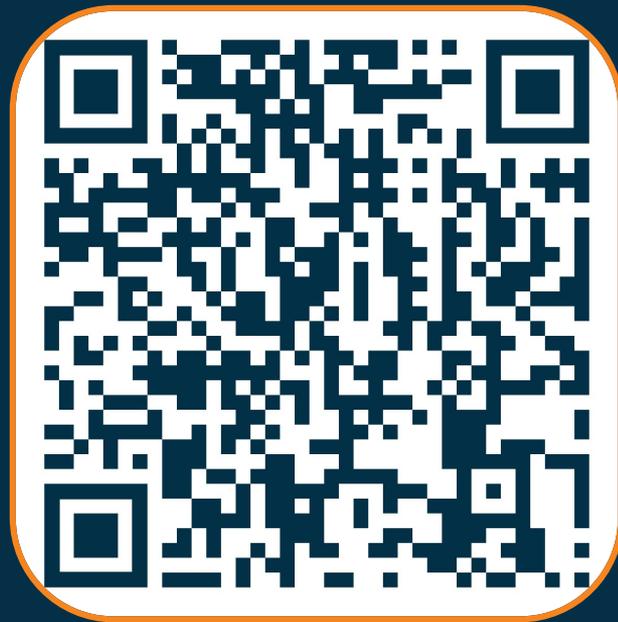


Marsing Data Walk 2025

# Creating the Best Possible Communities For Youth



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to Sign In**



# Who We Are

Communities for Youth is an Idaho-based initiative focused on improving youth mental health and well-being through upstream prevention.



# What We Do

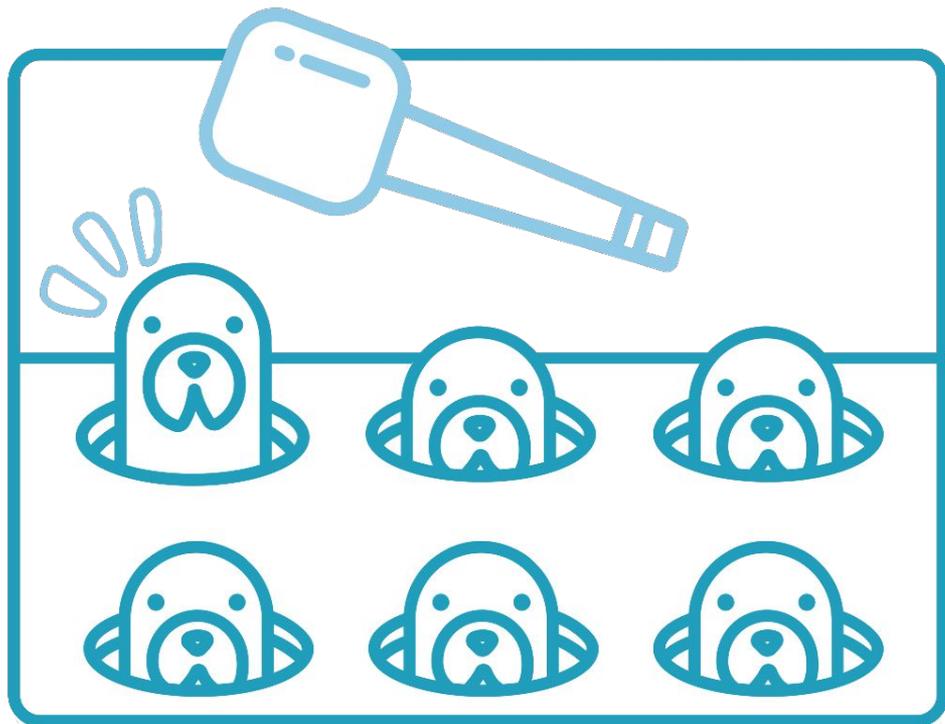
- We build community capacity to make data-driven decisions.
- Engaging youth is at the heart of our process.
- We partner with schools, parent groups, hospitals, local law enforcement, business leaders, and more.



# Our Why



# Kids Keep Us on Our Toes



**Being an adult that cares about kids right now can often feel like playing Whack-A-Mole...**

# Upstream Prevention



- Work on root causes instead of waiting for crisis to occur.
- Addressing mental health and well-being takes more than clinicians, speakers, or programs.
- We can co-create school communities high in protective factors and low in risk factors.

# The Scope of the Problem



**Has to match the scope of the solution...**

# Our Process

## BUILD A COMMUNITY COALITION

The first step is convening members of your community that want to help young people thrive. Coalitions can include everyone from educators and service providers to youth, parents and extended family, to policy makers, the business community and others.

## KEEP THE CONVERSATION GOING

The final step is to sustain momentum for building the best possible community for young people. Regular youth data collection helps communities check their progress. Growing the coalition helps create new opportunities to support young people.



## CENTER THE YOUTH EXPERIENCE

The second step is collecting information from teens in your community to better understand their experiences, and the things in their lives that may be hurting or helping their health. This step is usually completed in collaboration with local schools.

## SET GOALS AND TAKE ACTION

The third step is sharing the youth data, evidence on what works, and your knowledge of your community to determine ways to address challenges or promote strengths related to youth well-being locally.

