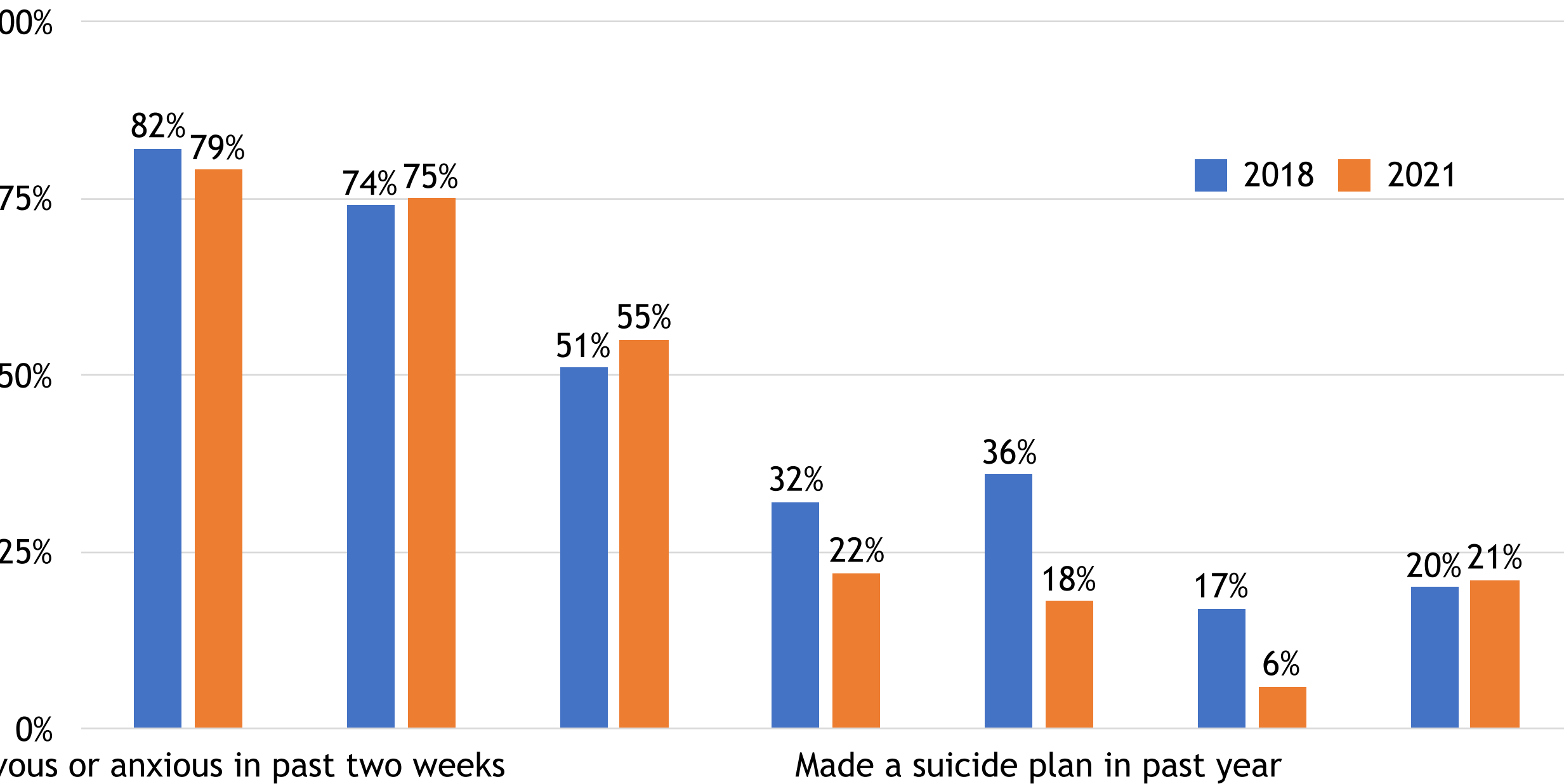


The Benji Project & CHIP
Mental Health Survey
of Jefferson County
10th graders

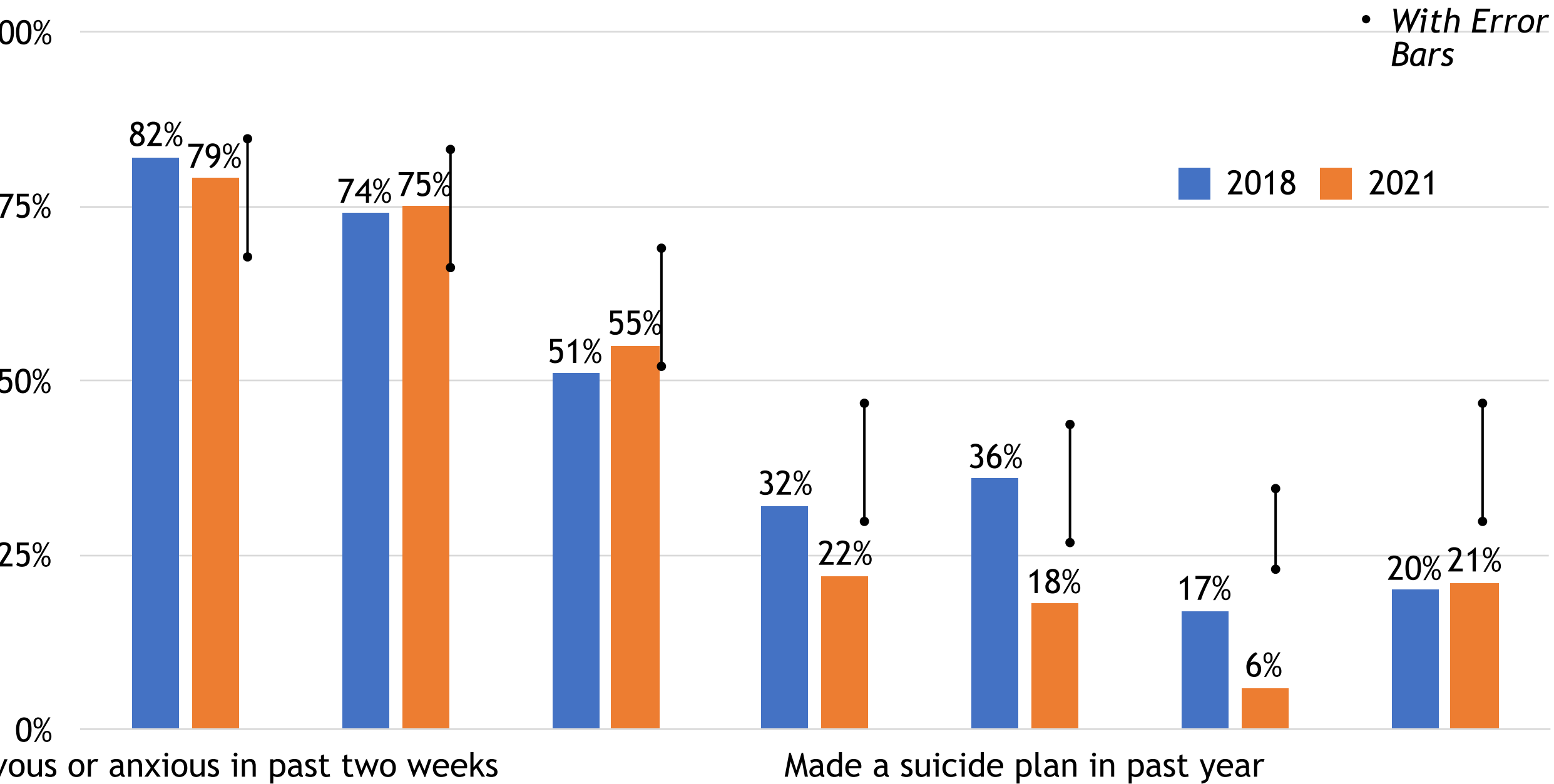
Background

- What?
 - Questions from CDC Healthy Youth Survey Questions about Anxiety, Depression, Suicidality
 - Questions about coping with pandemic-related stressors
- Why?
 - Follow-up 2020 survey cancelled due to COVID-19
 - Lack of current mental health data for youth in our county
- Who?
 - Jefferson County 10th graders at Port Townsend and Chimacum High
 - N=53 total
 - 29 (of 58) Chimacum HS
 - 24 (of 117) PT HS

