

Office of Children's Mental Health



Milwaukee Mental Health Task Force

May 10, 2022

Agenda

- What's new at OCMH?
- How Are Wisconsin Kids Doing?
 - Before the pandemic
 - Since the pandemic
- What's the One Thing?

OCMH Vision



Wisconsin's children are safe, nurtured and supported to achieve their optimal mental health and well-being. Systems are family-friendly, easy to navigate, equitable, and inclusive of all people.

Our Charge

- Study, recommend ways, and coordinate initiatives to improve the integration across state agencies of mental health services
- monitor data related to children's mental health and well-being

Our Values

- Collaborative across systems
- Data driven
- Family and youth guided
- Promote inclusivity and equity among all stakeholders

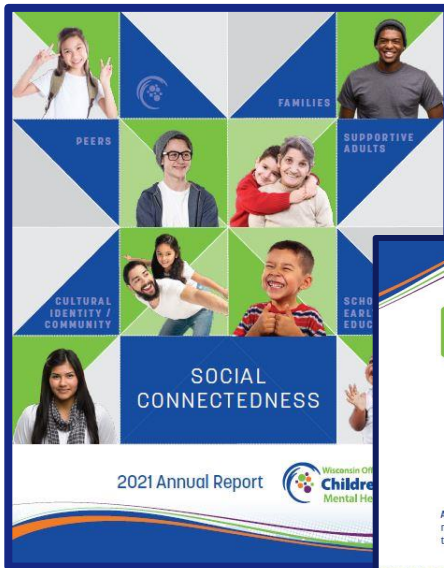
Data



**Collective
Impact**

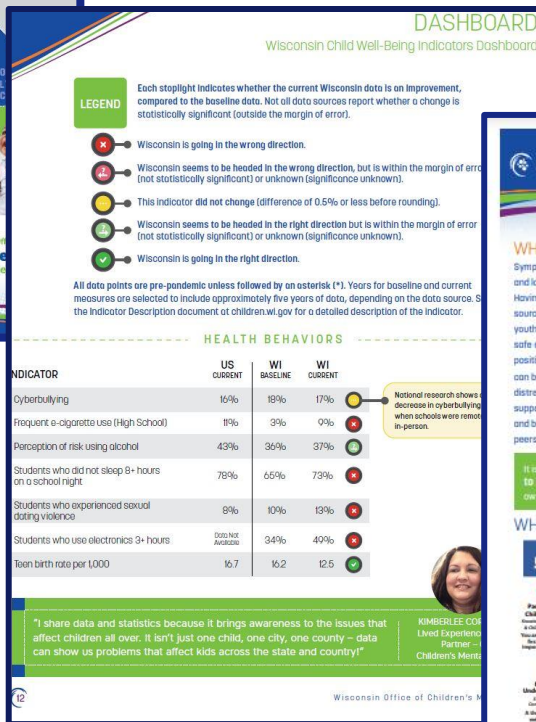


**Lived
Experience**



Annual Report

Dashboard



Fact Sheets



Tools for Mental Health Understanding



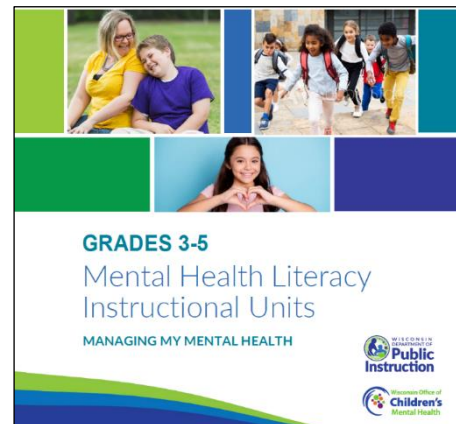
MENTAL HEALTH CRISIS CARD

Name: _____

Pronouns: _____

▶▶▶ I need support in the next 5 minutes. ◀◀◀
Here's what I need from you to help me:

1. _____
2. _____
3. _____ (over)



Accessing Children's Mental Health Services



FEELINGS THERMOMETER



Children's Mental Health Week



Social Media Posts
Available on
OCMH Website:
www.children.wi.gov

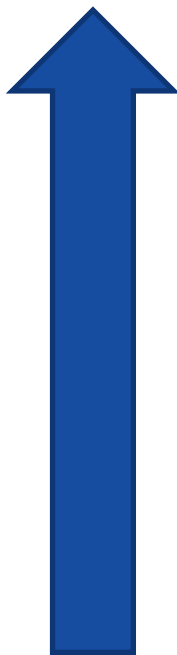
**Governor Evers'
Proclamation on
Children's Mental
Health Awareness
Day – Thursday,
May 5th.**



How Are Wisconsin Kids Doing?

