



Lycoming County Health Improvement Coalition's Youth Development Task Force

April 2nd, 2019

The Youth Development Task Force!

- Established in 1998 as a sub-committee of LCHIC (501c3)
- Pennsylvania Youth Survey data drives focus & action
- We focus specifically on building protective factors and reducing risk factors in our population
- Meet monthly – ALL welcomed
- Collaborate with school

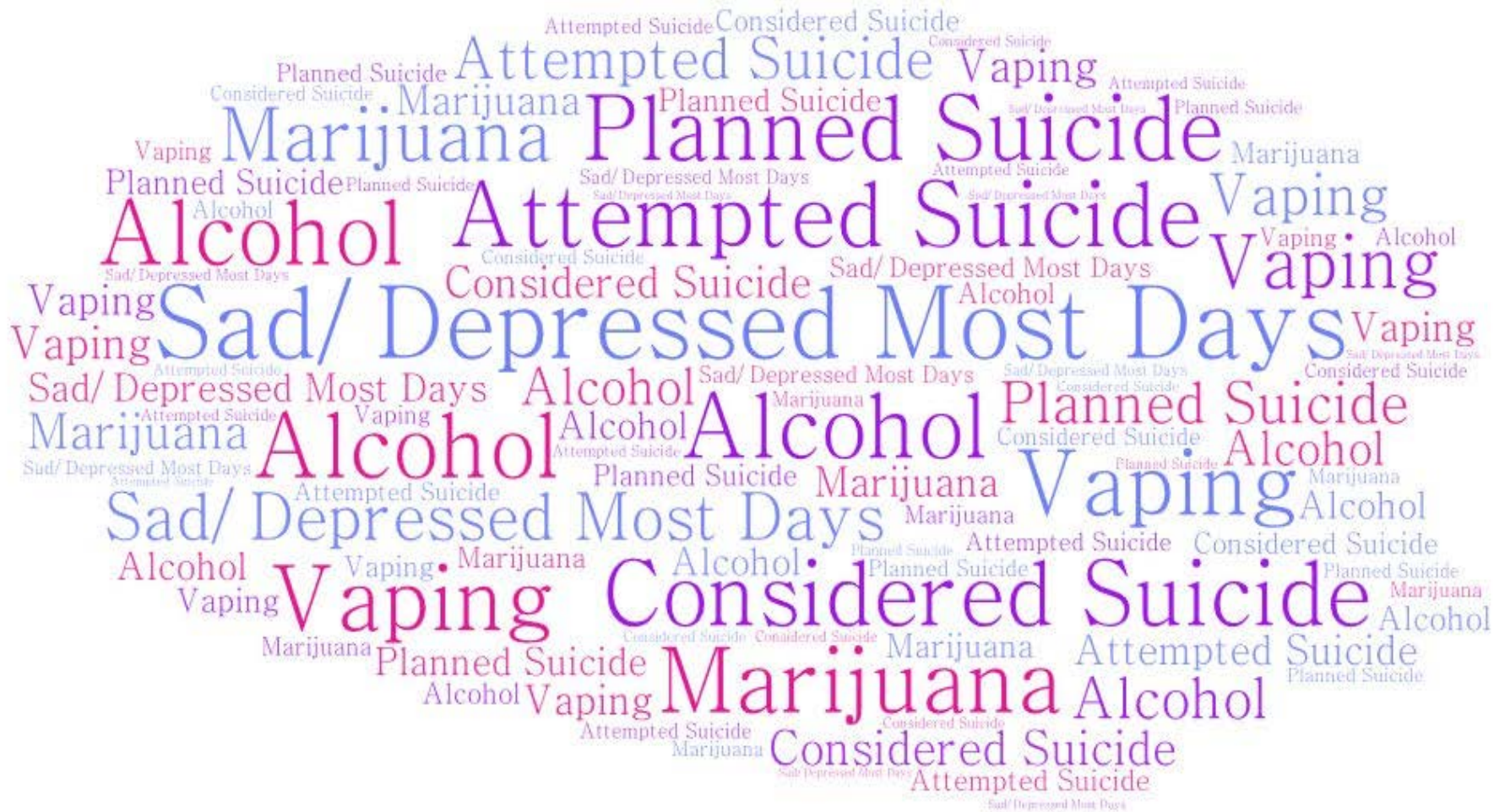
administrators & community stakeholders

- Activities include social marketing campaigns such as: Billboards, Parades, Movie



Trailers, Public Service Announcements, Facebook, Twitter, Community Events & much more!

