



YOUTH MENTAL HEALTH SCORECARD

The Mental Health Matters coalition created this Youth Mental Health Scorecard to assist the community to identify and address youth mental health needs.

The scorecard includes a subset of items from the Youth Risk Behavior Survey* organized into 4 categories that highlight important factors associated with youth mental health. Together these topics highlight key issues to consider related to youth mental wellbeing, and data included here can help put a spotlight on areas where more support and intervention are needed in the community.

Some demographic groups are at higher risk for poor mental health. For example, consistent with state and national reports, more youth who are female or identify as LGBTQ in Eau Claire County report mental health problems compared to their peers, and disparities can exist by race or ethnicity and for youth living in poverty. It is important to consider the needs of these groups when planning for support and intervention.

1

Social Emotional Wellbeing

Social emotional wellbeing items provide an overview of the state of mental health of youth in the Chippewa Valley, including the percent of young people at risk for depression, experience anxiety, and who have considered suicide.

So sad or hopeless that stopped usual activities (past 12 months)

Problems with anxiety (past 12 months)

Seriously considered suicide (past 12 months)

28%	
32%	





2

Protective Factors / Resilience

Protective factors lessen risk for mental health issues. Supportive relationships with adults are critical to youth resilience. Other protective factors that support youth mental health are feeling safe at school and meaningful participation.

Have at least one supportive adult besides parent(s)

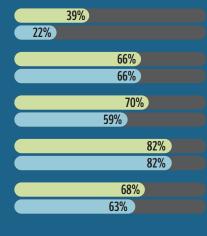
Most or all of the time get emotional support when need it

Have at least one teacher or other adult at school to talk to

Agree or strongly agree that they belong at school

Most of the time or always feel safe at school

Participate in school activities, teams or clubs



Risk Behaviors

Risk behaviors include tobacco, alcohol and other drug use and can be both a symptom and cause of mental health issues. Risk behaviors are often unhealthy ways of coping with stress.

Drank alcohol (past 30 days)	7% 20%
Used marijuana (past 30 days)	10%
Vape/JUUL/E-cigarettes (past 30 days)	4%
Used any illegal drugs besides marijuana (past 12 months)	(1%■ 3%
Ever misused a prescription pain medication	4% • 8%



Risk Factors

Risk factors include measures that when present in the lives of youth are associated with an increase for mental health issues. on the scorecard include indicators of physical violence and bullying, food insecurity, screen time, and lack of sleep.

Electronically bullied (past 12 months)	22% 16%
Ever been forced to do anything sexual	7%
Experienced hunger due to lack of food in the home (past 30 days)	33% 21%
Sleep fewer than 8 hours per night	44%
3+ hours/day screen time (Xbox, phone computer) excluding for schoolwork	59%