

MetroWest Health Survey

2021 Data Report

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Survey Background

- *Administered in 25 Metrowest towns bi-annually since 2006
- *Constructed and analyzed by the Metrowest Health Foundation
- *Each “off” year is spent updating & critically assessing the survey through workshops, discussions, etc. with stakeholders
- * Aim is to not just understand the budding trends and challenges of our Metrowest youth, but to mobilize and prevent & treat public health issues



Survey Topics

- *Substance Abuse
- *Violence & Bullying
- *Unintentional Injury
- *Mental Health
- *Sexual Behaviors (HS) only
- *Physical Activity
- *Protective Factors
- *Risk Behaviors on School Property
- *General Health & Online Behaviors
- *Covid-19 & Community Experiences
- *Specific Socio-Demographic and Student Data



Medfield's Response

The survey was taken in November of 2021 at Blake and MHS. This was the first time it was administered to students electronically.

MHS

*653 participants (87.3% of the student body)

*5 students were opted out by their families

*40 students opted out on their own on the day of the survey

Blake MS

*514 participants in grades 6-8 (94% of the student body)

*18 students were opted out by their families

*3 students opted out on their own on the day of the survey

Data Validity

- *Can kids be trusted to answer truthfully?
- *Data cleaning
- *Student autonomy and ownership
- *Trends and consistency over time



Grains of Salt...Things to Keep In Mind

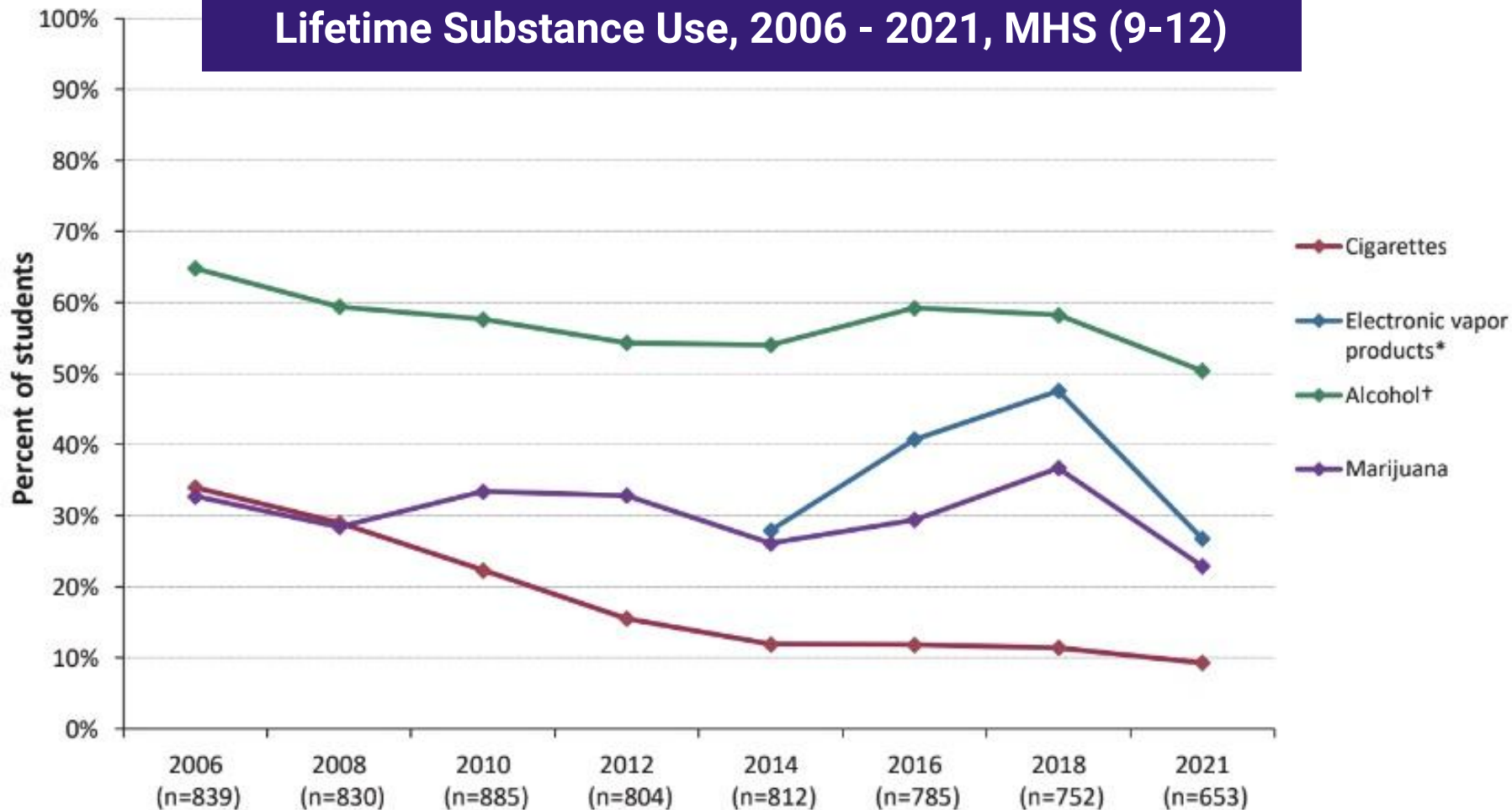


*Purview of Covid

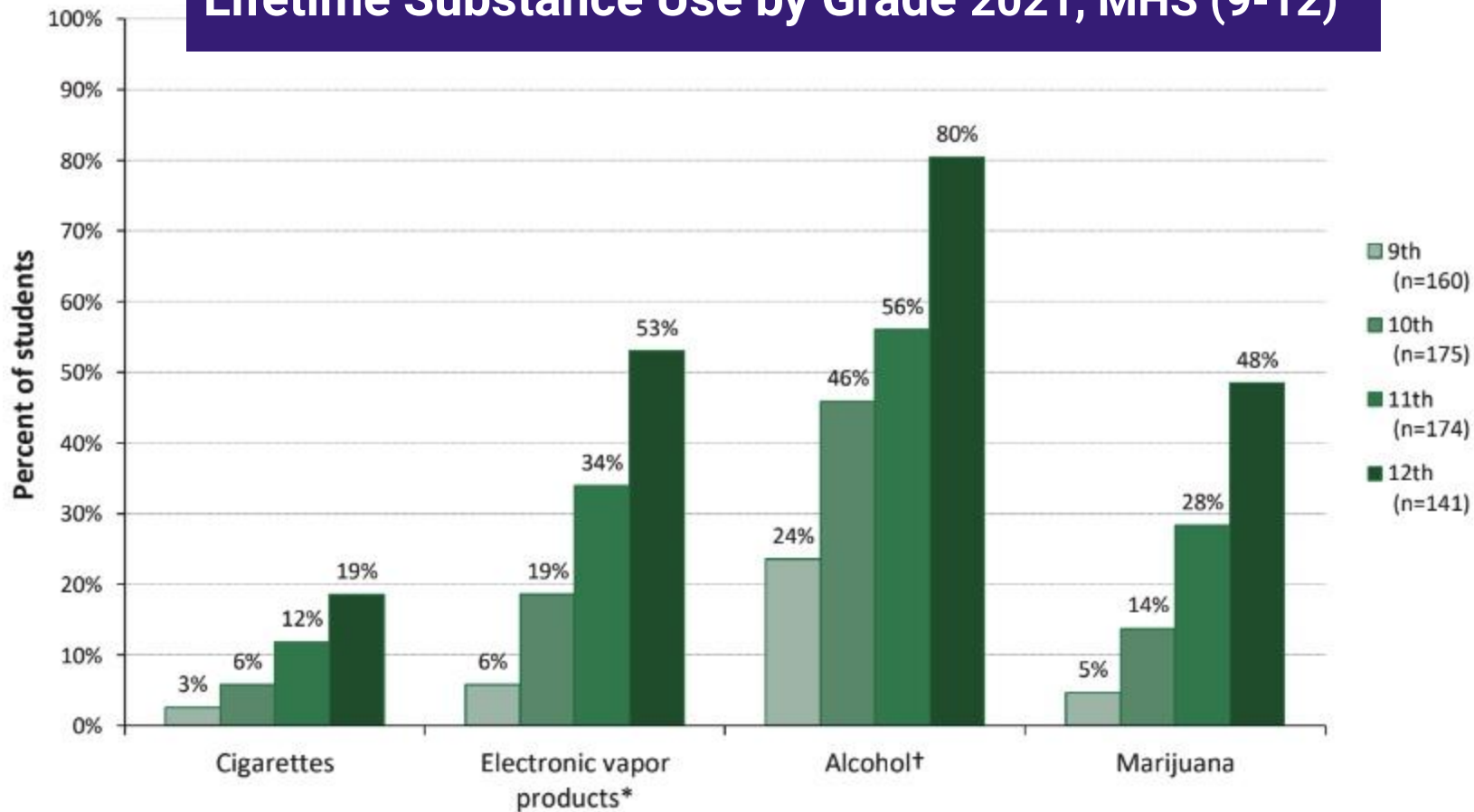
*How to interpret the data...

Substance Abuse

Lifetime Substance Use, 2006 - 2021, MHS (9-12)



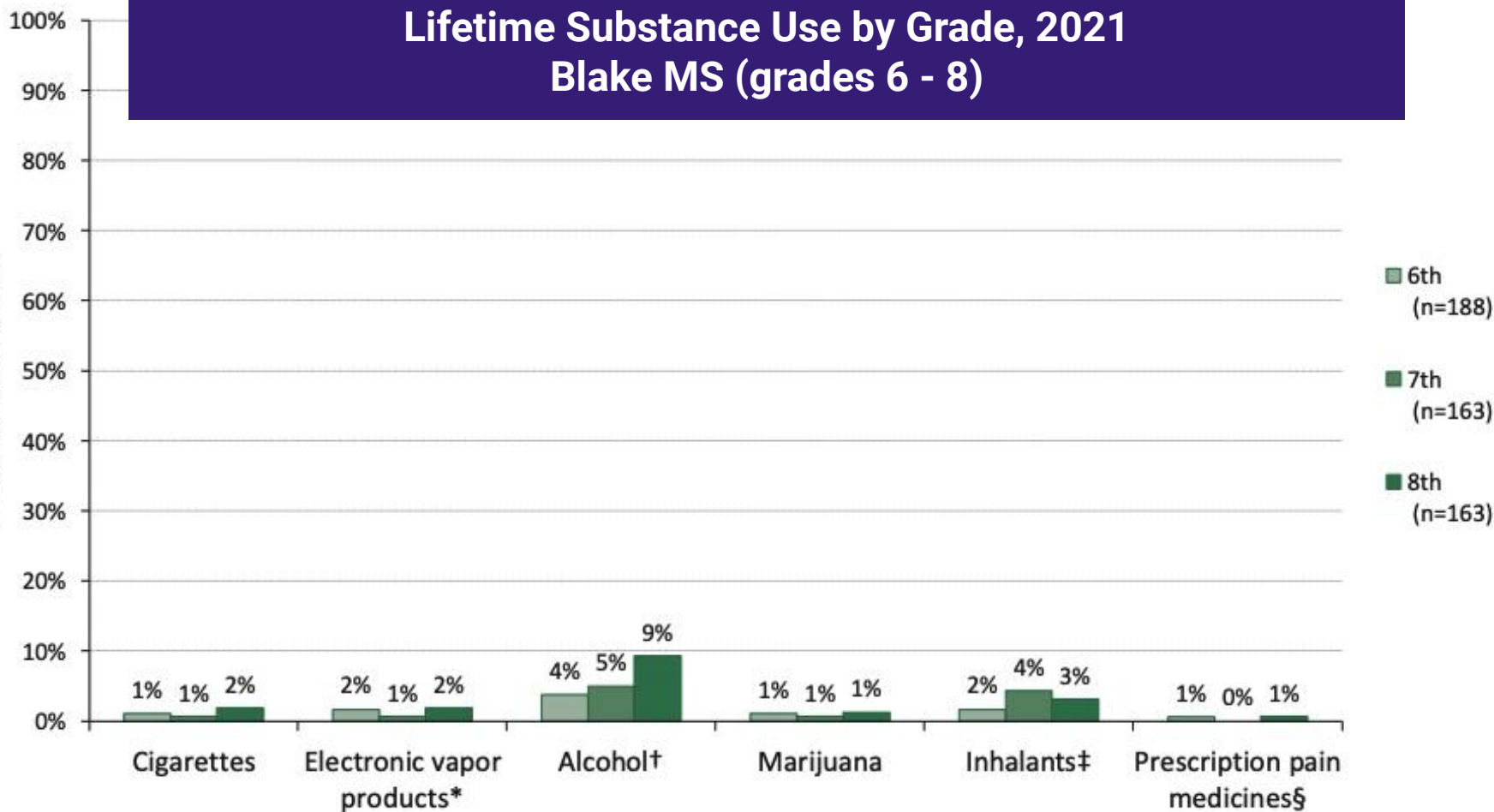
Lifetime Substance Use by Grade 2021, MHS (9-12)



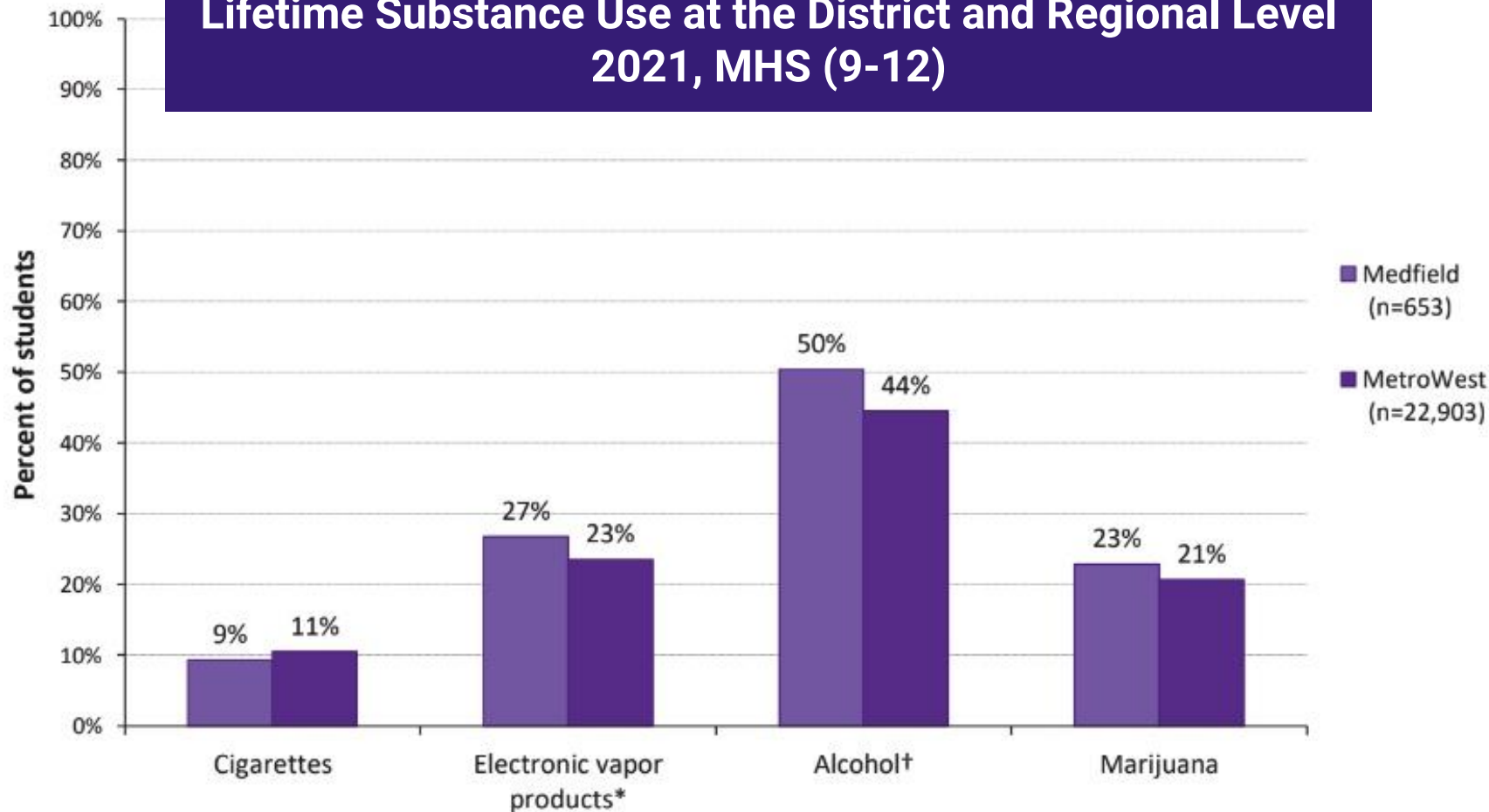
Lifetime Substance Use by Grade, 2021

Blake MS (grades 6 - 8)

