WA State Youth Statistics

• Youth population in Washington: 1.7 million
  • ~450,000 kids under 5
• Approximately 20% of youth have a diagnosable mental health condition
  • Would equate to roughly 340,000 kids needing services
• WA state ranked 35th out of 51 (including DC) in terms of suicide management and access to MH care in the nation

1. US 2010 Census
3. Center for Disease Control: [https://www.cdc.gov/childrensmentalhealth/data.html](https://www.cdc.gov/childrensmentalhealth/data.html)
4. Mental Health of America: 2021 State of Mental Health in America Report
Youth Depression and Suicide

• Nearly 14% of youth ages 12-17 reported 1 major depressive episode in 2020-2021\(^1\)

• Suicide is the 2\(^{nd}\) leading cause of death in youth ages 10-24\(^2\)
  - It is the leading cause of death in 14- and 15-year-olds\(^2\)

• National Suicide rate 13/100,000. WA suicide rate 15.8/100,000\(^3\)

• On average, 2.6 youths between 10 and 24 years of age kill themselves every week in WA state\(^3\)
  - For every youth who dies by suicide, there are approximately 10 others who survive a suicide attempt\(^3\)

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1. Mental Health of America: 2021 State of Mental Health in America Report
2. AACAP Suicide in Children and Teens (2021)
3. Pacific Northwest Suicide Prevention Resource Center
## Suicide Risk Factors and Mitigating Social-Emotional Competencies

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>Self-Awareness</th>
<th>Self-Management</th>
<th>Responsible Decision Making</th>
<th>Social Awareness</th>
<th>Relationship Skills</th>
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<td>Child Sexual Abuse</td>
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</tbody>
</table>

*Social-Emotional Learning and Preventing Youth Suicide* (2019)
Relevant WA Policies

• Ample state to local coordination, training, and support around youth suicide prevention programs

• Social-emotional learning standards, a K-3 mandate, a limited grant program and limited state technical assistance
Needed Policy

• Skills-based prevention
• For all youth
• To reduce and mitigate risks