



# UNITED FOR YOUTH: FINAL DATA LANDSCAPE

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Prepared by Pacific Health Consulting Group affiliated  
with HMA

# Data Sources

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- Unless otherwise noted, all data presented here are specific to San Mateo County and presented for the most recent year the data area available.

# Demographic Highlights

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San Mateo children 0-18 are diverse – even more diverse than the county population as a whole

- Latino/a/x & AAPI populations have been fastest growing groups; however, these groups are projected to decline until 2060 with increases in White, Black, Multirace and AI/AN
- Predicted reductions in child Latino/a/x and AAPI populations are significant

56% of children live with at least one immigrant parent

38.8% of families with children live below the self-sufficiency standard

11-14% of youth identify as LGBTQ+

**Sources:** Kids Data, 2021; US Census Bureau, American Community Survey, January 2020; University of Washington School of Social Work; California Healthy Kids Survey, 2019-2021, 2023 Community Health Needs Assessment Health & Quality of Life in San Mateo County

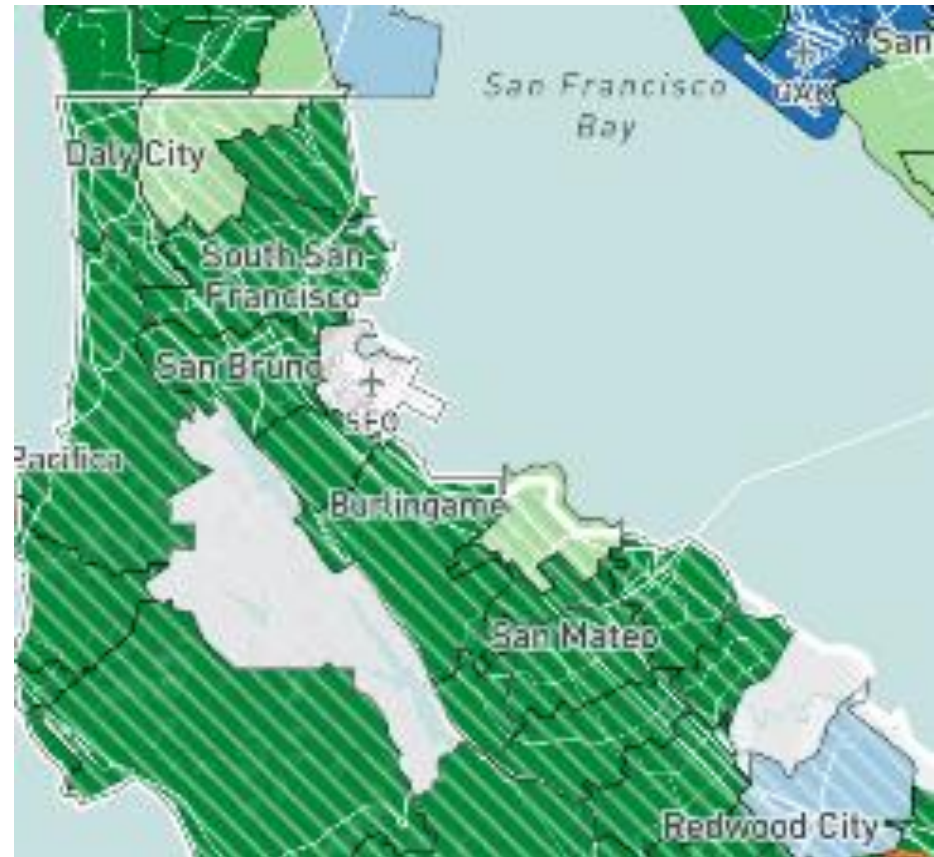
# Geographic Disparities

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San Mateo is home to very healthy communities according to most sources/indicators

Pockets of economic, social, health, education and environmental adversity seen in:

- Daly City
- South San Francisco
- San Mateo
- Redwood City
- East Palo Alto
- Coastside



**Sources:** Healthy Places Index, 2023; CSHA Student Health Index, 2023

# Social Drivers of Health: Adversity

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> 300 youth annually may be commercially or sexually exploited

- Average age 15
- Latina females most impacted
- Trans youth over-represented

**Sources:** Population Reference Bureau analysis of [National Survey of Children's Health](#) and [American Community Survey](#), Jan. 2021; California Child Welfare Indicators Project, [CCWIP Reports](#), Oct. 2021; County 2021-23 CSEC data

# Social Drivers of Health: Adversity

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Rate of substantiated child abuse and neglect cases down 42% from 2010-2021

- *report* rates highest among Black/African American and American Indian/Alaska Native youth
- *substantiated* cases highest in Latino/a/x youth
- General neglect is largest category
- All rates are far below statewide rates

In 30-60% of families that experience DV, children also are abused

- 1,786 calls to police for DV assistance in 2022
- Children that witness DV are at heightened emotional, behavioral and academic risk

# Social Drivers of Health: Adult Report of Childhood Adversity

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Adverse childhood event	% of adults reporting
Living with emotional abuse	41%
Living with a problem drinker or alcoholic	24%
Parents separated or divorced	24%
Intimate partner violence in home	23%
Living with someone who was depressed, mentally ill or suicidal	21%
Living with physical abuse	20%
Living with someone who used illegal street drugs/abused prescription medications	13%
Living with sexual abuse	13%
Living with someone who served time or was sentenced to serve time	8%

Overall, screening results indicate higher ACEs risks associated with adults who: have lower income/ education, are LGBTQ+, Latino/a/x/ Black/ Pacific Islander, and/or Coastside residents

# Social Drivers of Health: Juvenile Justice

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BIPOC male youth are overrepresented in arrests

- 52% of youth on probation identify as Latino/a/x
- Juvenile status and felony arrest rates 12-19x higher for Black/African American than White youth

In FY 2018-19, mean age of youth on probation was 15.6

Nationally, 70% of youth who age out of foster care are arrested at least once by the age of 26

# Social Drivers of Health: Juvenile Justice

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## The juvenile arrest rate has fallen sharply

- From 2011-2021 in San Mateo, juvenile (ages 10-17) arrest rates for felonies, misdemeanors and drug offenses declined
- In CA and San Mateo, there has been a major shift away from juvenile detention: 90% of youth are now served in community settings.

