

Boise Youth Well-being Survey Facts

- Exploring risk and protective factors helps us understand and support youth
- Collecting this data is a vital part of an upstream prevention approach
- Data were collected in November 2022
- Average response rate was 80% across all surveyed schools (~7400 students)
- All survey data are collected anonymously
- All questions are optional, students can skip questions at any time

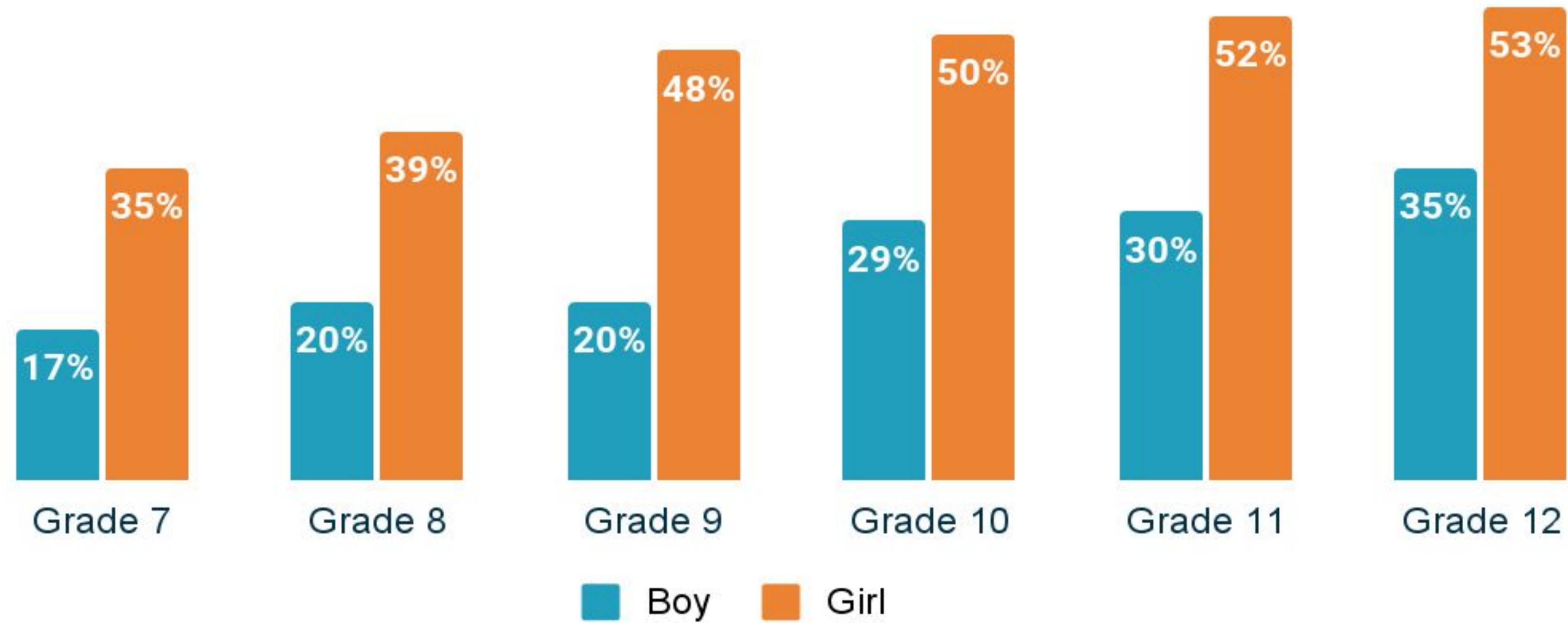
Lead Factors in Depression & Ideation for Boise Teens

- **Stress**
- **Social Isolation**
 - Lack of Family support
 - Dating violence/coercion
 - Discrimination
 - Girls more likely to experience depression & ideation



