

2010-2011 School Year Fairfax County Youth Survey

Mental Health: Depression & Suicide

Updated February 2012



Fairfax County Youth Survey





Fairfax County Youth Survey

The Fairfax County Youth Survey ...

- Is comprehensive, anonymous and voluntary
- Examines the behaviors, experiences, and risk and protective factors that influence the well-being of our county's youth
- Provides county, school, and community-based organizations with data to assess youth needs and strengths, develop programs, monitor trends, measure community indicators, and guide countywide planning of prevention efforts





Fairfax County Youth Survey Participation

The 2010 Fairfax County Youth Survey was completed...

- by over 44,000 FCPS students,
- representing 86% of enrolled students,
- in grades 6, 8, 10, and 12.

6th grade students take a shortened, modified survey.





Fairfax County Youth Survey Demographics Risk & Protective Factors Survey (Grades 8,10,12)

	<u>Survey Respondents</u>	
	<u>Number</u>	<u>Percent</u>
• Grade 8	10,718	35.3%
• Grade 10	10,197	33.5%
• Grade 12	9,484	31.2%
• Female	15,160	50.1%
• Male	15,083	49.9%
• White	13,688	45.5%
• Black	3,070	10.2%
• Hispanic	5,200	17.3%
• Asian	5,999	19.9%
• Other/Multiple	2,128	7.1%

The 2010 Fairfax County Youth Survey results by demographics are representative of the student population of the grade levels surveyed.

The 2010 Fairfax County Youth Survey was administered to 10,964 6th graders with similar representation in demographic categories.



Fairfax County Youth Survey





Mental Health: Depression & Suicide Questions



Fairfax County Youth Survey





Fairfax County Youth Survey Questions

On the 2010 Fairfax County Youth Survey, students were asked the following question.

The next section asks about your feelings and experiences in other parts of your life.

Remember, your answers are confidential.

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? **Yes/No**

The question regarding depression is asked annually.



Fairfax County Youth Survey





Fairfax County Youth Survey Questions

On the **2009** Fairfax County Youth Survey, students were asked questions regarding suicide. These questions are only asked in odd years to keep the survey at a length that can be completed during one class period and to coincide with the administration of the YRBS to obtain a national comparison.

These questions were NOT asked on the 2010 survey.

The next section asks about your feelings during the past 12 months.

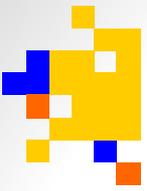
Remember, your answers are confidential.

During the past 12 months, did you ever:

... seriously consider attempting suicide? **Yes/No**

... actually attempt suicide? **Yes/No**





Survey Results



Fairfax County Youth Survey





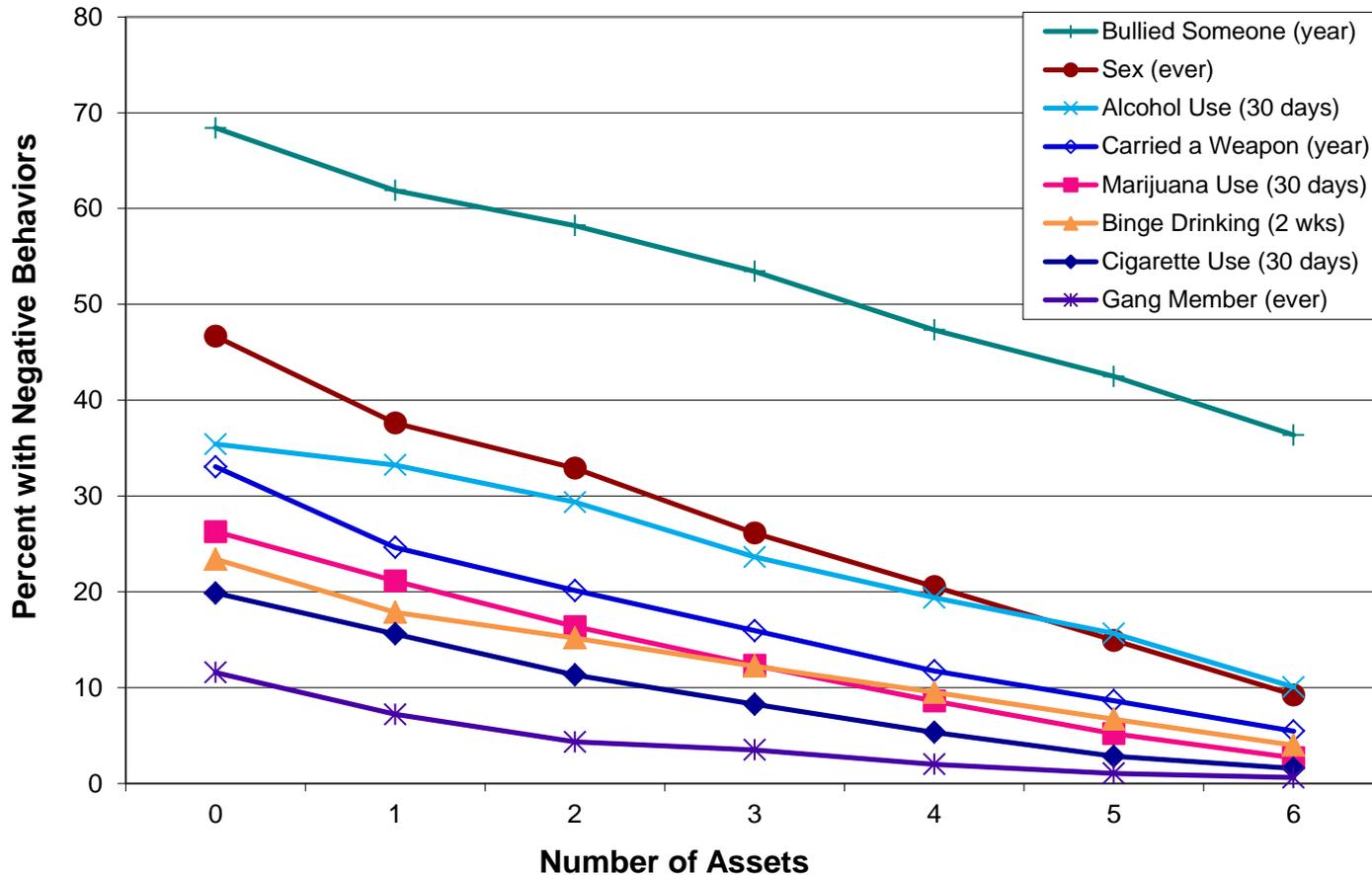
Correlation Data

- **Cross-tabulations** are when we look at the way students responded to multiple questions, for example when we look at results by demographics such as symptoms of depression by gender or the cross of two experiences such as symptoms of depression by substance use.
- **Cross-tabulations of data do not imply cause and effect.**
- The results do not imply that being a certain gender or using substances causes depression. The data indicate there is a **correlation** of the female gender reporting higher prevalence of reported depressive symptoms.
- Similarly, youth who use substances are more likely to report symptoms of depression, but the results cannot say whether the substance use causes depression or whether depression leads to substance use.





Asset Graph for Fairfax County (Grades 8, 10, 12)



High Personal Integrity
 Perform Community Service
 Teachers Recognize Good Work

Have Community Adults to Talk to
 Participate in Extracurricular Activities
 Parents are Available for Help