# Social Drivers of Health: Foster Care

10

The foster care population is decreasing

Foster care population is disproportionately made up of children of color

- The rate of Black children in foster care is significantly higher than children of other race/ethnic groups

Ongoing utilization of specialty mental health services by foster care youth across all counties

# Social Drivers of Health: Housing

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## 2022 Homeless Point in Time Survey

- 110 households with children (8.8% of total)
- 31 unaccompanied homeless youth
- Highest #s in Redwood City, East Palo Alto, and Pacifica
- Rate is declining, reflecting county investment in shelter resources for families

## 1,874 homeless public school students (2.2%) by HUD definition

- Vast majority of these (97.8%) are sheltered: doubled up, hotel/motel, temporary shelter
- Declining as lower-income families leave San Mateo County, some staying in SM schools

# The Education Environment

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Over 1/3 of public school students identified with the following needs:

- English Language Learners (19.1%) (ranges from 2% in Hillsborough to 54% in Ravenswood City Elementary)Free/Reduced Price Meals (31.3%)
- Free/Reduced Price Meals (31.3%)
- Special Education (12.1%)

Reductions in suspensions/expulsions; graduation rate is up

- especially marked improvements among Black/African American students

Concern that males of color are overrepresented in Special Education

Self-reported rates of school connectedness, caring adults and school supports are lowest for:

- LGBTQ+ youth
- BIPOC students
- Parents with less than a high school diploma

# The Education Environment

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Latino/a/x students have the highest dropout rates

Wide variability in per pupil expenditures across districts

- Range from \$34,025 in Woodside Elementary to \$10,981 in Pacifica

Public school enrollment is declining

- Fell 3.6% in 2020-2021 and 4.6% in 2021-2022

High rates of chronic absenteeism in many schools:

- Redwood City Elementary School- 27.4%
- Pescadero Elementary School – 33.1%
- South San Francisco - 24.7%

19 out of 20 education placements are currently out of state

# Screen Time & Social Media

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44% of San Mateo parents report that their children have 3+ hours of screen time/day

- Screen time highest among 13- to 15-year-olds

National data show that:

- Teens are online for almost 9 hours a day on average, not including time spent online for homework
- 52% of teens ages 15–17 say they use the internet almost constantly
- Higher use among: boys, lower income households, Latino/a/x youth

# Screen Time & Social Media

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Excessive and compulsive social media use can harm youth mental well-being, including:

- anxiety
- depression/thoughts of suicide
- eating disorders
- less curiosity
- lower self-control
- more distractibility
- more difficulty making friends
- less emotional stability
- inability to finish tasks

# Teen Births

16

Adolescent birth rate fell 74% from 2000 to 2019

- Gap is narrowing between San Mateo and state

Majority of teen births are among Latino/a/x youth

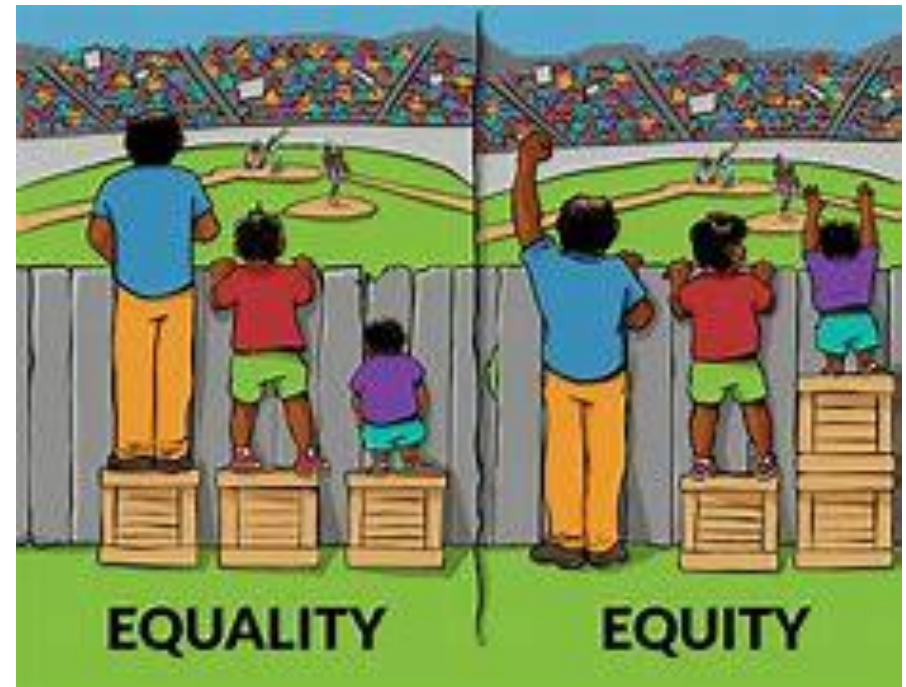
Native Hawaiian/Pacific Islanders are the only population with teen birth rate higher than comparable CA rate

Highest proportion of births to adolescents are in Half Moon Bay, South San Francisco, and East Palo Alto census tracts

# Behavioral Health: Overall

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- BH needs transcend race, ethnicity and economic divides
  - Marginalized youth continue to have fewer resources
  - Anecdotal increase in eating disorders (all groups) – not yet visible in data



**Sources:** Multiple indicators & conversations with key informants

# Behavioral Health: Overall

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- Among adults, self-reported mental health has declined significantly from prior years
- The adult groups with the poorest self-reported mental health include:
  - ? < 200% federal poverty threshold
  - ? Young adults (18-39)
  - ? Latino/a/x, Pacific Islander, Native Hawaiian
  - ? LGBTQ+ respondents
  - ? Coastside/South County residents

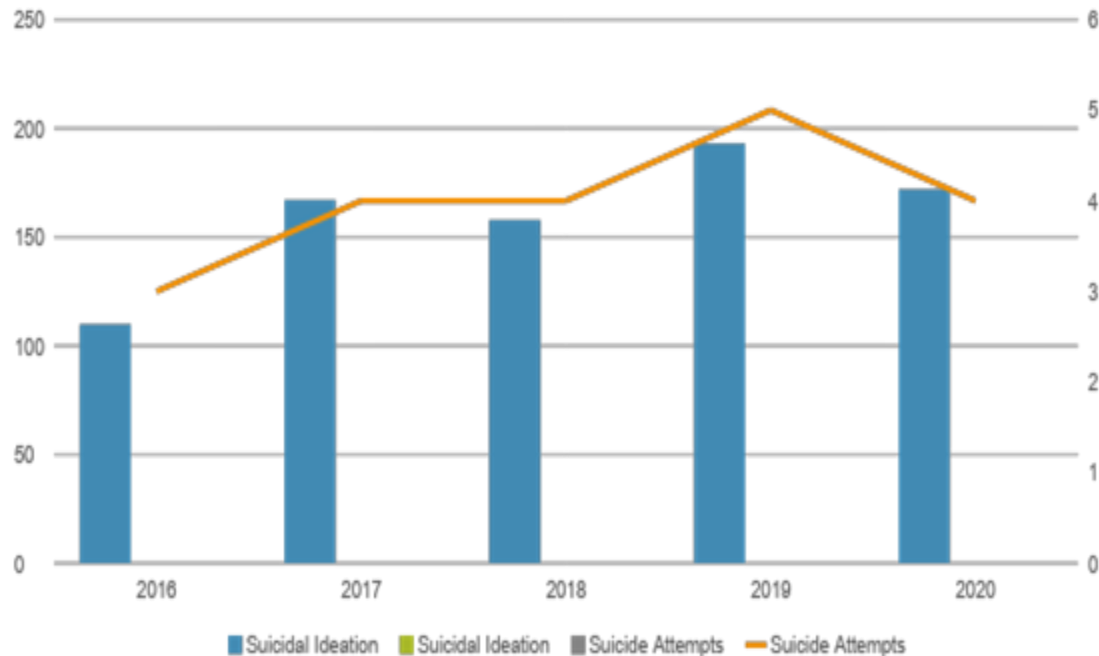
# Behavioral Health: Depression and Suicidal Ideation

