

January 18, 2023



Addressing Substance Use • Promoting Mental Health

# Youth Risk Behavior Survey & Youth Health Survey

Milton, MA 2022



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## Introduction

### Youth Risk Behavior Survey (YRBS)

- Standard YRBS questions developed by CDC
- MHS YRBS team added questions for deeper understanding
- Administered April 2022

### Youth Health Survey (YHS)

- Standard YHS questions developed by MA DPH and DESE
- PMS YHS team added/subtracted questions for deeper understanding
- Administered May 2022
  - After April Break\*\*

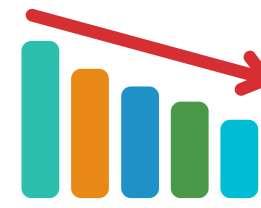
- Electronic multiple choice survey
- Completely optional, anonymous, and confidential
- Analyzed by Lynch Research Associates with funding from Milton Coalition grant

# Youth Risk Behavior Survey (YBRS)

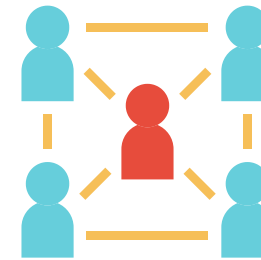
Milton High School

# MHS Student Assets

Of the 50 YRBS risk indicators studied, Milton students performed better than the rest of the state in 41 of them.



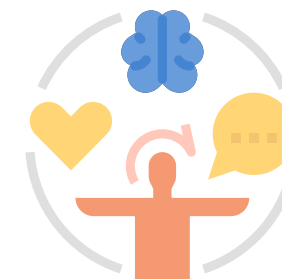
Rates of alcohol consumption, marijuana use, vaping, and prescription drug misuse decreased at MHS between 2019 and 2022.



MHS students reported *strong relations* with adults in their lives, including school staff



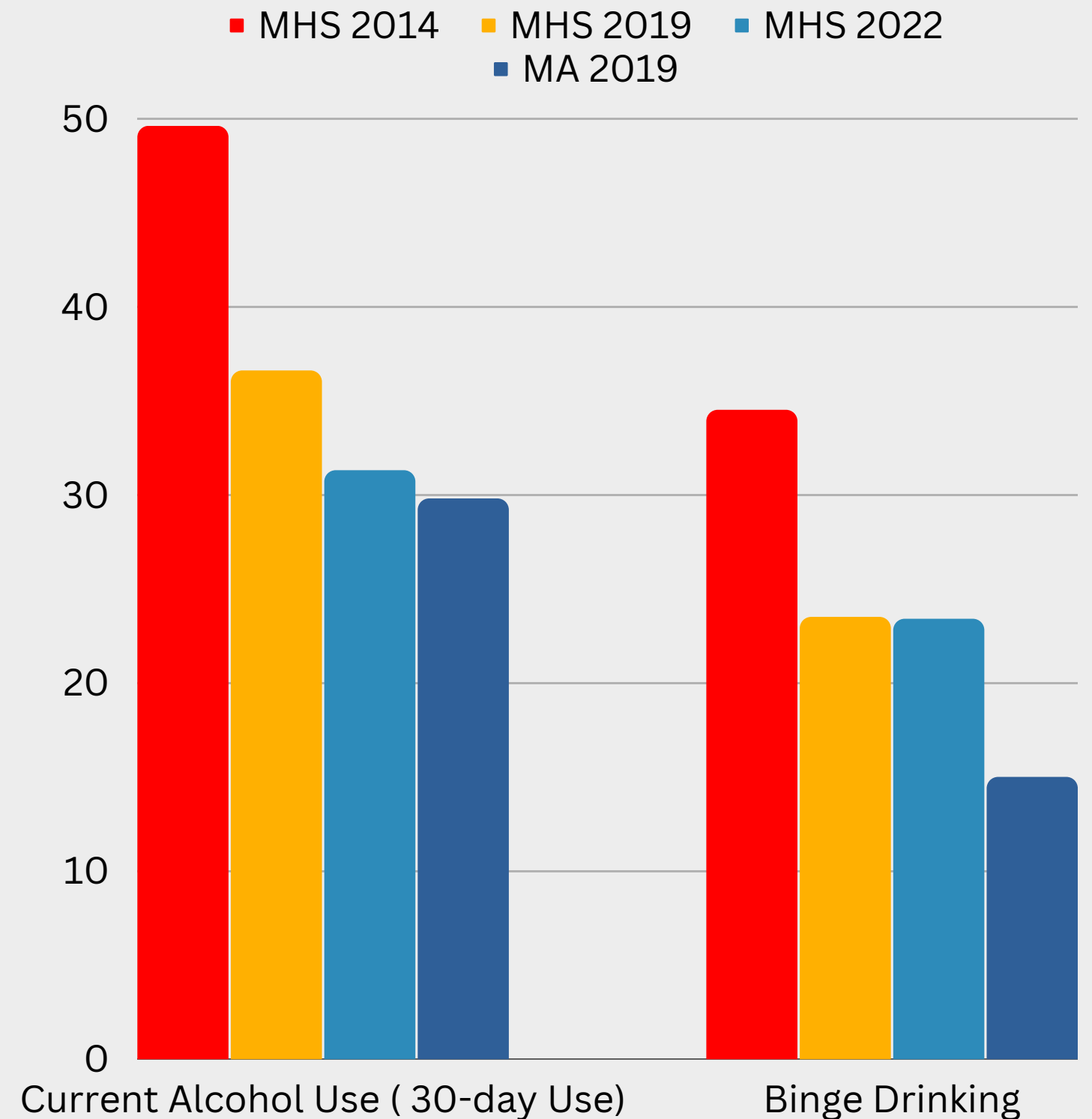
Nearly all types of *violence* are lower than the rest of the state