Depressive Symptoms (PHQ-9) in Boise Students

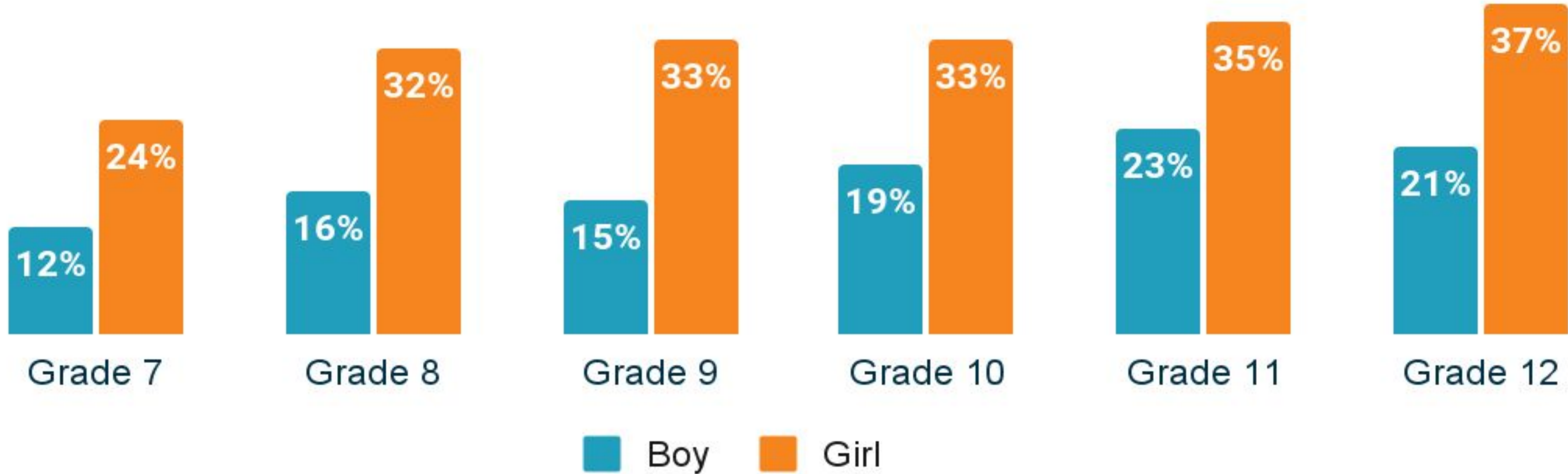
Moderate to Severe Depressive Symptoms



