



# WELCOME

January, 2020

# Today's Agenda



## January, 2020 – Welcome Back!

<b>1:00</b>	<b>Welcome &amp; Introductions</b>	Leadership
<b>1:10</b>	<b>Brief Business Updates</b>	Coordinator
<b>1:20</b>	<b>Annual Community Survey Review</b>	Coalition
<b>1:50</b>	<b>Small Group Discussion and Planning</b>	Coalition
<b>2:30</b>	<b>Closing Thoughts and Adjourn</b>	Leadership



# Business Updates



- Monroe Community Coalition Awarded Suicide Prevention Grant for fourth year in a row!

# 2 Year Suicide Prevention Grant



- Funded at \$20,000.00 per year for two years.
- Year 1 Deliverables:
  - Sources of Strength Licensing and training for students and adults
  - Sources of Strength implementation
  - Signs of Suicide licensing and implementation
  - Movie Screening
  - ACES Training
  - Youth Mental Health First Aid Training

# 2 Year Suicide Prevention Grant



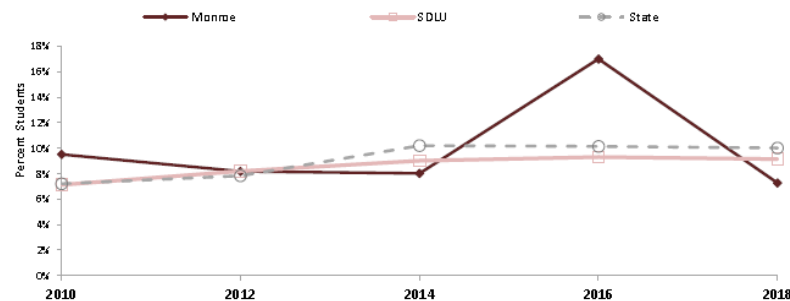
- Year 2 Deliverables:
  - Sources of Strength Licensing and training for students and adults
  - Sources of Strength implementation
  - Coping And Support Training (CAST) and implementation
  - Signs of Suicide licensing and implementation
  - Movie Screening
  - ACES Training
  - Youth Mental Health First Aid Training

# HYS: Depression & Suicide

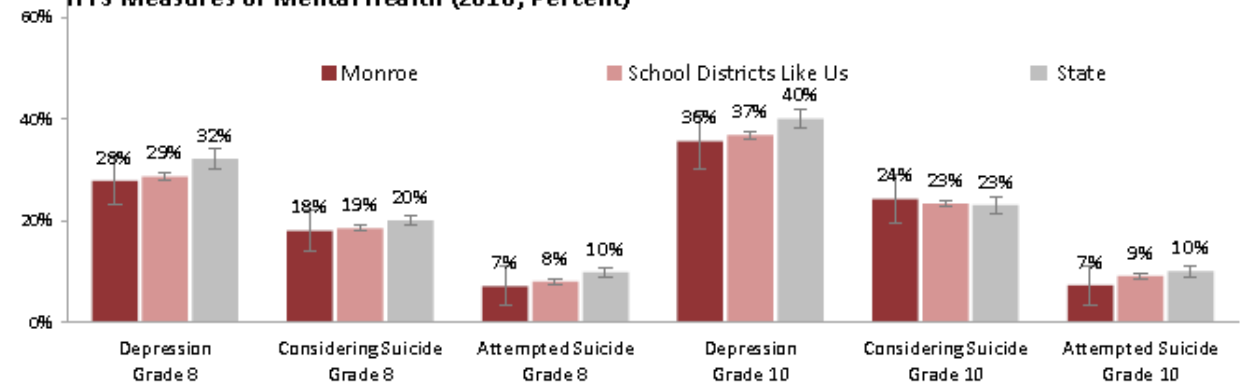


- Depression affects about **1 in 3** students within the Monroe School District.
- Our rates have held steady while State rates grew in 2018.
- We have reduced 10<sup>th</sup> Grade attempted suicide rates to just 7%, from a high 17% in 2016.

Grade 10



HYS Measures of Mental Health (2018, Percent)



HYS Measures of Mental Health	GRADE	Monroe		School Districts Like Us		State	
		2016	2018	2016	2018	2016	2018
<b>Depression.</b> 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? (District results: "Yes")	8	29%	28%	25%	29%	28%	32%
	10	35%	36%	33%	37%	34%	40%
<b>Considering Suicide.</b> During the past 12 months, did you ever seriously consider attempting suicide? (District results: "Yes")	8	16%	18%	15%	19%	17%	20%
	10	23%	24%	20%	23%	21%	23%
<b>Attempted Suicide.</b> During the past 12 months, how many times did you actually attempt suicide? (District results: Any suicide attempts)	8	8%	7%	7%	8%	8%	10%
	10	17%	7% a	9% b	9%	10% c	10%

# HYS: Depression Increases Risk



- 8<sup>th</sup> Grade impacts

<b>8<sup>th</sup> Grade</b>	<b>Rates w/o Depression</b>	<b>Rates w/ Depression</b>	<b>Elevated Risk for Problem</b>
<b>Academic Failure</b>	32%	63%	2.0x
<b>Enjoying School</b>	48%	24%	-2.0x
<b>Early Initiation of Drug Use</b>	10%	47%	4.7x
<b>Current Alcohol Use</b>	4%	21%	5.3x
<b>Lifetime Marijuana Use</b>	7%	27%	3.9x
<b>Anxiety</b>	28%	79%	2.8x
<b>Contemplation of Suicide</b>	6%	50%	8.3x

- ▶ 10<sup>th</sup> Grade impacts

<b>10<sup>th</sup> Grade</b>	<b>Rates w/o Depression</b>	<b>Rates w/ Depression</b>	<b>Elevated Risk for Problem</b>
<b>Academic Failure</b>	46%	56%	1.2x
<b>Enjoying School</b>	44%	18%	-2.4x
<b>Early Initiation of Drug Use</b>	10%	22%	2.2x
<b>Alcohol Use</b>	12%	25%	2.1x
<b>Current Marijuana Use</b>	11%	22%	2.0x
<b>Anxiety</b>	39%	89%	2.3x
<b>Contemplation of Suicide</b>	7%	54%	7.7x

# Annual Community Survey



- Ground Rules
  - Write down any aha moments, especially your “Wouldn’t it be cool if...” or, “People have to know this!”
  - Please DO interrupt with questions
  - Creatively consider how we should share this information





