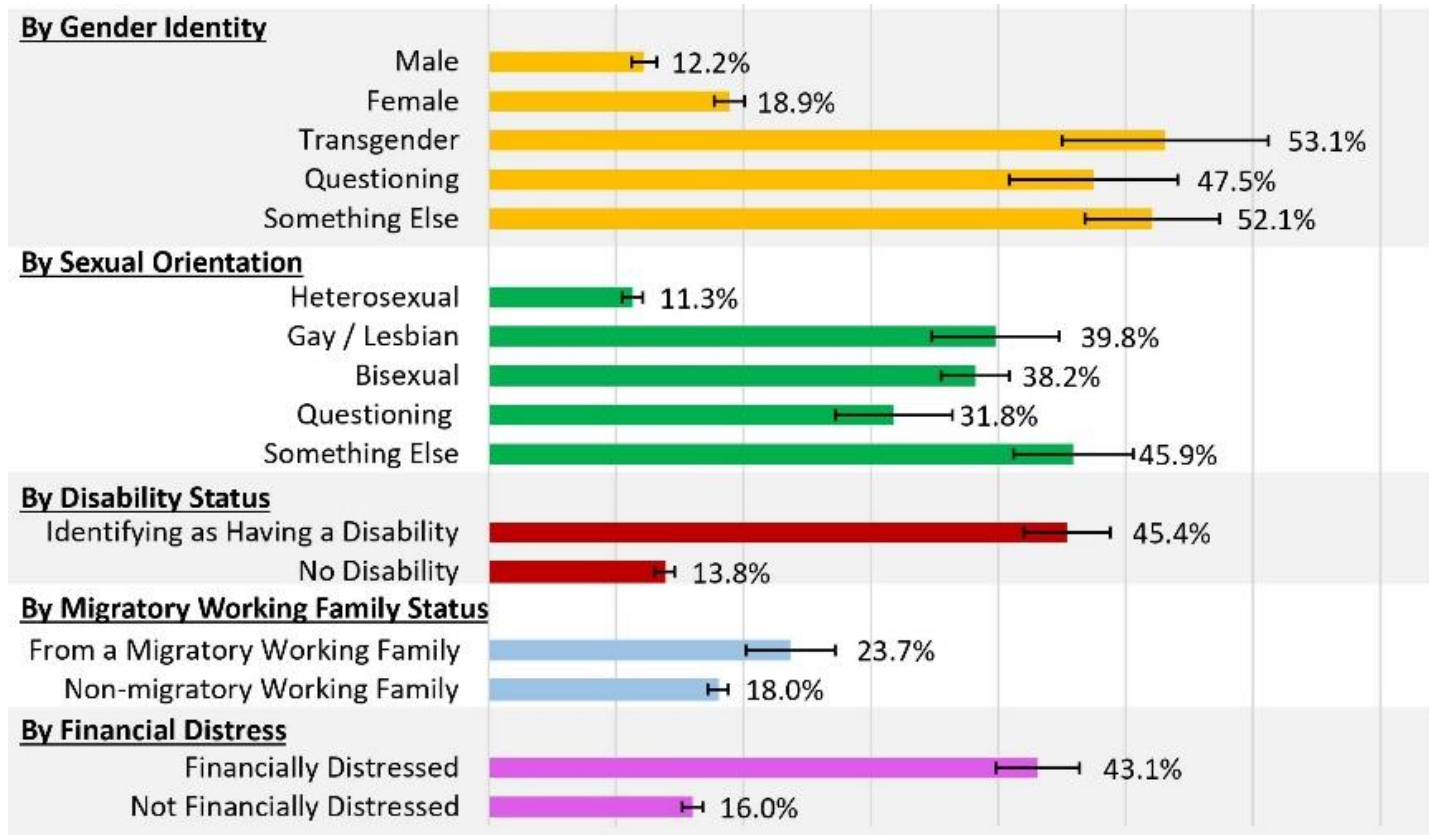
Suicidal Ideation

During the past 12 months, did you ever seriously consider attempting suicide?

- ▶ CSS 1.0: **19%**
- ▶ HYS: **20%**
- ▶ CSS 2.0: **19%**
- ▶ About 1 in 5 high school students has seriously considered attempting suicide in the past 12 months

Disparities (CSS 2.0)

During the past 12 months, did you ever seriously consider attempting suicide?



Suicide Plan

During the past 12 months, did you make a plan about how you would attempt suicide?

- ▶ CSS 1.0: **15%**
- ▶ HYS: **16%**
- ▶ CSS 2.0: **15%**
- ▶ About 1 in 6 high school students has made a plan for attempting suicide in the past 12 months

Suicide Attempt

During the past 12 months, how many times did you actually attempt suicide?

- ▶ CSS 1.0: **4.4%**
- ▶ HYS: **8.2%**
 - ▶ 3.6% more than once
- ▶ CSS 2.0: **5.3%**
- ▶ About 8% of high school students have attempted suicide in the past 12 months; nearly half of those who attempted tried more than once

Resources

▶ Pop-up (CSS) and end-of-survey (HYS)

If students respond “yes” to any of the next three items, the following 6 resources appeared on their screen:

Washington Teen Link

<https://www.teenlink.org/>

1-866-TEENLINK (833-6546)

Crisis Text Line

<https://www.crisistextline.org/>

Text HOME to 741741

You Are Not Alone Network (for Native youth):

<http://www.youarenotalonenetwork.org/>

1-877-209-1266

The Trevor Project (for LGBT youth):

<https://www.thetrevorproject.org/> to text or chat

1-866-488-7386 to talk

National Teen Line:

<https://teenlineonline.org/>

1-800-852-8336 or text TEEN to 839363

National Suicide Prevention Lifeline

<https://suicidepreventionlifeline.org/>

1-800-273-8255 (TRS: 1-800-799-4889)

Seeking Help

If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn for help? Choose all that apply.