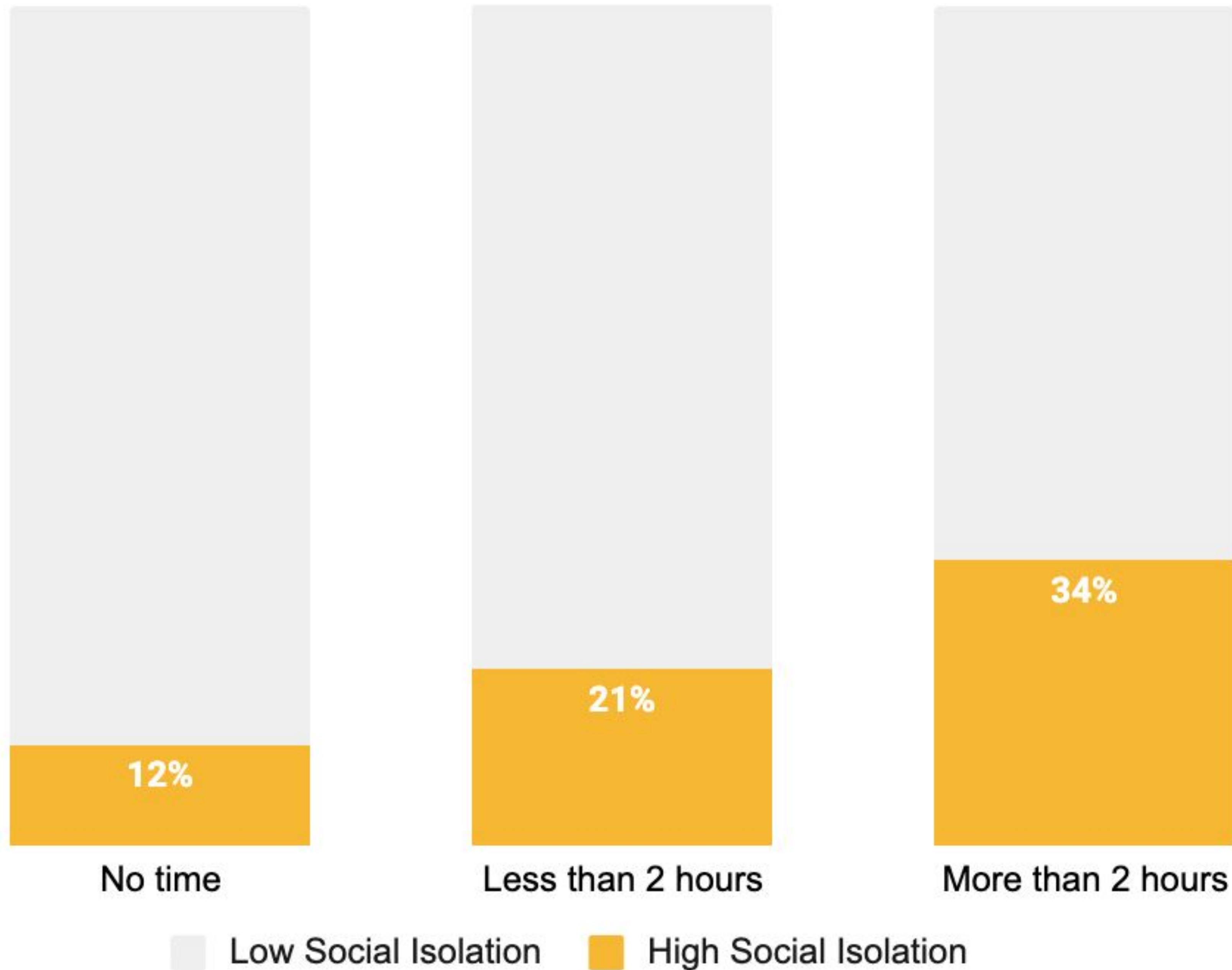
Depressive symptoms are *higher than the national average* for Boise teens

