



# Listening to Young People to Transform Mental Health

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# Housekeeping

- All participants are muted and unable to turn on their microphone
- Today's session is being recorded. A link to the recording will be sent to all participants within 5 business days.
- In order to have this webinar be more accessible we are providing closed captioning which can be enabled by clicking on the closed captioning option at the bottom of your screen. This will enable or disable closed captioning.
- We do NOT offer CEUs. You can receive a certificate of attendance from the link emailed with the recording. For individuals with the National Certified Peer Specialist (NCPS) certification, certificates of attendance can be used toward your continuing education requirements.
- Please use the chat box or Q + A function for any questions. Also, call out where you are viewing from in the chat box. When using the chat box, make sure your message is set to the correct audience (panelist only or general)

# Overview

- State changes in young people's mental health during 2020
- Describe the results of a survey on what young people feel they need for their mental health
- Highlight examples of young person-led programs

# Young People's Mental Health Pre-COVID

- High rates of stress, anxiety, and depression
- Changes attributed to many sources
- Limited access to mental health services ([Mental Health America](#))
- Youth suicide increased 56 percent between 2007-2017 ([CDC](#))- my story

**MHA Screening ([www.mhascreening.org](http://www.mhascreening.org)):**  
**More than 6.5 Million Completed Screens (since 2014)**  
**Current Average: 10K+ per day**



MHA Screening reflects the experiences of a help-seeking population that accesses mental health screening through [www.mhascreening.org](http://www.mhascreening.org).  
 We do not reach the entire population; therefore our numbers are likely to underreport the actual experiences of the population.

