Preventing Trauma and Youth Suicide During COVID-19 and Beyond

Promoting Youth Mental Wellbeing Through In-School and Out-of-School Supports

October 14, 2020
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Polling Question: Who is in the audience today?

A. City/county government
B. CBO/nonprofit
C. K-12 education
D. College/university
E. Funder/foundation
F. Healthcare
G. State or federal government
H. Tribal organization
I. Faith-based organization
J. Other/not applicable
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Text Chat Question: What’s been top of mind for you when thinking about the wellbeing of young people during COVID-19?
Objectives

• Identify the impact of COVID-19 on school-aged youth and arising needs for this population.

• Explore how agencies and organizations that support the wellbeing of youth have adapted to the current context.

• Identify roles for local leaders, including local government and youth, in supporting wellbeing.

• Discuss opportunities for long-term recovery and systems change that supports wellbeing among youth of all backgrounds.
Why focus on youth?
### Leading causes of death for selected age groups – United States, 2018

<table>
<thead>
<tr>
<th>Rank</th>
<th>10-14 years</th>
<th>15-19 years</th>
<th>20-29 years</th>
<th>30-39 years</th>
<th>40-49 years</th>
<th>50-59 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Unintentional Injuries</td>
<td>Unintentional Injuries</td>
<td>Unintentional Injuries</td>
<td>Unintentional Injuries</td>
<td>Unintentional Injuries</td>
<td>Malignant Neoplasms</td>
</tr>
<tr>
<td>2</td>
<td><strong>Suicide</strong></td>
<td><strong>Suicide</strong></td>
<td><strong>Suicide</strong></td>
<td><strong>Suicide</strong></td>
<td>Malignant Neoplasms</td>
<td>Heart Disease</td>
</tr>
<tr>
<td>3</td>
<td>Malignant Neoplasms</td>
<td>Homicide</td>
<td>Homicide</td>
<td>Malignant Neoplasms</td>
<td>Heart Disease</td>
<td>Unintentional Injuries</td>
</tr>
<tr>
<td>4</td>
<td>Congenital Malformations</td>
<td>Malignant Neoplasms</td>
<td>Malignant Neoplasms</td>
<td>Heart Disease</td>
<td><strong>Suicide</strong></td>
<td>Liver Disease</td>
</tr>
<tr>
<td>5</td>
<td>Homicide</td>
<td>Heart Disease</td>
<td>Heart Disease</td>
<td>Homicide</td>
<td>Liver Disease</td>
<td>Diabetes Mellitus</td>
</tr>
<tr>
<td>6</td>
<td>Heart Disease</td>
<td>Congenital Malformations</td>
<td>Diabetes Mellitus</td>
<td>Liver Disease</td>
<td>Diabetes Mellitus</td>
<td>Chronic Lower Respiratory Ds</td>
</tr>
<tr>
<td>7</td>
<td>Chronic Lower Respiratory Ds</td>
<td>Influenza and Pneumonia</td>
<td>Congenital Malformations</td>
<td>Diabetes Mellitus</td>
<td>Cerebro-Vascular</td>
<td><strong>Suicide</strong></td>
</tr>
<tr>
<td>8</td>
<td>Cerebro-Vascular</td>
<td>Diabetes Mellitus</td>
<td>Influenza and Pneumonia</td>
<td>Cerebro-Vascular</td>
<td>Homicide</td>
<td>Cerebro-Vascular</td>
</tr>
</tbody>
</table>

Source: CDC vital statistics
Why focus on youth *now*?

COVID-19 tied to poorer parent and child mental health

Parent and child well-being has taken a serious hit during the COVID-19 pandemic, three studies published this week in *Pediatrics* show.
Pre-COVID Trends

40% of LGBTQ respondents seriously considered attempting suicide in the past twelve months. More than half of transgender and nonbinary youth have seriously considered suicide.