Social Isolation Rates in Boise Students

High Social Isolation



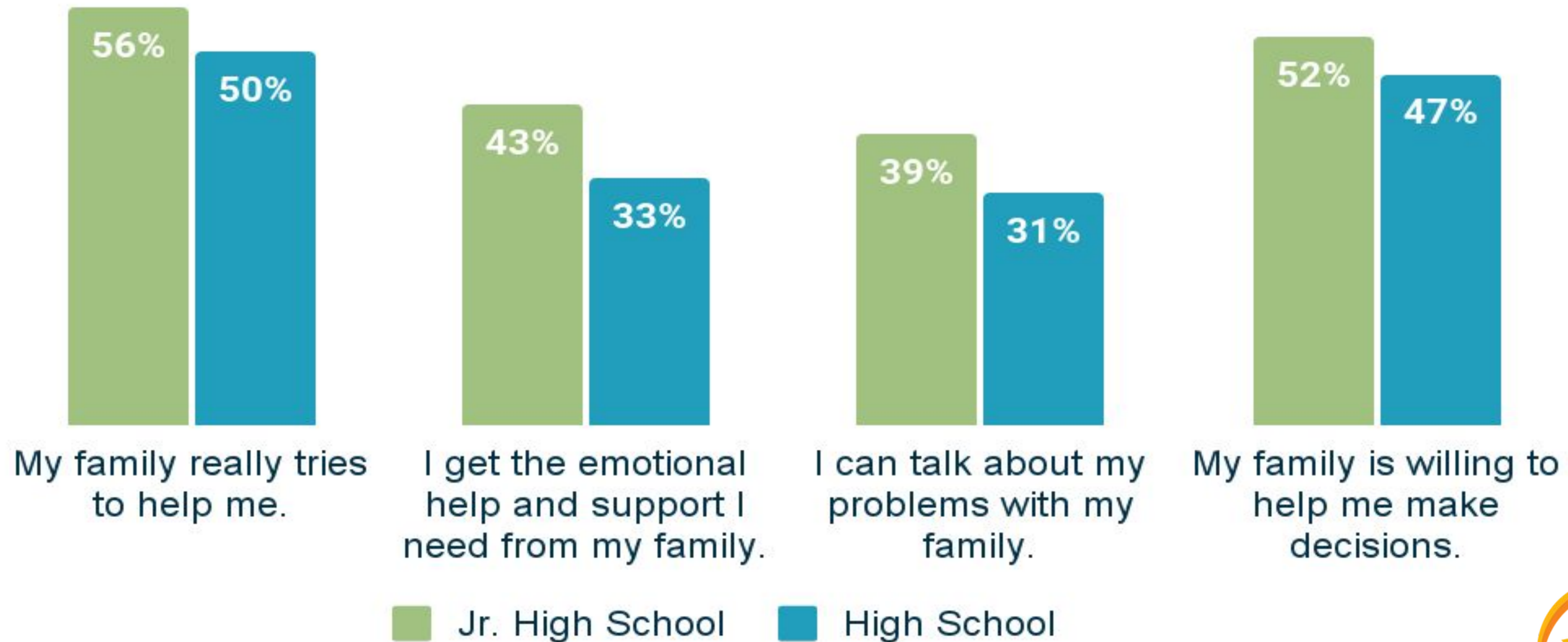
Social Isolation and Time Spent on Social Media Per Day in Boise Students



Teens who spend *less time on social media* experience *lower social isolation*

Protective Factor: Supportive Family for Boise Students

(%) “Strongly Agree” + “Very Strongly Agree”



Boise Students Reporting Depressive Symptoms by Level of Self-Awareness



Teens who report *higher self-awareness* experience *less depressive symptoms*

Self Awareness Items:

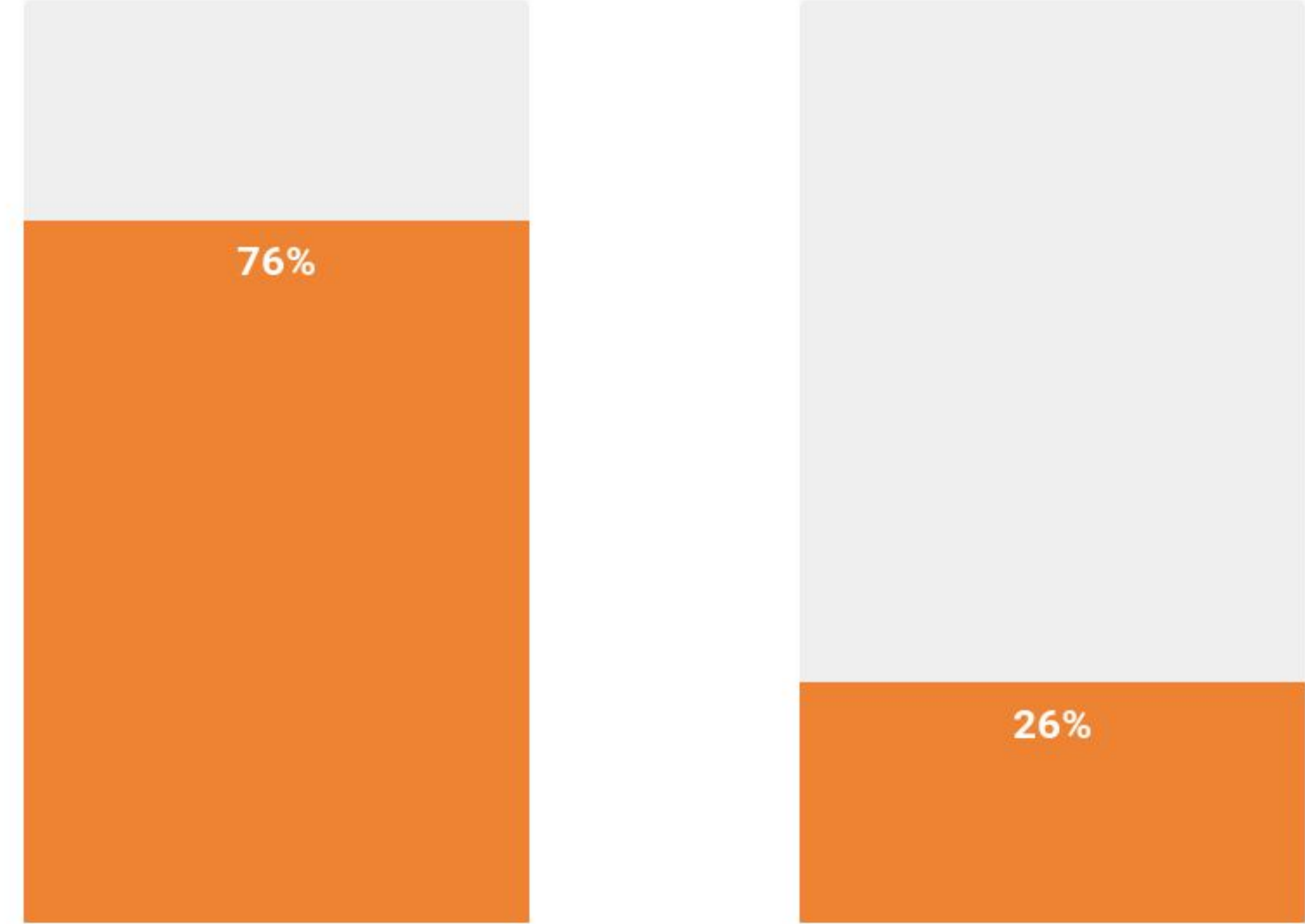
“There is purpose to my life”

“I understand my moods and feelings”

“I understand why I do what I do”