Wisconsin's Achievements

Wisconsin is **going in**
the right direction.



Social and Economic Factors

High School Graduation: **+2%** (90%)

Eighth grade math proficiency: **+2%** (41%)

4 yr old kindergarten: **97%** (72%)

Mothers with higher education degrees: **+2%** (47%)

Clinical Care

Provider access: **+2%**

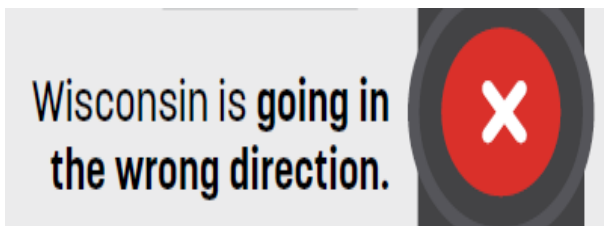
Screening: **+6%**

Early prenatal care: **+2%** (80%)

Workforce capacity: **+436 providers since 2015**

Opportunities to Improve

Children, adolescents and young adults are not getting the help they need





- Poor social skills
- Major Depressive Disorders
- Poor sense of belonging
- Risky behaviors
- Diagnosable mental illness
- Suicide and self-harm

County Health Rankings

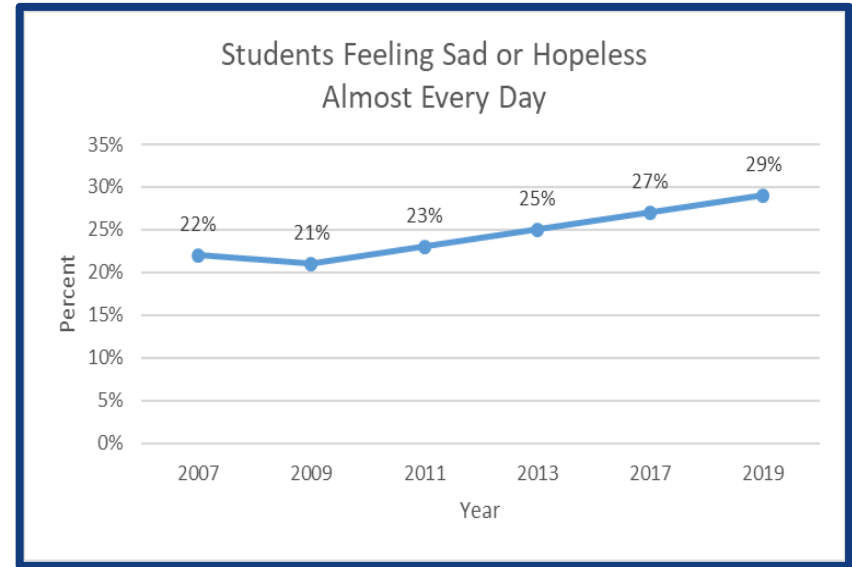
	Length of Life	Quality of Life	Health Behaviors	Clinical Care	Economic Factors	Physical Environment
County	Rank					
Milwaukee	68	72	64	56	71	65
Washington	12	4	4	11	5	67
Waukesha	7	1	1	2	2	70
Racine	60	63	43	38	59	71
Rock	59	64	51	60	51	62

Child Well-Being Indicators

INDICATOR	US CURRENT	WI BASELINE	WI CURRENT	
Difficulty with social skills	22%	23%	29%	
School connectedness	Data Not Available	71%	61%	