Rates of engaging in *risky sexual behaviors* are significantly lower in Milton

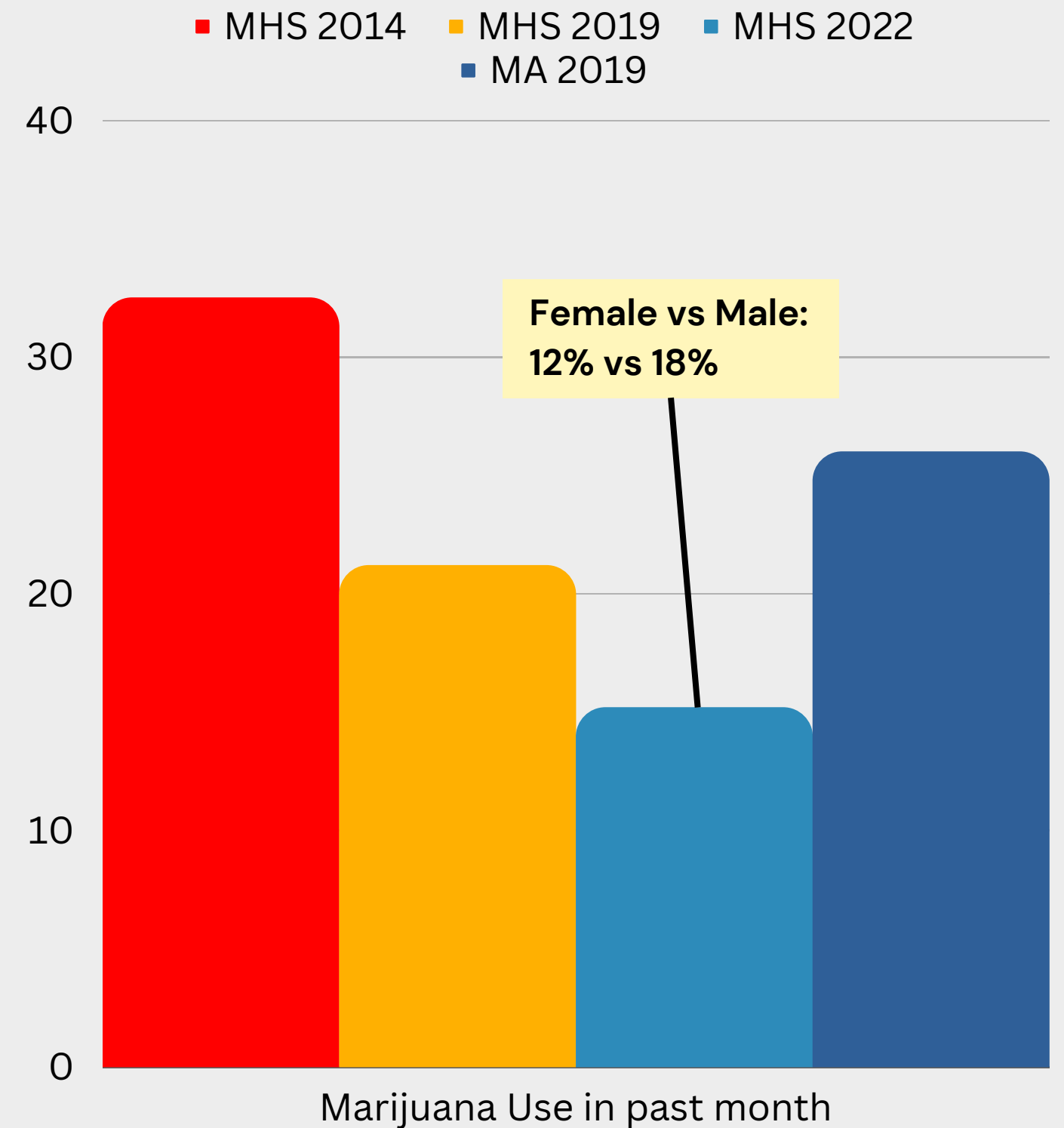
# Alcohol Use

- Between 2019 and 2022, rates of current alcohol use (37% vs 31%) decreased within MHS.
  - Binge drinking is about the same
- MHS students tend to begin consuming alcohol at an older age than students statewide.



