



MERCER ISLAND

# Healthy Youth Initiative

*To successfully launch every Mercer Island youth into adulthood.*

# Overview

- History of Prevention on Mercer Island
- Prevention Science & Mercer Island Data
- Strategic Prevention Framework-Partnerships for Success (PFS19) and Sober Truth on Prevention Underage Drinking Act (STOP) Grants
- COVID-19 – Prevention in a Pandemic
- Current Healthy Youth Initiative Projects



# History

- Funding
- Strategy Portfolio Growth
- Accomplishments
- 2013 Transition to Healthy Youth Initiative

2005

Creation of **Mercer Island's Communities that Care (MICTC)** a community coalition to protect local youth from underage alcohol and other substance use.

2007

MICTC Coalition is awarded a five-year **Drug Free Communities (DFC)** grant from the federal Drug-Free Communities Support Program.

★ 2011

MICTC unified the community and passes **Mercer Island Underage Drinking Ordinance**, the first social host ordinance in Washington State.

2012

MICTC Coalition is awarded a five-year continuation of **Drug Free Communities (DFC)** funding.

2019

HYI is awarded **Partnership for Success (PFS)** and **Sober Truth on Preventing Underage Drinking (STOP Act)** grants from the Substance Abuse and Mental Health Services Administration.

# Healthy Youth Initiative Task Force

## Eight Indicators of Thriving Youth

- Experience school success
- Exhibit leadership
- Help others informally
- Resist danger
- Value diversity
- Control impulsive behavior
- Maintain good personal health
- Overcome adversity



# Healthy Youth Initiative Task Force

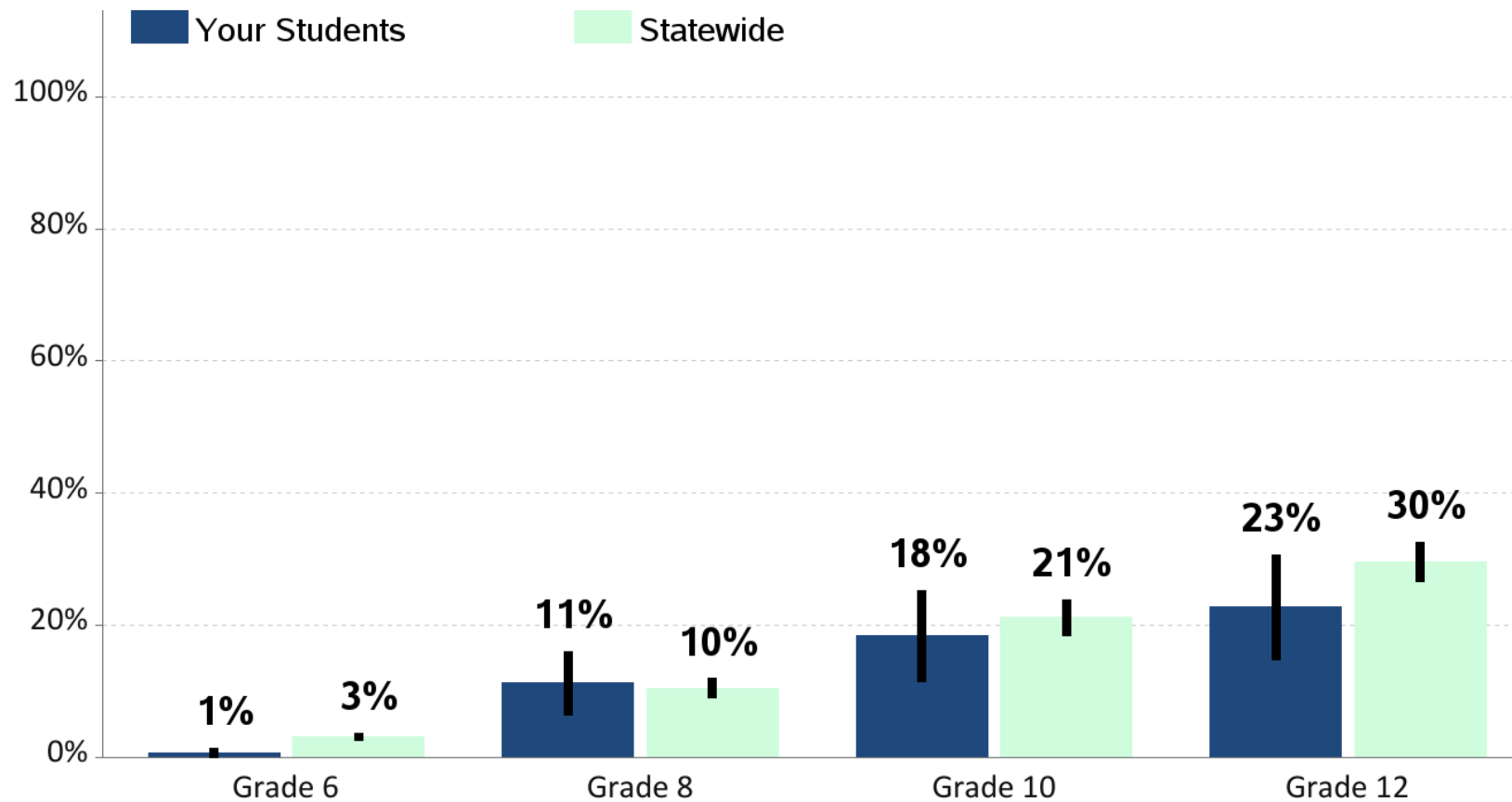
## Root Causes and Local Conditions Contributing to Distress

