



KANSAS HEALTH INSTITUTE

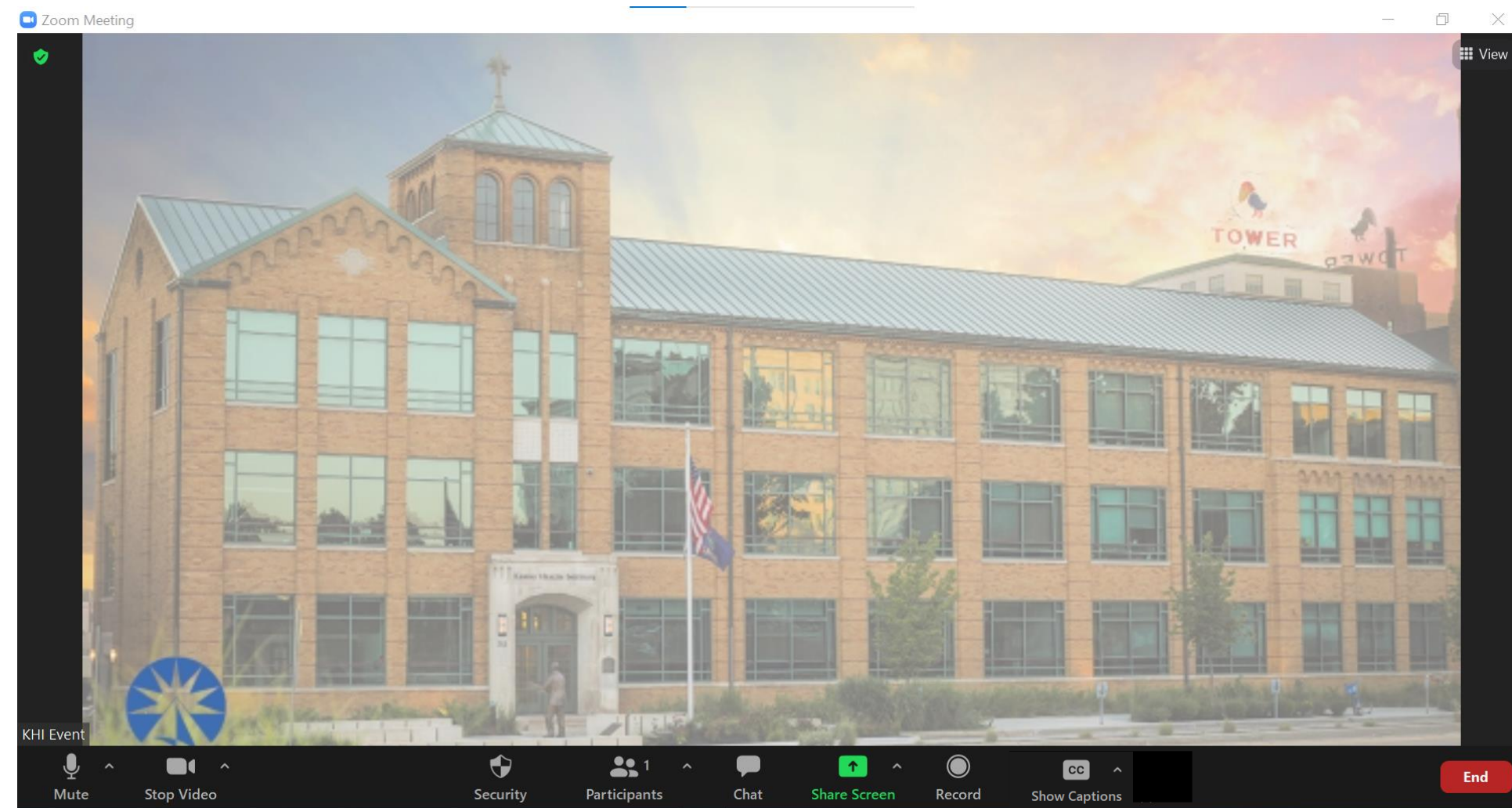
# Youth & Young Adult Mental Health

---

Challenges & Opportunities in the  
Sunflower State

December 7, 2022





**View:** Switch between Speaker and Gallery view.

## Helpful Hints for Zoom Meeting

Technical questions about your Zoom connection or functionality?

