INITIATIVE FOR STUDENT WELLNESS
School-Based Screening, Intervention, and Referral to Treatment

2022-2023 School Year Pilot Data Summary

285
WEST VALLEY SCHOOL
DISTRICT STUDENTS

142
Centennial Middle School Students

143
West Valley High School Students

1 in 5 Students
Reported Currently
Feeling Depressed
(PHQ-2)

1 in 4 Students
Reported Currently Feeling
Anxiety (GAD-2)

269
Hours of brief intervention
services provided to students.

40
Hours of contact with students to support
and connect to additional services in the
community or at school.

RACE/ETHNICITY

<table>
<thead>
<tr>
<th>Ethnicity</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>White</td>
<td>212</td>
</tr>
<tr>
<td>Mexican, Mexican American, Chicano</td>
<td>177</td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>130</td>
</tr>
<tr>
<td>Prefer not to answer</td>
<td>122</td>
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<tr>
<td>Black or African American</td>
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<tr>
<td>Pacific Islander</td>
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<tr>
<td>Filipino</td>
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<tr>
<td>Other Latino/a/x</td>
<td>40</td>
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<tr>
<td>Native Hawaiian</td>
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<tr>
<td>Middle Eastern or North African</td>
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<tr>
<td>Korean</td>
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<tr>
<td>Chinese</td>
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<tr>
<td>Declined/Other</td>
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</table>

GENDER

<table>
<thead>
<tr>
<th>Gender</th>
<th>Count</th>
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<tbody>
<tr>
<td>Male</td>
<td>154</td>
</tr>
<tr>
<td>Female</td>
<td>130</td>
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</tbody>
</table>

- 4% of Students Reported Making a Suicide Attempt at Least Once in their Life
- 13% of High School Students Reported Engaging in Disordered Weight Loss Behavior in the Past Year
- 9% of Students Reported Feeling Isolated
- 4% of Students Reported Seriously Thinking about Ending their Life in the past Year
- 14% of Students Reported Hurting Themselves on Purpose in the Past Year
- 86% of Students Reported No Current Engagement with a Mental Health Professional
INITIATIVE FOR STUDENT WELLNESS
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2022-2023 School Year Data Summary

54% WEST VALLEY HIGH SCHOOL STUDENTS IN MODERATE/HIGH RISK TIER 2 & 3

50% CENTENNIAL MIDDLE SCHOOL STUDENTS STUDENTS IN MODERATE/HIGH RISK TIER 2 & 3

- Centennial MS  West Valley HS

During the past year, have you ever hurt yourself on purpose like cutting, biting, burning, or hitting?
- 13% 15%

During the past year, did you ever seriously think about ending your life?
- 14% 13%

Have you ever tried to kill yourself?
- 5% 3%

Has anyone bullied, threatened or harassed you in real life or on social media within the last year?
- 15% 10%

Has anyone bullied, threatened or harassed you in real life or on social media within the last month?
- 9% 4%

Has anyone bullied, threatened or harassed you in real life or on social media within the last week?
- 4% 3%

Because of bullying, I feel my safety is at risk now.
- 15% 16%

Within the last year, have you purposefully vomited, taken diet pills, or not eaten to lose/control your
- 13%

Tier 1 - Follow up on an as-needed basis
Tier 2 - Moderate Risk, Follow up within 2 weeks
Tier 3 - Highest Risk, Follow up within 24 hours
Of Students Who Reported Suicidal Ideation (n=39)...

- 54% Reported Engaging in Self-Harm
- 33% Reported Having Anxiety Symptoms
- 36% Experienced Bullying
- 60% Reported Using Drugs/Alcohol to Relax, Feel Better, or Fit In

2022-2023 School Year Data Summary

- In the past year, did you drink alcohol once or twice?
  - Centennial MS: 6%
  - West Valley HS: 15%

- In the past year, did you drink alcohol monthly?
  - 1%

- In the past year, did you drink alcohol weekly or more?
  - 1%

- In the past year, did you use a vaping device containing nicotine and/or other flavor once or twice?
  - 15%

- In the past year, did you use a vaping device containing nicotine and/or other flavor monthly?
  - 3%

- In the past year, did you use a vaping device containing nicotine and/or other flavor weekly or more?
  - 4%

- In the past year, how many times have you used marijuana/weed/cannabis once or twice?
  - 8%

- In the past year, how many times have you used marijuana/weed/cannabis monthly?
  - 2%

- In the past year, how many times have you used marijuana/weed/cannabis weekly or more?
  - 2%
Student Protective Factors: School Connection and Strengths

At school there is an adult who...

87% will help me if I need it.
86% really cares about me.
90% tells me when I do a good job.
91% listens to me when I have something to say.
92% believes I will be a success.

The biggest supports in my life are...

75% Mother
61% Father
68% Friend(s)
41% Siblings
35% Grandparents
22% Teacher/Coach/Mentor/Counselor

POSITIVE COPING STRATEGIES

talking to someone I trust
reading/writing
making/listening
to music
prayer
making art/drawing
relaxing/taking a break
none

exercise
meditation/yoga
attending religious/cultural services
gaming
family/friends