# Upstream Prevention Benefits

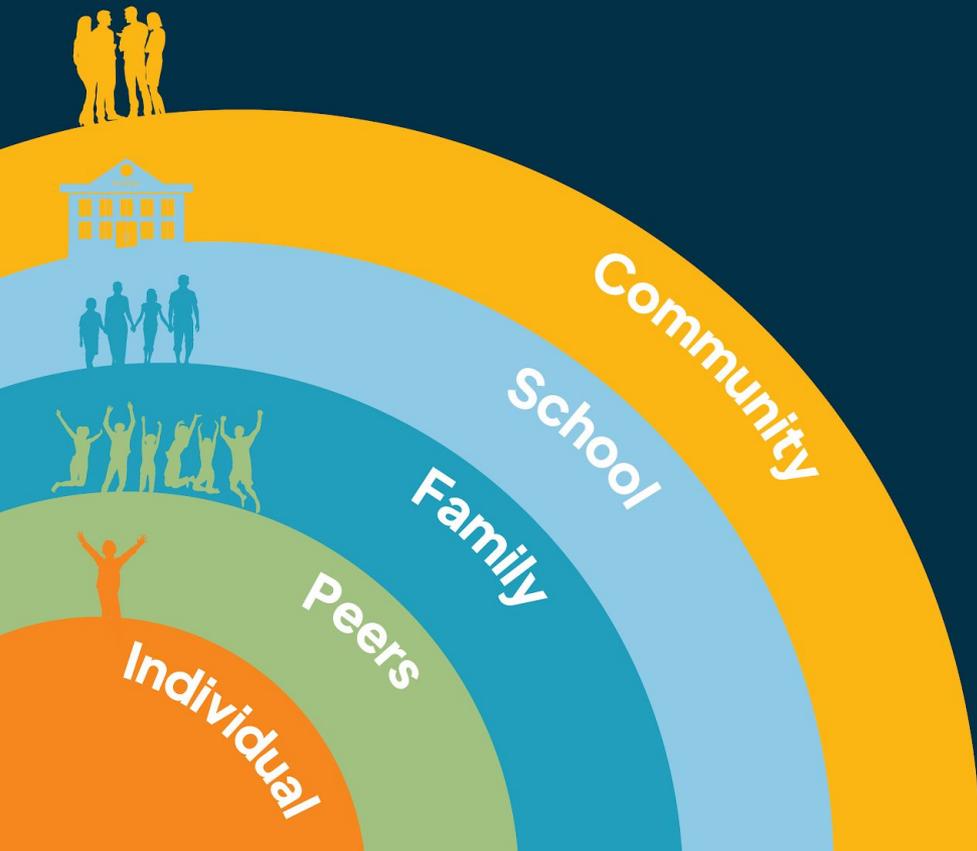
The process doesn't change...  
We can focus on what truly matters and work from our strengths.

Builds capacity and sustains attention to create the best possible conditions for kids.

Helps everyone see the role they can play and makes it possible for them to come together.

**Evidence says... it works, really well!**

# Risk and Protective Factors



Students' lives are impacted on many different levels

# Risk and Protective Factors

- Age
- Genders
- Disability
- Beliefs
- Knowledge
- Attitudes
- Coping Skills
- Sexual Orientation

