

Children's Mental Health

La Crosse County Family Policy Board
May 3, 2024



- Children's Mental Health Week
- OCMH 10th Anniversary
- Data & Trends in Youth Mental Health
- What We Can Do about the Youth Mental Health Crisis



Children's Mental Health Week



Children's Mental Health Week

MAY 5 - 11, 2024

CHILDREN'S MENTAL
HEALTH WEEK

▶ Listen & Connect

May 5-11, 2024

Video announcing CMH
Week [\(link\)](#)

CMH Week Toolkit [\(link\)](#)

7 Day Action Plan

	Mon., Mon. 6	Tues., Mon. 7	Wed., May 8	Thurs., May 9	Fri., May 10	Sat., May 11
Mon., May 5	Share a social media post – plan posts for the rest of the week.	Speak about your personal connection to mental health.	Learn about and support the mental health and wellness organizations in your community.	Reflect on and share your mental health and wellbeing coping strategies. Get ideas from youth who shared theirs with OCMH.	Tend to your wellness. Think about and write down your mental health coping strategies.	Read about or listen to a podcast on wellbeing and relationships.
Tue., May 6	Check out and share OCMH social media posts .	Practice active listening with those who you share your story with. Invite a conversation.	See OCMH's map of school-based peer-led wellness programs in WI.		Complete a Mental Health Crisis Card .	
Wed., May 7			Affirm and valid others' mental health stories.			



TOOLKIT



Children's Mental Health Week Toolkit

- Press Release/Letter to the Editor
- Governor's Proclamation
- Data on Youth Mental Health
- 7-Day Action Plan
- Social Media Posts

Children's Mental Health Week

Youth Coping Strategies

YOUTH MENTAL HEALTH COPING STRATEGIES

What is something you do to feel better when you are feeling anxious, depressed, or alone?



"I watch movies from my childhood to comfort me."

- KESHENA, WISCONSIN YOUTH, AGE 17 -



YOUTH MENTAL HEALTH COPING STRATEGIES

What is something you do to feel better when you are feeling anxious, depressed, or alone?



"Play a relaxing game.
Draw out your emotions. Never isolate
(even when you really want to)."

- WISCONSIN YOUTH, AGE 15 -



Children's Mental Health Week

What youth want
adults to know about
mental health

YOUTH SHARE WHAT THEY WANT ADULTS TO KNOW ABOUT YOUTH MENTAL HEALTH



Wisconsin high school youth shared these thoughts at the Mental Wellness Student Leadership Summit hosted by the Office of Children's Mental Health on April 12, 2024 in Madison, WI. Learn more about [school-based peer-led wellness programs](#) in Wisconsin.

OCMH 10th Anniversary

2014-2024



OCMH 10th Anniversary

- OCMH created in the 2013-15 Budget, office started in 2014
- Charge:
 - Coordinate children's mental health initiatives and improve integration across state agencies
 - Establish and track children's mental health data points to direct these efforts

Vision:

Wisconsin's children are safe, nurtured, and supported to achieve their optimal mental health and well-being. Systems are family-friendly, easy to navigate, equitable, and inclusive of all people.



10 Years – Overview

2014-15

2016

2017

2018

2019-20

2021-24

Innovate, Integrate, Improve

- Lived Experience
- Collective Impact
- Accessible services
- Public health approach

- Child Well-being Indicators Dashboard
- Council and impact teams

Trauma Informed Care

Lived Experience is Everywhere

Lifespan of a Child – from 0-26 children need the support of caring families, schools, and communities to be mentally healthy

Social Connectedness of Youth:

- Family
- Culture / Community
- School / Early Education
- Peer
- Supportive Adult

10th Anniversary Activities – May

- Kick off with Children's Mental Health Week
- 10th Anniversary Survey – open May 3rd – 31st
- OCMH web-page



Wisconsin Office of
Children's
Mental Health

CELEBRATING

10

YEARS



10th Anniversary Activities

OCMH Partner Reflection Quotes
Children's Mental Health Facts
Showcasing Solutions



10th Anniversary Reflections

Looking Back – Looking Forward



10th Anniversary Reflections

- How has OCMH helped to promote youth mental health and reduce stigma?
- How has OCMH helped to disrupt system barriers?
- How has OCMH made an impact?