# Annual Community Survey



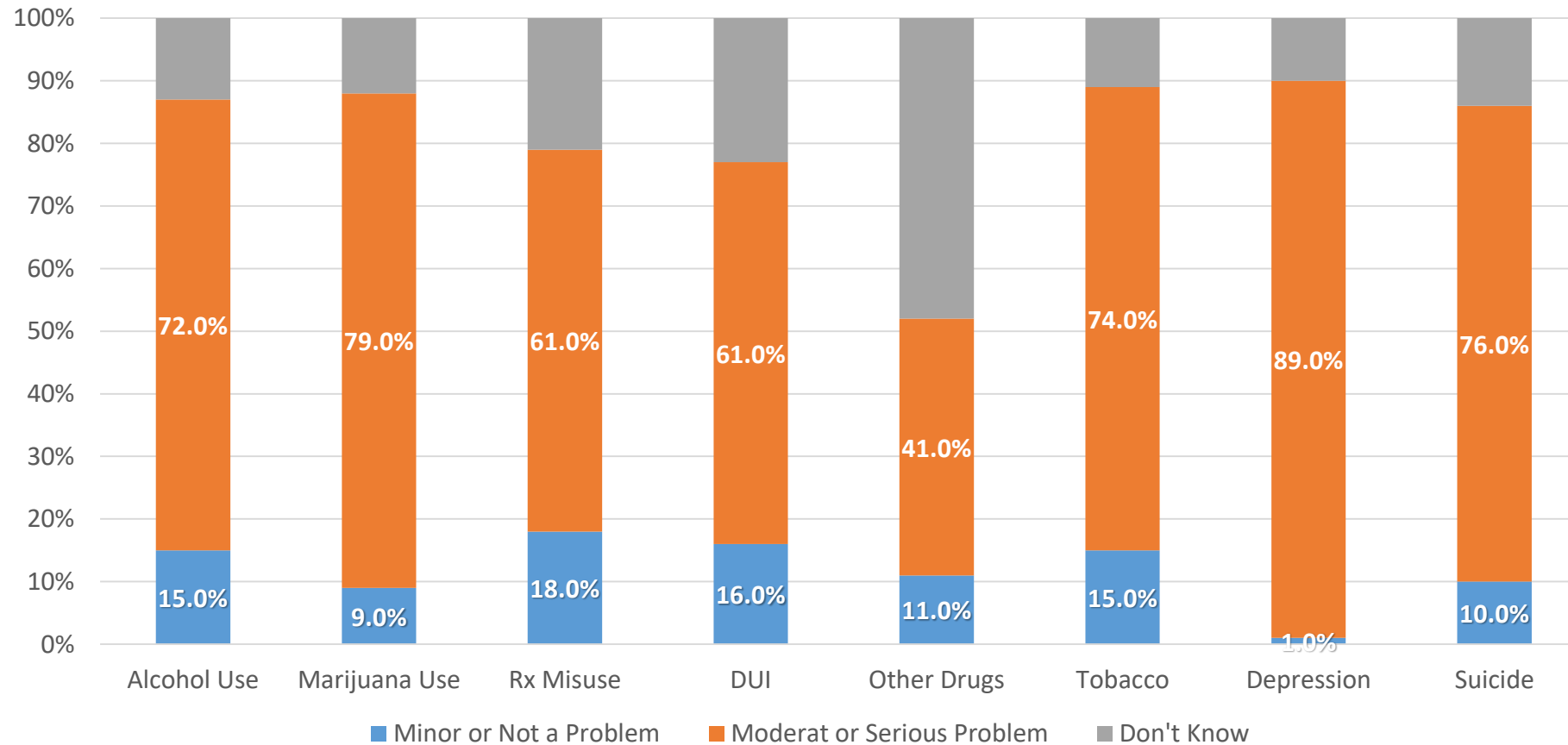
- Respondent Demographics
  - 81% Female, 19% Male, 0% Transgender
  - 63% have children in 6<sup>th</sup>-12<sup>th</sup> Grade
  - 96% white, 5% Latinx
  - 4% Native, Asian, Pacific Islander or other
  - 78% university or post-grad



# Annual Community Survey



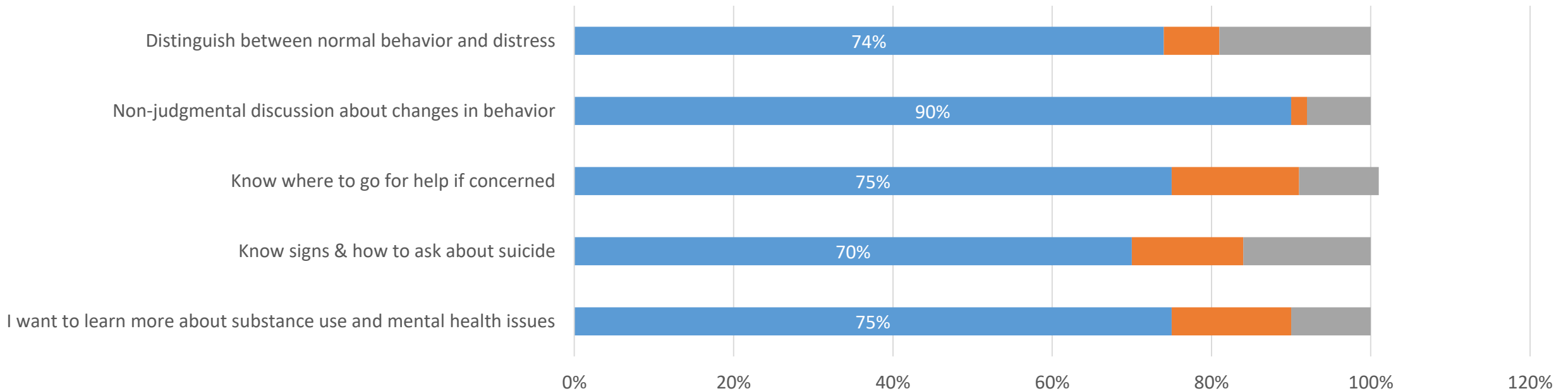
## Adult Perception of Problems Facing Youth in Monroe, 2019



# Annual Community Survey



## Readiness to Support Loved Ones Experiencing Mental Health Issues



	I want to learn more about substance use and mental health issues	Know signs & how to ask about suicide	Know where to go for help if concerned	Non-judgmental discussion about changes in behavior	Distinguish between normal behavior and distress
■ TRUE	75%	70%	75%	90%	74%
■ FALSE	15%	14%	16%	2%	7%
■ Don't Know	10%	16%	10%	8%	19%

