

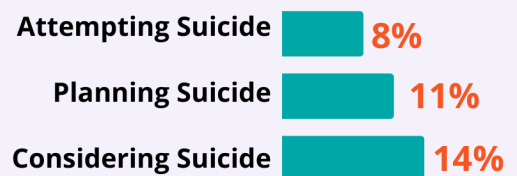
The State of Youth Mental Health in Kentucky

Data are sourced from the 2021 Kentucky Incentives for Prevention (KIP) Survey, our state's largest source of adolescent behavioral health data. Responses are a combined summary of participating 6th, 8th, 10th and 12th grade students from 127 school districts throughout the state. For additional information about the KIP Survey, please visit: www.kipsurvey.com

OVERVIEW OF YOUTH MENTAL HEALTH

22% of participating students in grades 6, 8, 10, and 12 reported **serious psychological distress** in the past 30 days

Percentage of participating students who reported...

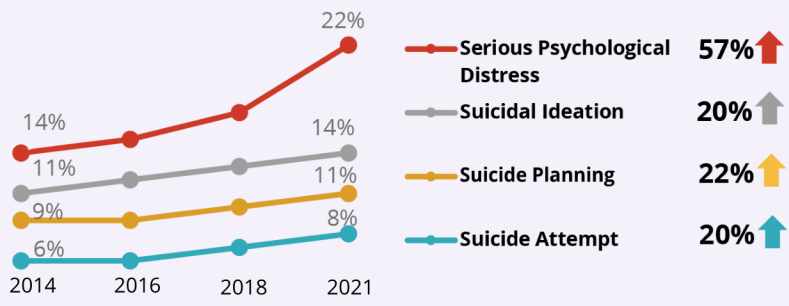


1 in 6 participating students reported engaging in **self-harm behaviors**

1 in 3 participating students reported having **poor mental health** most of the time or always during the COVID-19 pandemic

MENTAL HEALTH TRENDS 2014-2021

Since 2014, among all participating students **rates have increased** for reported...



Compared to their peers ...

Gay, lesbian, and questioning students were...
4.6 X more likely to report experiencing suicidal thoughts
3.8 X more likely to report attempting suicide

Students identifying outside of the gender binary were...
6.5 X more likely to report experiencing suicidal thoughts
4.1 X more likely to report attempting suicide

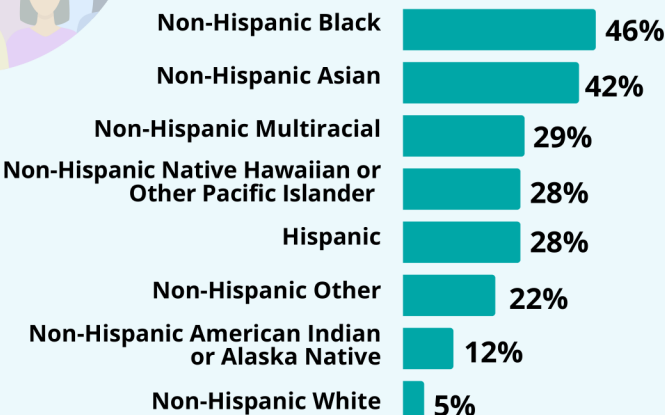
Non-Hispanic Multiracial students were the most likely to report **serious psychological distress** and **suicidal ideation**



6th graders, in comparison to other grades, experienced the largest increase in serious psychological distress, suicidal ideation, suicide planning, and suicide attempts between 2014 and 2021. Rates of **suicidal ideation** and **suicide planning more than doubled** among 6th graders during this time period.

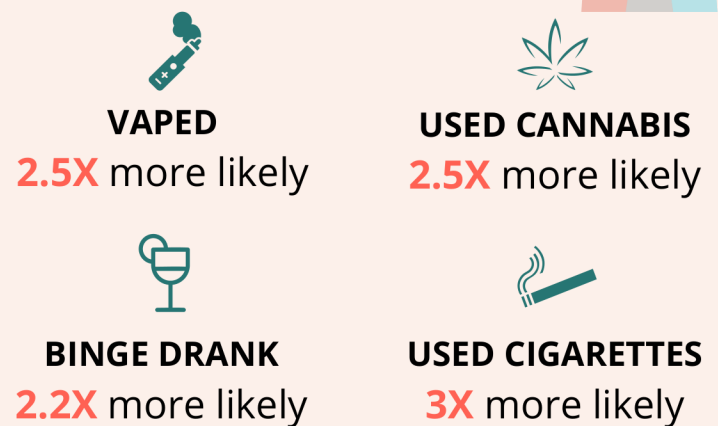
RACE-BASED CONCERNS & MENTAL HEALTH

Percentage of participating students reporting they **worry they could be treated differently because of their race/culture**:



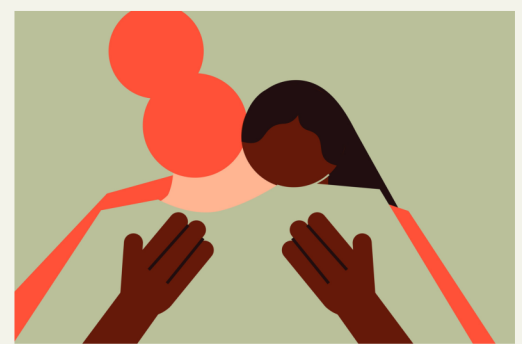
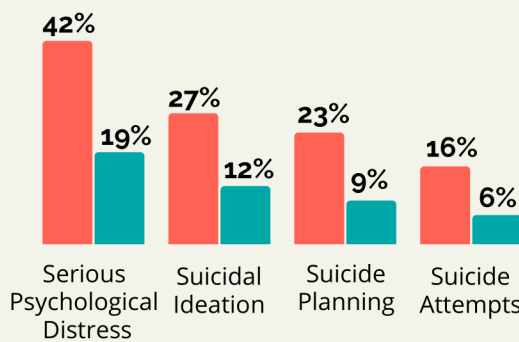
SERIOUS PSYCHOLOGICAL DISTRESS & SUBSTANCE USE

The likelihood of experiencing **serious psychological distress increased** among students who...



MENTAL HEALTH OUTCOMES AMONG STUDENTS WITH AND WITHOUT A TRUSTED ADULT

Serious psychological distress and suicidal behavior were **significantly less prevalent** among participating students who reported having a trusted adult in their life.



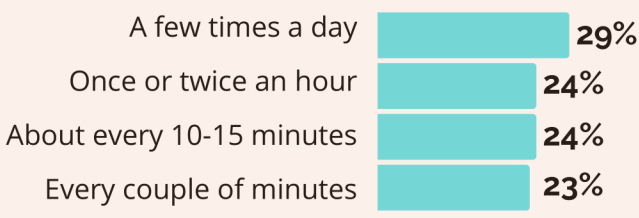
Compared to their peers

Gay, lesbian, and questioning students were **54% less likely** to report having a trusted adult in their life.

Students identifying outside of the gender binary were **58% less likely** to report having a trusted adult in their life.

Mental Health Outcomes: SOCIAL MEDIA

Frequency of social media use among participating students:

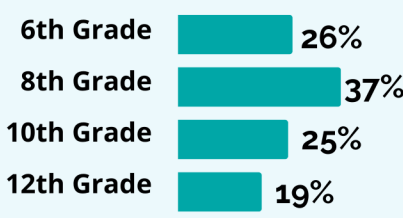


As the frequency of social media use increased so did reported:

Serious Psychological Distress
 Suicidal Ideation
 Suicide Planning
 Suicide Attempts

Mental Health Outcomes: SLEEP

Percentage of students getting the **recommended amount of sleep***:



Among **High School students**, those who got the recommended amount of sleep were **less likely** to report...
 Serious Psychological Distress by... **60%**
 Suicidal Ideation by... **53%**
 Suicide Attempt by... **48%**
 Suicide Planning by... **54%**

*American Academy of Sleep Medicine: <https://aasm.org>

WAYS TO SUPPORT YOUTH MENTAL HEALTH...

- Ensure that every child has access to high-quality, affordable, and culturally competent mental health care.
- Help adolescents develop strong, safe, and stable relationships with supportive adults.
- Encourage regular participation in physical activity.
- Maintain a healthy sleep schedule and ensure that children and teens regularly get the recommended amount of sleep for their age group.
- Delay initiation of social media use.
- Be attentive to how youth spend time online and place time limits on screen activities.

- Create positive, safe, and affirming school environments.
- Expand the school-based mental health workforce.
- Ensure that young people are aware of how to access help when it is needed.
- Protect and prioritize students with greater needs and those at higher risk of mental health challenges.
- Minimize children's access to means of self-harm, including firearms and prescription medications.
- Seek professional support.

If there is immediate concern for a child's safety, do not leave them alone. Call the Suicide Prevention and Crisis Lifeline - DIAL 988. Lock up any potentially lethal objects. Young people who are actively trying to harm themselves should be taken to the closest emergency room.

SOURCES:

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- Klass, P. (2021, February 6.) How to Help When Adolescents Have Suicidal Thoughts. New York Times. <https://www.nytimes.com/2021/02/06/well/family/suicidal-ideation-kids-resilience.html?smid=nytcore-ios-share&referringSource=articleShare>
- REACH Evaluation (2018-2021). Kentucky Incentives for Prevention 2018-2021 Survey Results. [Data file.]
- REACH Evaluation (2021.) Kentucky Incentives for Prevention 2021 Survey Results. [Data file.]