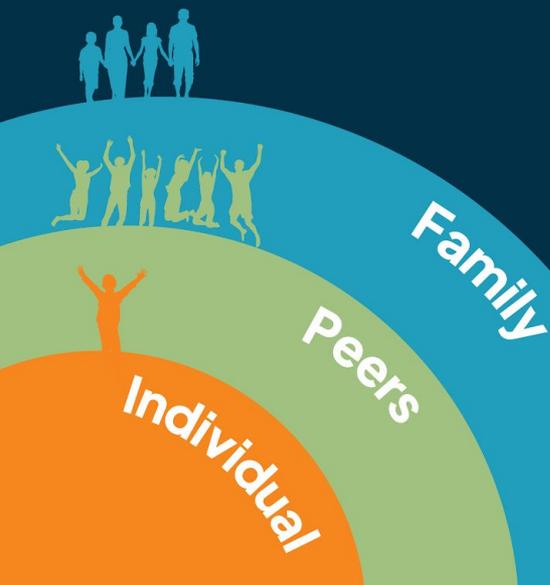


Individual

# Risk and Protective Factors

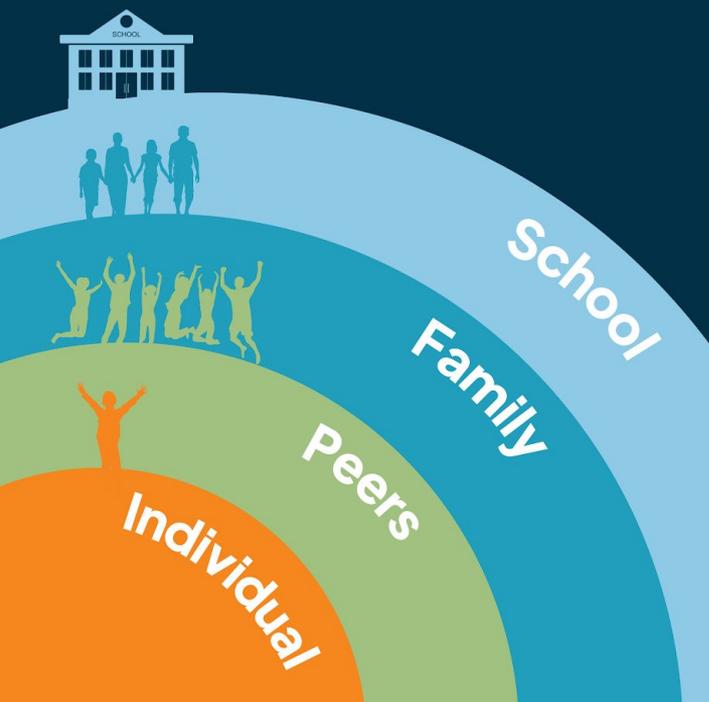
- 
- A diagram consisting of two overlapping semi-circles. The bottom semi-circle is orange and labeled 'Individual' in white text. The top semi-circle is light green and labeled 'Peers' in white text. On the orange semi-circle, there is a silhouette of a person with arms raised. On the green semi-circle, there is a silhouette of a group of five people with arms raised.
- Peer Influence
  - Friend Social Support
  - Friend Depression
  - Sexual Harassment
  - Violence and Bullying

# Risk and Protective Factors



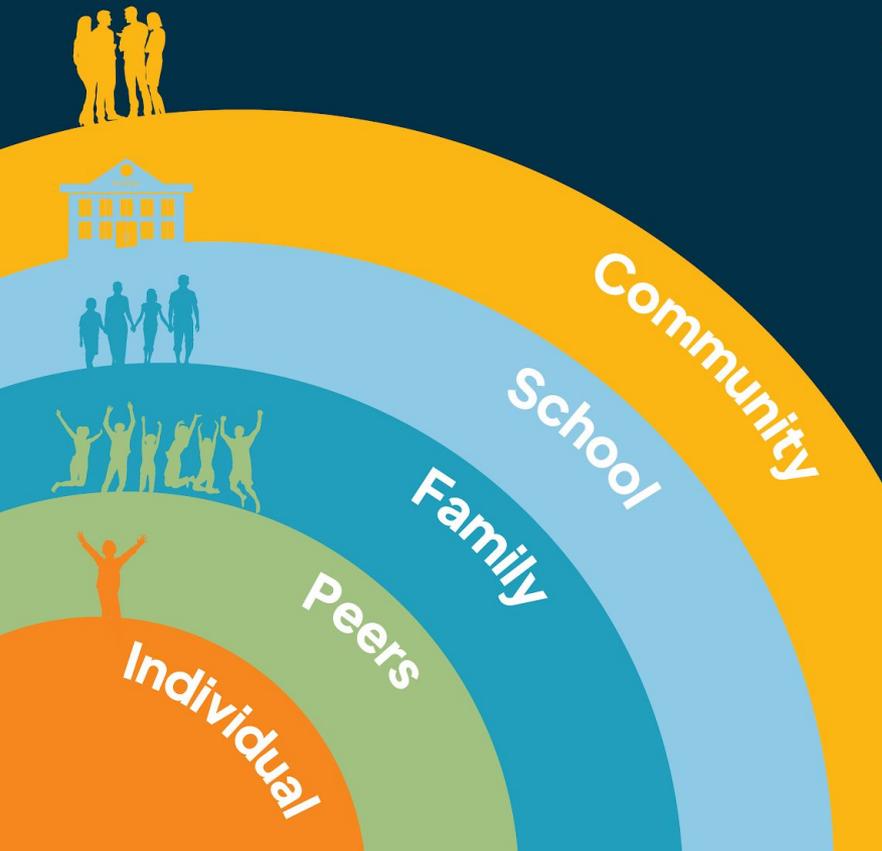
- Family Support
- Family Mental Health
- Relationships with:
  - Parents
  - Caregivers
  - Siblings
- Parental Monitoring
- Financial Stability
- Domestic Violence
- Trauma

# Risk and Protective Factors



- Academic Pressure
- School Climate
- Connectedness
- Relationship with Teachers and School Leaders

# Risk and Protective Factors



- Inequality
- Media and Technology
- Popular Culture
- Government Policies
- Community Support
  - Mentors, Faith Leaders. Etc.
- Neighborhood Safety
- Access to Green Spaces
- Healthy Food and Health Care
- Housing
- Clean Air