Anxiety, Depression & Self-Harm

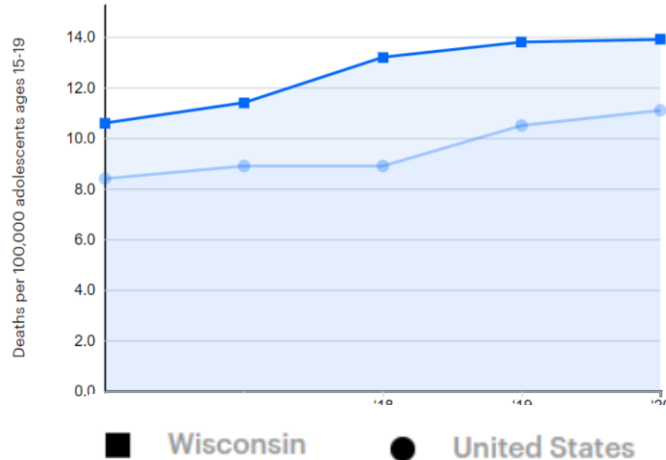
- **A majority (60%)** of Wisconsin's high school kids experienced depression, anxiety, self-harm or suicidal thoughts.
- **1 in 3 kids (29%)** ages 13-18 reported feeling sad or hopeless almost every day.



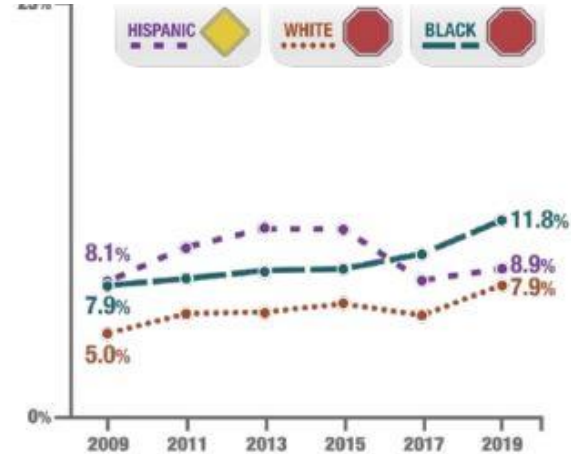
Youth Risk Behavior Survey, 2019

Suicide

Deaths per 100,000 Ages 15-19

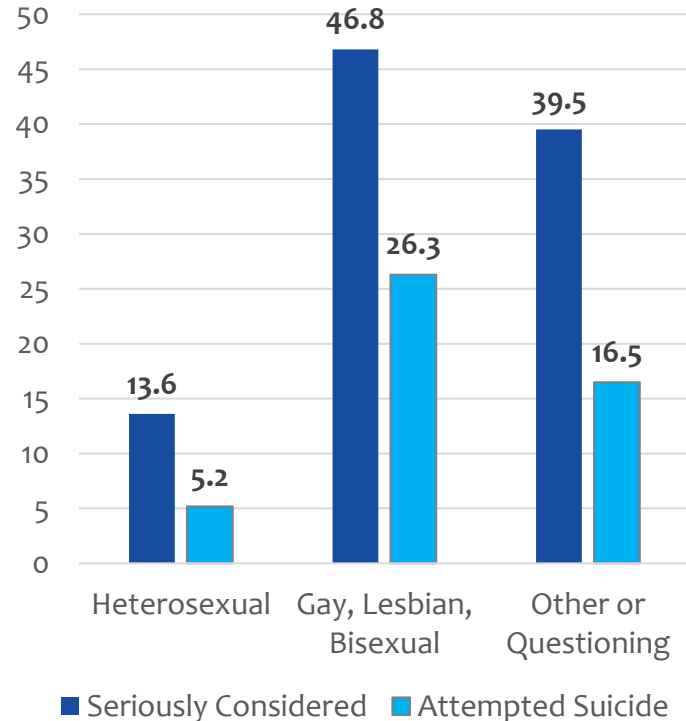


Trends in Reported Suicide Attempts



Suicide

- **Nearly half** of high school LGBTQ **seriously considered attempting suicide during the pandemic**, more than three times the rate of hetero high school students.
- **More than a quarter attempted suicide**, five times the rate of hetero kids.