> Find **‘KHI, IT Help’** in the Participants list to connect for assistance.

**Mute**

**Video:** Stop or start your individual video

**Participants listing:** Find a participant to message

**Chat:** Use this feature to enter questions and comments.

**Closed Captions:** Option for participants

# Upcoming KHI Learning Sessions

---

## Additional Pop-Up Seminars (Q4, 2022)

- Public Health Resource Sharing (Dec. 15)
- COVID-19 Deaths by Race and Ethnicity (Dec. 19)

Visit our Events Page



<https://www.khi.org/view-all-events/>







KANSAS HEALTH INSTITUTE

# Welcoming Remarks

---

**Kari Bruffett**

*President & CEO*

*Kansas Health Institute*



# Who We Are

---



- Nonprofit, nonpartisan educational organization based in Topeka.
- Established in 1995 with a multi-year grant by the Kansas Health Foundation.
- Committed to convening meaningful conversations around tough topics related to health.







KANSAS HEALTH INSTITUTE

# Setting the Stage

---

A Snapshot of Kansas Youth & Young Adult Mental Health

**Wyatt Beckman**

*Senior Analyst*

*Kansas Health Institute*

# Acknowledgments

---

We recognize the following individuals for their contributions:



**Kaci Cink**

*Research Assistant*



**Angela Wu**

*Analyst*



**Stewart Cole**

*Graphic Designer*



**Wen-Chieh Lin**

*Director of Research*



# Acknowledgments

---

We recognize the following individuals for their contributions:



**Lyndsey Burkhart**

*Event Coordinator/  
Communication  
Assistant*



**Valentina Blanchard**

*Analyst*



**Linda Sheppard**

*Senior Analyst &  
Strategy Team Leader*



**Cathy McNorton**

*Senior Communication  
Specialist*





---

# State of Mental Health in Kansas



# National Perspective

## The State of Mental Health in America, 2023 Report

- Publicly available, secondary data
- Snapshot of mental health status among youth and adults for policy and program planning, analysis, and evaluation.
- Adult, Youth and Overall Rankings