- Awarded the 2018 Attorney General's Community Drug Abuse Prevention Grant for **\$16,500!**



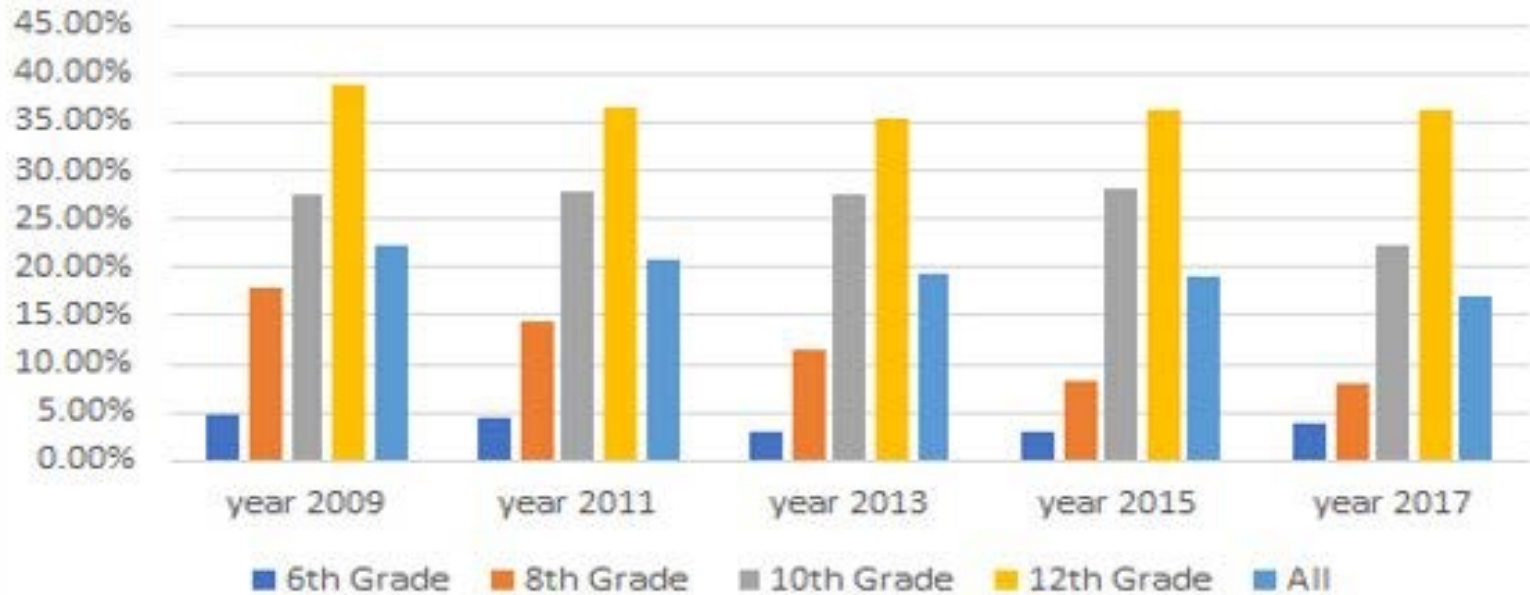
Understanding The Data

- Alcohol consumption is declining
- However, alcohol is still most commonly used substance among 12th graders
- Early initiation of substances “PRIMES” the brain for addiction to other substances
- Alcohol consumption causes symptoms of depression – vicious cycle of co-occurring disorders

