Building Youth Resilience in Hawai'i
Youth Mental Health Statistics - National and Hawaii

- Youth Ranking: Hawaii is 43rd

*States with rankings 39-51 indicate that youth have a higher prevalence of mental illness and lower rates of access to care

- Access to Care: Hawaii 42nd

*Limited access to insurance and mental health treatment

https://www.mhanational.org/issues/2023/ranking-states
26.6% of high school students report getting 5 hours or less of sleep

34.8% high school students report depression lasting 2 weeks or more in the past 12 months.

25.8% middle school students report engaging in non-suicidal self-injury

https://hhdw.org/2021-youth-risk-behavior-survey-data-released/#:.text=Highlights%20from%20the%202021%20YRBS,in%20the%20past%2012%20months.
SUICIDALITY IN HAWAI‘I - YOUTH

1 out of 4 (M.S.)
1 out of 6 (H.S.)

Ideation

1 out of 6 (M.S.)
1 out of 7 (H.S.)

Plan

1 out of 8 (M.S.)
1 out of 10 (H.S.)

Attempt

Source: Centers for Disease Control and Prevention, Youth Risk Behavioral Surveillance System, Hawaii, 2019
## Causes of fatal injuries in Hawaii, by resident age group, 2016-2020

<table>
<thead>
<tr>
<th></th>
<th>0-14 y (75)</th>
<th>15-29y (565)</th>
<th>30-44 y (805)</th>
<th>45-59 y (1,069)</th>
<th>60-74 y (798)</th>
<th>75+y (939)</th>
<th>total (4,251)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>drowning 14</td>
<td>SUICIDE 219</td>
<td>SUICIDE 258</td>
<td>poisoning 456</td>
<td>poisoning 217</td>
<td>falls 594</td>
<td>poisoning 983</td>
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<tr>
<td>2</td>
<td>suffocation 12</td>
<td>mvc*-occupant 89</td>
<td>poisoning 220</td>
<td>SUICIDE 238</td>
<td>SUICIDE 166</td>
<td>suffocation 93</td>
<td>SUICIDE 957</td>
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<tr>
<td>3</td>
<td>homicide 11</td>
<td>poisoning 72</td>
<td>mvc*-occupant 59</td>
<td>falls 62</td>
<td>falls 123</td>
<td>SUICIDE 67</td>
<td>falls 811</td>
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<tr>
<td>4</td>
<td>SUICIDE 9</td>
<td>mvc*-motorcyclist 37</td>
<td>homicide 57</td>
<td>drowning 57</td>
<td>drowning 54</td>
<td>mvc*-pedestrian 30</td>
<td>mvc*-occupant 249</td>
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<tr>
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<td>mvc*-pedestrian 8</td>
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<td>drowning 54</td>
<td>suffocation 42</td>
<td>drowning 25</td>
<td>drowning 228</td>
<td>7</td>
</tr>
</tbody>
</table>

*mvc = motor vehicle crash
ACT 270

Enacted on July 1, 2019. This legislation requires the Department of Education, in collaboration with the Department of Health, to “develop a mandatory youth suicide awareness and prevention training program and a model risk referral protocol for complex areas and charter schools based on the Hawaii Department of Health’s existing suicide awareness and prevention curriculum and materials.”

From this came the creation of Suicide Prevention Foundations (SP 101) which is a preferred training requested from the Island school complexes. Three MHAH staff are certified instructors, and they assist the DOE in trainings annually.
2022 Mental Health Trainings

WORK
Live Your Life Well, Addressing Anxiety and Stress for Direct Service Providers, Waiting for Change: A Direct Service Providers Guide to Self-Care and Grief Literacy

HOME
Tips & Strategies for Surviving and Thriving, Managing Complex Emotions in a Complex World, A Practice in Coping Skills

HEALING
Healing & Grief, Brief Review of Trauma Informed Care, Healing Gardens: How to De-Stress
History of YSBP Program

- Created in 2008 for middle school & high school-aged youth
- Training-for-Trainers (T4T) Workshops
- Other presentations developed:
  - Become a Defender
  - Self-Care for Youth

YSBP Presentation

- Definitions, Types, Risk & Protective Factors, Warning Signs, How to Cope, How to Help a Friend, Resources
2021

For all islands, there was an overall increase of 38.9% in participant knowledge and understanding gained through attending workshops.

- 33.2% increase in knowledge and understanding of bullying prevention
- 45% increase in knowledge and understanding of suicide prevention.
- 58.9% reported being able to list tools to improve their mental wellness (self-care).
- 56.8% reported being able to name the negative outcomes of stress and anxiety.
- 61.1% reported knowing ways to get help if they do not feel better after trying self-care tools.
- 60.6% reported knowing the resources to get help if a friend is having a crisis or is thinking about suicide.
For all islands, there was an overall increase of 28.1% in participant knowledge and understanding gained through attending workshops.

For all islands, the majority of participants who completed the YSBP Training (78.5%) reported they were able to identify the different types of bullying, the roles youth play in bullying, the warning signs/risk factors of suicide, and resources to get help for suicidal youth.

- 78.7% reported being able to list tools to improve their mental wellness (self-care).
- 81.4% reported being able to name the negative outcomes of stress and anxiety.
- 76.4% reported knowing ways to get help if they do not feel better after trying self-care tools.
- 83.3% reported knowing the resources to get help if a friend is having a crisis or is thinking about suicide.
Systemic Approach to Building Resilience

- Advocacy and Policy Making through Task Force involvement
- Trainings: Students, Parents/Guardians, Community, Businesses, and other Non-profits
- Partnering to provide a strong mental health foundation
PARTNERSHIPS & COLLABORATIONS

HAWAII PUBLIC LIBRARY

RISE PROGRAM

PBS PUBLIC BROADCASTING SERVICE

AFSP-HI

American Foundation for Suicide Prevention
PARTNERSHIPS & COLLABORATIONS

4-H

NAMI-HI

YMCA-KALIHI

COMMUNITY TRAININGS
The CASEL Wheel

- MHAH Community Trainings
- After School Programs
- YSBP
- Become a Defender
- School Staff- SP101, YMHFA

- Mental Health Task Force- ACT 270
- Community Partnerships & Collaborations

https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/
UNTIL WE MEET AGAIN!