



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

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%

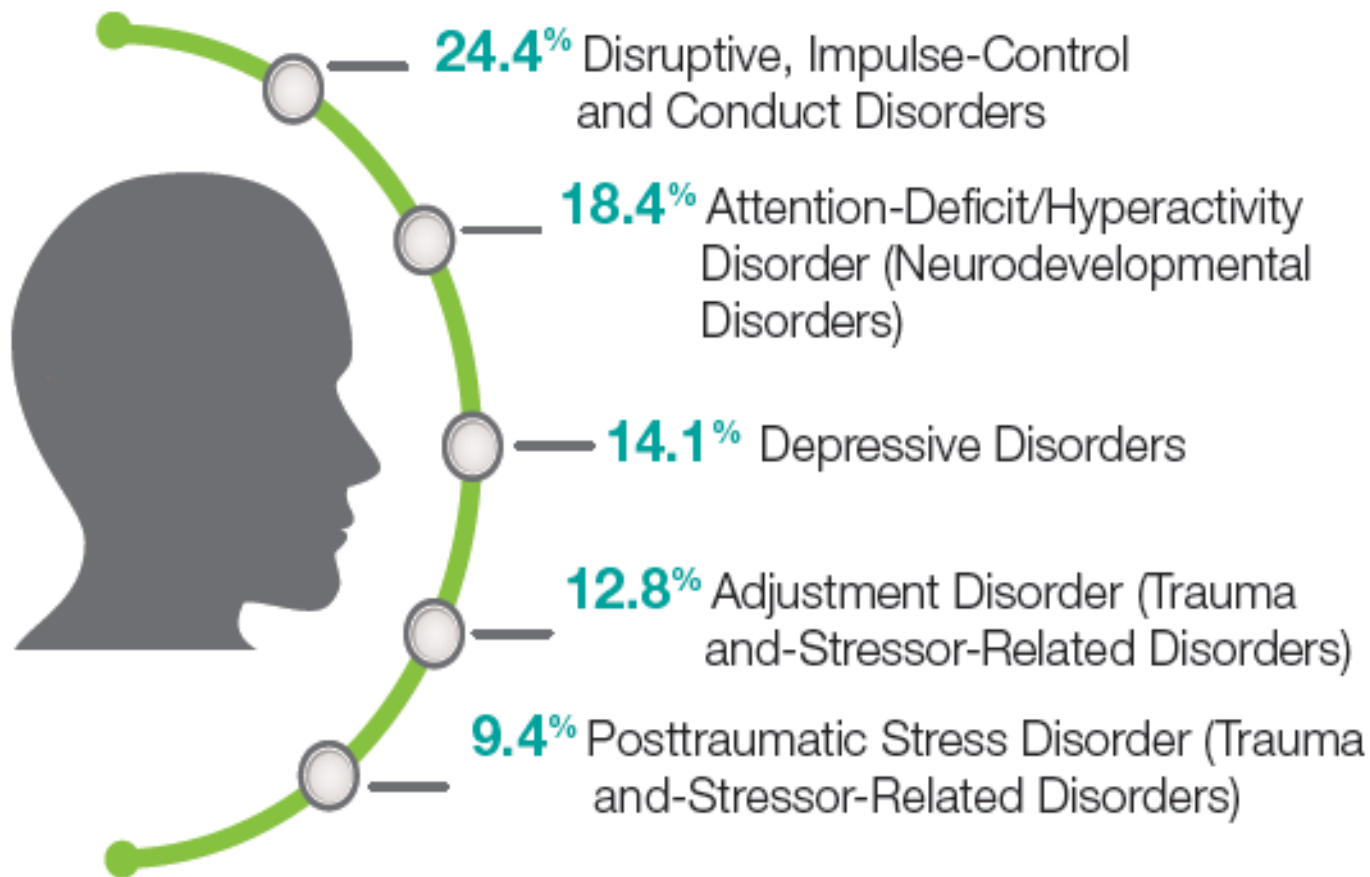
of youth in HI
experience At
Least One MDE
in the past year.



67.5%

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

TOP 5 Primary diagnosis (DSM-5) for adolescents in the state [\[33\]](#)



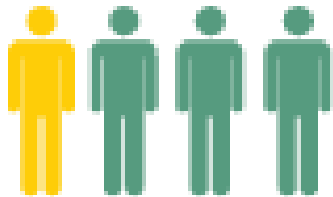
Causes of Fatal Injuries in HI (2011-2015)