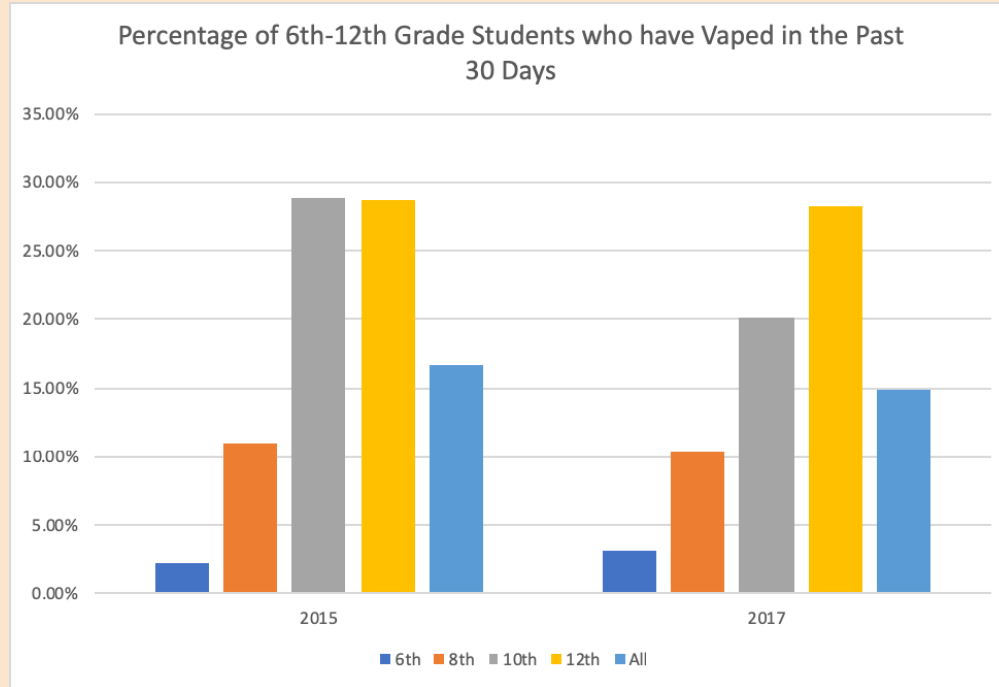


Alcohol

Percentage of 6th-12th Grade Students who have Consumed Alcohol in the Past 30 Days

