

# Community Behavioral Health Risk Indexes:

Substance Use, Mental Health, and a Potential Youth Problem Gambling Risk Index

*Prepared for the Prevention Research Collaborative Quarterly Meeting*

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# Community Risk Index Overview

## Purpose: support CPWI decision making

- SUD risk index: updated annually/biennially since 2010s
- Mental health risk index: updated annually/biennially since 2023

## Methodology

- SUD risk index: based on CPWI logic model
- Mental health risk index: developed based on literature review, correlational and principal component analyses
- Communities are school districts with high schools plus High School Attendance Areas (HSAAs) in the 5 of 7 largest urban school districts (Seattle, Spokane, Tacoma, Edmonds, Vancouver)

## Data Sources

- Data need to be available at the state, county, school district and sub-school district levels
  - Washington State Healthy Youth Survey
  - Community Outcome and Risk Evaluation (CORE)
  - DSHS RDA's Integrated Client Data Bases (ICDB) for Apple Health population

### SOURCES:

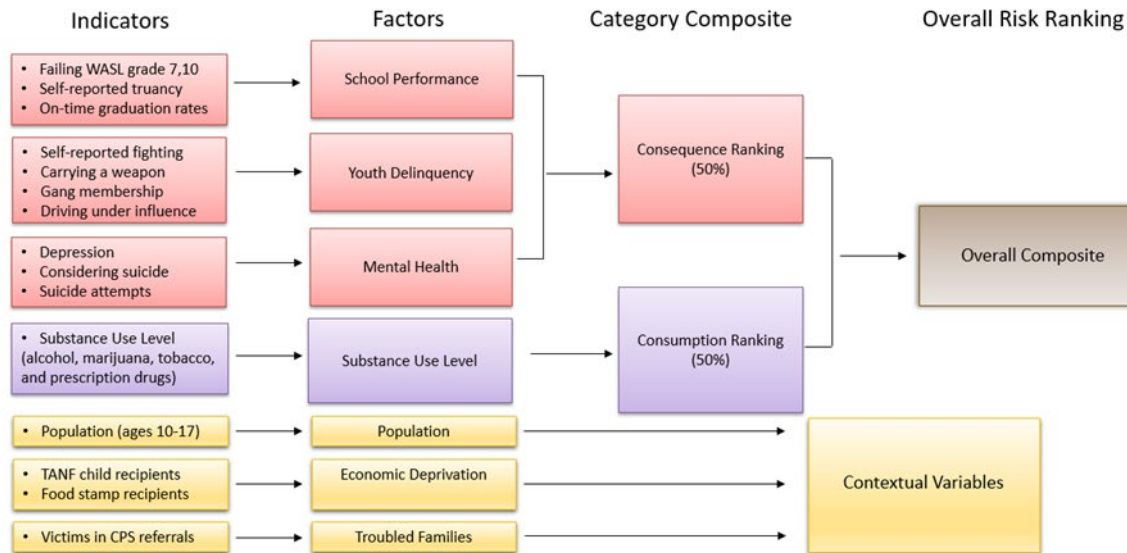
Department of Health, The Healthy Youth Survey (HYS), online at <https://doh.wa.gov/data-and-statistical-reports/data-systems/healthy-youth-survey>;

Department of Social and Health Services (DSHS), Research and Data Analysis Division (RDA), Community Outcomes and Risk Evaluation Geographic Information System (CORE), online at <https://www.dshs.wa.gov/ffa/research-and-data-analysis/community-risk-profiles>;

Department of Social and Health Services (DSHS), Research and Data Analysis Division (RDA), Integrated Client Databases (ICDB), see <https://www.dshs.wa.gov/sites/default/files/rda/reports/research-11-205.pdf>.