Percent of students

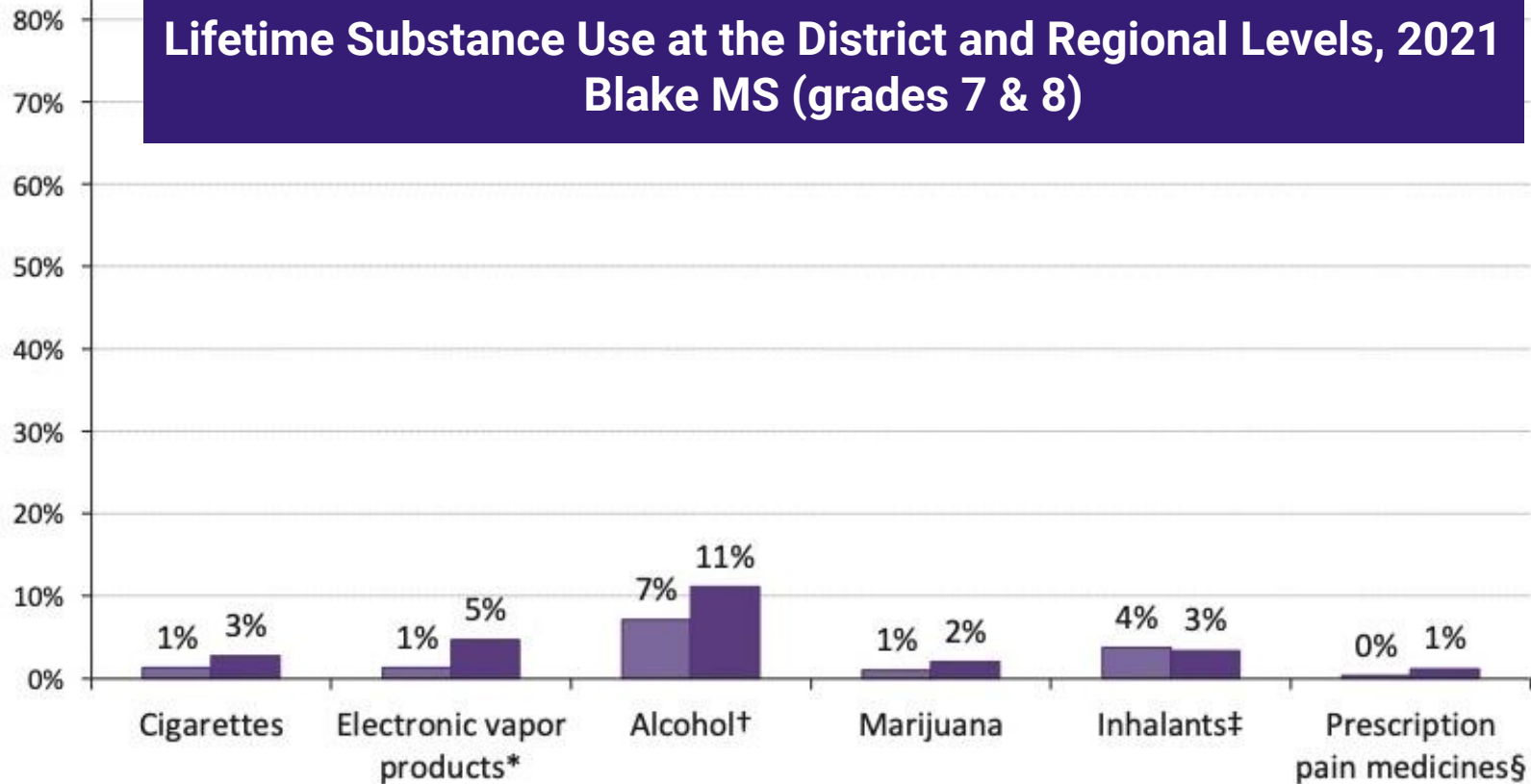


Lifetime Substance Use at the District and Regional Level 2021, MHS (9-12)



Lifetime Substance Use at the District and Regional Levels, 2021 Blake MS (grades 7 & 8)

Percent of students



* Includes electronic cigarettes (e-cigarettes) like JUUL, SMOK, Suorin, Phix, Vuse, MarkTen, and blu, and other electronic vapor products, like vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods; also includes disposable products that you can only use once such as Puff Bars, Stig, or Viigo

† Does not include drinking a few sips of wine for religious purposes

‡ Includes sniffing, glue, breathing the contents of aerosol spray cans, or inhaling any paints or sprays to get high

§ Includes using opioids like codeine, Vicodin, OxyContin, Hydrocodone, and Percocet without a doctor's prescription

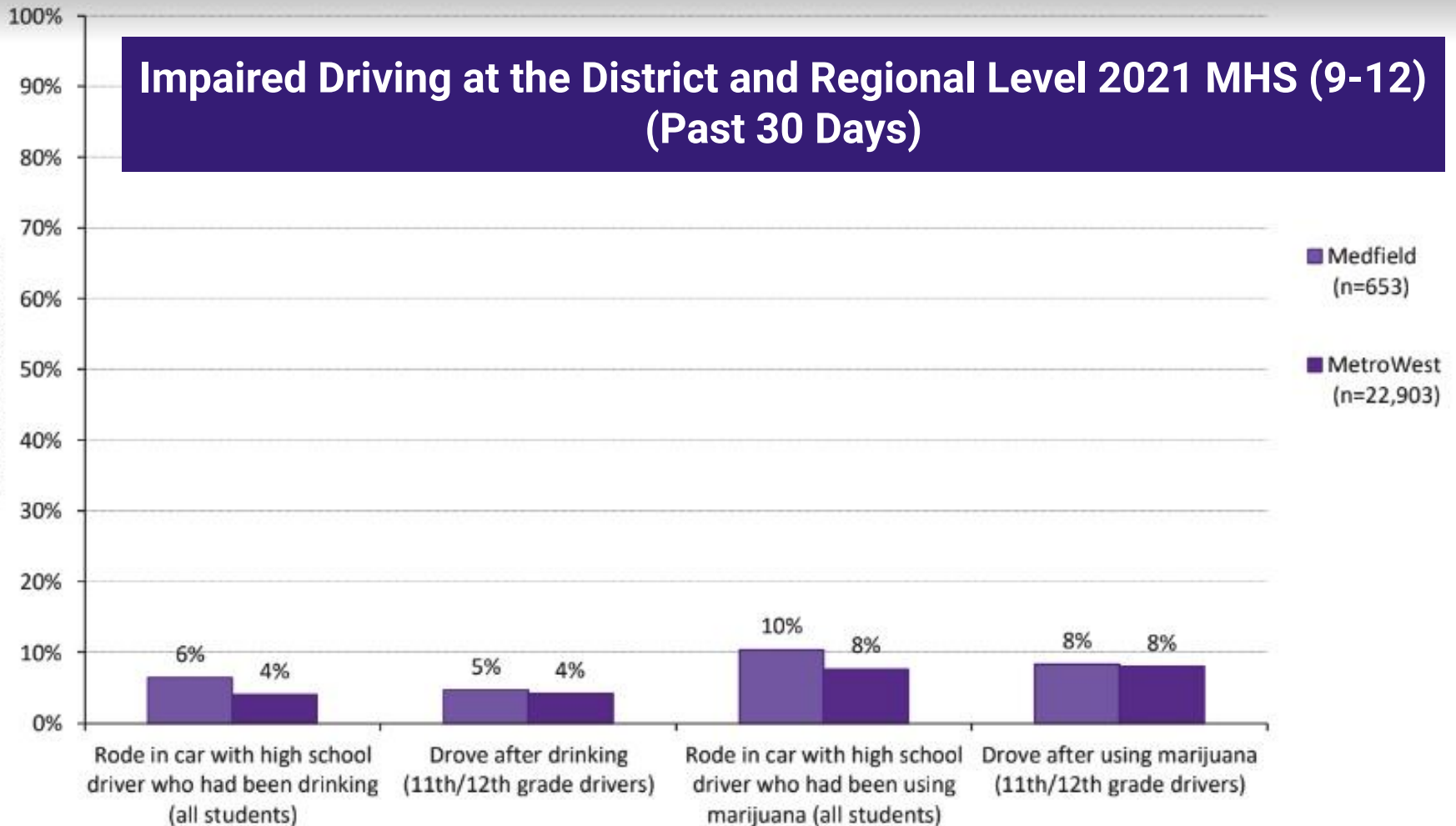
Current Usage & Trend Data

- *Current Use Trends
- *Binge Drinking, Isolated Use
- *Incomplete Narratives
- *Perceived Risk + Socialization = Usage Data

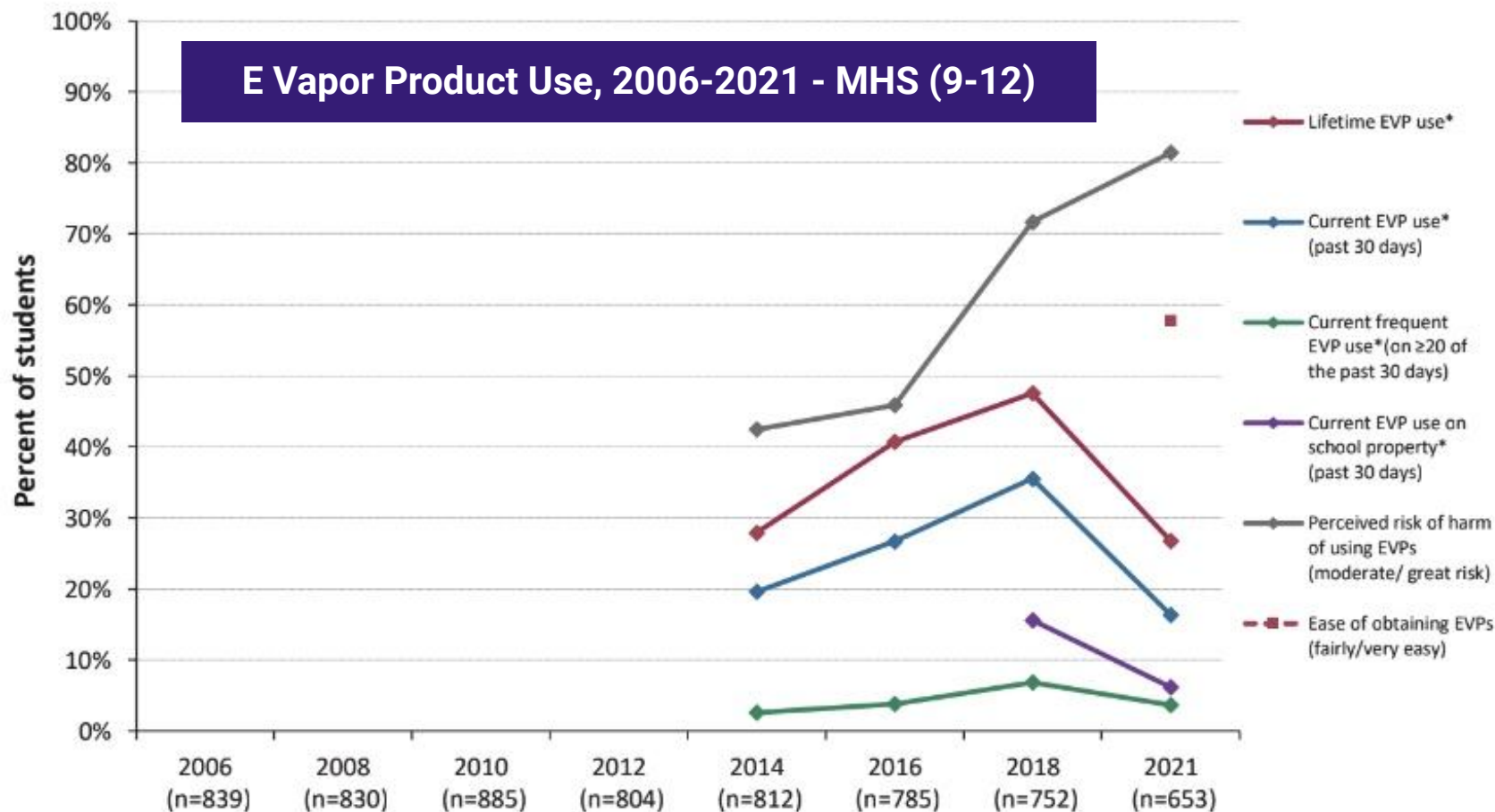


Impaired Driving at the District and Regional Level 2021 MHS (9-12) (Past 30 Days)

Percent of students

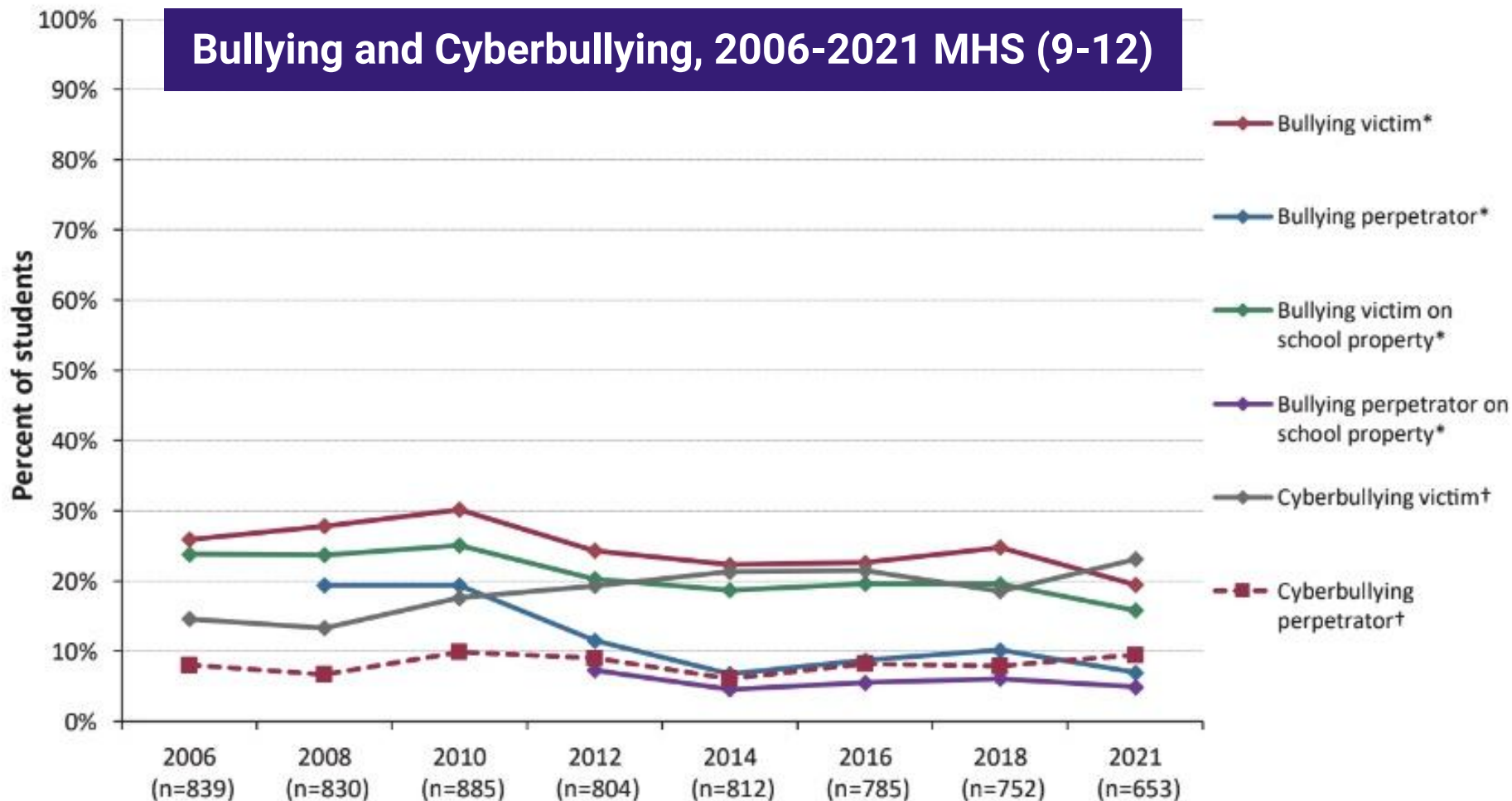


What Does This Mean & What Should We Do?