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

Youth Suicidality in HI

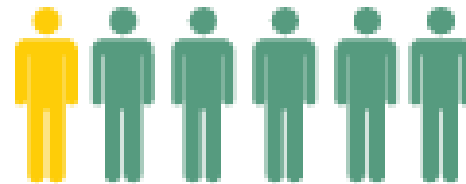
1 out of 4

Middle School
students



1 out of 6

High School
students



Has had suicidal ideation

Youth Suicidality in HI

1 out of 6

Middle School
students



1 out of 7

High School
students

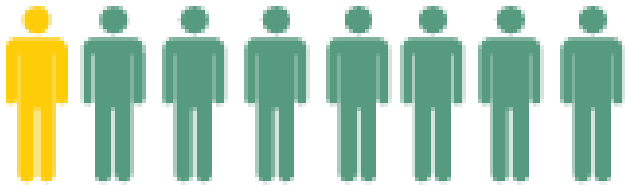


Have made a suicide plan

Youth Suicidality in HI

1 out of 8

Middle School
students



1 out of 10

High School
students



Have made a suicide attempt

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.

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

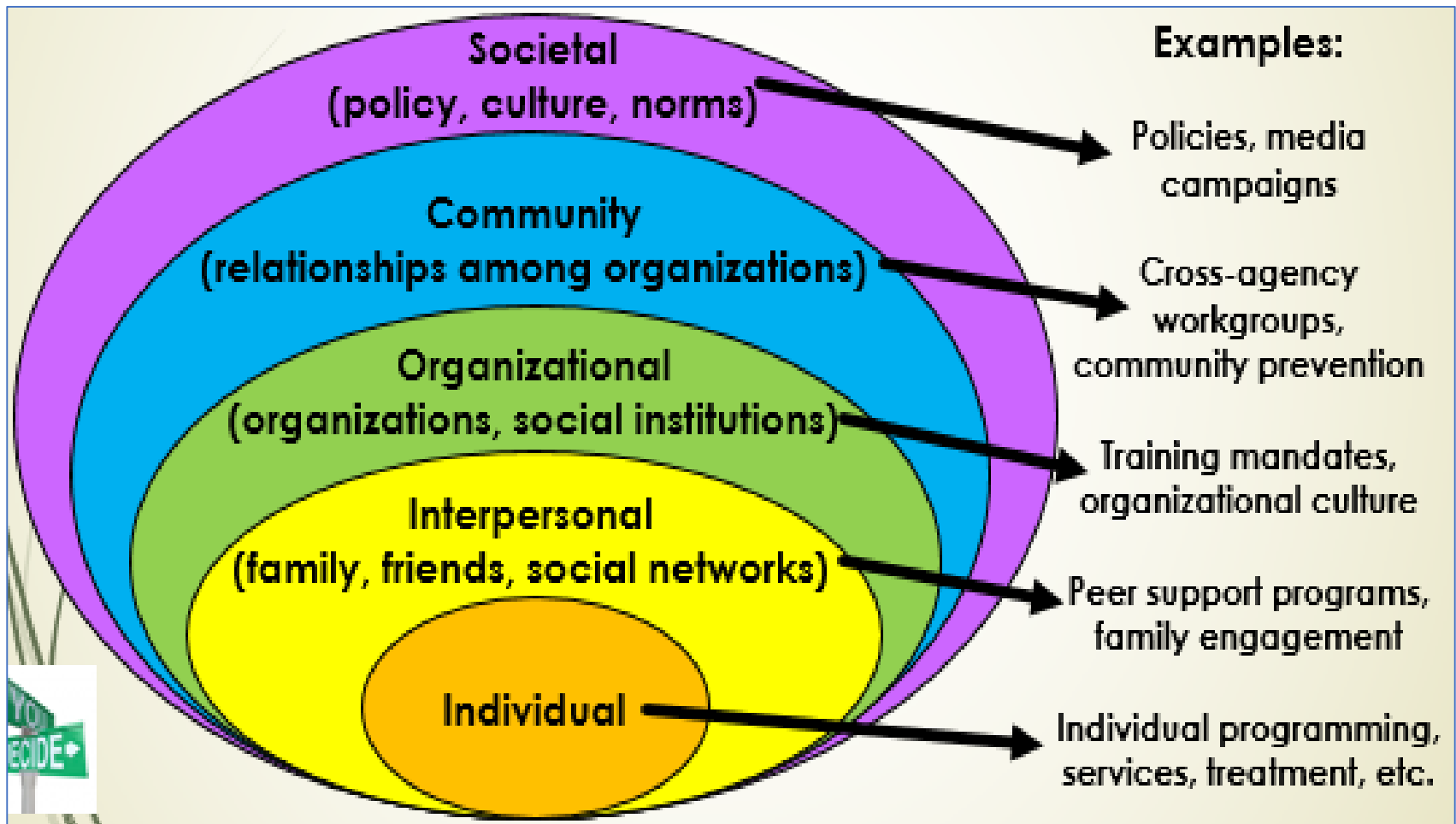
- Moral or character flaw
- “That is not me or my family”
- Help = weakness
- Media portrayal



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.



- 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









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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