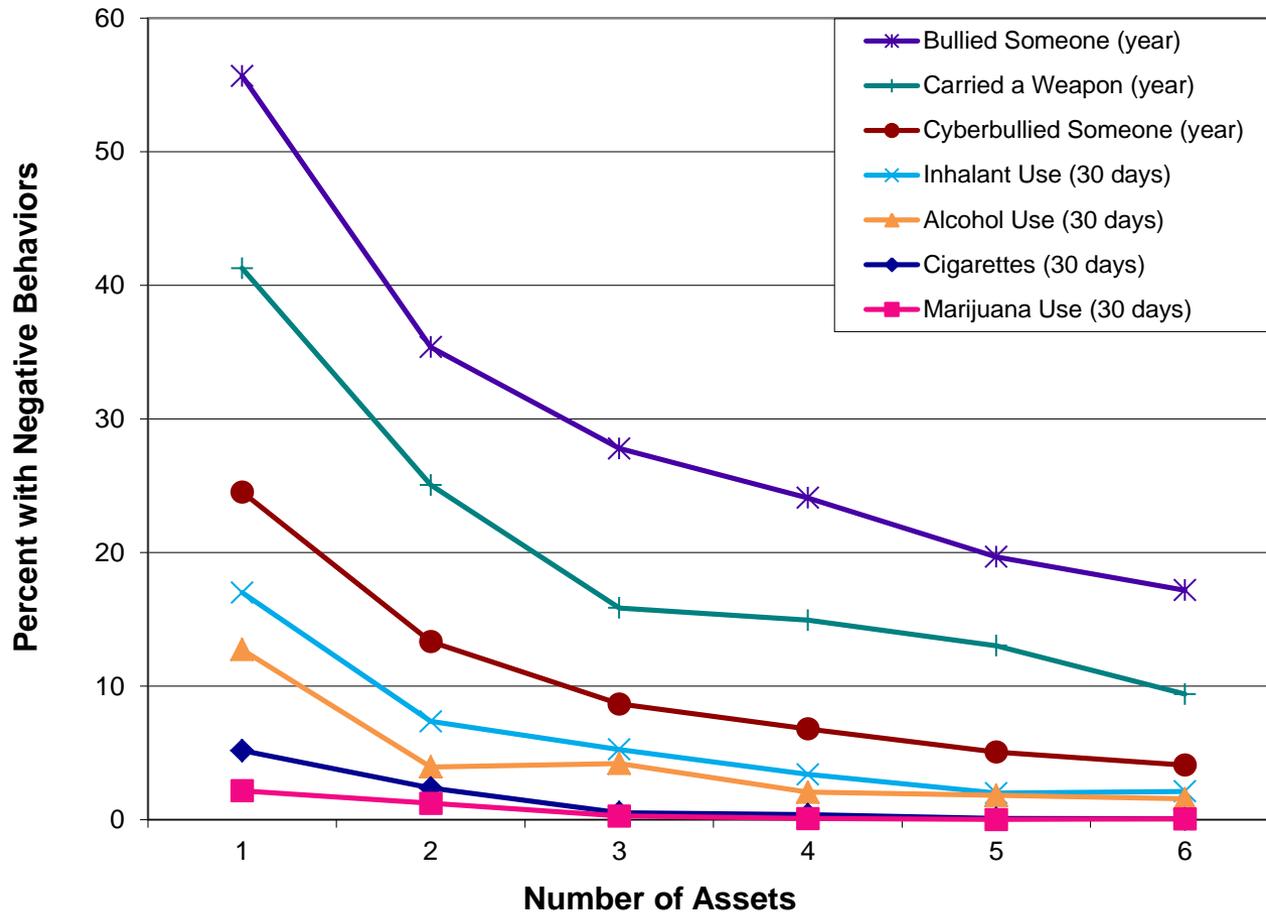


Fairfax County Youth Survey





Asset Graph for Fairfax County (Grade 6)



High Personal Integrity
 Perform Community Service
 Feel Safe at School

Have Community Adults to Talk to
 Participate in Extracurricular Activities
 Parents are Available for Help

