



AB 6595: YFS Community Needs Assessment and 2023 WA Healthy Youth Survey



YFS Continuum of Care

Promotion/Prevention

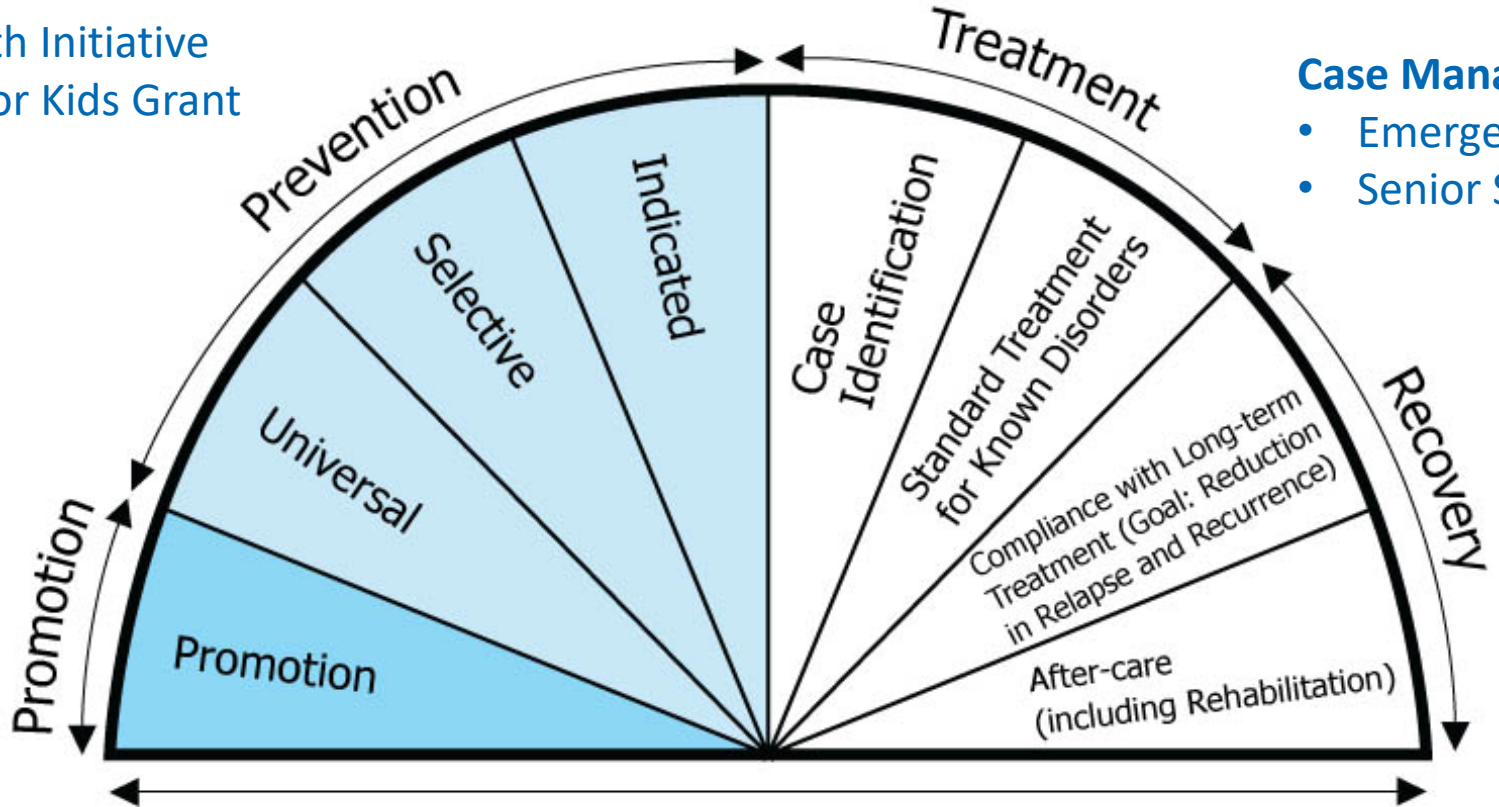
- Healthy Youth Initiative
- Best Starts for Kids Grant

Treatment/Intervention

- Outpatient Therapists
- School-Based Counselors

Case Management

- Emergency Assistance
- Senior Services



Post Pandemic Human Service Landscape on Mercer Island

- **YFS Pandemic Adjustment:** tele-mental health, food security cards, impact of social media, increase rent and food assistance, staffing level changes
- **YFS 2023-2024 Post pandemic adjustments:** modify food security, maintain increase rent and food assistance (need), return to in-person therapy (telehealth option remains)
- **2024-2025 Assess Behavioral Health/ Human Service Needs** in Community to inform YFS programming in the post pandemic recovery phase

YFS Community Needs Assessment (2024)

- BERK Consultants
- 2023-2024 YFS Work Plan
- Previous Assessments (2015, 2019)
- Supported by Pandemic Relief Funds
- Community focus groups, local/regional health survey data, census data

WA Healthy Youth Survey (2023)

- Statewide implementation every 2 years
- Mercer Island School District, Grades 6, 8, 10, 12
- Includes behavioral health and drug/alcohol measures
- Student self-report survey (includes validity/reliability measures)



YFS Community Needs Assessment Key Findings

YFS Community Needs Assessment Key Finding Domains

1. Community Demographics
2. Youth Mental Wellbeing
3. Drugs and Alcohol
4. Parenting
5. Community and Connection
6. Seniors and Older Adults
7. Basic Needs