19

- ❑ Feelings of chronic sadness and hopelessness are highest among:
  - ❑ Pacific Islander youth (7<sup>th</sup> grade)
  - ❑ African American and Latino/a/x youth (9<sup>th</sup> and 11<sup>th</sup> grades)
  - ❑ Native American/Alaska Native youth (all grades)
- ❑ Highest rates of suicidal consideration are among:
  - ❑ LGBTQ youth (all grades)
  - ❑ African American and Pacific Islander youth
- ❑ Disparities worsen in older grades

# Suicidal Ideation and Attempts among TAY

- Between 2016 and 2020, there were 20 suicide attempts and 800 accounts of suicidal ideation recorded in San Mateo EDs
- Unlike completed suicides, the trend in both ideation and attempts was up over this time period



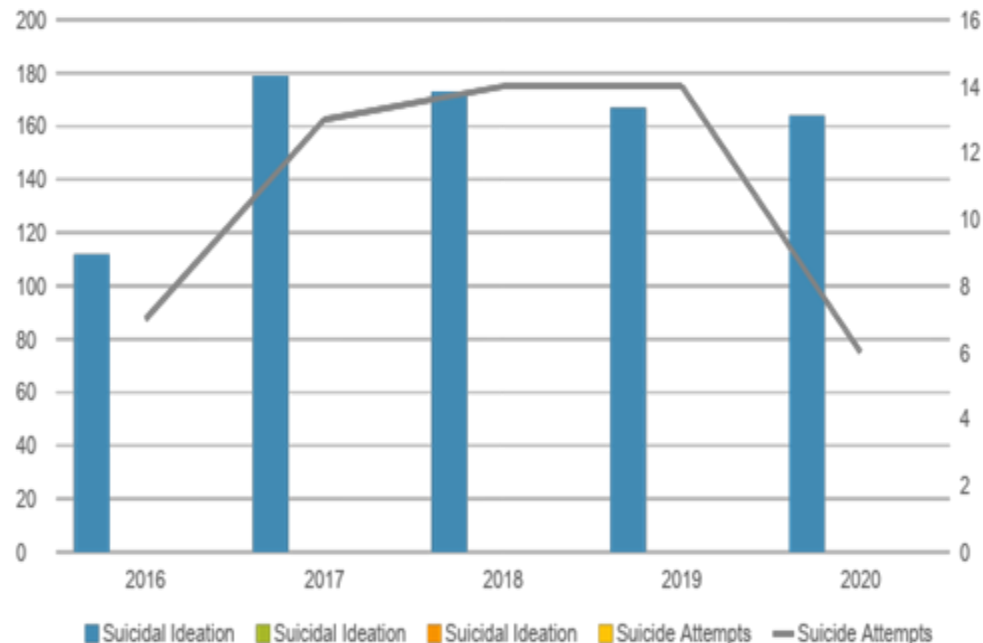
Source: CA Department of Health Care Access and Information

## Suicidal Ideation and Attempts among TAY, cont.

- Reports of suicidal ideation fall between 19 and 25, while attempts are highest among 22-23 year-olds
- Both ideation and attempts are highest among White and Asian TAY (aggregate #s, not rates)
- Both ideation and attempts are reported in higher numbers in North County
- Ideation and attempts are reported in equal numbers of male and female TAY (data not available for non-binary or transgender TAY)

# Suicidal Ideation and Attempts among TAY, cont.

- Between 2016 and 2020, there were 54 hospital admissions for suicide attempts among San Mateo TAY and 795 hospital admissions for suicidal ideation
- Rates for hospitalization for suicidal ideation has generally increased while hospitalization for suicide attempts fell sharply with COVID onset in 2020



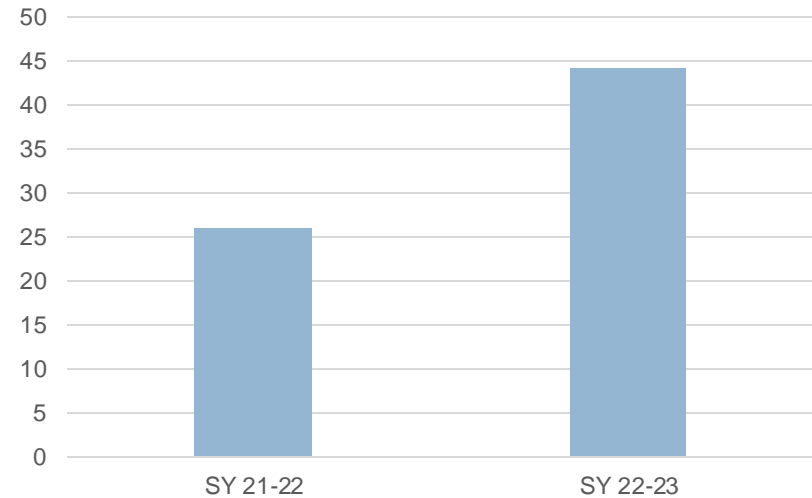
# Suicidal Ideation and Attempts among TAY, cont.