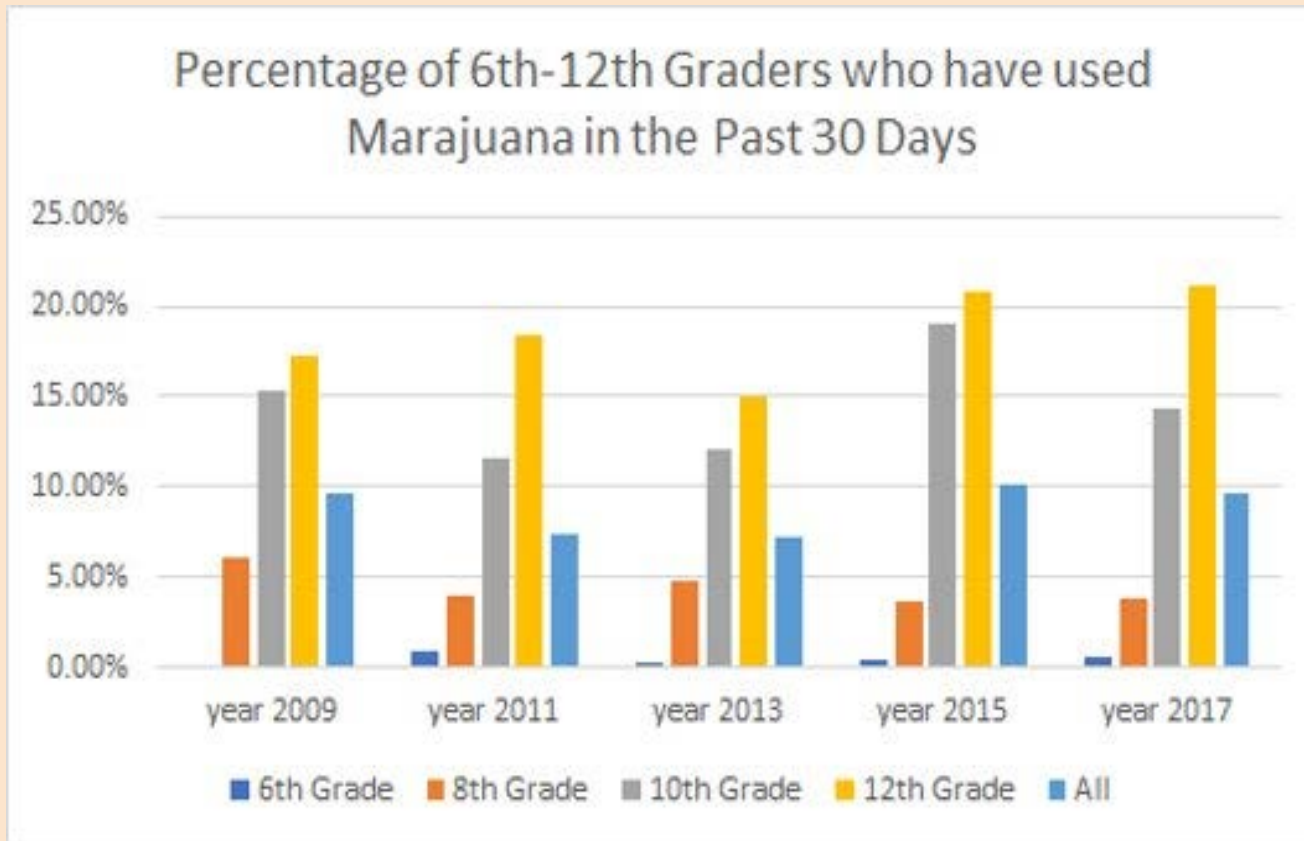


Vaping



Source: Pennsylvania Youth Survey, 2017

Marijuana



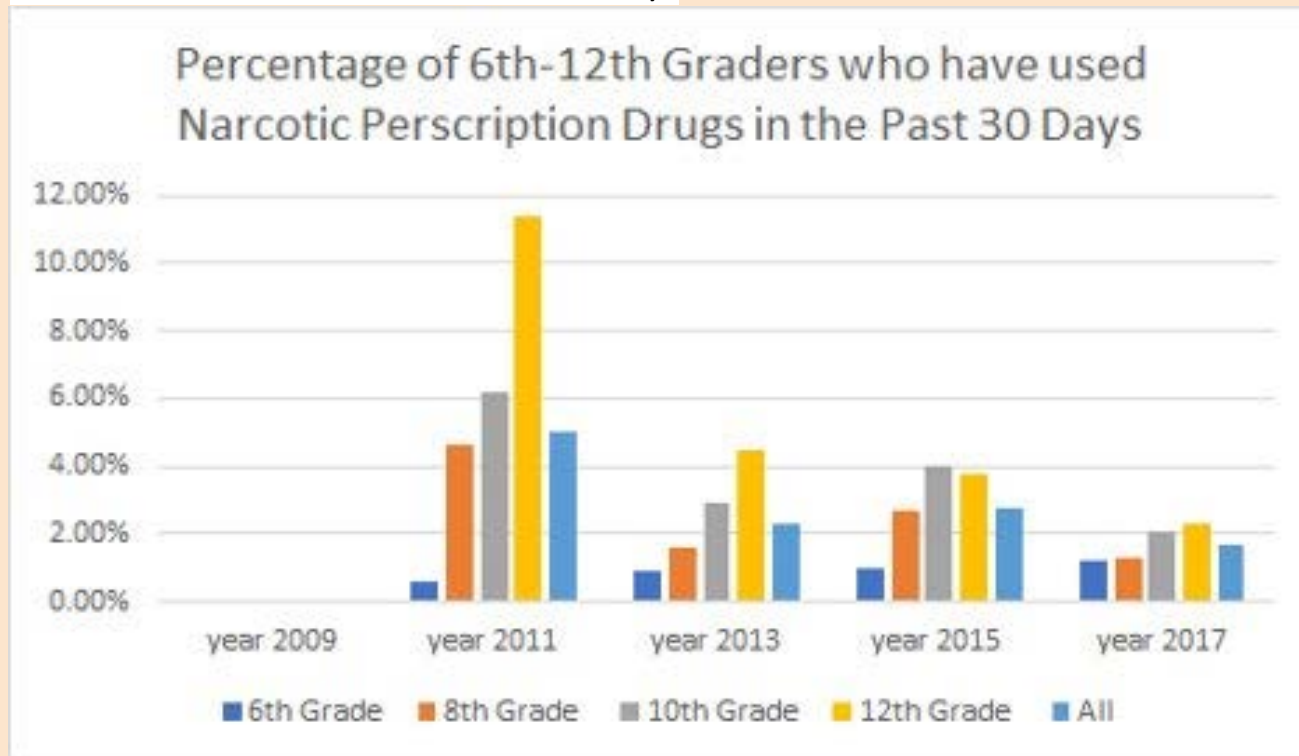
Marijuana

- Marijuana use among youth has been on the increase since 2007
- Attitudes that marijuana is harmful for teens has decreased
- Research - Marijuana use among teens:
- Lower a person's IQ
- Reduce attention, motivation, memory & learning
- Addiction (casual use 9%: daily use 25-50%)
- Risk increases for those who start in early teens
- THC & chemicals = cancer causing carcinogens

Why use? Curiosity, to fit in, network of friends & family, untreated mental health issues

