

## YOUTH MENTAL HEALTH IN HAWAI'I: STATS, CHALLENGES, SOLUTIONS

OCTOBER 18, 2019

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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."



The Honolulu Advertises
Its Year Year Facility Removes
Its Year Andrew Teaching to A Facility Teaching Teaching

Holdover directors are George

Walker, Dr. David H. Crowell, Mrs. Jean Shigemura, Mrs. Rey-

CEORGE CHAPLES NOT THE CONTROL OF A LINE CONTROL OF A LINE CEORGE CHAPLEN, Editor BUCK BUCHFACK, Measure Editor JOHN GRIFFIN, Associate Editor A. E. P. WALL, Sander Editor Represented nationally by Creamer, Woodwerd, O'Mere and Ounder, Inc.

ana Not Custode

Care, Not Custody

"In only 20 per cent of the ental hospitals in this couny are patients getting treatent, even though we know that 
ith proper treatment most of 
see patients would be out and 
one home in three or four months." 
—Dr. Karl Menninger

The Hawaii State Hospital at Kn neche, like most state hospital is moving from an asylum, where people are put away, to a psych atric center, where people are active ty treated for the time that the

need it.
For many patients, however,
neohe is tragically still an asyl
which "protects" them from
world instead of giving them
reatment that would enable the
to usefully return to that world.

now have to do).

If these positions are authorized by the Legislature, they would provide Kaneobe with barely emough staff to properly handle an expected copulation of 700 patients. There are now 200 down from 1,200 in 1998, and it is anticipated that with modern to the control of the cont

A PSYCHIATRIC hospital, wants patients to be active—to be up a around and engaged in all kinds

activity. This requires individual an group psychotherapy, group social activity, realistic group work there py and recreation. None of these can properly be achieved without



## 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



ng Hawai'i Live Well

tal Health America



#### Services

Help Line

Finding Help Phone List

Finding Help Consumer Guide

#### Finding Help:

A Human Services Directory For the State of Hawaii





Mental Health America of Hawai'i 1136 Union Mall, Suite 510 Honolulu, Hawaii 96813 Phone: 808-521-1846 Email: info@mentalhealthhawaii.org mentalhealthhawaii.org Mental Health America of Hawai'i Maui County Branch 95 Mahalani Street, Suite 5 Wailuku, Hawaii 96793 Phone: 808-242-6461 Email: maui@mentalhealthhawaii.org

#### **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.

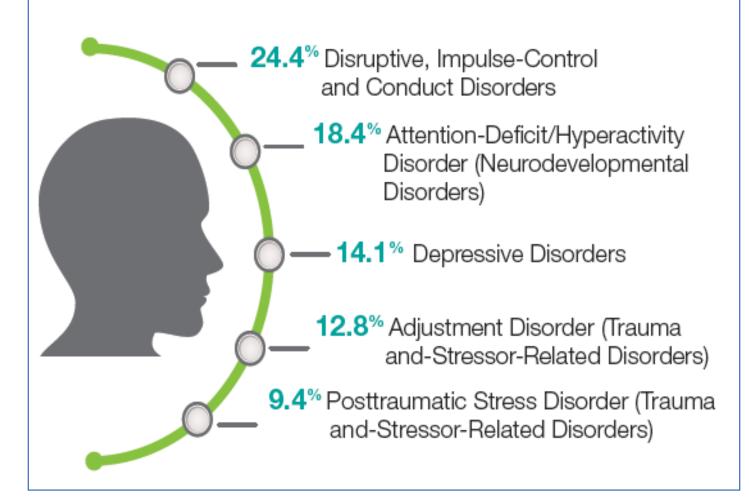


67.5%

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



## Primary diagnosis (DSM-5) for adolescents in the state [53]





#### Causes of Fatal Injuries in HI (2011-2015)

|   | 0-15 y                    | 16-29y                      | 30-44 y                 | 45-59 y                | 60-74 y                | 75+y                      | Total                    |
|---|---------------------------|-----------------------------|-------------------------|------------------------|------------------------|---------------------------|--------------------------|
|   | (104)                     | (628)                       | (721)                   | (996)                  | (677)                  | (817)                     | (3,945)                  |
| 1 | Drowning                  | SUICIDE                     | SUICIDE                 | Poisoning              | SUICIDE                | Falls                     | SUICIDE                  |
|   | 22                        | 236                         | 219                     | 289                    | 169                    | 447                       | 939                      |
| 2 | Suffocation<br>15         | MVC*-<br>Occupant<br>99     | Poisoning<br>169        | SUICIDE<br>239         | Falls<br>115           | Suffocation 81            | Falls<br>685             |
| 3 | SUICIDE                   | Drowning                    | Drowning                | Drowning               | Drowning               | SUICIDE                   | Poisoning                |
|   | 13                        | 55                          | 66                      | 98                     | 112                    | 63                        | 607                      |
| 4 | Homicide<br>12            | MVC*-<br>Motorcyclist<br>55 | MVC*-<br>Occupant<br>51 | UNDET.<br>INTENT<br>76 | Poisoning<br>84        | MVC*-<br>Pedestrian<br>40 | Drowning<br>385          |
| 5 | MVC*-<br>Pedestrian<br>11 | Poisoning<br>53             | Homicide<br>43          | Falls<br>59            | UNDET.<br>INTENT<br>37 | Drowning<br>32            | MVC*-<br>Occupant<br>247 |



1 out of 4

Middle School students



1 out of 6

High School students



Has had suicidal ideation

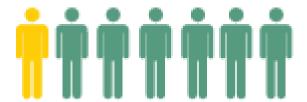
1 out of 6

Middle School students



1 out of 7

High School students



Have made a suicide plan



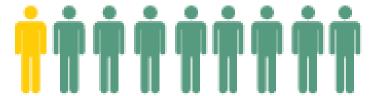
1 out of 8

Middle School students



1 out of 10

High School students



Have made a suicide attempt



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.