- Hospitalizations for both reasons generally fall as TAY age
- Unlike all the other metrics reviewed, hospitalizations are higher among Latino/a/x TAY than Asian/Pacific Islanders
- Hospitalizations for suicide attempts are higher in Latino/a/x than White TAY despite their lower numbers in this population
- Males and females are hospitalized for suicidal ideation in similar numbers; females are hospitalized for suicide attempts in 25% higher numbers
- The highest numbers of hospitalizations for suicide attempts among TAY were in Mid-County

# Behavioral Health: Harm to Others

24

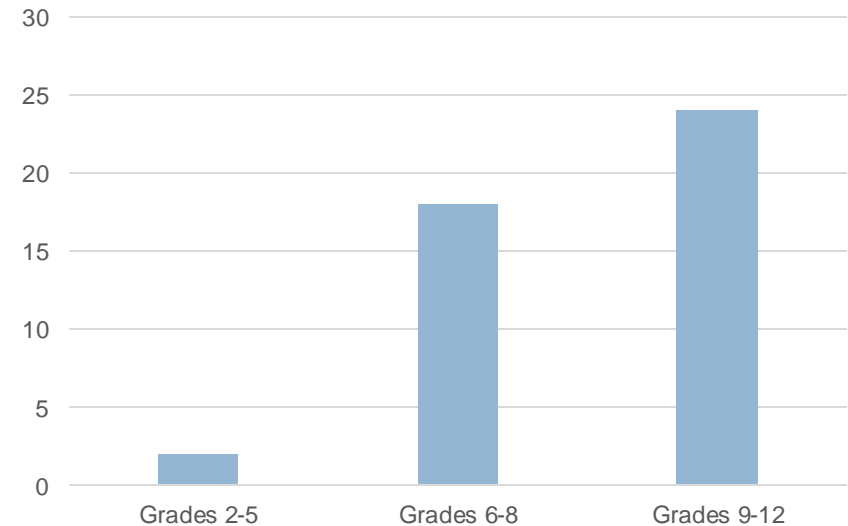
- The number of Level 2 Threat Assessments in SMCOE schools almost doubled from 21-22 to 22-23
- 16.7% of Level 2 Threat Assessments were a direct result of negative social media use



# Behavioral Health: Harm to Others

25

- In 2022-23, students in Special Education represented 2/3 of assessments (vs. 25% in prior year)
  - 80% are males
  - Latino/a/x students are almost half (46%)
  - Highest #s are 8<sup>th</sup> and 10th graders



# Behavioral Health: Hospitalizations

26

Mental diseases & disorders represent 24% of hospital discharges in children and youth (SMMC only)

Hospitalization rate due to adolescent suicide and intentional self-inflicted injury is 50% higher than CA rate

- Rates are almost 3x higher for females than males

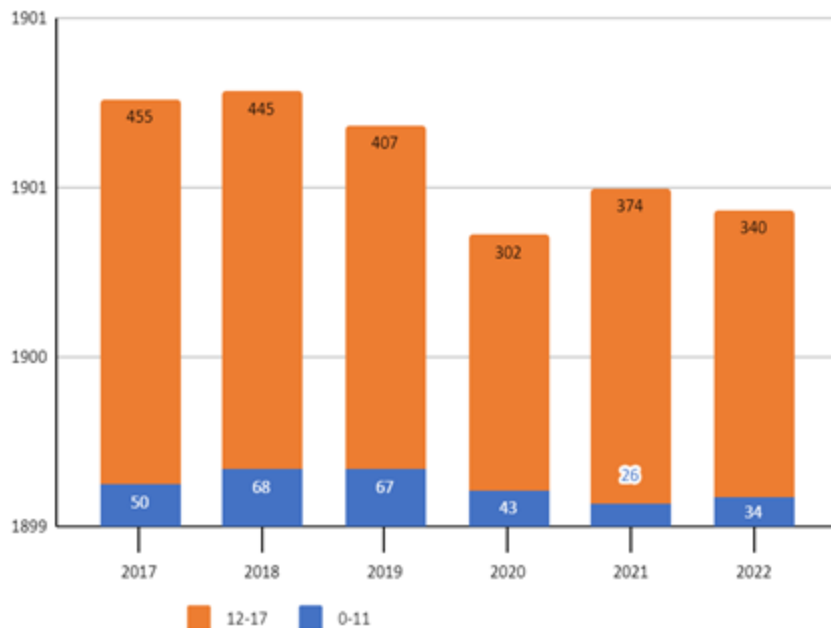
# Behavioral Health: Hospitalizations

27

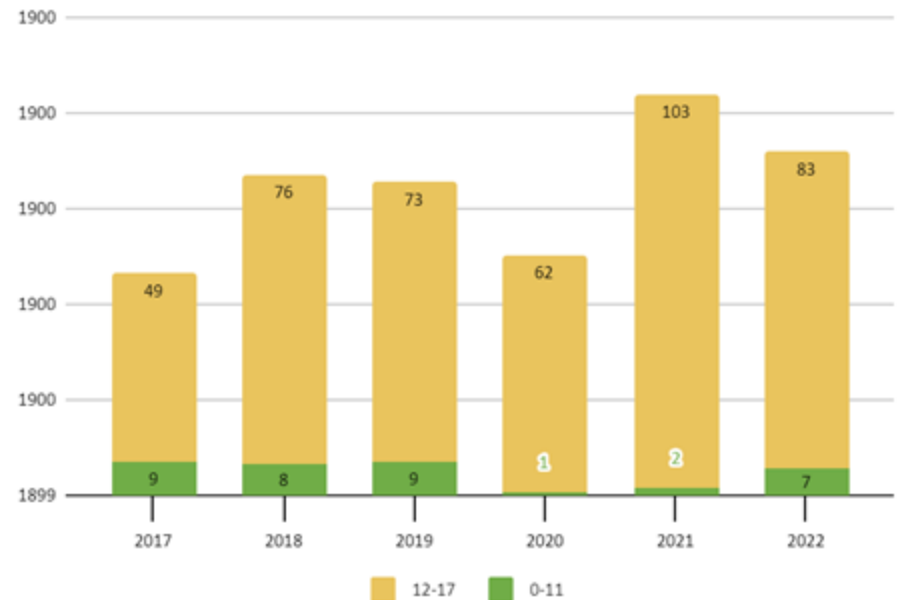
Psychiatric emergency admissions for youth trending down but length of stay is increasing