▶ HYS 2021:

- ▶ Friend or peer: **45%**
- ▶ Parent/guardian: **34%**
- ▶ Sibling or cousin: **25%**
- ▶ I don't have anyone: **12%**
- ▶ Teacher, school counselor, or other adult at school: **9.7%**
- ▶ Other adult that's not my parent: **9.1%**
- ▶ Coach: **5.9%**
- ▶ Religious/faith leader: **4.1%**

Seeking Mental Health Services

During the past 12 months, did you try to get mental health services from a counselor, therapist, emergency room, or other health care provider?

▶ CSS 1.0:

- ▶ No, I did not try to get help: **76%**
- ▶ Yes, I tried to get help: **24%**
 - I did get help: **17%**
 - I did not get help: **7.8%**

▶ CSS 2.0

- ▶ No, I did not try to get help: **18%**
- ▶ Yes, I tried to get help: **82%**
 - I did get help: **64%**
 - I did not get help: **17%**

Perception of Mental Health Services

Do you think it's ok to seek help and talk to a professional counselor, therapist, or doctor if you've been feeling very sad, hopeless, or suicidal?

▶ CSS 2.0

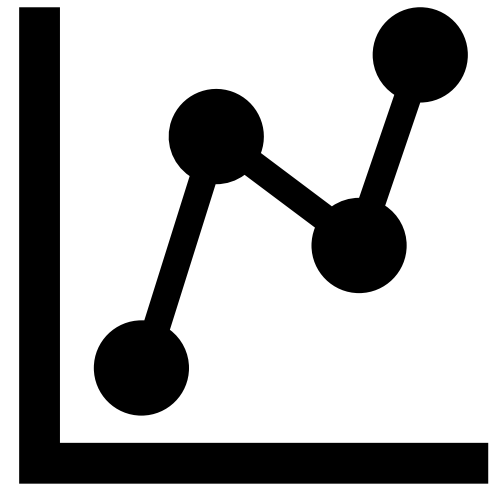
▶ Yes: **84%**

Hopefulness

Moderately or Highly Hopeful:

- ▶ CSS 1.0: **69%**
- ▶ HYS: **71%**
- ▶ CSS 2.0: **67%**
- ▶ About 2 in 3 high school students were moderately or highly hopeful

HYS 2021 Results: Risk & Protective Factors



Risk & Protective Factors (HYS)

Among 10th graders

- ▶ Community Risk and Protective Factors:
 - ▶ Decrease in opportunities for prosocial involvement
 - ▶ 71% to 60%
 - ▶ Decrease in availability of drugs
 - ▶ 22% to 13%
- ▶ Family Risk and Protective Factors:
 - ▶ Increase in opportunities for prosocial family involvement
 - ▶ 53% to 61%

Risk & Protective Factors (HYS)

Among 10th graders

- ▶ Peer-Individual Risk Factors:

- ▶ Decrease in friends' use of drugs
 - ▶ 22% to 14%

- ▶ School Risk Factors:

- ▶ Increase in opportunities and rewards for prosocial involvement
 - ▶ Opportunities: 64% to 70%
 - ▶ Rewards: 53% to 63%
- ▶ Increase in low commitment to school
 - ▶ 44% to 57%

WAH-ACEs Results (HYS 2021)

- ▶ Adverse Childhood Experiences (ACEs)
 - ▶ Indicators of severe childhood stressors and family dysfunction that occur during a person's first 18 years of life
- ▶ The Healthy Youth Survey (HYS) has collected ACEs-related data since the survey was founded
- ▶ Washington HYS Adverse Childhood Experiences (WAH-ACEs) combines 11 questions asked on Form B of the HYS to give students a score

WAH-ACEs Results (HYS 2021)

▶ Summary:

- ▶ 8th grade: 56% reported one or more WAH-ACEs, with 12% reporting 4+
- ▶ 10th grade: 57% reported one or more WAH-ACEs, with 11% reporting 4+
- ▶ 12th grade: 64% reported one or more WAH-ACEs, with 15% reporting 4+

▶ Crosstabulations for Grade 10:

- ▶ Students with higher WAH-ACEs scores were more likely to report sadness or hopelessness
- ▶ Students with higher WAH-ACEs scores were more likely to contemplate suicide

Lessons Learned

- ▶ Online surveys are ideal in most cases
 - ▶ Unique challenges
- ▶ Timing and turnaround are key
- ▶ Need to strategically message the “why?”
- ▶ Need to stratify and identify disparities
- ▶ Need to explore opportunities for how to best support adolescents

Discussion

- ▶ How to communicate a break in trends?
- ▶ How to utilize the results from several surveys?
- ▶ Ideas for improving future surveys?

Questions?

- ▶ Email:

- ▶ Tyler.Watson@hca.wa.gov

- ▶ HYS Results:

- ▶ www.AskHYS.net

- ▶ CSS Results:

- ▶ [https://www.k12.wa.us/student-success/health-safety/2022-covid-19-student-survey-results/2where is the CSS info we funded?021-covid-19-student-survey-results](https://www.k12.wa.us/student-success/health-safety/2022-covid-19-student-survey-results/2where%20is%20the%20CSS%20info%20we%20funded?021-covid-19-student-survey-results)