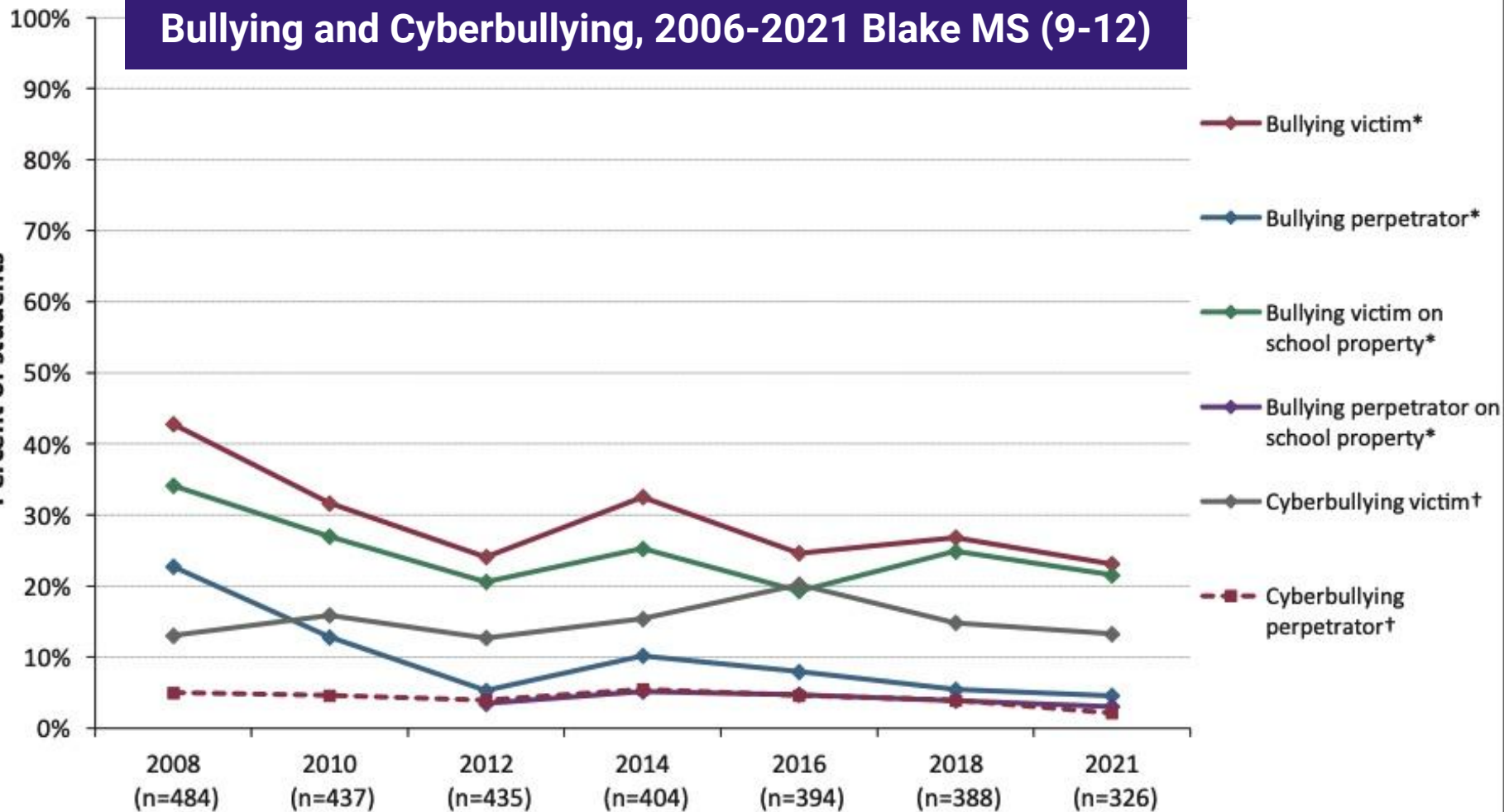
Violence & Bullying

Bullying and Cyberbullying, 2006-2021 MHS (9-12)



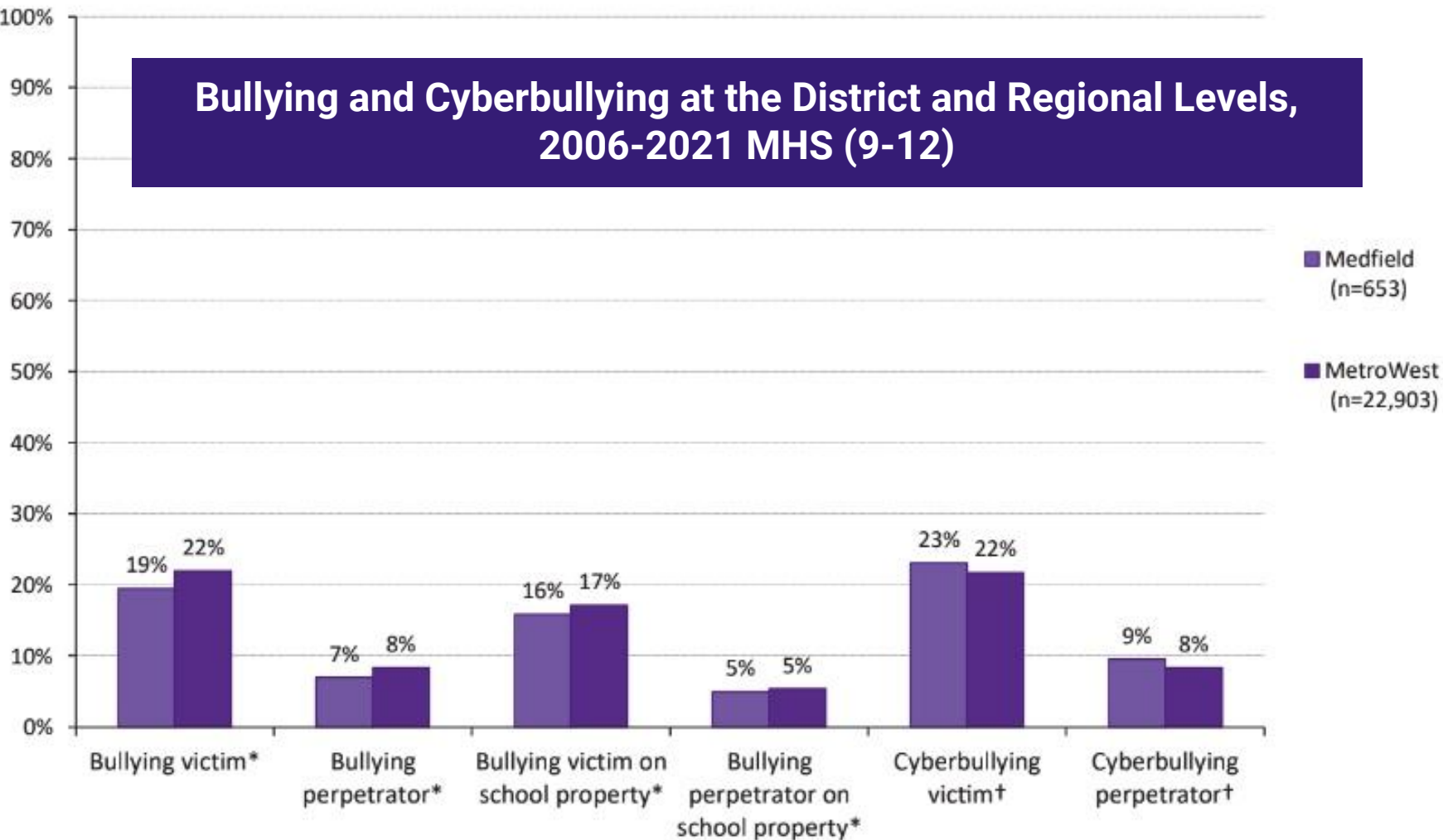
Bullying and Cyberbullying, 2006-2021 Blake MS (9-12)

Percent of students



Bullying and Cyberbullying at the District and Regional Levels, 2006-2021 MHS (9-12)

Percent of students



Mental Health

Student Experience - MHS

*31% reported life as being *very stressful* (down from 41% in 2018)

*45% reported symptoms of generalized anxiety disorder from 33% in 2018

*23% reported clinically depressive symptoms within the past year

*18% had engaged in self injurious behavior (cutting, burning etc.)

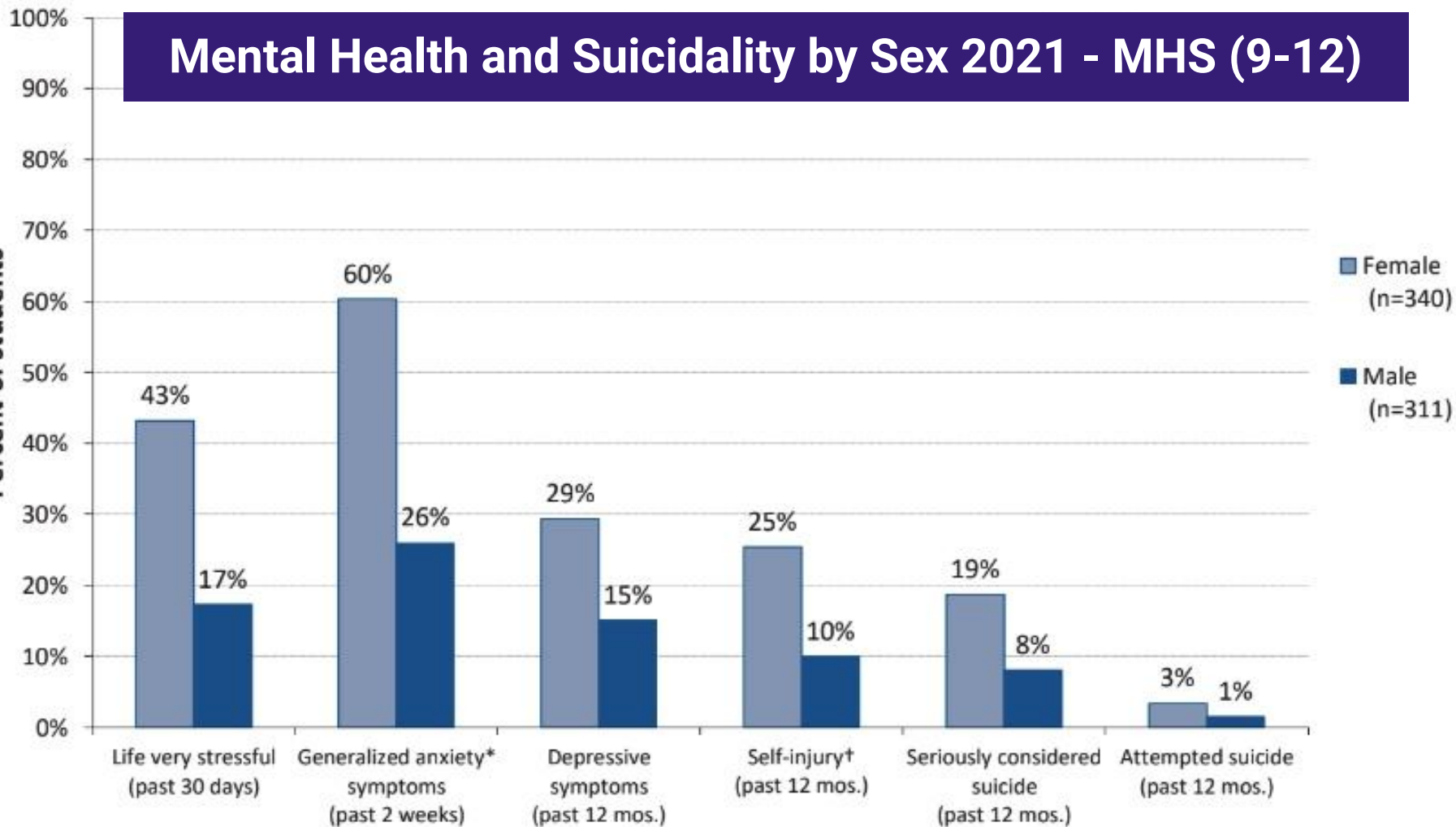
*14% had seriously considered suicide within the year

*3% had attempted suicide (remained stagnant over time)



Mental Health and Suicidality by Sex 2021 - MHS (9-12)

Percent of students



Student Experience - Blake MS

*After rising from 11% in 2008 to 16% in 2018, overall reports of life being *very stressful* fell to 10%

*Reports of generalized anxiety symptoms were 29% for girls and 12% for boys

*Clinically depressive symptoms within the past year - 13% for girls and 8% for boys

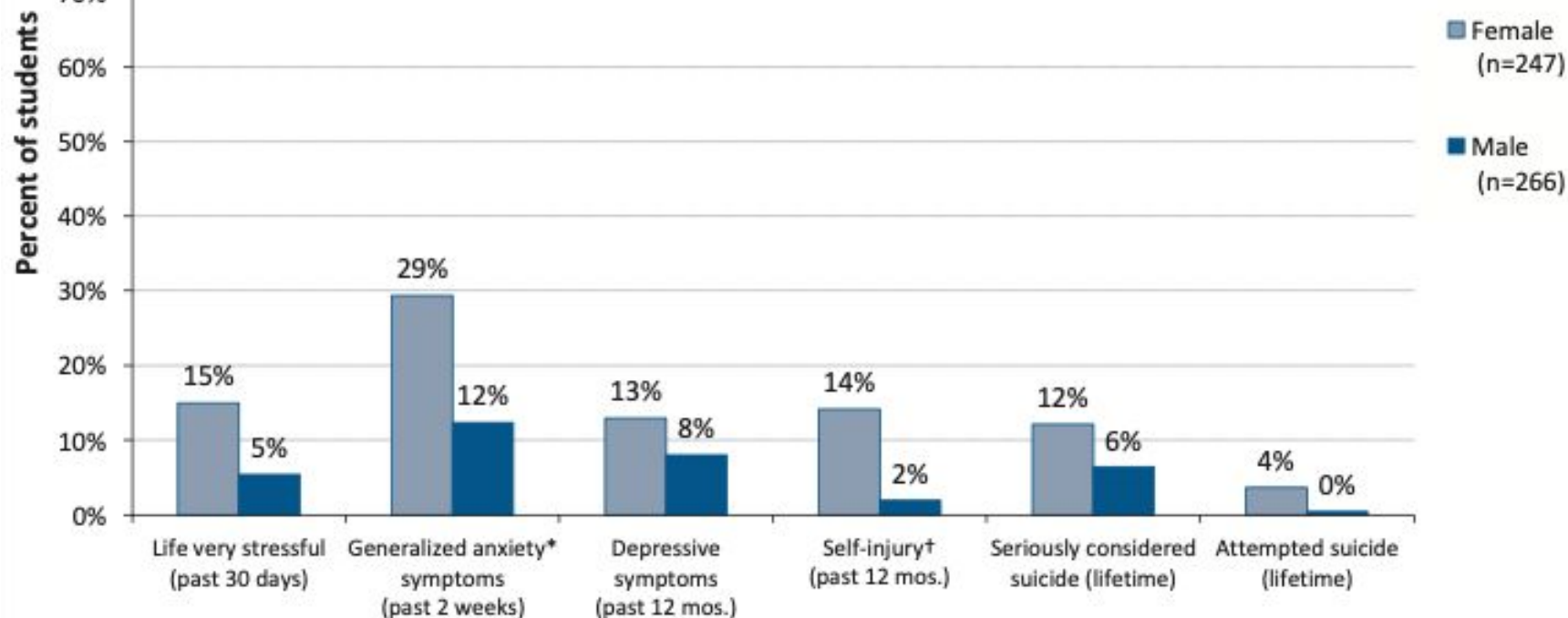
*Reports of self injurious behavior (cutting, burning etc.) - 14% for girls and 2% for boys

*Seriously considered suicide within the past year - 12% for girls and 6% for boys

*Attempted suicide - 4% girls, 0% boys



Mental Health and Suicidality by Sex, 2021 Blake Middle School (grades 6 - 8)



* Based on the Generalized Anxiety Disorder brief scale (GAD-2), adapted from: Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. *Archives of internal medicine*, 166(10), 1092–1097. <https://doi.org/10.1001/archinte.166.10.1092>

† For example, by cutting, burning, or bruising yourself on purpose

Other Student Data - MHS

LGBTQIA Students

MENTAL HEALTH			
Life "very" stressful (past 30 days)	46.3	27.0	<0.001*
Depressive symptoms (past 12 months)	44.9	16.4	<0.001*
Self-injury (past 12 months)	44.4	10.8	<0.001*
Considered suicide (past 12 months)	32.6	8.4	<0.001*
Attempted suicide (past 12 months)	8.9	0.6	N/A
SEXUAL BEHAVIOR			

Students w/ Learning Disabilities

MENTAL HEALTH			
Life "very" stressful (past 30 days)	46.3	29.6	0.006*
Depressive symptoms (past 12 months)	46.3	19.9	<0.001*
Self-injury (past 12 months)	37.3	15.9	<0.001*
Considered suicide (past 12 months)	29.9	11.7	<0.001*
Attempted suicide (past 12 months)	6.0	1.9	N/A

*Trends continue across many socioeconomic/demographic factors as well

Other Student Data - LGBTQ - Blake MS

Blake Middle School, Medfield (Grades 6-8) 2021 Key Indicators by Sexual Orientation/Gender Identity *MetroWest Adolescent Health Survey*

	LGBTQ		p-value*
	Yes (73)	No (430)	
MENTAL HEALTH			
Life "very" stressful (past 30 days)	27.4	7.0	<0.001*
Depressive symptoms (past 12 months)	26.0	7.9	<0.001*
Self-injury (past 12 months)	30.1	4.2	<0.001*
Considered suicide (lifetime)	28.8	6.1	<0.001*
Attempted suicide (lifetime)	5.5	1.4	N/A

* p-value less than 0.05 indicates a statistically significant relationship; N/A = not available due to small cell sizes.