- Increased severity + limited options for transfer/step down

All Pediatric PES Admissions by Age



Pediatric PES Admissions Lasting Greater than 24 Hours

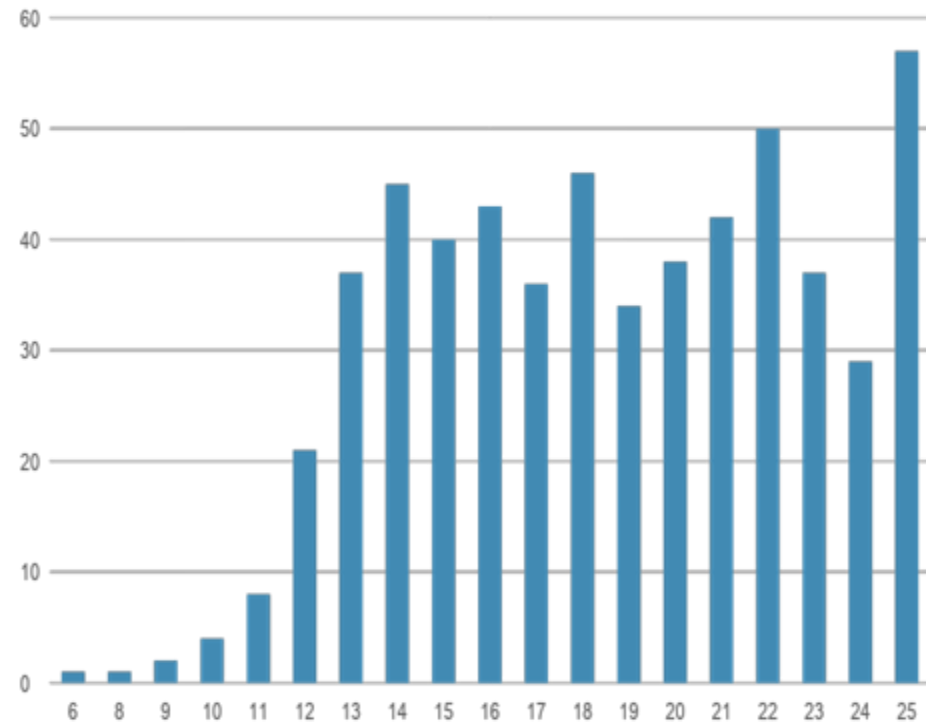
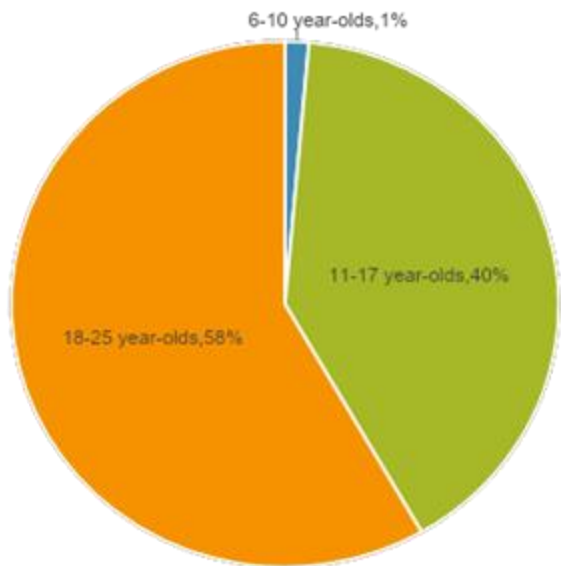


Source: Pediatric PES Admissions, San Mateo Medical Center, 2017-2022

# Of 571 youth PES admissions in 2023

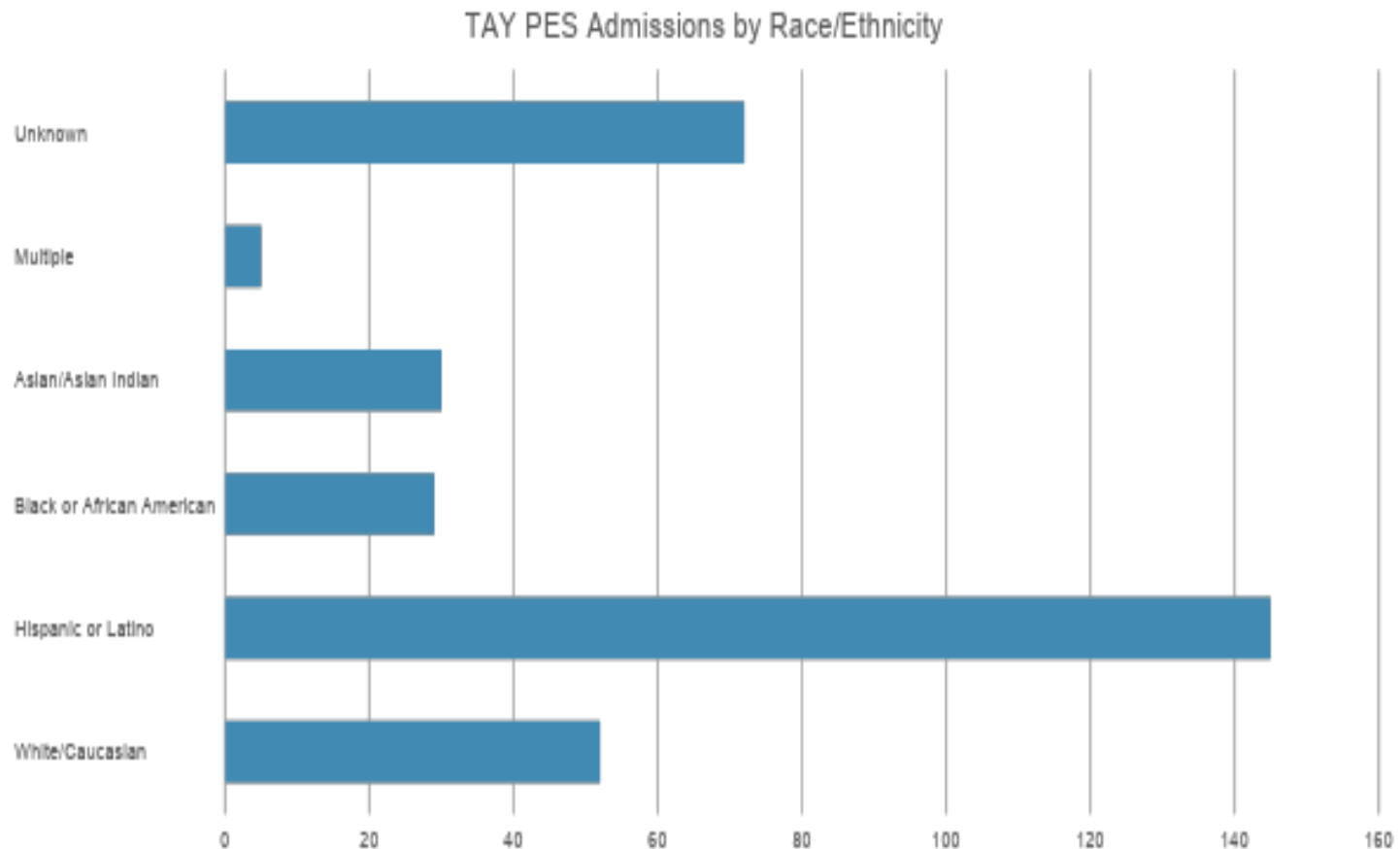
- TAY represent the largest category: 333 (58%) were among 18-25 year-olds
- Risk increases slightly between 14 and 25

