



AB 6931: YFS Programs and “Youth Matters” Updates

May 19, 2026

Presentation Summary

- YFS programs overview
- Mercer Island behavioral health trends and youth survey data
- *Youth Matters* student leaders on youth perspective



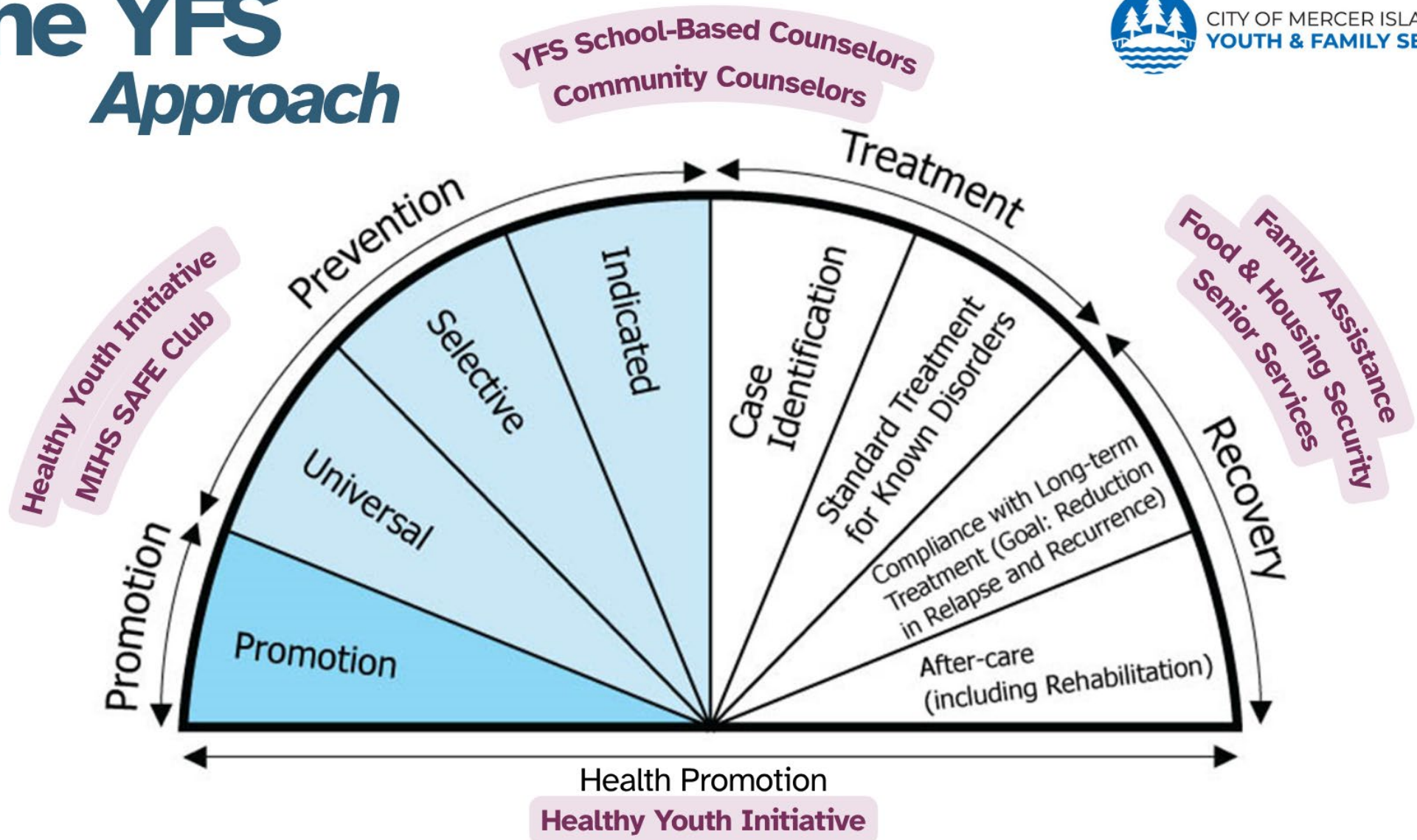
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The YFS Approach



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YFS Programs

Community-based Mental Health Counseling

- Low barrier/sliding fee
- All ages, couples, families, seniors
- Referral source for school counselors

School-based Mental Health Counseling

- Early intervention model
- Community and individual support
- Parent, teacher consultation
- Classroom presentations and instruction

Emergency Family Assistance

- Food security
- Emergency financial assistance
- Employment support

Senior Services

- Case management
- Support groups and fitness classes
- *Seniors Rising* initiative and newsletter

Drug/Alcohol Prevention & Mental Health Promotion

- Healthy Youth Initiative Coalition
- Parent Education and PMI Website (Best Starts for Kids grant)
- *Youth Matters* YFS youth advisory group

