

SCASD Pennsylvania Youth Survey Report and Mental Health Update 2021-2022

**Developed By
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3 Part Agenda

- ❖ PAYS Overview
- ❖ SCASD Mental Health Data Summary
- ❖ SCASD Mental Health Systems Overview



PAYS Overview

- ❖ Purpose, FAQs, Data Point Reminders, Demographics
- ❖ Risk and Protective Factors
- ❖ High Prevalence/Early Initiation Drugs
- ❖ Prescription and Over-the-Counter Drugs and Medications
- ❖ Anti-Social Behavior
- ❖ Commitment and Involvement in School
- ❖ Bullying and Internet Safety
- ❖ Social and Emotional Health

PAYS Purpose

- ❖ Provides benchmark for alcohol, tobacco, and other drugs (ATOD)
- ❖ Helps indicate whether prevention and treatment programs are achieving their intended results
- ❖ Assesses risk and protective factors

PAYS FAQs

How do we know we can trust the results?

- ❖ Developed, studied and validated in numerous research studies. www.sdrg.org
- ❖ Validity questions 1,639 valid out of 1,646.

Is the survey reliable and valid?

- ❖ Yes. Each risk and protective factor scale has been statistically validated in multiple samples across gender, race and ethnicity and predicts adolescent problem behaviors.

Don't kids lie on surveys?

- ❖ Yes, but rarely. Research indicates students tend to be honest about behavior and experiences on anonymous, confidential surveys.
- ❖ Strategies built into the analysis of the survey to screen for dishonest, inconsistent and exaggerated responses.

Are these data representative of our student population?

- ❖ When 80% or greater participate there is confidence that the information reflects the student population (SCASD had a 71.9% participation rate).

PAYS Data Point Reminders

	Grades	Students
1999-2013 every 2 years	1999: 6-12 (pilot year) 2000-2013 : 6, 8, 10, 12	1,600-2,200
2015	6 ,8, 10, 12	1,850 83% participation rate
2017	6, 8, 10 ,12	1,772 75.6% participation rate
2019	6, 8, 10 ,12	1,645 71.8% participation rate
2021	6, 8, 10 ,12	1639 71.9% participation rate

Risk and Protective Factors are Scale Scores

The percentage represents the population of youth that are either at greater risk or with lower protection than the national cut-point level.

Cut Scores

Example: If you School Opportunities for Prosocial Involvement protective factor scale is 60% for your 10th graders, the interpretation of this is that 60% of your 10th graders are protected against engaging in problem behavior due to School Opportunities for Prosocial Involvement.

Confidence Intervals

“Margin of error” example: the overall statewide confidence interval for drug use with prevalence rate of 50.0% is +or- .8 points, meaning that there is a 95% chance that the true score is between 49.2% and 50.8%.

PAYS Demographics page 8

	District 2017		District 2019		District 2021		State 2021	
	Number	Percent	Number	Percent	Number	Percent	Number	Percent
Survey respondents								
All	1,772	100.0	1,645	100.0	1,639	100.0	246,081	100.0
Survey respondents by grade								
6	443	25.0	448	27.2	440	26.8	61,883	25.1
8	434	24.5	418	25.4	397	24.2	72,076	29.3
10	472	26.6	384	23.3	476	29.0	61,931	25.2
12	423	23.9	395	24.0	326	19.9	50,191	20.4
Survey respondents by gender								
Male	870	49.5	815	50.0	812	49.8	121,792	49.8
Female	887	50.5	814	50.0	740	45.4	114,733	46.9
Other	n/a	n/a	n/a	n/a	79	4.8	7,937	3.2
Survey respondents by ethnicity								
Yes, of Hispanic, Latino, or Spanish origin	97	5.5	99	6.0	100	6.1	35,218	14.3
No, not of Hispanic, Latino, or Spanish origin	1,675	94.5	1,546	94.0	1,539	93.9	210,863	85.7
Survey respondents by race								
Black, African American	59	3.3	71	4.3	68	4.1	23,823	9.7
American Indian	16	0.9	17	1.0	10	0.6	3,446	1.4
Asian/Pacific Islander	169	9.5	144	8.8	169	10.3	14,769	6.0
White, Caucasian	1,343	75.8	1,261	76.7	1,207	73.6	172,381	70.1
Multi-racial	114	6.4	94	5.7	110	6.7	15,273	6.2
Race Unmarked	71	4.0	58	3.5	75	4.6	16,389	6.7

PA Youth Survey Protective and Risk Factors 2021

- ❖ Risk is associated with negative behavioral outcomes. It is better to have **lower** risk factor scale scores but we look at highest scores for areas of risk.
- ❖ Protective factors are associated with better behavioral outcomes. It is better to have **higher** protective factor scale scores.

Protective Factors

Family Opportunities for Prosocial Involvement (75% with protection)

- ❖ Young people who are exposed to more opportunities to participate meaningfully in the responsibilities and activities of the family are less likely to engage in drug use and other problem behavior.

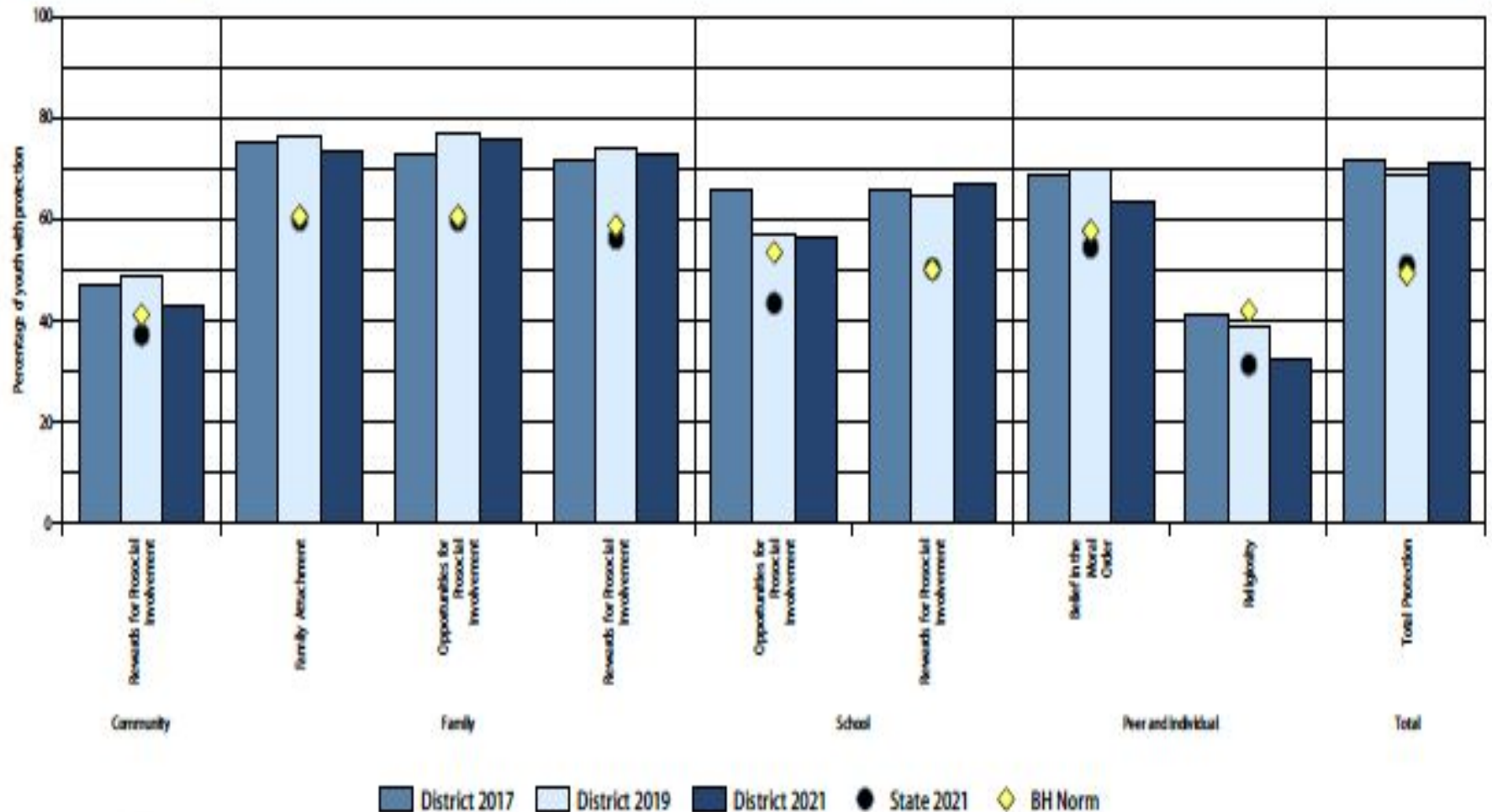
Family Attachment (73.6% with protection)

- Young people who feel that they are a valued part of their family are less likely to engage in substance use and other problem behaviors.

Family Rewards for Prosocial Involvement (72.7% with protection)

- ❖ When parents, siblings, and other family members praise, encourage, and attend to things done well by their child, children are less likely to engage in substance use and problem behaviors.