MHA Report Link: <https://mhanational.org/issues/state-mental-health-america>

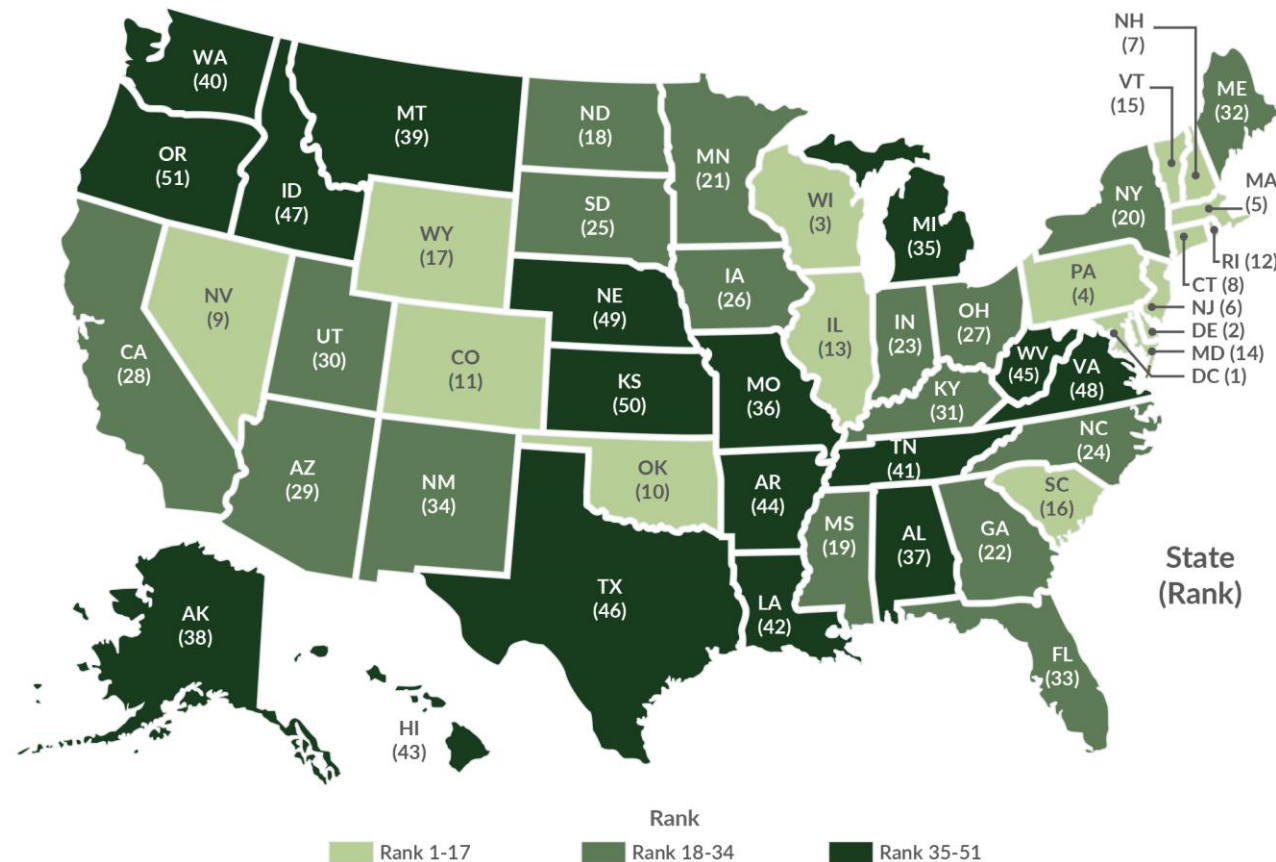


**Citation:** Reinert, M., Fritze, D., & Nguyen, T. (October 2022). "The State of Mental Health in America 2023." Mental Health America, Alexandria, VA.



# Youth Mental Health Rankings Map

Youth Mental Health Ranking by State from the *State of Mental Health in America, 2023 Report*



Note: Rankings are based on seven measures from publicly available data in all 50 states and the District of Columbia. States with positive outcomes, e.g., lower prevalence of mental illness and better access to care, are ranked higher (closer to 1) than states with poorer outcomes. Youth measures use data sources that range from 2019-2021.  
Source: Reinert, M, Fritze, D. & Nguyen, T. (October 2022). "The State of Mental Health in America 2023" Mental Health America, Alexandria VA.





# Youth Mental Health Ranking Measures

## Seven measures make up the Youth Ranking:

Kansas Youth Mental Health Ranking Measures from the State of Mental Health in America, 2023 Report

Measure	National	KS	KS Rank
1. Youth with at least one major depressive episode (MDE) in the past year	16.39%	17.94%	35
2. Youth with substance use disorder in the past year	6.34%	9.05%	51
3. Youth with severe MDE	11.50%	13.00%	29
4. Youth with MDE who did not receive mental health services	59.80%	56.50%	29
5. Youth with severe MDE who received some consistent treatment*	28.0%*	6.50%*	51
6. Youth with private insurance that did not cover mental or emotional problems	10.30%	10.30%	36
7. Students (K+) identified with emotional disturbance for an individualized education program* (per 1,000 students)	7.18*	5.14*	38

Note: Rankings utilize publicly available data in all 50 states and the District of Columbia. States with positive outcomes, e.g., lower prevalence of mental illness and better access to care, are ranked higher (closer to 1) than states with poorer outcomes. Asterisk (\*) denotes measures where higher percentage or rate equate to better outcomes. For all other measures, lower percentages equate to better outcomes.

Source: Reinert, M, Fritze, D. & Nguyen, T. (October 2022). "The State of Mental Health in America 2023" Mental Health America, Alexandria VA.