Boise Student Stress and Connection to a Trusted Adult



Does not have a trusted adult

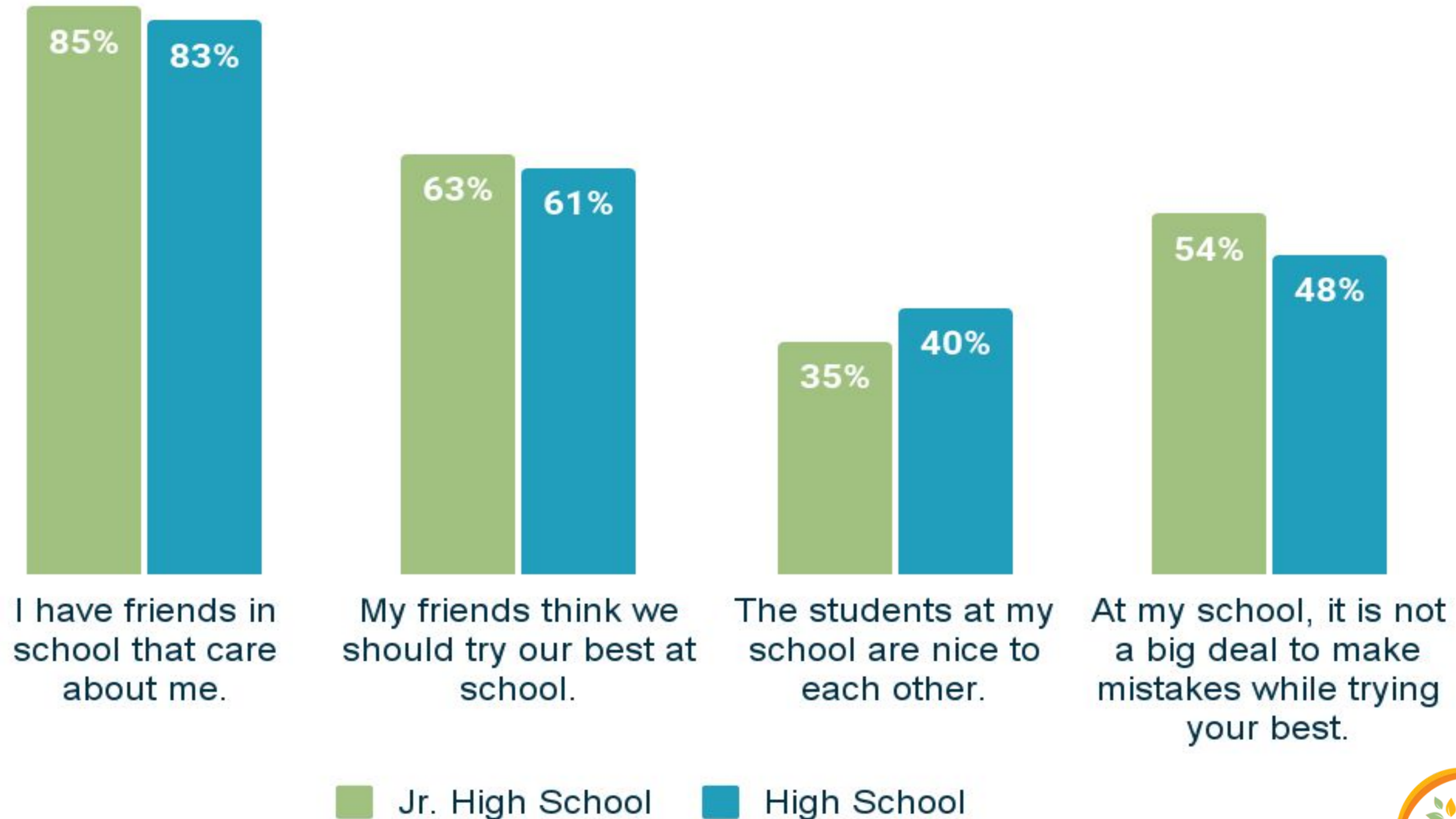
Has a trusted adult

Low Perceived Stress High Perceived Stress

Teens who have a **trusted adult** experience **lower stress** than those who do not

Protective Factor: Supportive Peers for Boise Students

(%) “Somewhat Agree” + “Strongly Agree”