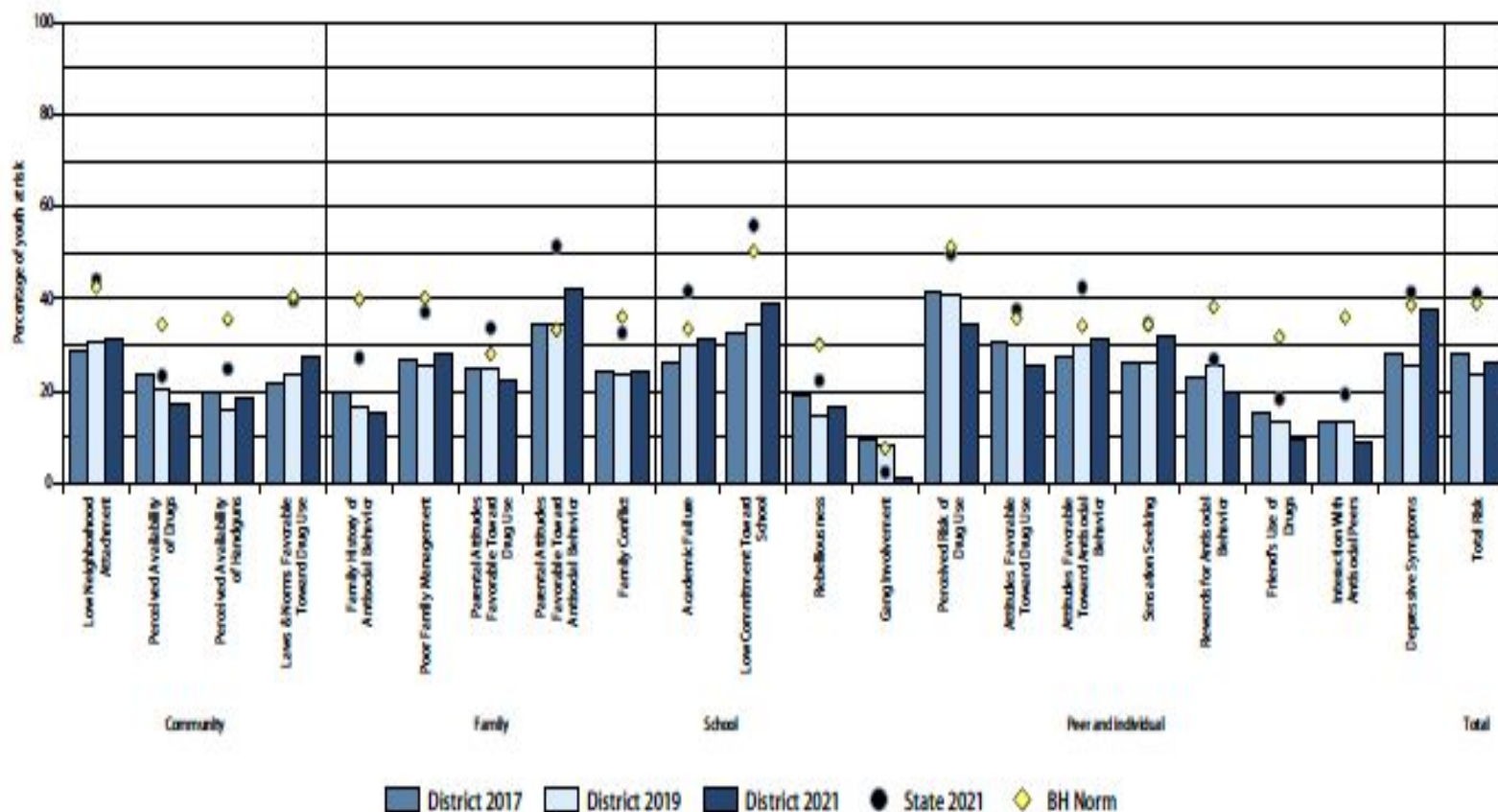
Protective factors, All grades State College Area School District 2021 Pennsylvania Youth Survey



Risk Factors

- ❖ Parental Attitude Favorable Toward Antisocial Behavior (42.3% at risk)
 - ❖ In families where parents use illegal drugs, are heavy users of alcohol, or are tolerant of children's use, children are more likely to become drug abusers during adolescence. The risk is further increased if parents involve children in their own drug (or alcohol) using behavior — for example, asking a child to light the parent's cigarette or get the parent a beer from the refrigerator.
- ❖ Low Commitment Toward School (38.5% at risk)
 - ❖ Surveys of high school seniors have shown that the use of drugs is significantly lower among students who expect to attend college than among those who do not. Factors such as liking school, spending time on homework, and perceiving coursework as relevant also contribute to lower drug use.
- ❖ Depressive Symptoms (37.6% at risk)
 - ❖ Young people who are depressed are overrepresented in the criminal justice system and are more likely to use substances. There is a link between depression and other youth problem behaviors.

Risk factors, All grades State College Area School District 2021 Pennsylvania Youth Survey



SCASD Programs and Services Aimed to Improve Risk and Protective Factors

9th Grade Learning Communities

Big Brother Big Sister

Child Abuse Training

Counseling Services

Family Outreach Services

LGBTQA Alliance

Health Courses

Home School Visitor Services

My Mental Health Matters Group

Professional Learning Communities

Restorative Practices/Conferences

Restorative Handbook

Safety Care Training

School Resource officer

School Wide Positive Behavior

Supports/ROAR

Question, Pursued, Respond Training
(JMF)

Equity Advocates, Peer Mentors

Shorts and Sports Programs

Straight Talk Task Force

Strengthening Families

Suicide Prevention Training

Summer Library

Transition Services

Universal Screening For Behavior
and Emotional Needs

Youth Mental Health First Aid
Training

After School Activities & Clubs

Community Partnerships with:

Communities That Care

PSU

Jana Marie Foundation

Youth Service Bureau

Equity and Inclusivity Training

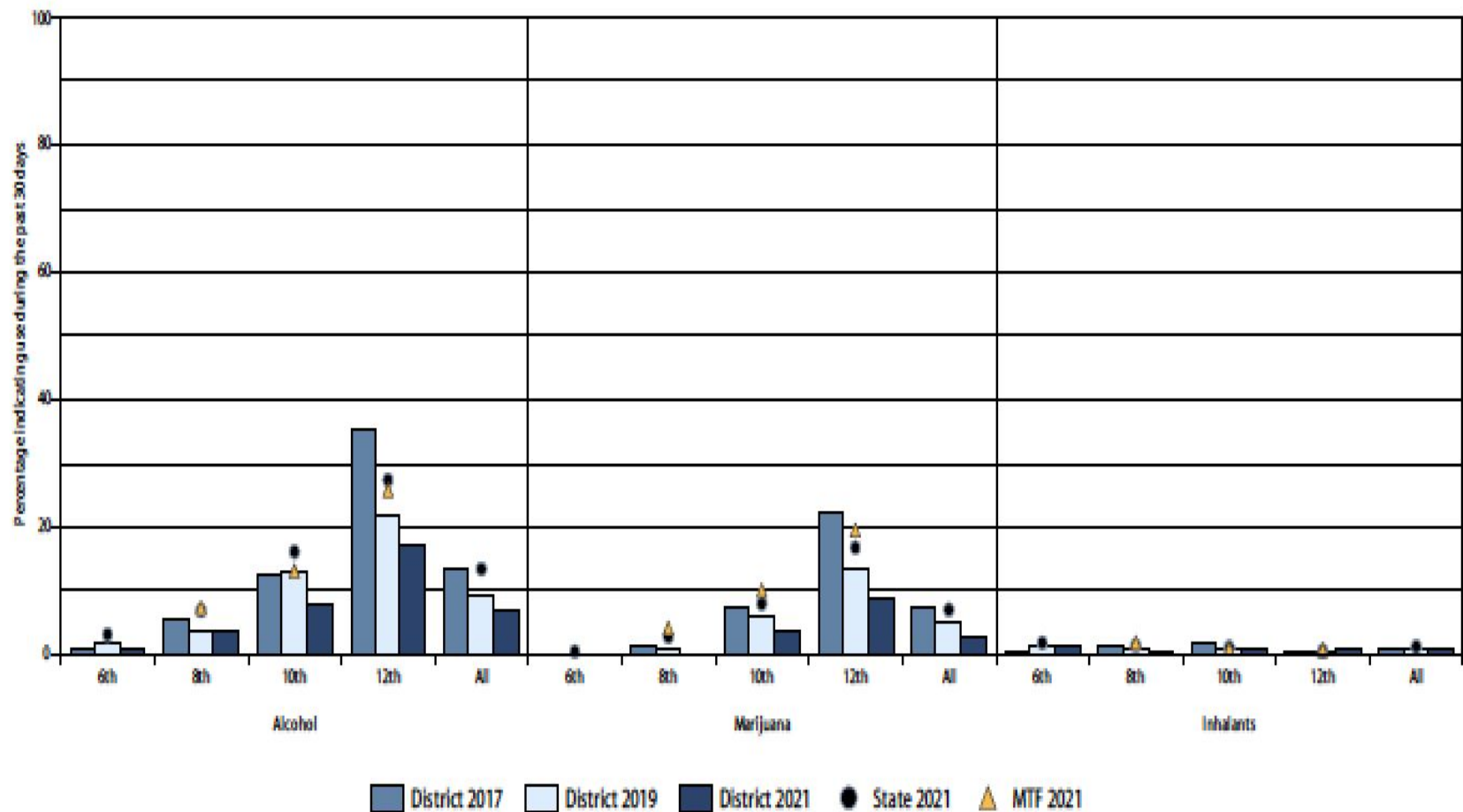
SCASD Mental Health Clinicians and

Mental Health Interns Support

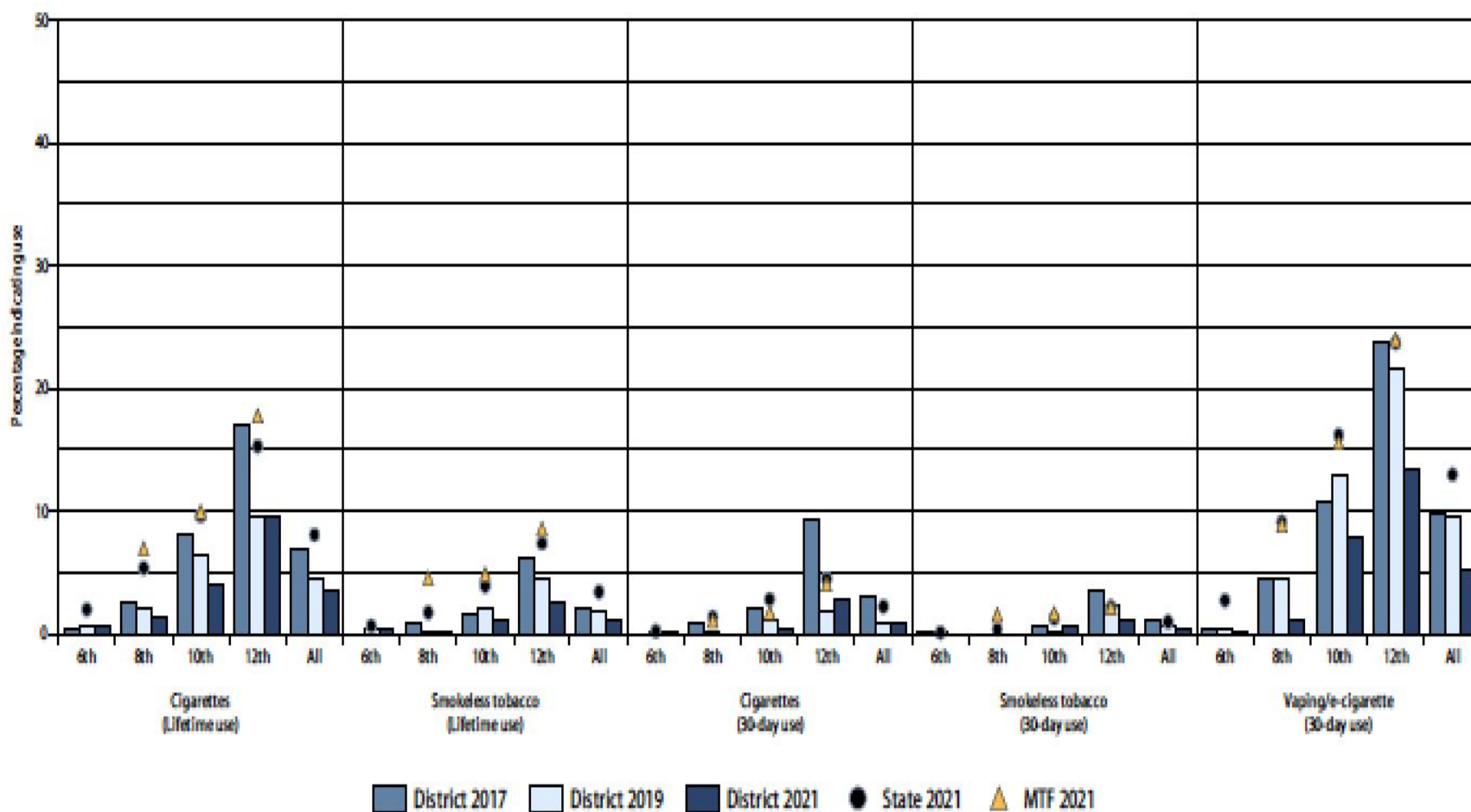
High Prevalence/Early Initiation Drugs

- ❖ First drugs most commonly abused by youth
- ❖ Social acceptability
 - ❖ Normalize idea that drug use is acceptable
 - ❖ “Prime” the brain for addiction to other substances
- ❖ Most common early initiation for State College
 - ❖ Alcohol 26.6% vs. 34.8% State
 - ❖ Marijuana 6.8% vs. 13.1% State
 - ❖ E-cigarettes and vape products 5.3% vs 13% State

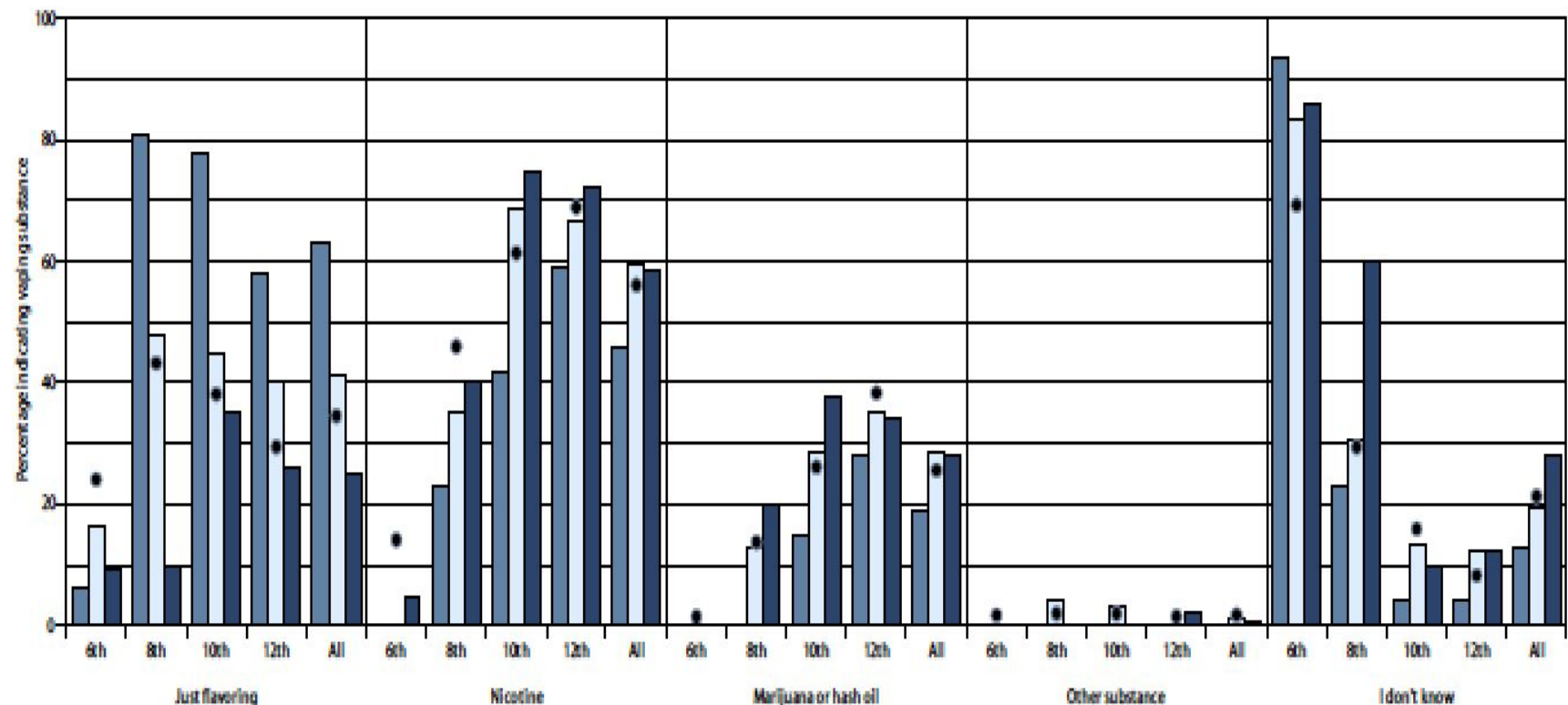
Early initiation and higher prevalence drugs - 30-day use State College Area School District 2021 Pennsylvania Youth Survey



Tobacco and Vaping - Lifetime and 30-day use State College Area School District 2021 Pennsylvania Youth Survey



Vaping substances used by students indicating electronic vaping product use in the past year State College Area School District 2021 Pennsylvania Youth Survey



(Reported by students indicating electronic vaping product use in the past year)

District 2017
 District 2019
 District 2021
 State 2021

Prescription and Over-the-Counter Drugs and Medications

- ❖ Prescription drugs are the most abused category of drugs after alcohol, tobacco and marijuana
 - ❖ Prescription is safer than illicit drugs because prescribed by a doctor
- ❖ Prescription drug most frequently used by SCASD students:
 - ❖ Over-the-counter drugs – 3.1% State
 - ❖ Prescription pain relievers – 3.1% State

SCASD Programs and Services Aimed to Decrease ATOD Use

Act 211 Programming
Casings
Conference
Attendance/Professional
Development
Counseling Curriculum
Counseling Services
LGBTQ Alliance
Health Courses
Instructional Support Team
Integrated Mental Health
Services

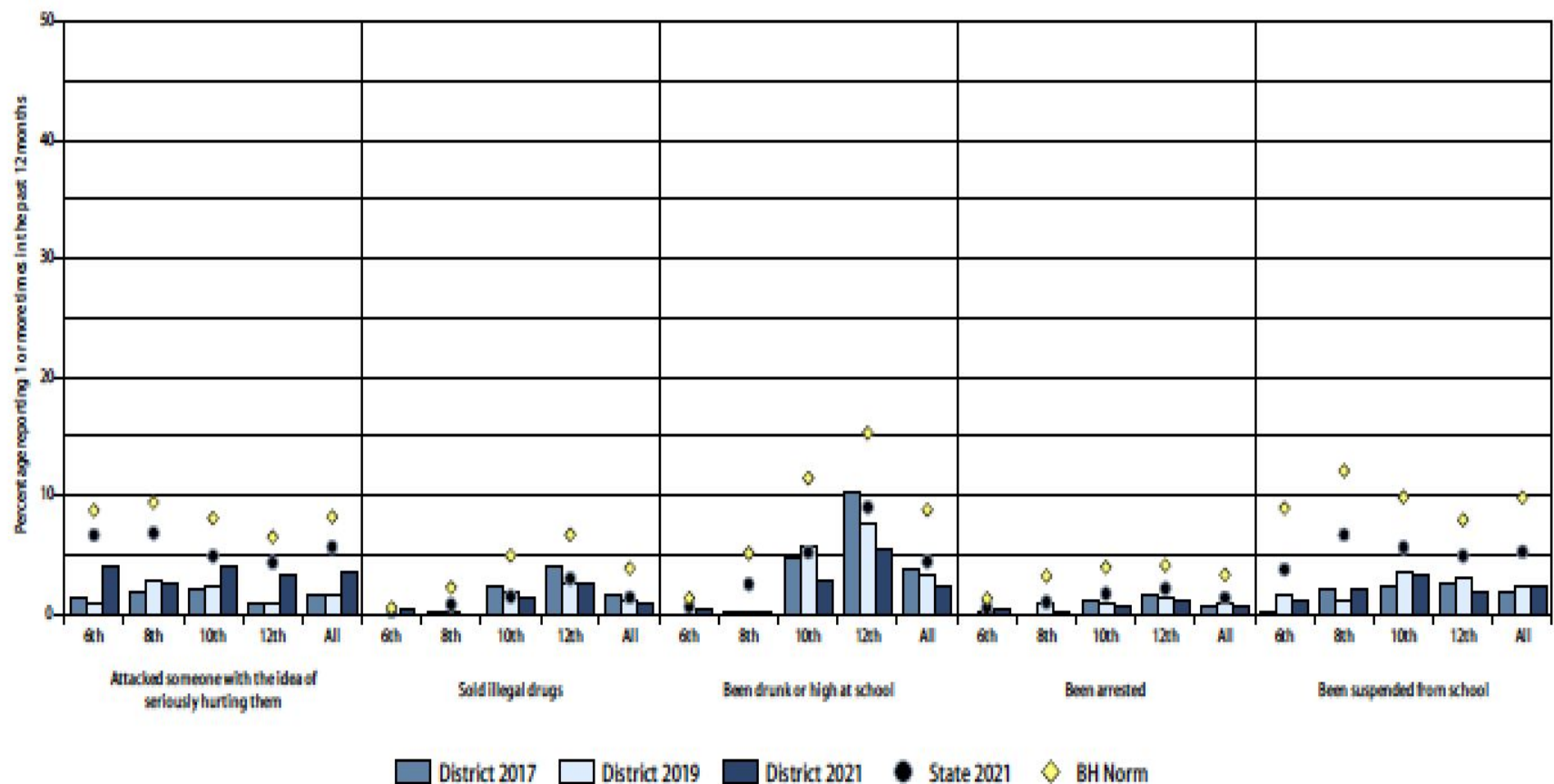
School Resource Officer
School Wide Positive Behavior
Support Programs/ROAR
Straight Talk Programs
Student Assistance Program
Restorative Practices
SCASD Mental Health Clinicians
and Mental Health Interns
Support
Little Lion Ambassadors
My Mental Health Matters
(MMHM)
Psychological Services

Anti Social Behavior

Antisocial behavior may be outwardly directed, involving aggression against adults or peers, or might be behavior destructive to property, self and others.