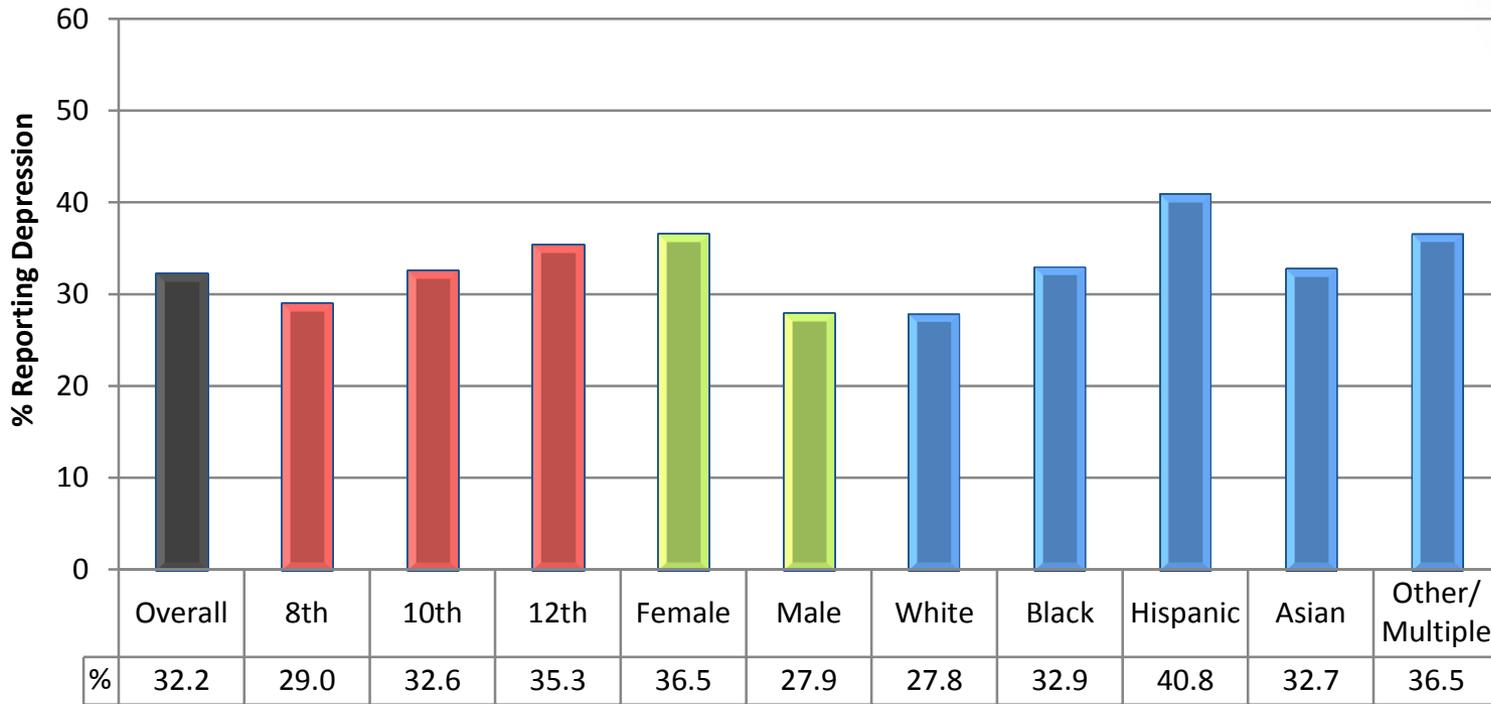
Fairfax County Youth Survey





Depression (Grades 8, 10, 12)

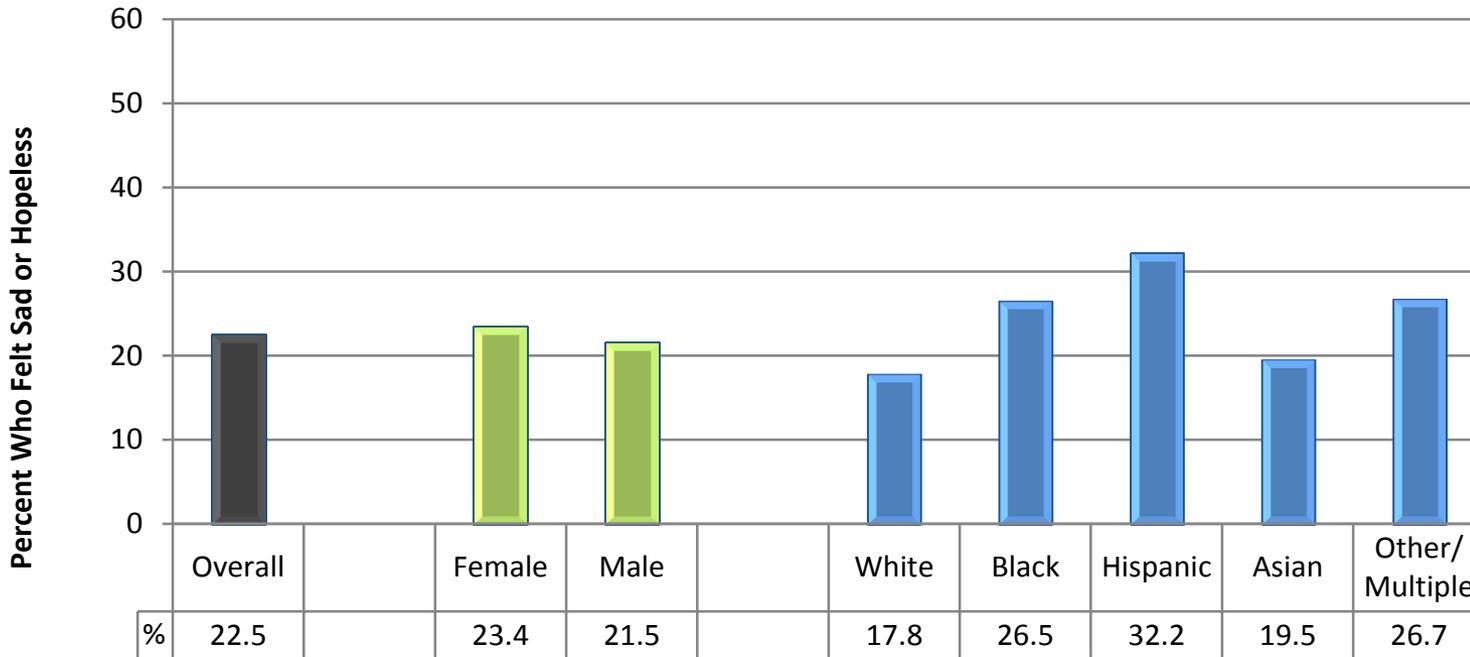
Percent Who Experienced Depression in Past Year