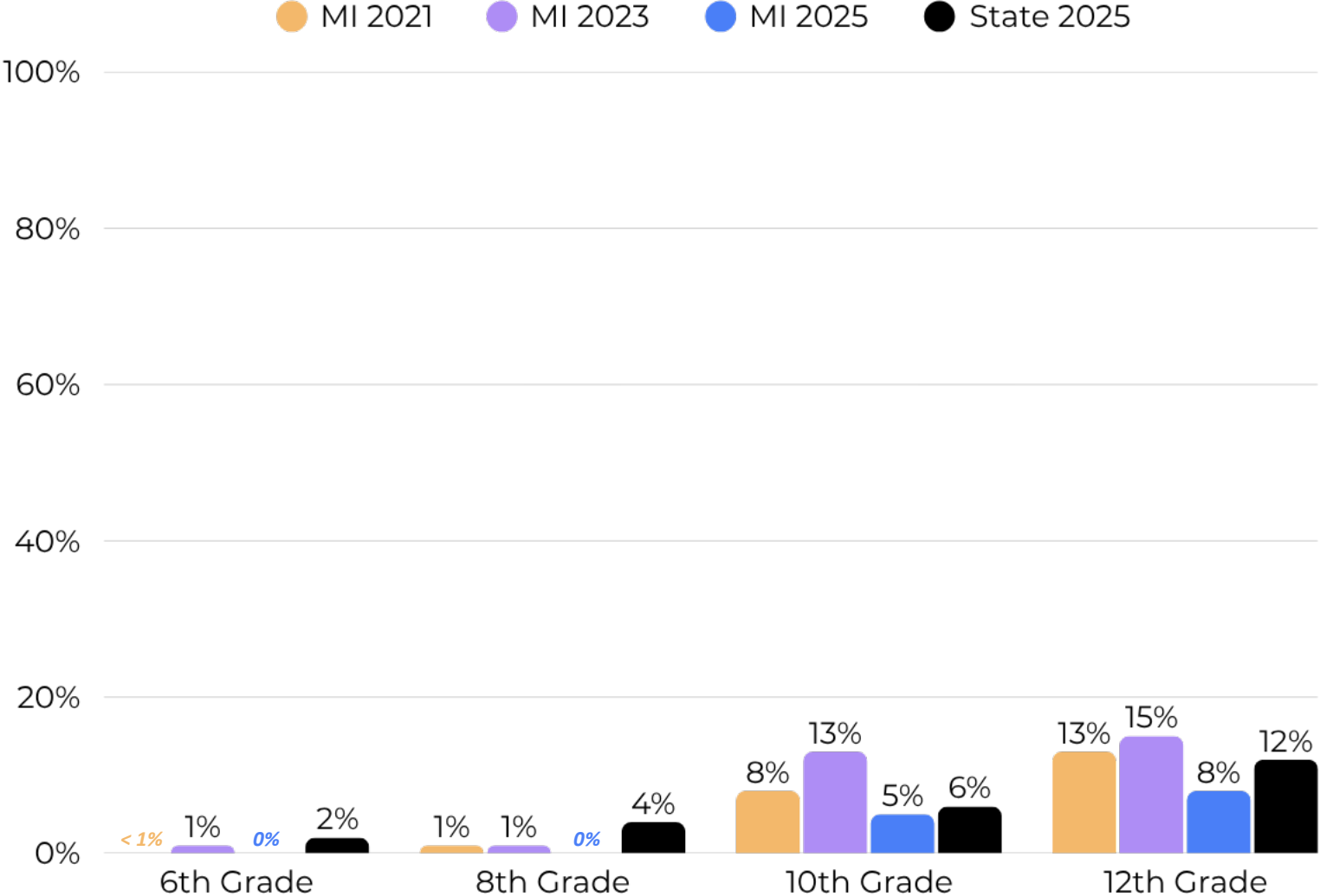


Behavior Health Trends and Data

- Spike in needs—disproportionate impact on low income, marginalized, and underemployed individuals and families
- Reduction in federal and regional supports impacting most vulnerable and increasing need for YFS case management supports
- Small increase in support requests from those experiencing homelessness
- Youth mental health needs remain high
- Senior support services increased, demand remains high