# Community SUD Risk Index

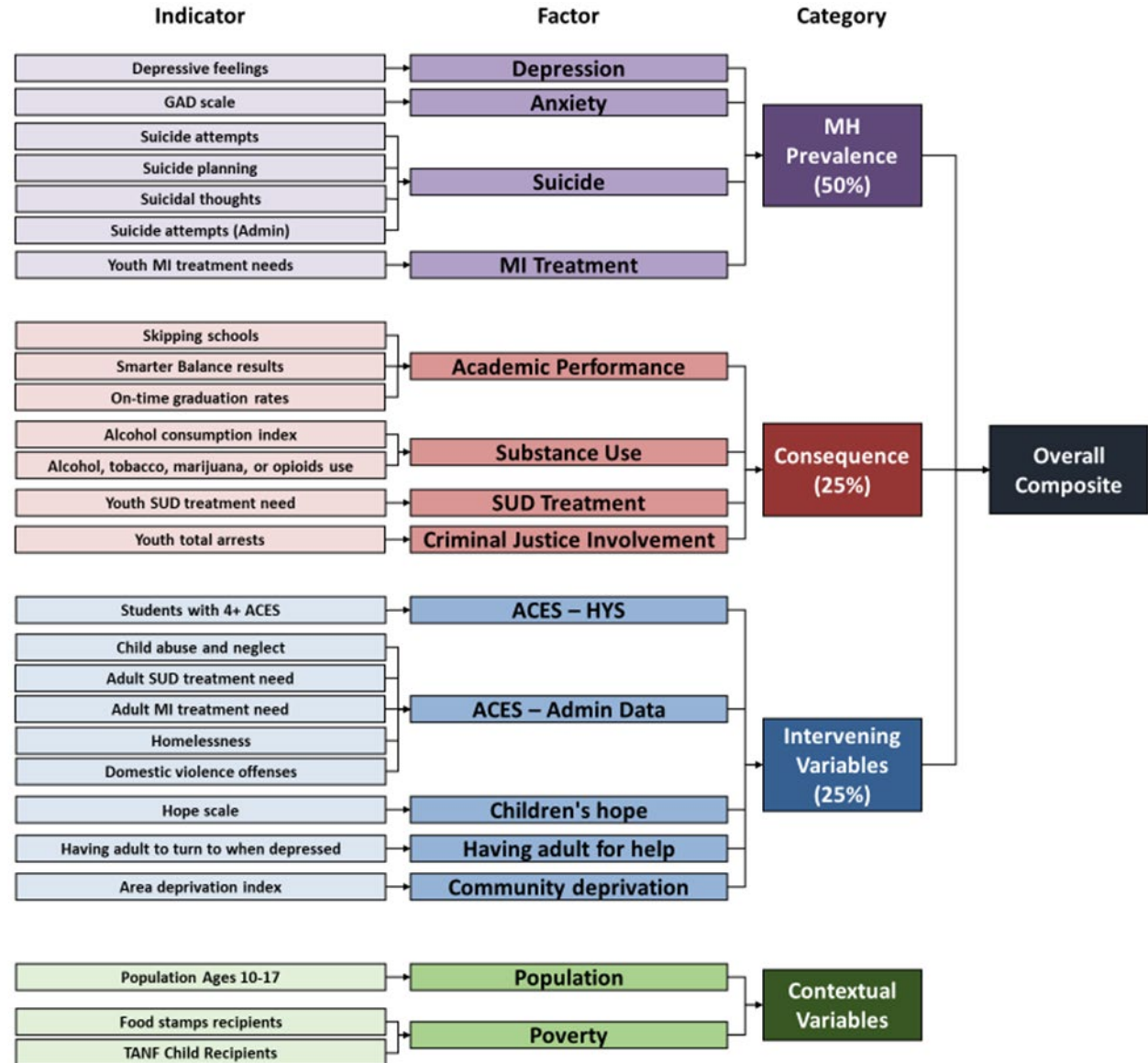


Variable	Category and Factor	Source	Grades
Alcohol use level (1-4)	Consumption - ALC	HYS	6,8,10
Marijuana use in the past 30 days	Consumption - MAR	HYS	6,8,10
Frequent marijuana use (10+ days) in the past 30 days	Consumption - MAR	HYS	8,10
Cigarette smoking in the past 30 days	Consumption - TOB	HYS	6,8,10
Prescription pain killer use in the past 30 days	Consumption - OPI	HYS	8,10
ATMO (alcohol, tobacco, marijuana, or prescription opioids) use in the past 30 days	Consumption - ATMO	HYS	6,8,10 <sup>2</sup>
Depressive feelings	Consequence - Mental Health	HYS	8,10
Self-reported Suicide Attempts	Consequence - Mental Health	HYS	8,10
Suicidal thoughts	Consequence - Mental Health	HYS	8,10
Met ELA and math standards on Smarter Balance Assessments	Consequence - School Performance	CORE	6 to 8
On-time graduation rate	Consequence - School Performance	CORE	NA
Skipping school in the past 4 weeks	Consequence - School Performance	HYS	8,10
Fighting in the last year	Consequence - Delinquency	HYS	8,10
Carrying weapon on school property	Consequence - Delinquency	HYS	8,10
Gang membership in the past year	Consequence - Delinquency	HYS	8,10
Driving after drinking alcohol	Consequence - Delinquency	HYS	8,10
Population Ages 10-17	Contextual - Population	CORE	NA
Food stamps recipients	Contextual - Poverty	CORE	NA
TANF Child Recipients	Contextual - Poverty	CORE	NA
Accepted CPS Referrals	Contextual - Troubled Family	CORE	NA