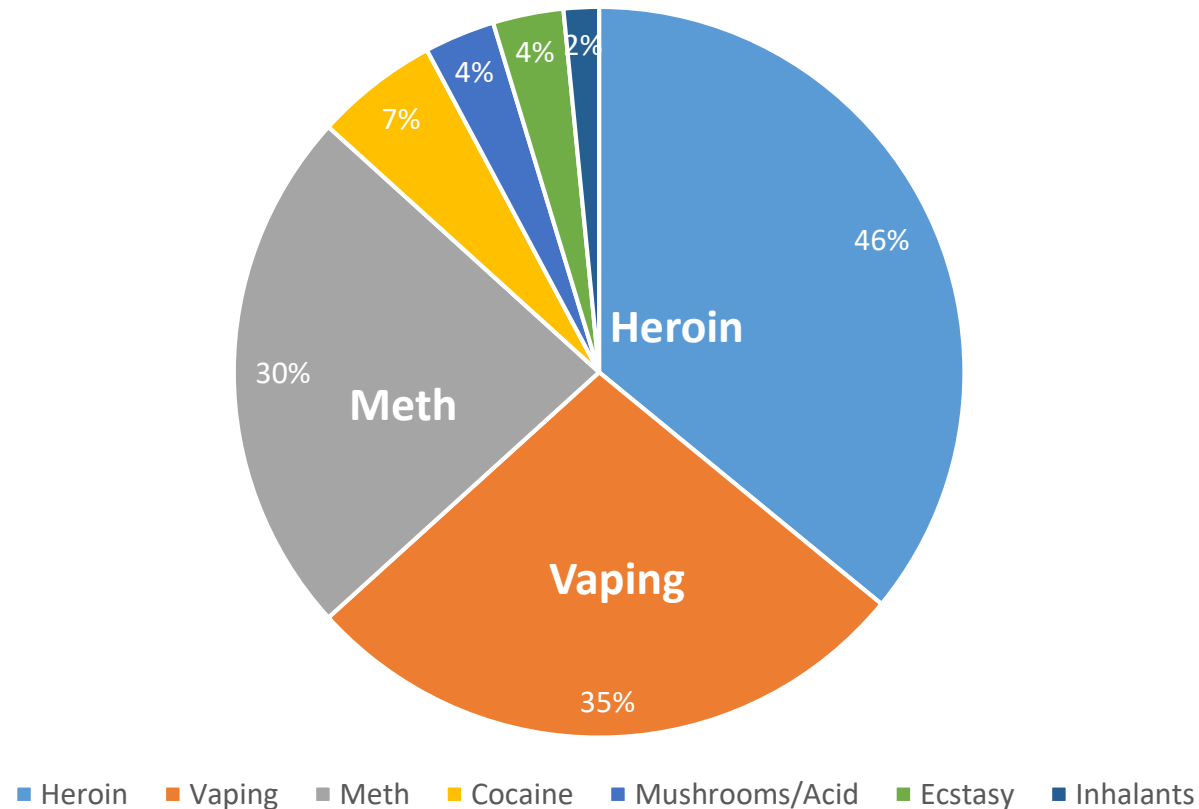
■ TRUE ■ FALSE ■ Don't Know

# Annual Community Survey



- Other Drugs had 69 Respondents – many listing multiple drugs.

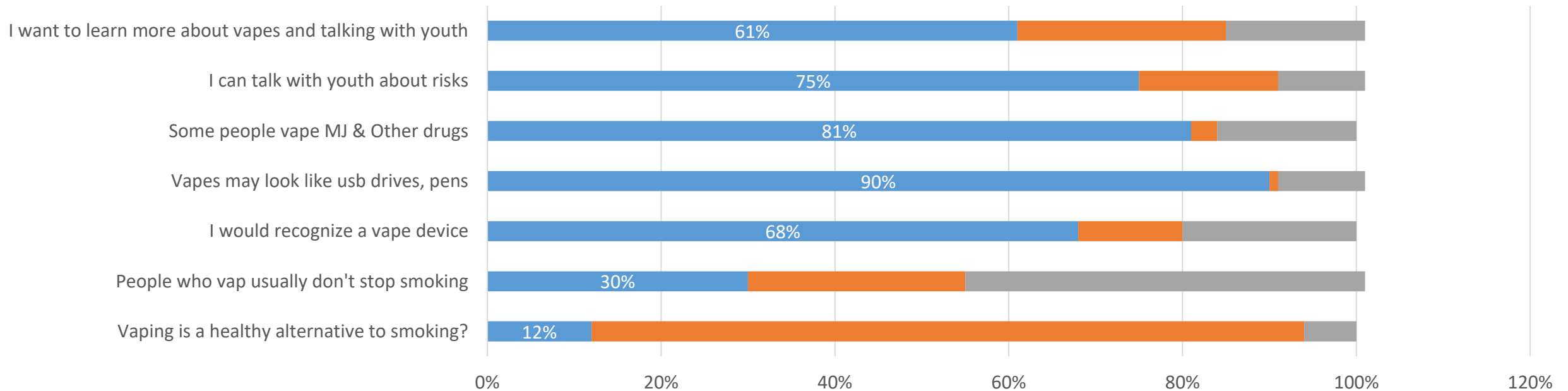
Percent of Respondents Naming Specific Drugs, n=69



# Annual Community Survey



## Knowledge of Vaping and Behavior



	Vaping is a healthy alternative to smoking?	People who vape usually don't stop smoking	I would recognize a vape device	Vapes may look like usb drives, pens	Some people vape MJ & Other drugs	I can talk with youth about risks	I want to learn more about vapes and talking with youth
■ TRUE	12%	30%	68%	90%	81%	75%	61%
■ FALSE	82%	25%	12%	1%	3%	16%	24%
■ Don't Know	6%	46%	20%	10%	16%	10%	16%

■ TRUE ■ FALSE ■ Don't Know

# Annual Community Survey



- How much do you think people risk harming themselves and others when they drive under the influence of alcohol or marijuana?