- Positive longitudinal trends in youth risk factors related to mental health, substance use and other indicators (2025 Healthy Youth Survey)

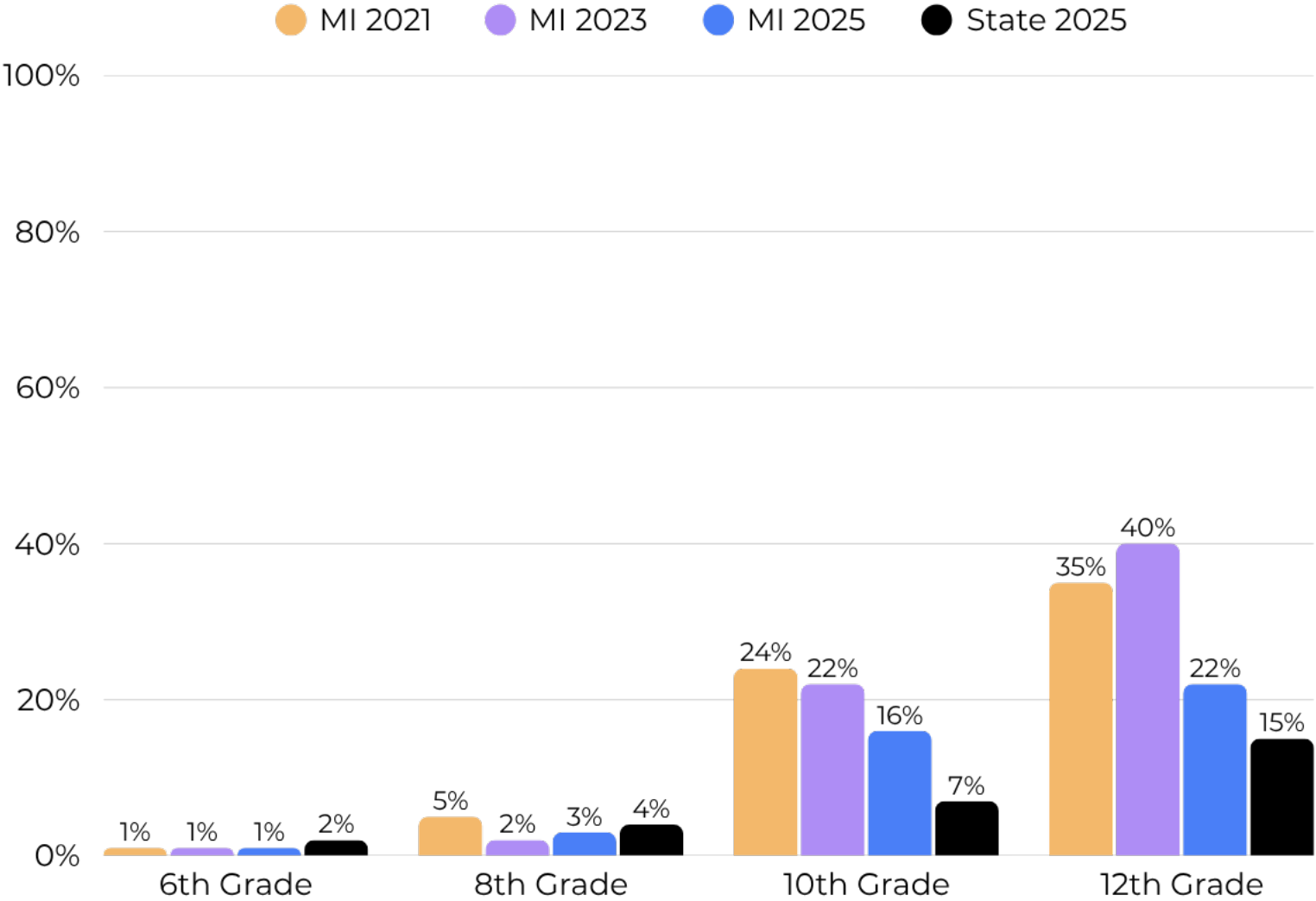
Current E-Cigarette Smoking or Vaping

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



Current Alcohol Use

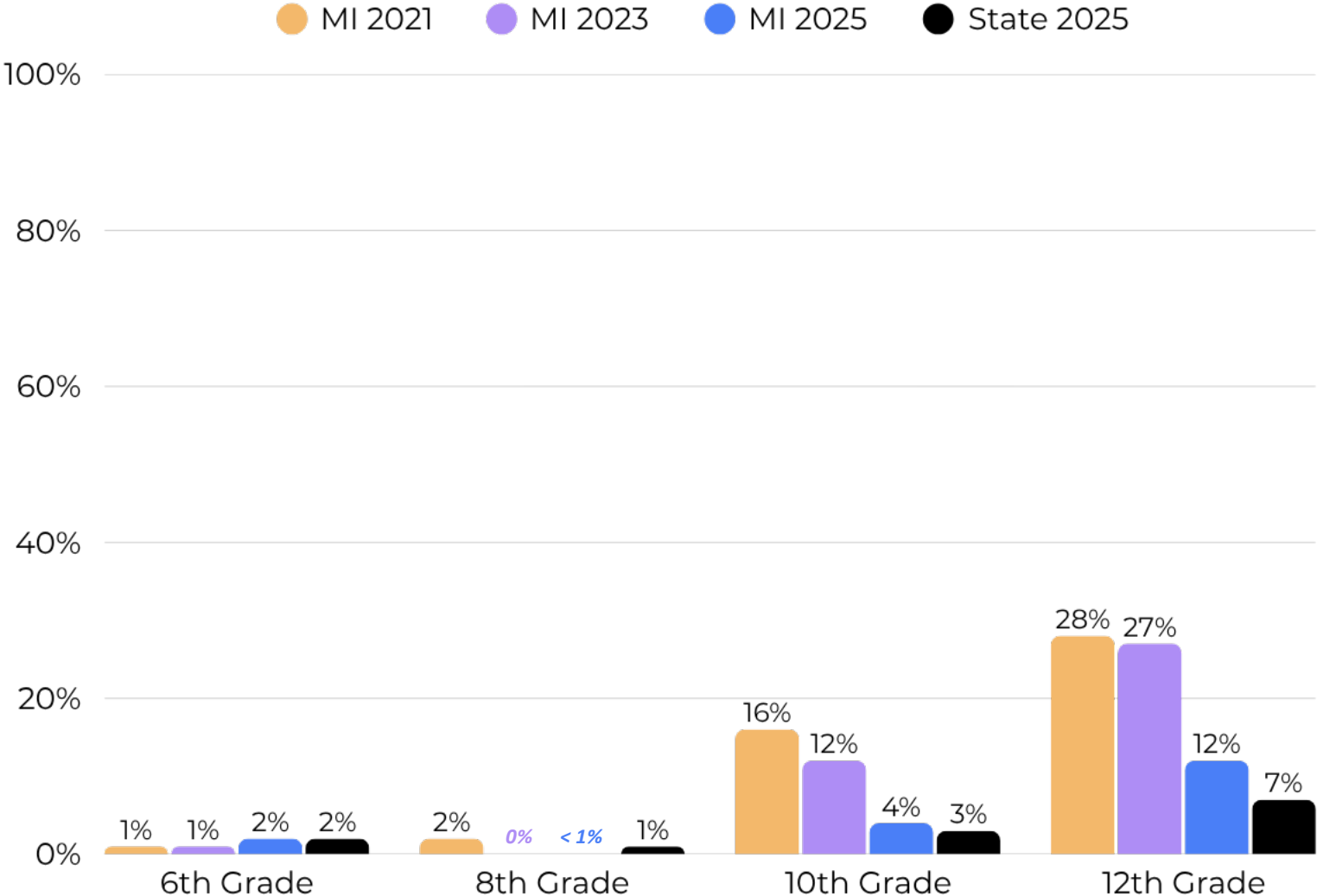
Percent of students who report having an alcohol drink in the past 30 days. A drink is a glass of wine, a bottle or can of beer, a shot glass of liquor, a mixed drink, etc.*