- ❖ The most frequent antisocial behavior in SCASD was “attacked someone with the idea of seriously hurting them,” reported by 3.4% of students (compared to 5.6% a the state level).

Other antisocial behavior State College Area School District 2021 Pennsylvania Youth Survey



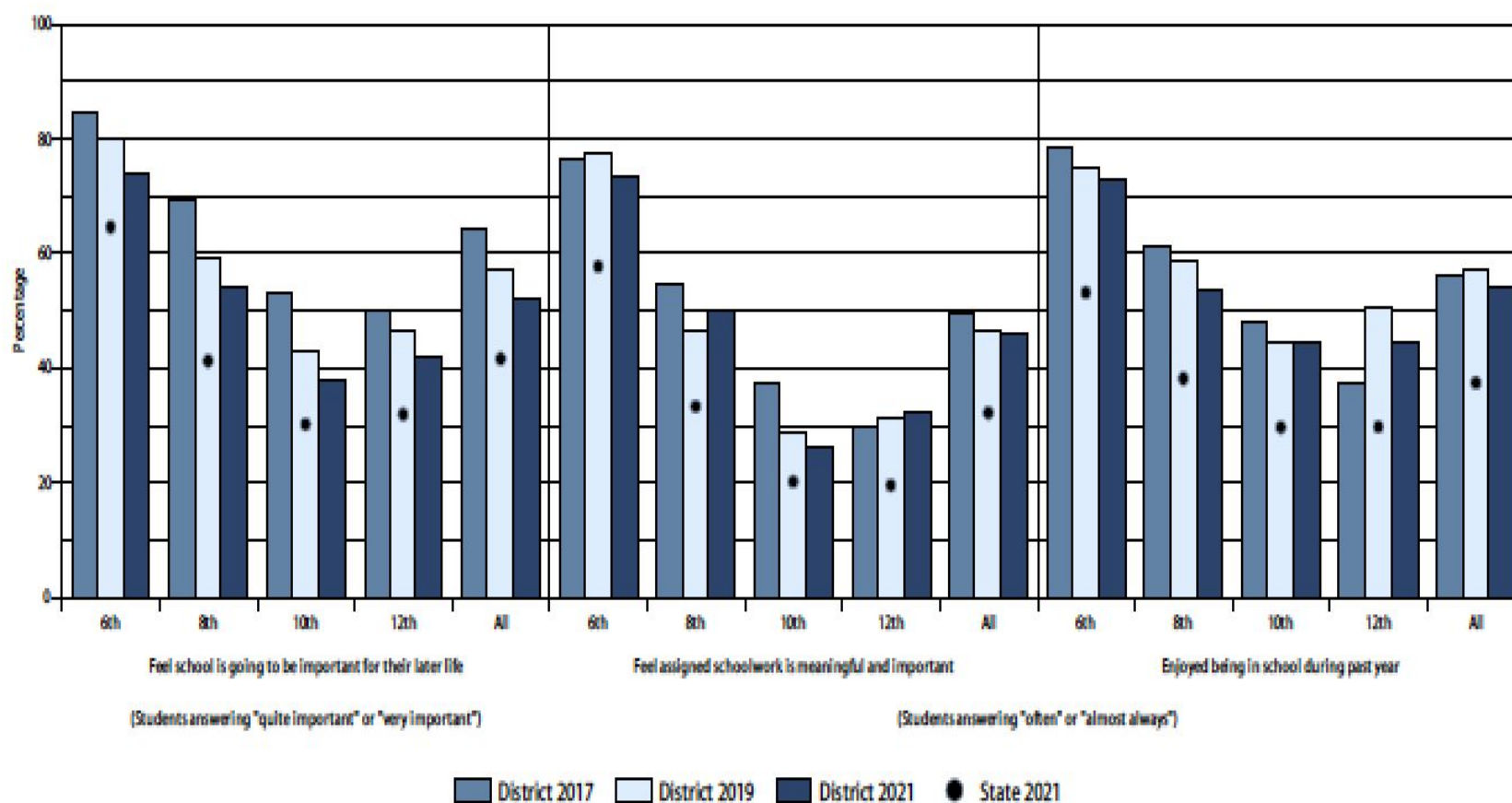
Involvement in Pro-Social Activities

When young people participate in pro-social activities that foster healthy development, they are more likely to develop connections with peers and members of the community who engage in prosocial behaviors.

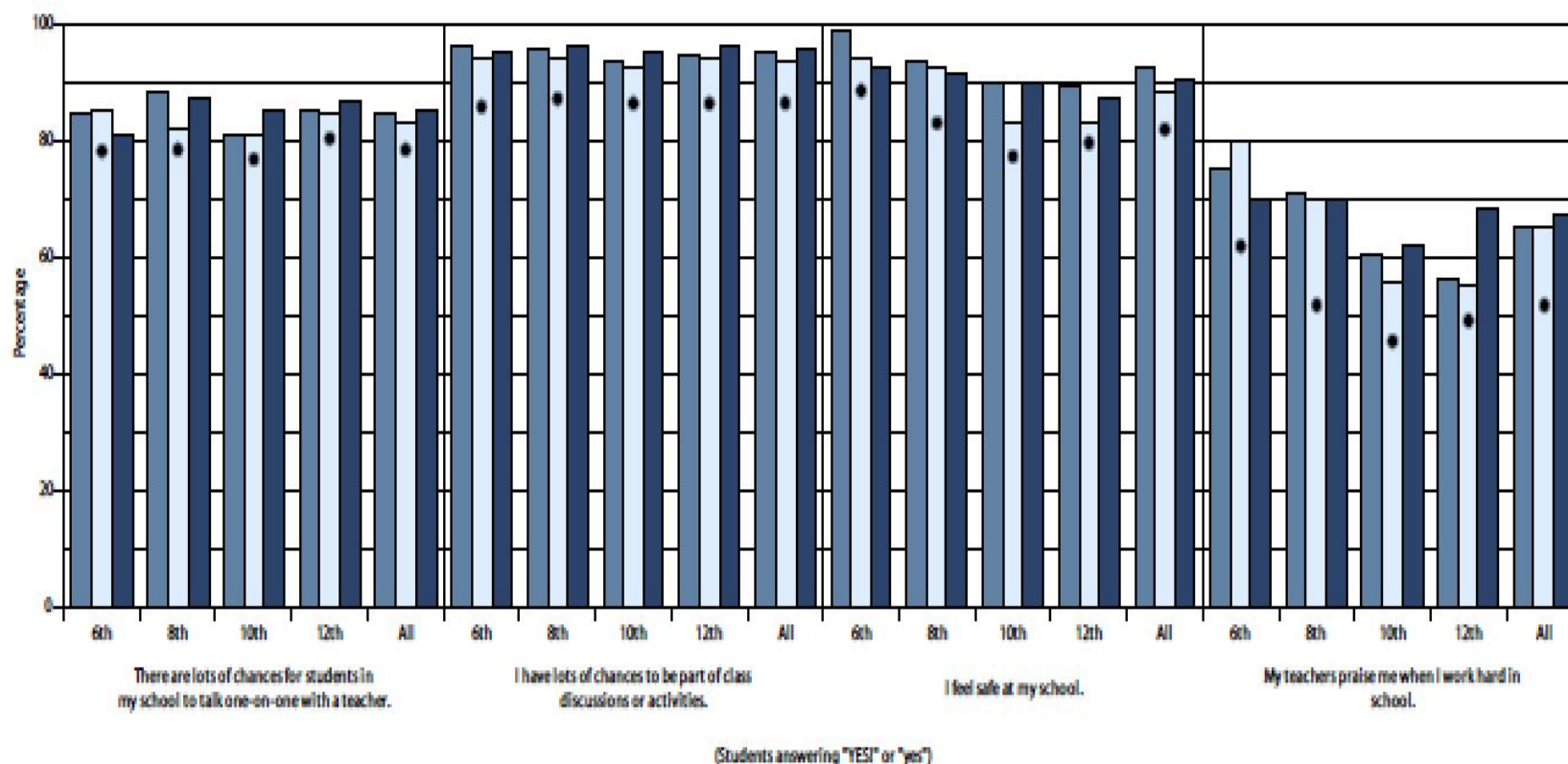
- ❖ 89.6% of students in SCASD reported participating in at least one pro-social, compared to 84.3 at the state level
- ❖ Students most frequently participate in family supported activities or hobbies at 58.3% and school sponsored activities 58%.