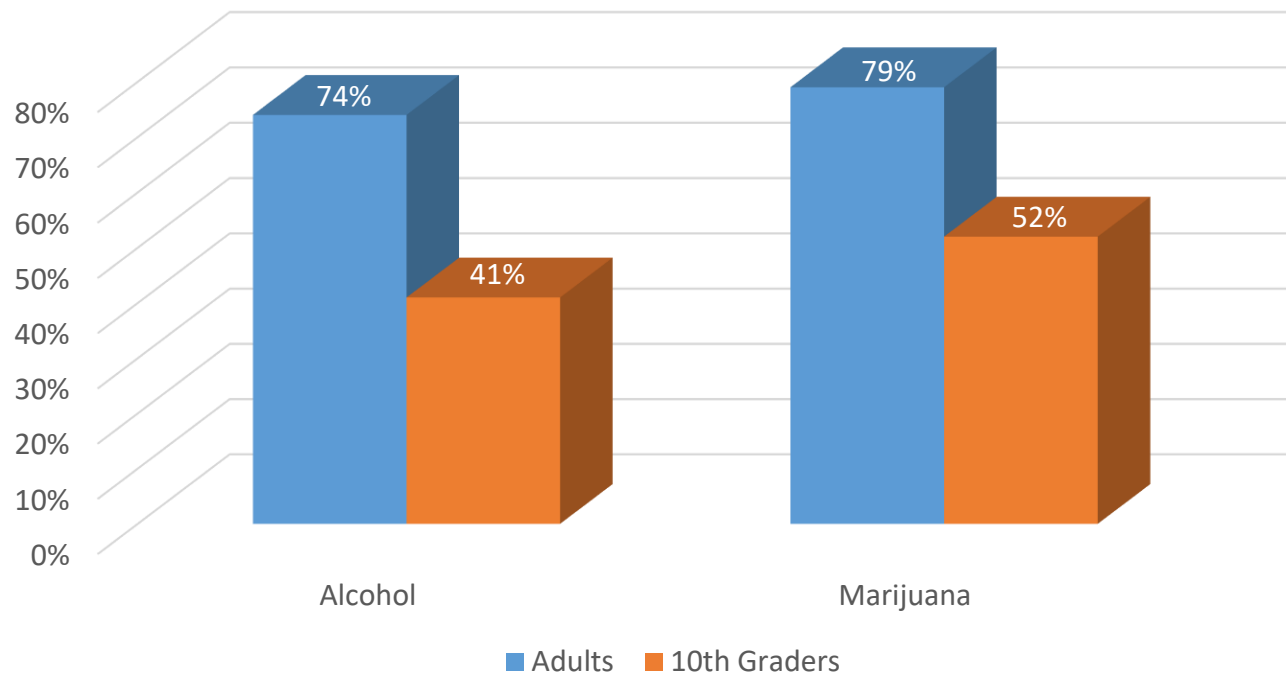
	NO RISK	SLIGHT RISK	MODERATE RISK	HIGH RISK	DON'T KNOW	TOTAL
under the influence of alcohol?	0.00% 0	2.11% 5	8.02% 19	87.34% 207	2.53% 6	237
under the influence of marijuana?	0.00% 0	7.20% 17	22.88% 54	67.80% 160	2.12% 5	236

# Annual Community Survey



- How easy to get is alcohol and marijuana for youth (6<sup>th</sup> – 12<sup>th</sup> grade)?

Perception that Alcohol and Marijuana are Easy to Get

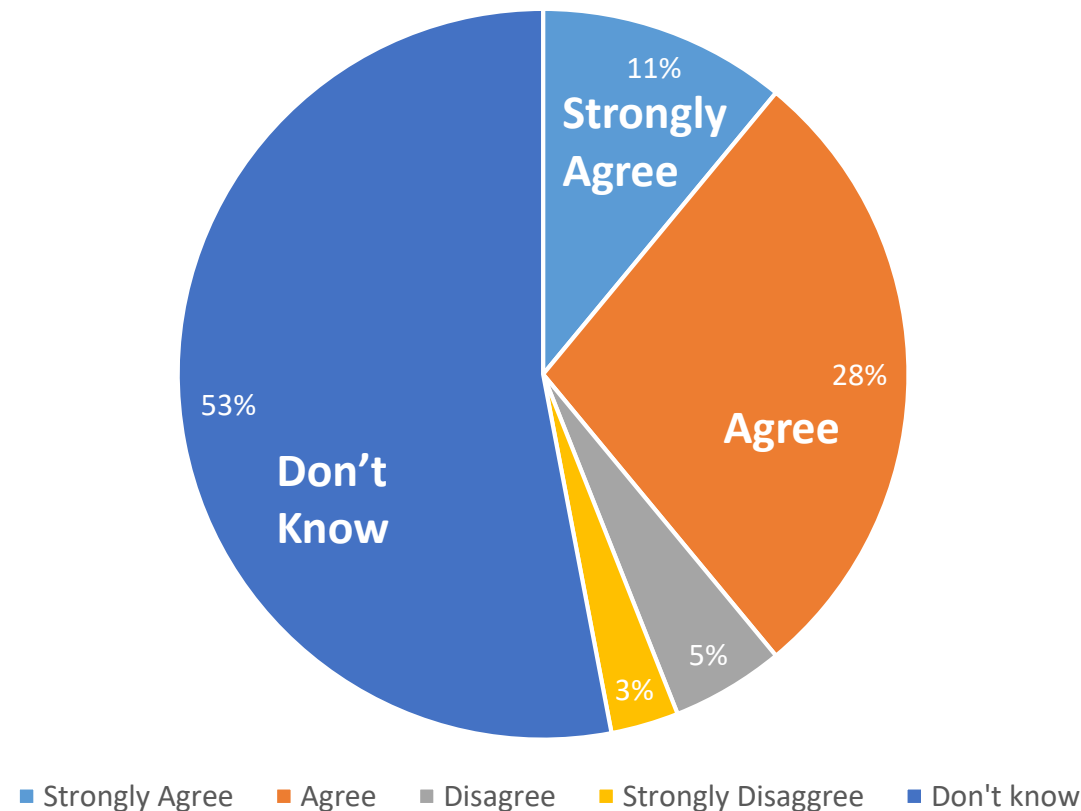


# Annual Community Survey



- Law enforcement personnel in Monroe are effective when responding to underage alcohol and other substance use.