# Risk and Protective Factors



Make it more likely or less likely that a health outcome will occur

# Exploring Youth Well-being Together

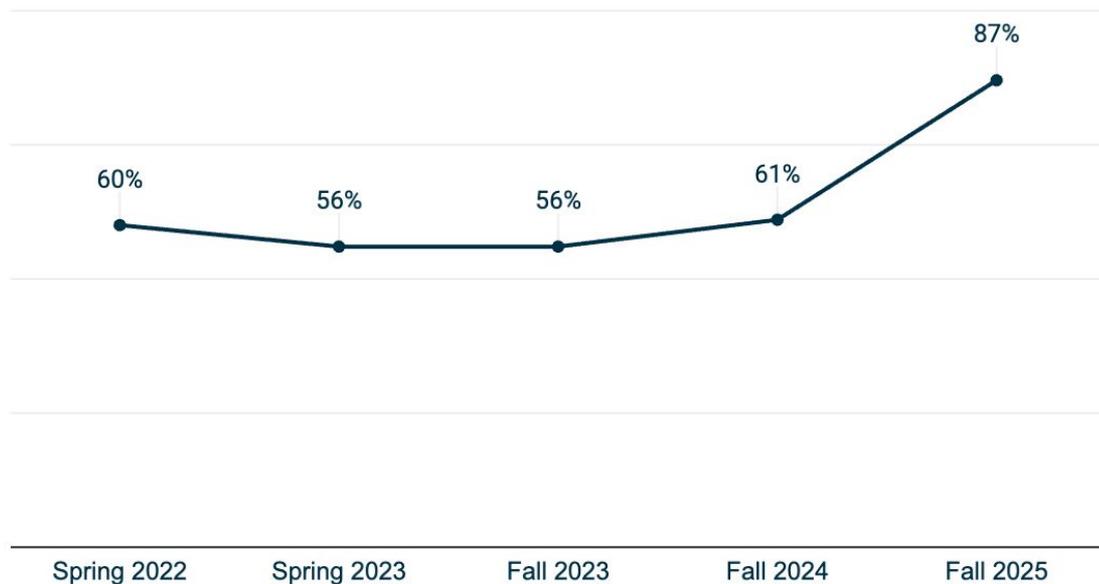


*Dknight263's S24 Ultra  
Feb 20, 2025 12:11*

# Encouraging Gains in Healthy Habits

## Change in Physical Activity Over Time

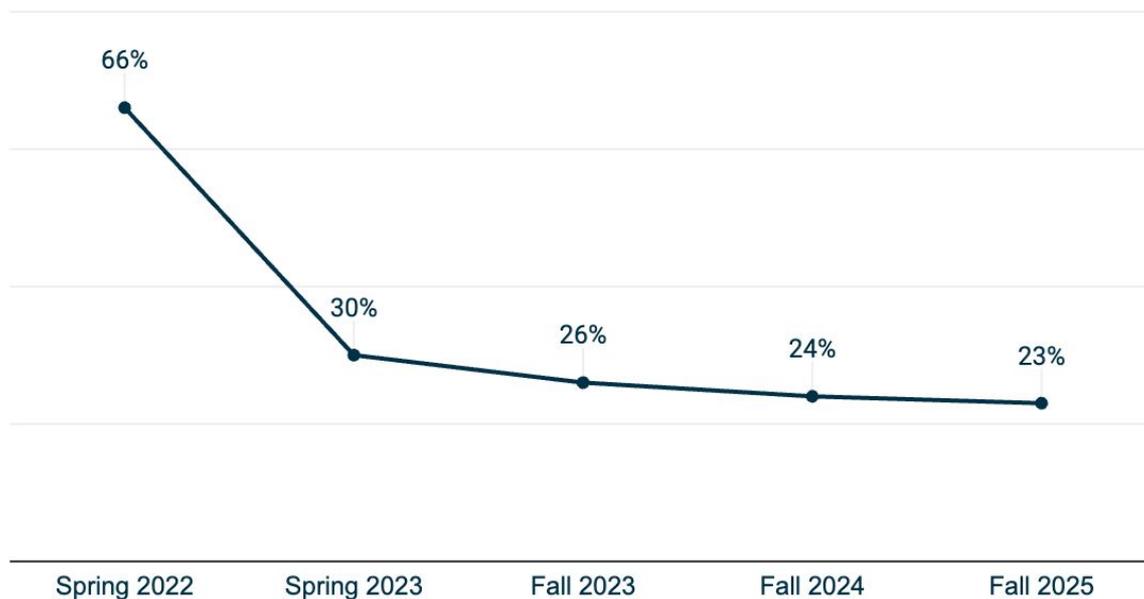
% reporting they have 1 hour or more of physical activity per day



