

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



Youth Risk Behavior Surveillance System 21'

- 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

Causes of fatal injuries in Hawaii, by resident age group, 2016-2020

	0-14 y (75)	15-29y (565)	30-44 y (805)	45-59 y (1,069)	60-74 y (798)	75+y (939)	total (4,251)
1	drowning 14	SUICIDE 219	SUICIDE 258	poisoning 456	poisoning 217	falls 594	poisoning 983
2	suffocation 12	mvc*- occupant 89	poisoning 220	SUICIDE 238	SUICIDE 166	suffocation 93	SUICIDE 957
3	homicide 11	poisoning 72	mvc*- occupant 59	falls 62	falls 123	SUICIDE 67	falls 811
4	SUICIDE 9	mvc*- motorcyclist 37	homicide 57	drowning 57	drowning 54	mvc*- pedestrian 30	mvc*- occupant 249
5	mvc*- pedestrian 8	homicide 36	drowning 54		suffocation 42	drowning 25	drowning 228

*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



Mental Health America of Hawai'i

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

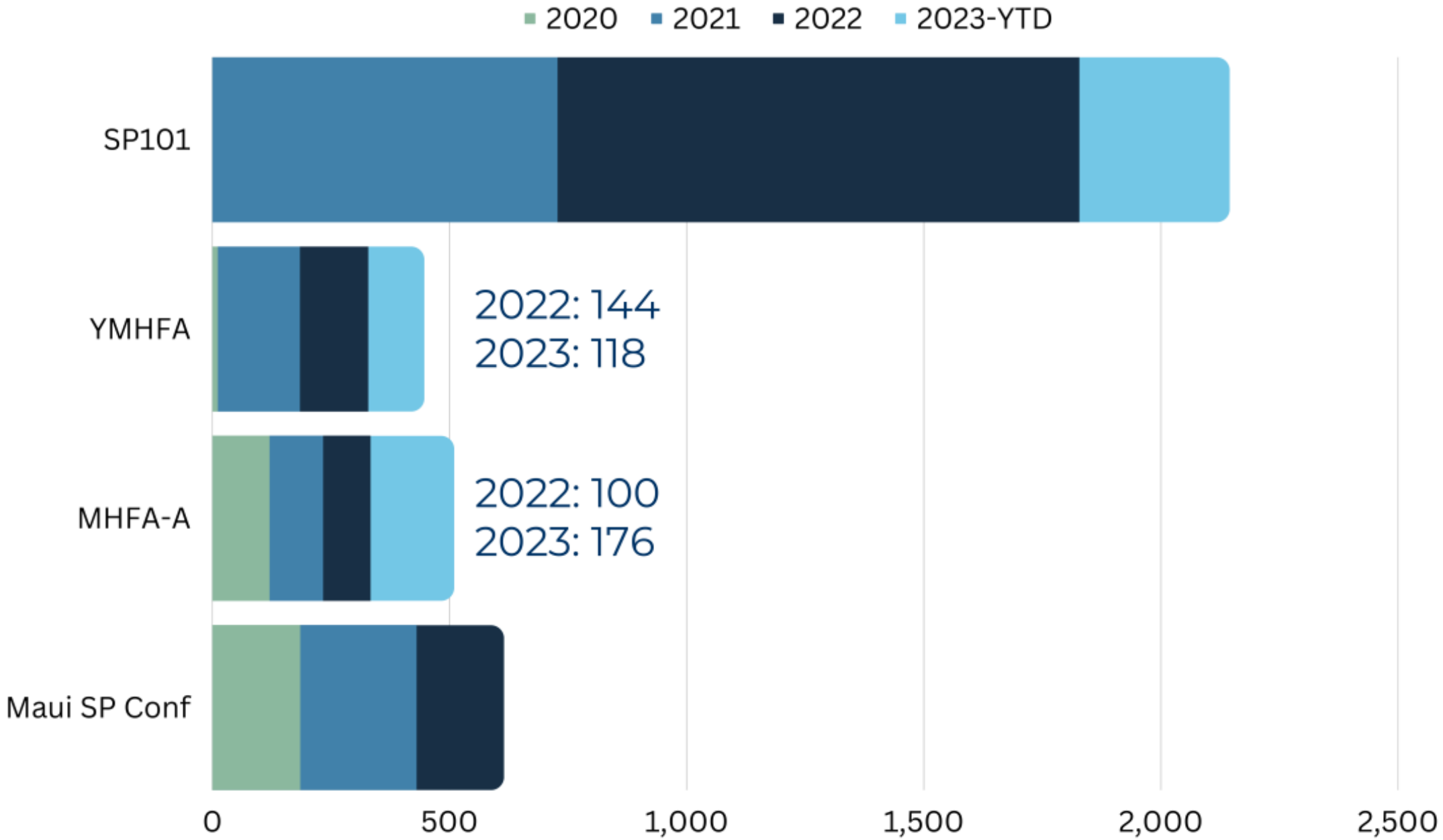
Tips & Strategies for Surviving and Thriving, Managing Complex Emotions in a Complex World, A Practice in Coping Skills