Youth PES Admissions by Age



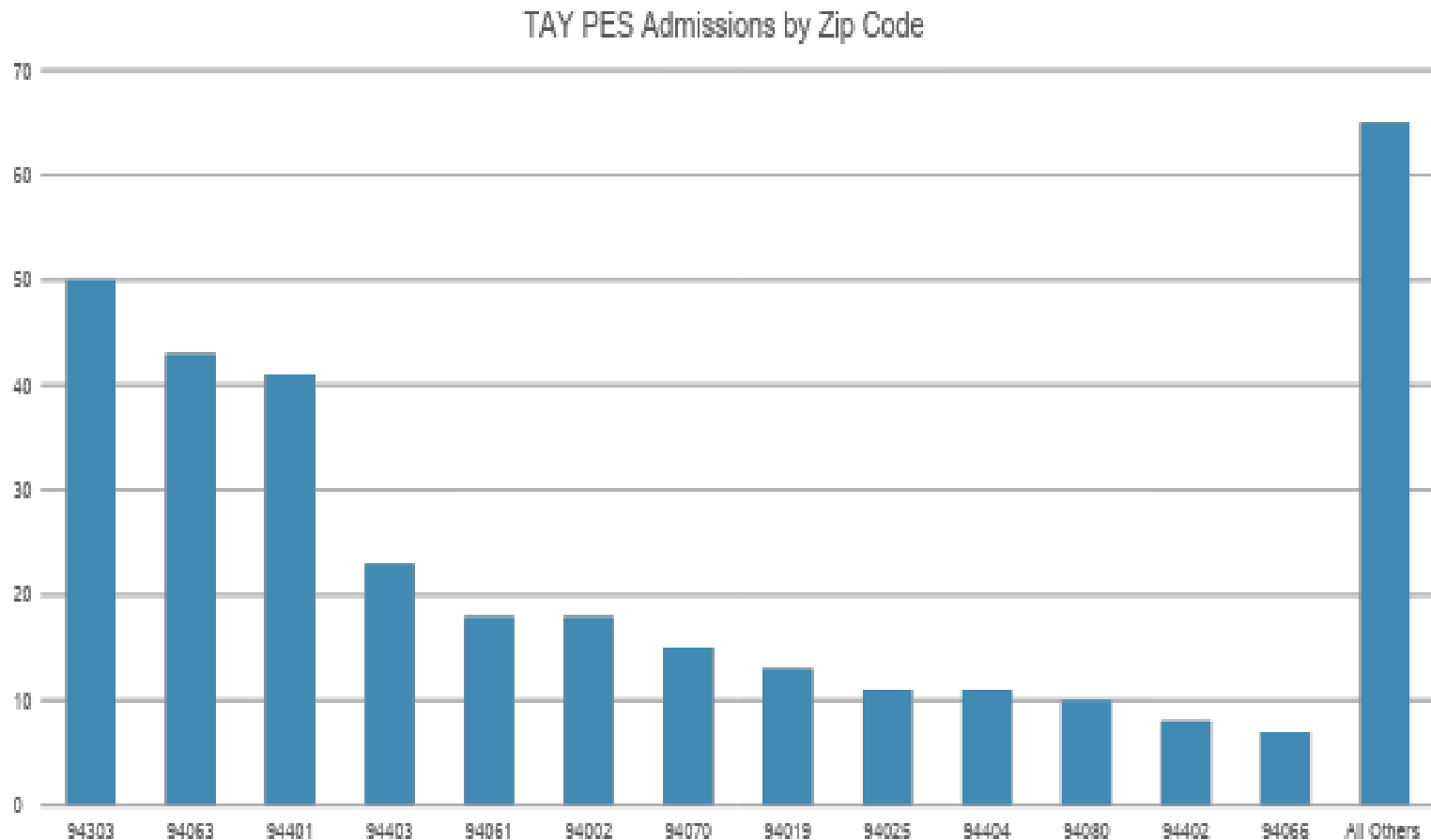
# Of 333 TAY PES admissions in 2023

- Latino/a/x youth have largest numbers



# Of 333 youth PES admissions in 2023

- 94303 Palo Alto is the largest single zip code
- Redwood City and San Mateo zips represent the highest volume overall



# Behavioral Health: Suicide

31

Youth suicide rate (15-24 year-olds) rose 36% between 2010 and 2020

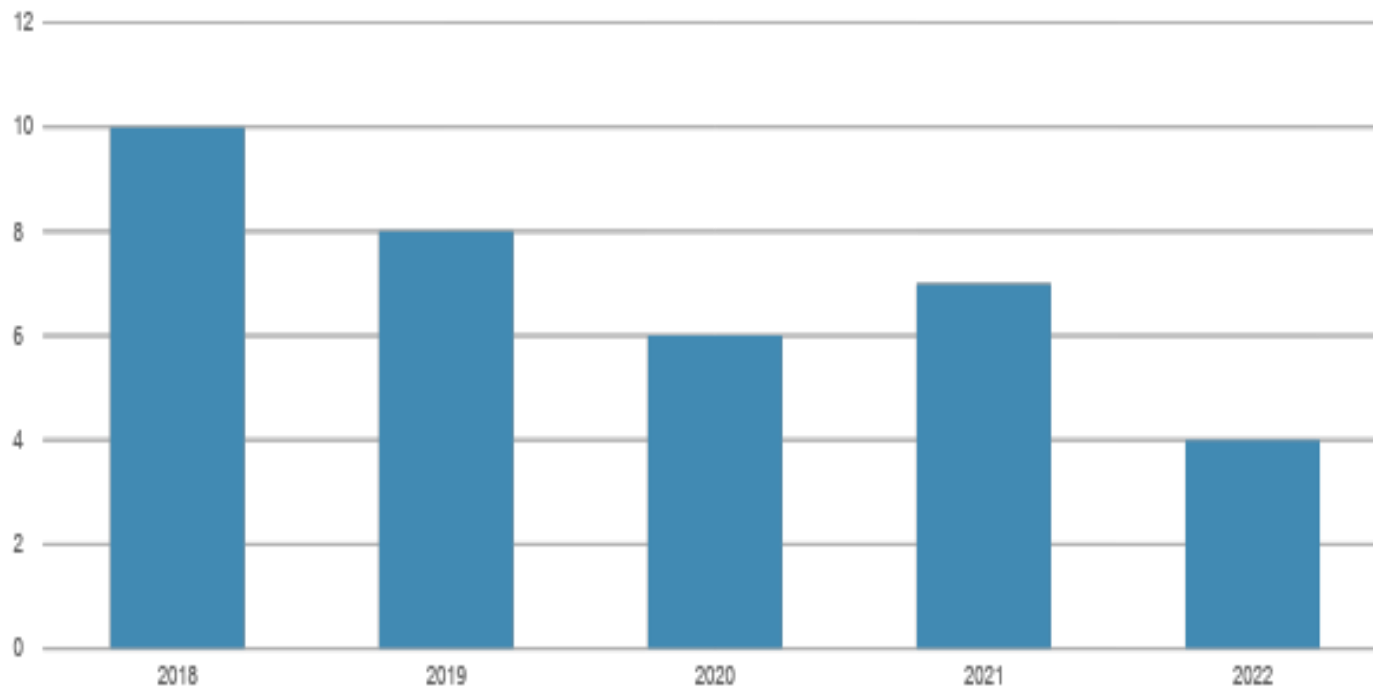
San Mateo is close to state averages on suicide indicators (while healthier than state on most others)