Other Student Data - Physical or Learning Disability - Blake MS (6-8)

Blake Middle School, Medfield (Grades 6-8) 2021 Key Indicators by Physical and/or Learning Disability *MetroWest Adolescent Health Survey*

For Internal Use Only

Physical and/or learning
disability

p-value*

Yes
(67)

No/not sure
(435)

MENTAL HEALTH

Life "very" stressful (past 30 days)	19.4	8.1	0.003*
Depressive symptoms (past 12 months)	17.9	8.5	0.016*
Self-injury (past 12 months)	10.4	6.9	N/A
Considered suicide (lifetime)	20.9	6.7	<0.001*
Attempted suicide (lifetime)	0.0	1.8	N/A

* p-value less than 0.05 indicates a statistically significant relationship; N/A = not available due to small cell sizes.

Additional Elements and Impacts

*26% of HS and 69% of MS students report 8 or more hours of sleep per night

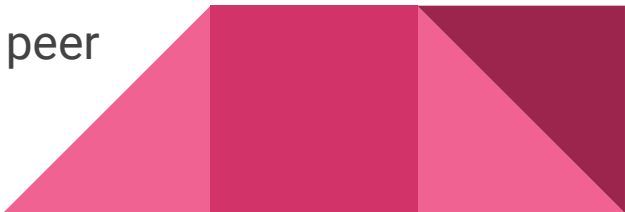
*58% of HS and 29% of MS students report 3 or more hours of daily screen time;

- Does not include time doing schoolwork

- Up from 36% in 2018

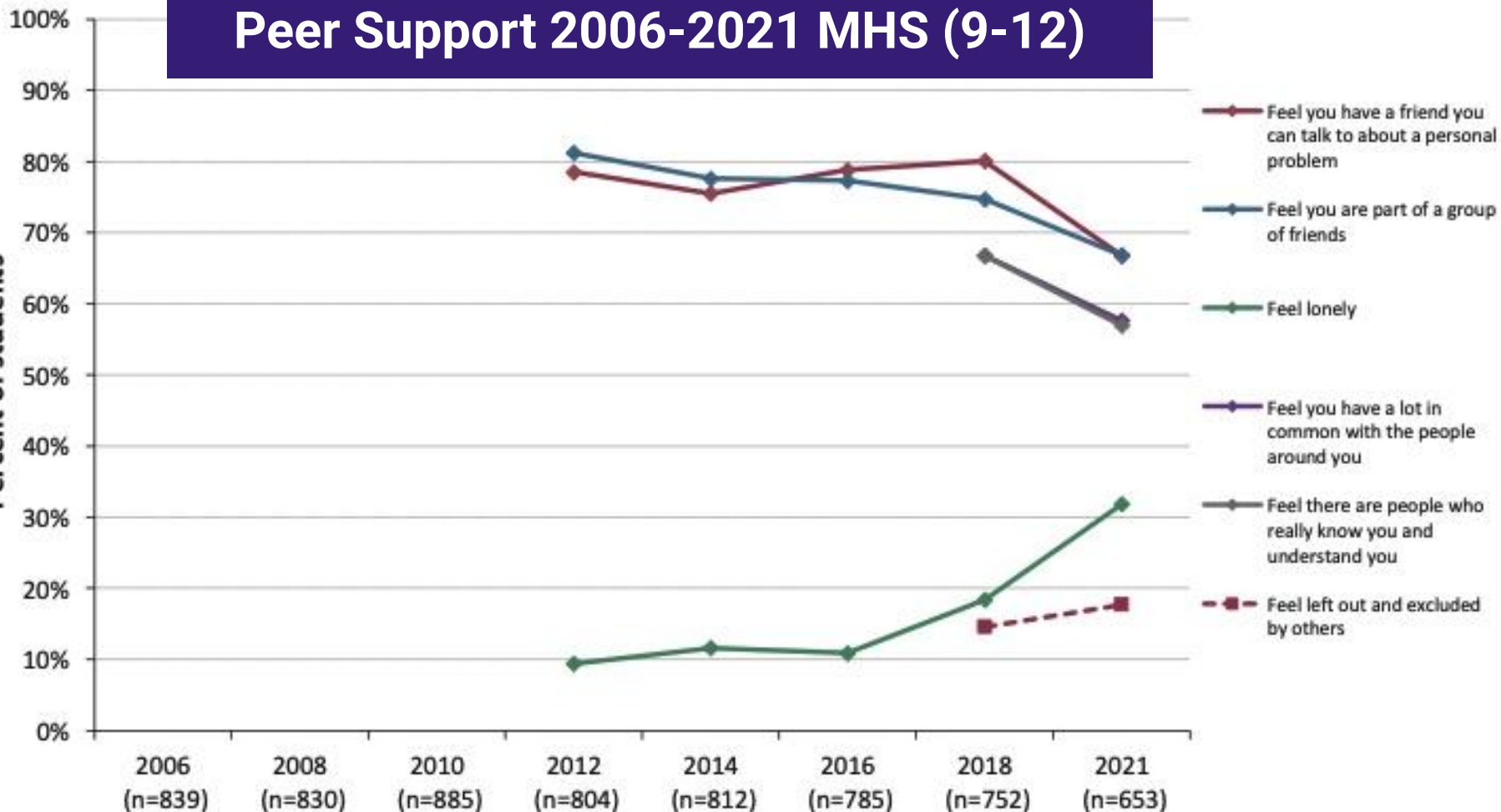
*Decreases in peer support and increases in markers of social isolation

*Uptick in social media use is taking the place of peer to peer interactions at both the HS and MS

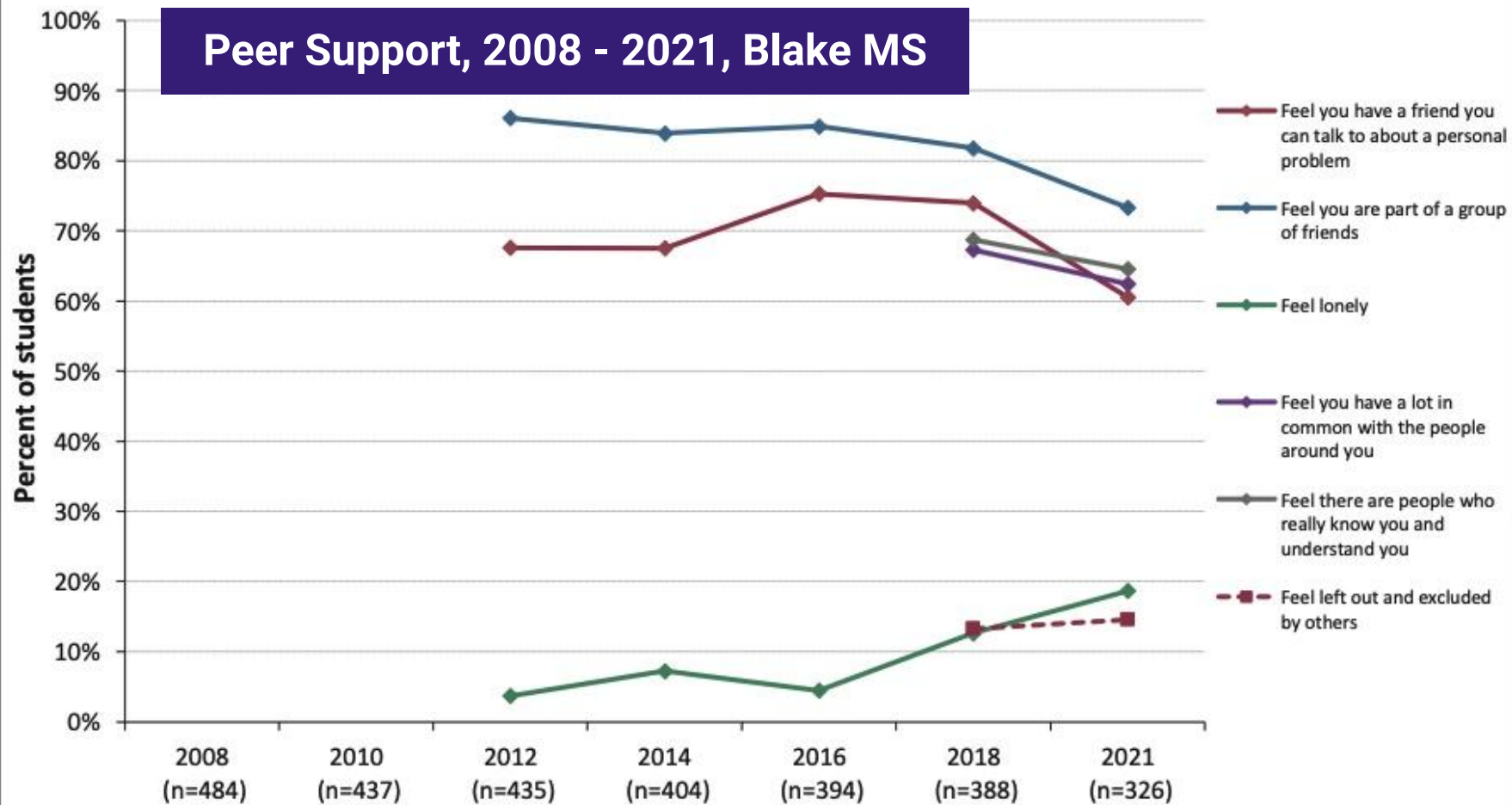


Peer Support 2006-2021 MHS (9-12)

Percent of students



Peer Support, 2008 - 2021, Blake MS



* Student responded "often" or "very often"

Mental health from a whole town perspective

*The incongruity of Medfield & the need for the difficult conversation...

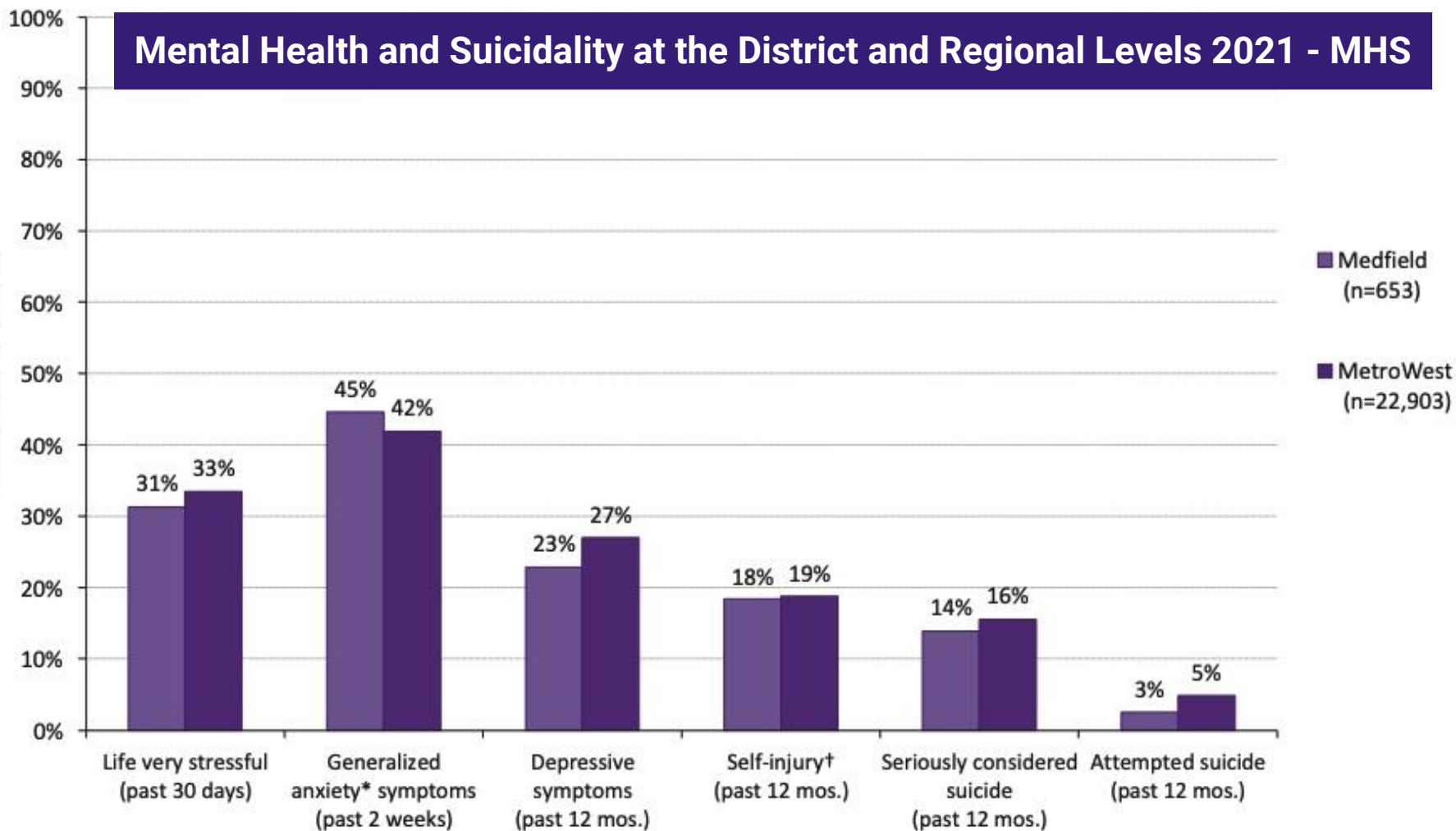
Now that I have sufficiently freaked you out, there is hope!



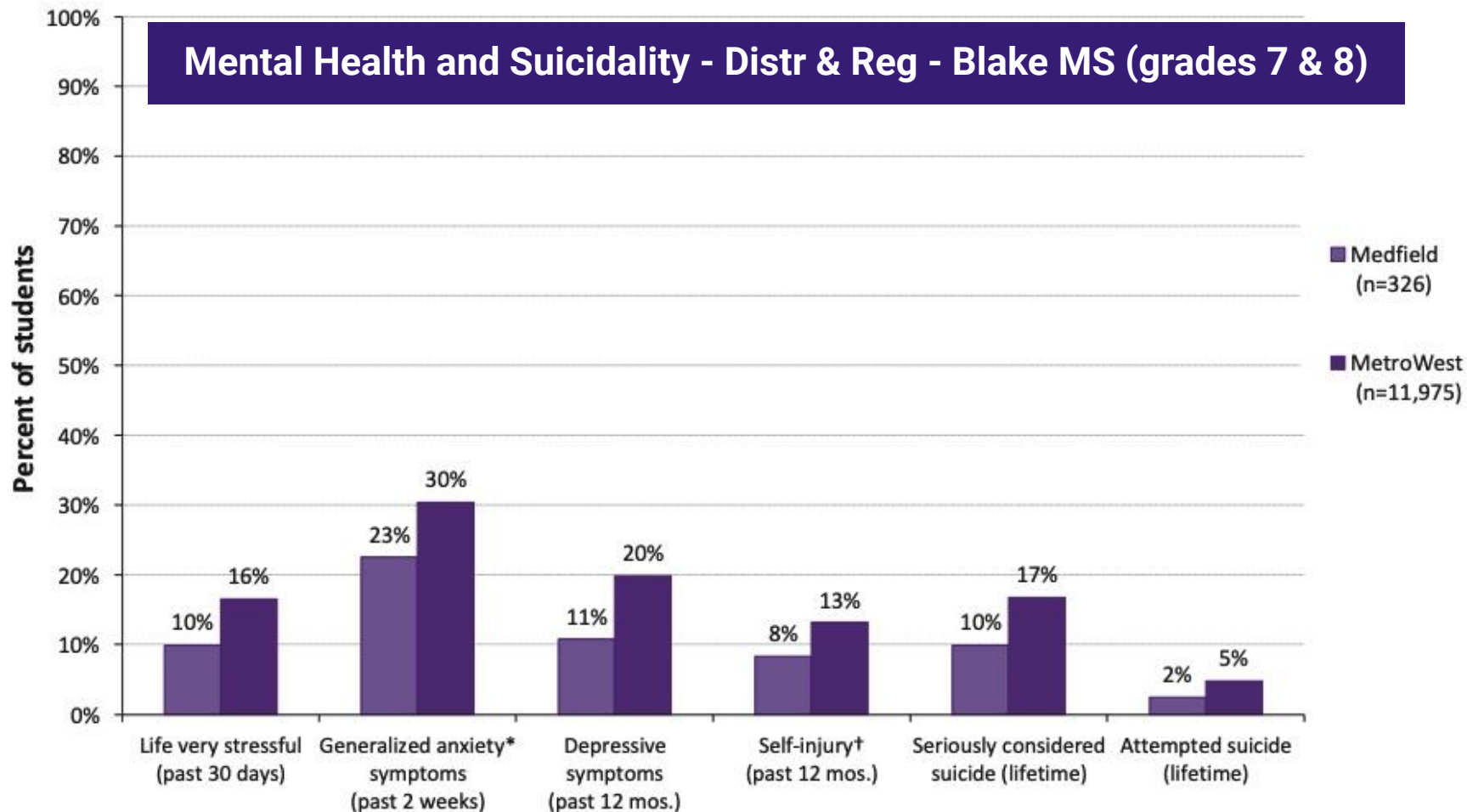
We
should
talk.