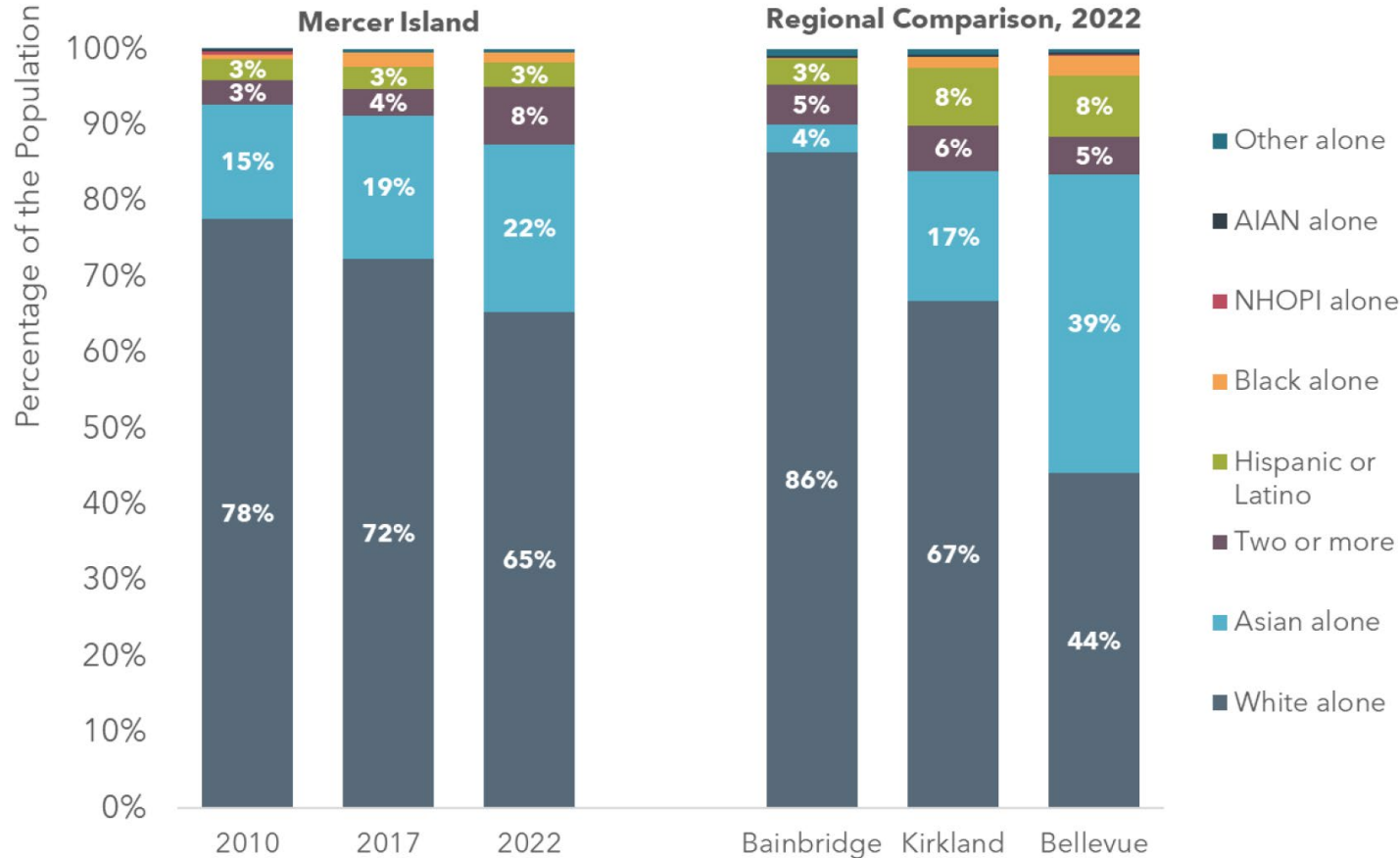


1) Community Demographics

- Largest population increase in Asian and multiracial (two or more races) individuals and families.
- 2023-24 MISD enrollment demographics – first year white students were minority 49%.
- Seniors (age 60+) comprise 27% of population.

1) Community Demographics

Change in race and ethnicity in Mercer Island from 2010 to 2022, and 2022 comparison to regional cities



Notes: AIAN is American Indian and Alaska Native; NHOPI is Native Hawaiian or Other Pacific Islander. Sources: ACS 5-year Estimates 2006-2010, 2013-2017, and 2018-2022; BERK, 2024, Exhibit 1

1) Community Demographics

Race and Ethnicity of Mercer Island Public Schools Students, 2012 and 2023

	2012-13		2023-24	
	Total	Percent	Total	Percent
American Indian / Alaskan Native	14	0.3%	4	0.1%
Asian	805	19%	1,092	27%
Black or African American	52	1%	40	1%
Hispanic or Latino of any race	156	4%	290	7%
Native Hawaiian / Other Pacific	10	0.2%	6	0.2%
Two or more races	200	5%	582	15%
White	3,105	72%	1,961	49%
Total	4,342		3,975	

Sources: WA Office of Superintendent of Public Instruction; BERK 2024

Sources: WA Office of Superintendent of Public Instruction; BERK 2024, Exhibit 4.

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As shown in Exhibit 7, student enrollment overall has declined since the 2012-2013 school year with 367 fewer students.

1) Community Demographics

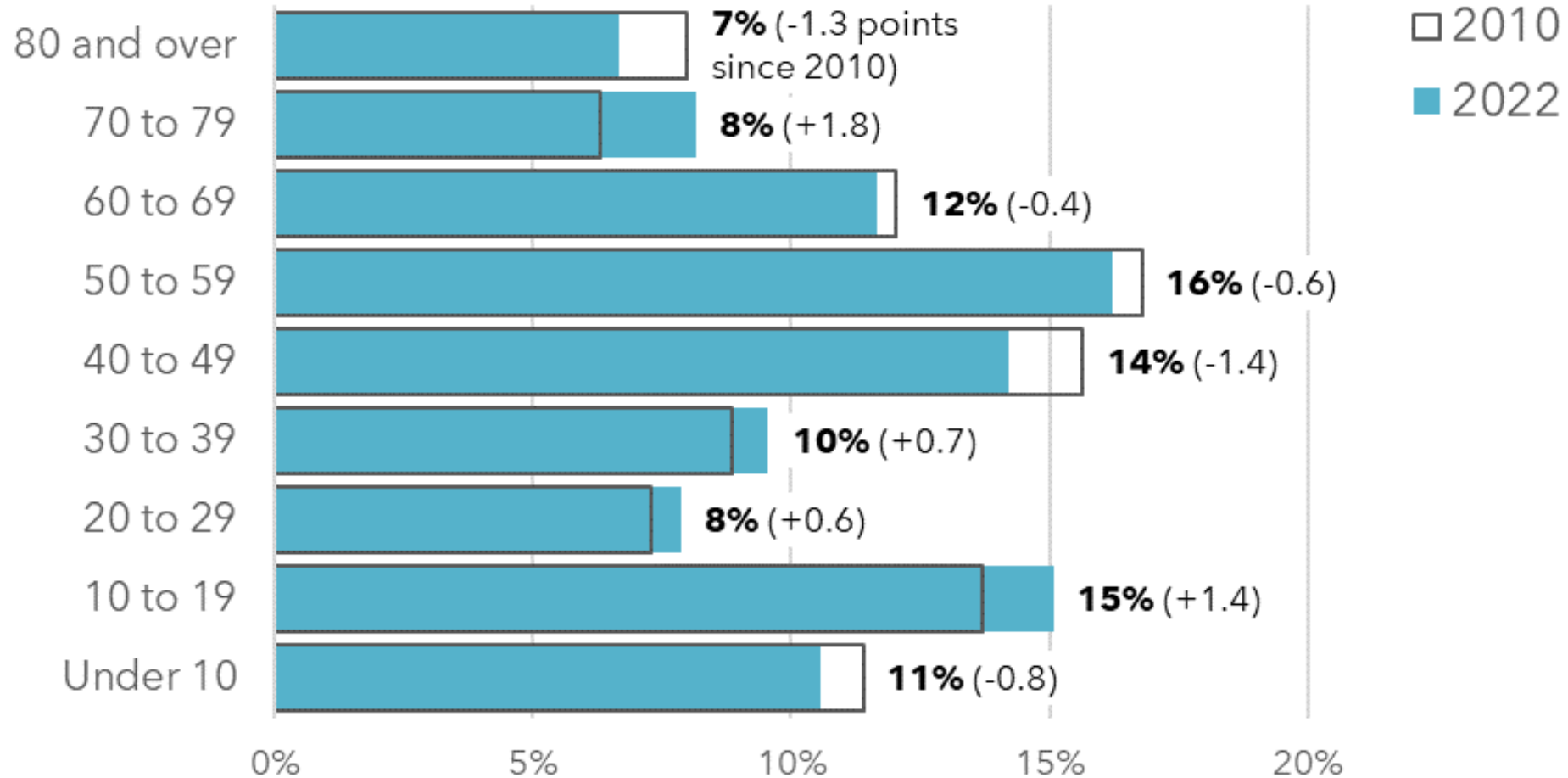
Student sexual orientation by percentage by grade level, 2023

Sexual Orientation	Grade 8	Grade 10	Grade 12
Heterosexual/straight	78%	77%	70%
Bisexual	8%	12%	18%
Something else fits better	6%	4%	8%
Questioning/Not sure	6%	4%	7%
Gay or lesbian	5%	5%	6%
I do not know what the question is asking	7%	3%	2%

Note: These are not mutually exclusive categories and thus do not sum to 100%.

1) Community Demographics

Change in Age Distribution from 2010 to 2022



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2) Youth Mental Wellbeing

- High achieving community increases pressure on youth to succeed.
- Higher than state average alcohol/marijuana use and anxiety.
- Depression/ suicide ideation close to state average, still too high.
- Access to supportive adults, health/mental health resources higher than state averages.
- Higher than state average on “Hope scale”.