# Brighter Outlooks, Stronger Communities

## Change in Depression Over Time: Marsing Students

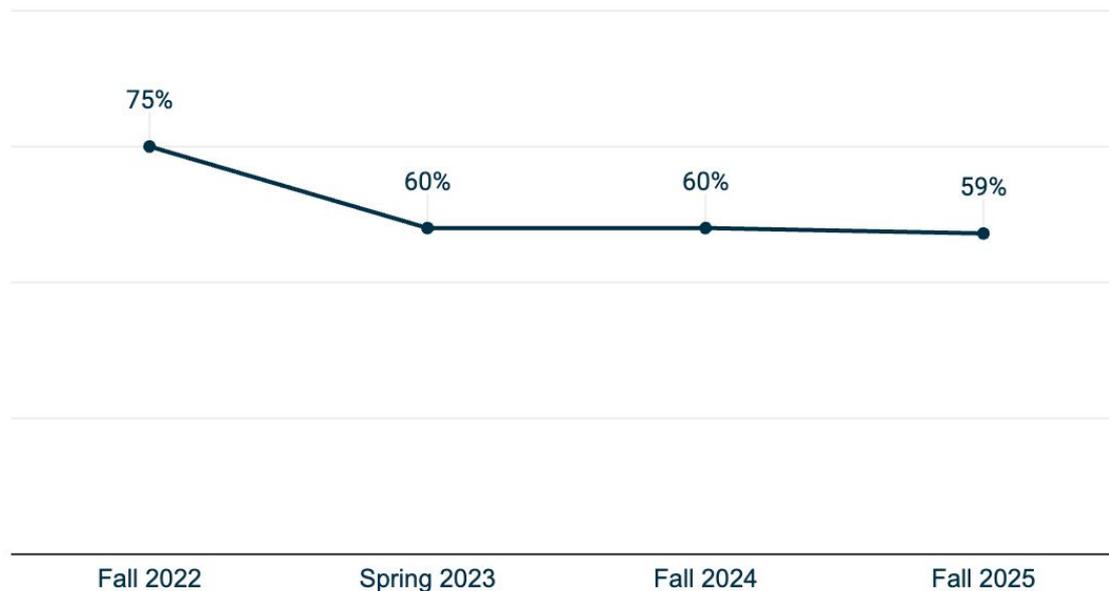
6th - 12th Grade



# Opportunity for Targeted Improvement

## Change in Trusted Adult Over Time

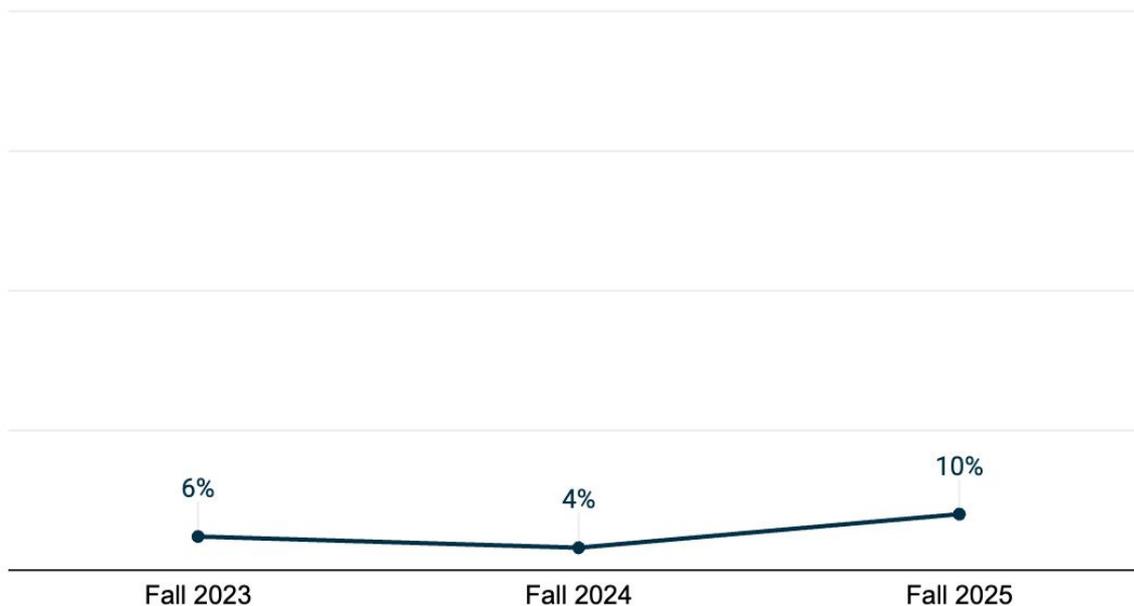
% reporting they have a trusted adult outside of their immediate family



# Understanding Barriers to Well-Being

## Change in Social Isolation Over Time

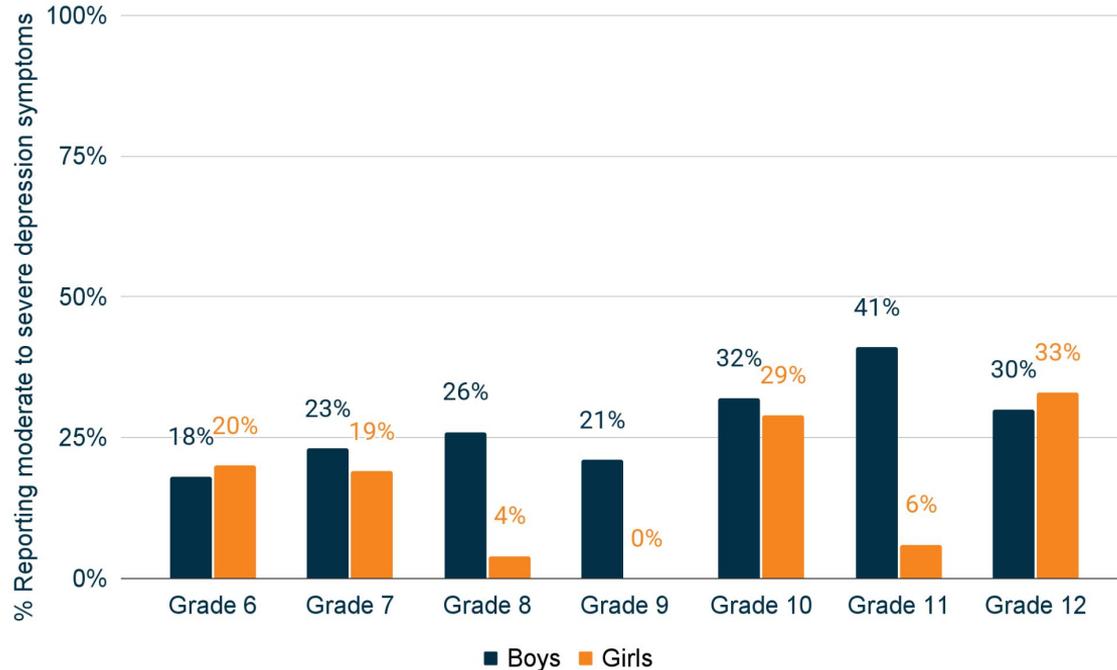
% reporting high levels of social isolation