Highlights of 10th Anniversary Reflections

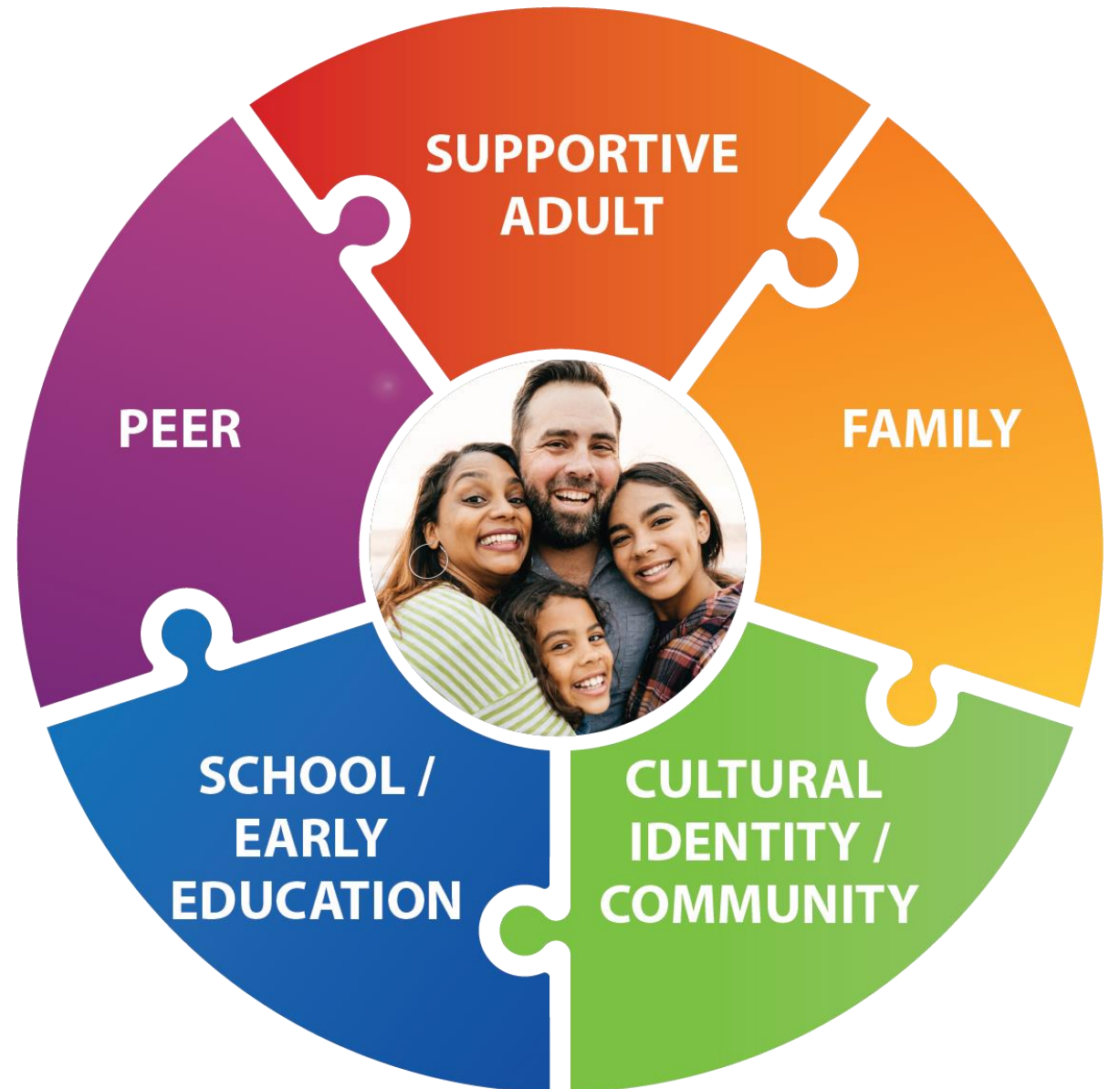
- **Avenues to Continue:**

- Data-focused messaging
- Emphasize lived experience and youth voice
- Connect stakeholders and community efforts
- Lift up positive stories
- Influence interpersonal, organizational and community change



Survey of SCY Impact Team Members

- How important is it for kids to be connected?
- Has OCMH's focus on the Social Connectedness of Youth influenced what you do?
- In what ways?