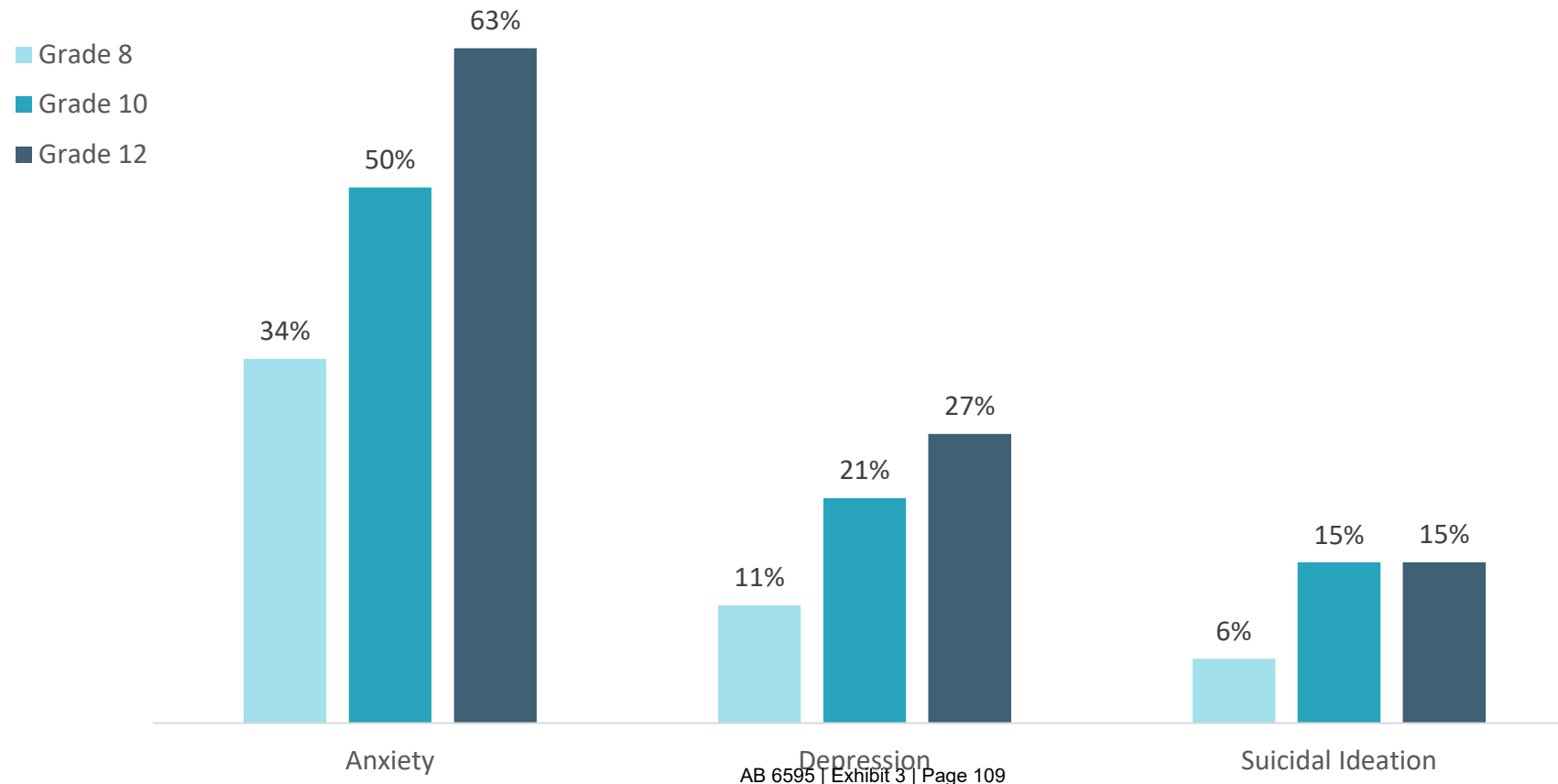


Youth Mental Wellbeing

- *“Socializing with people online is way different than making friends in person. The pandemic stunted my social skills. It was a setback.” – MIHS student*
- *“There is pressure to take rigorous courses. You completely disregard your mental health for academic excellence.” – MIHS student*
- *“(It is) constantly balancing societal expectations for your future.” – MIHS student*

2) Youth Mental Wellbeing

Percent of Mercer Island students who experienced anxiety, have depressive feelings, or have suicidal thoughts during the last 12 months, by grade level (2023)

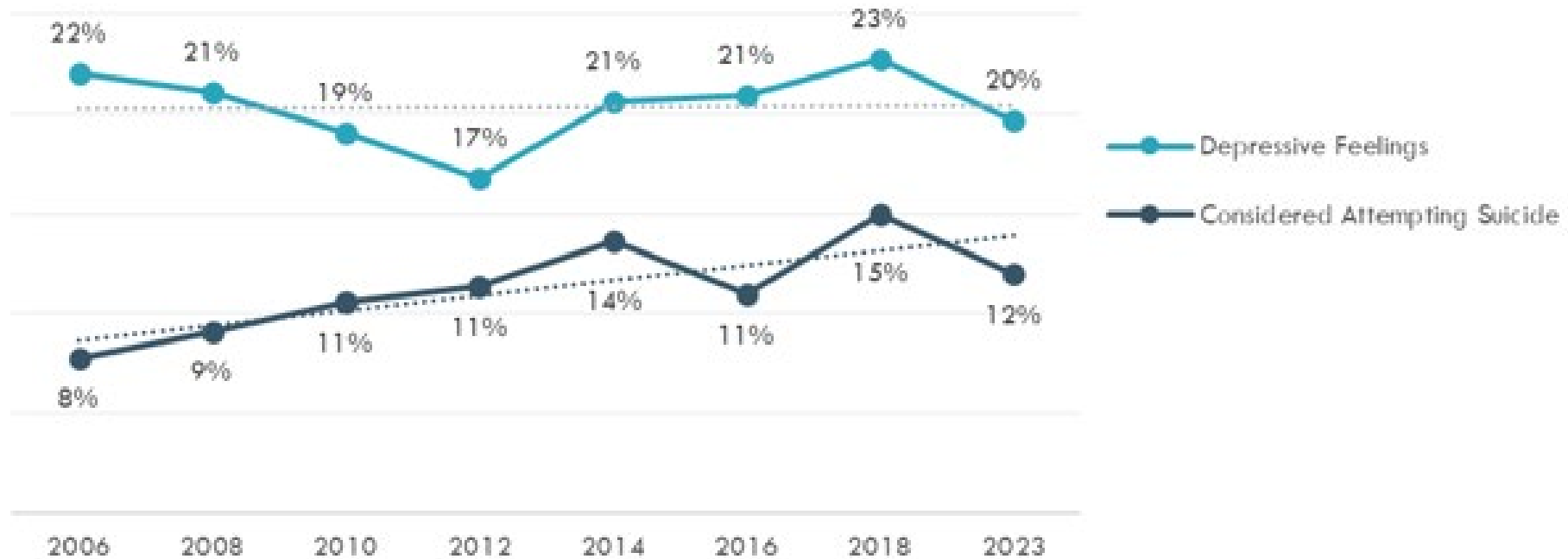


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Sources: Washington State Healthy Youth Survey, 2023; BERK 2024, Exhibit 10.