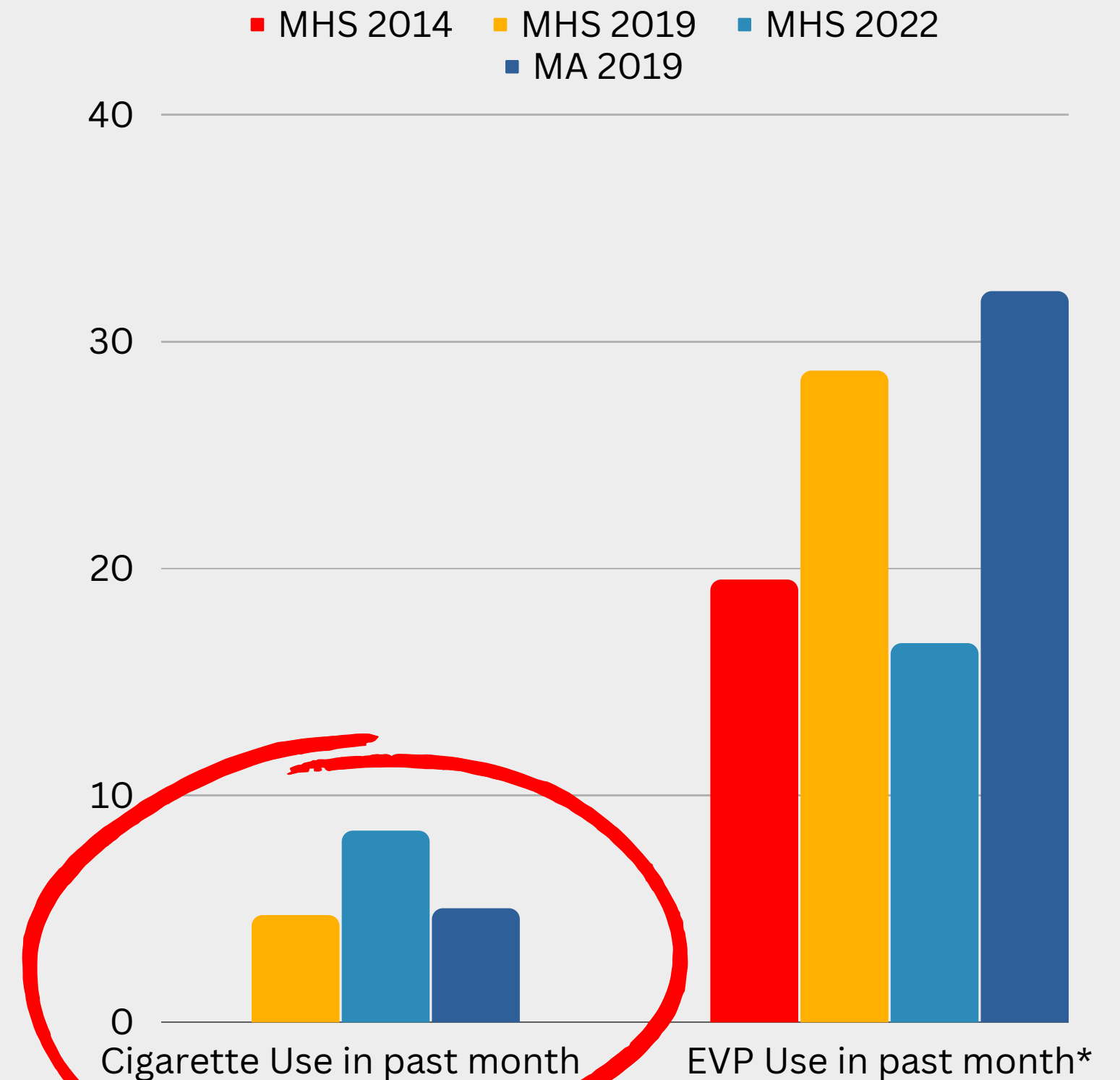
# Marijuana Use

- Compared with results from 2019:
  - Rates of both lifetime use and current (in the last 30 days) marijuana use among MHS students were lower in 2022
- Low perception of risk