Fall 2023 Social Connectedness of Youth Survey

In what ways has this focus on the Social Connectedness of Youth influenced you?

85%

I talk about social connectedness with my colleagues or other adults.

82%

I think about the importance of social connectedness more deeply.

67%

I talk about social connectedness with kids in my personal life.

58%

I try to embed social connectedness into my personal life.

54%

I share social connectedness messaging.

48%

I listen or read information about social connectedness more often.

67%

I try to embed social connectedness into my work/our organization.

51%

I talk about social connectedness with kids in my work.



OCMH is influencing

- Conversations
- Messaging
- Thinking
- Action



Data and Trends in Youth Mental Health





Overall Trends

Rates are increasing over time

- Anxiety ↑
- Depression ↑
- Self-Harm ↑
- Suicidality ↑
- Vaping ↑

Rates are decreasing over time

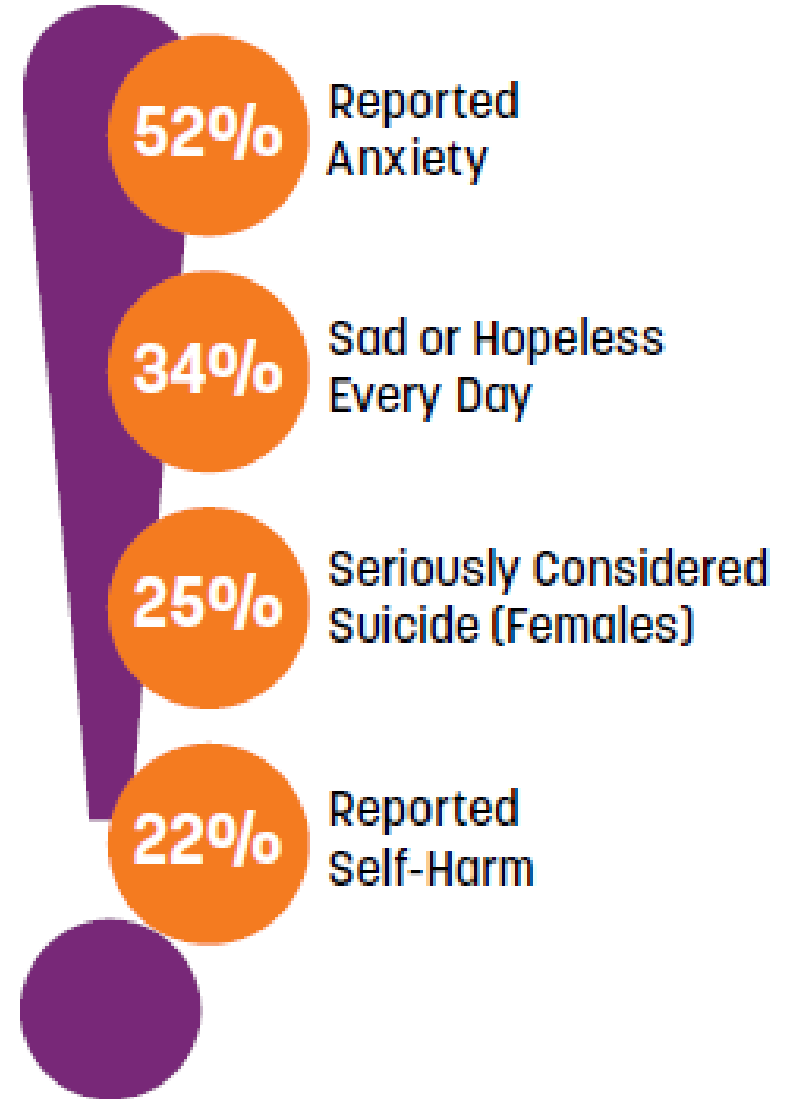
- Sufficient Sleep ↓
- School Belonging ↓
- Extracurricular Activities ↓
- Teen birth rate ↓
- Drinking, cigarette use, drug use ↓