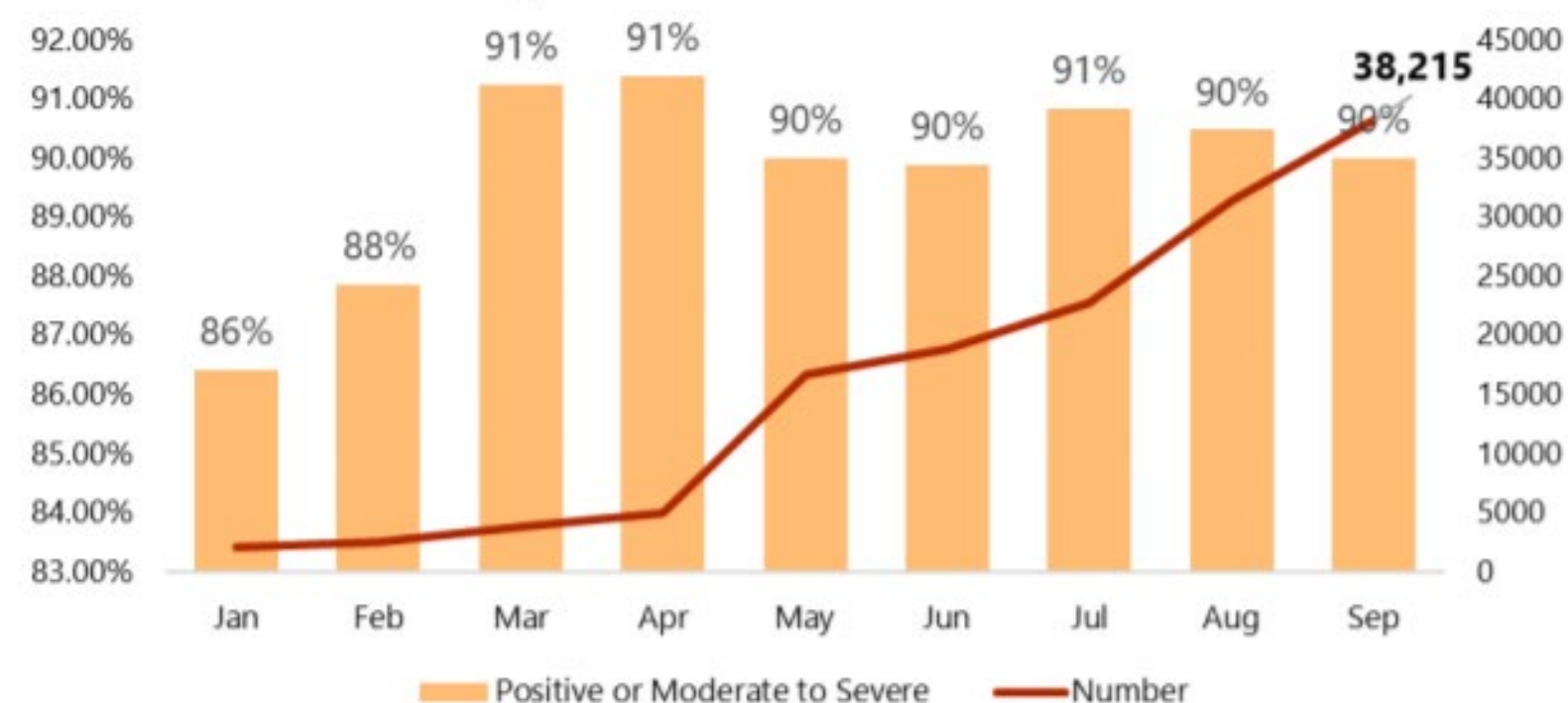


# MHA 2020 Screening Data

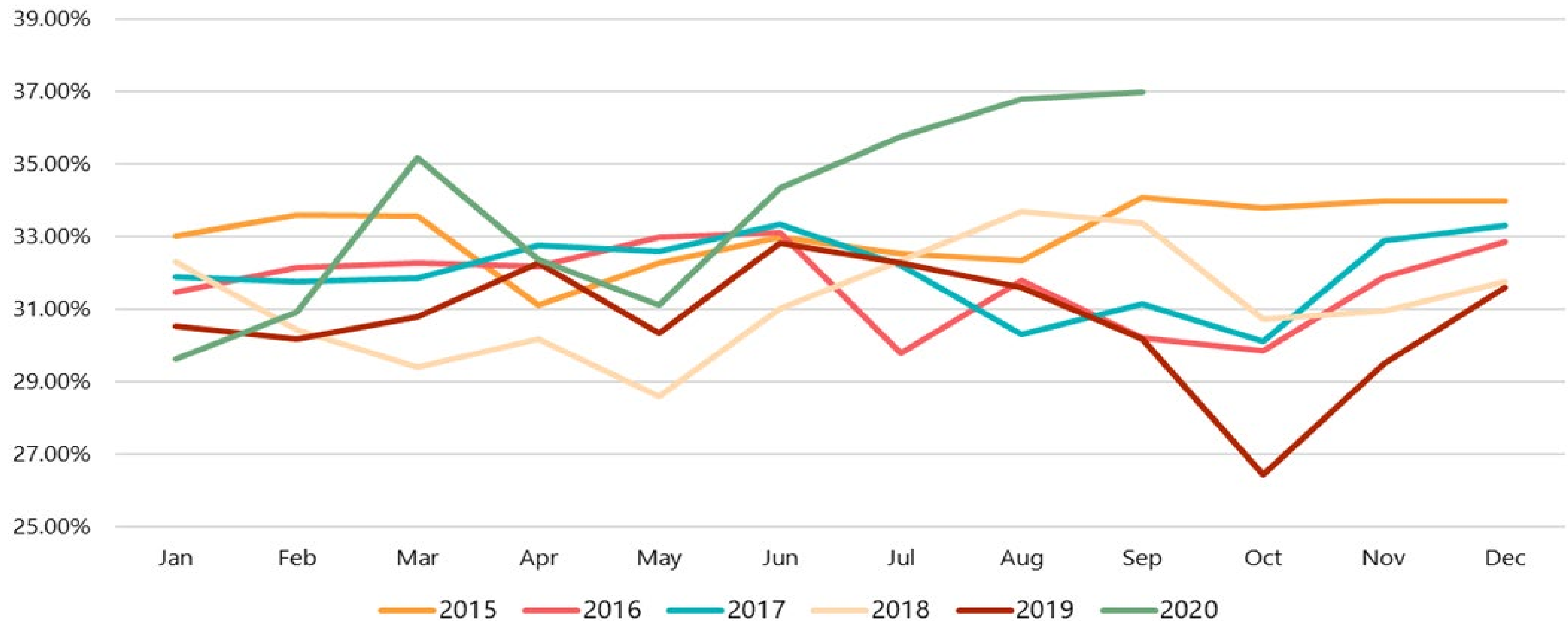
**Over 8 in 10 Youth Screening Moderate to Severe Anxiety Since March 2020**



**Over 9 in 10 Youth Screening Moderate to Severe Depression Since March 2020**



## Percentage Reporting Suicidal Ideation More Than Half or Nearly Every Day 2015-2020



# Young People's Mental Health in 2020

- A lot about what is wrong, but what is working?
- Are we listening to young people?
- Tapping into young people's momentum and leadership