Percent of Respondents Naming Specific Drugs, n=69

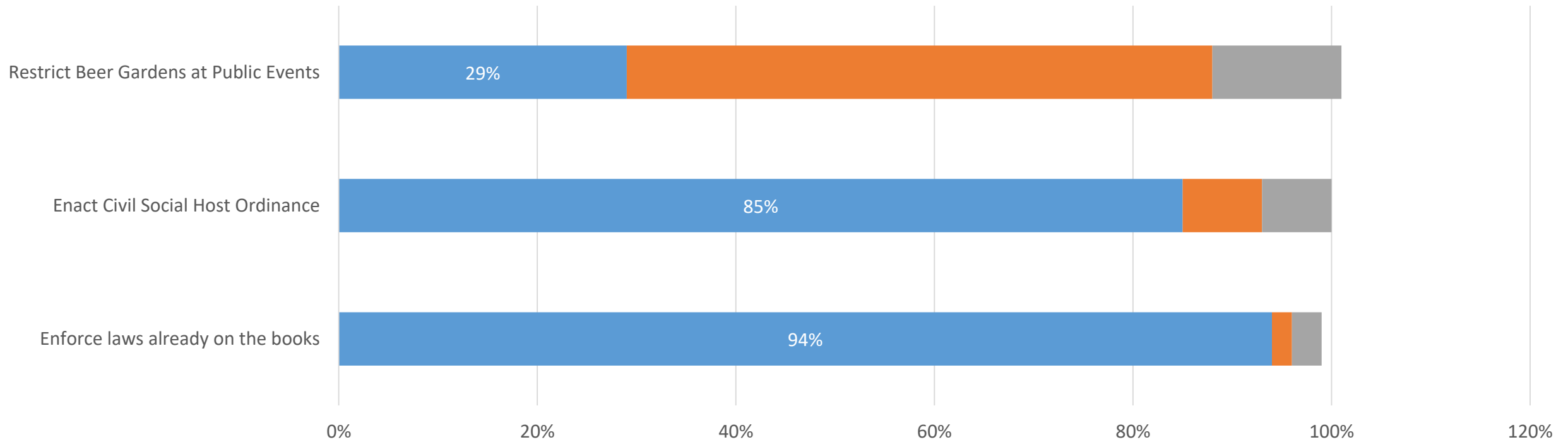




# Annual Community Survey



## Community Response to Underage Drinking Policy and Enforcement



	Enforce laws already on the books	Enact Civil Social Host Ordinance	Restrict Beer Gardens at Public Events
TRUE	94%	85%	29%
FALSE	2%	8%	59%
Don't Know	3%	7%	13%

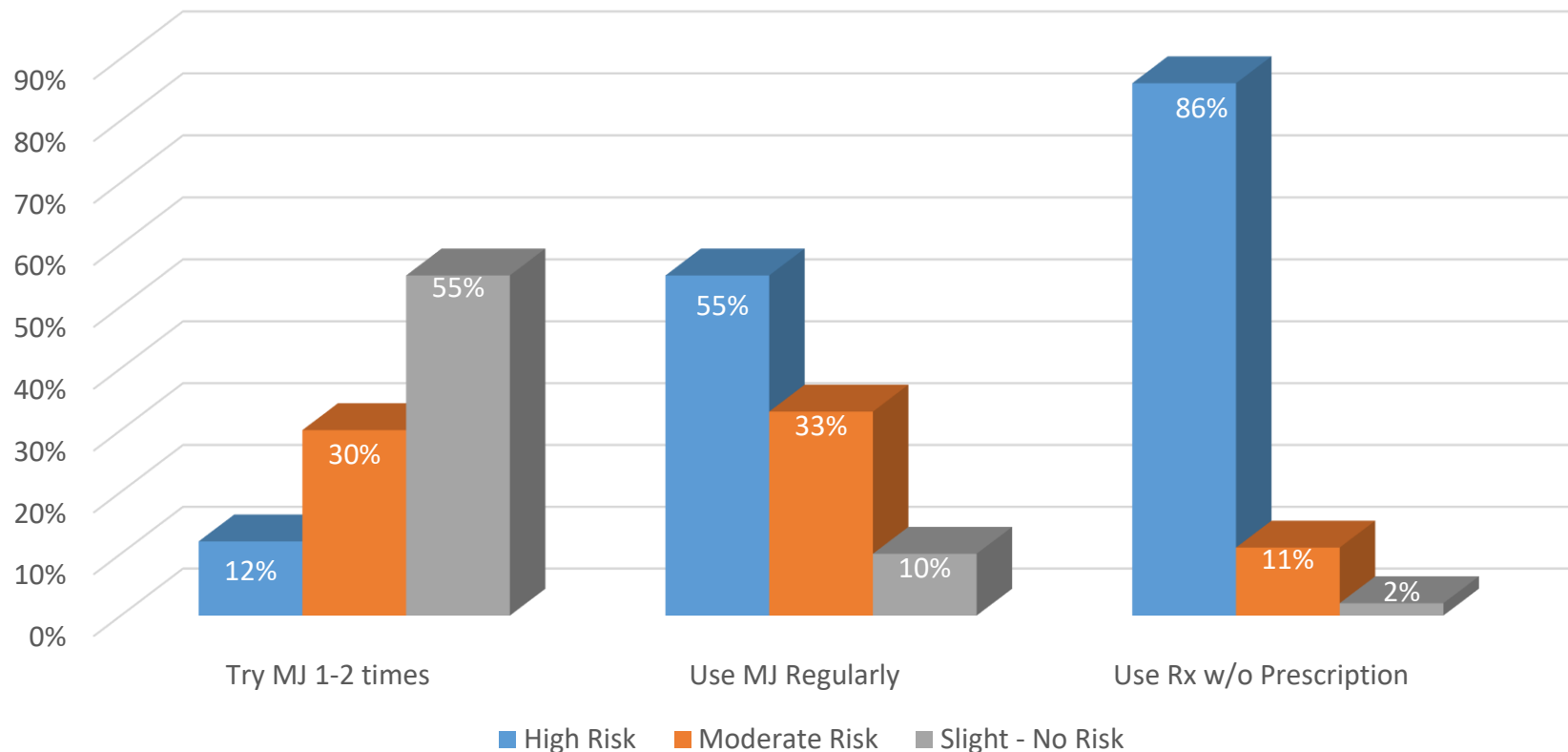
TRUE FALSE Don't Know

# Annual Community Survey



- How much do you think youth risk harming themselves if they...

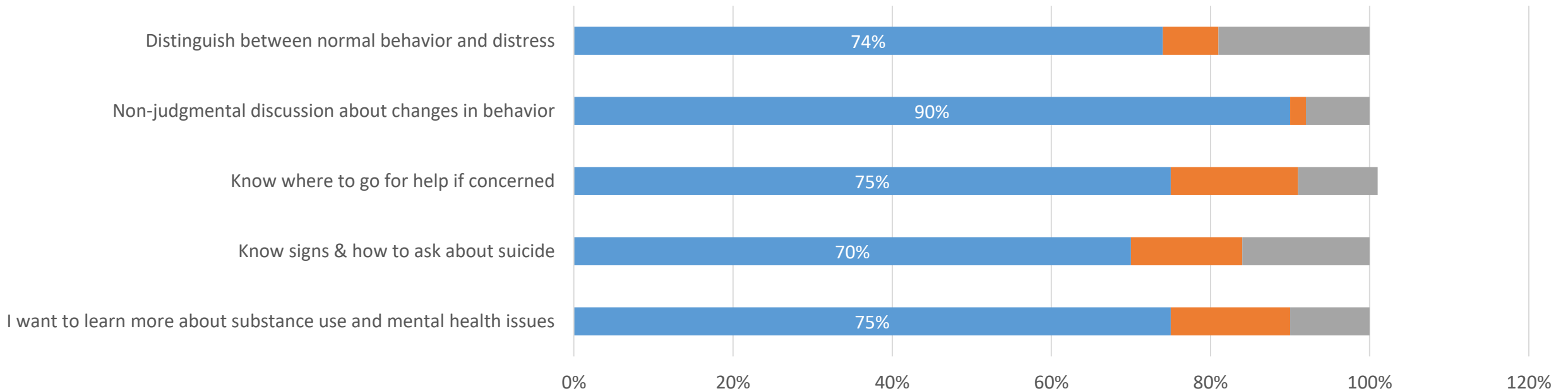
Risk of Use – Marijuana and Prescription Drugs