# Survey Information – 2025

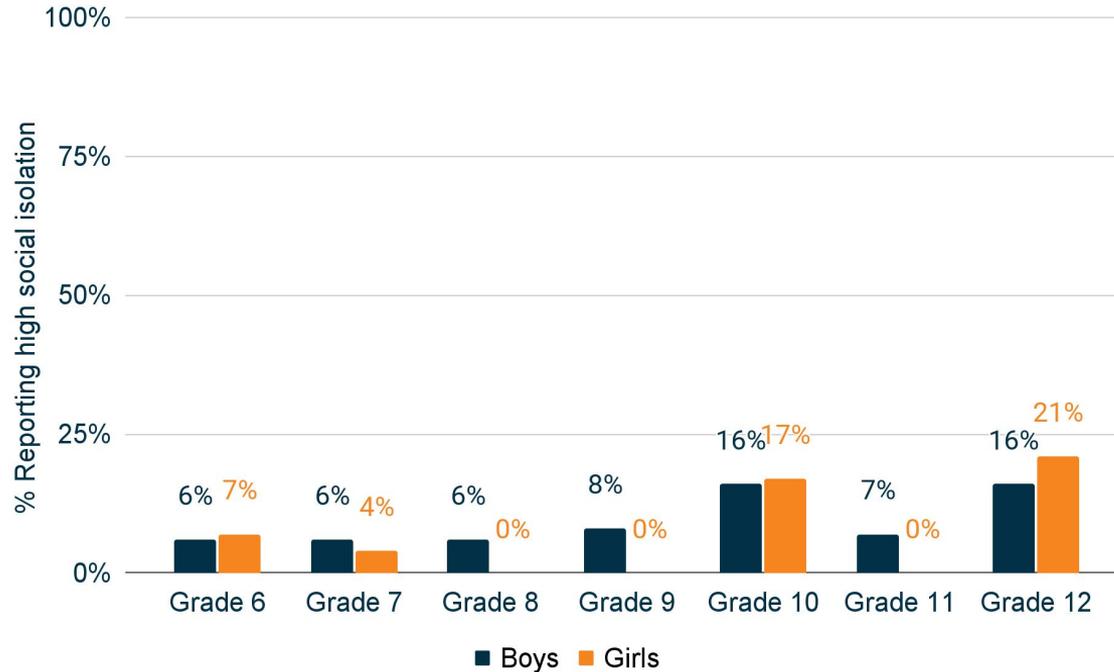
- How many kids took the survey: **263**
- What percent of the student body is this?: **59.6%**
- Total student body: **442**
- Number of middle school kids who took the survey: **129**
- Number of high school kids who took the survey: **134**
- % of those with moderate to severe depression: **23%**
- % of those with high stress: **21%**

# Depression by Grade and Gender



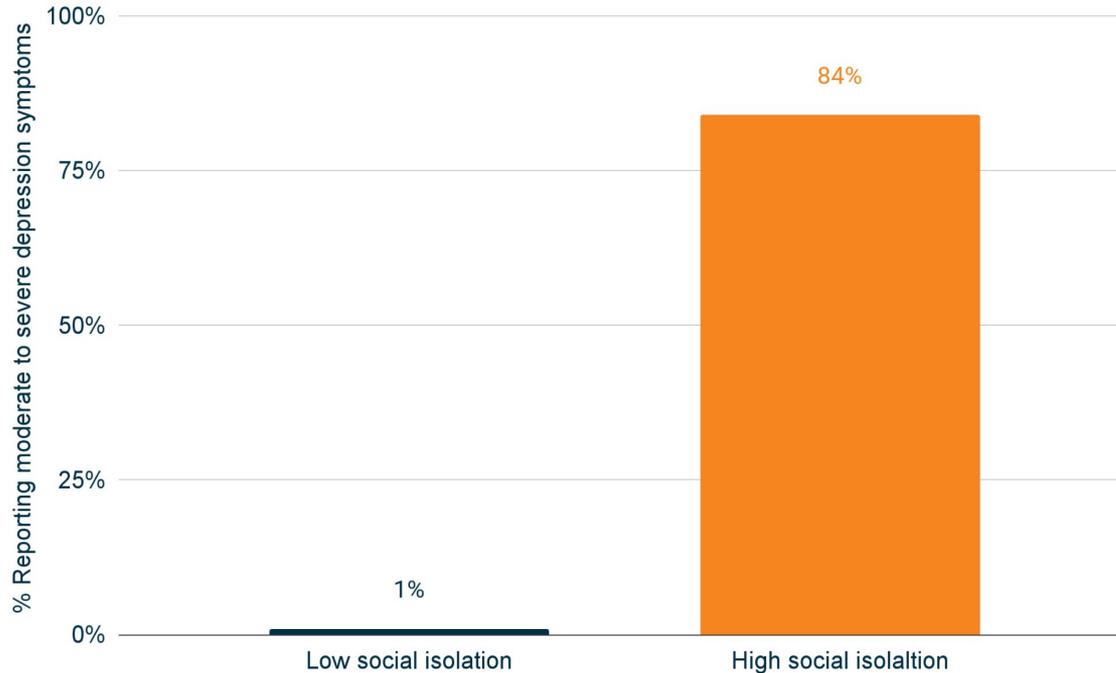
**Depression is highest among boys in high school.**