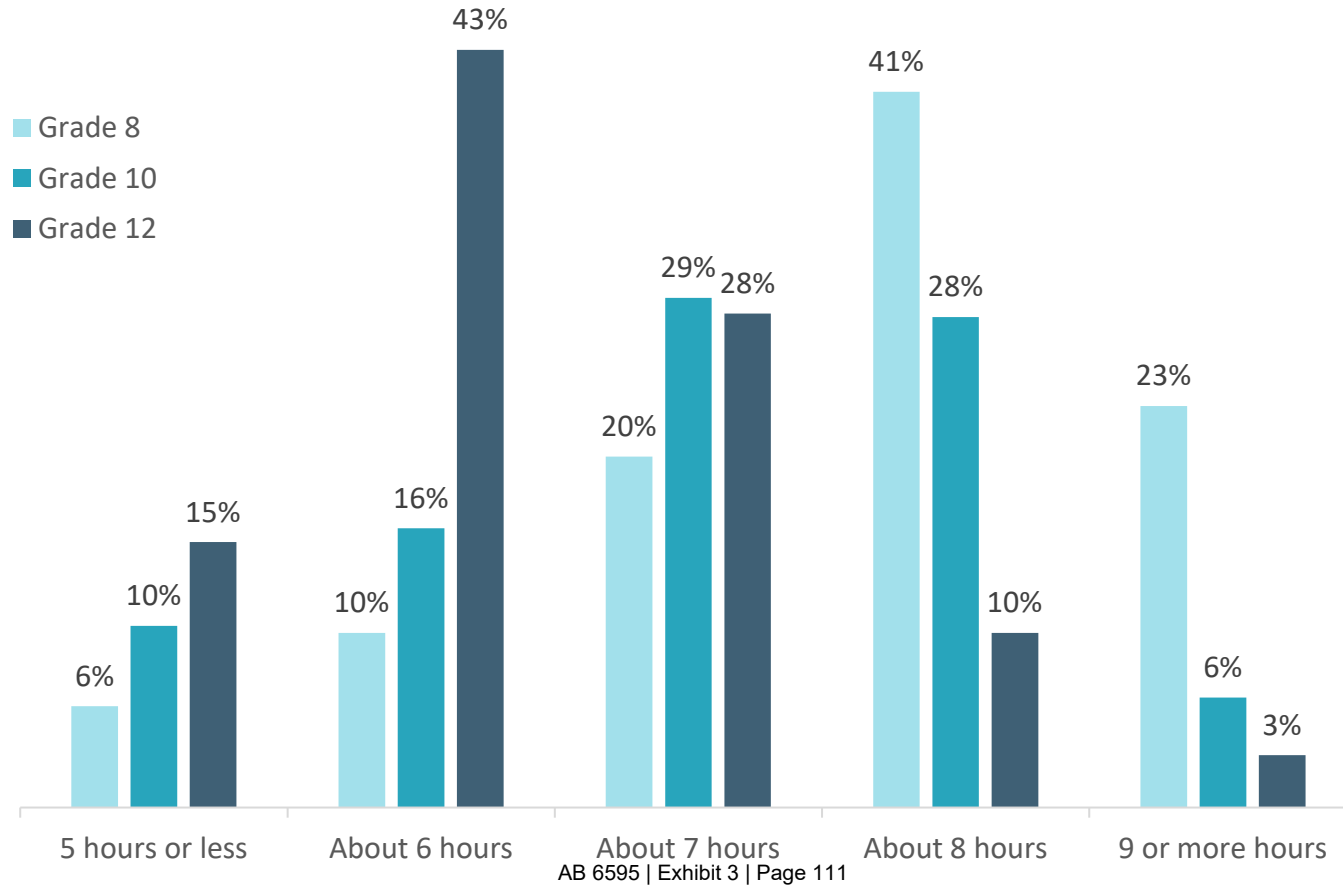
2) Youth Mental Wellbeing

Change in the percent of students reporting depressive feelings or suicidal thoughts during the last 12 months, 2006 through 2023.



2) Youth Mental Wellbeing

Average hours of sleep per school night by Mercer Island students by grade level (2023)

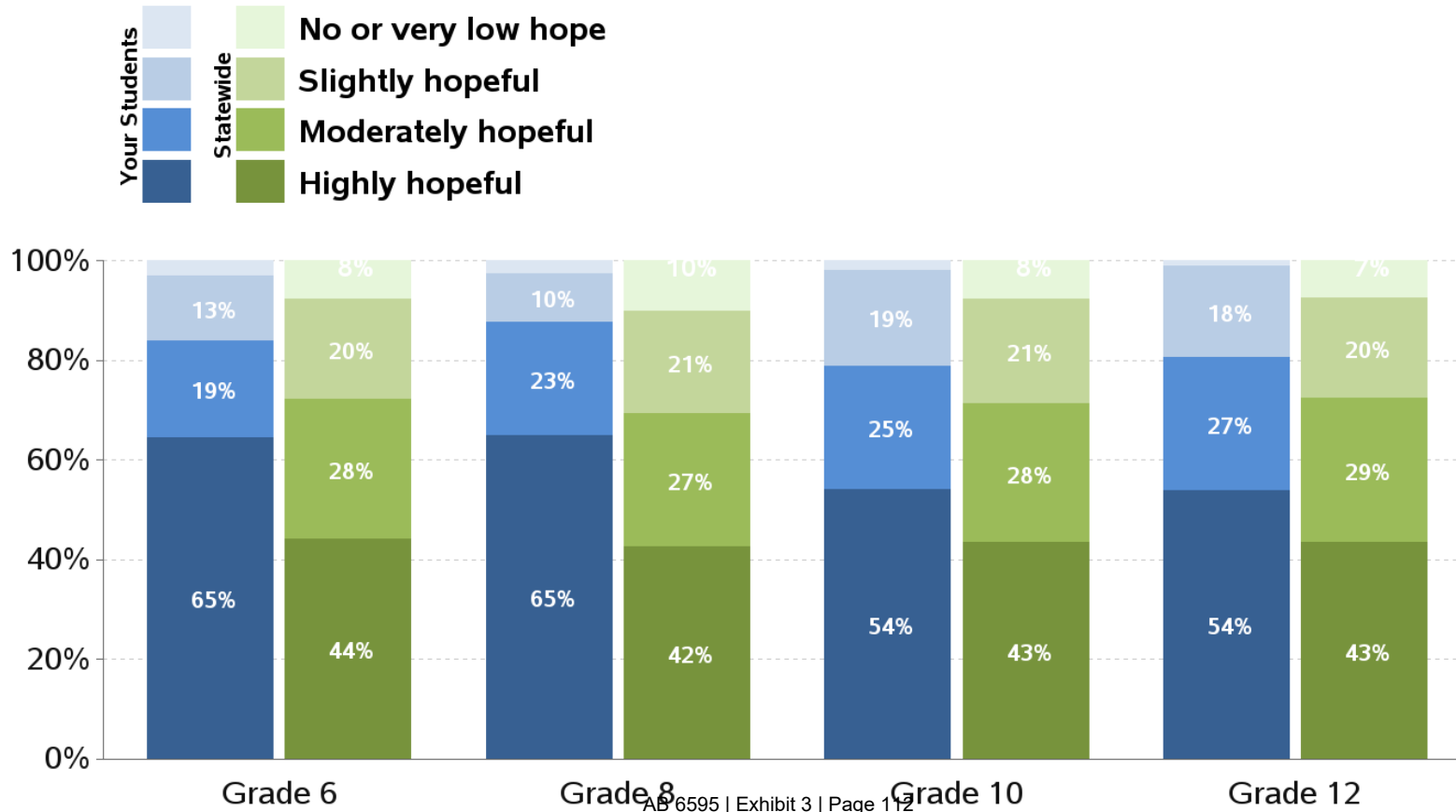


Sources: Washington State Healthy Youth Survey, 2023.

2) Youth Mental Wellbeing

Mercer Island Student Hope Scale

Hope reflects a future orientated mindset and motivational process toward attaining a desirable goal. Research links hope with overall physical, psychological, and social well-being.



