



# Arizona Statewide Initiatives for Students' Mental Health

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# 2019 Youth Risk Behavior Survey (YRBS)

	Arizona	U.S.
Felt sad or hopeless almost every day for 2 or more weeks in a row	40.6*	36.7
Seriously considered attempting suicide	20.9	18.8
Made a plan about how they would attempt suicide	16.1	15.7
Actually attempted suicide	10.4	8.9
Suicide attempt resulted in an injury that had to be treated by a doctor or nurse	4.2*	2.5

\* Arizona more likely

<https://www.cdc.gov/healthyyouth/data/yrbs/results.htm>

# 2021: Arizonans on the Frontlines

- **District Emergency Preparedness Coordinators:**
  - Ranked mental health concerns in top 3 areas of concern for this school year
- **School Nurses:**
  - Mental/emotional disorders are the 3<sup>rd</sup> most frequently seen chronic health condition
  - 71% would like training on mental health screening
  - Mental health #1 remaining pandemic-related needs
- **Arizona Pediatric Healthcare Coalition:**
  - Needs – “.....decrease stigma and increase communication across all cultures and languages to support children needs and screen for them; increase telemedicine for interventions, a large surge in behavioral health inpatient unit only serves as young as age 12, large adolescents being held in the system for many days...”

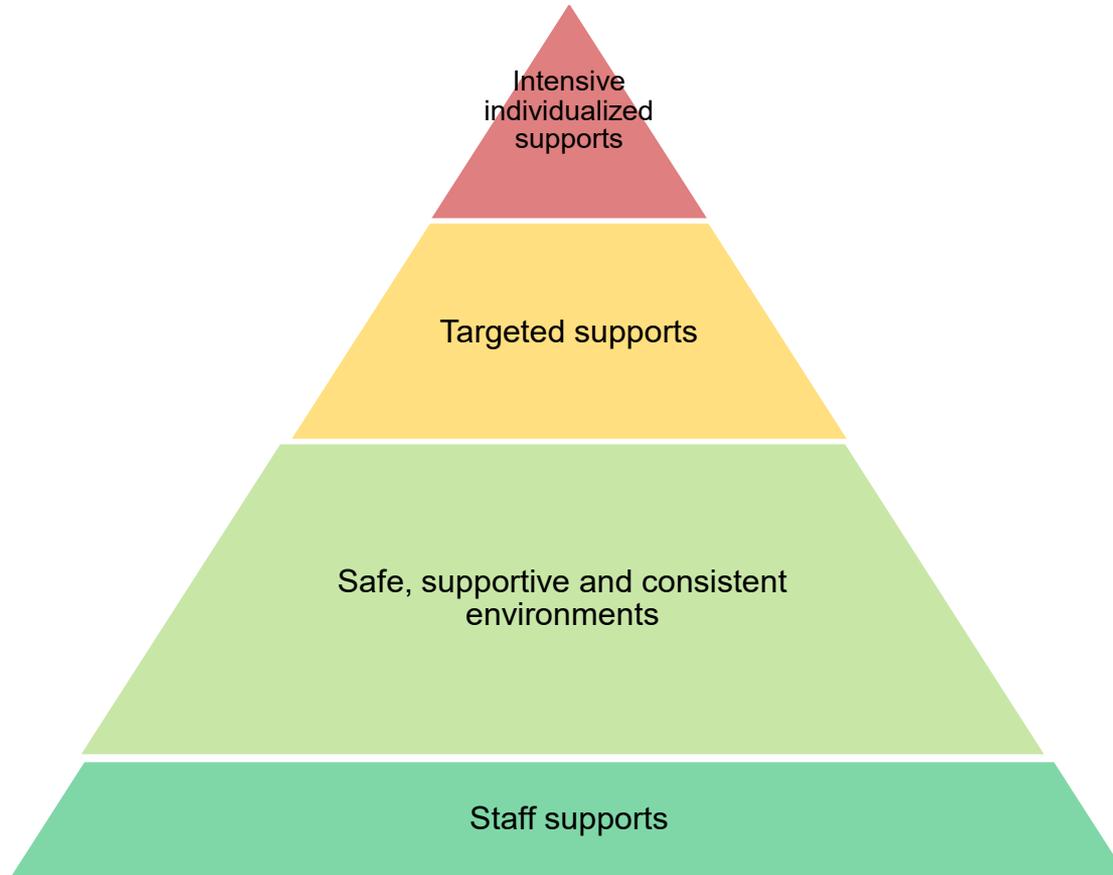
# Pediatric Orgs Declare National Emergency in Mental Health

- **American Academy of Pediatrics**, the **American Academy of Child and Adolescent Psychiatry** and **Children's Hospital Association** declared a national emergency in children's mental health
- CDC found that between March and October 2020, emergency department visits for **mental health emergencies rose** by 24% for children ages 5-11 years and 31% for children ages 12-17 years
- Primary care offices are seeing more children and children with **higher levels of anxiety** and **depression** as well as **self-harm** and **suicidal thoughts** in the pandemic
- **Challenging to find providers** who are accepting new patients and hard to find providers who take certain kinds of insurance, particularly Medicaid

# SB1376

- Instructed the State Board of Education to **require mental health instruction within health education instruction** whether in a health course or another course
- Board rules adopted and **effective October 26, 2021** (R7-301 and 302)
  - Health/physical education required for elementary/middle school
  - Health education allowable for high school
- **ADE guidance**
  - Definitions: mental health, social emotional learning, mental health instruction
  - Recommended resource: Health Education Curriculum Assessment Tool (HECAT-Module MEH) - can be used to analyze and score curricula intended to promote mental and emotional health

# Social-Emotional and Mental Health Resource Guide



<https://www.azed.gov/wellness/social-emotional-and-mental-health-resource-guide>

# Educator Peer Support Program

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Resources

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# School Personnel

## School Safety Program

- Additional 180 schools awarded counselors and social worker positions thru ADE Pandemic Relief Funds

## Coming Soon!

- School Nurse hiring and training program thru ADHS Public Health Workforce Development funds
- Goal of 60 RNs for rural, underserved areas



ARIZONA DEPARTMENT OF HEALTH SERVICES  
*Health and Wellness for All Arizonans*

# ADE Training

- Suicide prevention: <https://www.azed.gov/wellness/suicide-prevention>
  - Youth Mental Health First Aid
  - QPR Suicide Prevention
  - Kognito At-Risk in Spanish
  - ACT on FACTS
- School Nurse/health office training
  - Nov 3rd Mental Health Webinar:  
<https://www.azed.gov/wellness/school-nursing-and-health-services>
- Social Emotional Learning: <https://www.azed.gov/improvement>

# Comprehensive School Threat Assessment Guidelines (CSTAG)



<https://www.azed.gov/wellness/schoolthreatassessment>

# School & Behavioral Health Partnerships:

A Resource Guide

Developed by:



# ADE ESSER Set-Aside Funds Grant

- Stakeholder input identified student **mental, behavioral and physical health supports** as 1 of 3 priority areas for remainder of Pandemic Relief Funds
- Community-based organizations or government entities
- Evidence-based strategies
- Announcement of grant opportunity by ADE this Friday



**THANK YOU!**