Well-Being Trends for Wisconsin Teens





- 1 in 2 feel anxious
- 1 in 3 feel sad or hopeless
- 1 in 4 girls seriously considered suicide
- 1 in 5 kids self-harm

WISCONSIN YOUTH'S DECLINING MENTAL HEALTH





Half of Kids Receive No Treatment

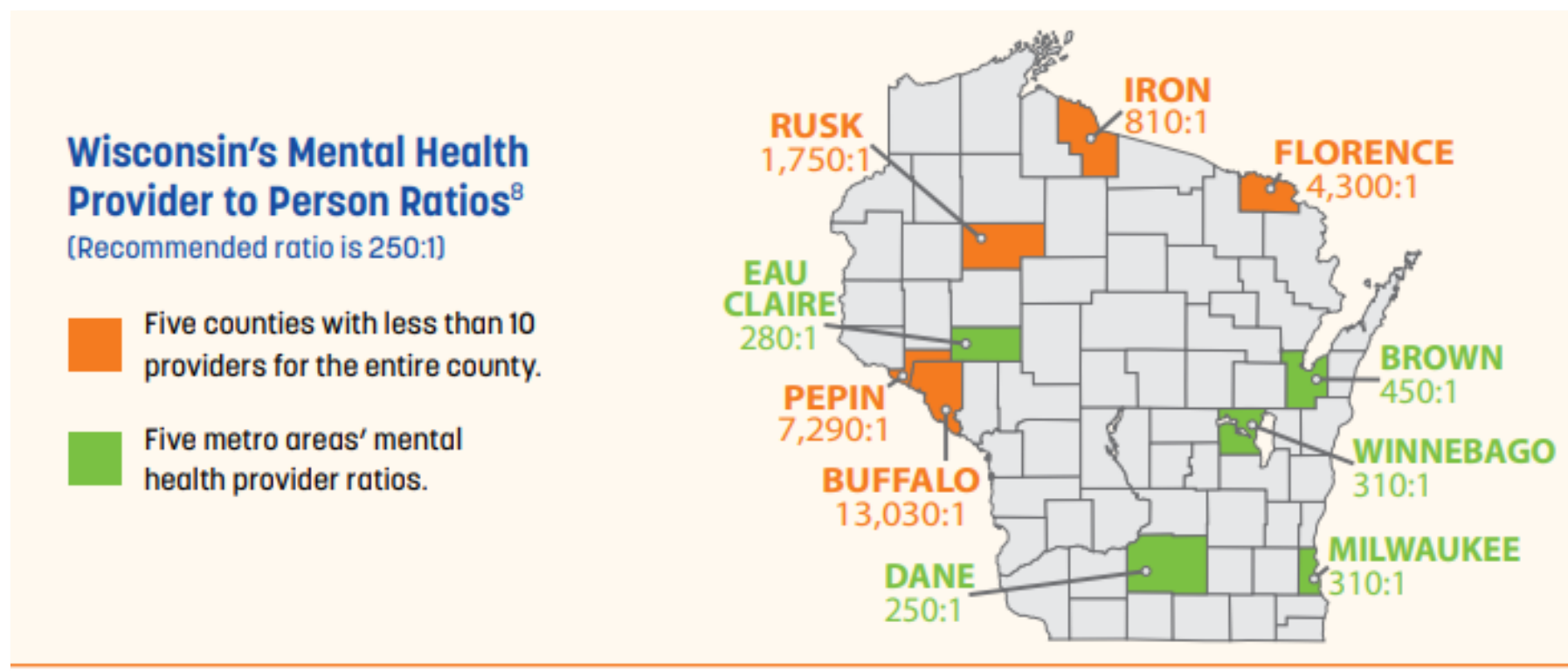
Difficulty obtaining mental health services	47%	45%	50% 
Children with mental conditions who did not receive treatment (ages 3–17)	48%	47%	49% 

Half of Wisconsin youth with a diagnosed mental health condition such as depression, anxiety, or behavioral problems receive no treatment.