Suicide rates by ethnicity and age group -- United States, 2014-2018

Source: The Trevor Project

Source: CDC Vital Statistics
Not all youth are impacted in the same way

- Youth with Disabilities
- Youth in Foster Care
- Justice-Involved Youth
- Youth Experiencing Homelessness
- English Language Learners
- Rural Populations
Strategies to Prevent ACEs and Youth Suicide

• Promote connectedness

• Teach coping and problem-solving skills

• Create protective environments
Guests

Giana Rocha
YEF Council, National League of Cities

Sharifa J Charles
Mental Health America – Greater Houston

Nicole Dolan
City and County of Broomfield

Elizabeth Stranzl
New York City Department of Education

Arya Nandyal
Broomfield Youth for Youth

Dr. Nia West-Bey
Center for Law and Social Policy
Giana Rocha

Youth Council Representative for Brighton, Colorado

YEF Council Representative, National League of Cities
Council on Youth, Education, and Families
Elizabeth Stranzl

Director of Policy, Division of School Climate & Wellness

NYC Department of Education
Proactive Family Communication and Engagement

To ensure a successful start to the school year, it is critical that we hear from families, caregivers, and children about how they are doing and how our supports are working for them.

Bridge to School Plan, Page 6
In your community, what non-traditional partners have you engaged with and how?
Stakeholder Engagement

- Borough Citywide Office
- Parent Teacher Associations
- Students
- School Wellness Councils
- Community-Based Organizations
Sharifa J Charles

Professional Development Specialist

Center for School Behavioral Health at
Mental Health America – Greater Houston
Arya Nandyal

Teen Advisor
Broomfield Youth For Youth

Nicole Dolan

Youth Projects Coordinator,
Communities That Care, Public Health
and Environment
City and County of Broomfield

PreventionInstitute.org  @preventioninst
Broomfield Youth for Youth

#WhatHelpsUs
What national models have you adapted or seen adapted to a local context?
The "#whathelpsme" campaign focuses on the strengths that help people in our community deal with anger, anxiety, and depression.

https://youth4youthinfo.wixsite.com/sourcesofstrength/whathelpsme
you are loved
you are
enough
you are strong!

what gives you strength?
Dr. Nia West-Bey

Senior Policy Analyst, Youth

Center for Law and Social Policy
Youth-Centered Approaches
10 Core Competencies

These competencies define the culture and climate of organizations and ensure that providers are centering the needs of youth and young adults. These mental health process competencies should be embedded into organizational structure, policies, and mission to articulate how work is done in the system.

These competencies define what youth-centered mental health systems should do to improve quality-of-care and health outcomes for youth and young adults.

- Trauma-Informed Care
- Positive Youth Development
- Youth Friendliness
- Disability Awareness
- Cultural Responsiveness
- Authentic Youth Engagement

- Prevention
- Social Determinants of Health
- Integrated Physical and Behavioral Health
- Wellness Focus
I haven’t been heard
because my words are sharp
shards from a broken heart.

I retain this pain
No one can bear it but me
So I hide behind eyes
that conceal
My true self.
I can hardly carry this weight
So I never bother asking for help.
Coming Together

Giana Rocha
YEF Council, National League of Cities

Sharifa J Charles
Mental Health America – Greater Houston

Nicole Dolan
City and County of Broomfield

Elizabeth Stranzl
New York City Department of Education

Arya Nandyal
Broomfield Youth for Youth

Dr. Nia West-Bey
Center for Law and Social Policy
Text Chat Question: What would be most helpful to you in terms of next steps?
Need Help? Know Someone Who Does?

Online Lifeline Crisis Chat: https://suicidepreventionlifeline.org/chat/
CDC Technical Packages
Broomfield Youth for Youth
10 CORE COMPETENCIES FOR YOUTH AND YOUNG ADULT CENTERED MENTAL HEALTH SYSTEMS

WHITNEY BUNTS, NIA WEST-BEY, & KADESHA MITCHELL