- Family Functioning
- Help-Seeking Stigma
- Definition of “success”
- “Work hard, play hard” Attitude
- Institutionalization and Internalization of Norms



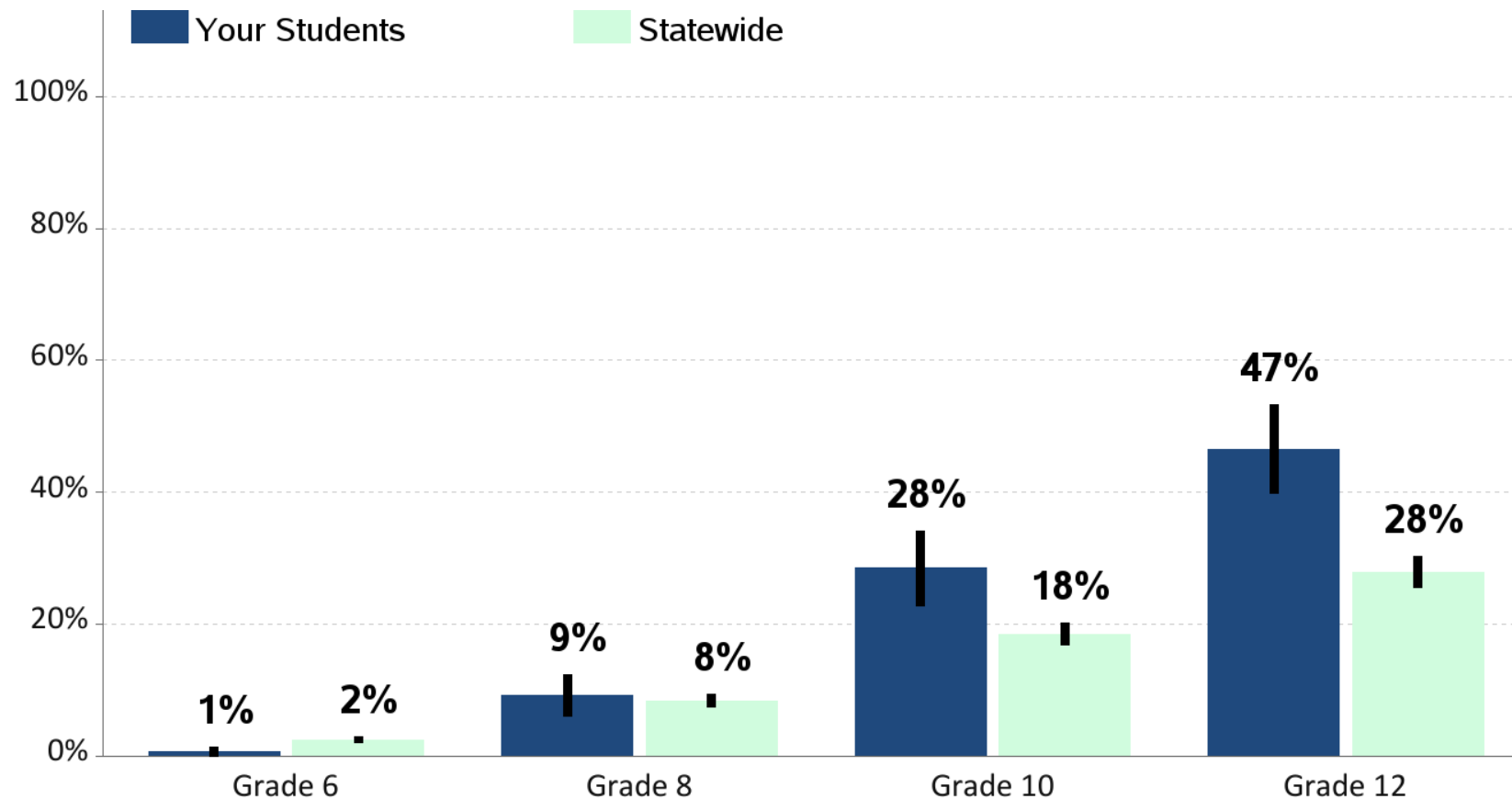
# Current E-Cigarette Smoking or Vaping

Percent of students who report using an electronic cigarette, e-cig, or vape pen in the past 30 days