Mental Health Provider Ratios

- Wisconsin 400:1
- United States 320:1
- Recommended 250:1





Mental Health Provider Ratios

2023 Indicators An * marks new or updated data	US Current	WI Baseline	WI Current	
Psychiatrists (statewide count)*	NA	340	370	?
School Social Workers (statewide count)*	NA	673	772	?
School Counselors (statewide count)*	NA	2122	2251	?
School Psychologists (statewide count)*	NA	957	1028	?

Though increasing, counts of community and school-based mental health professionals are far below recommended levels. Growing the workforce is key to addressing Wisconsin's youth mental health crisis.

- Wisconsin 826:1
- United States 1,119:1
- Recommended 500:1

Patient Increases

REPORTED INCREASES IN PATIENT POPULATIONS BEING SEEN BY AGE IN THE LAST 12 MONTHS, 2022-2023*

% PSYCHOLOGISTS REPORTING PATIENT INCREASES COMPARED WITH 12 MONTHS AGO

■ 2022 ■ 2023

Children (11 or younger)

38%

36%

Adolescents (12-17)

46%

43%

Adults ages 18-25

40%

32%

Adults ages 26-49

36%

25%

Adults ages 50-64

34%

27%

Older adults (65 or older)

34%

26%



AMERICAN
PSYCHOLOGICAL
ASSOCIATION





Increased Demand

Meanwhile patients struggle with **worsening symptoms**, leading to **longer treatment times** when they do get into services.



While Kids Wait

The longer patients wait, the less likely they are to attend clinical appointments, and the more likely to drop out of therapy.



What We Can do about the Youth Mental Health Crisis



Family & Parental Stress

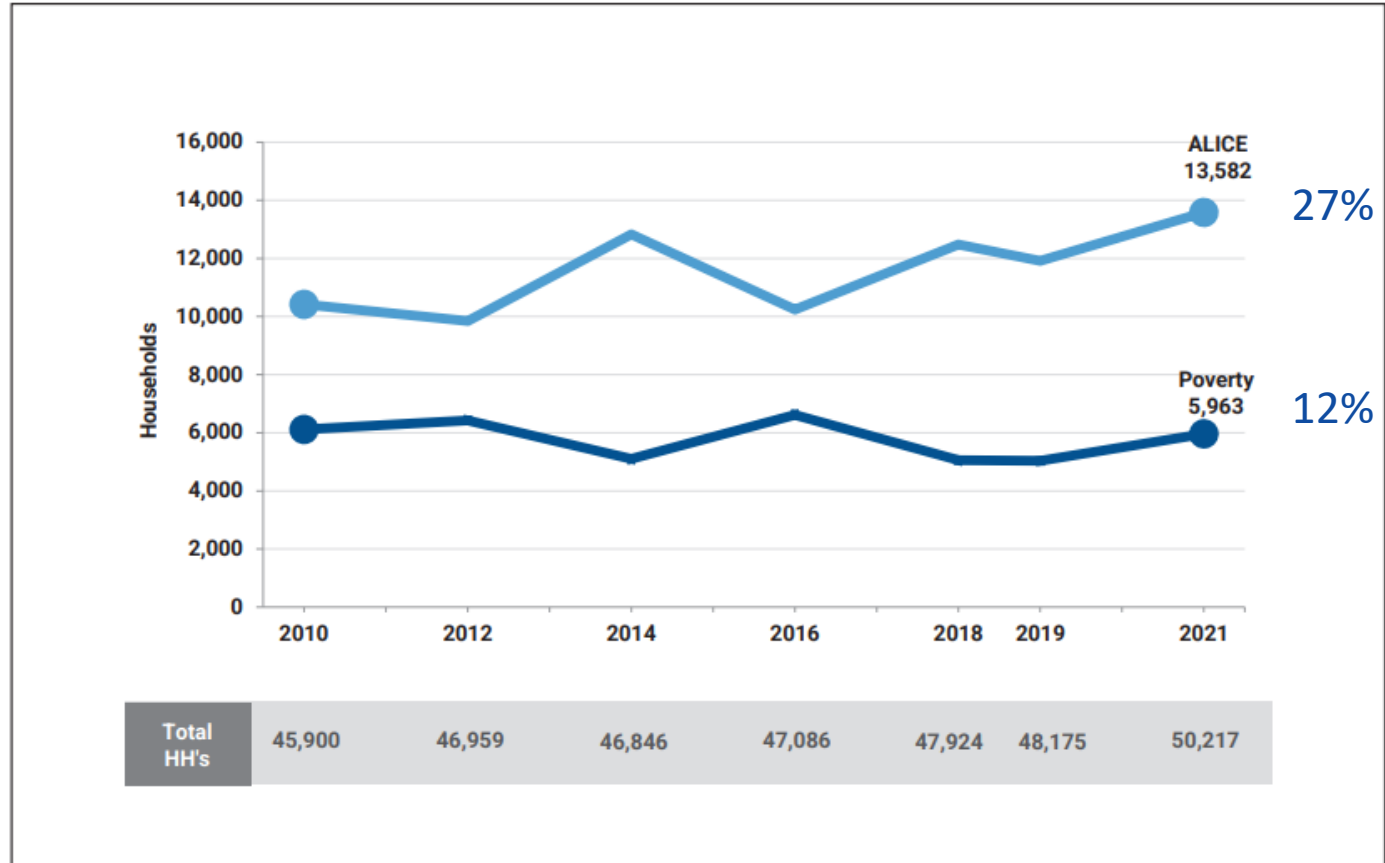
- Mental health and financial health are deeply connected.
- Financial worries are often the #1 stressor facing families.
- Their children are more likely to report poor mental health
- Food insecure children are less likely to feel like they belong