# Young People's Mental Health in 2020



The perspectives of 1,906 14-24-year-olds who completed our Young People's Mental Health Survey through our online screening program

# Building On What Helps

*What has helped your mental health the most during the pandemic?*

<i>What has helped your mental health the most during the pandemic? (Choose 3)</i>			
	14-18 year-old	19-24 year-old	Total
Hobbies	73%	70%	72%
Friends	53%	53%	53%
Social Media	50%	36%	46%
Self-care	24%	39%	28%
Online communities	24%	17%	22%
Parents or other supportive adults	13%	17%	14%
Mental health support	9%	17%	12%
Identity-affirming spaces	12%	6%	10%
Teams or clubs	11%	4%	9%

*Relationships and fun.*



# Meet Young People Where They Are

*What would be most helpful for your mental health?*

<b>What would be most helpful for your mental health? (Choose 3)</b>			
	<b>14-18 year-old</b>	<b>19-24 year-old</b>	<b>Total</b>
Access to mental health professionals	53%	57%	54%
Mental health breaks or absences as part of school or work	53%	45%	51%
Learn how to support my mental health during my daily life	48%	46%	47%
Support from other young people	44%	36%	41%
Environments where people can be open about their mental health	29%	33%	30%
Tools to help myself	25%	31%	27%
Train adults to support my mental health	24%	22%	24%
Train my peers to understand and talk about mental health	15%	16%	15%

*Give me support where I am, with and through the things that are important to me.*

# Mental Health Kingdom



## FAST FACTS

MHK's "PluralKit" allows users with Dissociative Identity Disorder (DID) or OSDD to post as their individual alters/headmates.

MHK has over 220 members.

MHK uses gaming and art to engage its community and create more opportunities to share and learn about mental health through users' interests.

A virtual mental health community led by a certified peer support specialist via Discord.

# Mind Body Ambassadors



## FAST FACTS

MBA partners with the Center for Mind Body Medicine to train students to teach and practice mind-body skills.

Students completed six weeks of training across different meditative practices to become certified as Mind Body Ambassadors.

The MBA club offers community workshops, and daily mindfulness practices, in addition to working with peer counselors.

A student-led program that teaches mindfulness skills and builds mind-body practices into young people's school days



# Hope for the Future

*I feel hopeful about the future.*

## *I feel hopeful about the future.*

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
14-18-year-old	5.67%	20.71%	28.65%	26.00%	18.97%
19-24-year-old	8.23%	29.16%	28.30%	20.75%	13.55%
Total	6.45%	23.29%	28.54%	24.40%	17.31%

## *Transgender Youth*

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
14-18-year-old	1.59%	11.11%	28.57%	33.33%	25.40%
19-24-year-old	11.76%	5.88%	41.18%	17.65%	23.53%
Total	3.75%	10.00%	31.25%	30.00%	25.00%

## *LGBTQ+ Youth*

	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
14-18-year-old	2.71%	14.93%	28.05%	31.22%	23.08%
19-24-year-old	5.83%	23.33%	27.50%	28.33%	15.00%
Total	3.38%	16.73%	27.94%	30.60%	21.35%