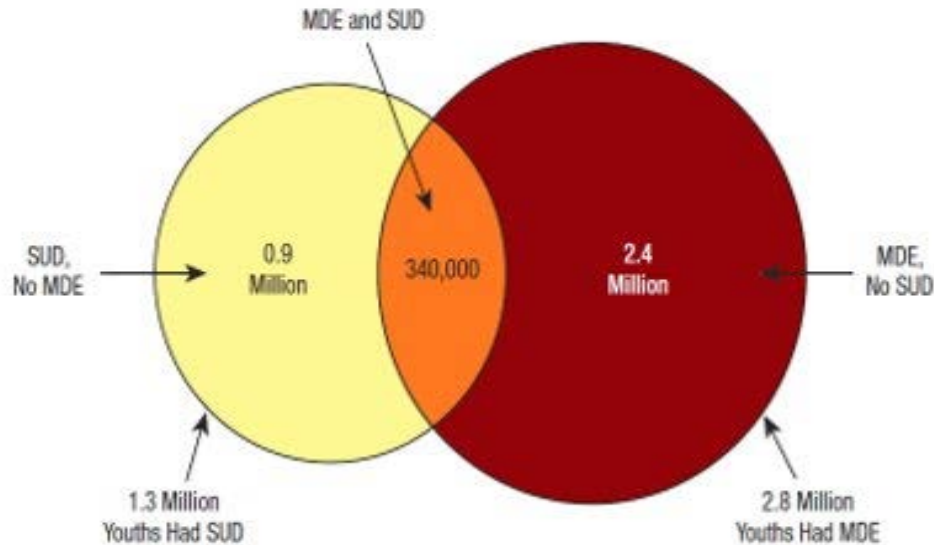
Narcotic Prescription Drug Abuse

Percentage of 6th-12th Grade Students who have used Narcotic Prescription Drugs *Not Prescribed to them* in the Past 30 Days



CO-OCCURRING DISORDERS: SUBSTANCE USE and MAJOR DEPRESSIVE EPISODE

Figure 53. Past Year Substance Use Disorders and Major Depressive Episode in the Past Year among Youths Aged 12 to 17: 2014



MDE = major depressive episode; SUD = substance use disorder.

Note: Youth respondents with unknown MDE data were excluded.

Mental Health Issues
Self-Harm, Suicide & Depression
are **Increasing** Among Youth