Students with *high stress* are

4.9x more likely

to experience *high social isolation*
compared to those who have low stress

High school students are

1.9x more likely

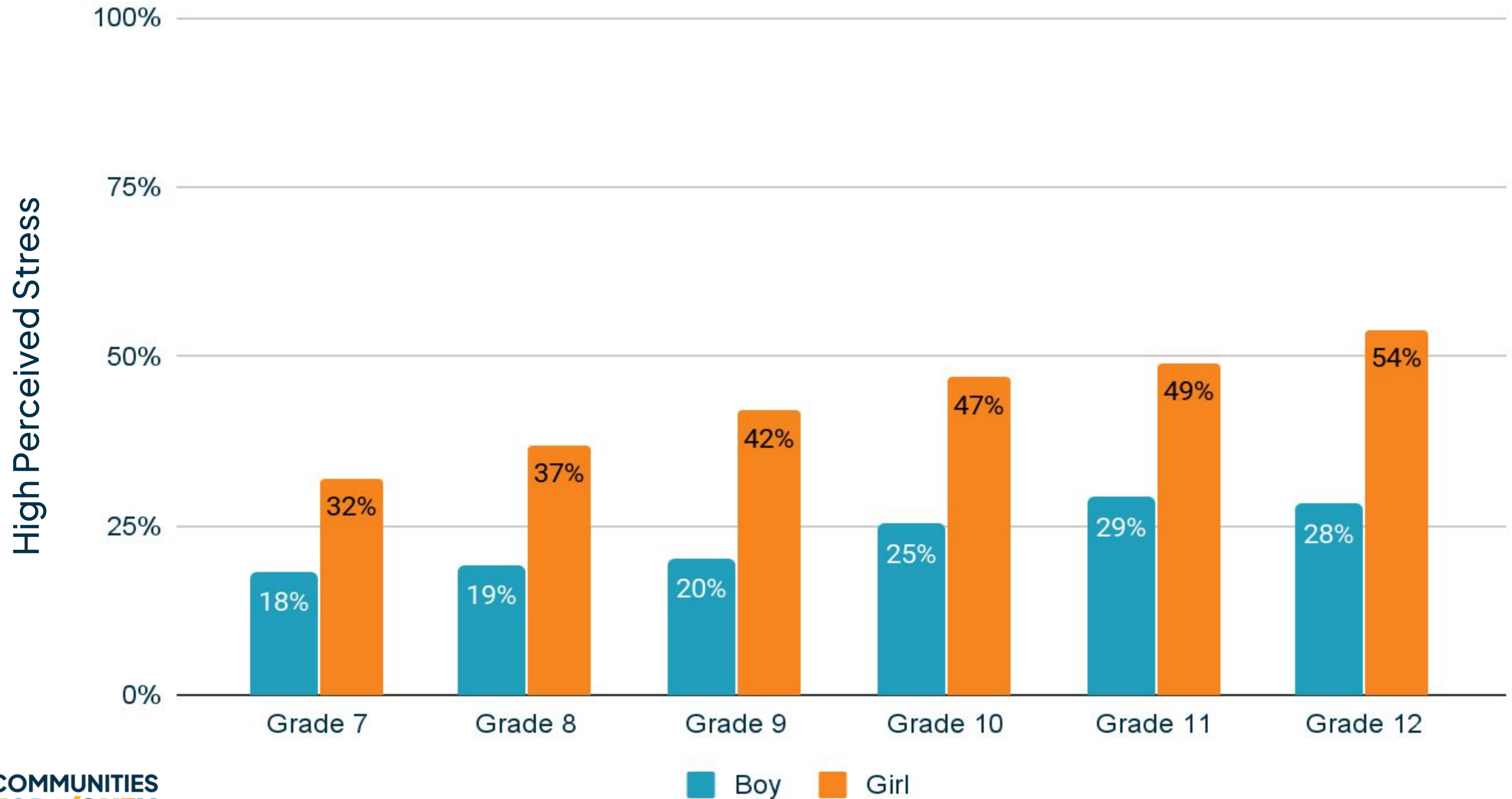
to experience *high social isolation* than
middle school students