Source: Centers for Disease Control
MMWR, April 1, 2022



Pandemic Effect

Pandemic Effect

- Economics – **families lost income**
- Education – **online school & childcare disruptions**
- Parental Stress – **more than half depressed**



Pandemic Effect

Parental Stress (cont'd)

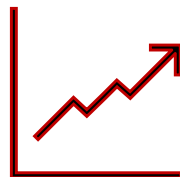


- **Alcohol** sales increased 17% during fiscal year 2021
- **Opioid** deaths (number) in Wisconsin increased 34% from 2019 to 2020.
- **Domestic Violence** deaths have increased as have **gun deaths and injuries** among children and youth (both intentional and accidental)

COVID Impact - US

- We don't know the full impact of the pandemic yet.
- We do have **anecdotal evidence, emergency room data, and mental health claims** showing the terrible impact the pandemic had on children's mental health.
- Mental health emergencies—including **suicide attempts, self-harm, and serious panic or depressive episodes**—jumped in the first 8 months of the pandemic alone.

Early COVID Mental Health Emergencies



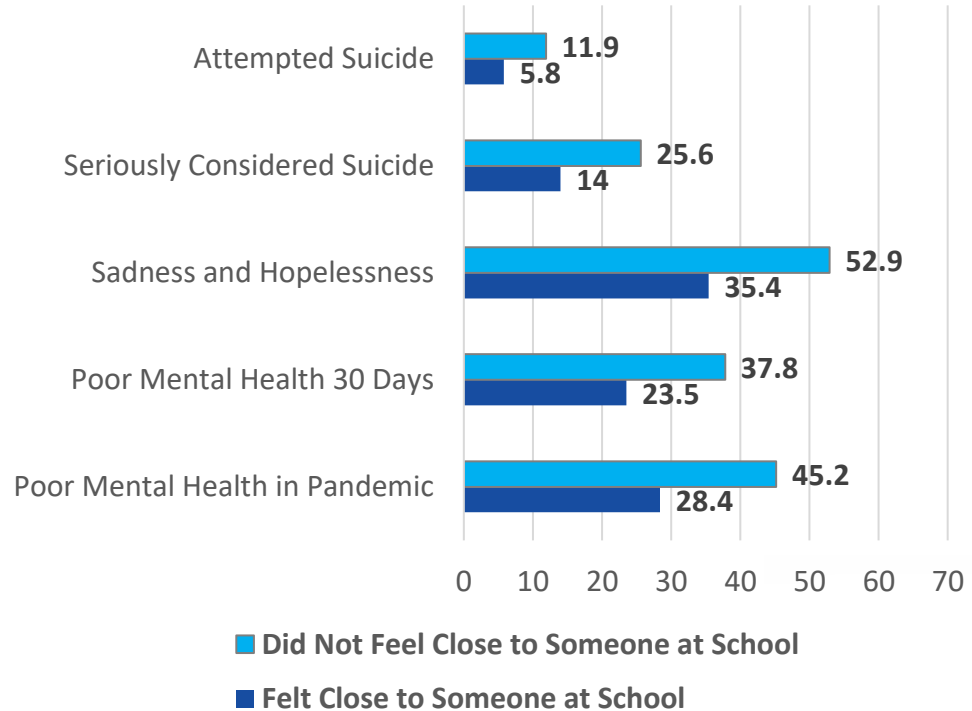
About a **25% increase**
Kids 5-11



About a **30% increase**
Kids 12-17

Connectedness

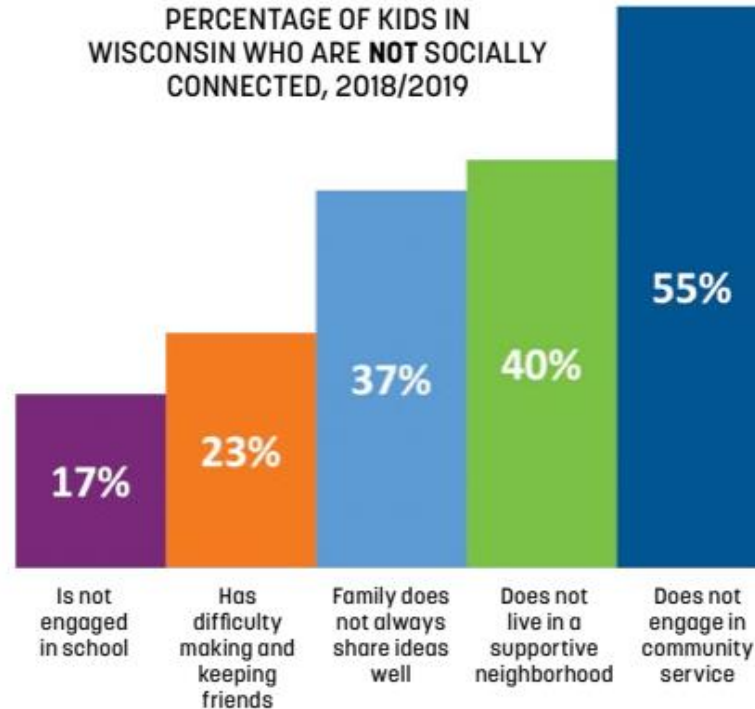
- **Feeling connected to someone at school** = better mental health on all measures.
- **Twice as many attempted suicides** among those who lack a school connection.



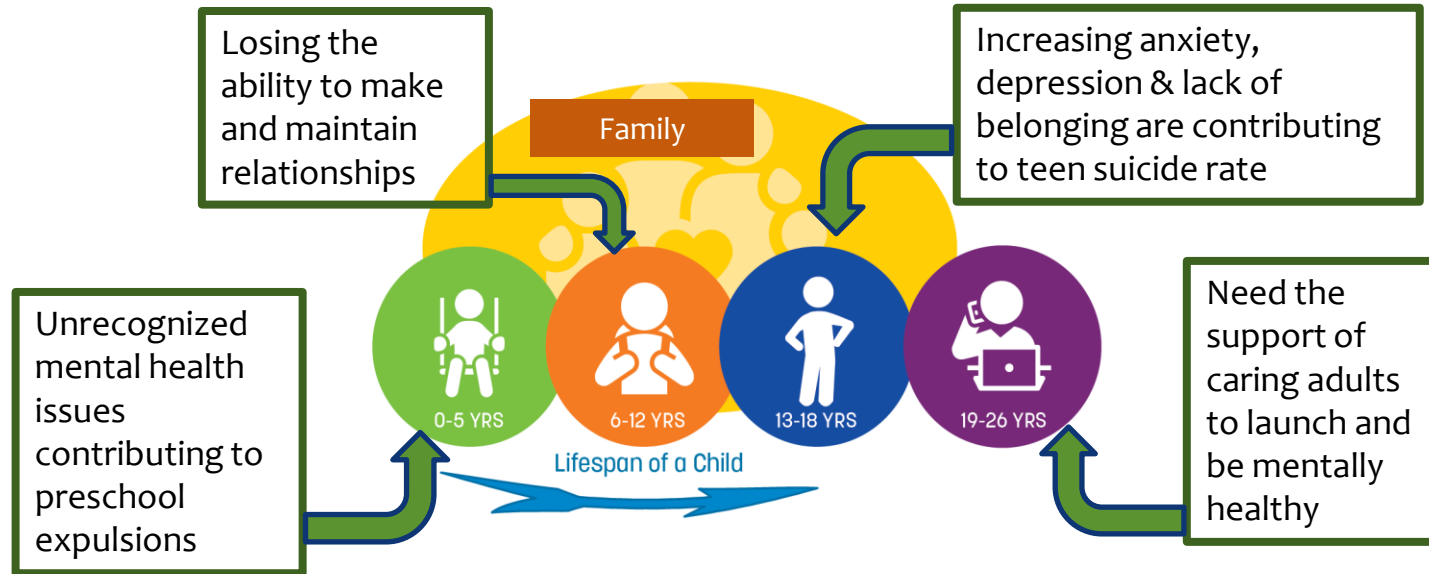
Source: Centers for Disease Control
MMWR, April 1, 2022