Commitment and involvement in school - Perceived importance of school

State College Area School District 2021 Pennsylvania Youth Survey



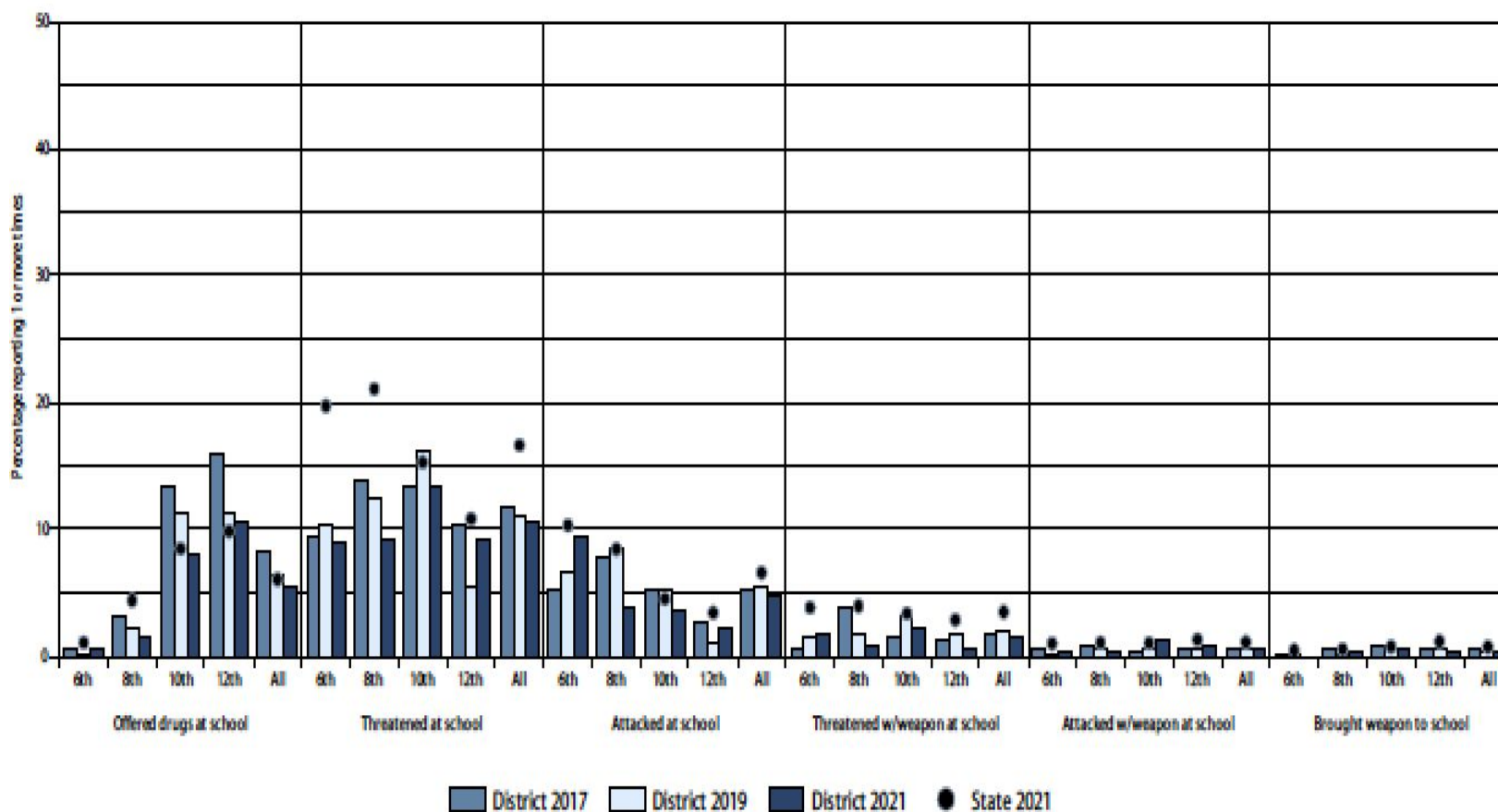
Commitment and involvement in school - Positive school environment State College Area School District 2021 Pennsylvania Youth Survey



District 2017 District 2019 District 2021 State 2021

Violence and drugs on school property

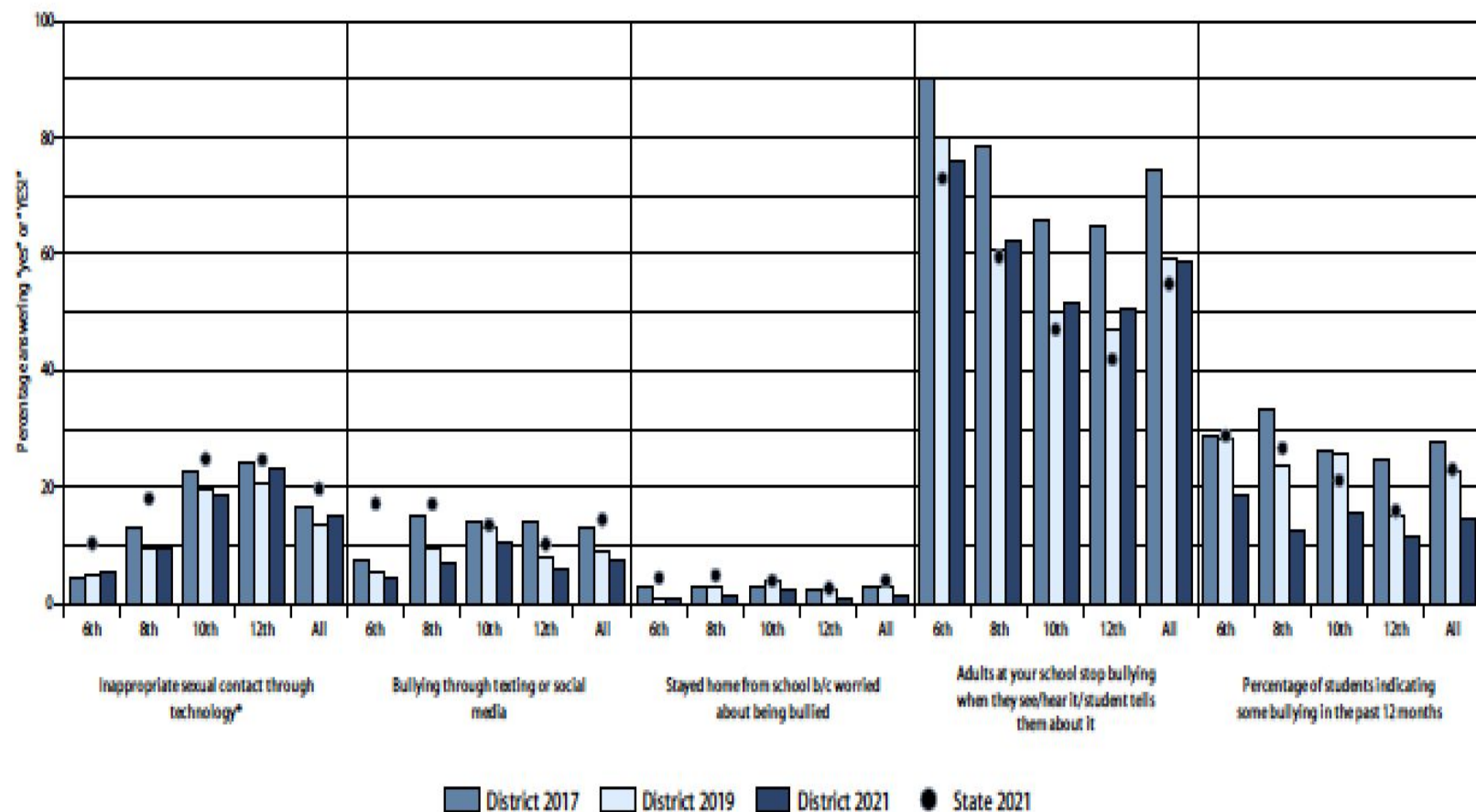
State College Area School District 2021 Pennsylvania Youth Survey



Bullying and Internet Safety

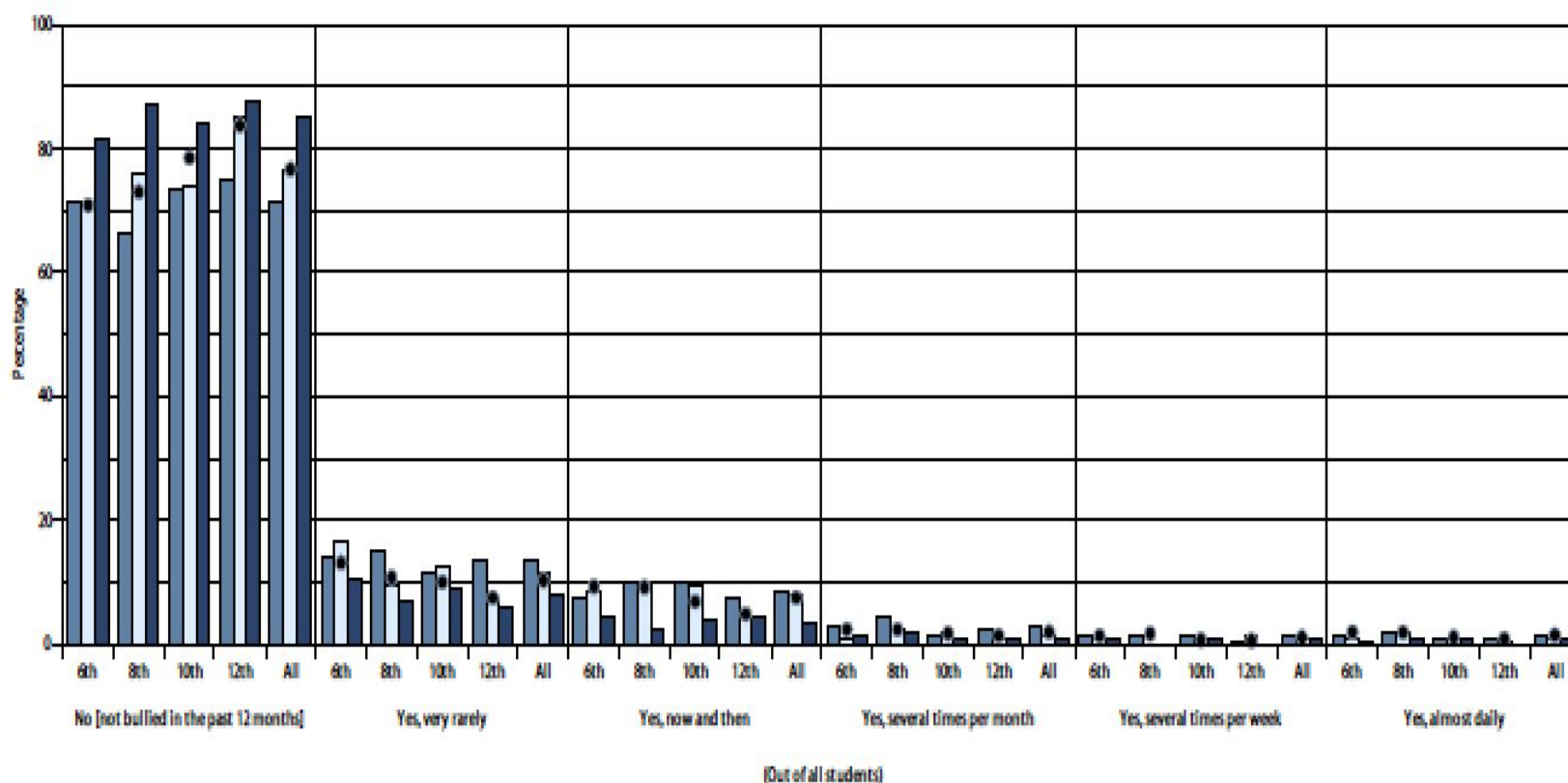
- ❖ Bullying behavior contributes to:
 - ❖ Lower attendance rates
 - ❖ Lower student achievement
 - ❖ Low self-esteem
 - ❖ Depression
 - ❖ Higher rates of juvenile and adult crime
- ❖ Bullying in the past 12 months in SCASD 14.7% vs. 23.2% State
- ❖ Reasons: 45.7% = “Some other reason”; 37.6% = “I don’t know why”; 39.9% = “The way I look”