# Community Mental Health Risk Index

## Data Source:

- WA Healthy Youth Survey
- Community Outcome and Risk Evaluation (CORE)
- DSHS RDA's Integrated Client Data Bases (ICDB) for Apple Health population





## MAIN FINDINGS:

There is a **substantial community-level variation** of youth SUD and MH risks measured by the 2 indexes.

**Seattle and King County** (except for the south King Co.) and the **south of Snohomish County** consistently present the **lowest levels of risk** along both dimensions (the lightest hue/shade).

Communities in **Spokane**, the 2<sup>nd</sup> largest city of the state, exhibit **high or very high levels of risk** for both dimensions.

**Rural and remote communities** of Eastern Washington, especially the **northeastern quadrant** of the state, display **high levels of risk** along both dimensions.

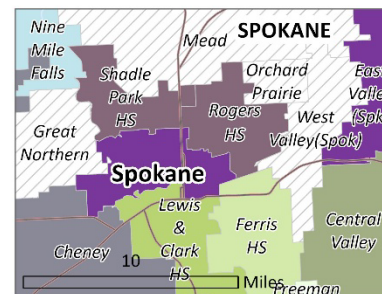
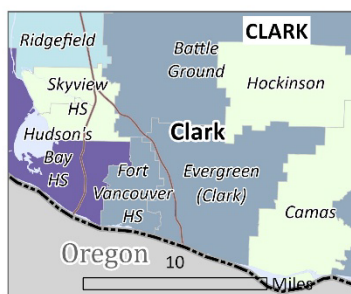
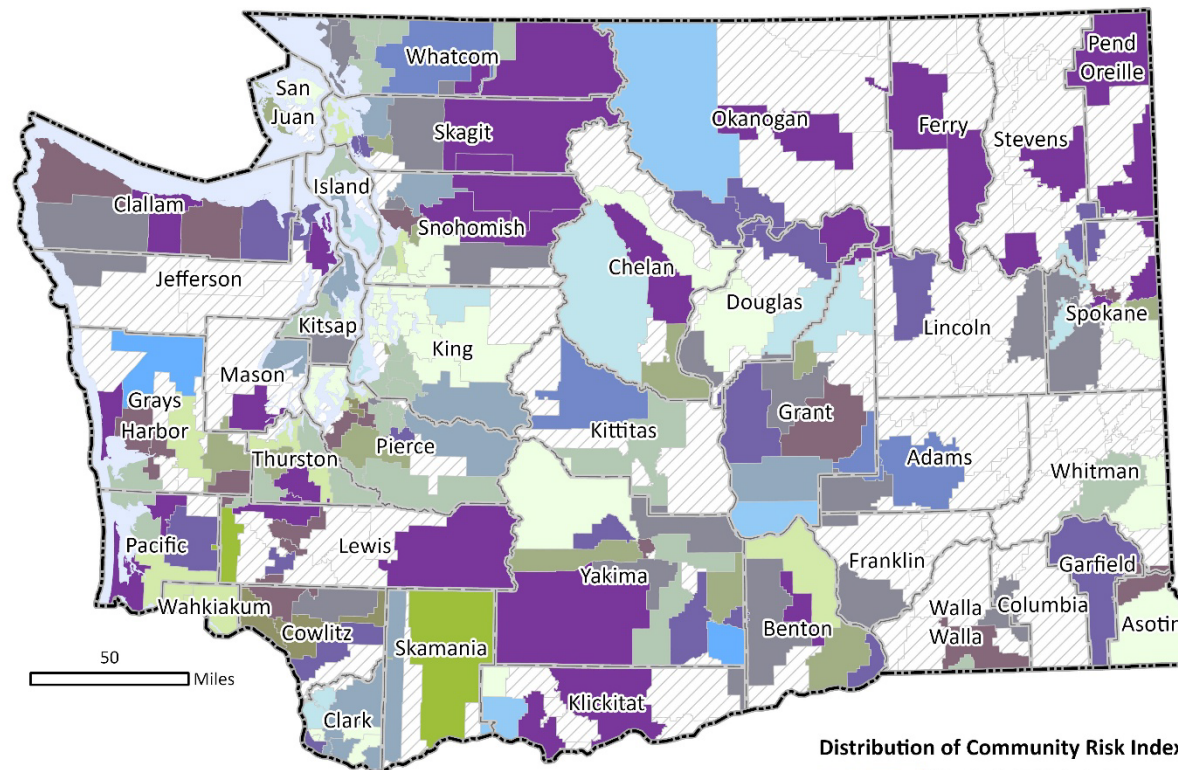
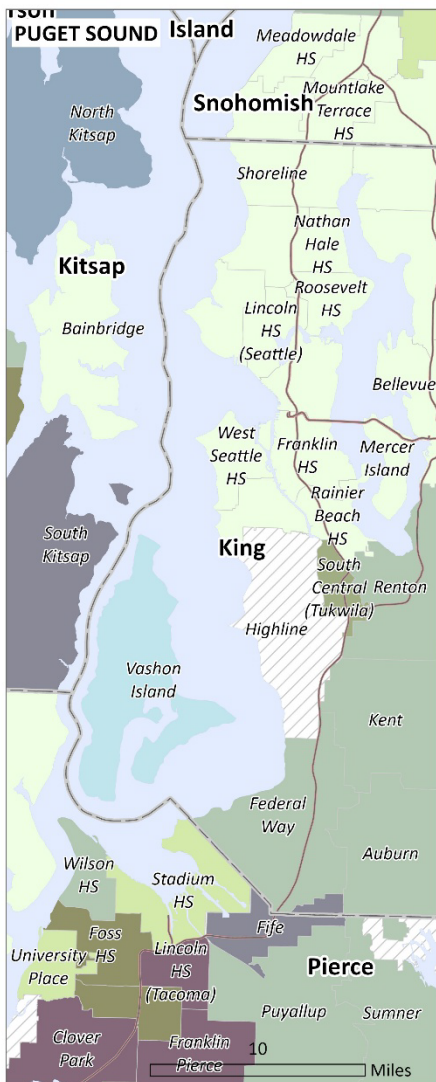
Some **communities in rural areas** show **higher levels of risk along one, but not the other dimension** (bright and light green, bright and light blue).