* 2021 and 2025 survey question defined alcohol as "glass, can or bottle of alcohol"

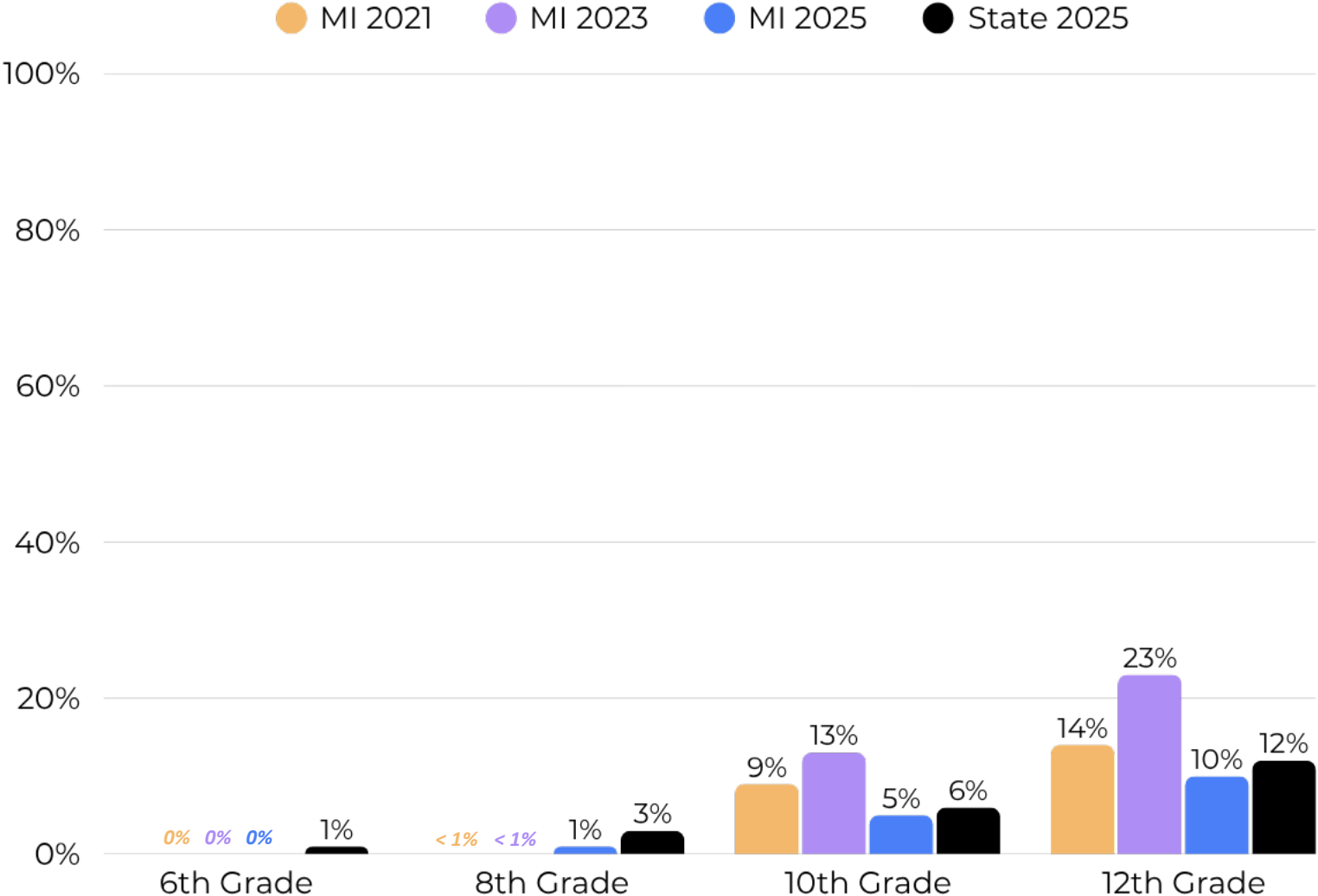
Current Binge Drinking

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



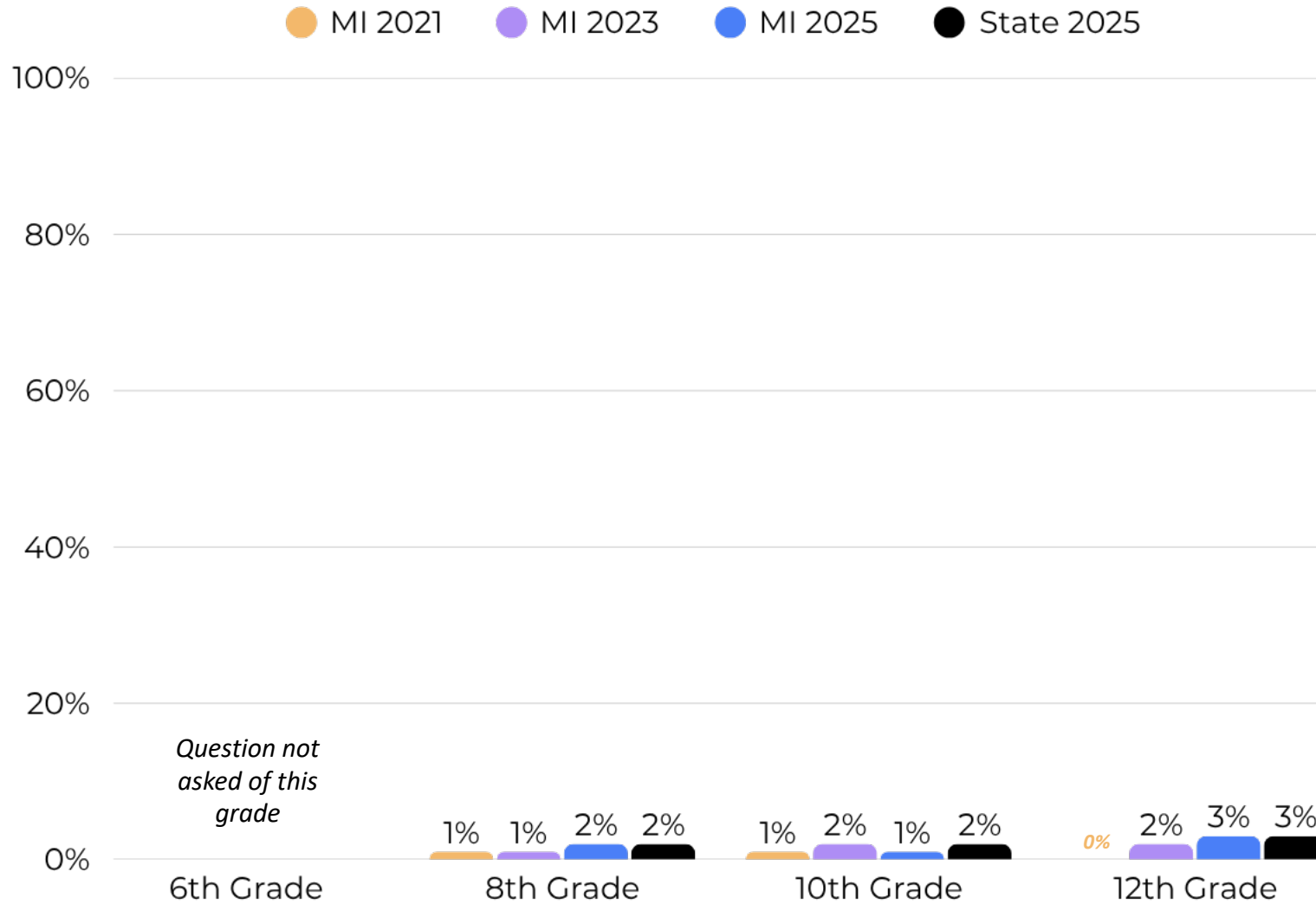
Current Marijuana Use

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



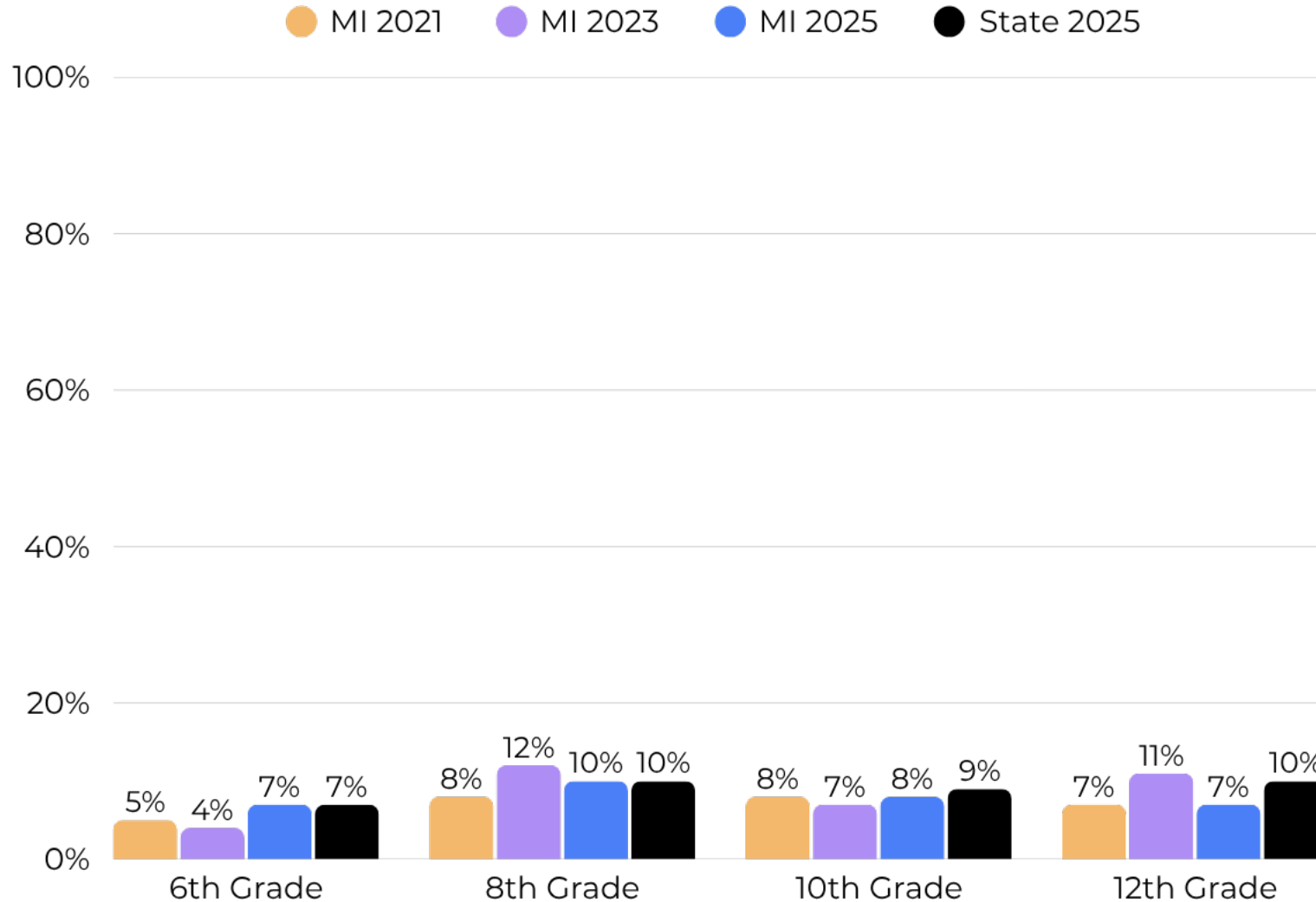
Current Prescription Drug Use

Percent of students who report using prescription drugs not prescribed to them in the past 30 days.