Bullying and Internet safety State College Area School District 2021 Pennsylvania Youth Survey



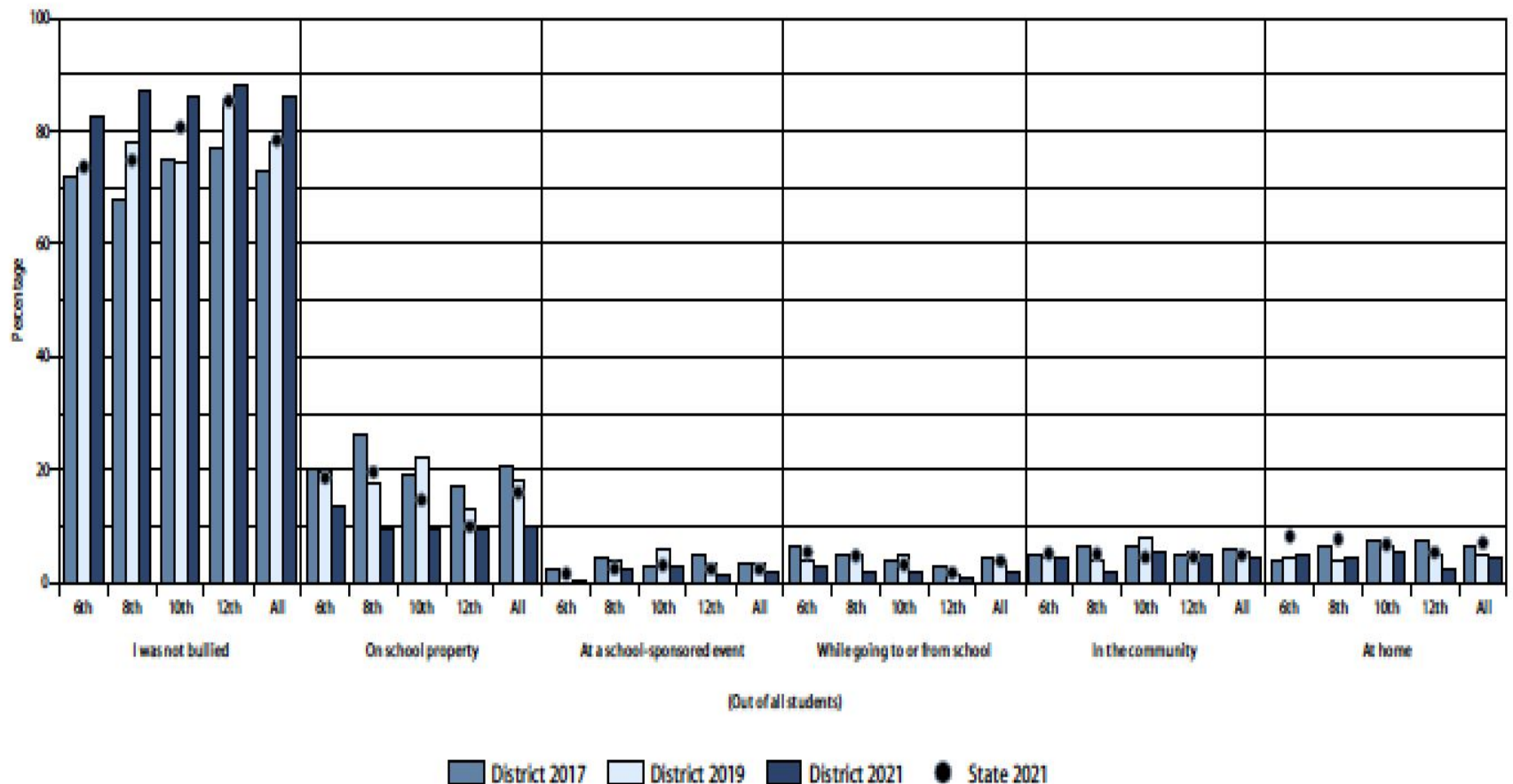
Frequency of bullying by students indicating some bullying in the past year*

State College Area School District 2021 Pennsylvania Youth Survey



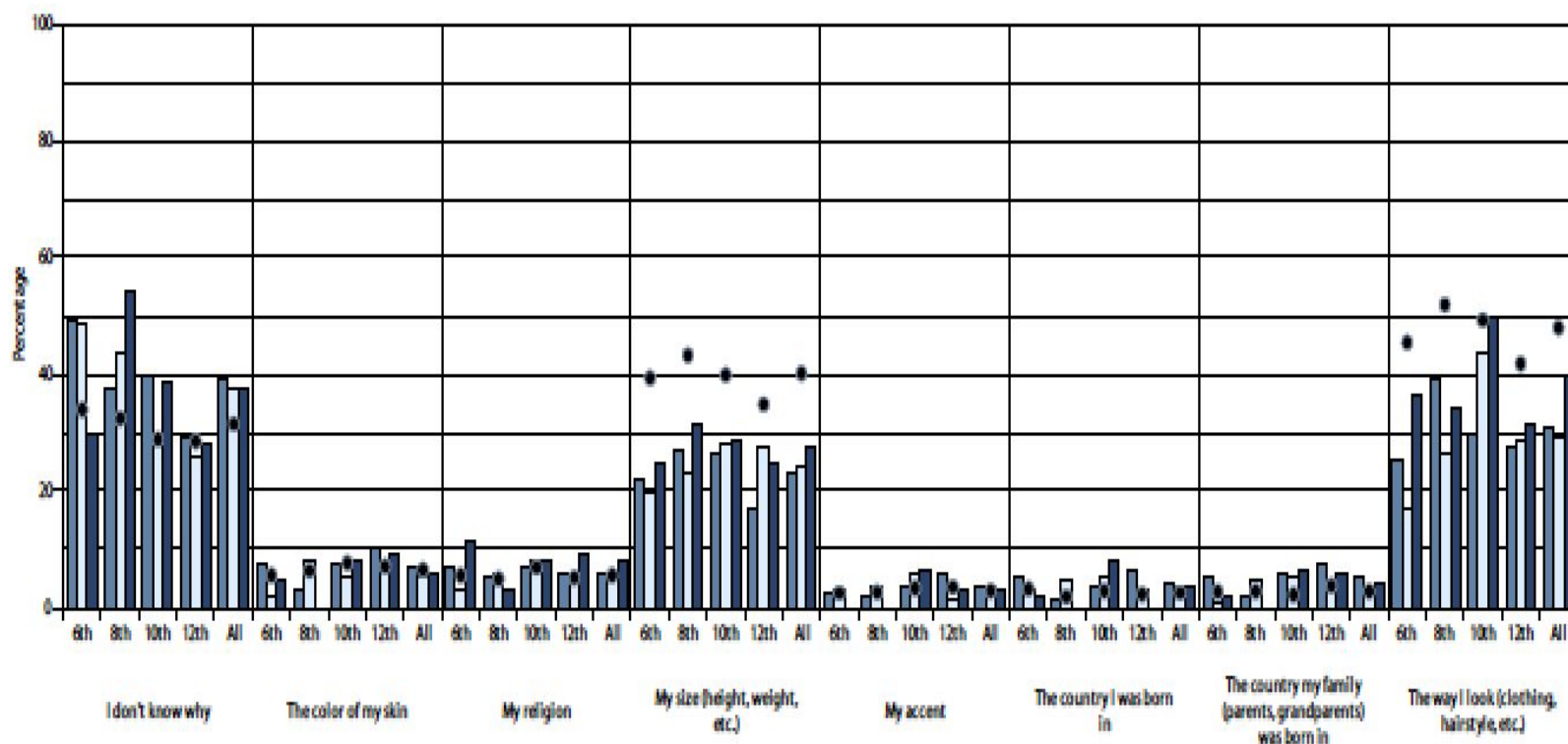
District 2017 District 2019 District 2021 State 2021

Location of bullying State College Area School District 2021 Pennsylvania Youth Survey