# Social Isolation by Grade and Gender



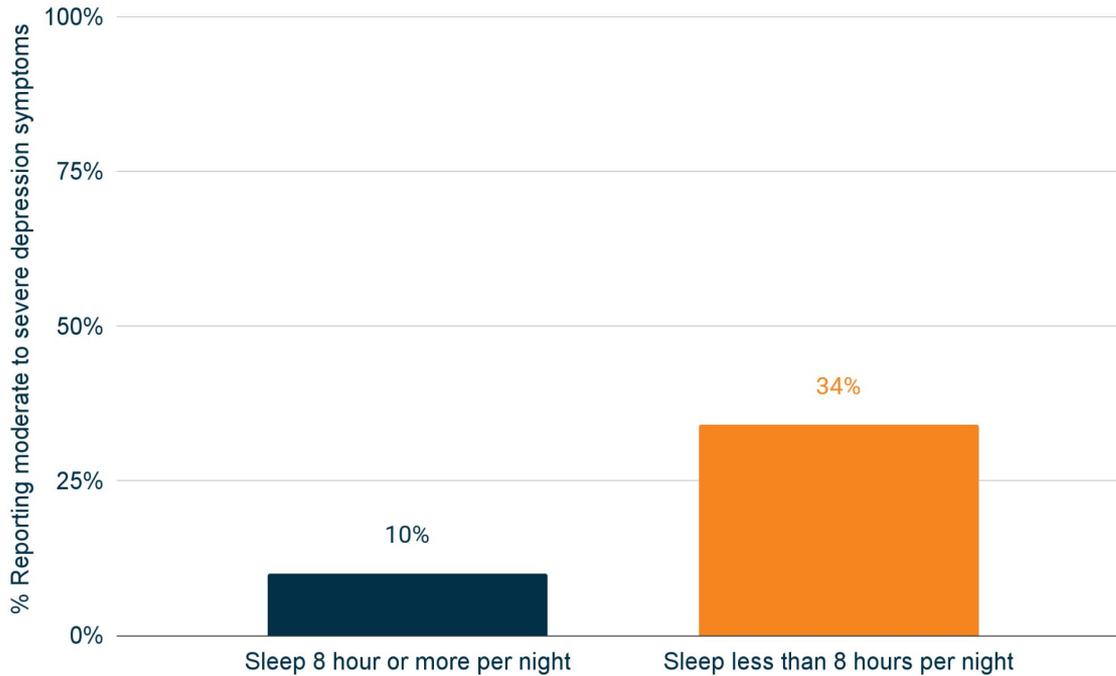
**Social isolation is highest in high school teens.**

# Social Isolation is a Risk for Teen Depression



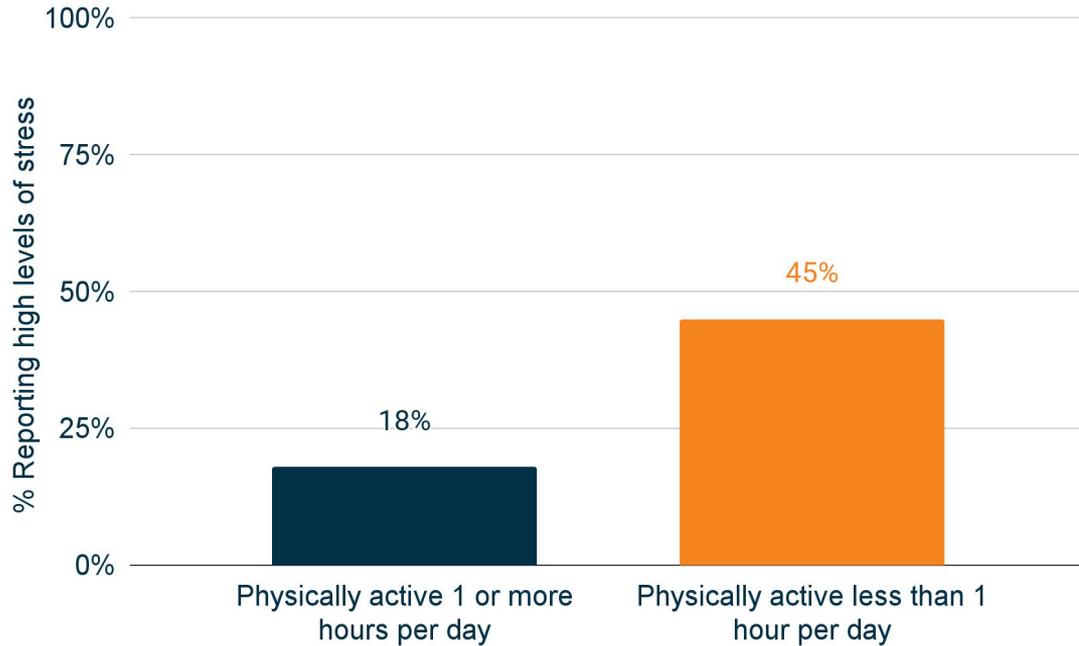
**Students who have high social isolation are more likely to have depression symptoms.**