Students who *have experienced bullying* are

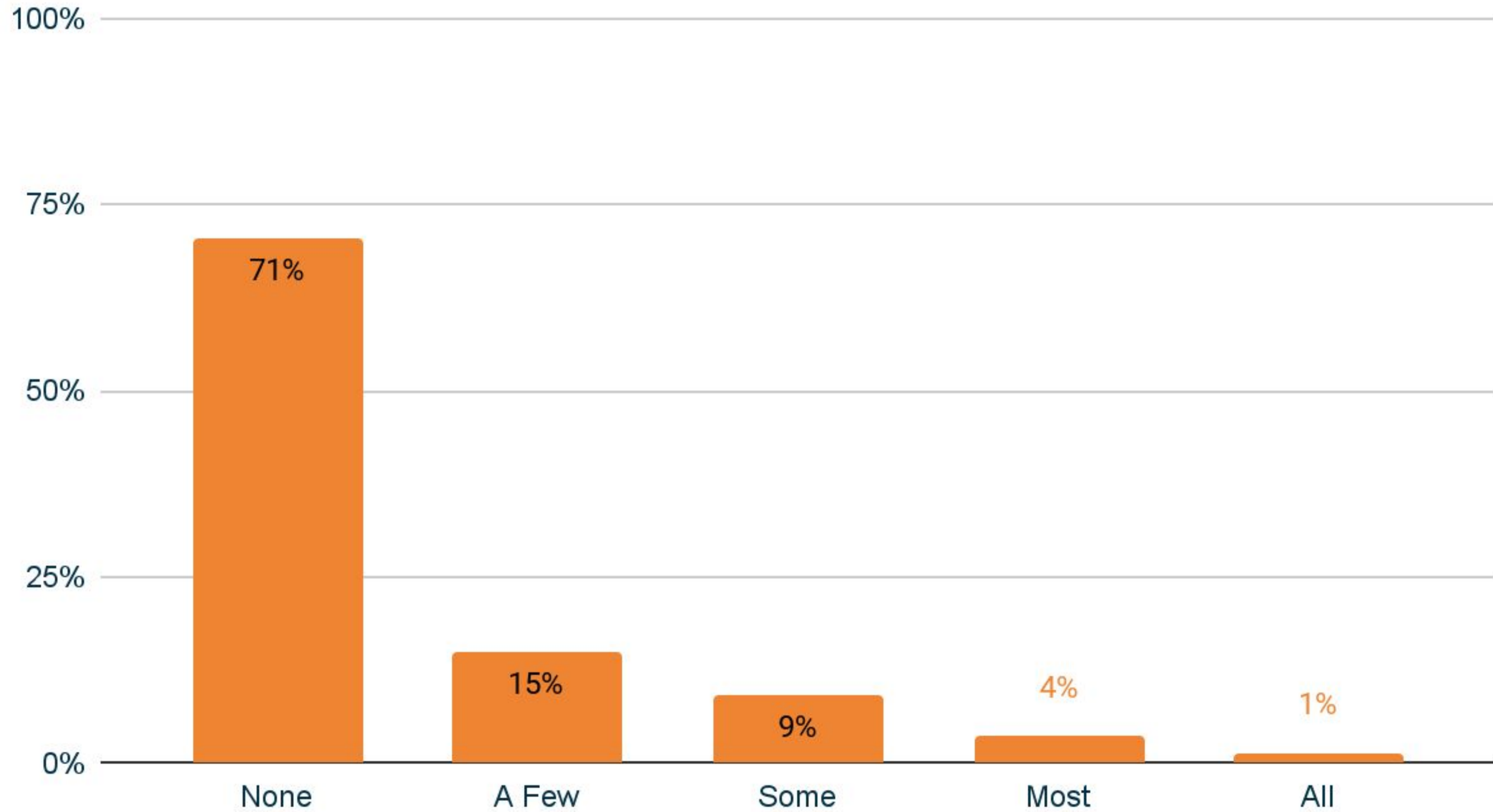
1.8x more likely

to experience *high social isolation* than
those who have not

Perceived Stress in Boise Students



Peer Perception of Alcohol Use



■ "How many of your friends do you think get drunk at least once a week?"

What would make it hard to see a mental health provider?

	Jr. High	High School
Nothing. It would be easy for me to see a mental health care provider.	36%	34%
Cost - it would be too expensive for my me and my family.	11%	18%
No health insurance/it is not covered.	3%	5%
I do not know how to find a mental health provider.	12%	13%
Transportation - I cannot get where mental health providers work.	4%	6%
Availability of mental health care providers.	3%	7%
Feels awkward - I am uncomfortable talking about personal topics.	46%	42%
Judgment - people would judge me for seeing a mental health provider.	18%	17%
I do not believe in mental health care providers.	7%	7%
My parents/caregivers won't let me.	3%	5%