HEALING

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

Suicide Prevention

*SP101 not available virtually in 2020



Youth Suicide & Bullying Prevention

History of YSBP Program

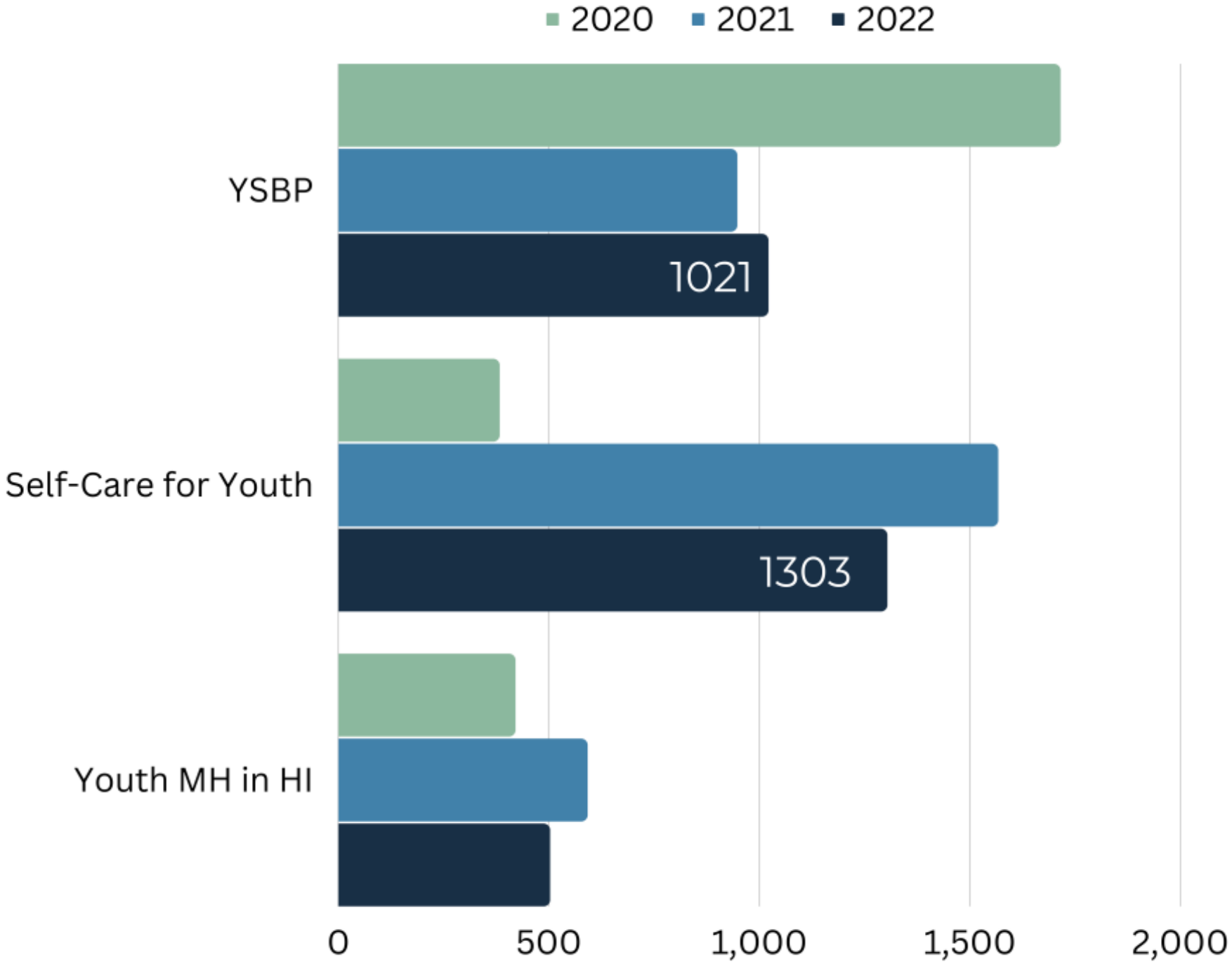
- Created in 2008 for middle school & high school-aged youth
- Training-for-Trainers (T4T) Workshops
- Other presentations developed:
 - Become a Defender
 - Self-Care for Youth

YSBP Presentation

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



3-Yr Data



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.

