

Healthy Minds: What we do



HEALTHY MINDS
POLICY INITIATIVE

- Data-driven **research** and **problem-solving** – not advocacy
- Identifying and advancing **policy** to improve systems
- Building a **better climate** for change

We support policymakers with collaborative, data-informed strategies and approaches that **reduce the devastating effects of mental illness and substance use disorder** on Oklahomans, their communities and their state budget.



Youth Suicide Prevalence

- Youth Risk Behavior Survey responses from 2009 to 2019 showed a significant increase in youth who reported persistent sadness or hopelessness and who had seriously considered, planned or attempted suicide.
- The 2019–2020 Oklahoma Prevention Needs Assessment survey results show an increase in the number of students experiencing depressive symptoms and thoughts of suicide.
- Mental health prevalence estimates for Oklahoma indicate that in any given year more than 54,600 children and youth ages 6–17 will experience a major depressive episode,⁶ that almost 51,500 will struggle with a serious emotional disorder⁷ and that more than 24,800 will attempt suicide

Prevalence Data by Condition

| Oklahoma County, Tulsa County and Statewide Mental Health Prevalence Data | | | |
|---|-------------------------------------|----------------|----------------|
| Conditions | Children and Youth (6–17) Estimates | | |
| | OK County | Tulsa County | Oklahoma |
| Total Population (6–17) | 132,223 | 107,577 | 643,415 |
| Ages 6–11 | 68,397 | 54,815 | 322,382 |
| Ages 12–17 | 63,826 | 52,762 | 321,033 |
| Mental Health Conditions | | | |
| Major Depressive Episode ⁵² | 9,826 | 7,952 | 54,609 |
| Bipolar ⁵³ | 1,468 | 1,214 | 7,384 |
| PTSD ⁵⁴ | 1,915 | 1,583 | 9,631 |
| Co-Occurring MDE and SUD ⁵⁵ | 1,147 | 929 | 6,376 |
| First Episode Psychosis (16–17) ⁵⁶ | 9 | 8 | 49 |
| Serious Emotional Disturbance (Ages 6–17) ⁵⁷ | 10,578 | 8,606 | 51,473 |
| Attempted Suicide ⁵⁸ | 4,864 | 4,030 | 24,833 |

Youth Pandemic Suicide Trends

- Centers for Disease Control and Prevention (CDC) provisional data indicate that during the third quarter of 2020, the suicide rate for youth ages 15–24 increased by two deaths per 100,000. There was no change in the suicide rate for children ages 5–14.
- St. Francis Health System in Tulsa reports an 84% increase in behavioral health encounters at their Pediatric Emergency Centers (PEC) since FY 2019. Approximately eight out of every 10 PEC behavioral health encounters are for suicidal ideations or suicide attempts.
- Eight INTEGRIS emergency rooms admitted 332 children and youth to pediatric inpatient beds because of suicidal thoughts or behaviors between January and June 2021.¹

Policy Solutions

- **School Based Mental Health Services:** Youth with school problems were identified as 3.1 to 7.4 times more likely to attempt suicide than those without problems in school, depending on gender and ethnic background. Multi-tiered Systems of Support match students need with the appropriate level of service.
- **Youth Mobile Crisis Response**
- **988 Implementation**
- **ODMH Resources:** Youth Mental Health First Aid Training, Kognito Interactive Online Training, QPR Training, Faith.Hope.Life