# Annual Community Survey



## Readiness to Support Loved Ones Experiencing Mental Health Issues



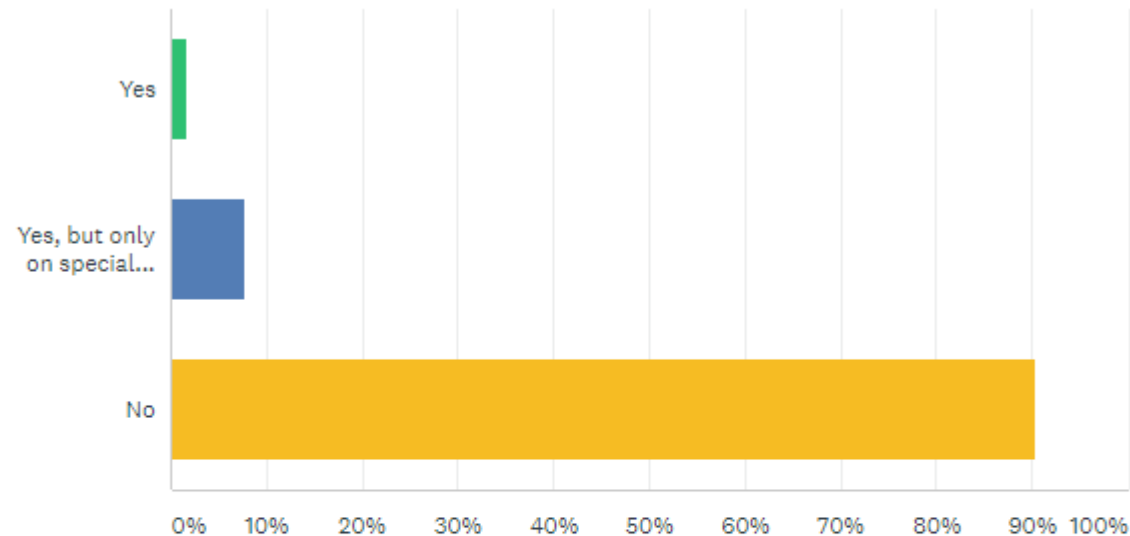
	I want to learn more about substance use and mental health issues	Know signs & how to ask about suicide	Know where to go for help if concerned	Non-judgmental discussion about changes in behavior	Distinguish between normal behavior and distress
■ TRUE	75%	70%	75%	90%	74%
■ FALSE	15%	14%	16%	2%	7%
■ Don't Know	10%	16%	10%	8%	19%

■ TRUE ■ FALSE ■ Don't Know

# Annual Community Survey



- Do you think it is okay for teenagers to drink at parties if they don't get drunk?



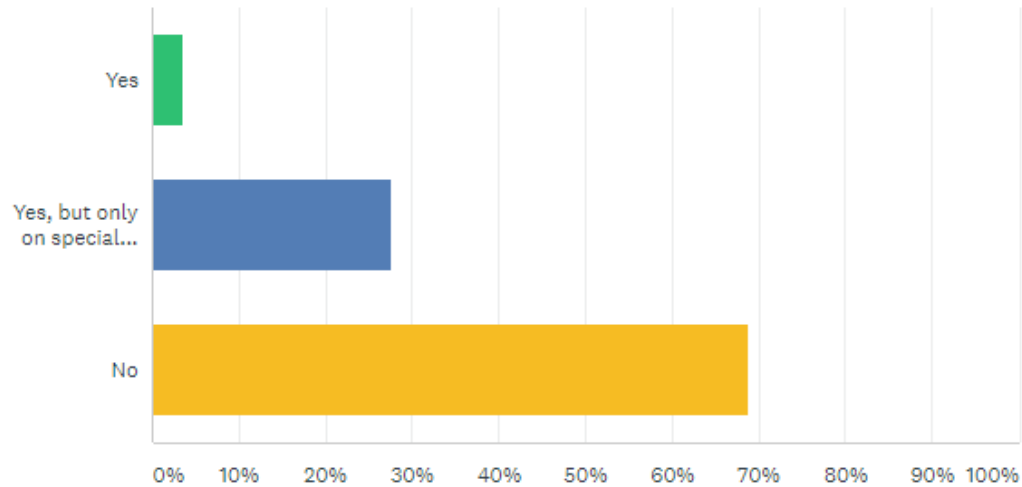
ANSWER CHOICES	RESPONSES	
Yes	1.73%	4
Yes, but only on special occasions	7.79%	18
No	90.48%	209
<b>TOTAL</b>		<b>231</b>

# Annual Community Survey



Do you think it is OK for parents to offer their teenage children alcoholic beverages in their home? Select one.

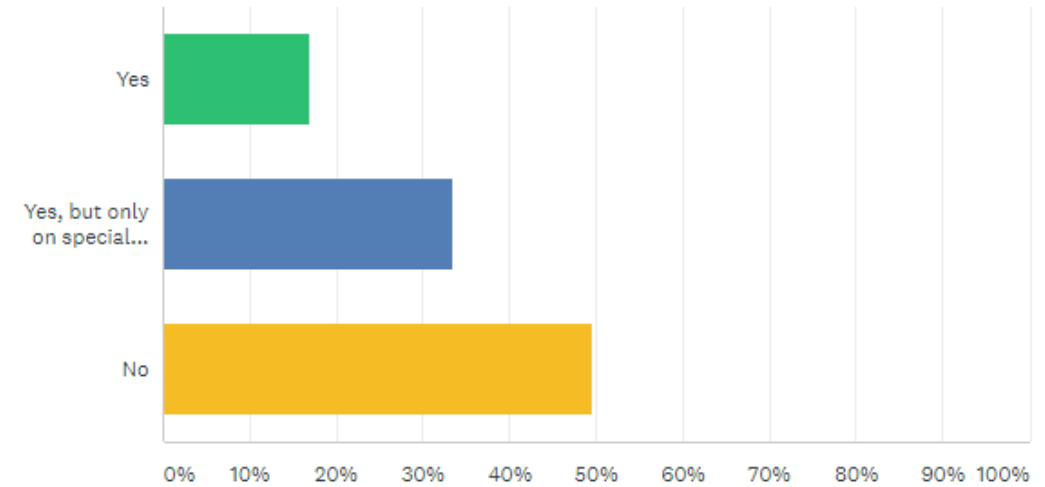
Answered: 228 Skipped: 17



ANSWER CHOICES	RESPONSES
Yes	3.51% 8
Yes, but only on special occasions	27.63% 63
No	68.86% 157
<b>TOTAL</b>	<b>228</b>

Do you think most adults in our community feel it is OK for parents to offer their teenage children alcoholic beverages in their home? Select one.