Youth suicides are small in number and don't reflect the same demographics as suicidal ideation

- White and Asian youth more prominent in 2016-17
- LGBTQ+ status not publicly reported

# Suicides among TAY

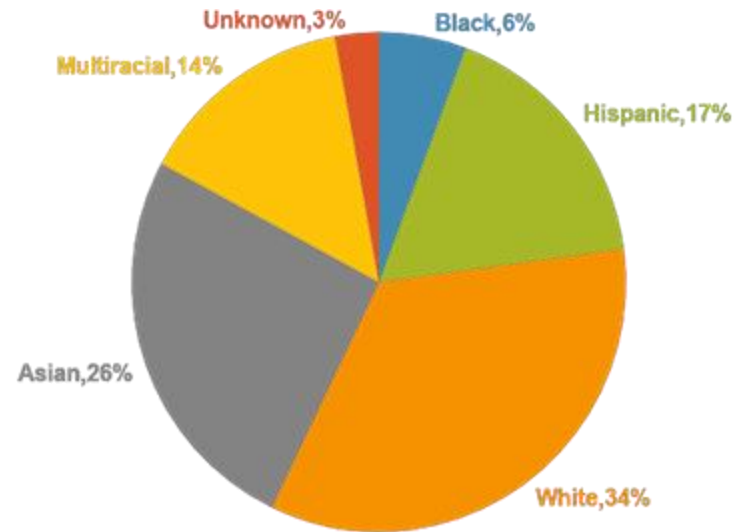
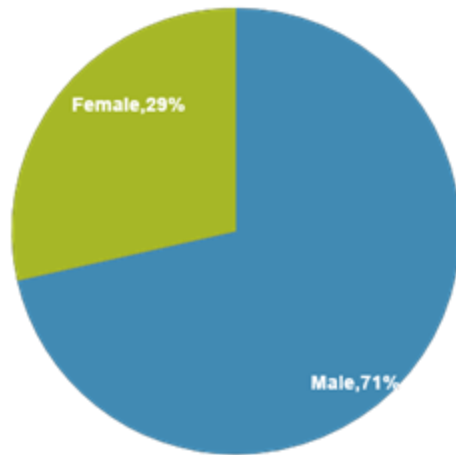
- Between 2018 and 2022, there were 35 suicides of San Mateo TAY ages 19-25 (average 7 per year)
- Suicide rates among TAY have been declining over the past 5 years, while suicide rates among all groups in county and state have been more variable



Source: San Mateo County Health, Office of Epidemiology and Evaluation

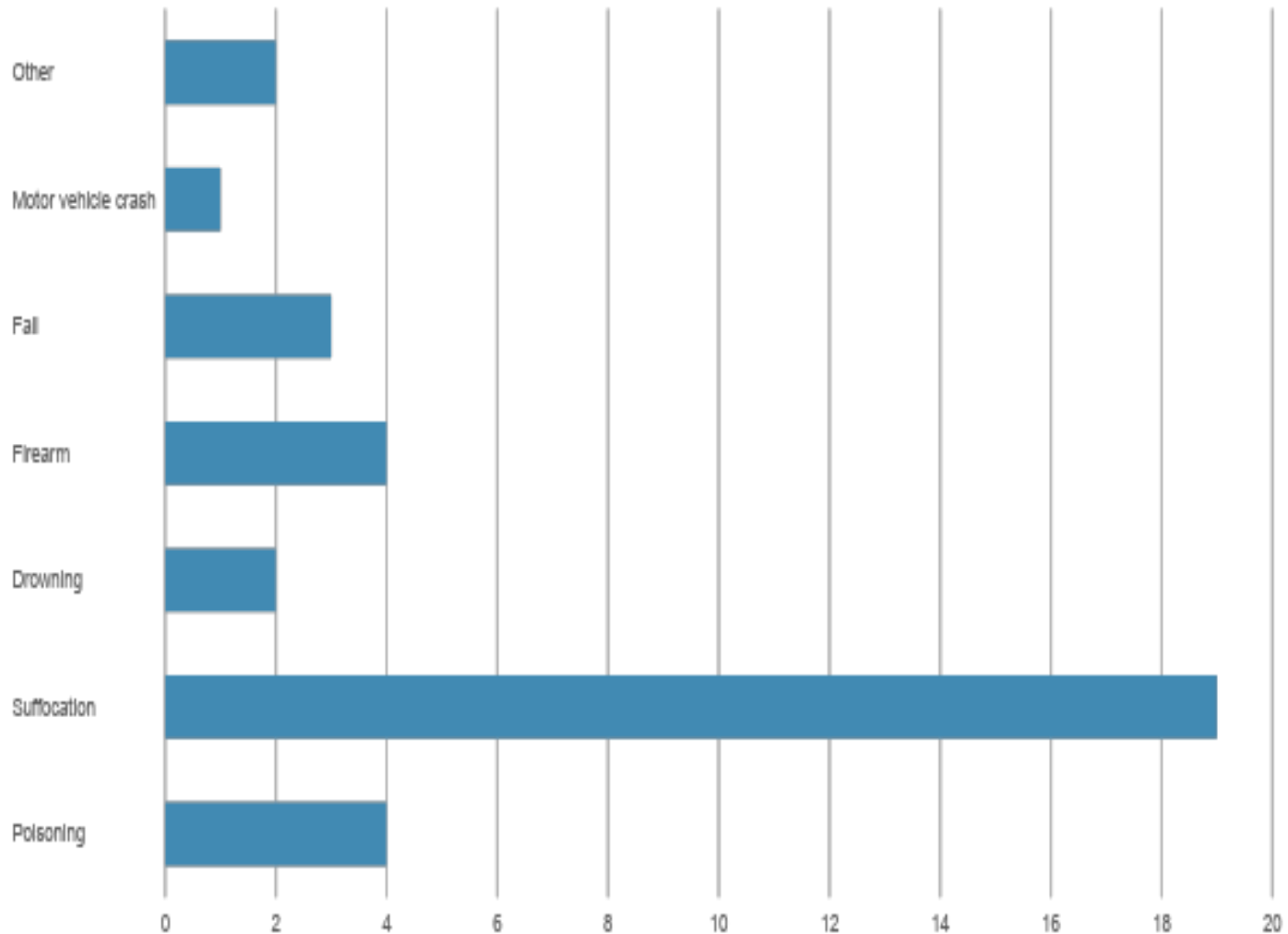
# Suicides among TAY, cont.