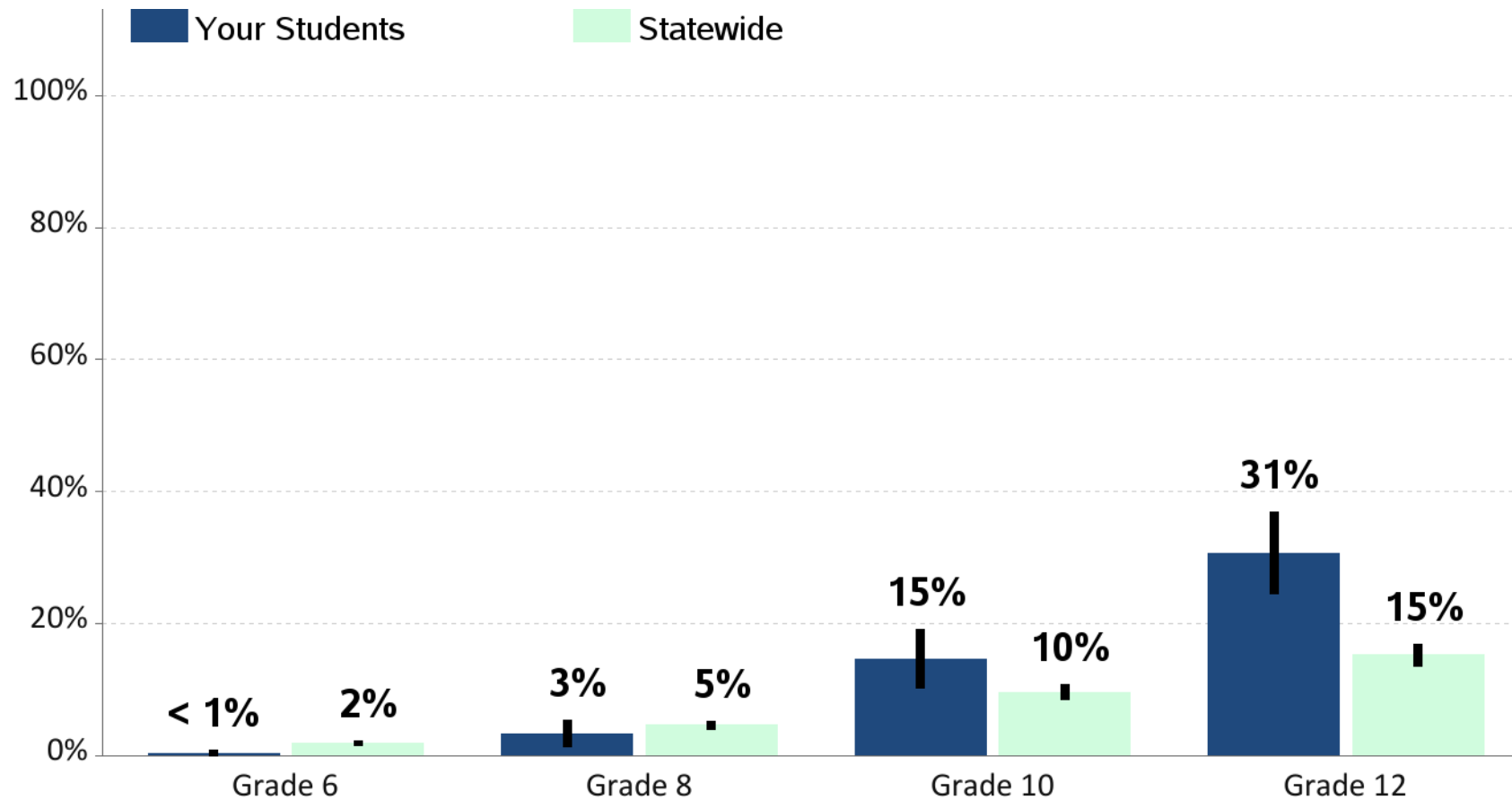
# Current Alcohol Use

Percent of students who report having drunk a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor) in the past 30 days



# Current Binge Drinking

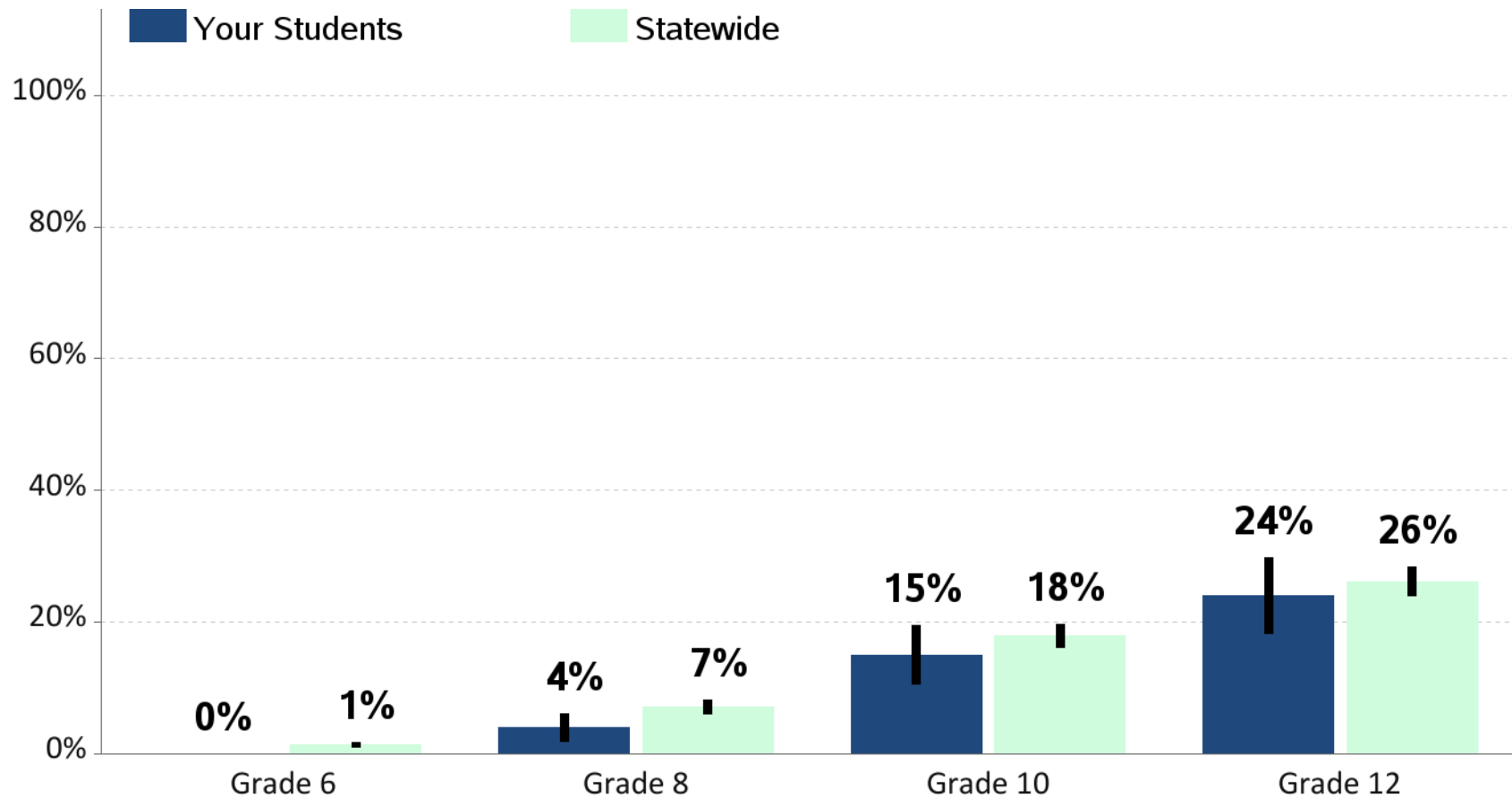
Percent of students who report having drunk 5 or more drinks in a row in the past 2 weeks





