

# WA State Youth Statistics

- Youth population in Washington: 1.7 million<sup>1</sup>
  - ~450,000 kids under 5<sup>2</sup>
- Approximately 20% of youth have a diagnosable mental health condition<sup>3</sup>
  - Would equate to roughly 340,000 kids needing services
- WA state ranked **35<sup>th</sup>** out of 51 (including DC) in terms of suicide management and access to MH care in the nation<sup>4</sup>

1. US 2010 Census

2. Office of Financial Management Population (2019)

3. Center for Disease Control: <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<sup>1</sup>
- Suicide is the 2<sup>nd</sup> leading cause of death in youth ages 10-24<sup>2</sup>
  - It is the leading cause of death in 14- and 15-year-olds<sup>2</sup>
- National Suicide rate 13/100,000. WA suicide rate 15.8/100,000<sup>3</sup>
- On average, 2.6 youths between 10 and 24 years of age kill themselves every week in WA state<sup>3</sup>
  - For every youth who dies by suicide, there are approximately 10 others who survive a suicide attempt<sup>3</sup>

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

Risk Factor	Self-Awareness	Self-Management	Responsible Decision Making	Social Awareness	Relationship Skills
Hopelessness	●	●			●
Anxiety	●	●	●	●	●
Substance Use		●	●	●	●
Child Sexual Abuse	●	●		●	●

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



**Self-Management**

**Self-Awareness**

**Social  
Awareness**

**Social &  
Emotional  
Learning**

**Responsible  
Decision-Making**

**Relationship  
Skills**



# 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