# Sleep Protects Teens from Depression Symptoms



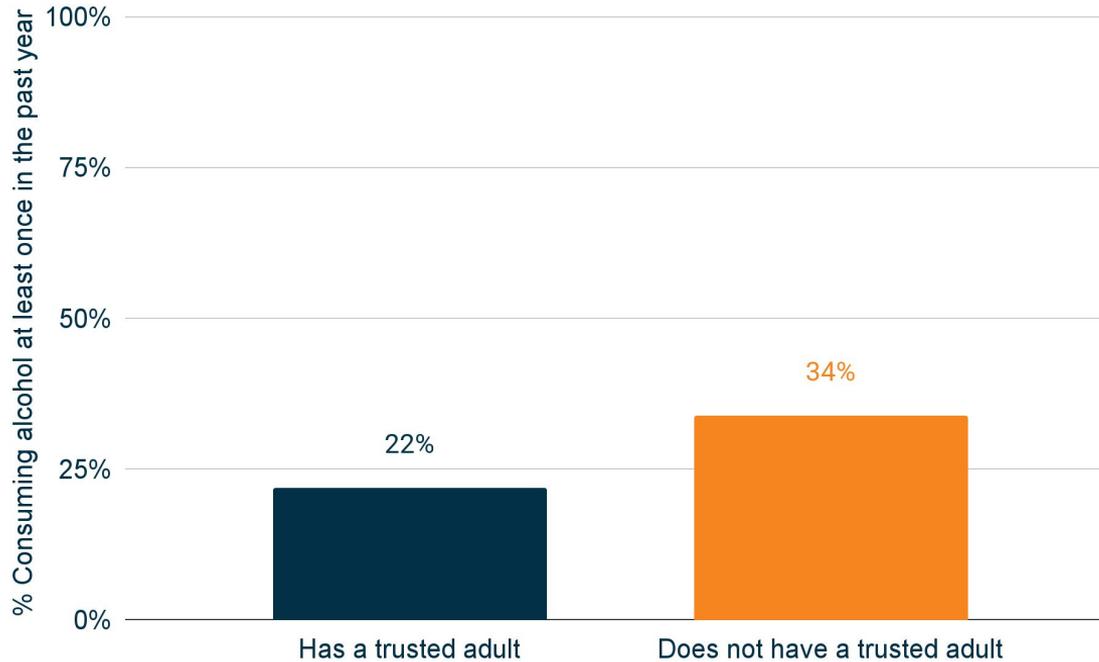
**Students who sleep 8 hours or more per night are less likely to have depression symptoms.**

# Physical Activity Protects Teens from Stress



**Students who are physically active 1 or more hours a day report less stress.**

# Trusted Adults Protect Teens from Alcohol Use

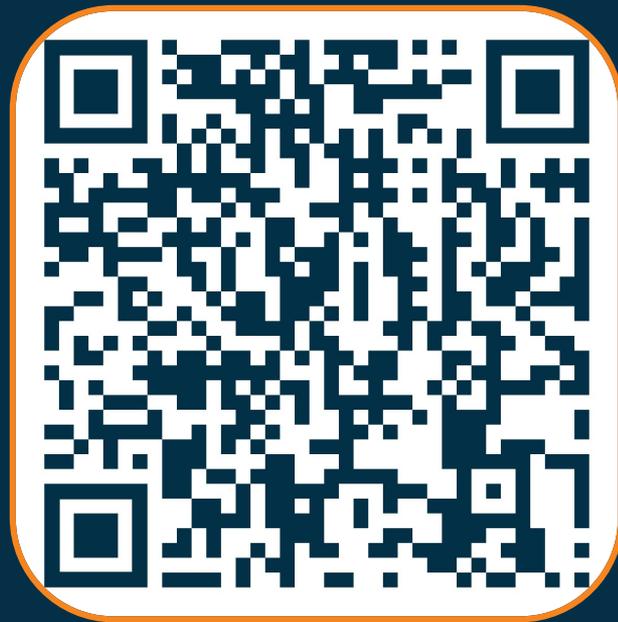


**Students who have a trusted adult are less likely to consume alcohol.**

# Turning Data into Next Steps – Voting



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# Connect with Us!



[www.communitiesforyouth.org](http://www.communitiesforyouth.org)



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