ALICE & Poverty

Households by Income, La Crosse County, 2010-2021

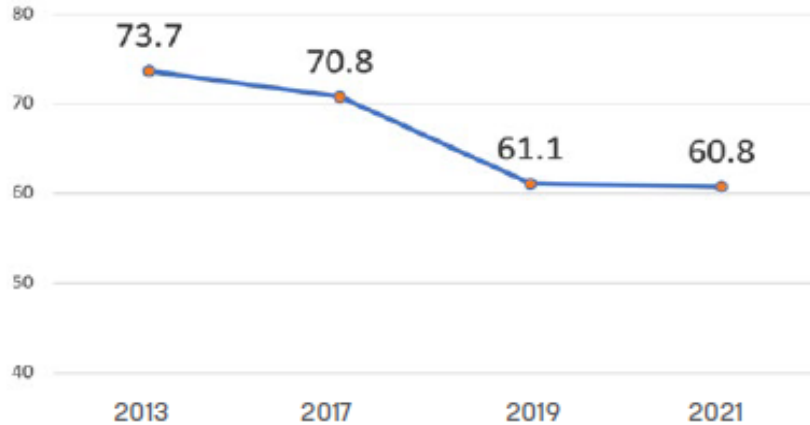


ALICE = Asset Limited Income Constrained Employed

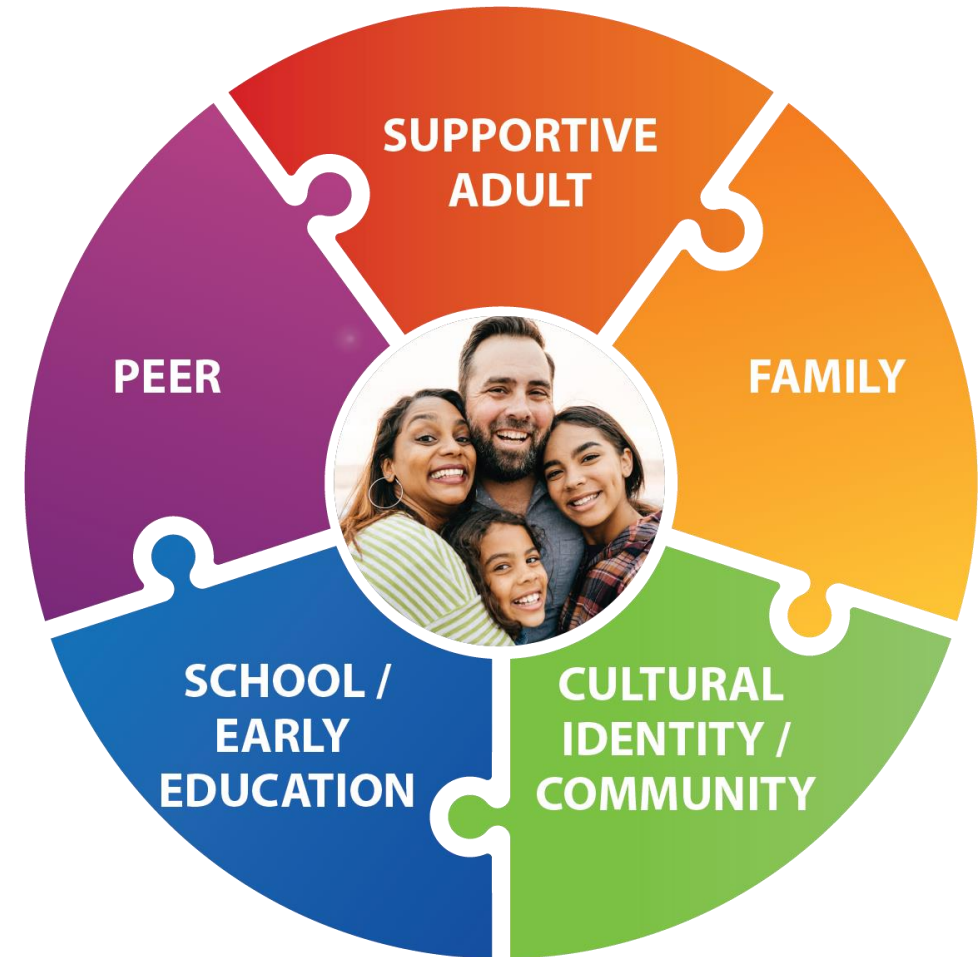
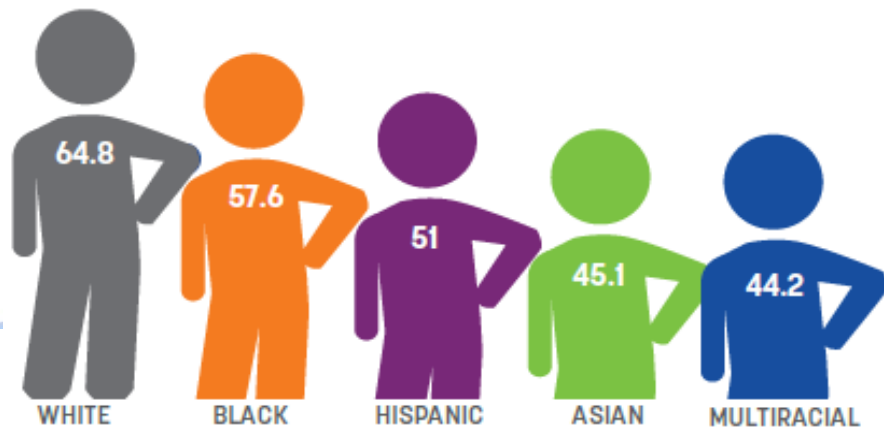