Answered: 224 Skipped: 21



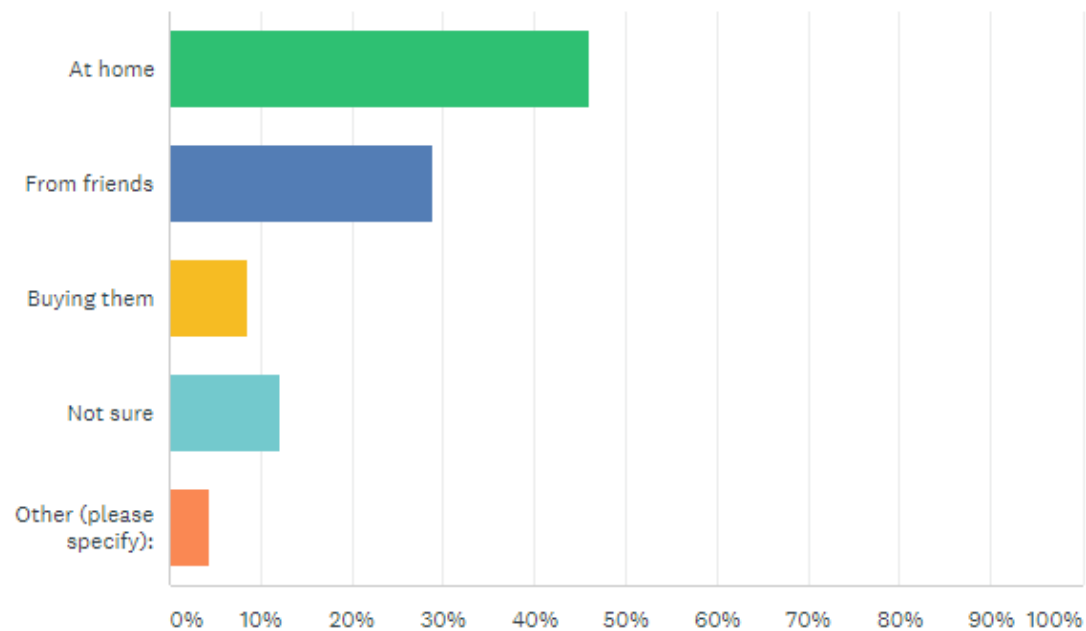
ANSWER CHOICES	RESPONSES
Yes	16.96% 38
Yes, but only on special occasions	33.48% 75
No	49.55% 111
<b>TOTAL</b>	<b>224</b>

# Annual Community Survey



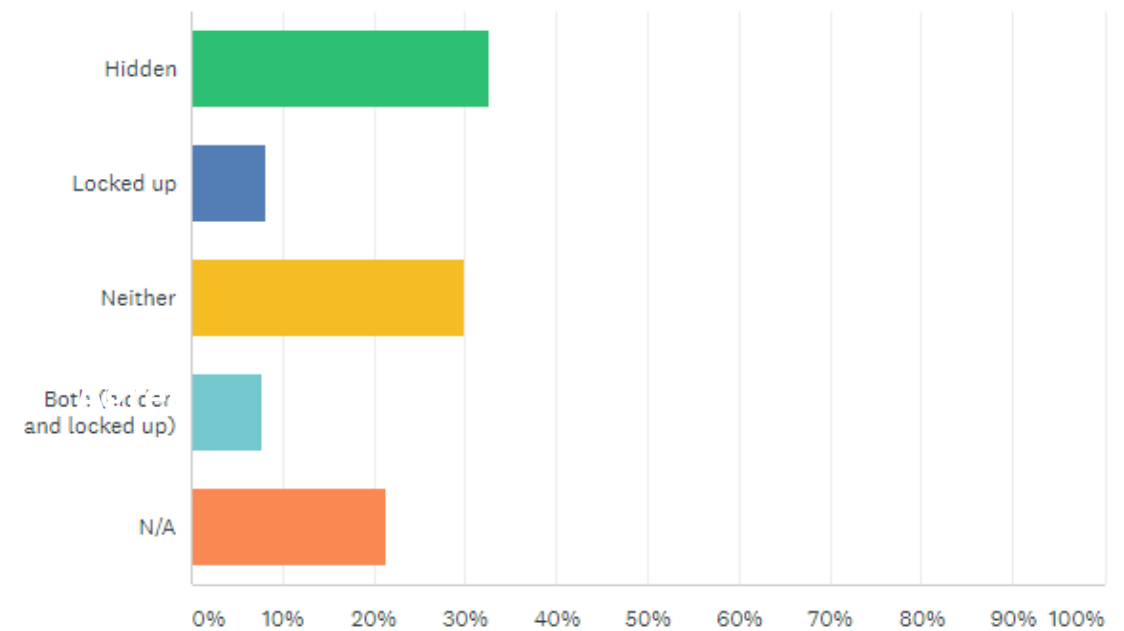
Where do you think youth usually get prescription drugs not prescribed to them by a doctor? Select one.

Answered: 232 Skipped: 13



If you currently have prescription medication at your home, where is the medication usually kept? Select one.