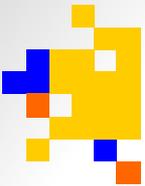




Depression (Grade 6)

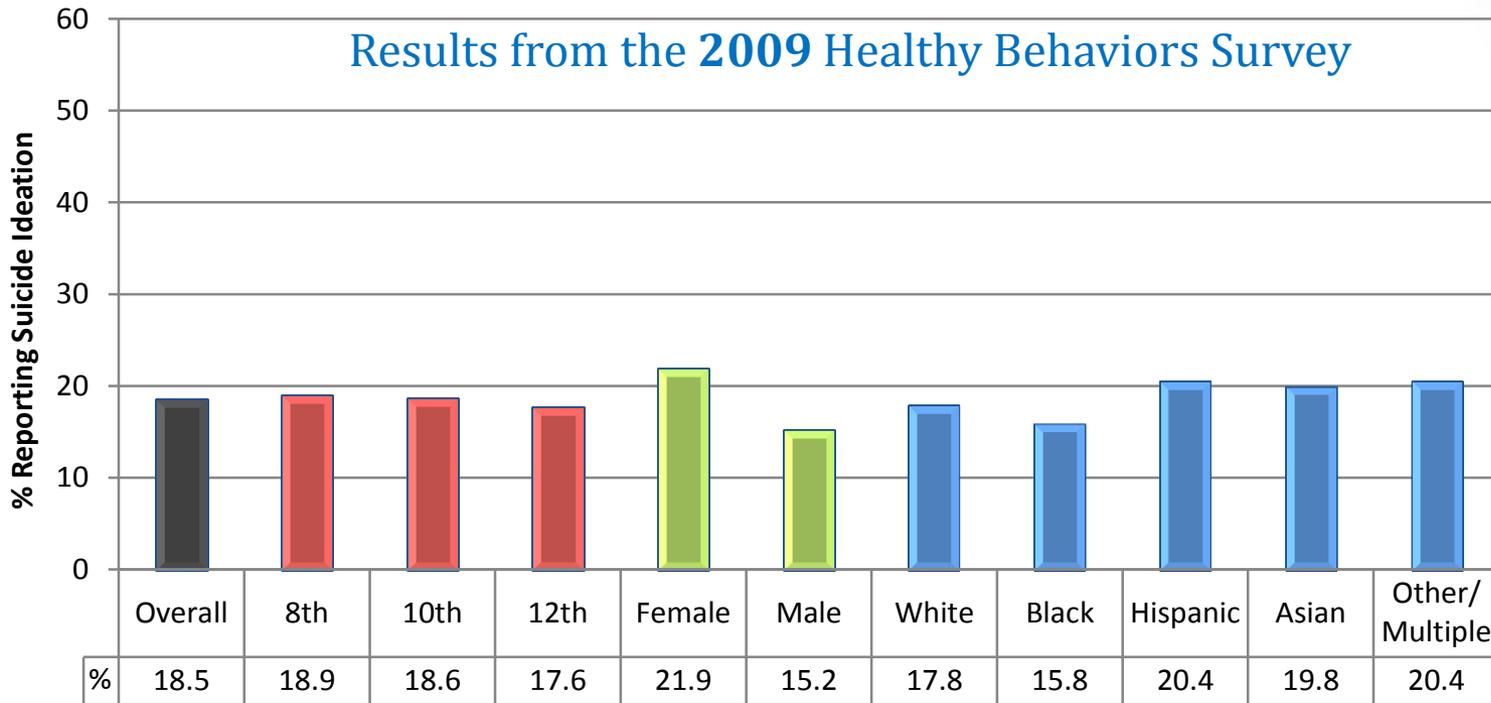
Percent Who Experienced Depression in Past Year