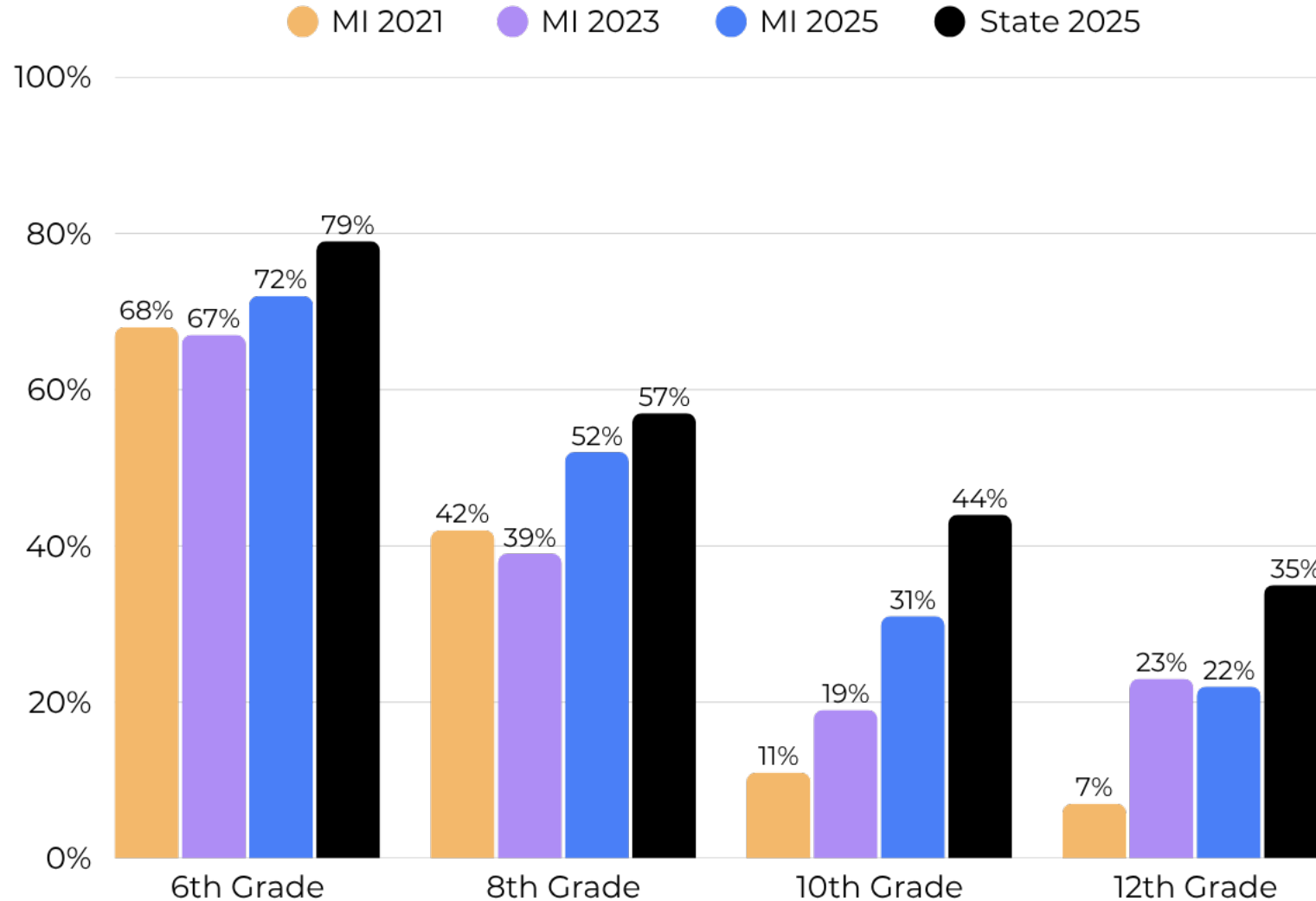
Riding with a Drinking Driver

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



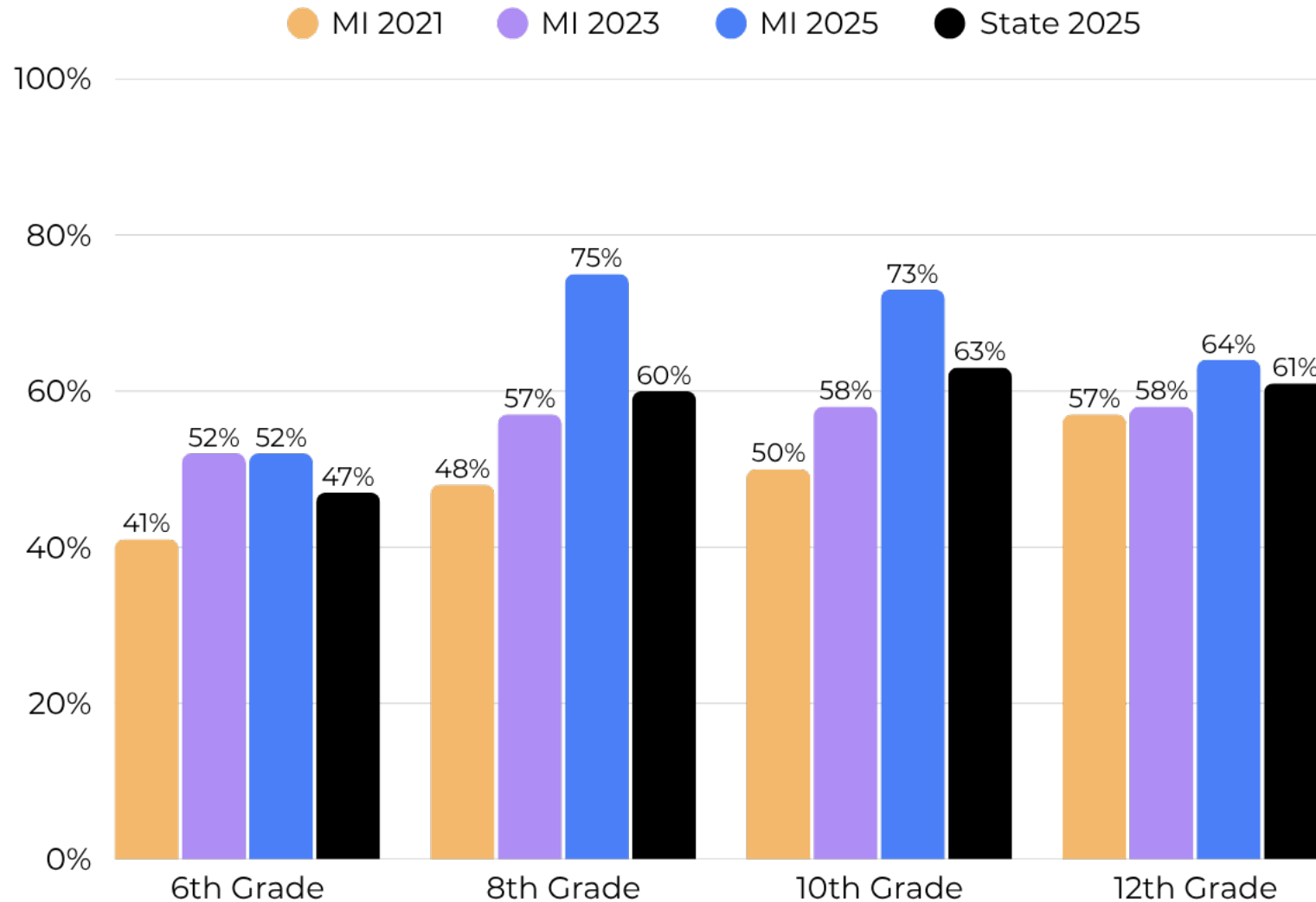
Perceived Availability of Alcohol

Percent of students who report alcohol would be "very hard" to get.



