YOUTH MENTAL HEALTH IN HAWAI‘I: STATS, CHALLENGES, SOLUTIONS
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OBJECTIVES

WHO WE ARE

STATS

CHALLENGES

SOLUTIONS
WHO WE ARE

• Established in 1942

• Statewide organization with offices on Oahu and Maui

• “Promote mental wellness through education, advocacy, and services.”
Advocacy

Annual Priority Agenda for State Legislative Session

Lead:

• Mental Health Task Force
• Rainbow Youth Coalition
• Bullying Prevention Task Force
• Mental Health Awareness Day
Advocacy Continued

Member:

• Prevent Suicide Hawaii Task Force
• Law Enforcement Assisted Diversion Hui
• Men’s March Against Violence
• Hawaii Justice Coalition
• PHOCUSED
• HANO
Education

Trainings:

• Brown Bag Seminars
• Live Your Life Well
• Youth Suicide & Bullying Prevention
• Become A Defender
• Mental Health First Aid
  • Youth & Adult
• Grow A Rainbow
Services

Help Line

Finding Help Phone List

Finding Help Consumer Guide
STATISTICS

What does mental health look like for youth in HI?
Major Depressive Episode (MDE)

10.9% of youth in HI experience At Least One MDE in the past year.

67.5% of youth in HI with MDE who did not receive mental health services.

Source: Mental Health America, The State of Mental Health in America 2019 Report, 2019
Primary diagnosis (DSM-5) for adolescents in the state

- 24.4% Disruptive, Impulse-Control and Conduct Disorders
- 18.4% Attention-Deficit/Hyperactivity Disorder (Neurodevelopmental Disorders)
- 14.1% Depressive Disorders
- 12.8% Adjustment Disorder (Trauma and-Stressor-Related Disorders)
- 9.4% Posttraumatic Stress Disorder (Trauma and-Stressor-Related Disorders)

Source: Children & Adolescent Mental Health Division, Annual Evaluation Summary: Fiscal Year 2017
# Causes of Fatal Injuries in HI (2011-2015)

<table>
<thead>
<tr>
<th></th>
<th>0-15 y (104)</th>
<th>16-29 y (628)</th>
<th>30-44 y (721)</th>
<th>45-59 y (996)</th>
<th>60-74 y (677)</th>
<th>75+y (817)</th>
<th>Total (3,945)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Drowning 22</td>
<td>SUICIDE 236</td>
<td>SUICIDE 219</td>
<td>Poisoning 289</td>
<td>SUICIDE 169</td>
<td>Falls 447</td>
<td>SUICIDE 939</td>
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<tr>
<td>2</td>
<td>Suffocation 15</td>
<td>MVC*-Occupant 99</td>
<td>Poisoning 169</td>
<td>SUICIDE 239</td>
<td>Falls 115</td>
<td>Suffocation 81</td>
<td>Falls 685</td>
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<td>3</td>
<td>SUICIDE 13</td>
<td>Drowning 55</td>
<td>Drowning 66</td>
<td>Drowning 98</td>
<td>Drowning 112</td>
<td>SUICIDE 63</td>
<td>Poisoning 607</td>
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<tr>
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<td>Homicide 12</td>
<td>MVC*-Motorcyclist 55</td>
<td>MVC*-Occupant 51</td>
<td>UNDET. INTENT 76</td>
<td>Poisoning 84</td>
<td>MVC*-Pedestrian 40</td>
<td>Drowning 385</td>
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<tr>
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<td>MVC*-Pedestrian 11</td>
<td>Poisoning 53</td>
<td>Homicide 43</td>
<td>Falls 59</td>
<td>UNDET. INTENT 37</td>
<td>Drowning 32</td>
<td>MVC*-Occupant 247</td>
</tr>
</tbody>
</table>

Source: Hawaii State Department of Health
Youth Suicidality in HI

1 out of 4
Middle School students

1 out of 6
High School students

Has had suicidal ideation

Source: Centers for Disease Control and Prevention, Youth Risk Behavioral Surveillance System, Hawaii, 2017
Youth Suicidality in HI

1 out of 6 Middle School students

1 out of 7 High School students

Have made a suicide plan

Source: Centers for Disease Control and Prevention, Youth Risk Behavioral Surveillance System, Hawaii, 2017
Youth Suicidality in HI

1 out of 8 Middle School students

1 out of 10 High School students

Have made a suicide attempt

Source: Centers for Disease Control and Prevention, Youth Risk Behavioral Surveillance System, Hawaii, 2017
Youth Suicidality in HI

- Ideation
- Plan
- Attempt
Youth Support in HI

83.9%  
Middle School students

81.9%  
High School students

Have an adult or teacher they can talk to at home or school about things that are important to them.

Source: Centers for Disease Control and Prevention, Youth Risk Behavioral Surveillance System, Hawaii, 2017
Youth Support in HI

67.8% Middle School students

61.6% High School students

Have at least one teacher or other adult in school that they can talk to if they have a problem.

Source: Centers for Disease Control and Prevention, Youth Risk Behavioral Surveillance System, Hawaii, 2017
CHALLENGES

What do we know (or don’t) about mental health problems?

What are some of the missing pieces?
The Need

- Mental health problems are common
- They often develop during adolescence
- Youth & young adults may experience them differently than adults
- Youth may not be well informed
Access

- ❌ Insurance
- ↓ Mental health workforce
- Primary care systems ≠ behavioral health systems
- ─── Finances
Stigma

- Moral or character flaw
- “That is not me or my family”
- Help = weakness
- Media portrayal
How can we help?
Talk About It

• It is ok to talk about mental health

• Be mindful *how* we are talking about mental health too

• Examples: person-first language, safe messaging for suicide prevention, etc.
Safe Messaging Guidelines

• List of warning signs
• Provide resources
• Getting help is effective
• There is HOPE – suicide is a problem, but we can do something about it

DON’T use terms like “failed attempt,” “successful suicide,” “completed suicide,” or “committed suicide”

DON’T give detailed descriptions of a suicide or the person who died by suicide

DON’T glamorize or sensationalize the person or suicide

DON’T simplify the causes
Support Each Other

• Check in with ourselves, our family, and our friends
• Listen actively & without judgement
  • Ask “the question”
• Encourage help-seeking behaviors
Be Involved

• Educate ourselves
• Spread awareness
• Community events
• Follow MHAH’s advocacy efforts
Take Care of Yourself!

- This is hard work. **Thank you** for doing it!
- Remember, self-care is **not** selfish
- **PRIORITIZE** your self-care time
  - 5 minutes a day **minimum**
Resources

- Crisis Line
- NSPL
- Trevor
- Crisis TXT
- Kokua Life
- BP Toolkit
- YLC
CRISIS LINE of Hawai`i:
24/7 crisis line
832-3100
(800) 753-6879
NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org
The Trevor Helpline
866.4.U.TREVOR
For LGBT and Questioning Youth
Free and Confidential, 24/7
CRISIS TEXT LINE

We got you. Text ALOHA to 741741.

crisistextline.org Free, 24/7, confidential crisis support by text

Mental Health America of Hawai’i
MENTAL HEALTH SCREENING TOOLS

Taking a mental health screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition. Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

- DEPRESSION TEST
- ANXIETY TEST
- BIPOLAR TEST
- PSYCHOSIS TEST
- EATING DISORDER TEST
- PTSD TEST
- PARENT TEST
- YOUTH TEST
- WORK HEALTH SURVEY
- ADDICTION TEST
MAHALO!

QUESTIONS?

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