Mental Health and Suicidality at the District and Regional Levels 2021 - MHS

Percent of students



Mental Health and Suicidality - Distr & Reg - Blake MS (grades 7 & 8)



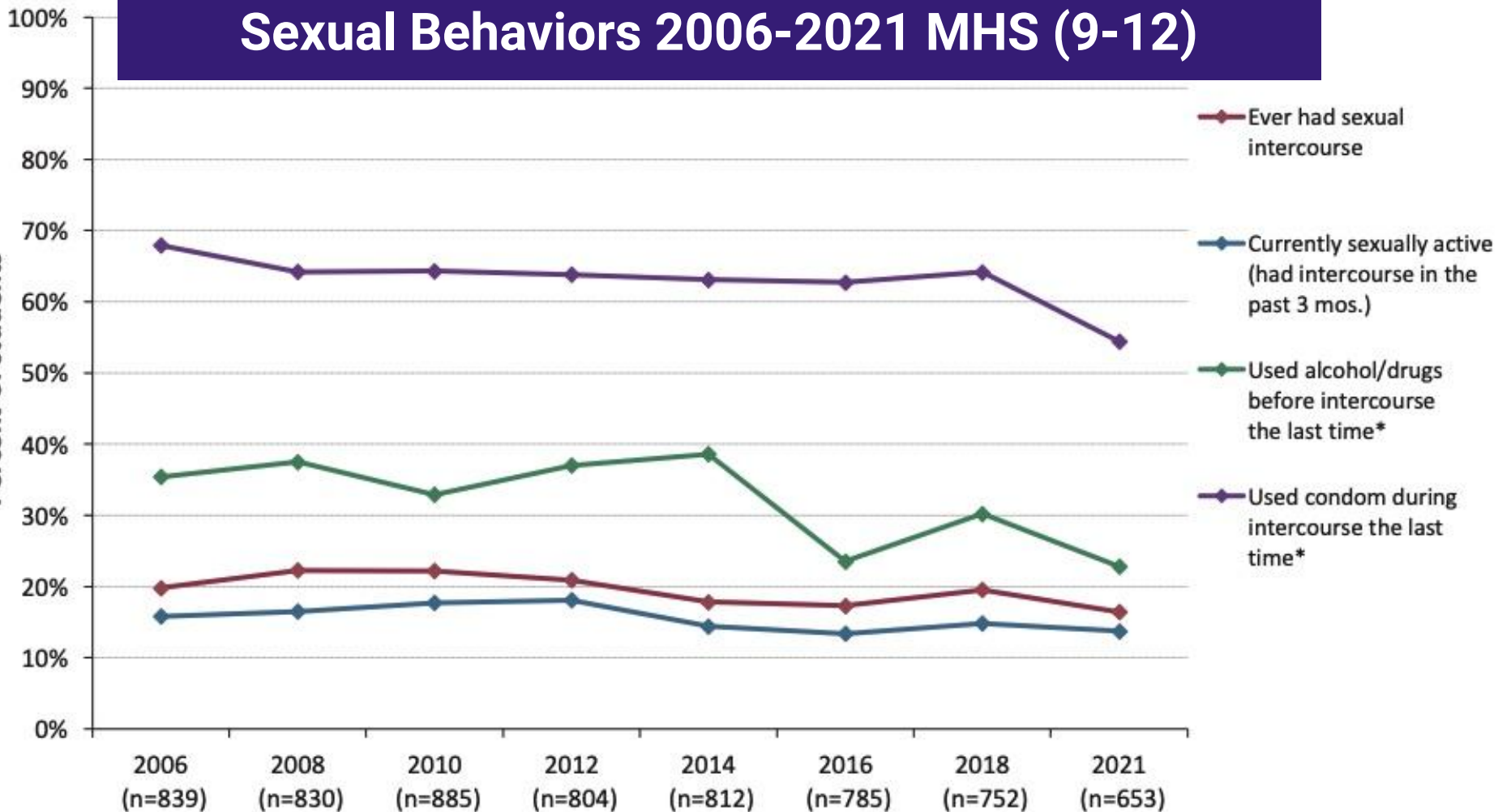
* Based on the Generalized Anxiety Disorder brief scale (GAD-2), adapted from: Spitzer, R. L., Kroenke, K., Williams, J. B., & Löwe, B. (2006). A brief measure for assessing generalized anxiety disorder: the GAD-7. Archives of internal medicine, 166(10), 1092–1097. <https://doi.org/10.1001/archinte.166.10.1092>

† For example, by cutting, burning, or bruising yourself on purpose

Sexual Behaviors

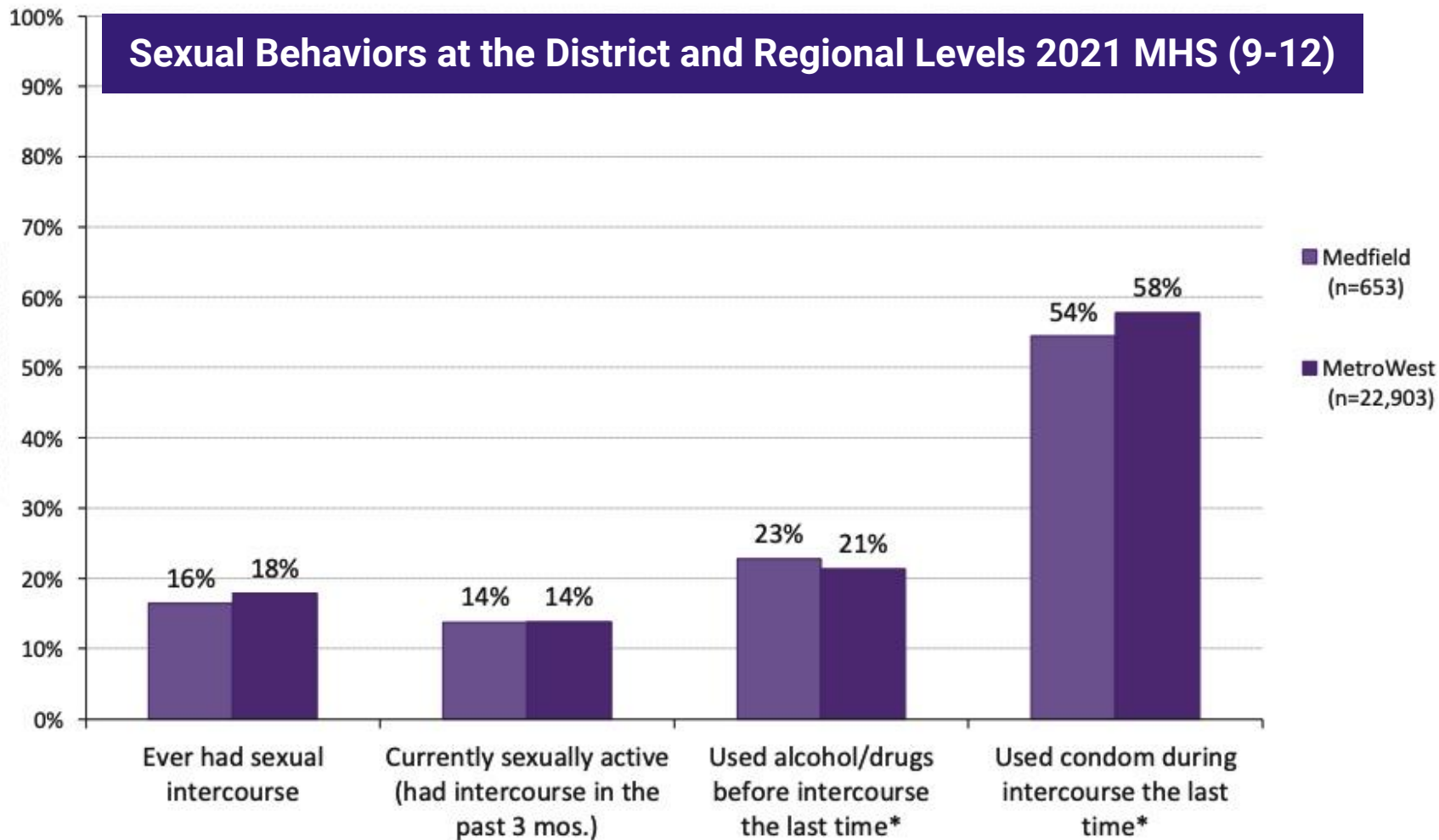
Sexual Behaviors 2006-2021 MHS (9-12)

Percent of students



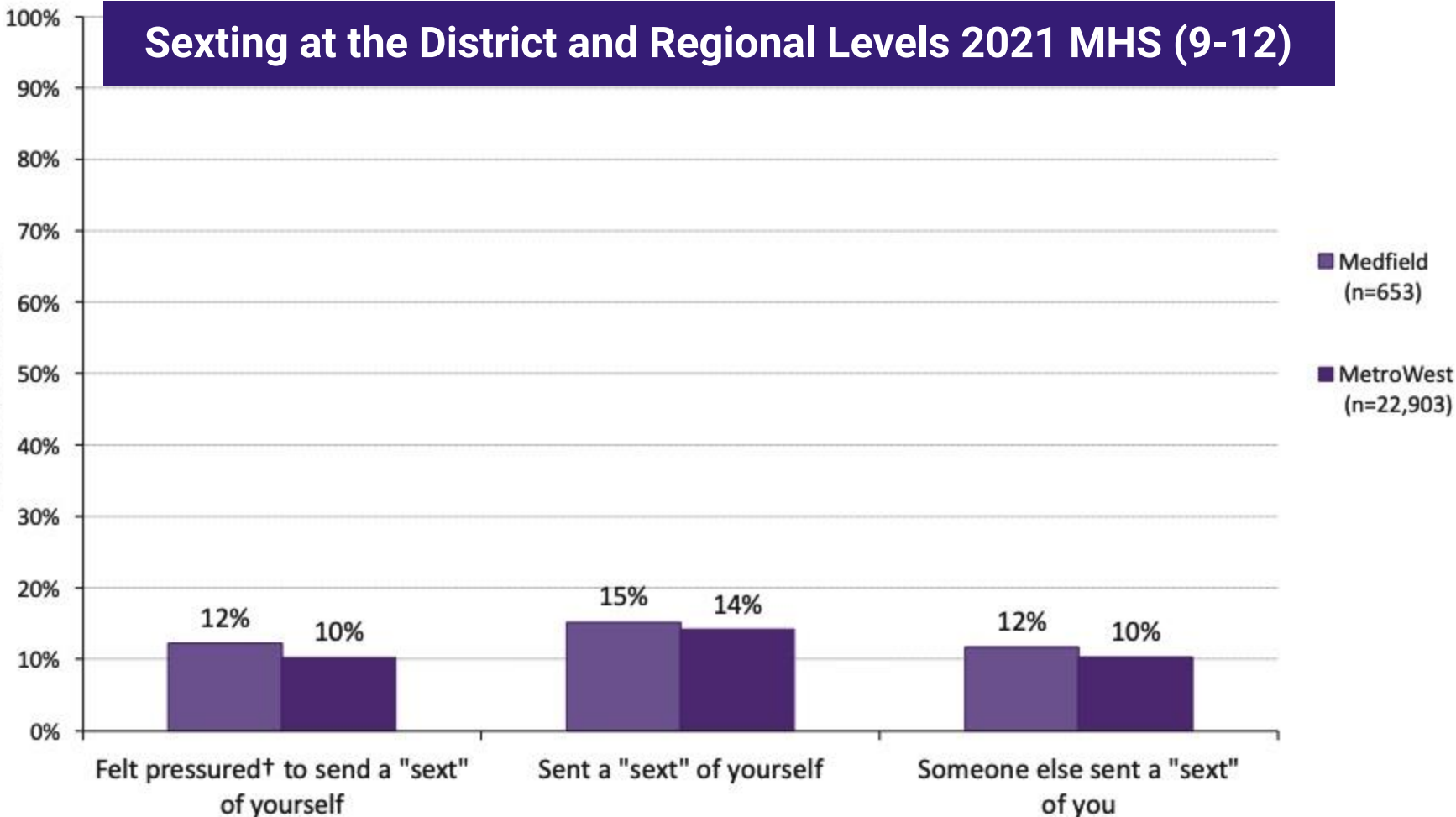
Sexual Behaviors at the District and Regional Levels 2021 MHS (9-12)

Percent of students



Sexting at the District and Regional Levels 2021 MHS (9-12)