Anxiety, Depression, and Suicidality in Jefferson County 10th graders: 2018 (N=120) compared to 2021 (N=53)



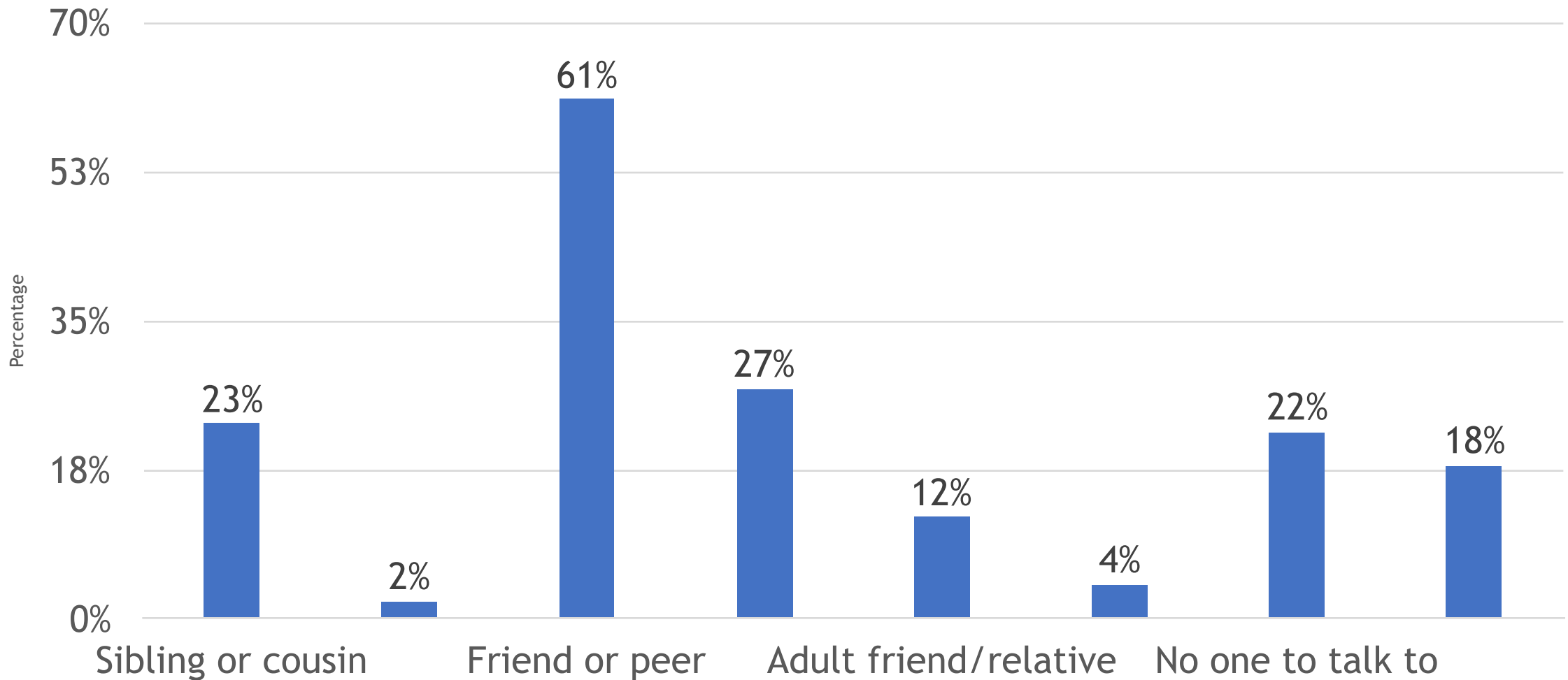
Anxiety, Depression, and Suicidality in Jefferson County 10th graders: 2018 (N=120) compared to 2021 (N=53)