- Males are overrepresented
- 21 is the age with the highest proportion of suicides among TAY
- White and Asian TAY have the highest #s of suicides
- Most (74%) were born in California
- 34% of suicides were in North County region



# Suicides among TAY, cont.

- Over half of suicides (54%) were conducted by suffocation



# Substance Use/Abuse

35

In general, youth rates are comparable to state averages

Higher use among:

- LGBTQ+ youth
- those with chronic depression
- students in non-traditional schools

Over 80% of school staff surveyed think that:

- alcohol and drug use is a problem at school
- substance abuse prevention is an important goal at school
- not much substance use prevention education is provided at school

# Substance Use/Abuse

36

Binge drinking highest among young adults aged 18-39 (24%), Latino/a/x (20%) and Pacific Islanders (18%)

Among young adults 18-24, binge drinking has decreased for males, increased for females, and female rate now exceeds male rate

12.5% of high school seniors report binge drinking (5+ drinks) in past month

Latino/a/x families report that:

- substance use became more normalized during the pandemic
- Latino/a/x teens are first using alcohol and cannabis around 13 to 14 years old
- youth vaping needs to be addressed
- Of teens that use cannabis, 16% of males and 21% of females reported using cannabis daily

# Substance Use/Abuse

37

Young adults 18-39 are among the groups most likely to seek professional help for a drug-related problem

- 54% report they would not know where to access treatment
- Proportion is increasing
- This concern is more striking for AAPI, North County, and LGBTQ+

National evidence about trends during/after COVID is mixed

- Adolescent use/experimentation may have fallen during pandemic
- Teen and young adult ABUSE rates and harm appear to be up as treatment availability fell

# Opioid Use/Abuse

38

From 2019-2022, prescription opioid rate falling but synthetic opioids rising

- Increase also in stimulant-related ODs

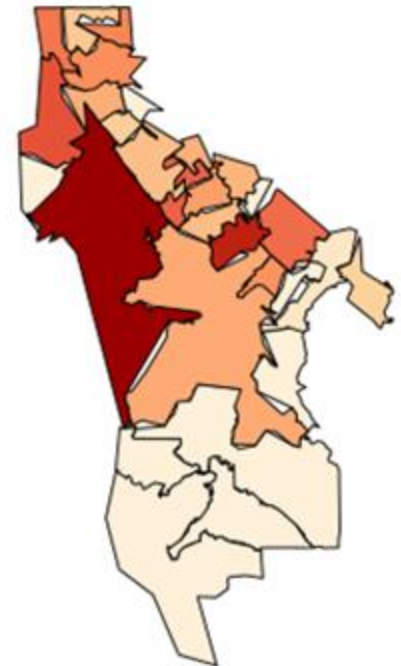
Opioid-related overdoses in 2021:

- < 6 in 15-19 year-olds
- 8 in 20-24 year-olds

Opioid-related overdoses highest in:

- San Carlos & Coastside
- Native American/Alaska Native

Any Opioid-Related Overdose, 2021  
Age-Adjusted Annual Death Rates by Zip Code



# MH challenges in middle and high school

39

## According to students

- Anxiety/stress
- Peer relationships/social skills
- Bullying/cyberbullying
- Drugs/alcohol
- Depression
- Family changes/issues including grief

## According to families

Same plus:

- Attendance/school refusal
- Financial insecurity
- Self-esteem
- Self-harm
- Disordered eating

## School staff

Same plus:

- Emotional dysregulation
- Anger management/impulse control
- Coping skills
- Burnout/turnover

*100% of school staff surveyed before COVID said student depression and mental health is a school problem*

# Access to Care

40

- San Mateo has highest early childhood vaccination rates among Bay Area counties
- 73% of children under 2 with Medi-Cal were screened for lead in 2019
- 45% of San Mateo County children with Medi-Cal had an annual preventive check-up in 2021
  - ❖ rates are highest for Latino/a/x, lowest for White and Black youth
  - ❖ primary care is often where screening and referrals for MH services are most effective
- Residents rate access to mental health and substance use services much lower than other types of health care
  - ❖ 40.1% rate access as “fair/poor”
  - ❖ Ratings in 2022 significantly worse than in 2004 and 2008
- Families and school staff report the following challenges for youth MH services:
  - ❖ Stigma
  - ❖ Language, cultural responsiveness/lived experience of providers
  - ❖ Transportation to offsite resources

# Themes & Special Populations

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Many children and youth are impacted by the mental health crisis

- Risks are higher for low-income, BIPOC youth and those in certain zip codes
- Although population is small, Native American/Alaska Native youth face many higher risks

System-involved youth suffer more:

- Nationally, 70% of youth in juvenile justice system are diagnosed with a mental health disorder
- Foster youth have very high rates of trauma and adversity
- Most health, BH and education risks are higher for foster youth, youth in juvenile justice, and unhoused youth

LGBTQ+ youth face far higher risk for: ACEs, depression, suicidality, substance abuse

- consistent across all surveys
- 77% of LGBTQ+ youth in one survey considered harming themselves in the past 12 months
- High concerns about safety and harassment in a variety of settings

# LGBTQ+ Youth

42

LGBTQ+ youth identify their sexual orientation differently than adults

- In a 2017 San Mateo survey, the largest group among respondents was Pansexual (25%), followed by Bisexual (18%) and Queer (17%)

Gender identity in flux

- In the same survey, 26% identified as Gender fluid/queer/non-conforming 19, 10% as Transmale and 3% as Transfemale

Sources of belonging for LGBTQ+ youth

- positive: internet, peers, gay straight alliances (GSA)
- Least positive: teacher-student groups, community leaders, faith community
- half use caution in disclosing sexual orientation

Concerns about systems, access

- 29% reported harassment, assault or other discrimination to school authorities and school staff did nothing in response
- 65% did not know where to go to get LGBTQI friendly healthcare.

# Feedback from Latino/a/x Families

43

## Concerns:

- Language barriers for mental health services
- Lack of affordable housing, job training and placement for young adults
- 32% of adults say they don't know where to go to find resources for their kids and families

## Requests:

- Crisis support without law enforcement
- Free mental health services for community members experiencing stress and anxiety

# Major Sources Cited & Consulted

- San Mateo County Health Data Dashboards
- California Department of Education
- California Healthy Kids Survey results
- Kidsdata.org
- Healthy Places Index
- California School-Based Health Alliance Student Health Index
- Conduent Healthy Communities Institute Mental Health Index
- Pediatric and TAY PES Admissions Data
- CSEC Assessments
- SMCOE Level 2 Threat Assessments
- California Overdose Surveillance Dashboard (CDPH)
- CDPH Youth Suicide Deaths Dashboard
- 2023 Community Health Needs Assessment: Health & Quality of Life in San Mateo County
- Local Hospital Community Health Needs Assessments
- Survey Results of San Mateo County LGBTQ+ Residents and Employees  
San Mateo County, LGBTQ Commission
- And many more