Perceived reasons for bullying

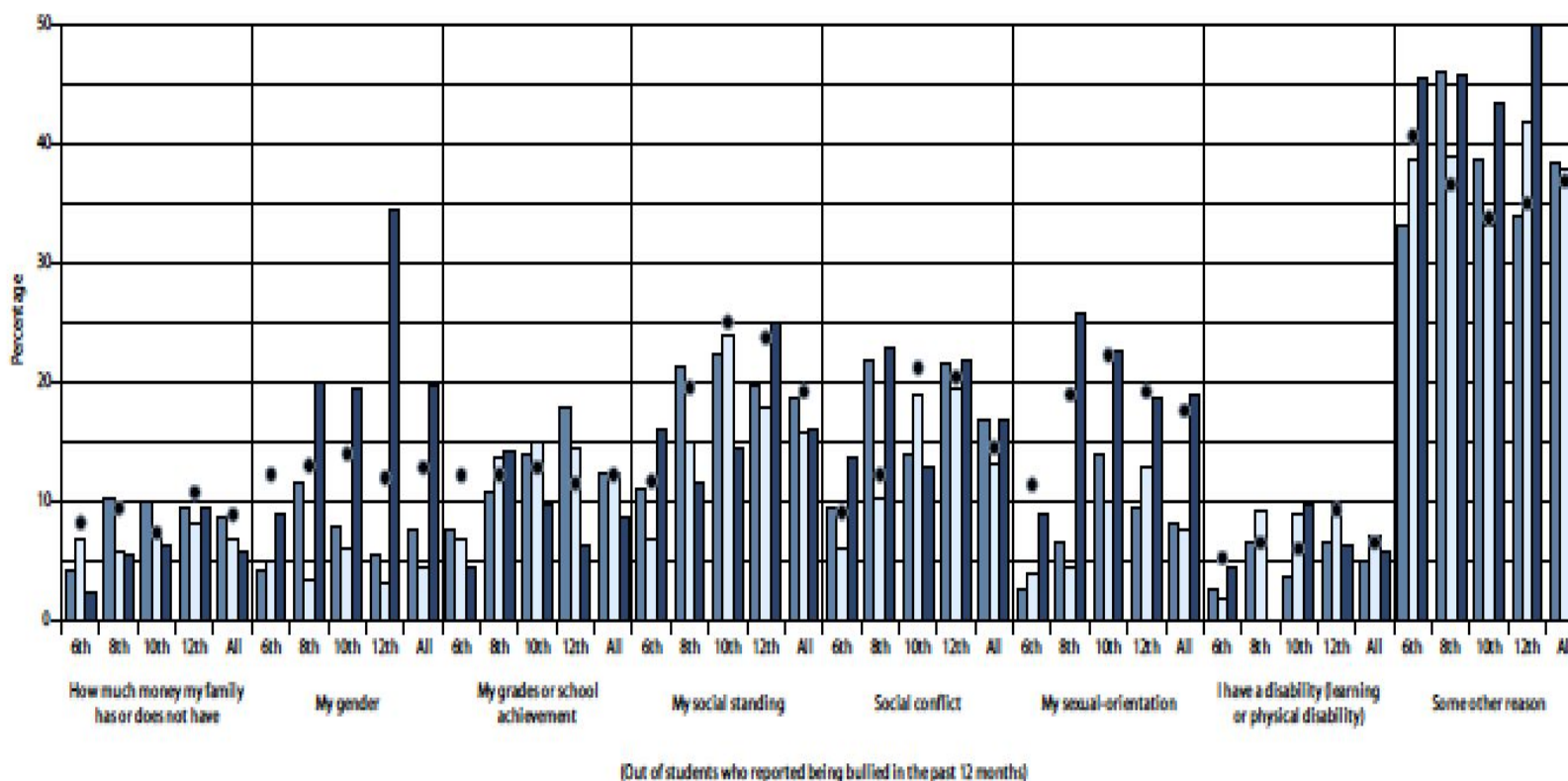
State College Area School District 2021 Pennsylvania Youth Survey



(Out of students who reported being bullied in the past 12 months)

District 2017 District 2019 District 2021 State 2021

Perceived reasons for bullying (cont'd) State College Area School District 2021 Pennsylvania Youth Survey



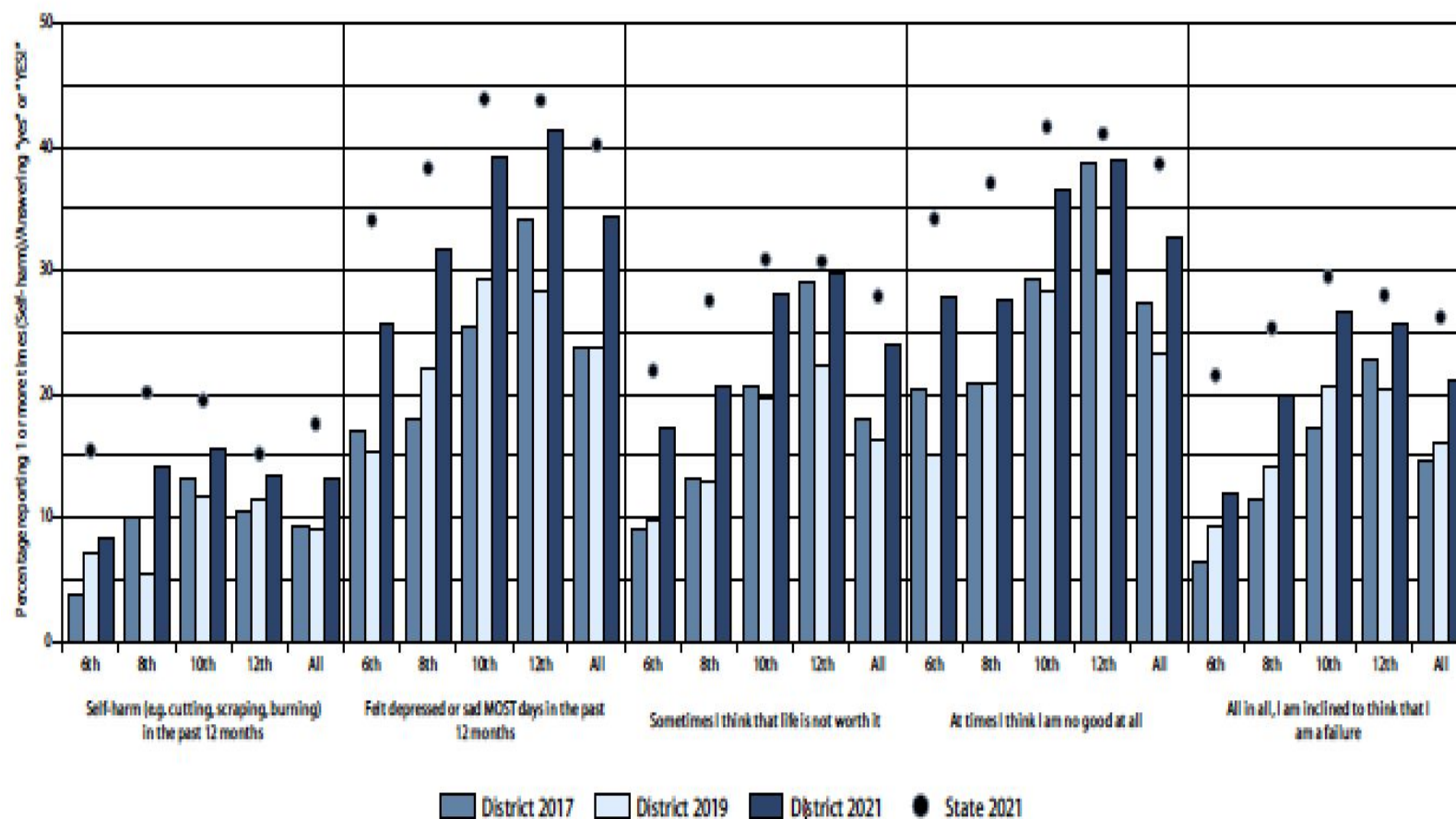
District 2017 District 2019 District 2021 State 2021

Social and Emotional Health

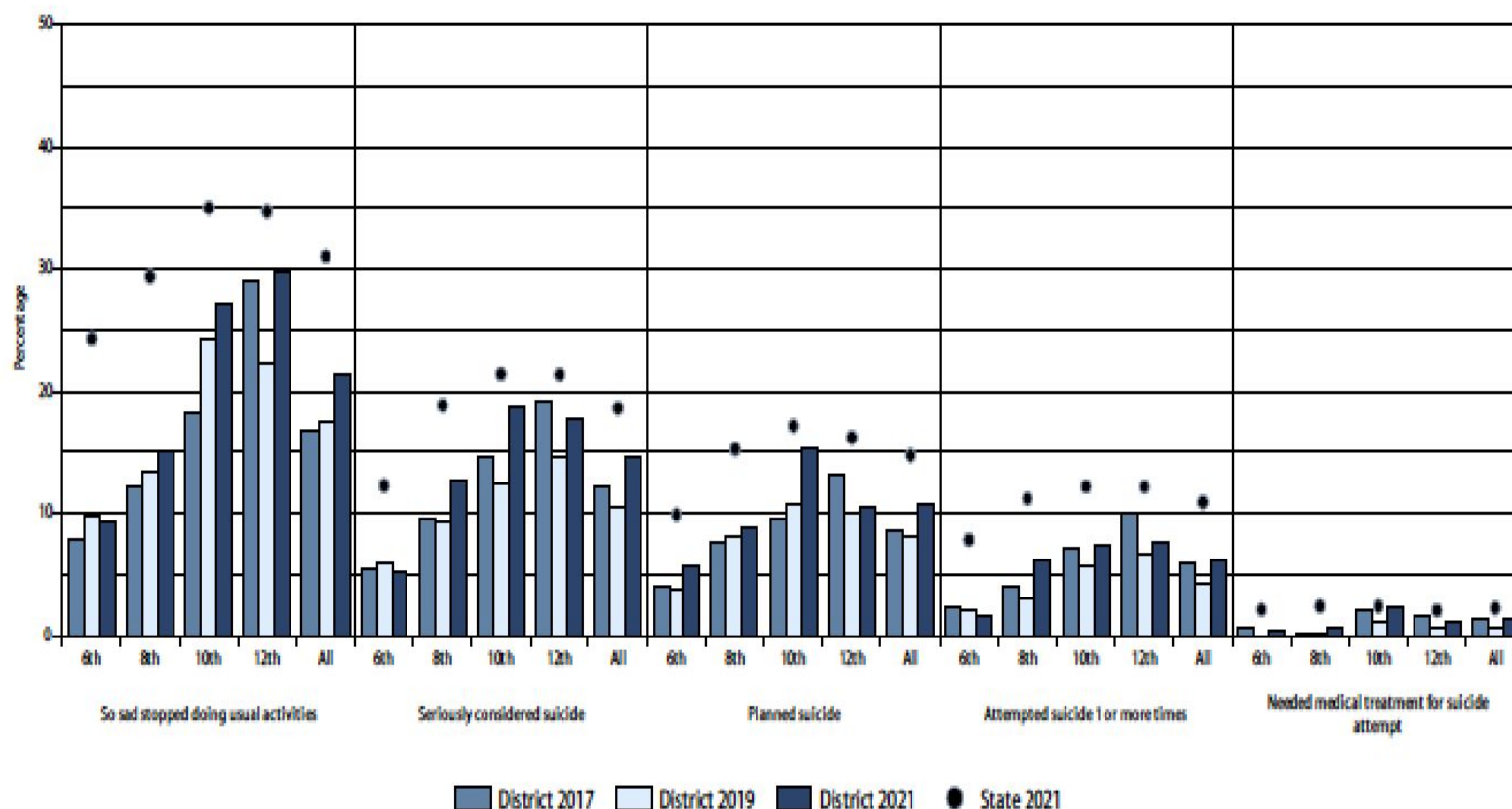
- ❖ Stress, anxiety, loneliness, and frustration are all emotions that can negatively impact student health.
- ❖ SCASD most common depressed thoughts:
 - ❖ 32.6% “at times I think I am no good at all”
 - ❖ 34.3% felt sad or depressed MOST days in past 12 months
 - ❖ Overall, 14.5% (18.6% State) seriously considered attempting suicide

