



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.

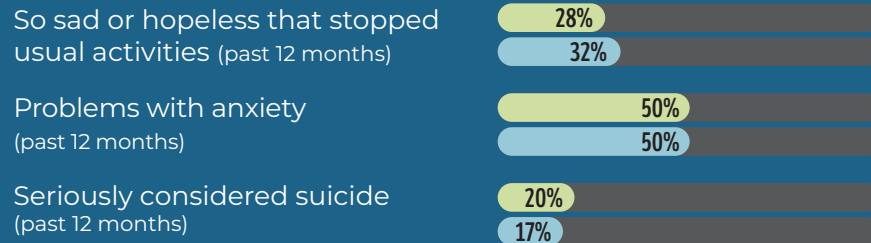
KEY

MIDDLE SCHOOL

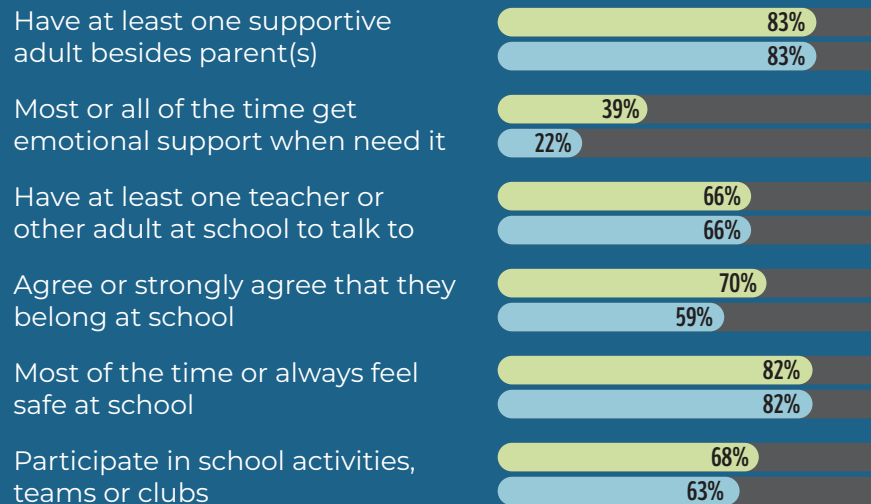
HIGH SCHOOL

1 Social Emotional Wellbeing

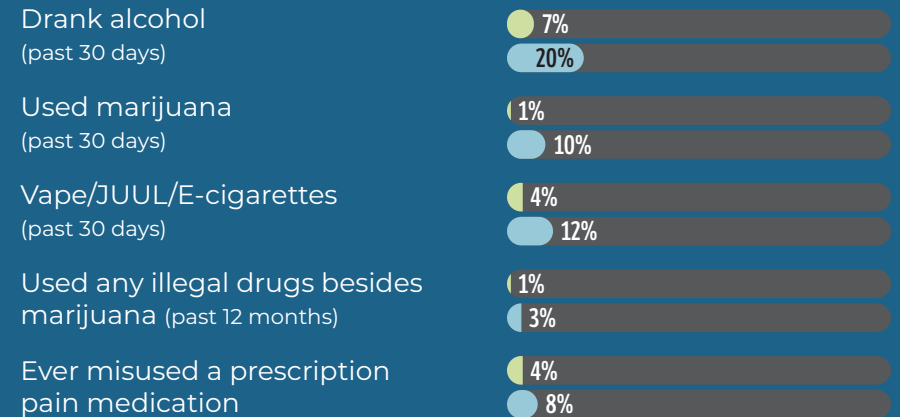
Social emotional wellbeing items provide an overview of the state of mental health of youth in the Chippewa Valley, including the percent of young people at risk for depression, experience anxiety, and who have considered suicide.

**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.

**3 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.

**4 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.