Take-aways when comparing 2021 to 2018

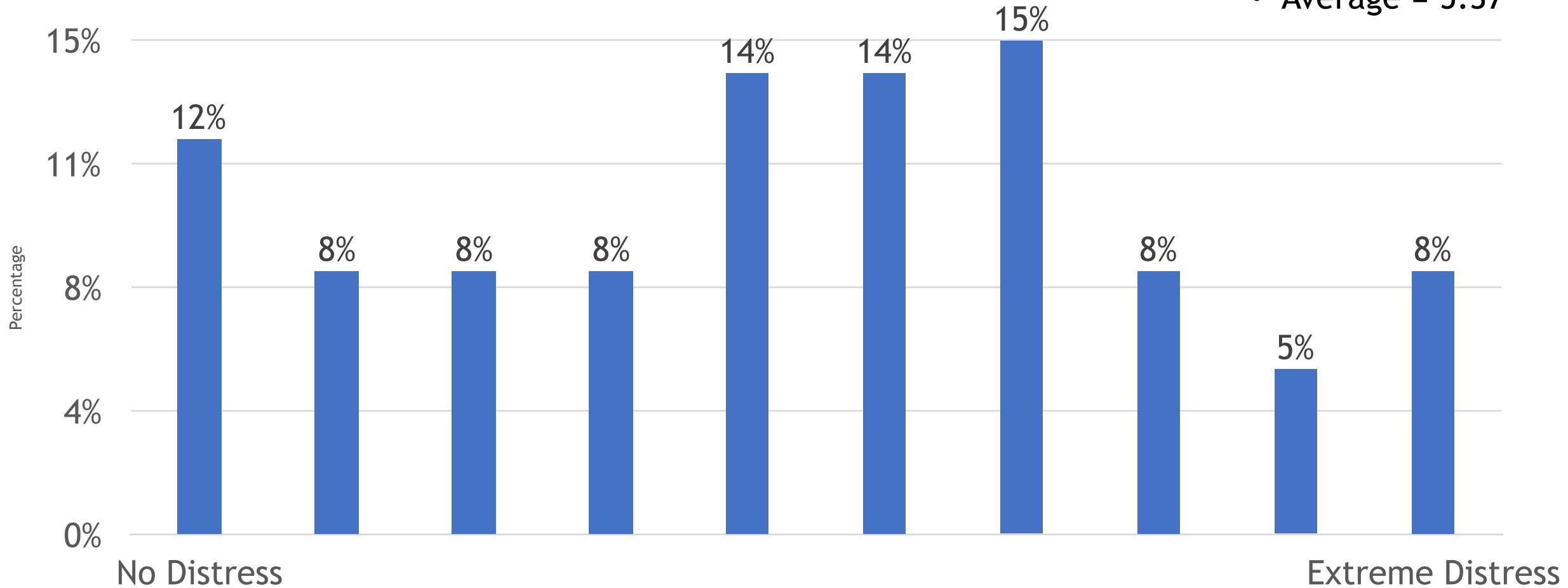
- Per student report, anxiety and depression symptoms have not significantly changed over time
- Reported suicidality may be trending downwards
- Survey methods differed in 2021 and 2018
- Levels of reported anxiety, depression, and suicidality among 10th graders are still nonetheless concerning

If you felt sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn for help?
(Check all that apply)