There is **no information about large sections** of Eastern Washington, many tribal communities, and other low-populated areas.



## Community Risk Indexes for Youth Substance Use Disorder and Mental Health

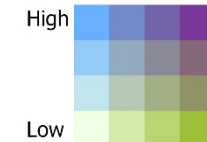
by School District or High School Attendance Area



### Distribution of Community Risk Indexes

Light blue: Youth SUD Risk Index

Light green: Youth MH Risk Index



Low High

Not Available

Counties

**NOTES:** A bi-variate distribution of (1) Youth Substance Use Disorder (SUD) Risk Index and (2) Youth Mental Health (MH) Risk Index by school district or High School Attendance Area (HSAA). The 2024 indexes are based on 2023 HYS and 5-year average 2022 CORE and ICDB data. For more information, see 2024 CPWI County Risk Profiles. Map type: Bi-variate 4 x 4 Quantile classification.

**SOURCES:** Washington State Department of Social and Health Services (DSHS), Research and Data Analysis Division (RDA), Community Outcomes and Risk Evaluation Geographic Information System (CORE); Integrated Client Databases (ICDB); Department of Health, The Healthy Youth Survey (HYS). ArcGIS 3.3.5 Copyright © 1995-2024 Esri.

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# Youth Problem Gambling Risk Index

A Literature Review

## Prevalence

- Increasingly common among adolescents with sports betting, online gambling, and loot boxes in video games
  - Gambling participation
  - Frequent gambling
  - Problematic gambling

## Consequence

- Co-occurrence with other risk behaviors
- Associated with negative social, financial, psychological, and academic outcomes

## Risk and Protective Factors

- Demographics
- Behavioral health challenges
- Family, school, and neighborhood factors

# Questions?

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