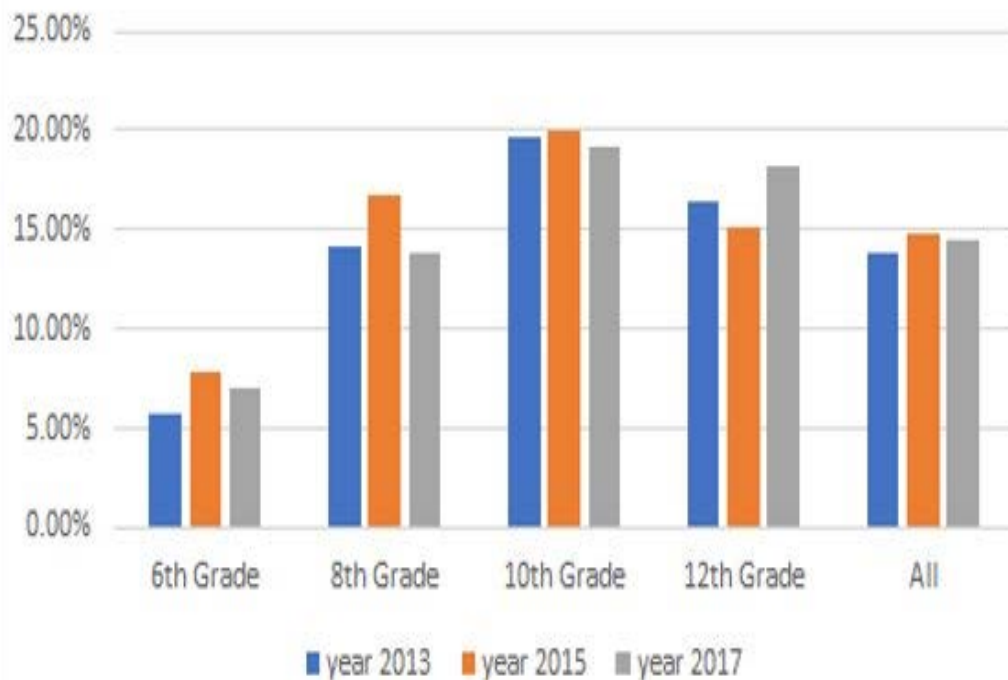
Percentage of 6th-12 Graders Who Reported Feeling Sad or Depressed MOST Days in the past 12 months