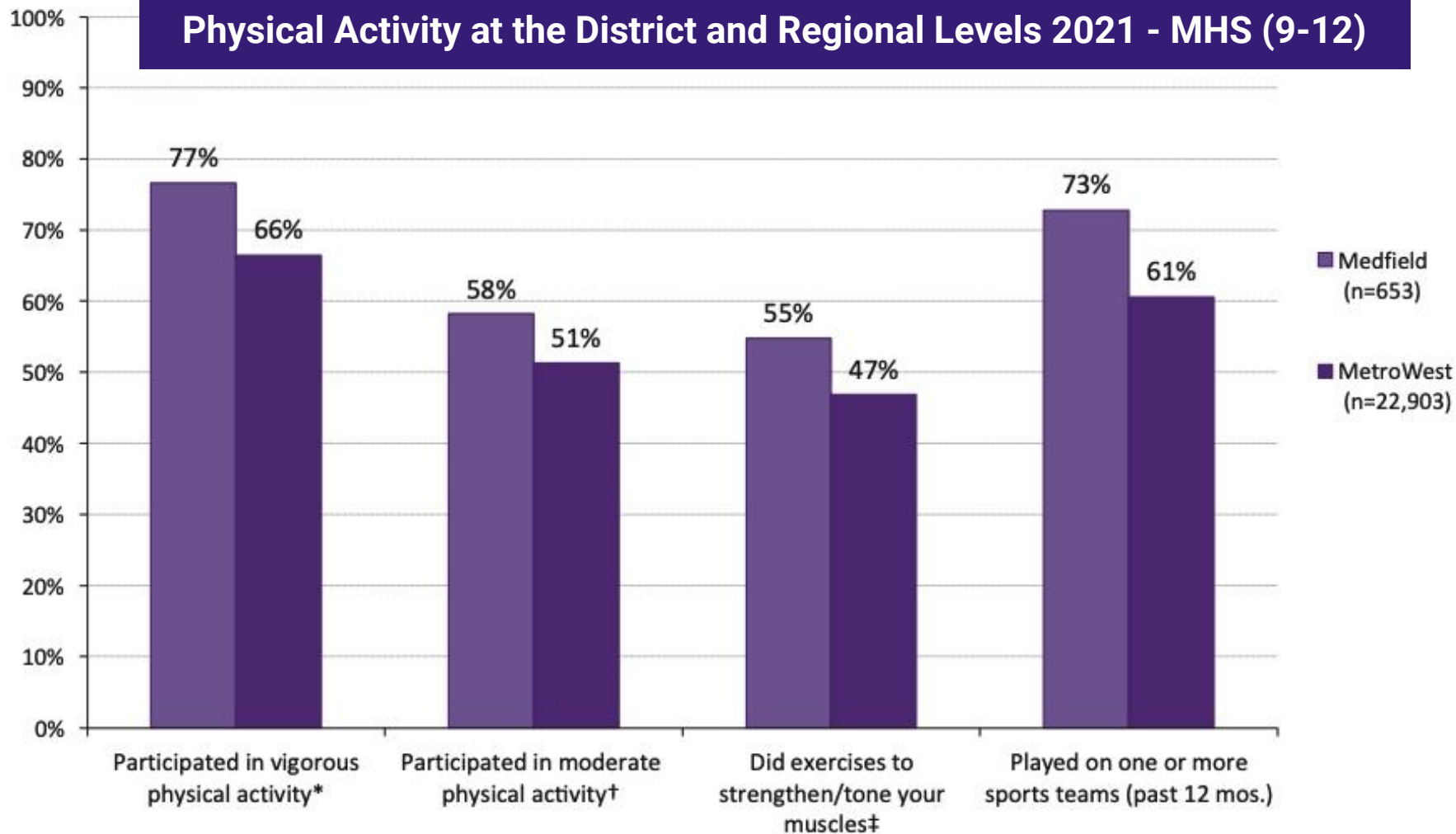
Percent of students



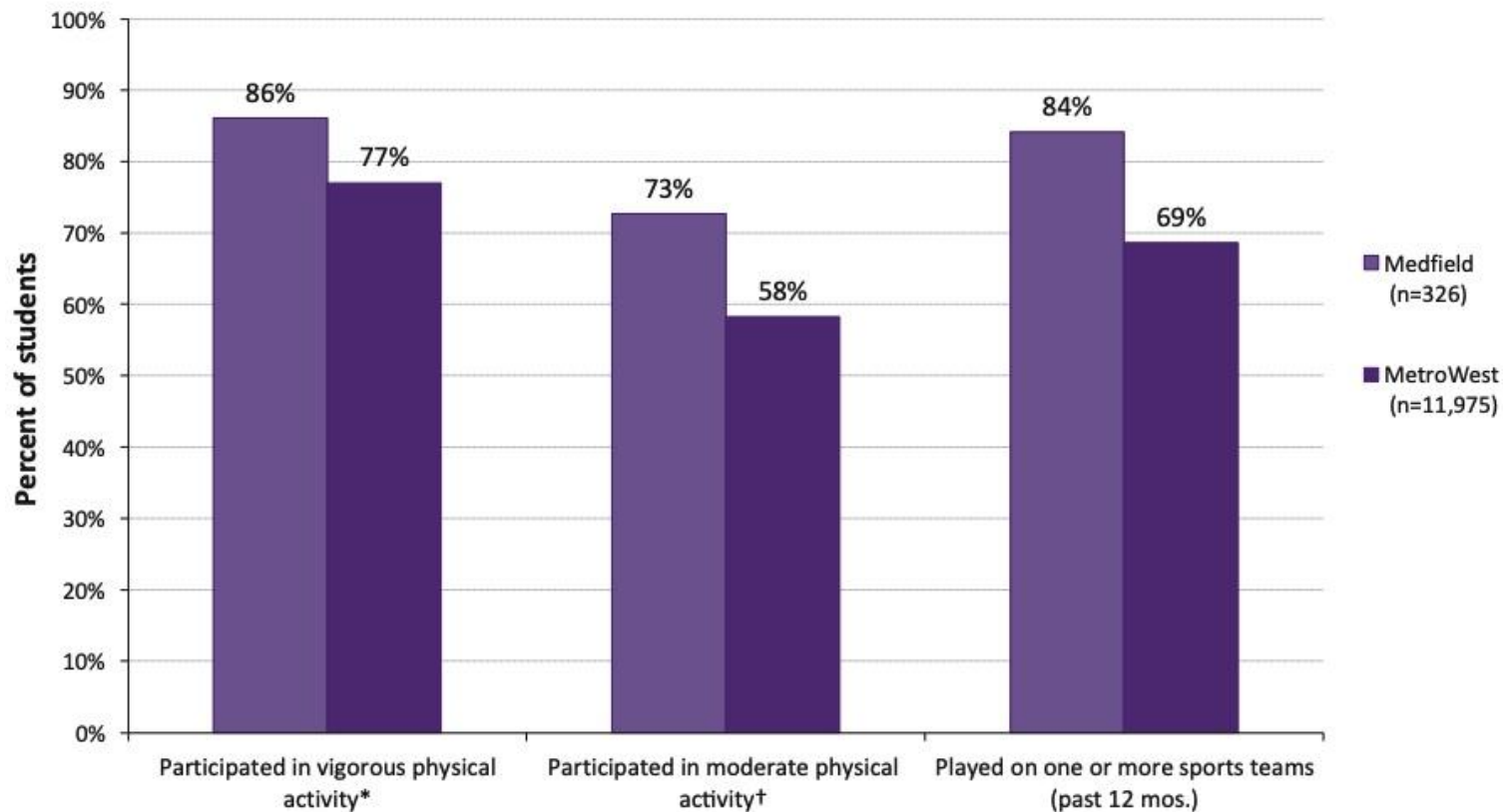
Protective Factors

Physical Activity at the District and Regional Levels 2021 - MHS (9-12)

Percent of students



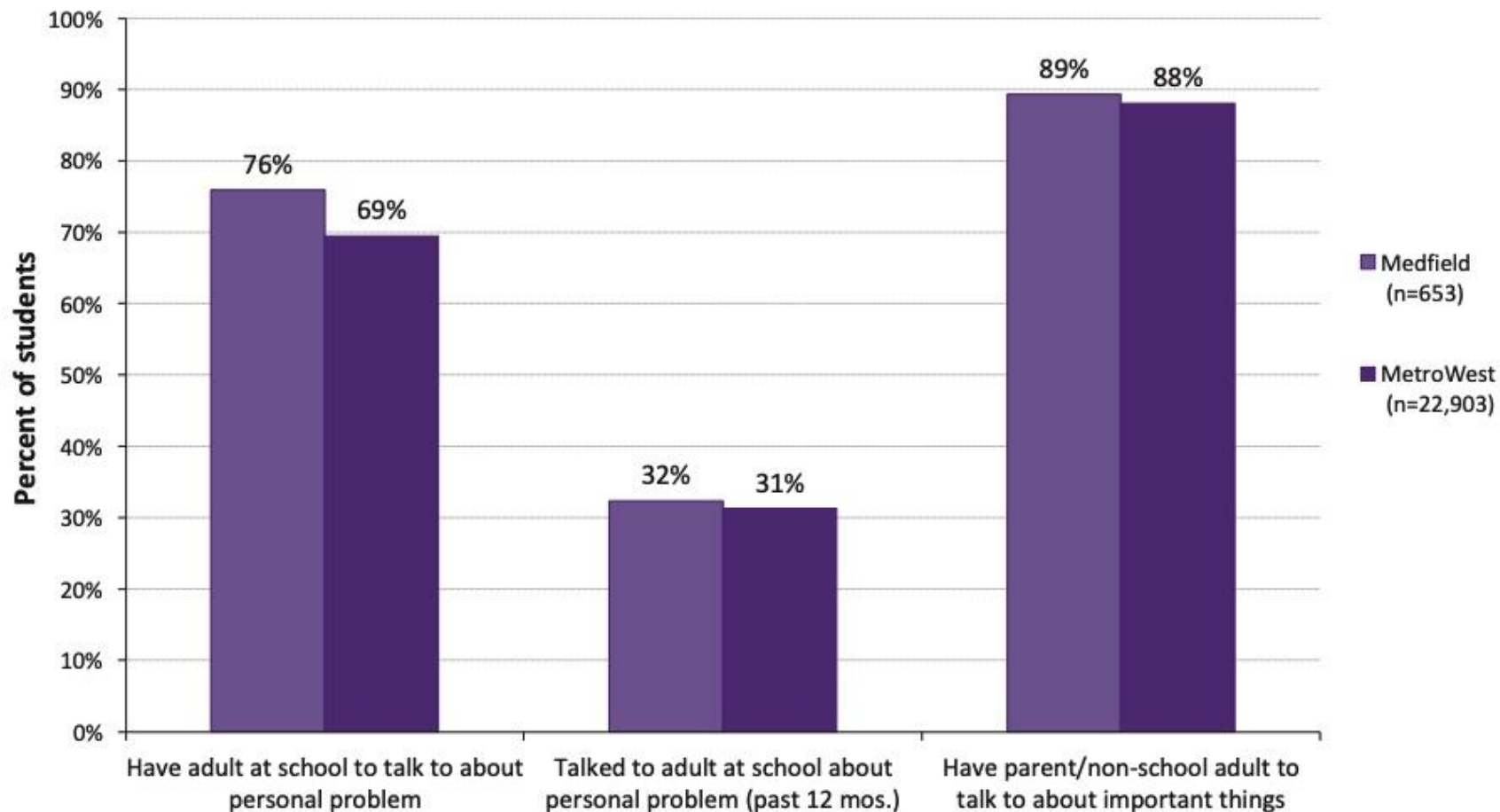
Physical Activity at the District and Regional Levels 2021 - Blake MS



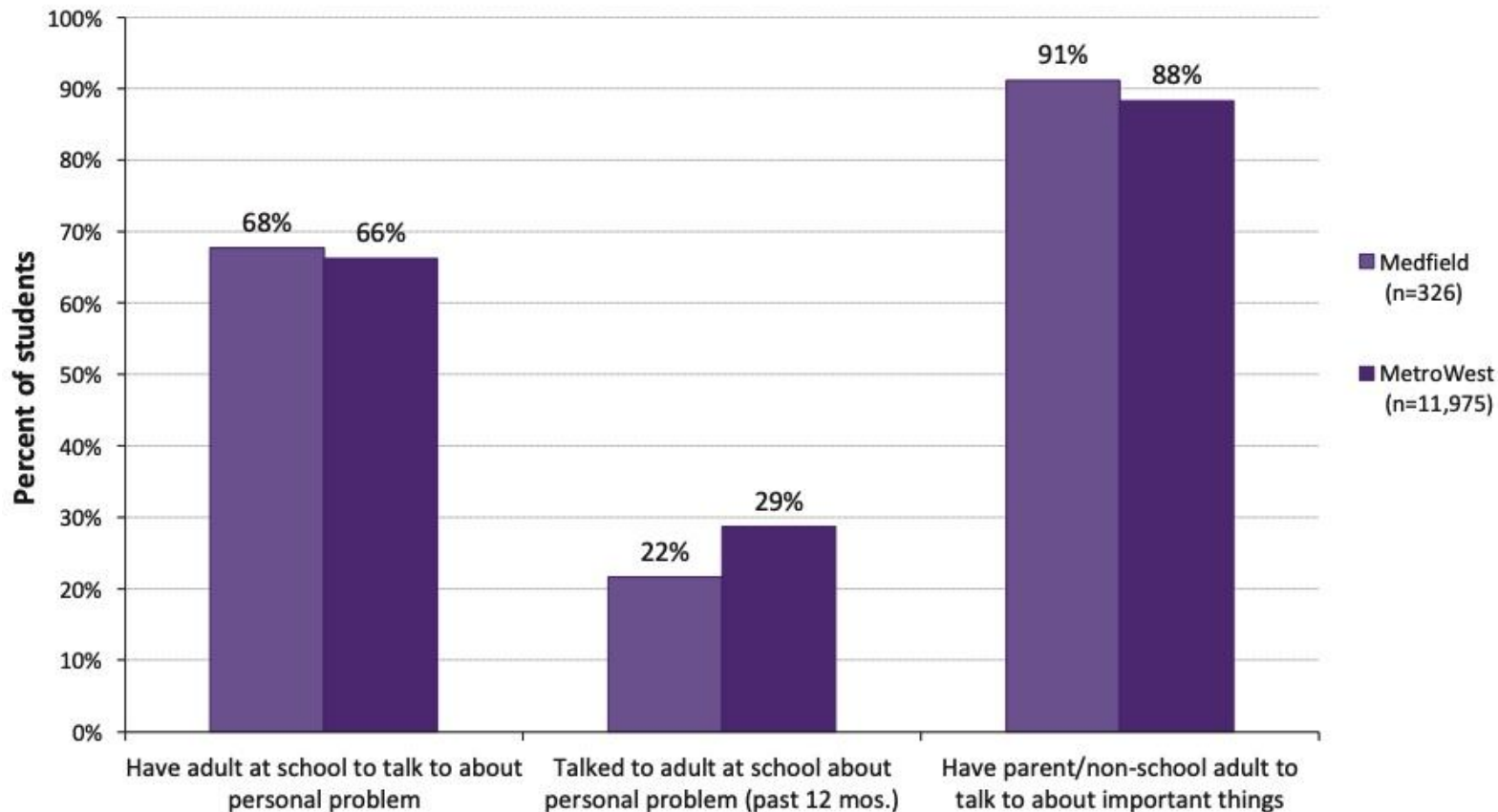
* Exercised for at least 20 minutes that made you sweat and breathe hard on three or more days per week

† Physically active for ≥ 60 minutes/day on ≥ 5 of the past 7 days; includes physical activity that increases your heart rate and makes you breathe hard some of the time

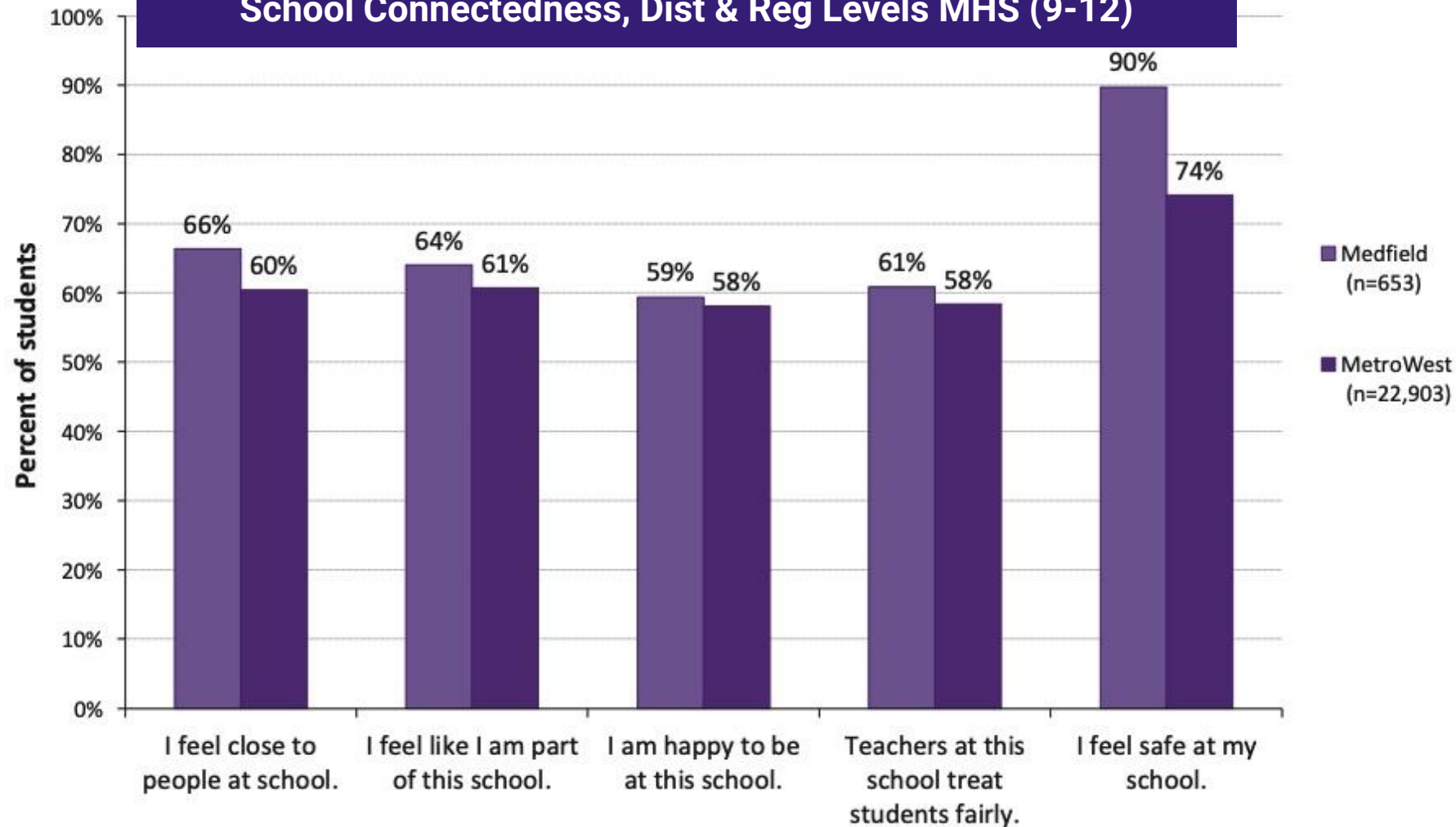
School Belonging - Adult Support District & Reg. Levels MHS (9-12)



