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.
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/
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.
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
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.

# Youth Mental Health Ranking Measures

Seven measures make up the Youth Ranking:

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

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.

Kansas Communities That Care Survey
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: 6th, 8th, 10th & 12th Grade

• Young Adult Survey: Individuals age
  18-25

KCTC Link: https://kctcdata.org/
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.
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?

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
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.
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.
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

- Male: Discharge of Firearms: 19.9, Other/Unspecified Means: 12.8
- Female: Discharge of Firearms: 2.2, Other/Unspecified Means: 6.8
- All: Discharge of Firearms: 11.4, Other/Unspecified Means: 10.0

Total: 32.7 Per 100,000 Population
Total: 9.1 Per 100,000 Population
Total: 21.4 Per 100,000 Population

Note: Data were aggregated to five-year periods (e.g., 2016-2020) due to small sample size.
Meeting the Mental Health Needs of Youth & Young Adults at the Local Level
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
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
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
THANK YOU!