# Nicotine Use (Cigarette Use & Electronic Vapor Product)

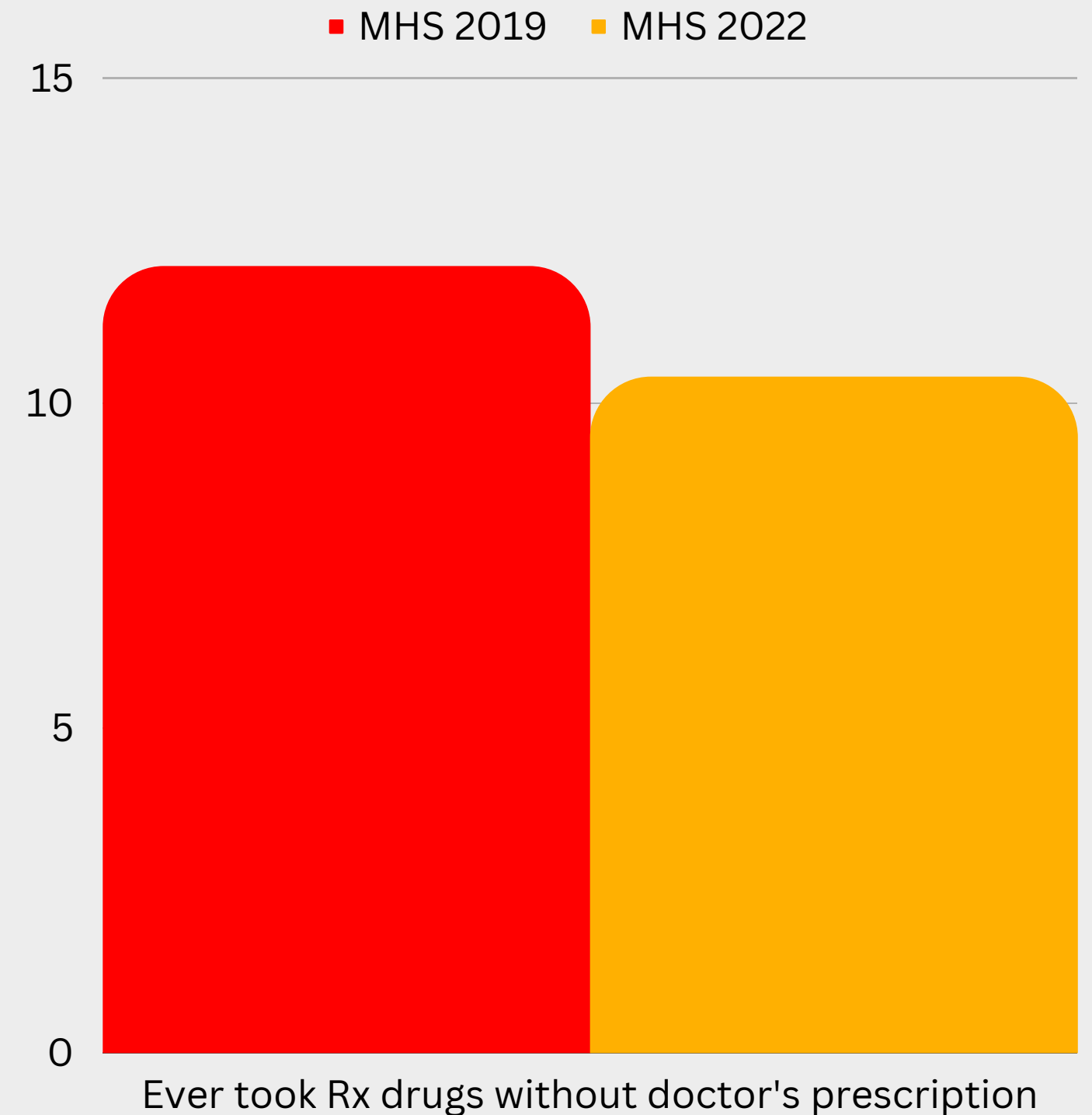
- More than 50% of MHS students said it was "sort of easy" or "very easy" to get cigarettes
- Compared to 2019, ever use of an EVP has decreased from 48% to 26% in 2022 at MHS





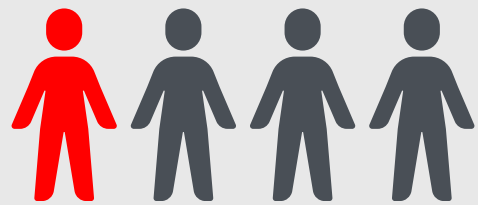
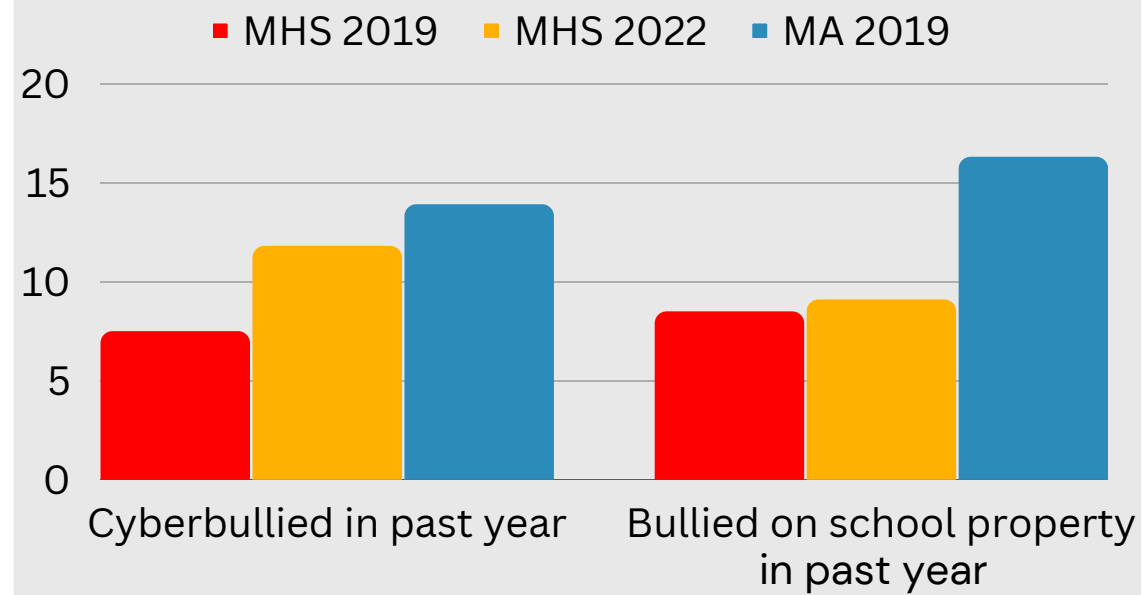
# Prescription Drug & Other Substance Use