# Advocacy

*I can make a change in mental health in my community.*

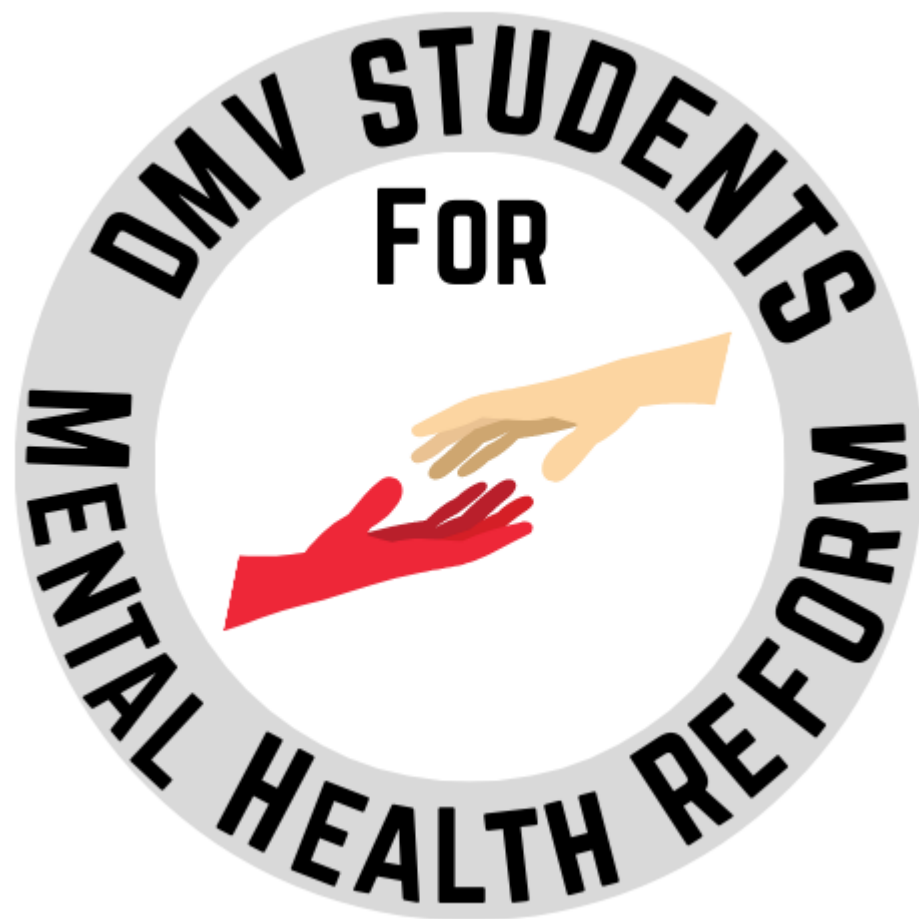
<i>I can make a change in mental health in my community.</i>					
	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
14-18-year-old	3.55%	17.61%	42.48%	22.45%	13.91%
19-24-year-old	5.66%	28.82%	34.99%	17.32%	13.21%
Total	4.20%	21.04%	40.19%	20.88%	13.69%

# Advocacy

*What would make you feel empowered to make a change in your community?*

<b>What would make you feel empowered to make a change in mental health in your community?</b>			
	<b>14-18 year-old</b>	<b>19-24 year-old</b>	<b>Total</b>
Support for my own mental health	60%	62%	60%
Learning more about mental health	48%	42%	46%
Finding a mental health support community or other advocates	29%	33%	30%
Training to support my peers' mental health	26%	27%	27%
Training to educate my community about mental health	25%	29%	26%
Learning to advocate for changes to mental health laws	12%	27%	21%
Learning to advocate for changes at my school or job	24%	24%	24%
Nothing	16%	16%	16%

# DMV Students for Mental Health Reform



## FAST FACTS

Over 1,000 high school students completed the series of surveys that led to the launch of DMV Students for Mental Health Reform.

DMV Students for Mental Health Reform has three current priorities for schools: adopt mental health sick days; reapportion funds towards student support personnel; and increased mental health education in schools.

Currently, five high schools have joined DMV Students for Mental Health Reform.

A coalition of young people dedicated to understanding, connecting, and advocating for the mental health needs of high school students.



# UpLift by Youth Era

## FAST FACTS

UpLift was studied and launched by Youth Era and The University of Oxford.

UpLift combines positive youth development and peer support to motivate youth to take charge of their lives and help those around them.

UpLift's 22 activities were designed specifically for virtual environments.

A 5-day virtual event and training dedicated to providing young people the tools to support themselves and their peers.



# Young Invincibles



## FAST FACTS

YIRM developed a Healthy Minds Checklist that serves as a guide for colleges to ensure students have access to mental health care.

Over 500,000 people are part of YI's network across the US.

In addition to Colorado, YI has regional offices in California, Illinois, New York, and Texas and a headquarters in Washington, D.C.

An organization dedicated to empowering young people to advocate for policy change in their communities.

# Conclusion

- Ask don't assume!
- Promote young people's work.
- Collaborate with young leaders in your communities.
- Download the report and view more resources at [mhanational.org/youngleaders](https://mhanational.org/youngleaders)

The Center for Peer Support webinar series is sponsored by MHA's National Certified Peer Specialist (NCPS) certification. The NCPS is the first national, advanced peer support certification that allows peers to demonstrate a high level of knowledge and experience in the field of peer support. We are happy to offer these webinars as approved continuing education for MHA NCPSs.

**To learn more about the NCPS, head to [NationalPeerSpecialist.org](https://NationalPeerSpecialist.org).**





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THANKS FOR COMING

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