---

# Kansas Communities That Care Survey



KANSAS HEALTH INSTITUTE  
*Informing Policy. Improving Health.*

---

[khi.org](http://khi.org)

# Kansas Communities That Care Survey

---

## Student Survey and Young Adult Survey

- Administered by the Research, Grants, and Evaluation Department Greenbush – The Education Service Center
- Funded by Kansas Department for Aging and Disability Services Behavioral Health Services Commission
- Student Survey: 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> & 12<sup>th</sup> Grade
- Young Adult Survey: Individuals age 18-25



**Kansas Communities  
That Care**  
**STUDENT SURVEY**



**KANSAS  
YOUNG ADULT SURVEY**  
**KYAS**



KCTC Link: <https://kctcdata.org/>



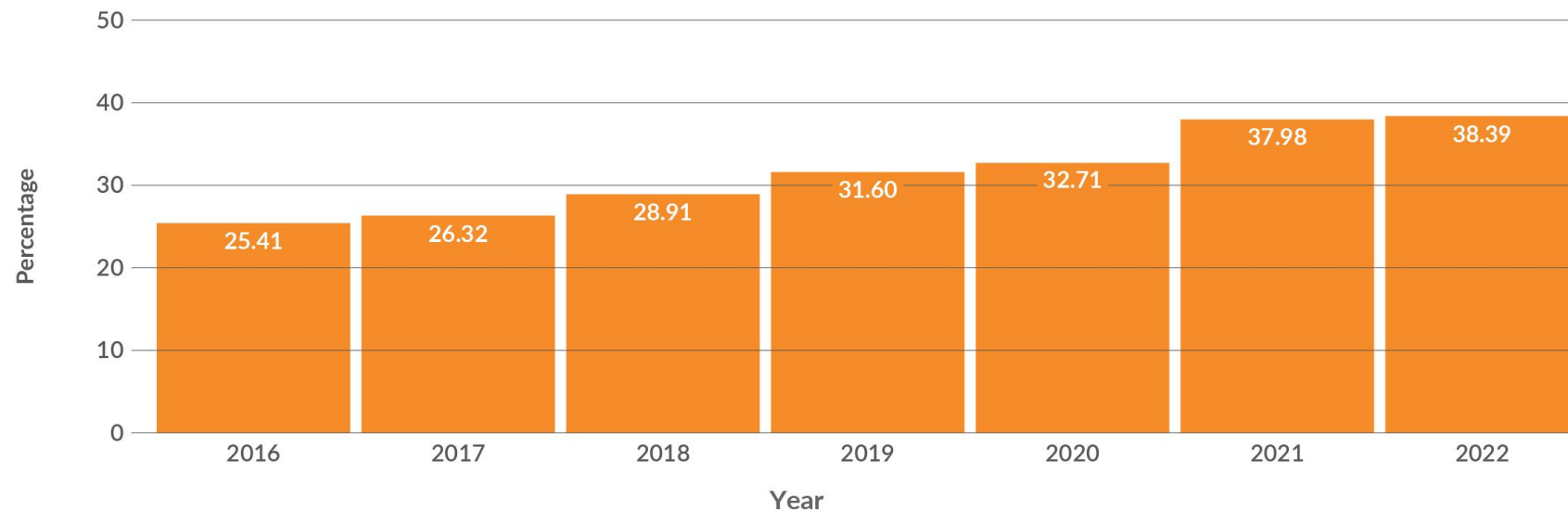
**KANSAS HEALTH INSTITUTE**  
*Informing Policy. Improving Health.*



# Sadness & Hopelessness - Students

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

Self-Reported Feelings of Sadness or Hopelessness Almost Every Day for Two Weeks Among Kansas 6th, 8th, 10th and 12th Grade Students, 2016-2022



Note: Results from the Optional Suicide/Depression Module.