- Rates of other substance use (cocaine, ecstasy, heroin and methamphetamines)
  - Increased since 2019
  - Similar rates to state: 2-3%

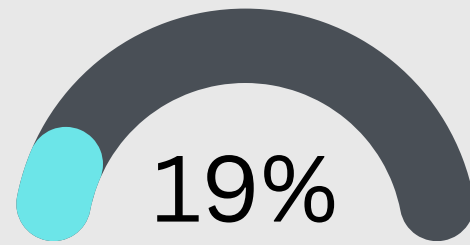


# Mental Health

## Bullying & Discrimination

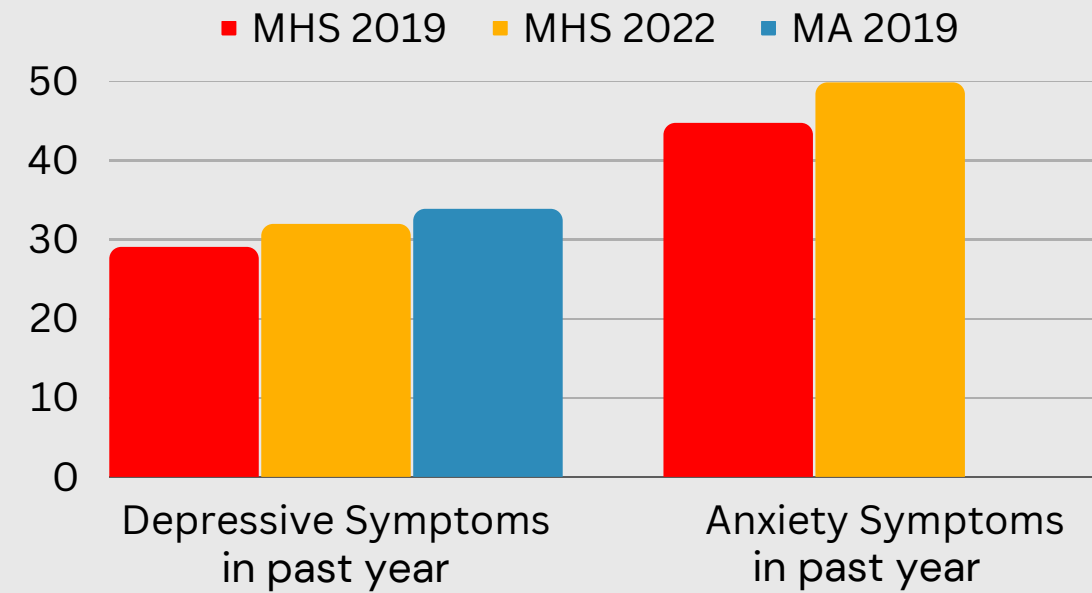


- 25% of MHS students reported ever being treated badly due to race/ethnicity in school



- 19% of MHS students reported ever being treated badly due to sexual orientation