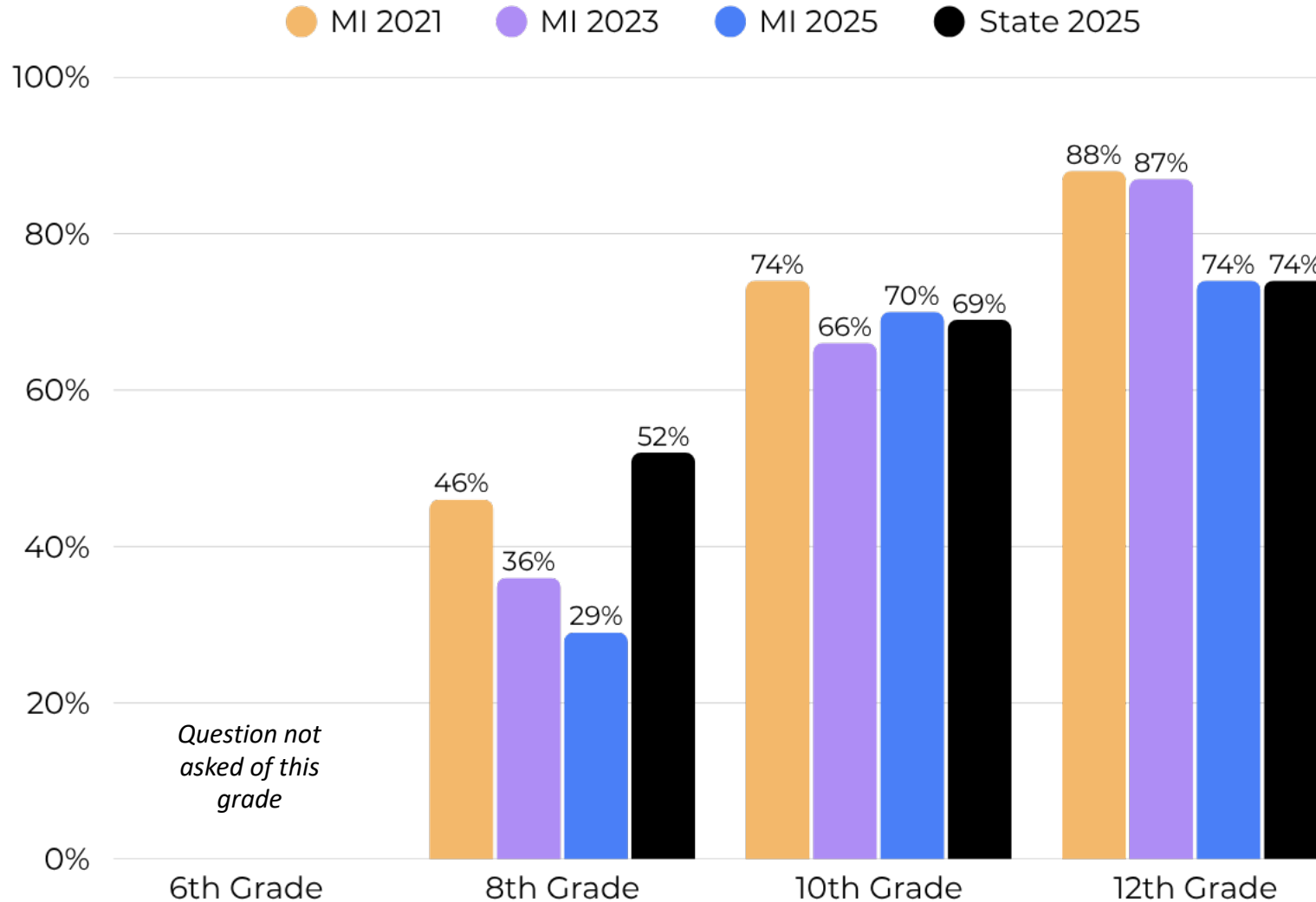
Perceived Risk of Regular Alcohol Use

Percent of students who report "great risk" of harm from drinking alcohol daily.



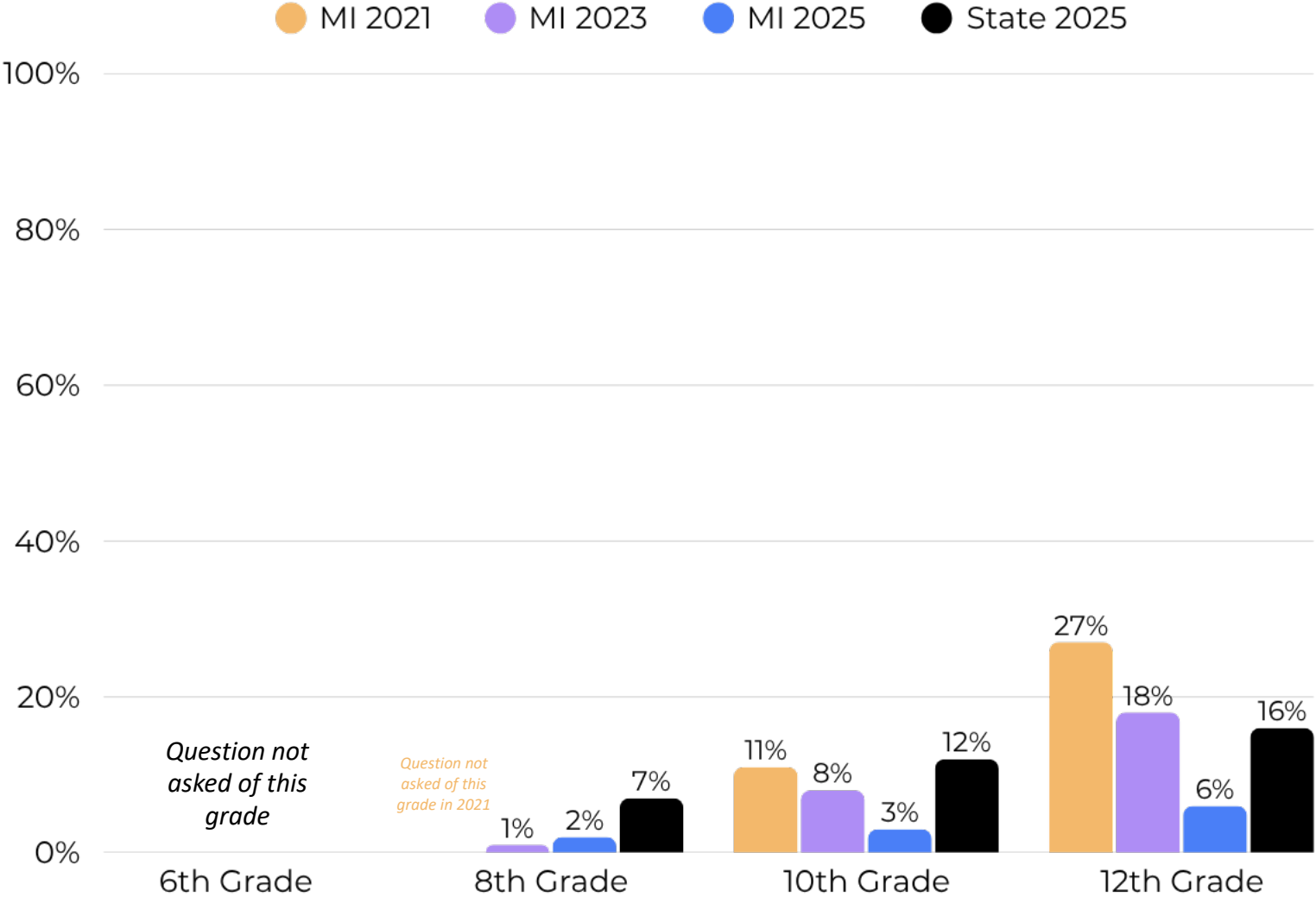
Sleep on a School Night

Percent of students who report sleeping less than 8 hours on an average school night.