Kids lacking Social Connections

PERCENTAGE OF KIDS IN
WISCONSIN WHO ARE **NOT** SOCIALLY
CONNECTED, 2018/2019



Kids Across the Lifespan are Struggling

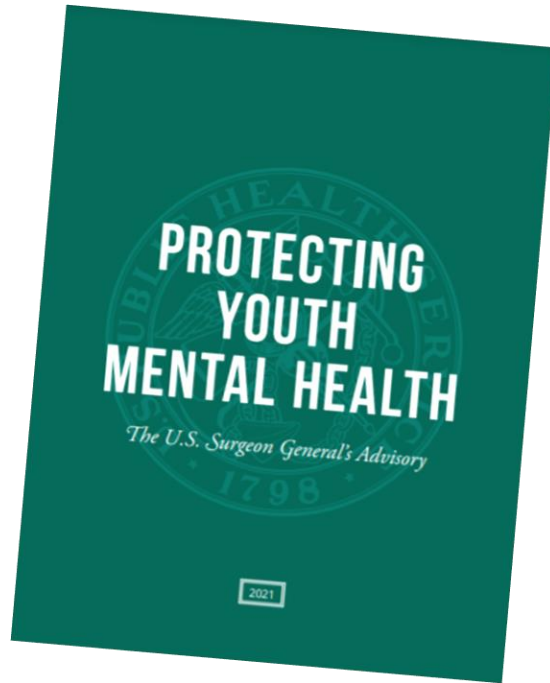


Barriers to Treatment

- **Mental Health Professional Shortage**
 - Culturally diverse clinicians
- Not enough school social workers, counselors and psychologists
- **High deductible health plans**
- Insurance networks that limit service at school and through telehealth
- **Complicated screening and paperwork**
- Stigma



Youth Mental Health Crisis



U.S. Surgeon General's Advisory & Report

Potential Investments in Youth Mental Health

**President Biden Announces
Strategy to Address National
Mental Health Crisis**



UNITED STATES SENATE
COMMITTEE ON FINANCE

Mental Health Care in the United States: The Case for Federal Action

- [Report](#) on the mental health care system shortfalls and Committee to craft a bipartisan legislative package (Summer 2022)

Investments in Youth Mental Health

- State Budget – Student Services Staff, Mental Health Collaboration Grants
- Elementary & Secondary School Relief (ESSER) Act Funds
- America Rescue Plan Act (ARPA) Funds
- Gov Evers' Get Kids Ahead Initiative
 - \$15 million of flexible funding for K-12 school mental health and \$5 million for UW system
 - MPS received \$966,436



School Mental Health

- **Students are more likely to access treatment**
- *Analyses of Wisconsin school mental health programs show improved academics, standardized test scores and attendance, and reduced behavioral referrals*
- **Treatment at school reduces missed class time**
- *Mental health treatment is easier on parents*
- **Teachers and school staff are more likely to identify and refer students for treatment**
- *School-based therapists understand school culture and can better recommend strategies for students to practice at school*



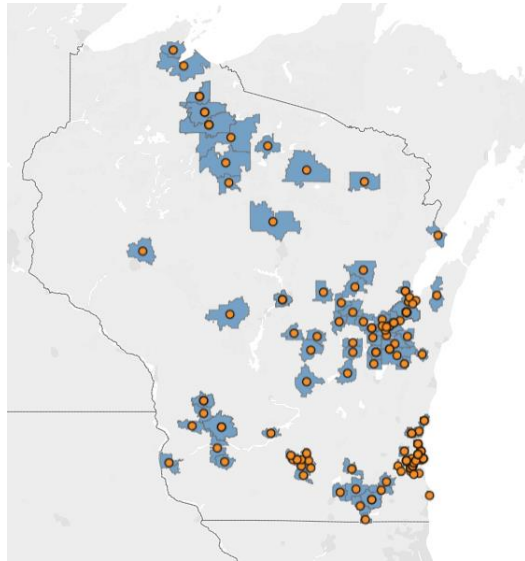
Youth Voice

Youth Action Recommendations

- **Safe and diverse school cultures** that acknowledge mental health stigma and marginalization and supports trusting relationships.
- **Inclusive cultures and systems** that normalize mental health.
- **Adults** who are trustworthy, reliable, and mental health informed.
- **Safe spaces** for talking about mental health.
- **Youth leadership** in guiding training, services, and system structure.
- **Mental health education** across all grades and in all parts of the curriculum.
- **Knowledge and skill building for youth** to self-advocate and support peers experiencing mental health challenges while maintaining boundaries.