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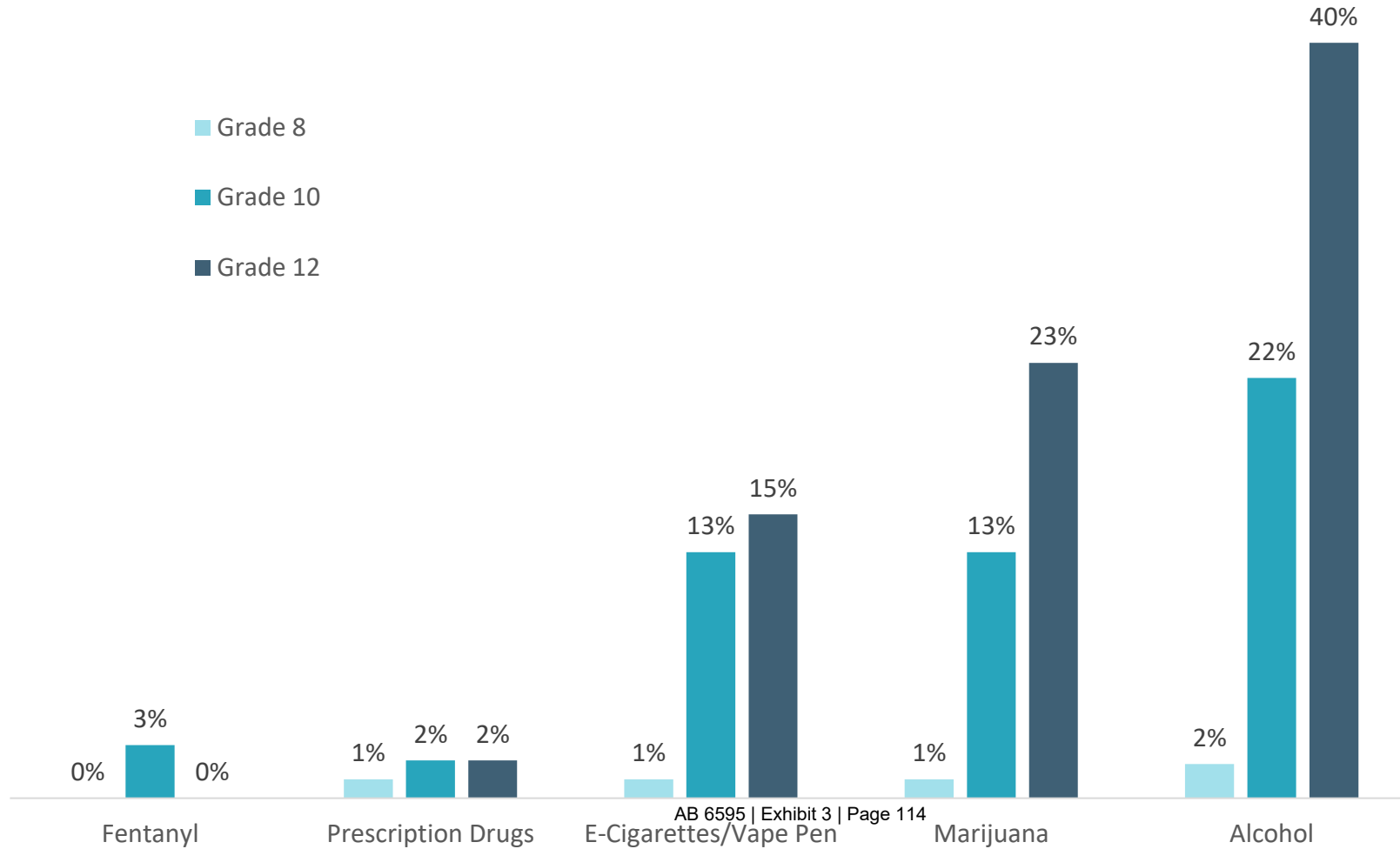


3) Drugs and Alcohol

- Underage alcohol use remains above state average (grades 10 & 12).
- Binge drinking a particular concern.
- # youth using marijuana same; high potency product a concern.
- Over time, alcohol use is declining.
- Vape use increase; loose regulations.
- Fentanyl remains concern regionally; almost zero MI youth using.

3) Drugs and Alcohol

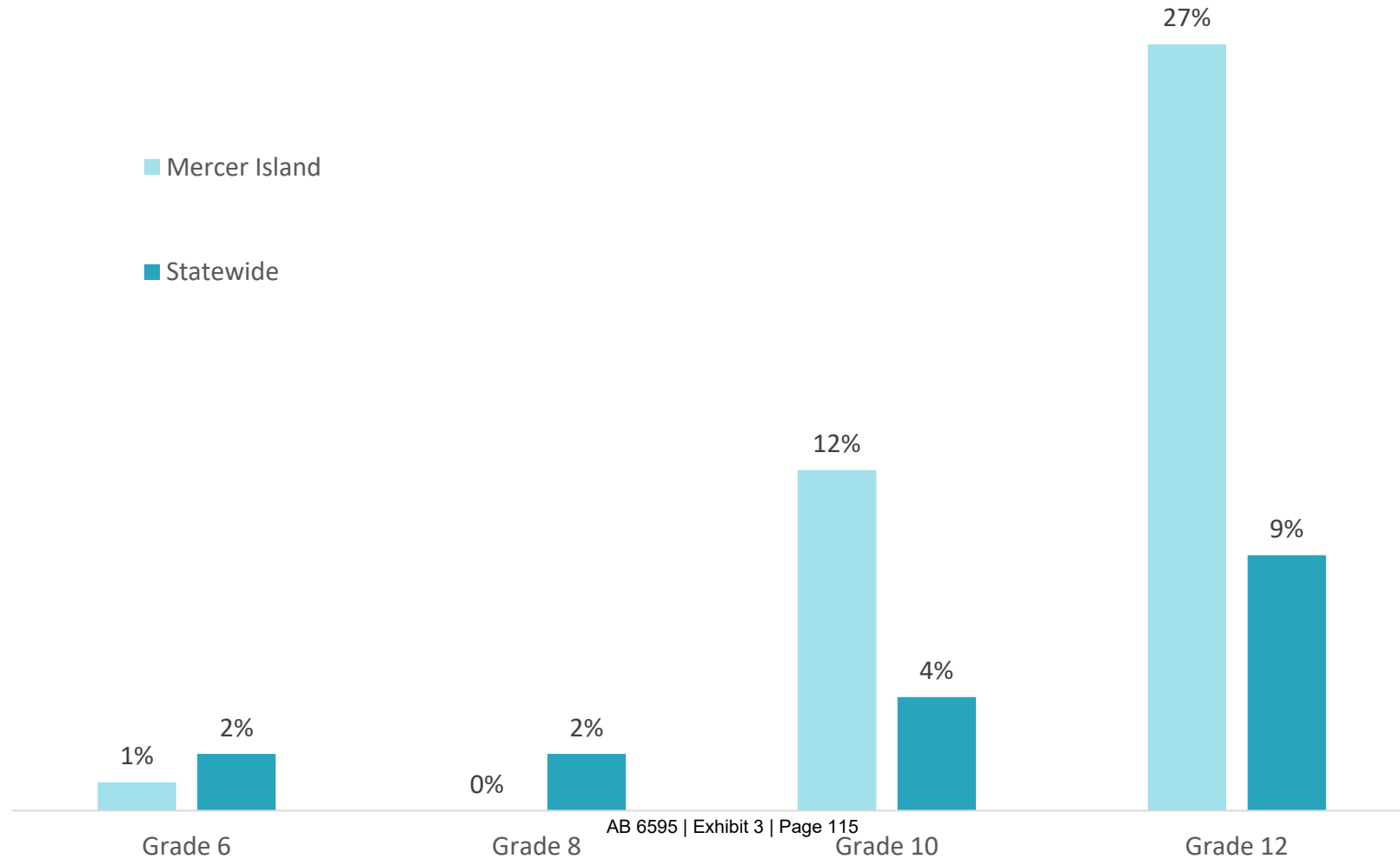
Percent of Mercer Island students reporting substance use within the last 30 days by grade level (2023)



Sources: Washington State Healthy Youth Survey 2023.