Considered Suicide(Grades 8, 10, 12)

Percent Who Considered Suicide in the Past Year



There were no suicide-related questions in the 2010 Fairfax County Youth Survey

The national survey for comparison (YRBS) was not administered in 2010.



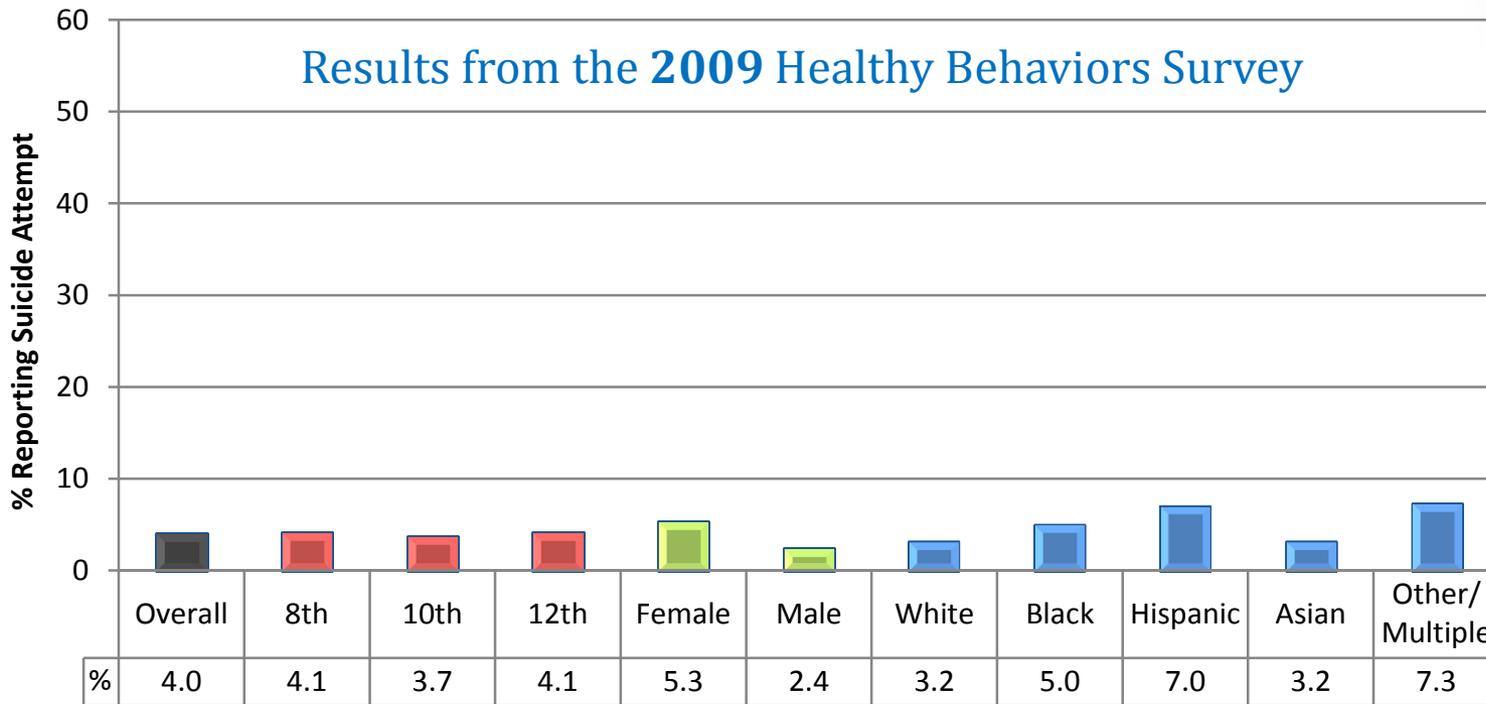
Fairfax County Youth Survey





Attempted Suicide(Grades 8, 10, 12)

Percent Who Attempted Suicide in the Past Year