Answered: 230 Skipped: 15

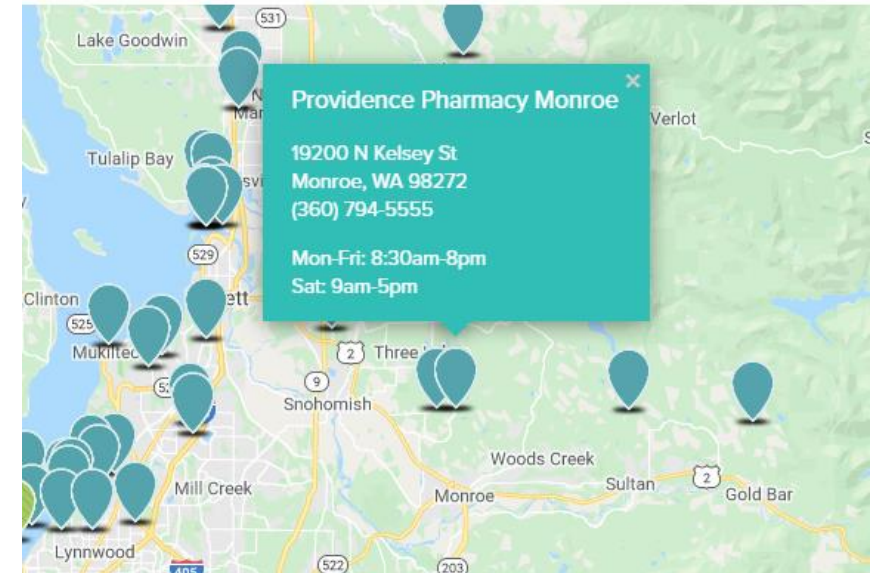
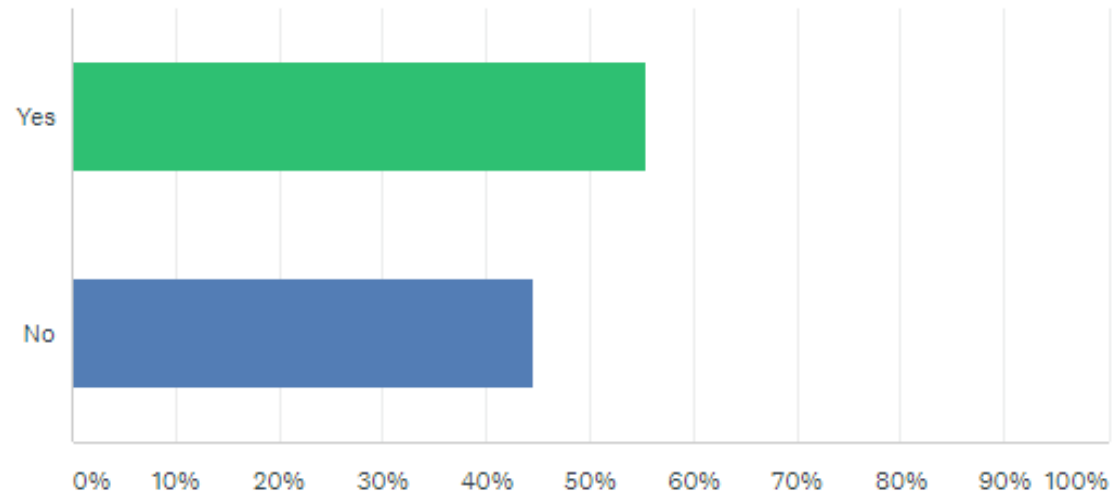


# Annual Community Survey



Do you know where in your community you could get rid of prescription drugs that you no longer need?

Answered: 231 Skipped: 14



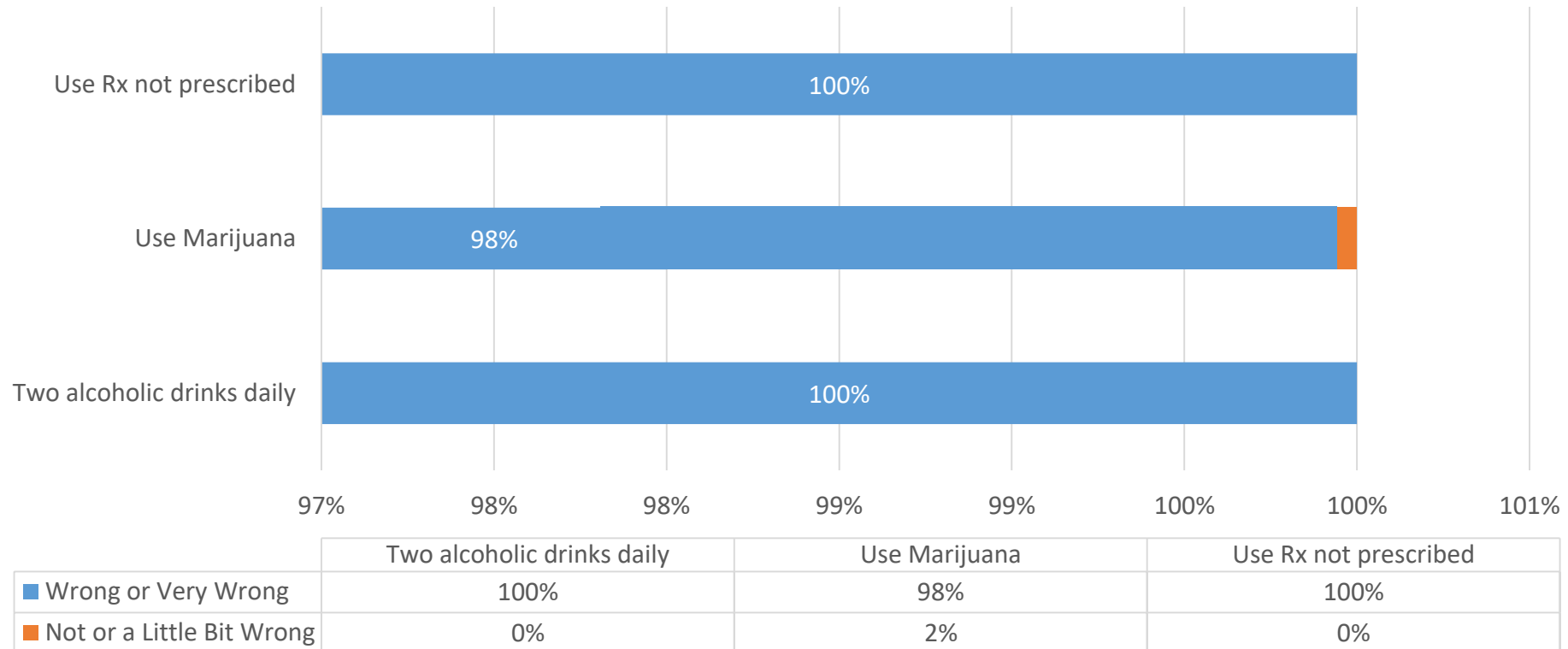
ANSWER CHOICES	RESPONSES	
Yes	55.41%	128
No	44.59%	103
<b>TOTAL</b>		<b>231</b>

# Annual Community Survey



- How wrong do you think it is for youth in Monroe to...

Parental Approval of Alcohol, Marijuana and Rx Use



■ Wrong or Very Wrong   ■ Not or a Little Bit Wrong



# Closing Thoughts & Adjourn



**HOUSING HOPE**  
we keep hope alive



**NAMI**  
National Alliance on Mental Illness



**Northwest Educational Service District 189**  
*Together We Can*



Washington State Health Care Authority



**BOYS & GIRLS CLUBS**  
OF SNOHOMISH COUNTY



**SNO-ISLE LIBRARIES**



Girl Scouts.



**Monroe Public Schools**  
FOUNDATION



**Kiwanis**  
CLUB OF MONROE, WA



**SNOHOMISH**  
HEALTH DISTRICT

Moms & Dads	Grandparents	Youth
Law Enforcement	Business	Healthcare
Media	Schools	Government
Mental Health Treatment	Substance Use Treatment	Faith Community
Volunteer Groups	Family Serving Agencies	More