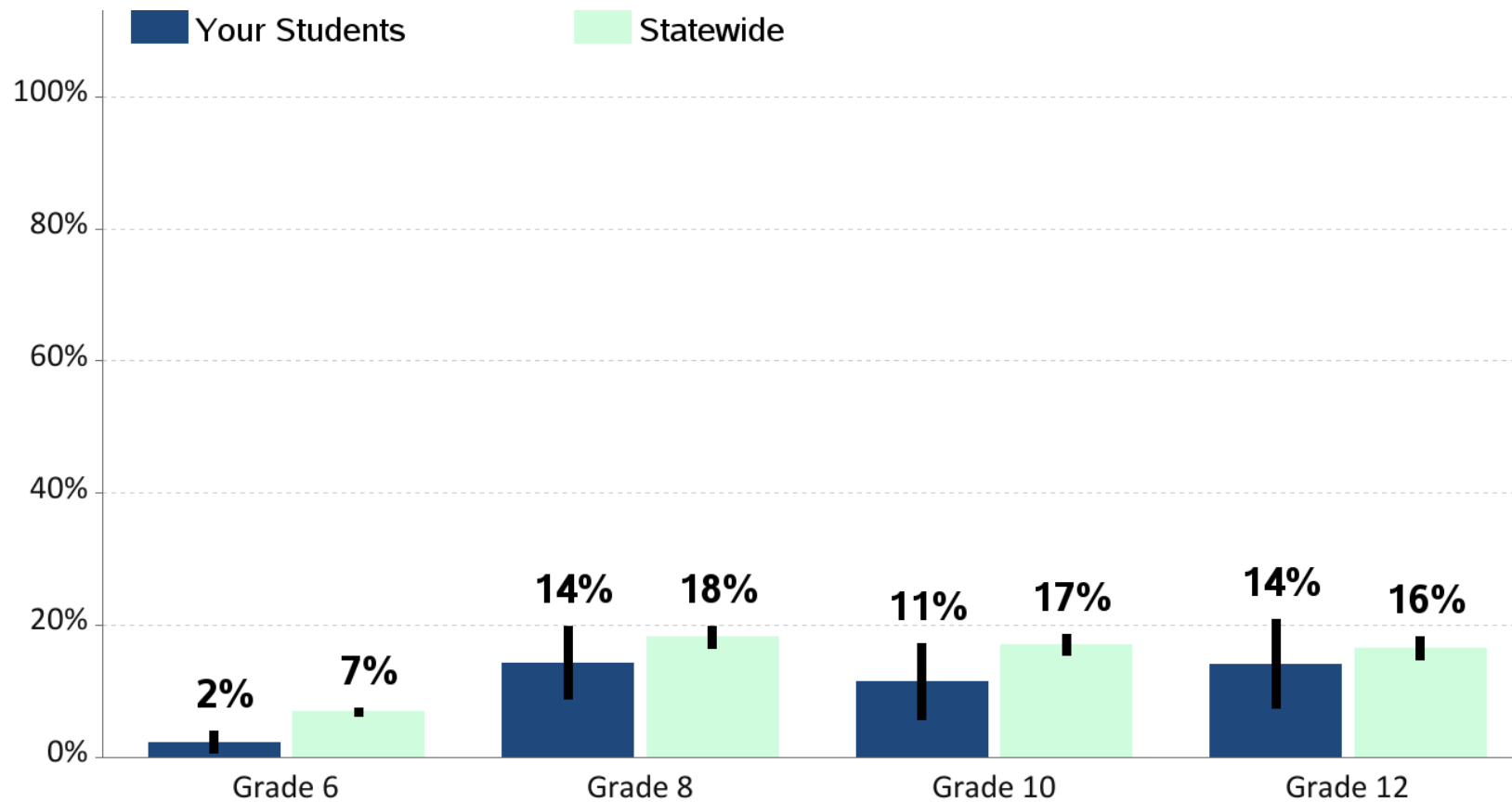
# Current Marijuana Use

Percent of students who report using marijuana in the past 30 days



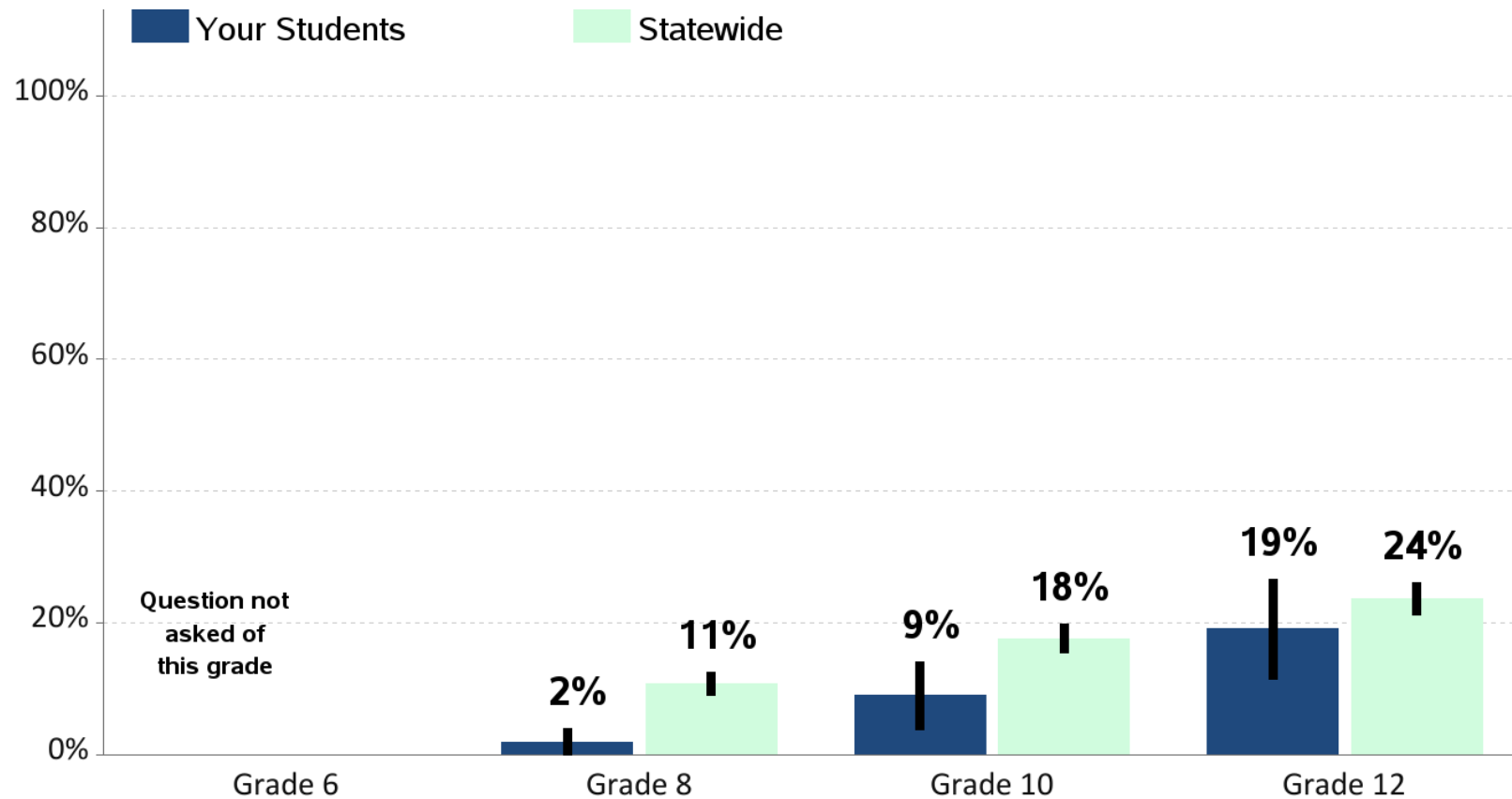
# Riding with a Drinking Driver

Percent of students who report having ridden in the past 30 days with a driver who had been drinking alcohol