*There were no suicide-related questions in the 2010 Fairfax County Youth Survey
The national survey for comparison (YRBS) was not administered in 2010.*



Fairfax County Youth Survey





Substance Use

Correlation to Depression



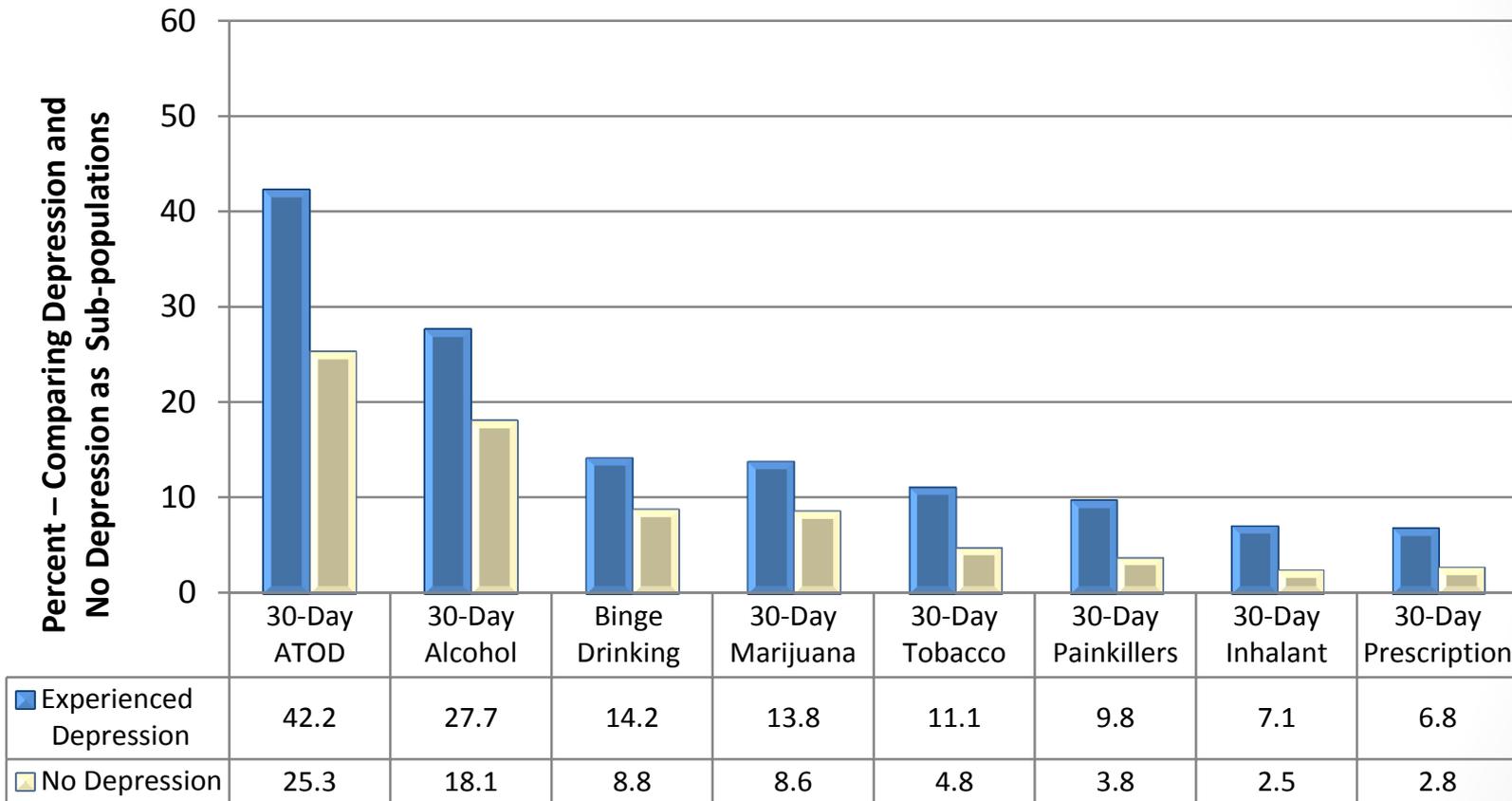
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Depression (Grades 8, 10, 12)