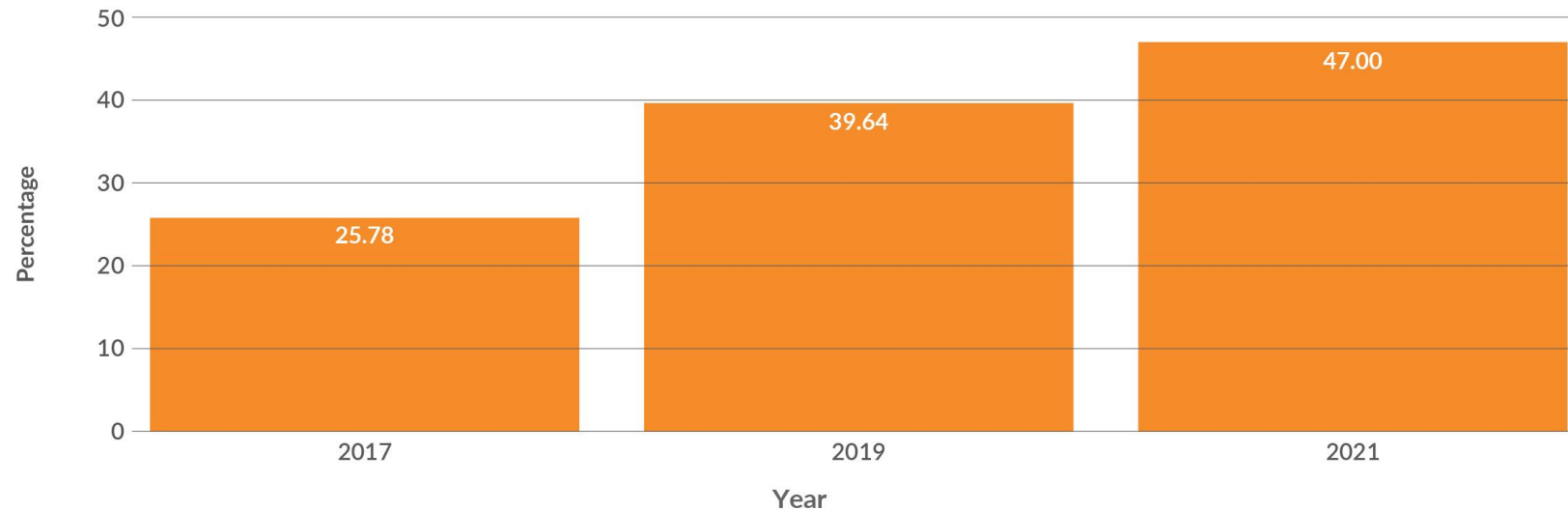
Source: Kansas Communities that Care Student Survey. Administered by Greenbush – The Southeast Kansas Education Service Center, Funded by the Kansas Department for Aging and Disability Services.



# Sadness & Hopelessness – Young Adults

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

Self-Reported Feelings of Sadness or Hopelessness Almost Every Day for Two Weeks Among Kansans Age 18-25, 2017-2021



Note: The survey is administered every other year and was not conducted in 2018 and 2020. Participants include individuals in college and not in college.

Source: Kansas Communities that Care Young Adult Survey. Administered by Greenbush – The Southeast Kansas Education Service Center, Funded by the Kansas Department for Aging and Disability Services.



---

# Suicide Rates





# Suicide Rates Among Kansas Youth

---

## Forthcoming Fact Sheet from KHI

- Trend in Suicide Rates and Means
- Data from KDHE Vital Statistics and KIC & CDC WONDER
- 20 Years from 2001-2020
- Data aggregated to five-year periods