3) Drugs and Alcohol

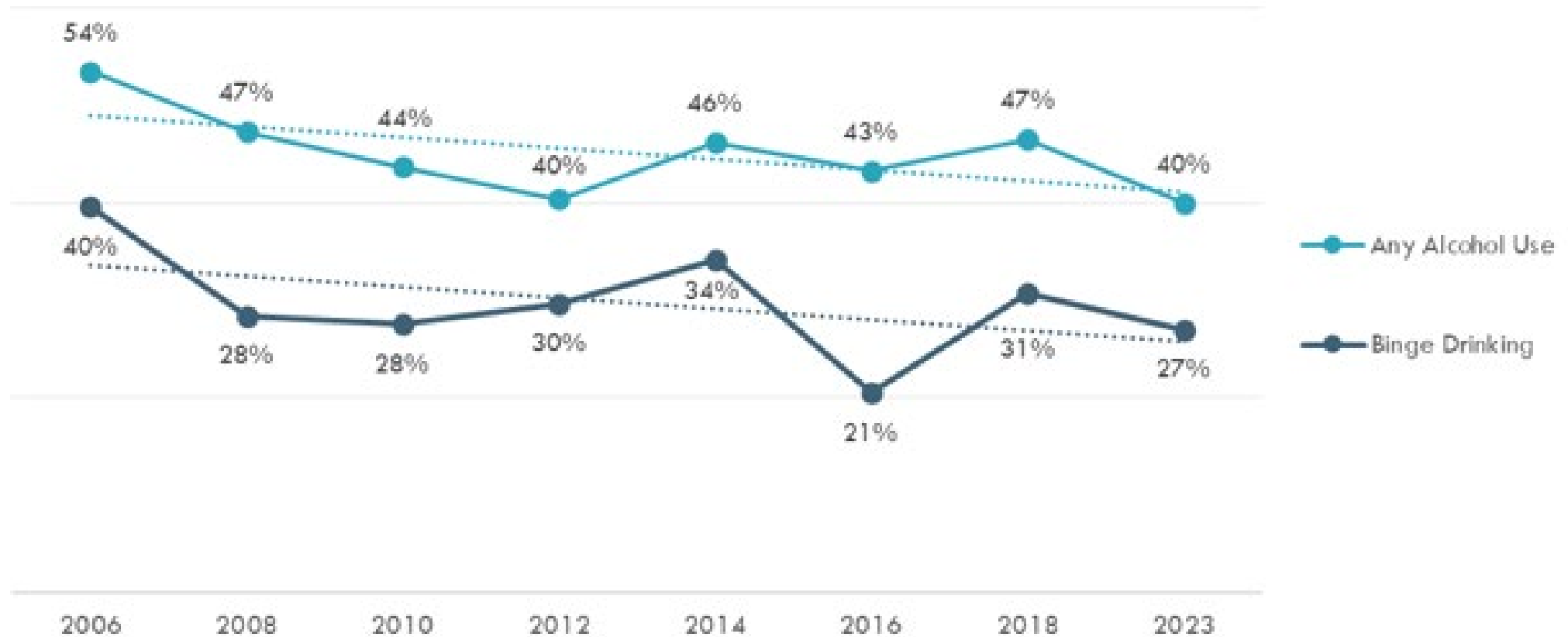
Percent of Mercer Island who report binge drinking (5 or more drinks in a row) in the past 2 weeks (2023)



Sources: Washington State Healthy Youth Survey 2023.

3) Drugs and Alcohol

Change in the percent of students reporting any alcohol use or binge drinking in the last 30 days, 2006 through 2023

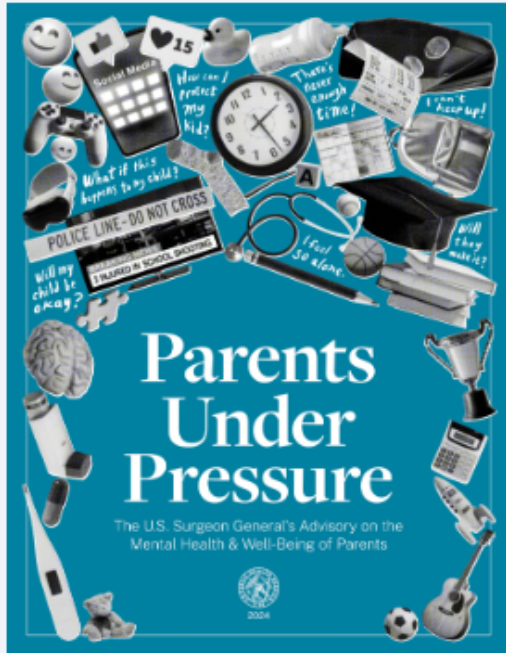




4) Parenting

- Parents report experiencing burnout and high levels of stress
- Impact of the COVID-19 pandemic on children increased needs and resources sought by parents
- Growing demand for culturally relevant resources to equip immigrant parents with tools

4) Parenting



Parents Under Pressure: The U.S. Surgeon General Advisory on the Mental Health and Well-Being of Parents

This Surgeon General's Advisory highlights the stressors that impact the mental health and well-being of parents and caregivers, the critical link between parental mental health and children's long-term well-being, and the urgent need to better support parents, caregivers, and families.

Source: US Department of Health and Human Services <https://www.hhs.gov/sites/default/files/parents-under-pressure.pdf>



5) Community and Connection

- The pandemic had a significant impact on the sense of belonging and connection that many residents of all ages and backgrounds relied on for community and identity.
- *“As a community we need opportunities to organically connect. Social in-person support and safe fun places for kids and adults are things we are lacking as a community.”* - Parent