Mental Health Concerns

State College Area School District 2021 Pennsylvania Youth Survey



Suicide risk State College Area School District 2021 Pennsylvania Youth Survey



PAYS By Grade Level

Grade Level	% Felt depressed or sad most days	# Seriously considered Suicide	# Planned suicide	# Attempted Suicide
6-2019	9.6	26	17	9
6-2021	9.4	23	25	7
8-2019	13.5	39	33	13
8-2021	15	50	35	23
10-2019	24.2	47	41	22
10-2021	27.2	89	73	35
12-2019	22.2	58	40	26
12-2021	21.4	58	34	25

Blue shows improvements in behavior Red shows decline in behavior for 2021

SCASD Programs and Services Aimed to Support Positive Mental Health

BESS Review 360 Survey 6-12
9th Grade Learning Communities
Act 211 Programming
Casings
Conference Attendance/Professional Development
Counseling Services
Family & Community Engagement Services
LGBTQA Alliance
Health Courses
HEARTS/RIT Programs
Home School Visitor
Instructional Support Team
Integrated Mental Health Services
Little Lion Ambassadors
My Mental Health Matters Club
Professional Learning Communities
Psychological Services
Jana Marie Foundation

Restorative Practices/Conferencing
Safety Care
School Resource Officer
School Wide Positive Behavior/ROAR
Straight Talk Programs
Stompers Project By Jana Marie Foundation
Student Assistance Program
Suicide Prevention Training Support Programs
TIDES
Transition Services
Universal Screening For Behavior and Emotional Needs
Youth Mental Health First Aid Training
After School Activities and Clubs
Equity Student Summer Institute
Peer Equity Advocates
Mental Health Clinicians and Interns



SCASD Mental Health Data

Summary of:

- BESS Data
- MH Referrals and clinical support for students
- Clinical hours and support services

Universal Screening - BESS

BESS Red & Yellow	Fall 2019	Fall 2020	Fall 2021	Spring 2022
Yellow (elevated)	246 of 6th - 12th 8% Average out of 3,062 Students	223 of 4th - 12th 7.7% average out of 2,897 students	312 of 4th - 12th 8% average out of 3,837 students	282 of 4th-11th 8% average out of 3405 students
Red (extremely elevated)	64 of 6th - 12th 2% average out of 3,062 Students	75 of 4th - 12th 2.6% average out of 2,897 students	137 of 4th - 12th 3.6% average out of 3,837 students	126 of 4th-11th 3.7% Average out of 3405 Students

BESS: A universal screening survey that consists of approximately 30 questions related to students' self-perceived behavioral and emotional strengths and weaknesses

Please Note: the discrepancy of student completion over the 3 years.

- Fall 2019 only 6th-12th completed and we were in-person learning.
- Fall 2020 4th-12th grade completed and we were in remote learning.
- Fall 2021 4th-12th completed and we were primarily in-person learning.
- Spring 2022 4th -11th completed

SCASD MH Data: Referral Management

Agency	# of Referrals	Provider Cases
SCASD MH Form	2021-2022 - 181 *total number of students* (some students were paired with one counselor, then matched with a different counselor at a later time which accounts for a higher number than 181)	Herr Clinic Mental Health Interns = <u>70</u> SCASD LSW (Morgan Bechdel) = 7 3/4/22 Middle School Clinician (Mike Wolff) = <u>15</u> IMH Referred = 17 SCASD Community Consultant = <u>4</u> Community Provider = <u>4</u> Wellness Counseling = <u>1</u> Peer Counseling = <u>2</u> Waiting = <u>5</u> Declined/Terminated: 13 <u>Full Time SCASD Clinicians</u> 8/24/2021 SCASD MH Clinician (Elisabeth James)= <u>35 referrals</u>, 20 incidents of direct crisis support (individuals wanting to die by suicide), with 690-700 direct support meetings with walk-ins/sessions/families. 3/1/22 SCASD MH Clinician (Brenton Mitchell)= <u>24 referrals</u>, 52 including walkins with 150-160 meetings total 4/4/22 Elementary Clinician (Reana Moody) = <u>11 referrals</u>
IMH Provider Form	2019-2020 - 35 2020-2021 - 19 2021-2022 - 31	PSU = 10 Mindful Village = 6 UPMC = 2 Other = Placement, pending, NA or not appropriate level of care

	K-5th	6th-8th	9th-12th	DELTA	RIT
Tier II Form	27	21	119	10	8
Tier III Form	12	5	14	0	0

SCASD MH Data: 2021-2022 Hours Data

Summary

	Professional Development	Consultation Hours	Direct Service
UPMC			2 SCASD Students
PSU Herr Clinic Supervisor	15-20	650+ total Building and Individual consultation	40-50 for students and staff
PSU Herr Clinic Interns			20 Hours a week each intern estimated 14,000 (this includes student casing meetings and discussions)
PSU Psych Clinic		64 Hours Building 6 Hours individual	4 hours School-Based Groups (life Link) 55 Hours School-Based Assessment and therapy services
Mindful Village	25 Hours	105 Hours	120 Hours
Mike Wolff		60 hours (as of March 4, 2022)	60 hours (as of March 4, 2022)
A Journey to You			
True To You, Woodson Counseling, Dr. Deljot			4 SCASD Students of Color
Dr. Byrd and Dr. Harris		With District Staff	

PSU Herr Clinic Data 2021-2022

- 22 counselor education students: 9 master's practicum students; 8 master's internship students; and 5 doctoral interns provided individual and group services in the 2021-2022 school year.
 - Individual services: 73 total clients were seen by graduate students for individual counseling services for a total of 580 hours, averaging 7.9 sessions.
 - Groups: 6 affinity groups (AAPI, LGBTQ, Black affinity groups at elementary, middle and high school) and 4 additional groups for students and staff (Elementary anxiety group, girls empowerment group, Thoughtful Tuesday and Mindful Mondays) for a total of 82 students in groups for a total of 99 direct group hours.
 - 155 total SCASD students were seen by Herr Clinic graduate students for 679 direct contact hours for all individual and group supports.
- These numbers **do not** include individual crisis assessments and check ins with students from January-February by faculty and other PSU Herr supervisors and staff after SCASD student died in January 2022. It also does not include direct hours for support school counselor with reviewing the BASC scores or support with crisis during the 2021-2022 school year either in the H.O.M.E. office of support for the counseling office at State High.
- We will continue to provide individual, group and add more parenting support for the 2022-2023 school year.



Mental Health Systems Overview

- SCASD Internal LMH Staff
- SCASD External LMH Staff
- SCASD MH Projected Staffing 2022-2023

SCASD Internal IMH Staff

	Elementary	Middle	Delta, RIT, Hearts, State High	District Wide
School Counselors: All of our school counselors are master's-level school counselors who have specific training in career, academic and social-emotional development. Although school counselors are not clinical mental health care professionals, they are key in assisting in determining if students need a higher level of care at which time they will refer students to an outside therapist, and/or connect students to our Integrated Mental Health (IMH) team	8 FT counselors	6 FT Counselors	9 FT Counselors	1- HSV 1- LSW
School Psychologist: All of our school psychologists are highly trained in both psychology and education and have completed a minimum of a post-Master's degree program that includes a year-long internship and emphasizes preparation in mental health, child development, school organization, learning styles and processes, behavior, motivation, and effective teaching. They help children and youth succeed academically, socially, and emotionally. They collaborate with educators, parents, and other professionals to create safe, healthy, and supportive learning environments for all students that strengthen connections between home and school.	7 FT Psychologists	2 FT Psychologists	2 FT Psychologists	
MH Clinician: All of our mental health clinicians are master's-level clinicians actively pursuing licensure. They manage the treatment of clients and help them to obtain stable physical health. The SCASD mental health clinicians remove barriers to services by providing psychotherapeutic and rehabilitation services for students with mental health problems on an 8-10 week temporary basis while the students remain on local provider waitlists seeking outside services.	1 Full Time MH Clinician		2 Full Time MH Clinician	
Social Worker/HSV: The Family Intervention Team consists of our Home School Visitor and Licensed School Social Worker. These positions work closely with students and their families in developing and maintaining positive interpersonal relationships between members of the school district and outside agencies. In addition, they provide connections to community resources in supporting a family's basic needs. Their work is focused on ensuring an optimal schooling opportunity while balancing the personal development of the student				1- HSV 1- LSW

SCASD External LMH Staff

Providers	Services
UPMC	Partial Program Outpatient Therapy
IMH: PSU Herr Clinic, Dr. Katie Kostohryz	Supervision oversight of MH interns (11 for 2022-23)
PSU Psych Clinic, Mindful Village and Dr. Mike Wolff	Professional development, case consultation, teacher support direct services to students, group services to students behavior management
A Journey to You	Group services to students Individual MH Therapy
True To You, Woodson Counseling, Dr. Diljot	School team consultation and Individual MH Therapy for student of color
Dr. Byrd	Student and Staff Affinity Groups

SCASD MH Projected Staffing

2022-2023

Support Services	Elementary School	Middle School	DELTA, RIT, High School	District
SCASD MH Clinicians	1 FTE MH - provide MH Clinical support services for SCASD students		2 FTE MH Clinician MH Clinical support services for SCASD students	LSW = 10-15 students caseload MH Clinical support services for SCASD students (8-10 weeks each student)
HERR Clinic	20 hours each a week - 2 MH Interns provide MH Clinical support services for SCASD students	20 hours each a week - 2 MH Interns provide MH Clinical support services for SCASD students	20 hours a week -2 MH Clinician at RIT - provide MH Clinical support services for SCASD students	Additional resources from practicum and other interns and doc students as need be.
Mindful Village	10 hours weekly MTSS team consultation and support and intern supervision			As needed: psychological services for student and staff group training and consultation.
Dr. Mike Wolff		8-10 hours weekly MTSS team consultation, support, intern supervision, psychological services for students, employees and family members.		
PSU Psychological Clinic	1-2 hours a week total MTSS team consultation and support			10-20 cases based on services (evaluation vs. MH therapy) PSU Psychological Clinic, School Based Team.
True To You, Dr. Diljot, Dr. Byrd, and A Journey to You				As needed for staff consultation, student and family counseling, student and staff affinity groups
Total Hours Weekly/Students	92/3000 3:11	50/1500 3:1	120/2400 5:1	

QUESTIONS?

