

Mental Health Services in the Schools

Developing Wise Minds

William Greer, LPC, LCSW * WC Greer & Associates, LLC
wm1107@gmail.com

Cause for Concern

Health Outcomes: Depression & Anxiety

Feeling Anxious Often/Always
% of group by year

Year	All HS	LGBQ
2012	25.7%	52.2%
2015	31.2%	61.7%
2018	35.6%	63.0%

https://www.danecountyhumanservices.org/yth/dox/asmt_survey/2018/2018_exec_sum.pdf

Depression

- Loss of interest in activities and prolonged feelings of sadness and hopelessness suggest clinical depression Youth were asked, “During the past 12 months, did you ever feel so sad or hopeless almost every day for at least 2 weeks in a row that you stopped doing some usual activities?”
- 23.5% of all 7th-12th grade youth responded affirmatively to this question compared to 21.7% of in 2015 and 19.4% in 2012.
- 34.2% of high school female youth report depressive symptoms up from 30.3% in 2015 and 25.6% in 2012.
- High school females (34.2%) are more likely than males (18.3%) to report depressive symptoms.
- 52.1% and 56.3% of high school youth who identify as gay or lesbian and bi-sexual responded affirmatively compared to 21.8% of youth who identify as straight or heterosexual.
- Low income high school youth report being more depressed (61.9%) than their more affluent peers (15.1%).

https://www.danecountyhumanservices.org/yth/dox/asmt_survey/2018/2018_exec_sum.pdf

Drug Use

- Dane County’s age-adjusted death rate due to unintentional poisonings is 13.7 deaths per 100,000 population, higher than state and national rates.
- Between 2002 and 2013, the rate of opioid-related overdose deaths in Dane increased by almost 350%

Data Sources:
 1. Wisconsin Department of Health Services. Retrieved from: <http://healthydane.org/?hcn=CommunityDashboard>
 2. Dane County Poisoning/Drug Harm Data Brief (2016). Public Health Madison and Dane County

Alcohol Use in the past 12 Months

- 30.9% of high school youth report drinking alcohol in the past 12 months compared to 34.8% in 2015 and 43.1% in 2012.
- 49.2% of high school seniors had a drink in the last 12 months compared to 71.6% in 2015.
- Asian/Not Hmong (81%), Black/African American (81%), Latinx (72%), White (67%), and Native American (66%) high school youth report “never” drinking.
- 7.8% of middle school students report drinking alcohol in the past 12 months compared to 8.1% in 2015 and 12.3% in 2012.

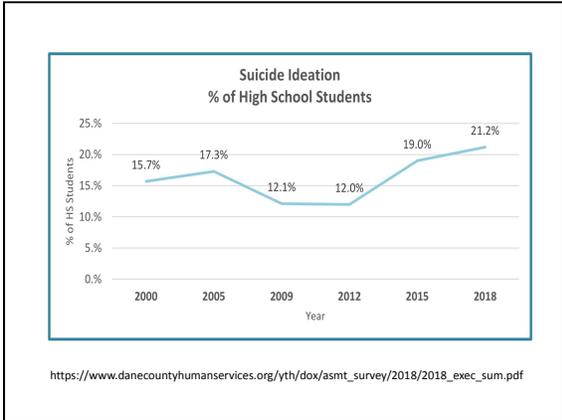
https://www.danecountyhumanservices.org/yth/dox/asmt_survey/2018/2018_exec_sum.pdf

Youth Suicide Statistics

Key Findings

- National and Wisconsin youth suicide rates have been rising since 2007.
- Wisconsin consistently has higher youth suicide rates than the national average.
- Wisconsin’s LGB students are 3.5 times more likely to attempt suicide.
- Self harm rates have increased, particularly for Wisconsin females ages 15-19.
- Wisconsin youth have protective factors such as adult mentors and community supports including access to QPR, and text help lines.

2017 Wisconsin Office of Children’s Mental Health Annual Report



Percentage Not Receiving Mental Health Services

- 83.2% of all high school youth report they are NOT receiving mental health services.
- 78.7% of high school females are NOT receiving mental health services.
- 65.6% of high school students who identify as gay/lesbian/bi-sexual or questioning are NOT receiving mental health services.
- 69.3% of high school students who report feeling anxious are NOT receiving mental health services.
- 62.6% of high school students reporting depression are NOT receiving mental health services.

https://www.danecountyhumanservices.org/yth/dox/asmt_survey/2018/2018_exec_sum.pdf

Poverty

- The overall poverty rate in Dane County is lower than state and national rates at 14.7%.
- However, poverty rates among communities of color in Dane exceed state and national poverty rates with 40% of the Black population living in poverty.

Data Sources:
U.S. Census Bureau American Community Survey (2010-2014) Retrieved from www.healthydane.org

Programs That Work

- Trauma Informed Care
- School Based Mental Health Services
- Mental Health First Aid (MHFA)
- Mindfulness

Trauma Informed Care

Cognitive Behavioral Intervention for Trauma in Schools (CBITS)--Journey Mental Health Center's evidenced based in school program for treatment of middle and high school trauma victims (United Way funded).

School Based Mental Health Services

- Building Bridges--A Catholic Charities school based mental health program that provides in house assessment, consultation, crisis intervention and referral. It is county funded and available in 10 Dane County school districts.
- FACE Kids--A collaborative K-12 school based group treatment program. FACE Kids services are provided by Agrace Hospice, Journey Mental Health Center, Lutheran Social Services, Family Services, Catholic Charities, Rainbow Project and Children's Hospital of Wisconsin (United Way funded).

Mental Health First Aid

This evidenced-based 1 or 2 day course teaches lay persons how to assess and intervene appropriately with individuals who are experiencing a mental health crisis. It is based upon the concept of giving CPR for a person in cardiac arrest.

[Center For Investigating Healthy Minds & Madison Metropolitan School District](#)

“For these are all our children, we will all profit by or pay for what they become.”

— James Baldwin