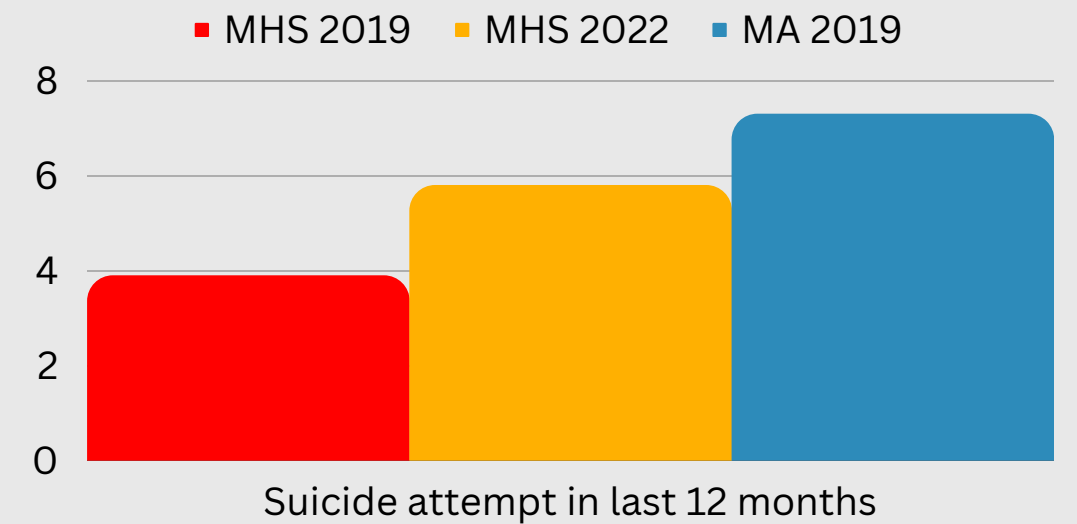
## Depressive Symptoms & Anxiety



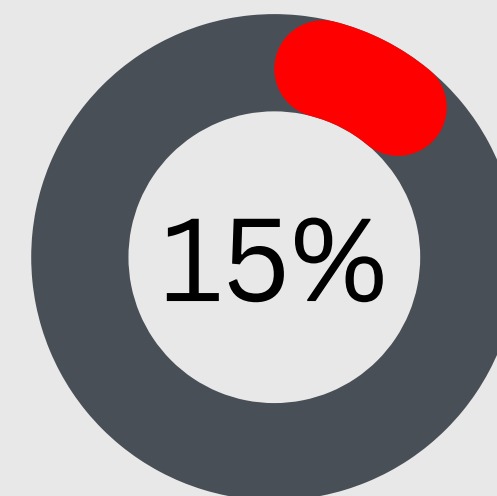
- 59% of students reported "poor mental health" during the past month
- Female students reported higher rates of depressive and anxiety symptoms



## Suicide, Self-Injury, Self Harm



- Female students reported higher rates of suicidal ideation and attempts than male students



- 15% of students reported ever committing self-harm in past year



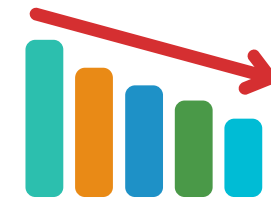
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# Youth Health Survey (YHS)

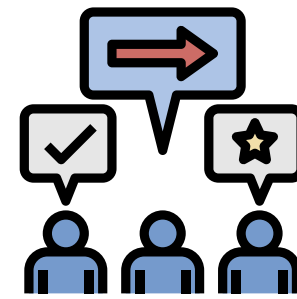
Pierce Middle School

# PMS Student Assets

Of the 42 YHS risk indicators studied, Milton students performed better than the rest of the state in 35 of them.



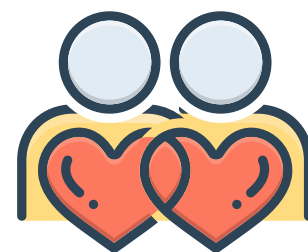
Rates of alcohol consumption, marijuana use and vaping are lower than the state and rates of alcohol consumption and vaping have decreased from 2019 to 2022 at Pierce Middle School.



PMS students demonstrated positive social norms. When compared to MA students, PMS students were less likely to think that most peers used substances.