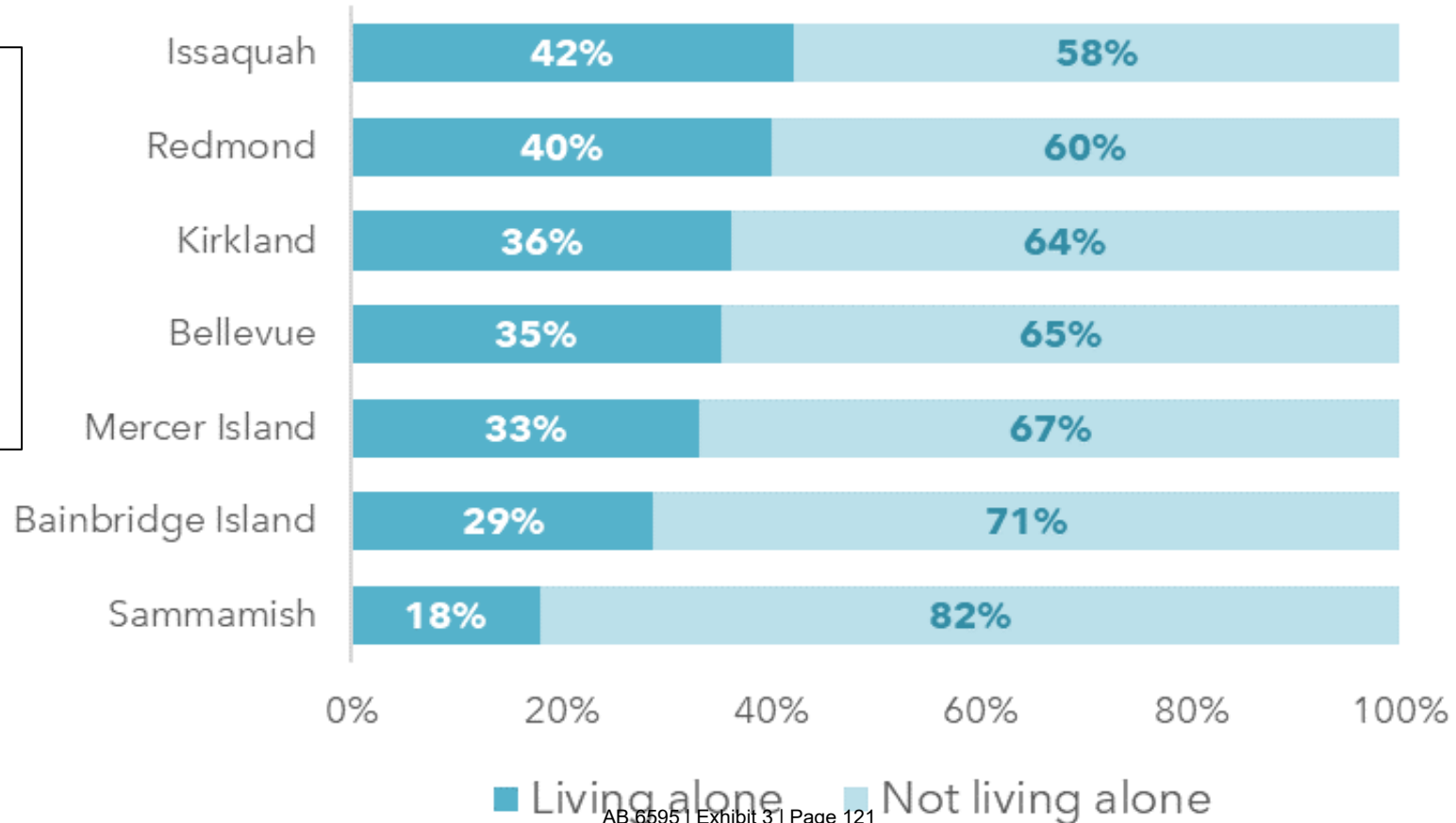
6) Seniors and Older Adults

- Isolation and lack of connection remain a concern.
- Elderly residents are impacted by limited transportation and local resources.
- Seniors are experiencing mental health issues, specifically anxiety, depression, grief, and memory loss.
- Need for increased communication about resources, activities, and opportunities.
- *“Not only do we get seniors wanting more resources and opportunities for connection, but adult children also want resources for their aging parents.”* – MIYFS staff

6) Seniors and Older Adults

Households with a Person 65 Years or Older, Living alone versus Not Living Alone, Mercer Island and Comparison Cities (2022)

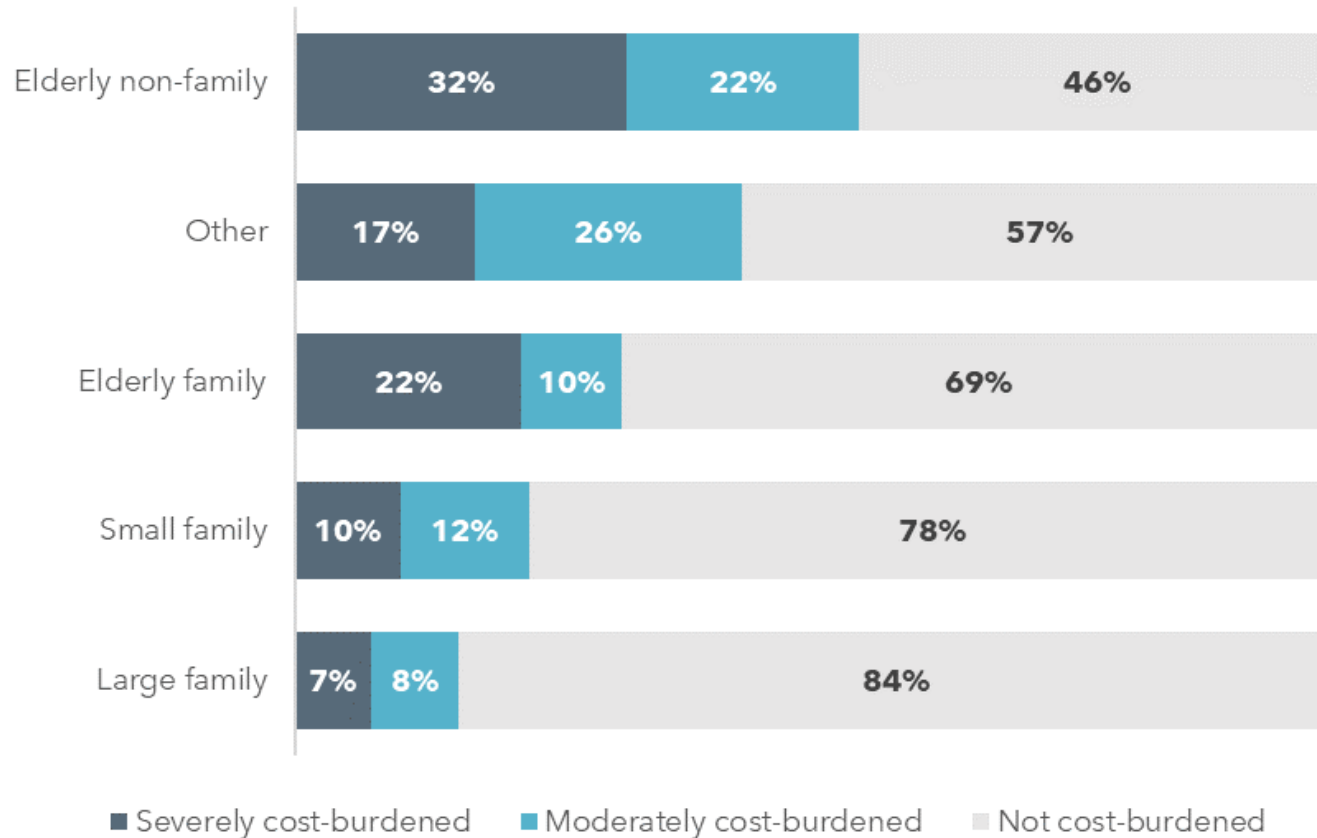
Seniors (age 60+) comprise 27% of MI population
33% of those seniors are living alone



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6) Seniors and Older Adults

Housing Cost-Burden Status by Household Type, 2020



*Moderately cost-burdened = household spends more than 30% of its income on rent and utilities.
Severely cost-burdened = household spends more than 50% of its income on these expenses.*

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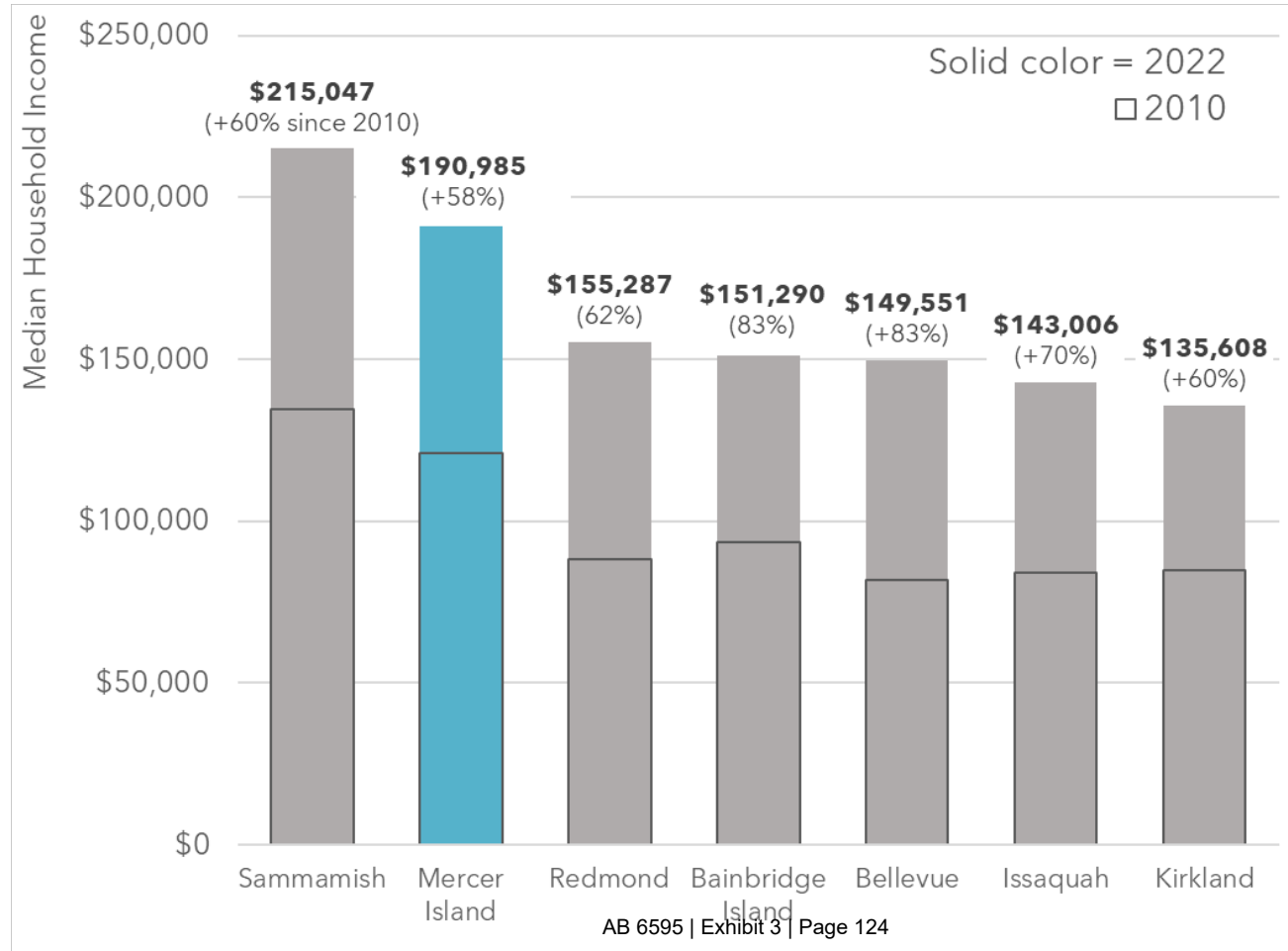