Belonging

PERCENT OF WISCONSIN HIGH SCHOOL STUDENTS WHO FEEL THEY BELONG AT SCHOOL, 2013-2021



PERCENT OF WISCONSIN HIGH SCHOOL STUDENTS WHO FEEL THEY BELONG AT SCHOOL BY RACE, 2021



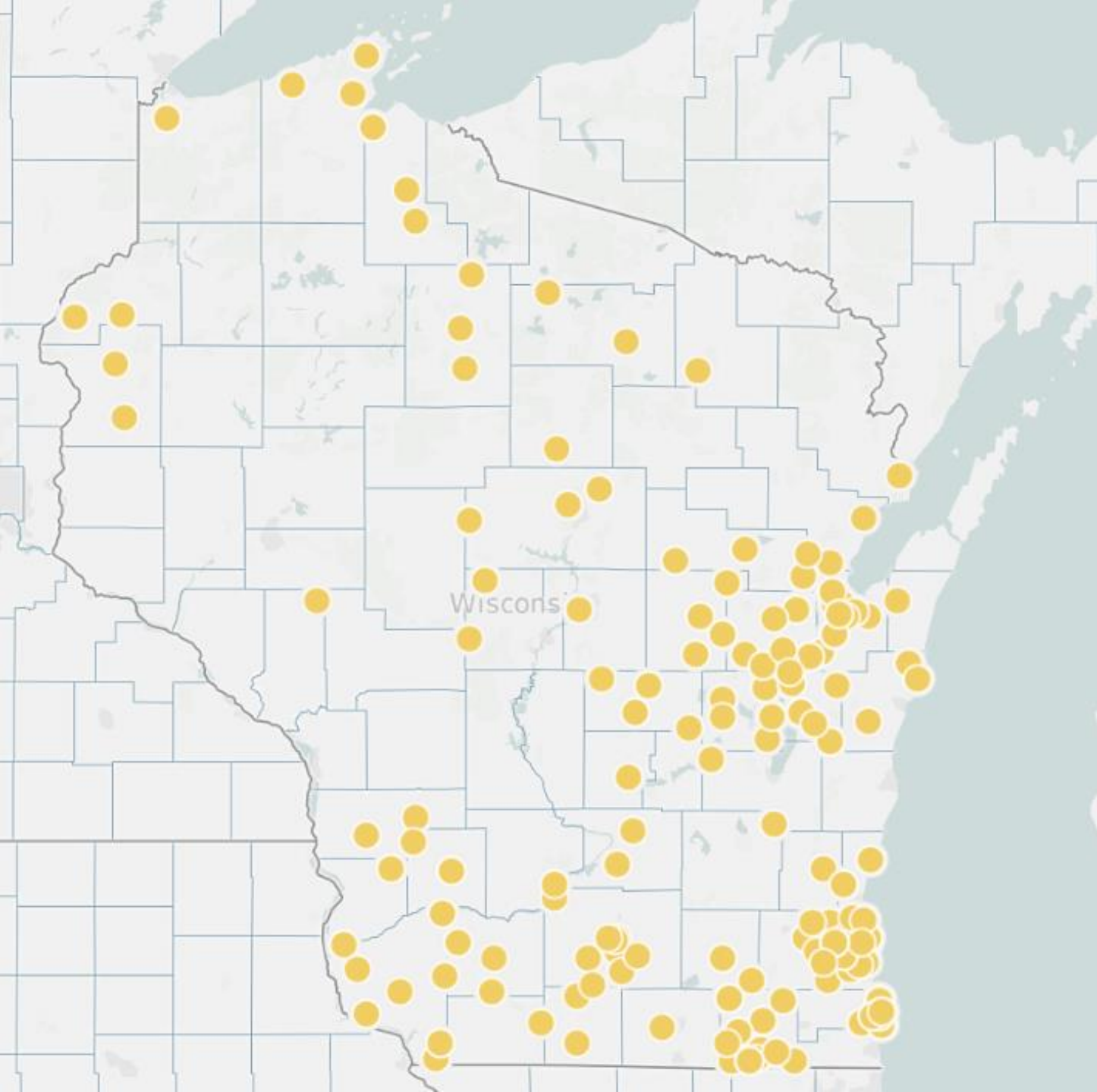
Source: YRBS Data as reported in OCMH 2022 Annual Report



School Mental Health



- 75% of children who receive mental health treatment get it at school
- Most school mental health is funded by Medicaid (insufficient) and grant funds (temporary)



- Youth-led Wellness Programs*
- Youth Voice

** More than 300 statewide.
At La Crosse Central and La Crosse Polytechnic – NAMI
Raise Your Voice Clubs*

Youth Leadership Builds



Resilience



Decision-making skills



Belonging and connection



Interpersonal skills

- *these skills contribute to wellness during adolescence and promote good mental health that lasts well into adulthood*



Support Parents

- *Help families identify strategies they can use in their homes to reduce conflict and encourage positive behavior*
- *Supply information and support that leads to appropriate and effective school plans*
- *Emotional support and encouragement of self-care*





Policy Makers & Communities Can Support:

- Sustainable income for families
- Belonging at school and in the community
- Sustainable funding for school mental health
- Parent peer support

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