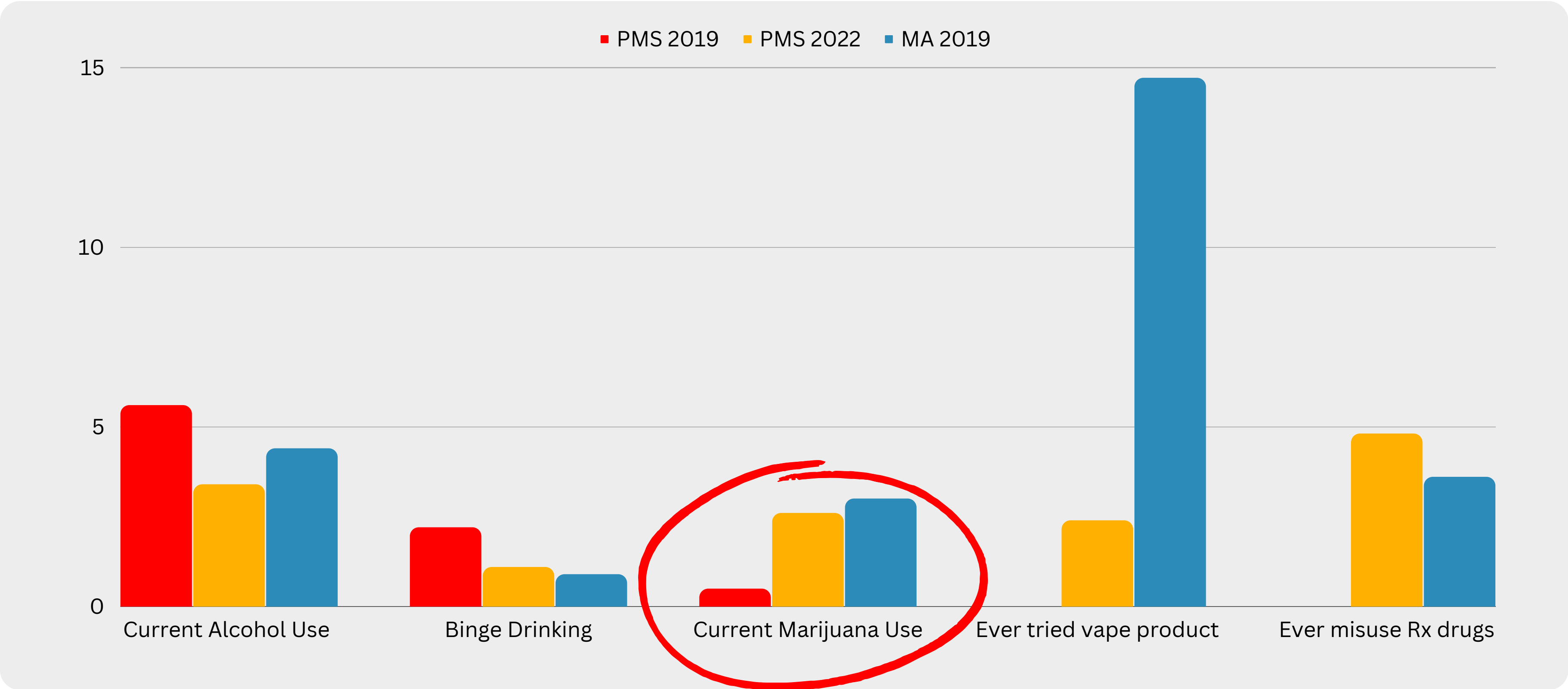


Low rates of riding with a driver who was operating under the influence of alcohol or marijuana.



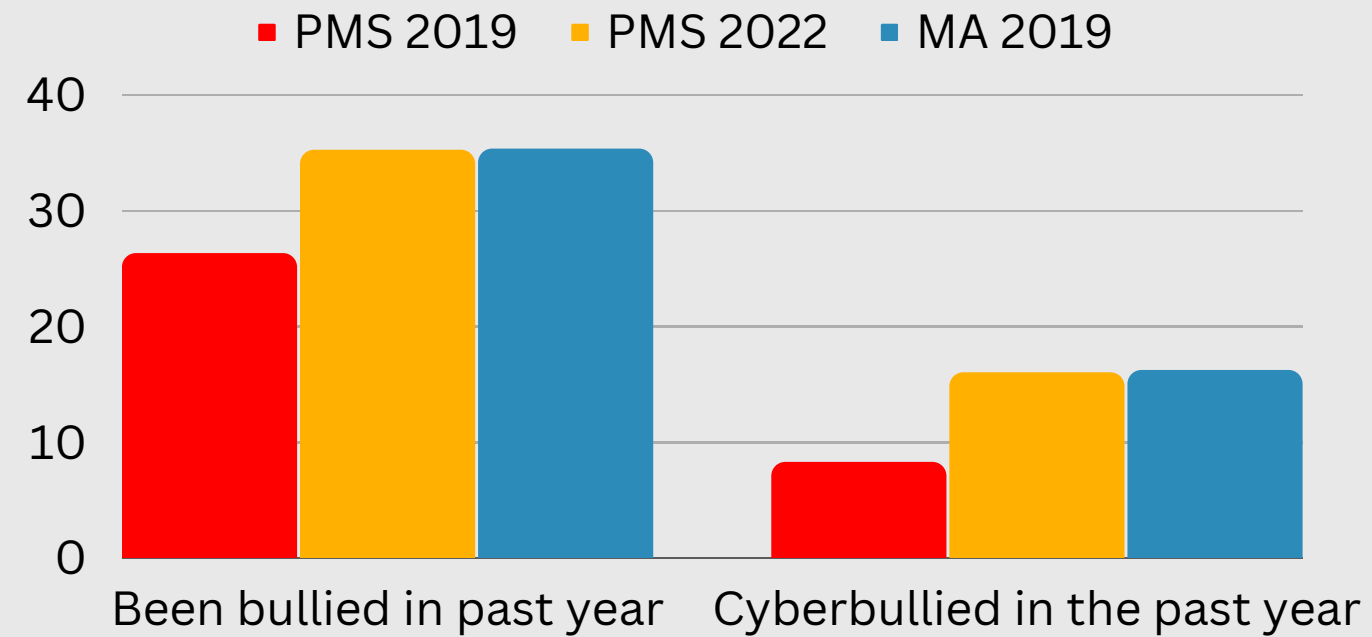
Almost all PMS students reported positive, protective relationship with family/caregiver and a sense of belonging at school