School Belonging - Adult Support at the District and Regional Levels 2021 - Blake MS (grades 7 & 8)

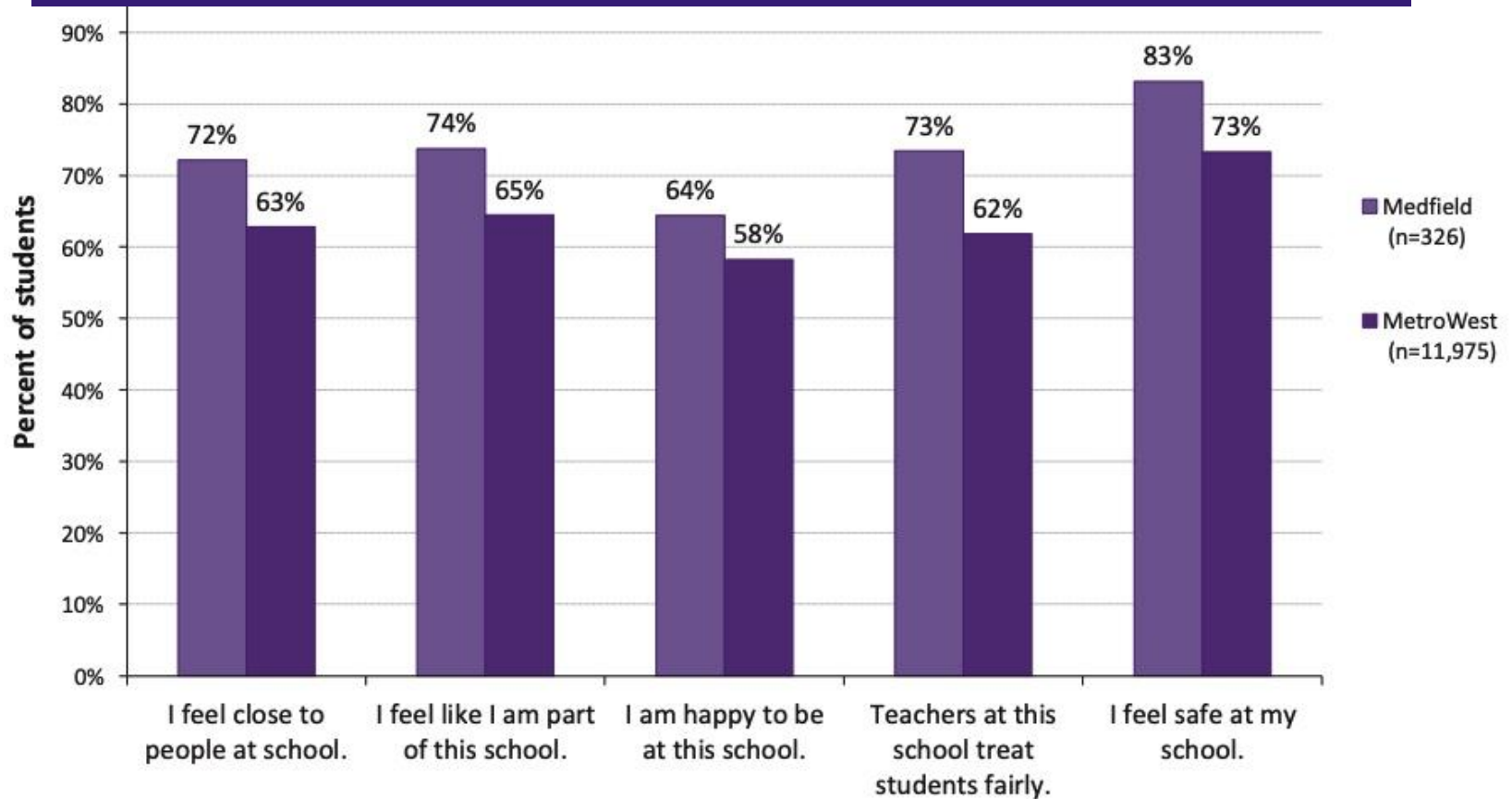


School Connectedness, Dist & Reg Levels MHS (9-12)

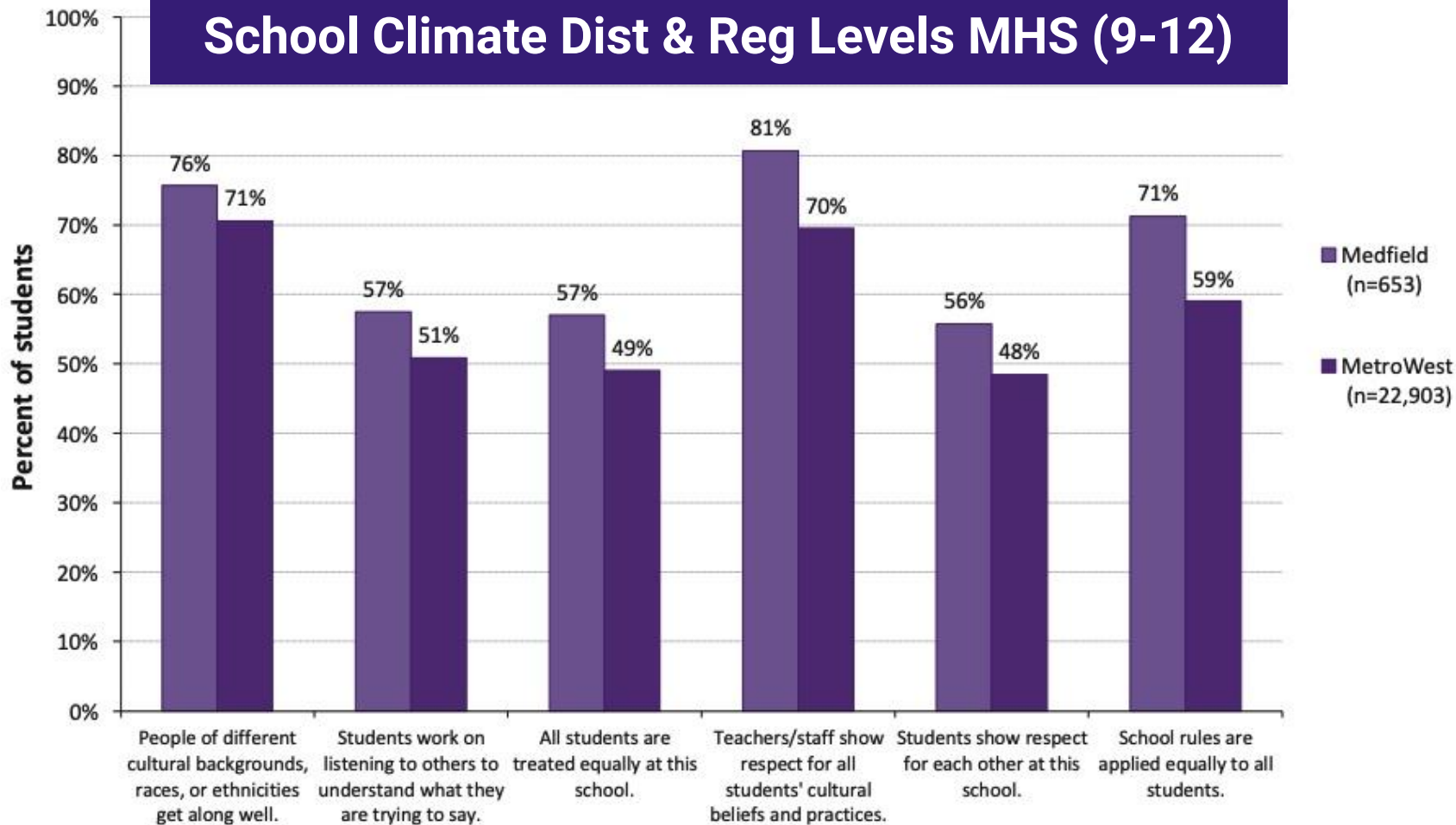


School Connectedness at the District and Regional Levels 2021

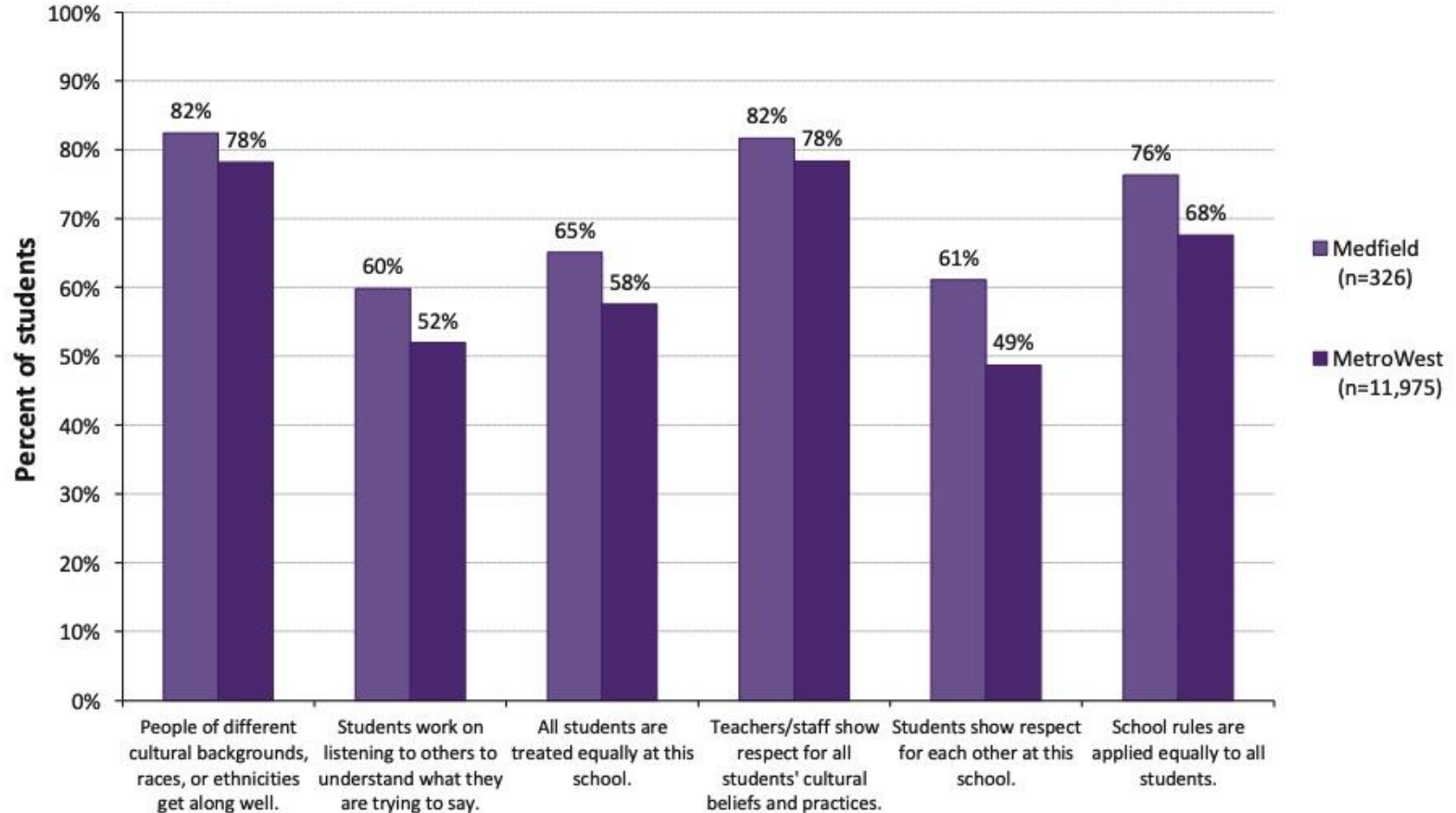
Blake MS (grades 7 & 8)



School Climate Dist & Reg Levels MHS (9-12)

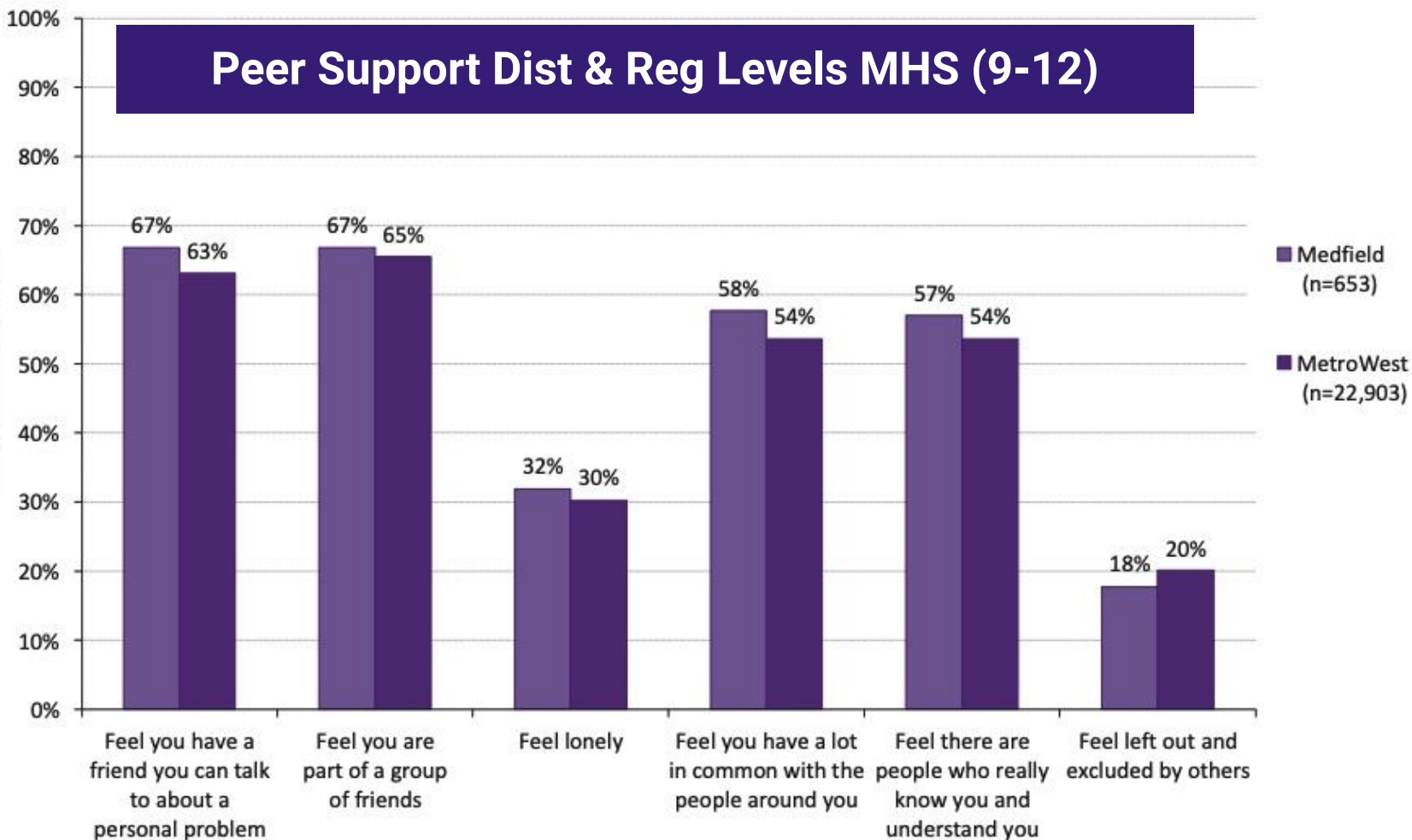


School Climate at the District and Regional Levels 2021, Blake MS (grades 7 & 8)