7) Basic Needs

- 5% of MI lives in poverty.
- Increased demand for support with meeting basic needs.
- Financial insecurity concern among older adults on fixed incomes.
- Stressors include unexpected employment and medical issues, childcare cost, inflation, sunseting pandemic supports.
- Demand for food assistance quadrupled during the pandemic; current levels down but above 2019 levels.

7) Basic Needs

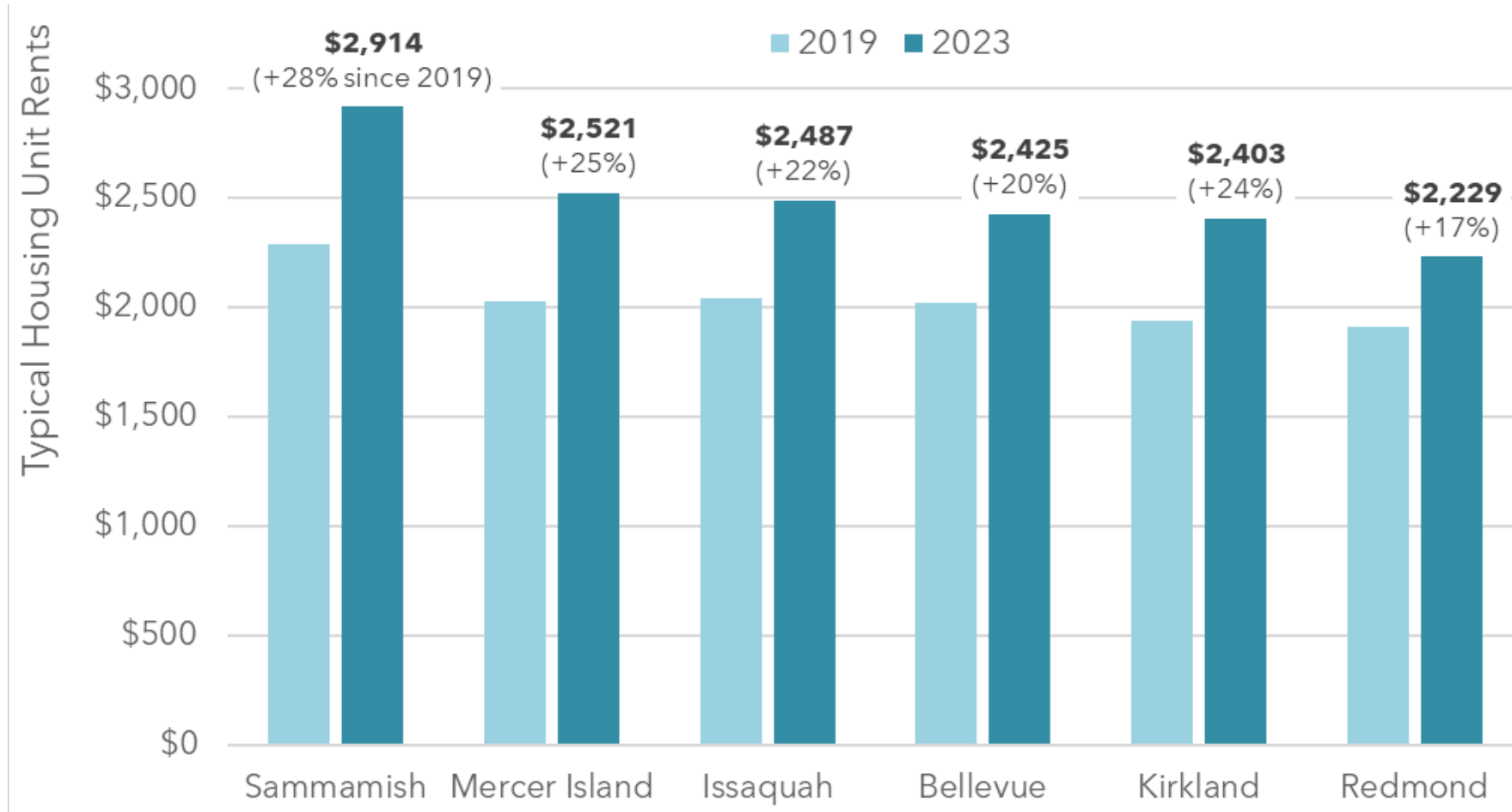
Median Household Income, Mercer Island and Comparison Cities, 2010 and 2022



Note: Median household incomes represent nominal dollars for 2010 and 2022.
Sources: American Community Survey 5-year Estimates; BERK 2024, Exhibit 19.

7) Basic Needs

Typical Housing Rent Prices, Mercer Island and Comparison Cities, 2019 and 2023



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Note: Data not available for Bainbridge Island before 2023, and not consistently available for the other comparison cities before 2019.
Sources: Zillow Observed Rent Index; BERK 2024, Exhibit 22.



YFS

Considerations and Opportunities

YOUTH

Considerations and Opportunities

- Maintain low barrier access to mental health support in schools and community. *(YFS counseling programs)*
- Continued focus on prevention services to address youth and young adult drug and alcohol misuse. *(Healthy Youth Initiative)*
- Encourage broader definition of success; belonging.
- Elevate youth voice.
- Continued youth/parent suicide prevention education. *(YFS/Forefront partnership)*

PARENTS

Considerations and Opportunities

- Expand parent education. (*Parenting Mercer Island*)
- Provide opportunities for parent/child connections. (*Best Starts for Kids Grant*)
- Tailor parent programs to reach growing demographic groups and address unique experiences of immigrant families.
- Encourage opportunity for community connection.

SENIORS

Considerations and Opportunities

- Senior support services and opportunities for connection and relationship building. (YFS Senior Services)
- Needs of immigrant families that consider language barriers and cultural differences.
- Senior support programs and support for care partners. (*YFS Senior Support Groups*)
- Increase senior access to existing services. (*“Mercer Island Seniors Rising Newsletter”*)

COMMUNITY

Considerations and Opportunities

- Continue to support our most vulnerable with basic needs. (YFS Emergency Assistance Program, Mobile Food Market)
- Address specific needs arising from demographic changes and historically marginalized groups.
- Support safe spaces for marginalized communities.
- Stronger, more meaningful community connections.
(YFS Town Halls)



CITY OF MERCER ISLAND
YOUTH & FAMILY SERVICES



We are here to help.