*We recognize Lauren Gracy, Epidemiologist, KDHE, for her contributions.*

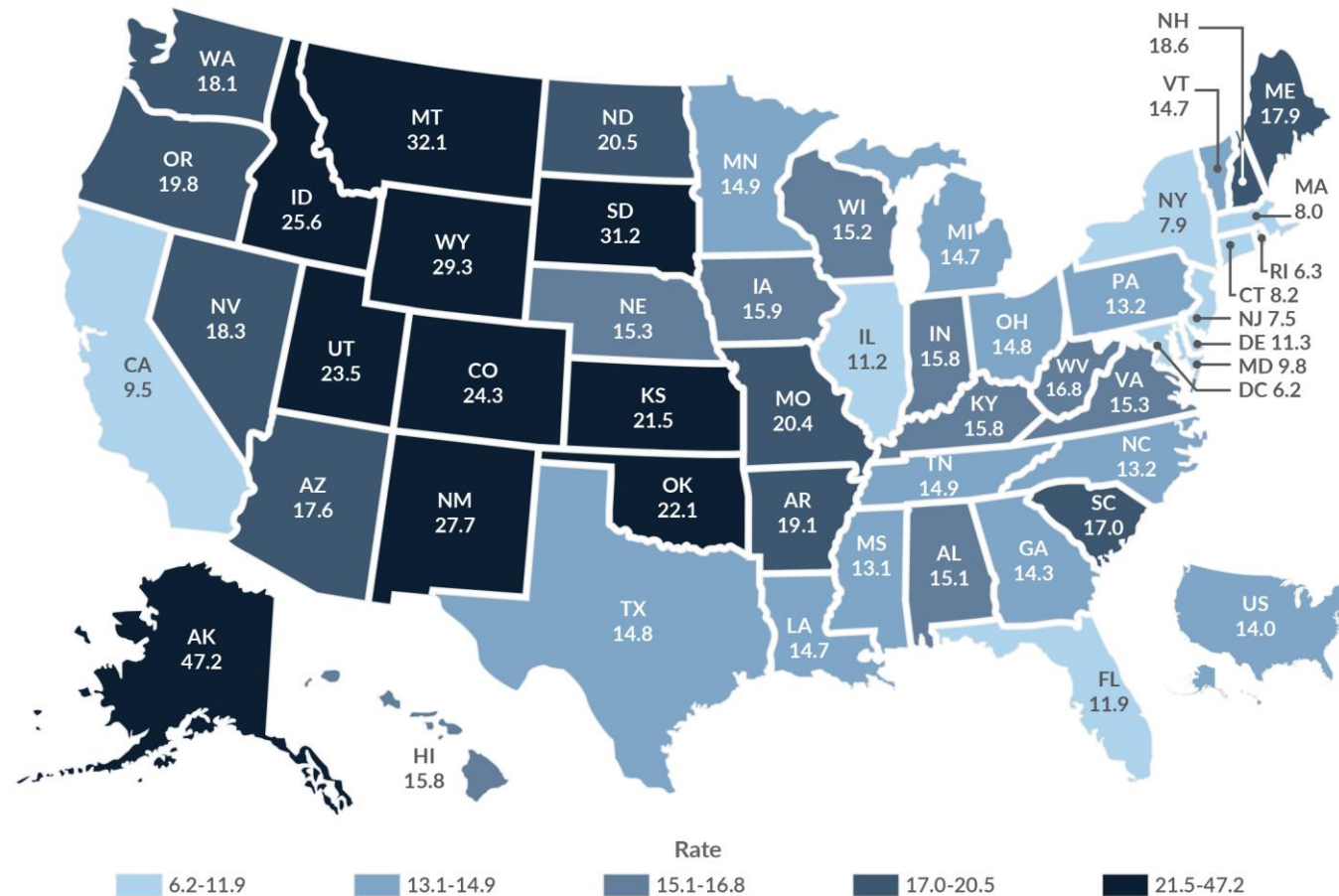
KDHE KIC Link: [http://kic.kdheks.gov/death\\_new.php](http://kic.kdheks.gov/death_new.php)

CDC WONDER Link: <https://wonder.cdc.gov/>



# State Rates of Suicide – Youth 15-24

Rates of Suicide (Per 100,000) Among Individuals Age 15-24 by State, 2016-2020



Note: Data were aggregated to a five-year period (2016-2020) due to small sample size. Rates are presented as per 100,000 population. Data from the CDC WONDER Database may differ from those reported by states due to inclusion criteria regarding primary state of residence at time of death. Differences are minor and do not change the overall findings in Kansas.  
Source: Kansas Health Institute analysis of Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database, 2016-2020.