Percentage of 6th-12th Graders who have Considered Suicide

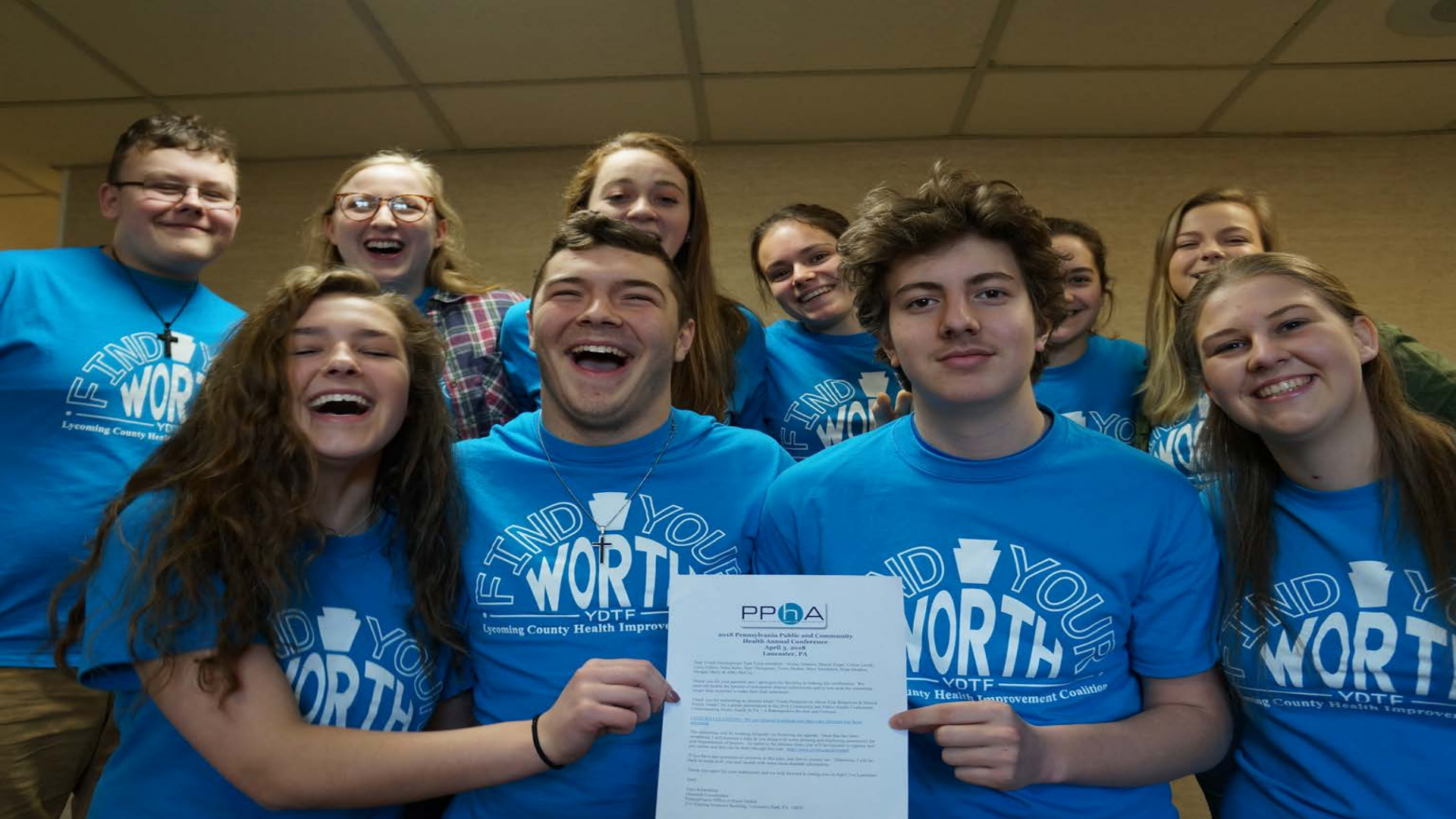


Percentage of 6th-12th Graders Who Have Planned Suicide



Percentage of 6th-12th Graders Who Have Attempted Suicide





PPHA
Pennsylvania Public Health Association

2018 Pennsylvania Public and Community Health Annual Conference
April 2, 2018, Lancaster, PA

"I feel that my generation has a responsibility to take action on climate change. We need to be the generation that leads the way in making the world a better place for everyone. I want to be a part of that." - *Young Person*

CONFERENCE AGENDA

8:00 AM - Registration and Welcome
9:00 AM - Keynote: "The Future of Public Health: A Call to Action"
10:00 AM - Breakout Session: "The Future of Public Health: A Call to Action"
11:00 AM - Lunch
12:00 PM - Breakout Session: "The Future of Public Health: A Call to Action"
1:00 PM - Breakout Session: "The Future of Public Health: A Call to Action"
2:00 PM - Breakout Session: "The Future of Public Health: A Call to Action"
3:00 PM - Breakout Session: "The Future of Public Health: A Call to Action"
4:00 PM - Breakout Session: "The Future of Public Health: A Call to Action"
5:00 PM - Dinner and Entertainment

Co-Chair: [Name]
Moderator: [Name]
Facilitator: [Name]

PPHA
1000 North Second Street, Harrisburg, PA 17102



Youth responses based on focus groups

N=102+

**How can we– *families, schools,*
and communities– help our
Youth?**

What we need from our families



- Stop unrealistic expectations
- Increase communication
- Be more accepting of the life we are choosing to live
- Be more open about your feelings
- Remember you are a role model



What we need from our schools!

- Less competitive school environment
 - Reduce expectations on grades
 - Reduce emphasis on class rank
 - Reduce competition to go to “the best college”
- Reduce the number of tests that are on the same day
- Provide after school support groups
- Provide more stress management training – Skills!
- Provide suicide prevention programs
- Help increase awareness and reduce stigma of mental health issues and reduce the stigma
 - Provide more counselors in high traffic areas
 - Engage students in solutions!



What we need from our community!

- Support legislation that funds mental health programs
- Collaboration among youth related services
- Provide strong role-models
- Provide employment and volunteer opportunities
- Include youth in the decision making



“There is competition and you need to have your whole entire life set up at least by middle school. If you’re not in middle school in the honors classes then your not gonna get in the AP classes in high school and you’re not going to get in this college or get that job... if someone doesn’t know what they want to do at 17... you are not meeting a certain standard making you feel lost.”

-Focus group participant