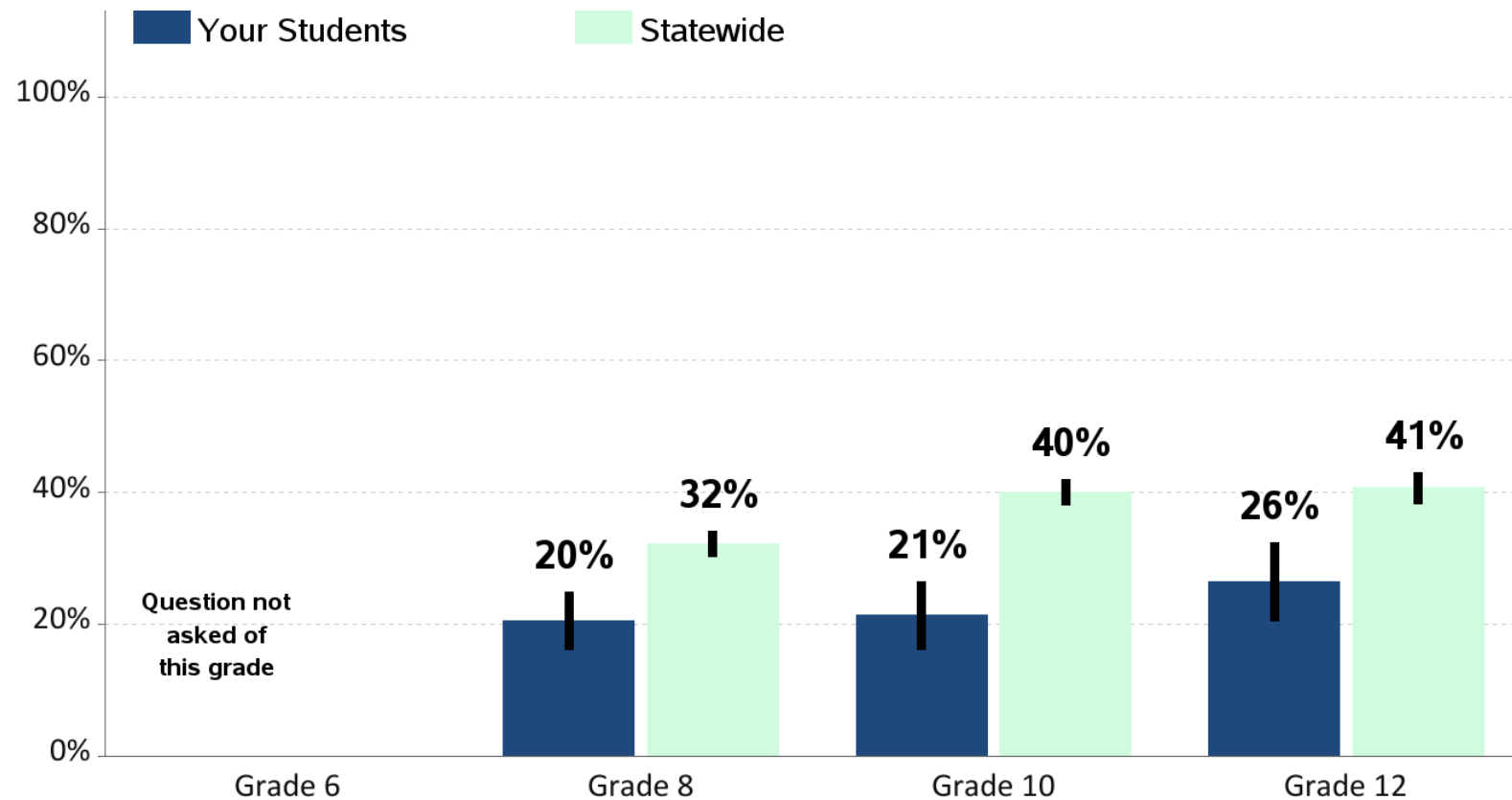
# Riding with a Recent Marijuana User

Percent of students who report having ridden in the past 30 days with a driver who had been using marijuana



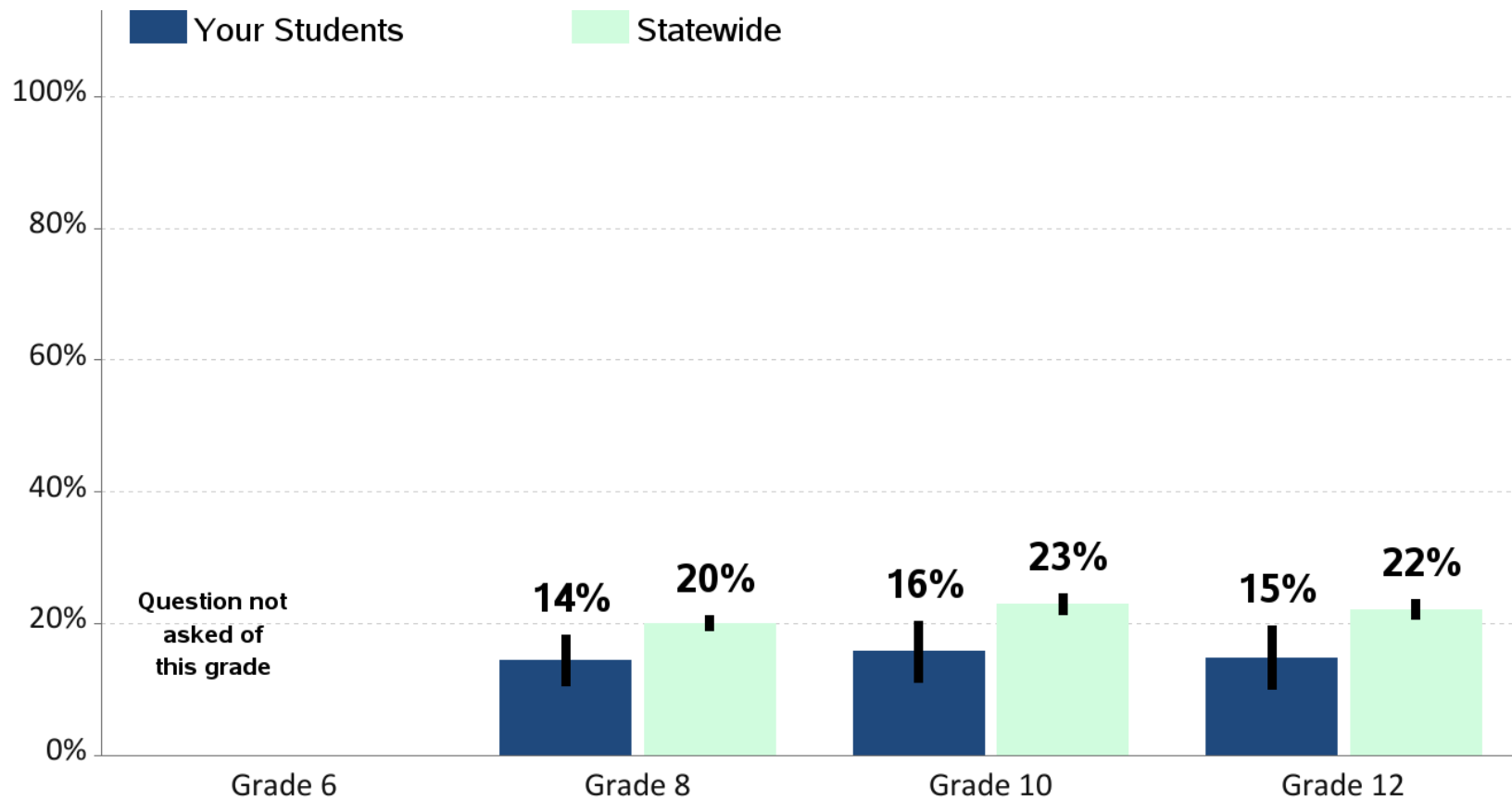
# Depression

Percent of students who report feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities in the past year.



