

# **Superintendent Symposium: Health. Moves. Minds.**

Assessing and Addressing Youth Risk Behaviors  
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State Health Commissioner



Indiana State  
Department of Health

## MENTAL HEALTH RECOMMENDATIONS

*Keeping Hoosier children as far away as possible from a “never event”*



### Universal Interventions

*Mental health screening tool*  
*Mental health first aid*  
*Trained educators & staff*

### Mental Health Services

*Community mental health centers*  
*Mental health providers*

### School-Based Programs

*Free to schools*  
*State & federally funded*

### Emergency Response

*PsySTART*  
*Mental health rapid response teams*

## NEVER EVENT

**SUICIDE,  
HOMICIDE,  
SEXUAL ASSAULT,  
BULLYING**

**Youth Behavioral Risk Surveillance System Assessment**

# Youth Risk Behavior Survey currently in Indiana

- CDC National Survey Bi-annual since 1990.
- Monitors six health behaviors (contribute to leading causes of death, disability and social problems, among youth and adults in US).
- Random selections representative of public schools grades 9 to 12.
- Weighted data requires 60% participation.

## Last Weighted Data – 2015 Indiana

- 62% consumed alcohol at least once and 17% drank greater than or equal to five alcoholic beverages at a time.
- 23% offered, sold or given illegal drugs on school property
- 17% took prescription drugs, i.e. oxycontin, Percocet, Vicodin.
- 19% bullied on school property.
- 20% high school students carry a weapon (gun, knife or club).
- Nearly 1 in 5 considered suicide and 1 in 10 attempted suicide

# House Bill 1004

- **Allows** ISDH to work with all public schools to offer YRBS bi-annually to students grades 9 to 12.
- **Provides** comparable data on state, district, and individual school level (individual student responses anonymous).
- **Informs** teachers, administrators, community-based health care providers & behavioral health providers about these at-risk behaviors.
- Consider **implementation** of programming and resources available at FSSA to address these risky behaviors.
- **Assess** for improvement every two years after deployment of programming.

# Questions & Contact Information

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