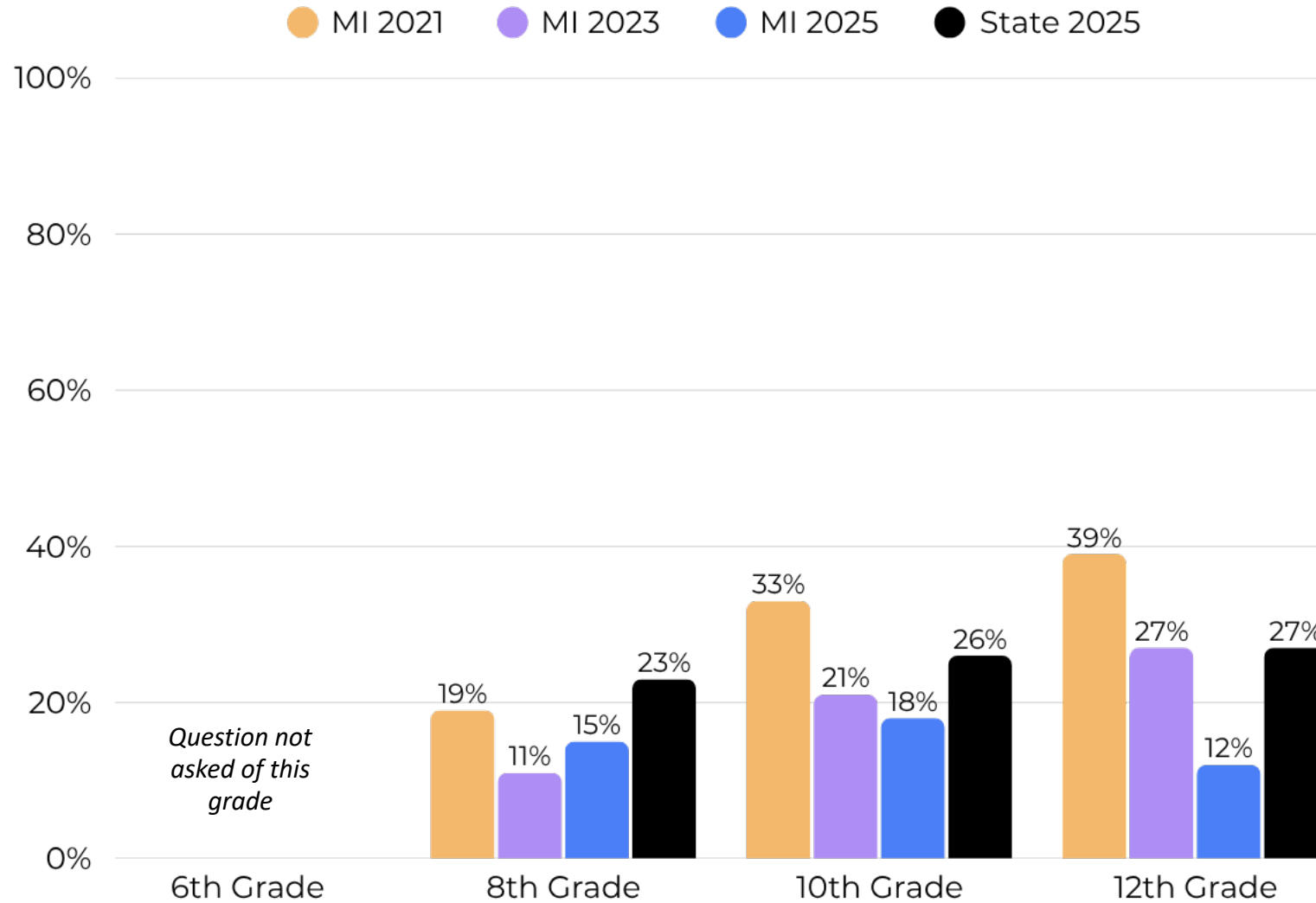
Lifetime Sexual Violence

Percent of Students who report having ever been in a situation where someone made them engage in kissing, sexual touch or sexual intercourse when they did not want to.



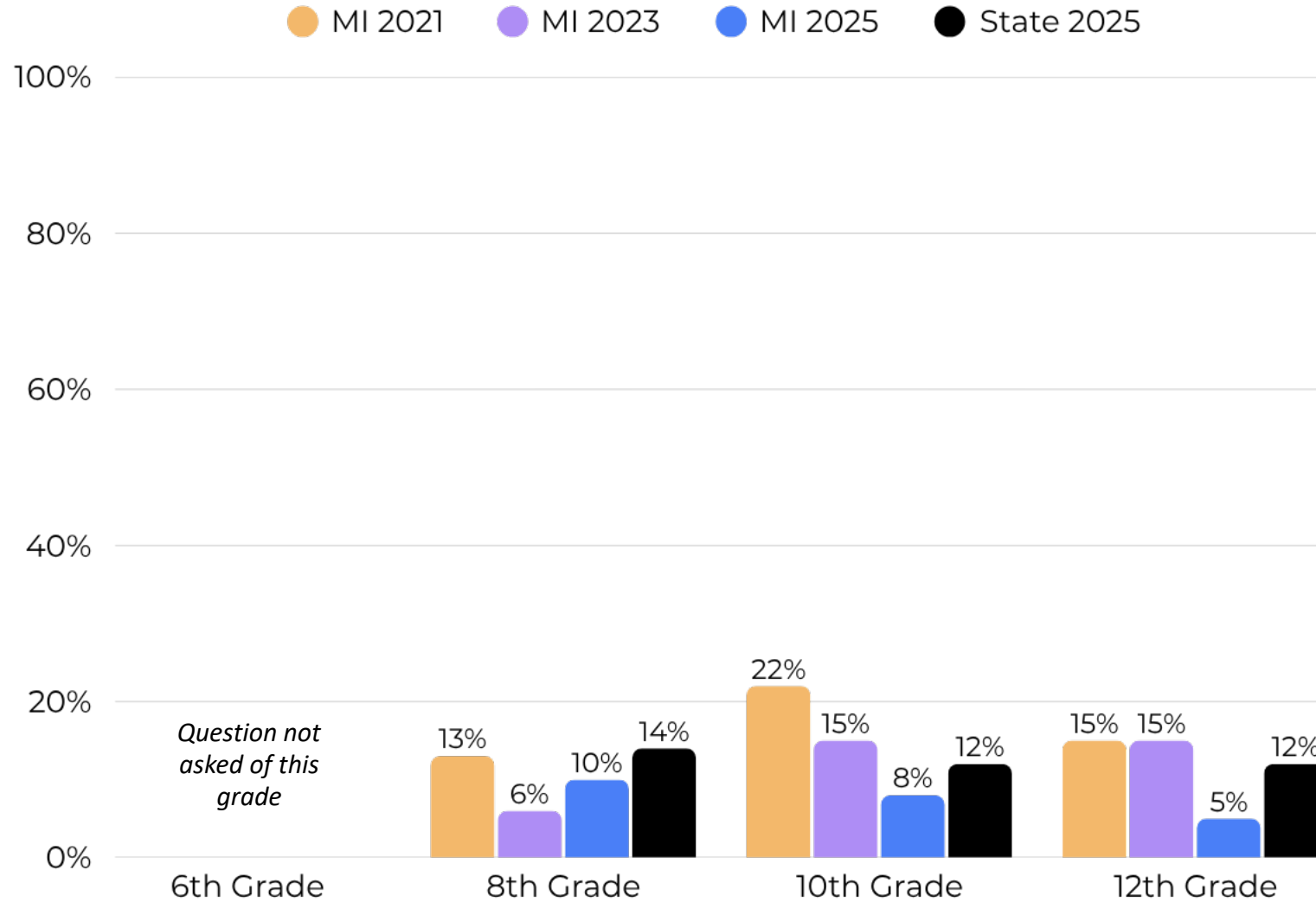
Depressive Feelings

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.