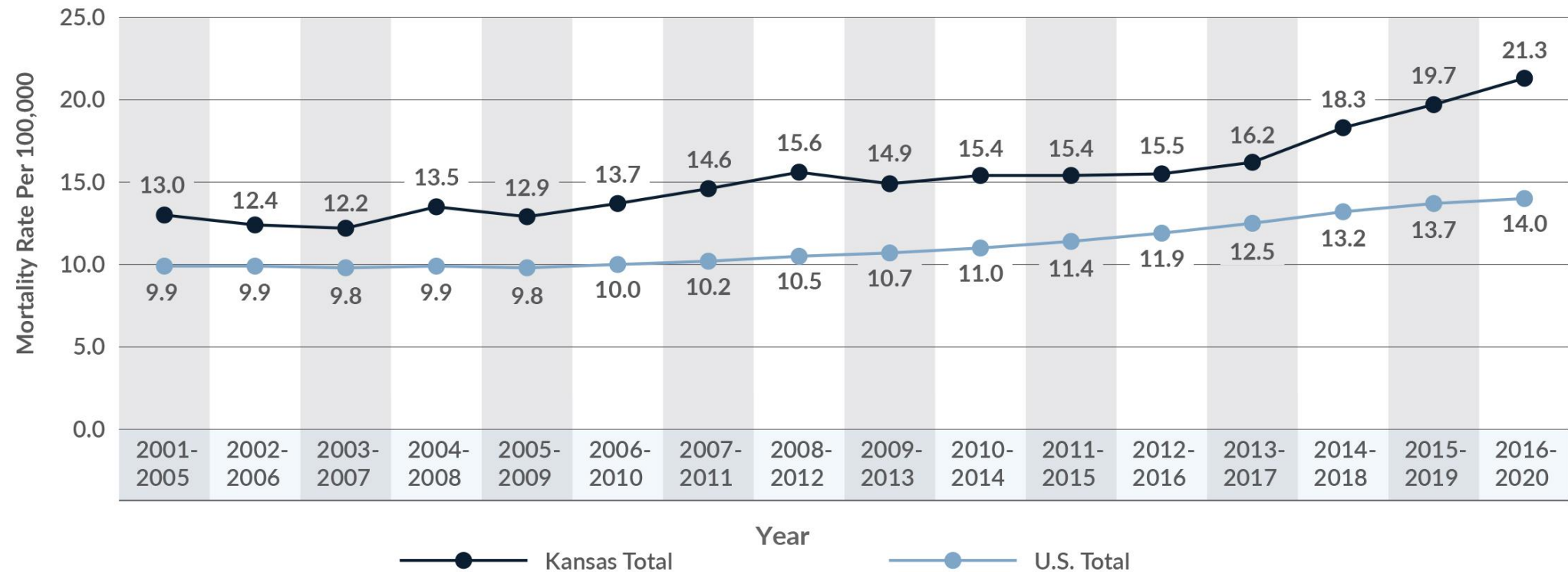
KANSAS HEALTH INSTITUTE

Informing Policy. Improving Health.

khi.org

# Suicide Rate Trend – Youth 15-24

Rates of Suicide (Per 100,000) Among Youth Age 15-24 in Kansas and the U.S., 2001-2020



Note: Data were aggregated to five-year periods (e.g., 2016-2020) due to small sample size.

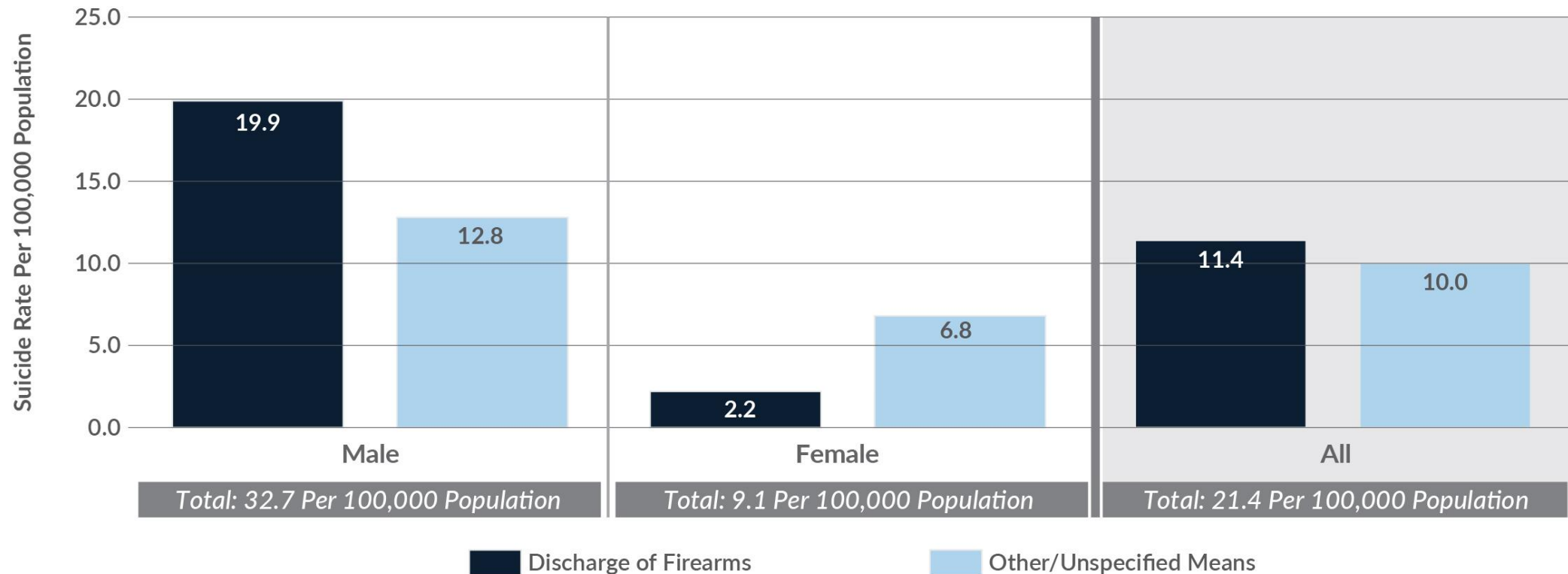
Source: Kansas Health Institute analysis of Centers for Disease Control and Prevention, National Center for Health Statistics, National Vital Statistics System, Mortality 1999-2020 on CDC WONDER Online Database, 2001-2020, and Kansas Department of Health and Environment, Office of Vital Statistics, Death Database, 2001-2020.