# Substance Use at PMS



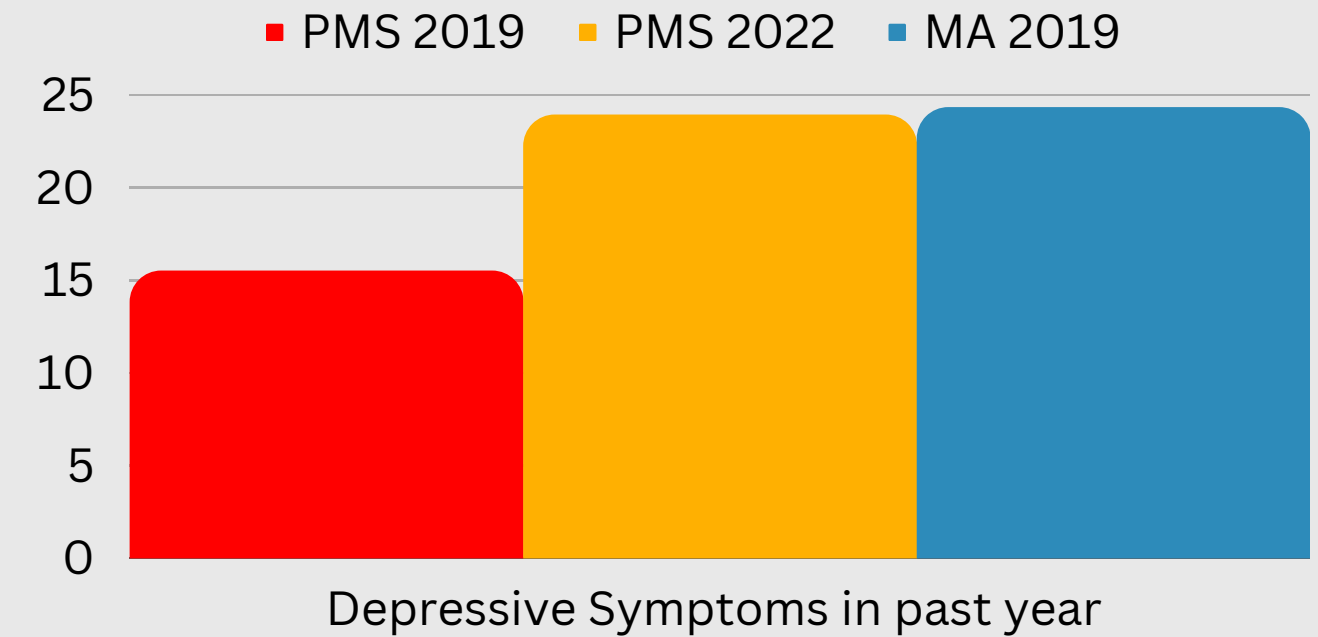
## Mental Health

### Bullying



- Overall, male and female students reported that they experienced bullying and engaged in cyberbullying at similar rates

### Depressive Symptoms, Suicidal Behaviors, & Self Harm



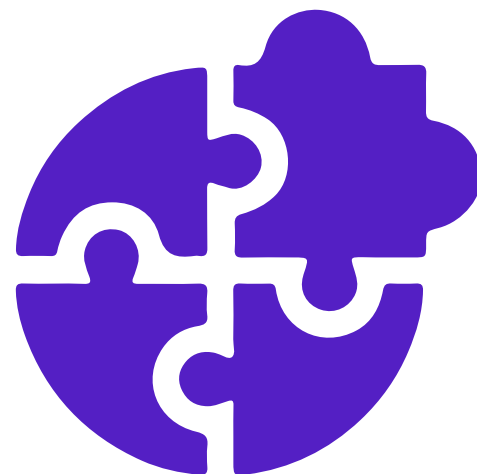
- Mirroring statewide trends, female students reported more depressive symptoms than male student (26% vs 17%)
- **10% of PMS students** have considered suicide in the past year compared to 7% in 2019.
- **22% of PMS students** have intentionally injured themselves without wanting to die in the past year compared to 16% in 2019.

# Priorities of PMS

The middle school leadership team have prioritized social-emotional skills (SEL), mental health and bullying as student risk factors to be addressed over the coming year(s).

1

Lost Learning (both academic and social-emotional) through curriculum changes



2

Intellispark: Social-emotional screener



3

Calm Classrooms for mindfulness



# Priorities of MHS

The high school leadership team have prioritized mental health and vaping as risk factors to address in the coming year(s).

1

Vape Educate & iDecide



2

Bridge for Resilient Youth  
in Transition (BRYT), Calm  
Classrooms, Intellispark



3

Assess to school  
counseling

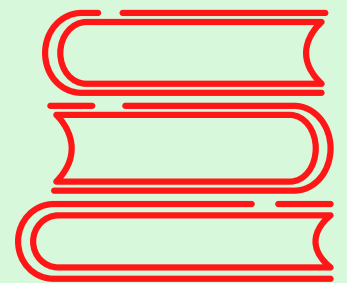




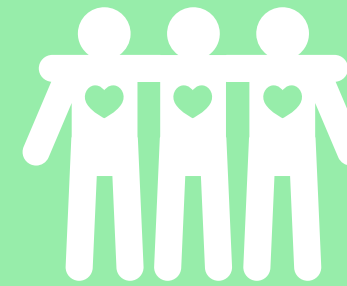
# Where do we go from here?



Educating all stakeholders



Ensuring best practices and curricula



Innovative practices to support SEL & mental health



System wide vertical approach