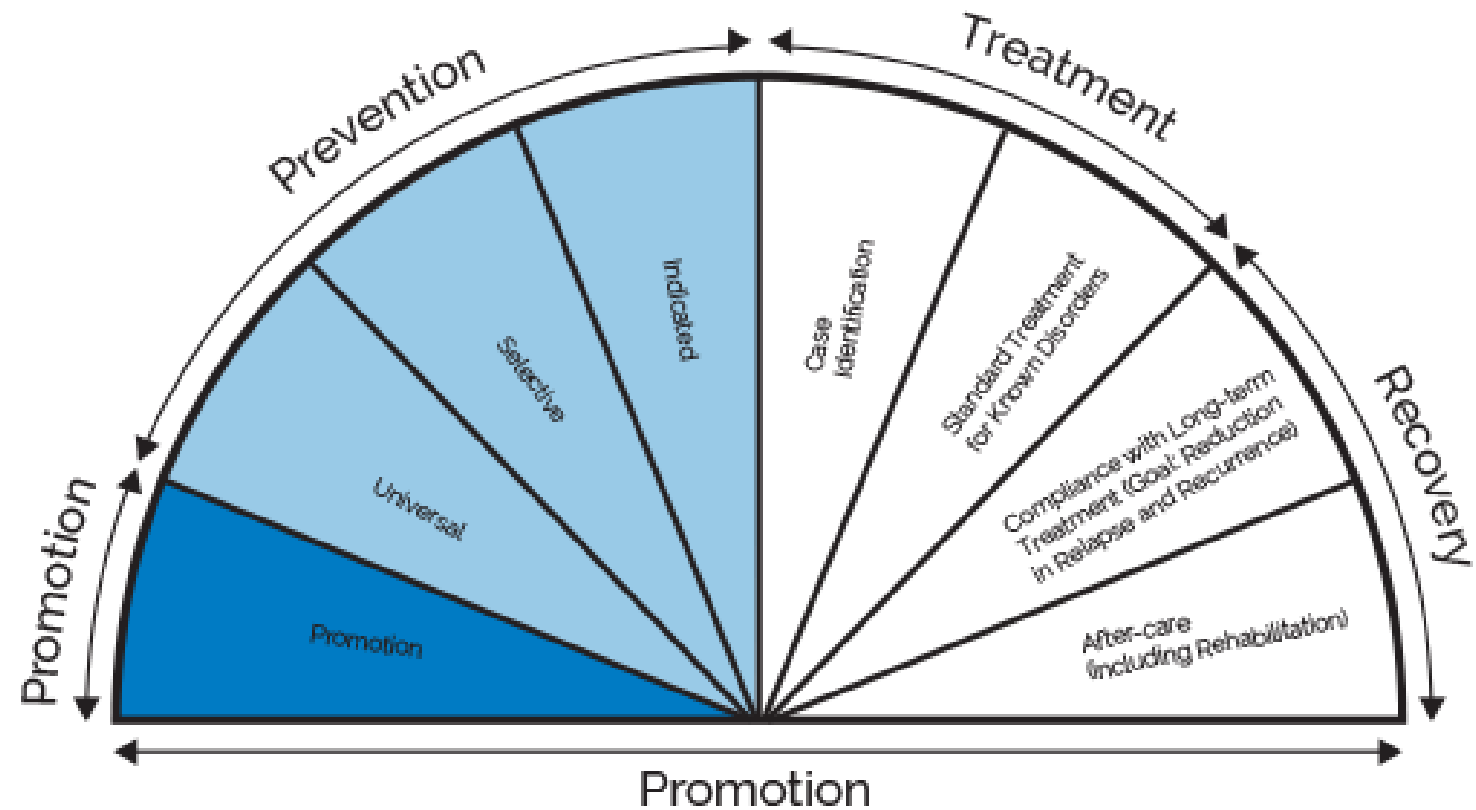
# Contemplation of Suicide

Percent of students who report having seriously considered suicide in the past year



# YFS Integrated Human Services Overview

- YFS services based upon the *Continuum of Care* model
- HYI addresses alcohol/drug & mental health promotion and prevention (blue)
- Compliments and leverages mental health and case management services
- C19 has required adjustment in approach; no change in model



# PFS & STOP Act Grants

## **Goal One:**

Decrease past 30-day alcohol and binge use among youth in grades 6-12 on Mercer Island by 8%.

## **Goal Two:**

Decrease past 30-day marijuana use among youth in grades 6-12 on Mercer Island by 5%.

## **Goal Three:**


Decrease past 30-day vape use among youth in grades 6-12 on Mercer Island by 10%.

## **Goal Four:**

Decrease frequency of Mercer Island youth in grades 8-12 reporting riding with a drinking driver.