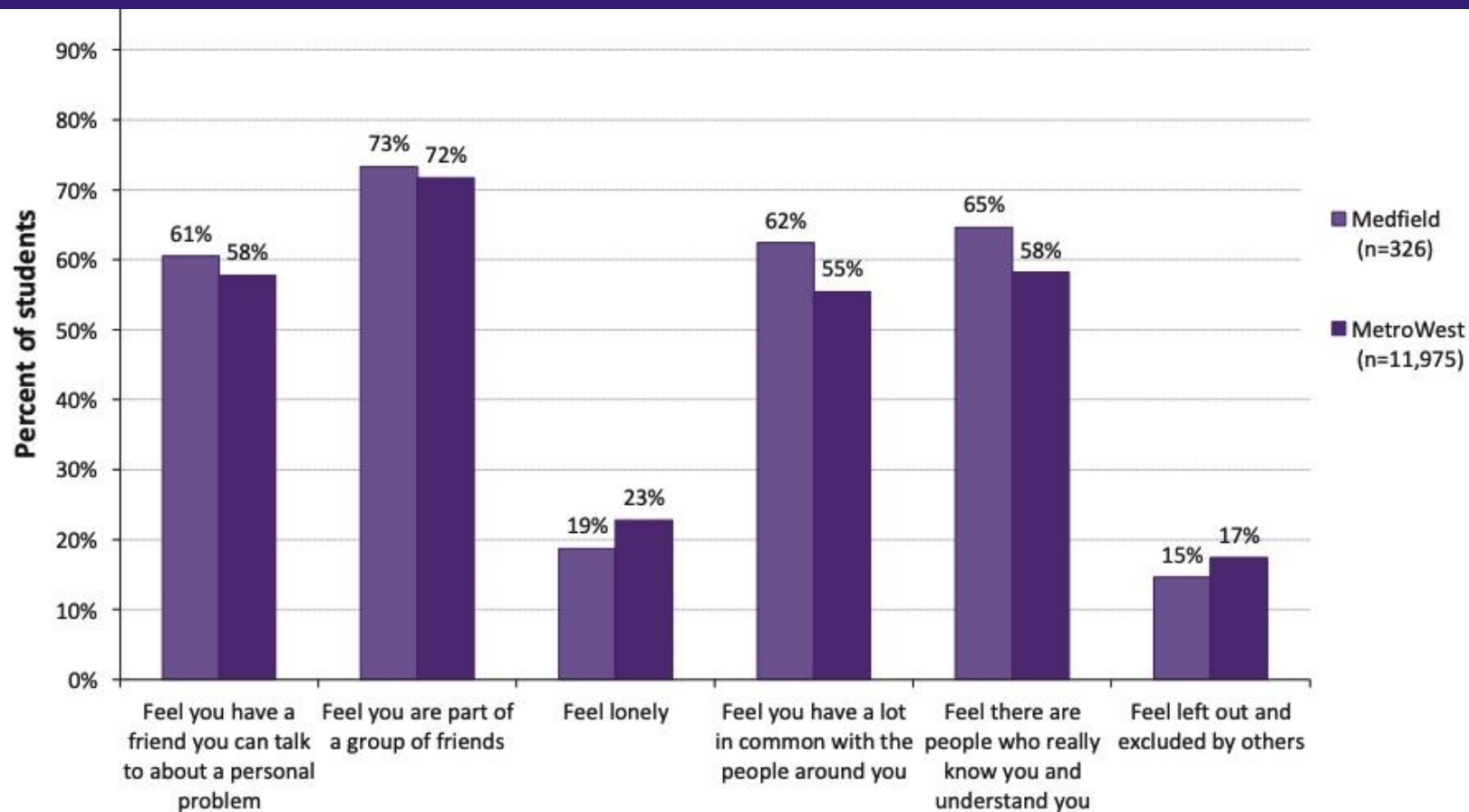


Peer Support Dist & Reg Levels MHS (9-12)

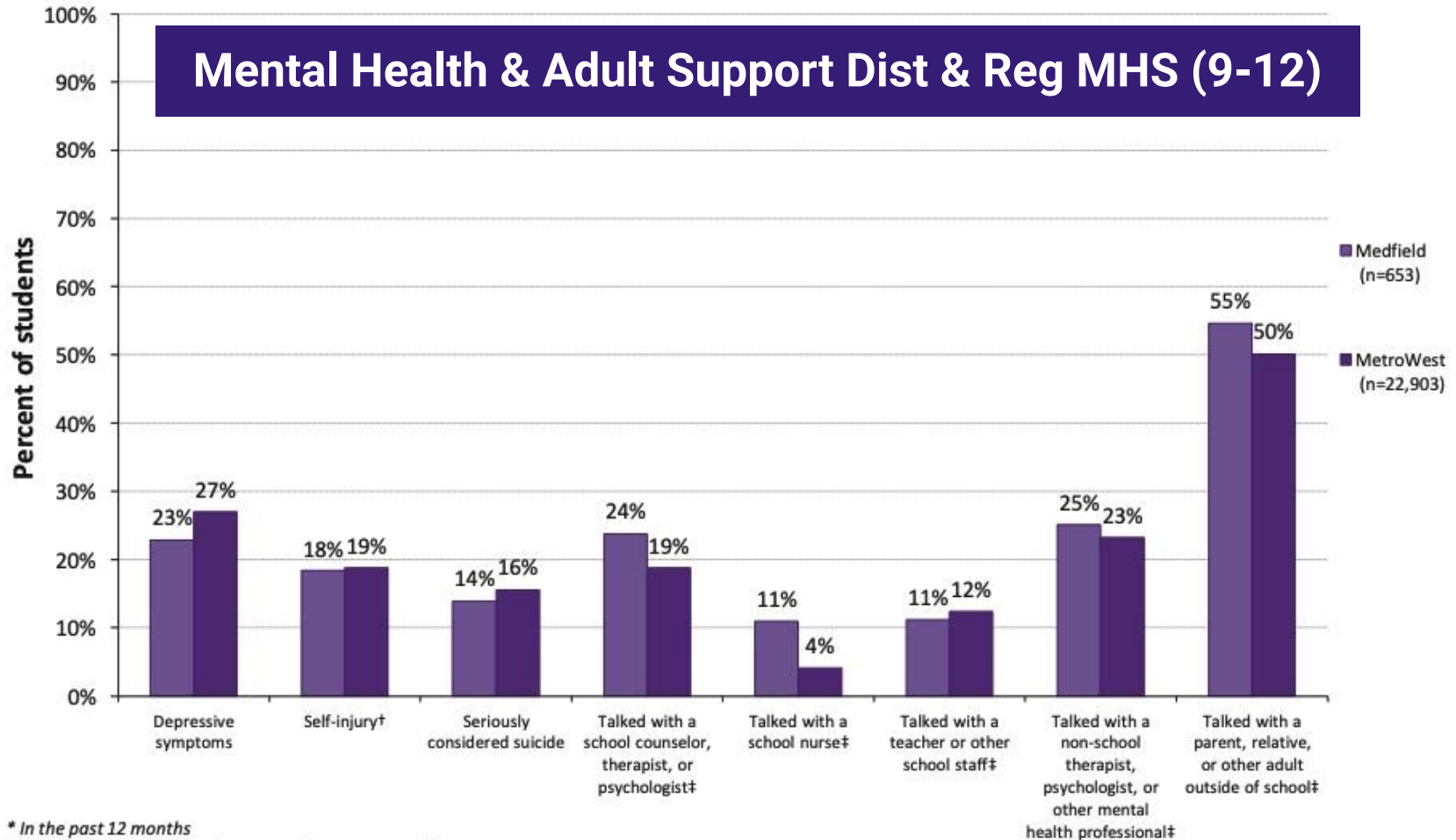
Percent of students



Peer Support at the District and Regional Levels 2021, Blake MS (grades 7 & 8)

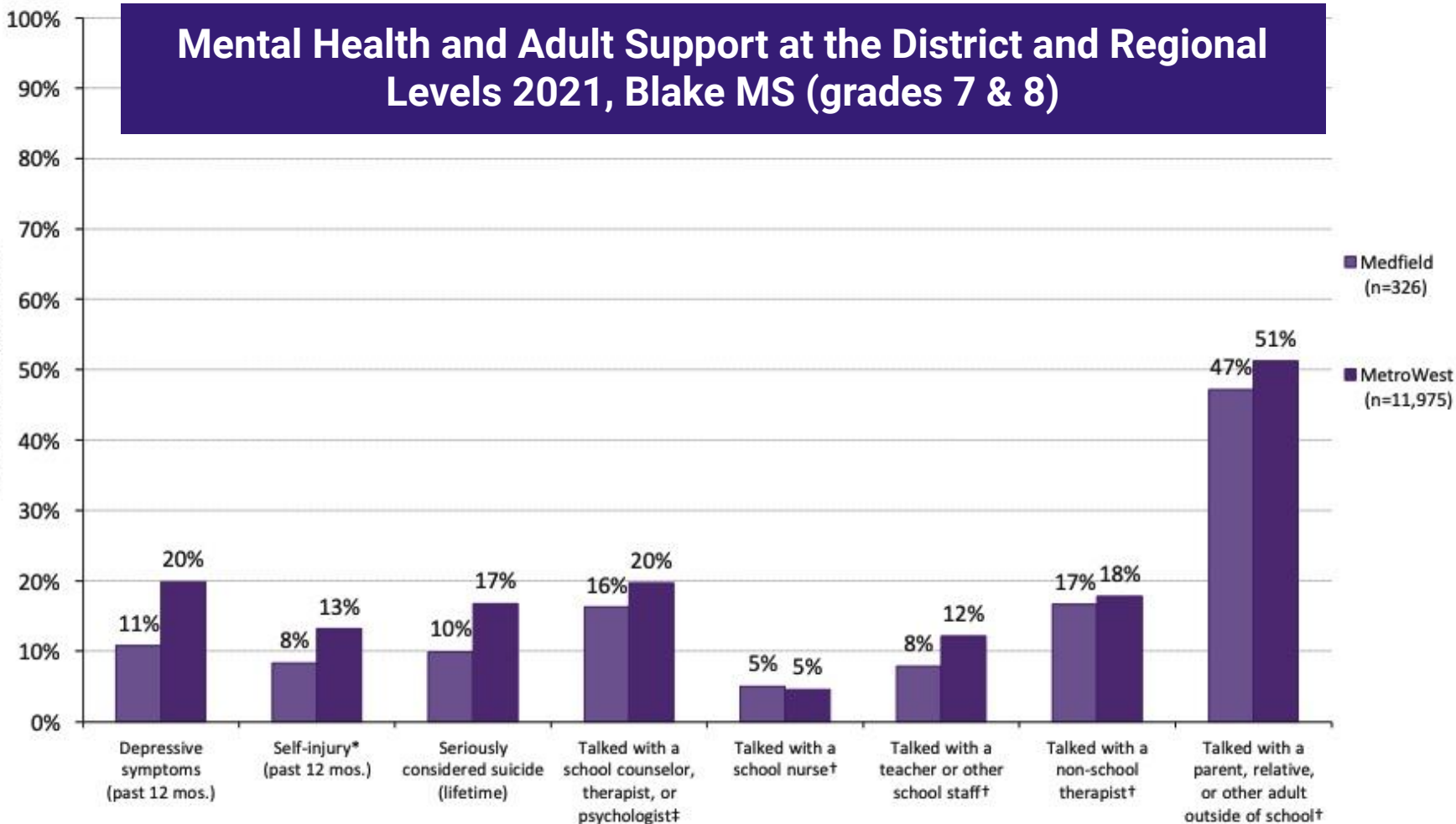


Our Kids Are Talking...



Mental Health and Adult Support at the District and Regional Levels 2021, Blake MS (grades 7 & 8)

Percent of students






Action Steps and Areas of Need

Memorial

- School psychologist and guidance counselor lead whole class lessons surrounding social thinking skills
- Age-appropriate stress management units being taught in Wellness classes for students to practice and demonstrate various coping techniques
- Anti-bullying/character education assembly with Brian Chevalier
- Increased staffing in guidance and school psychologist


Wheelock

- Age-appropriate stress management units being taught in Wellness classes for students to practice and demonstrate various coping techniques
 - Franklin, service dog
 - School psychologist and guidance counselor lead whole class mindfulness lessons
 - Increased staffing in guidance and school psychologist
 - Mindful moment every day during announcements includes calming music and daily kindness reminders
 - Positive referral program for demonstrating core values
- 

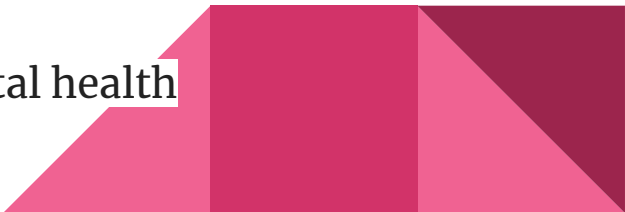
Dale

- Age-appropriate stress management units being taught in Wellness classes for students to practice and demonstrate various coping techniques
- Newly established Core Values: Respect, Compassion, Collaboration, Continuous Growth
- Student-Led Assemblies to highlight Core Values
- Positive Referrals
- Digital Citizenship Assemblies
- Lunch Bunches

Blake

- Age-appropriate stress management units & SEL being taught in Wellness classes for students to practice and demonstrate various advocacy & coping techniques
 - Whole school efforts to improve understanding of LGBTQ needs
 - Homework free weekends - and examining of all HW practices
 - Connectedness survey enhanced to support any student who does not identify a trusted adult at school
 - SOS and SBIRT screenings expanded to include 7th grade
 - Digital Citizenship implementation with all students
 - Full Time Adjustment Counselor
- 

High School

- Wellness Dept - Teaching SEL & skills based health and sexuality classes across all four years
 - Continuation of SEL Task Force
 - Formation of DEI Task Force
 - Schedule Change
 - Introduction of New Programs and Speakers (One Love Foundation, Start With Hello, Idecide)
 - Panorama Survey
 - Introduction of Common Planning Time
 - Student facilitated advisories on topics of substance use, addiction, mental health
 - Addition and Continuation of Student Led Groups Surrounding Topics of Substance Use and Mental Health
 - Maclean Partnership
 - Professional Development
 - “Medfield Connects” student created & driven mental health resource fair
- 

Past Substance Misuse Initiatives

- Procurement of federal drug-free communities grant in 2019
- Red Ribbon Week displays around Medfield and at MHS
- Speaker: The Dangerous Truth About Today's Marijuana: Johnny Stack's Life & Death Story
- Support for MHS Team Rival
- Reaching into Medfield: Collaborative Student Art Project
- Creation and Distribution of Medfield Resource Card
- Prom Bus funding
- Support for the ANGP
- Design, Purchase & Installation of Signage for MPS-maintained athletic fields
- Parent focus groups and key informant interview with students about youth substance use
- Drug Takeback Day and Narcan Training in Community





Upcoming & Ongoing Substance Misuse Initiatives

- Community feedback sessions to identify **strategies to reduce youth substance use in Medfield**
- Medfield TV Youth Media Program on Public Health Communication
- Substance use prevention speaker series
- Parent/guardian survey on attitudes towards youth substance use
- Alcohol and tobacco compliance checks
- Campaigns to change community norms around substance use
- Medfield Connects Students Resource Fair
- Collaboration with school nurses and administrators about current issues and needs
- iDECIDE - Diversion programming for substance use infractions
- Collaboration with regional and national prevention resources/organizations



Medfield Outreach administers the
**MCAP - Medfield Cares About
Prevention Community
Coalition**
An MFi initiative



Some Past Mental Health Initiatives

- Provision of Mental Services, assessment, treatment, referrals
- Medfield Moves for Mental Health
- Self-Care Bear initiative at Memorial, Wheelock, and Dale
- My Ascension Film Screening & Panel Discussion, Suicide Prevention
- Yoga on the Turf for students, Mental Health May
- Speaker: Healthy or Eating Disordered - How to Know & What to Do
- Funding for Interface Referral Services
- Classroom presentations on a variety of mental health topics
- Field trips to Medfield Outreach
- Suicide Prevention Month - purple lights and ribbons across town
- Senior project site



When to Get Help!?

If you are worried about yourself or a friend - **SEEK HELP!**

Here are some ways to seek help:

- Talk to a trusted adult
- School Staff
- Guidance Office
- Teachers, coaches, club advisors, administrators

Helplines for Crisis Support

- Samaritan Helpline: 1-877-870-HOPE (4673) or Text: 24/7
- National Suicide Prevention Helpline: 1-800-273-TALK (8255)
- Call2Talk: 508-532-2255 or Text: C2T to 741741

Local Mental Health Support

- Medfield Outreach: 508-359-7121







Upcoming & Ongoing Mental Health Initiatives

- Suicide Prevention Month in September
- MHS student discussion group
- Support for student group, *Active Minds*
- Creation of a student Health and Wellness club
- Wellness presentations on mental health
- 8th grade Wellness class visits to our office to learn about mental health & familiarize students with Medfield Outreach
- Collaboration between clinicians at Medfield Outreach, Guidance Department and Nursing Staff
- LMC signage informing students of Medfield Outreach services
- Support for student-organized resource fair, *Medfield Connects*
- Medfield Outreach staff are QPR trained



Medfield Coalition for Suicide Prevention

Medfield Outreach administers
**MCSP - Medfield Coalition for
Suicide Prevention**
An MFi initiative



Continued Areas of Need

- *Mental Health
- *Substance Abuse
- *Demographic Attention
- *Continued Response
Pandemic



Closing Thoughts...

Questions?

Want to know more?