Youth Voice

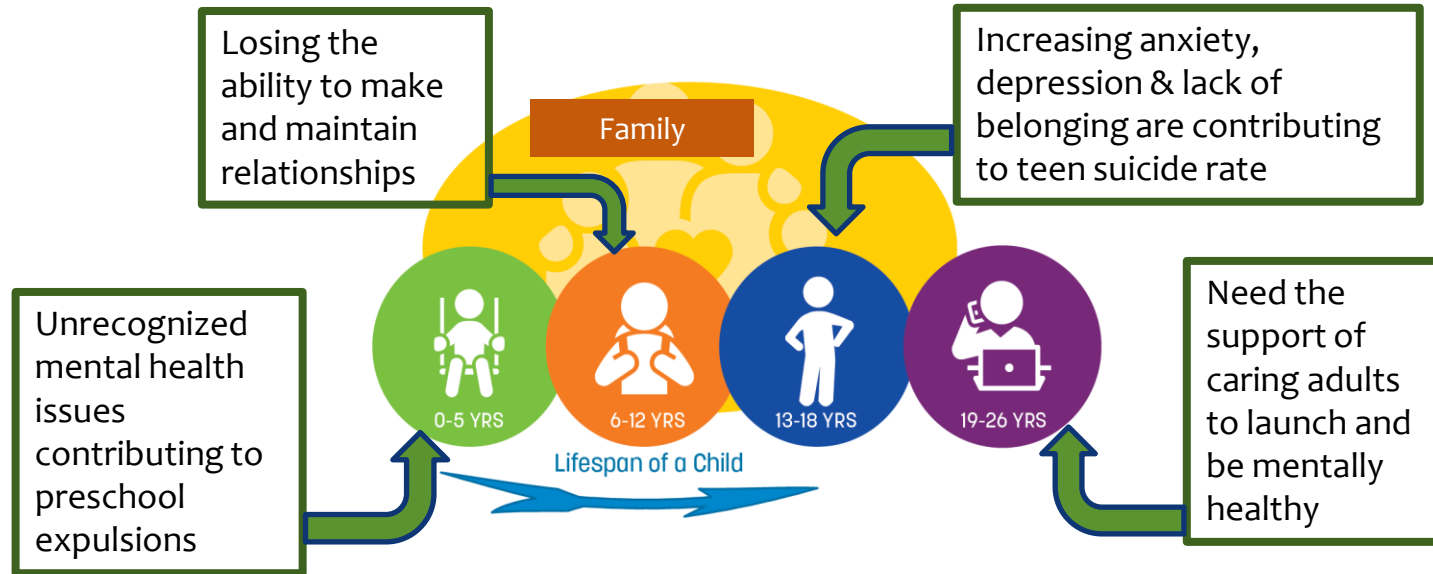
Youth-led Mental Health Programs



- Youth across the state are addressing mental health in their school community

<https://children.wi.gov/Pages/YouthMentalHealthGroupsWI.aspx>

Kids Across the Lifespan are Struggling






What's the One Thing?

Social Connectedness of Youth



Youth are socially connected when they are actively engaged in positive relationships where they feel they belong, are safe, cared for, valued, and supported.

Social Connectedness Impact Team Visions

Connection Category	Vision
Family 	Children have warm, positive relationships with their family that make them feel like they belong, are safe, cared for, valued, and supported.
Supportive Adult 	Adults, especially older adults, connect with and establish affirming relationships with youth.
Cultural Identity / Community 	Young people are regularly involved in spaces that help them feel connected to one another and their culture or identity.

Trusted relationships
benefit both the
youth and the adult

Social Connectedness of Youth



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Connect with Us

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 - Twitter [@WIKidsMH](https://twitter.com/WIKidsMH)
 - Facebook Facebook.com/OCMHWI
- Join our network – OCMH@Wi.gov



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Questions? Thoughts?