# Means of Suicide in Kansas – Youth 15-24

Rates of Suicide (Per 100,000) Among Male and Female Youth Age 15-24 in Kansas, 2016-2020



Note: Data were aggregated to five-year periods (e.g., 2016-2020) due to small sample size.

Source: Kansas Health Institute analysis of Kansas Department of Health and Environment, Office of Vital Statistics, Death Database, 2001-2020.



# Meeting the Mental Health Needs of Youth & Young Adults at the Local Level



KANSAS HEALTH INSTITUTE

*Informing Policy. Improving Health.*

# Panelists

---

## Meeting the Mental Health Needs of Youth & Young Adults at the Local Level



**Dr. Tiffany Anderson,  
Ed.D., M.Div.**

Superintendent,  
Topeka Public Schools



**Dan Duling, M.S.Ed.**

Vice President of  
Community  
Partnerships,  
Community Health  
Center of Southeast  
Kansas



**Richard Falcon**

Program Supervisor,  
Compass Behavioral  
Health



**Carlee Gilley,  
L.M.S.W., L.S.C.S.W.**

School-Based Clinical  
Level Therapist,  
Community Health  
Center of Southeast  
Kansas



---

**Lunch Break**  
**Return at 12:45pm**





# Statewide Efforts and Strategies to Support Youth & Young Adult Mental Health



KANSAS HEALTH INSTITUTE

*Informing Policy. Improving Health.*

# Panelists

---

## Statewide Efforts and Strategies to Support Youth & Young Adult Mental Health



**Chad Childs, M.S.F.T**

Prevention  
Initiatives Manager,  
Wichita State  
University Community  
Engagement Institute



**Madison Elliott**

Public Policy &  
Advocacy Director,  
NAMI Kansas



**Monica Kurz,  
L.M.S.W.**

Vice President of  
Policy & Prevention,  
Kansas Suicide  
Prevention HQ



**Laura Moore**

Youth Suicide  
Prevention  
Coordinator,  
Office of the Kansas  
Attorney General



**Stephanie Rhinehart,  
L.M.S.W.**

Prevention Program  
Manager,  
Kansas Department for  
Aging and Disability  
Services



# Closing Remarks



KANSAS HEALTH INSTITUTE

*Informing Policy. Improving Health.*

# Resources

---

If you or someone you know is in crisis or needs support, please seek the following resources.



Behavioral Health Treatment Services Locator:  
<https://findtreatment.samhsa.gov/>

Youth Resources:  
<https://988lifeline.org/help-yourself/youth/>

Local Mental Health Resources Call NAMI  
Kansas Helpline:  
[1-785-214-4496](tel:1-785-214-4496)





# THANK YOU!



KANSAS HEALTH INSTITUTE

*Informing Policy. Improving Health.*

# Connect With Us

---



KANSAS HEALTH INSTITUTE

*Informing Policy. Improving Health.*

[www.khi.org](http://www.khi.org)

@KHIorg



212 SW 8<sup>th</sup> Avenue | Topeka, KS | 785.233.5443