# Prevention & Health Promotion Strategies



**(P) Community Organization & Advocacy** – Collective engagement to mobilize resources and influence systems, relationships among community members, and serve as catalysts for changing policies, programs, and practices, with the associated implications for inclusiveness to ensure consideration is made of the diversity that exists within the community.

**(P) Healthy Beliefs and Clear Standards** – Communicate healthy beliefs and clear standards for youth and young adults at home, at school and in the community, specifically existing positive community norms and behaviors that discourage that high risk behaviors such as underage binge drinking and substance use. Provide youth and young adults with opportunities, skills and recognition to exhibit healthy behaviors that promote healthy outcomes for local youth.

**(P) Family Management Practices** – Promote healthy and developmentally appropriate family management practices (including monitoring, punishment, discipline, limit setting) and knowledge of preventative parenting techniques.



**(R) Favorable Attitudes and Involvement in Problem Behaviors** – Parental and peer attitudes and behavior influence the attitude and behavior of youth. Decrease parent and peer attitudes that are favorable to underage substance use and other high risk behaviors. Approval of youth risk behavior increases the likelihood of youth engaging in that behavior.

**(R) Perceived Risk of Harm** – Increase awareness and knowledge of physiological impact of underage substance use on mental health, social and academic outcomes.

**(R) Perceived Availability of Alcohol** – Decrease physical availability of alcoholic beverages for underage youth refers to the ease or convenience of obtaining alcohol for drinking purposes.



# COVID-19: Prevention in a Pandemic

- YFS Transitions
- Coalition Building
- Strategy Selection
- Evaluation



# Expanding Our Virtual Reach

## Website, Programming and Partnerships

[www.mihealthyyouth.com](http://www.mihealthyyouth.com)

- News & Headlines
- Resources & Services
- Overview of Services



Who We Are

What We Do

Resources

Connect



Get Involved



# The Incredible Years

- In partnership with University of Washington's School of Social Work.
- Evidence-based curriculum that offers new skills to promote children's reading and school readiness, problem solving, social competence and emotional self-regulation.
- Initial pilot Spring 2020.
- 2021 Winter series and Spring series fully enrolled.



# Mental Health First Aid

- In partnership with Jewish Family Service in Seattle.
- MHFA provides adults with the skills to help someone else (adult or youth) who is developing a mental health problem or experiencing a mental health crisis.
- Adult Mental Health Curriculum: February 26 and April 23
- Youth Mental Health Curriculum: March 20 and May 8

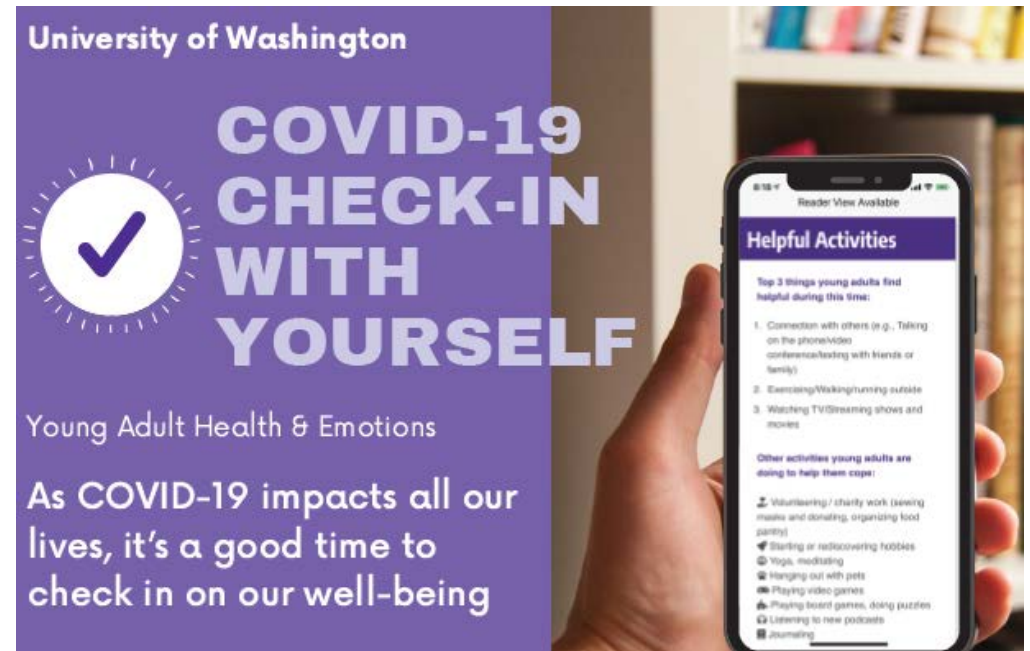


For more information on this free training for Mercer Island residents, visit: [mihealthyyouth.com/news-headlines/mhfa](https://mihealthyyouth.com/news-headlines/mhfa)



# Check-In With Yourself for Young Adults

- In partnership with the Department of Psychiatry and Behavioral Sciences at the University of Washington.
- Offers new strategies to young adults (18-29) for stress management, increasing social support, and addressing alcohol use during the pandemic that may lead to additional risks.
- Resources tailored to Mercer Island.
- [uwstudy.com/COVID\\_MI](https://uwstudy.com/COVID_MI)



# S.A.F.E. Club & Minds Matter

- In partnership with the Mercer Island School District.
- Students are supported to promote the health and safety of their peers.
- Mind Matter's Islander Hour on mental health.
- S.A.F.E. Club video to promote connection, community and resiliency during COVID-19.



# Thank you!

[www.mihealthyyouth.com](http://www.mihealthyyouth.com)