2022

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



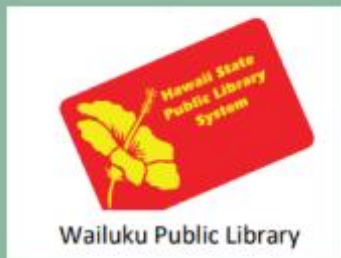
Trainings: Students,
Parents/Guardians,
Community,
Businesses, and
other Non-profits



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**

Hawaii

PARTNERSHIPS & COLLABORATIONS

4-H



NAMI-HI



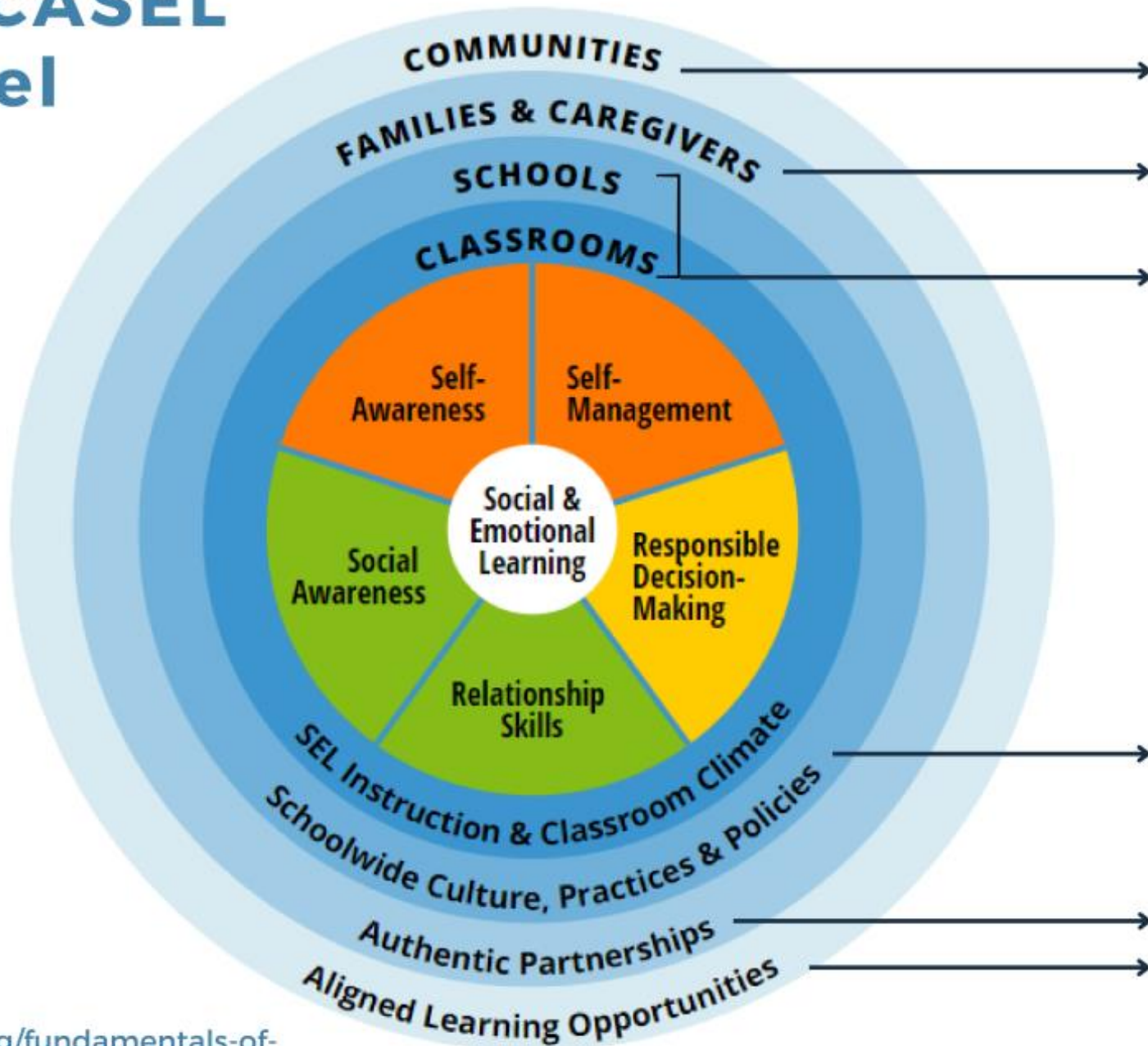
YMCA-
KALIHI



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



FOLLOW US



FACEBOOK
@MHAHawaii



INSTAGRAM
@livenaau
@mhahawaii



YOUTUBE
@mhaofhawaii



TIKTOK
@mhahawaii

A HUI HOU KAKOU



New! GET CONNECTED



WEBSITE

mentalhealthhawaii.org

EMAIL

info@mentalhealthhawaii.org

CONTACT NUMBER

(808) 521-1846 (Oahu)

(808) 242-6461 (Maui Co)

SCREENINGS

<https://bit.ly/3yGjdN>

UNTIL WE MEET AGAIN!