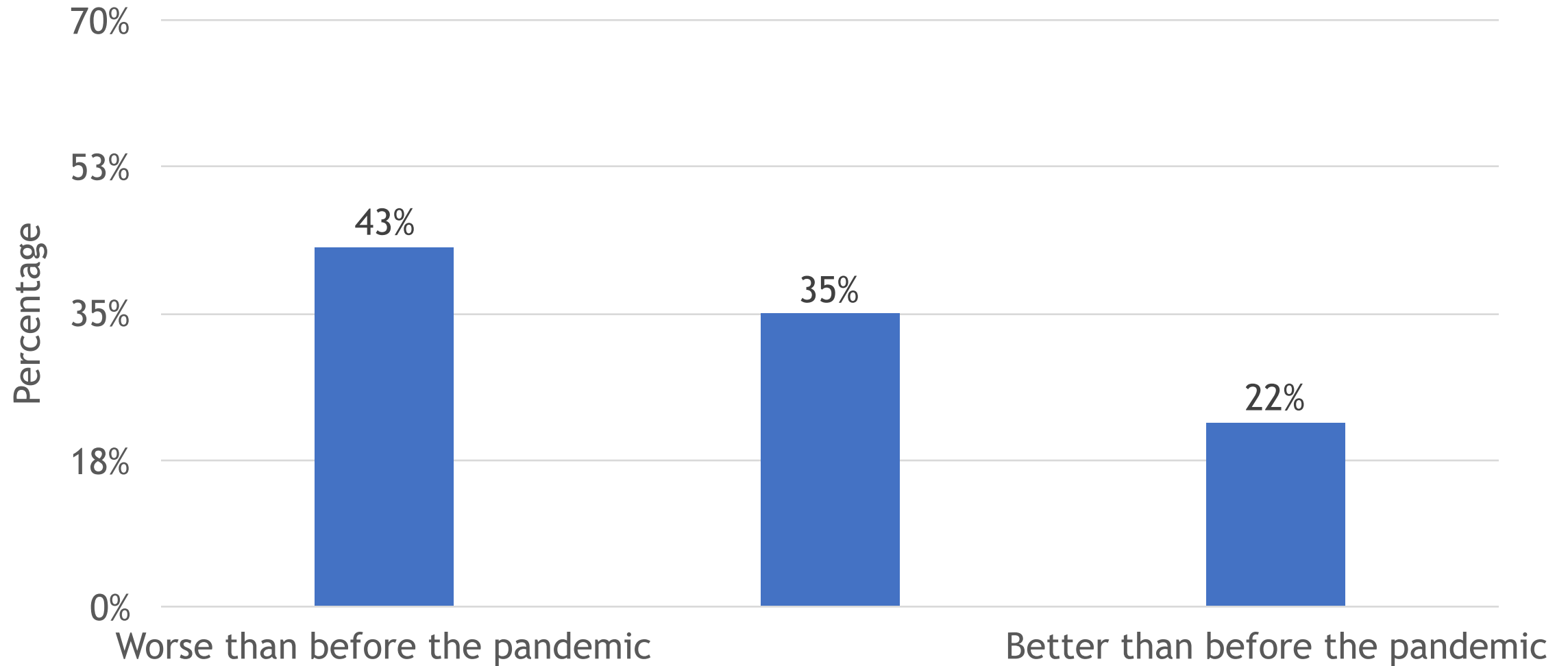


Overall, how much distress have you experienced due to COVID-19?

- Range = 1-10
- Average = 5.37



Compared to the time before the pandemic, how would you describe your current mental health?



Please tell us about the effects of COVID-19 on you and your family, both negative and positive

- *41% noted both negative and positive effects*
- I have never been the biggest fan of in school learning. My mom has pushed me towards PI for years. I should have done it years ago. I get it now. The bull that comes along with being in school each day is not there anymore. The drama The clicks The troubles from some of the people gone. The negative is not seeing some of your friends as much.
- not being able to get out of the house as much to do things has been defiantly the worst part for us. but also we've had a lot more family nights where we just hang out as a family.
- It is a good bonding experience but then when you can not do anything it starts to take a toll on you.

Please tell us about the effects of COVID-19 on you and your family, both negative and positive

- *31% noted only negative effects*
- I took it hard. I am a very social person so everything I was used to doing was taken from me. I had many anxiety attacks and just wanted things to go back to normal. I really lost myself. I still feel this way and feel like I can't escape it. I can't stand being at home I need to be around other people and interact.
- Not being able to socialize with my friends has been particularly hard. Online school means I largely stay in one room every day. This has meant that my social anxiety has gotten much worse when forced to socialize. My family overall has not been impacted much due to the fact that my guardian is an essential worker.
- It has shoved us together physically and seems to make us farther apart emotionally

Please tell us about the effects of COVID-19 on you and your family, both negative and positive

- *10% noted only positive effects*
- Not having to go to in-person school has been the single most helpful thing for my mental health that's ever happened.
- COVID helped my family grow closer, since we have been stuck inside together for so long. I cannot think of any ways that it has affected us negatively.
- my family and I have become closer and more athletic
- I have found my values

Please tell us about the effects of COVID-19 on you and your family, both negative and positive

- *18% noted no effects*
- ehhehh, not many effects.
- NONE

Take-aways from COVID-19 survey questions

- 10th graders reported a range of experiences related to the pandemic.
- The majority of students reported that their current mental health was the same or better compared to before the pandemic.
- When asked to share about the effects of the pandemic on themselves and their family, many described the impact of remote school. Some described this as positive, and others as negative.