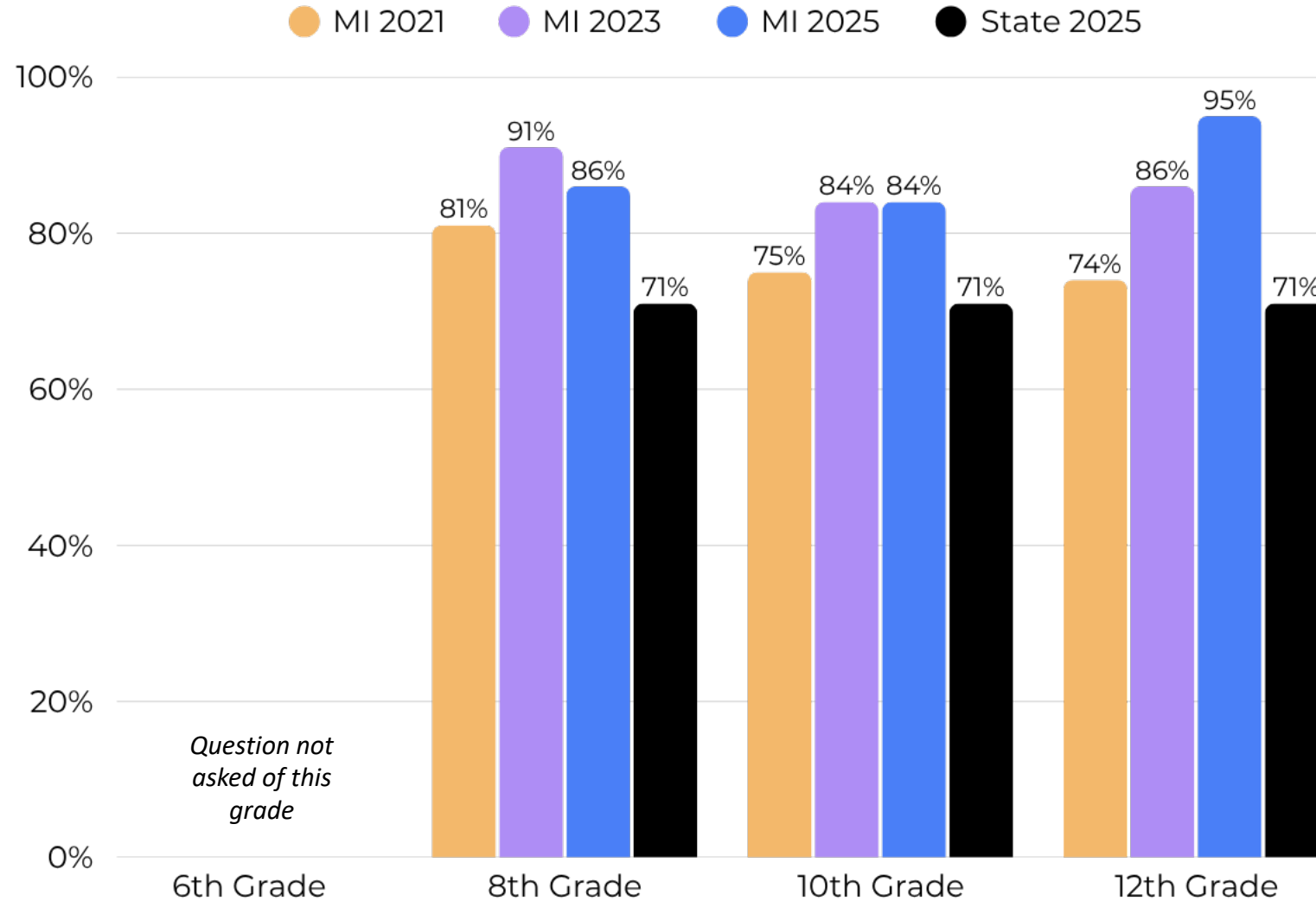
Contemplation of Suicide

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



Someone in Community to Talk To

Percent of students who report having an adult in their neighborhood or community they can talk to about something important.



Youth Matters

Kirin Lancaster, MIHS Senior

- Youth Matters and topics discussed
- What youth are concerned about (in the YFS domain)
- On being part of Youth Matters

Alice Liang, MIHS Sophomore

- Survey of MIHS students results
- Plan to use data to support students

MIHS Mental Health Resources Survey

How well do you think Mental Health Surveys and Wellness Checks benefit you? [Copy chart](#)

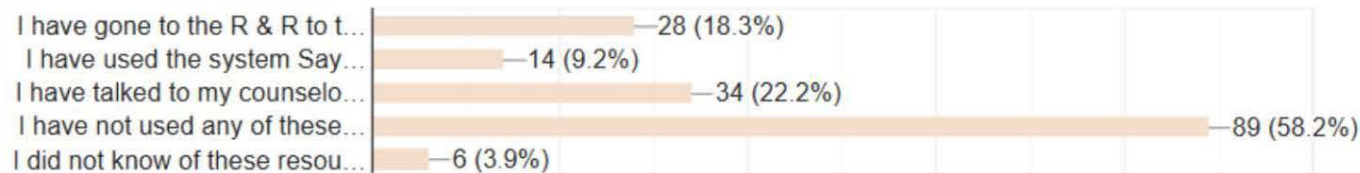
153 responses



- Students reported extremely low personal gain from filling out surveys or wellness checks

Which Mental Health Resources have you used? [Copy chart](#)

153 responses



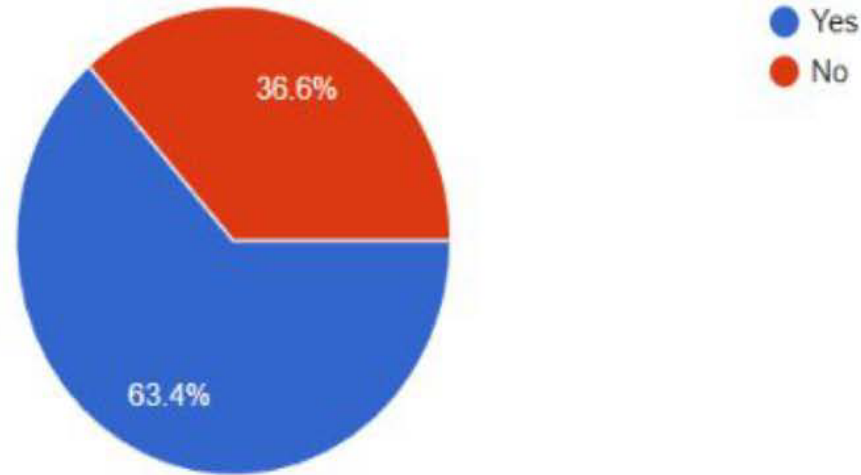
- 65% of students have **never used these resources**

Survey conducted by MIHS student, Alice Liang - April 2026

MIHS Mental Health Resources Survey

Do you prioritize Academics over your well being?

153 responses



- 55% of students prioritize academics 1-2 times a week
- 25% did almost every day
- 35% of students “felt that they had to work constantly to succeed in life”
- 35% “felt that it is necessary to prioritize academics because it defines my career path”

Survey conducted by MIHS student, Alice Liang - April 2026

Summary and Questions



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- YFS continues to respond to emergent behavioral health trends in the Mercer Island community
- Particular needs are evident among youth, seniors, and under-resourced communities (more data needed on impact of light rail—response protocols in place)
- Work continues to elevate voices of higher needs populations: Youth Matters (youth) and Seniors Rising (seniors)