#### 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.



#### **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

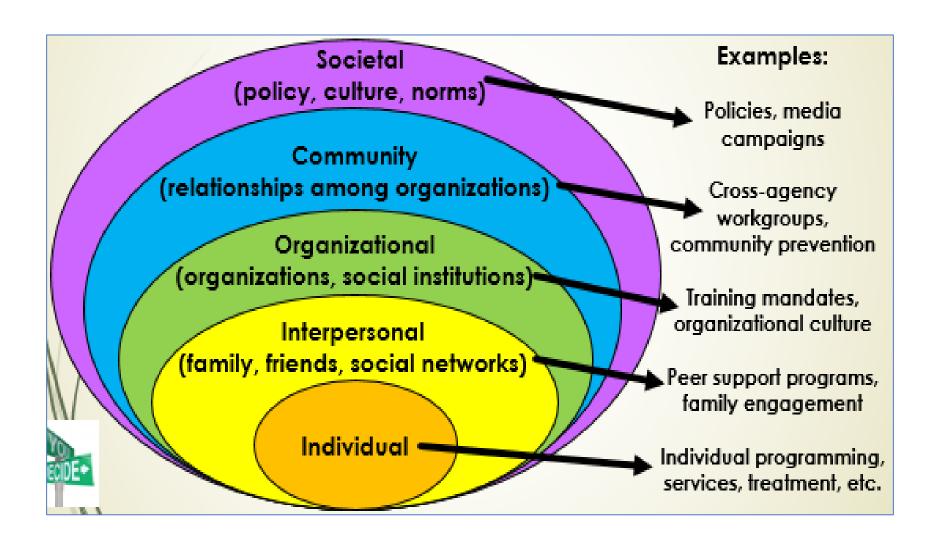
- Moral or character flaw
- "That is not me or my family"
- Help = weakness
- Media portrayal



## **SOLUTIONS**

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

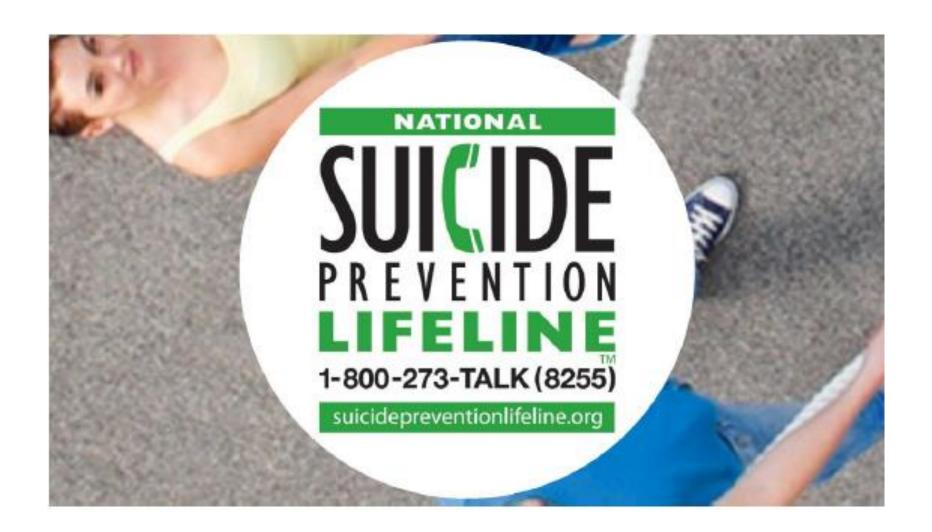












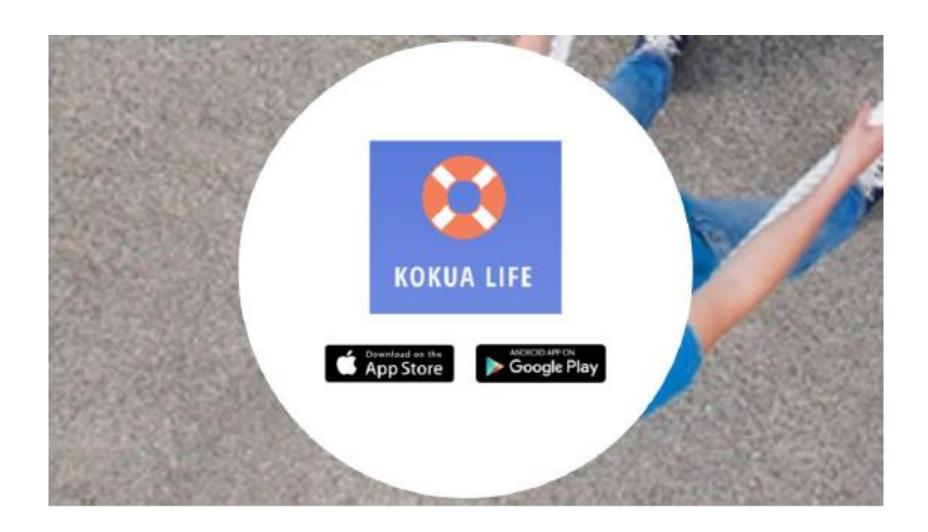














#### MENTAL HEALTH SCREENING TOOLS

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 BIPOLAR TEST ANXIETY TEST EATING DISORDER TEST PSYCHOSIS TEST** PTSD TEST PARENT TEST WORK HEALTH SURVEY YOUTH TEST **ADDICTION TEST** 



# MAHALO! QUESTIONS?

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