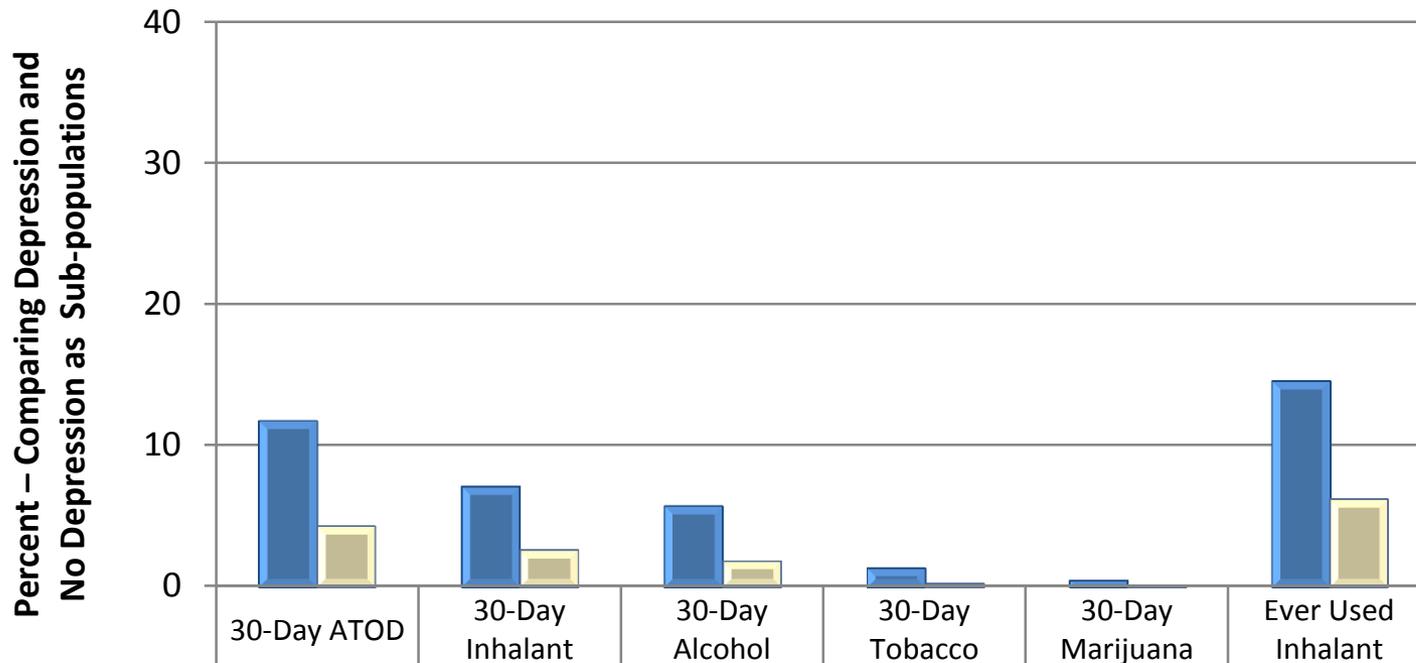
Substance Use Related Factors





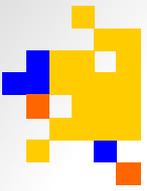
Depression (Grade 6)

Substance Use Related Factors



Experienced Depression	11.7	7.0	5.7	1.3	0.4	14.4
No Depression	4.2	2.6	1.8	0.2	0.1	6.1





Violence and Aggression

Correlation to Depression



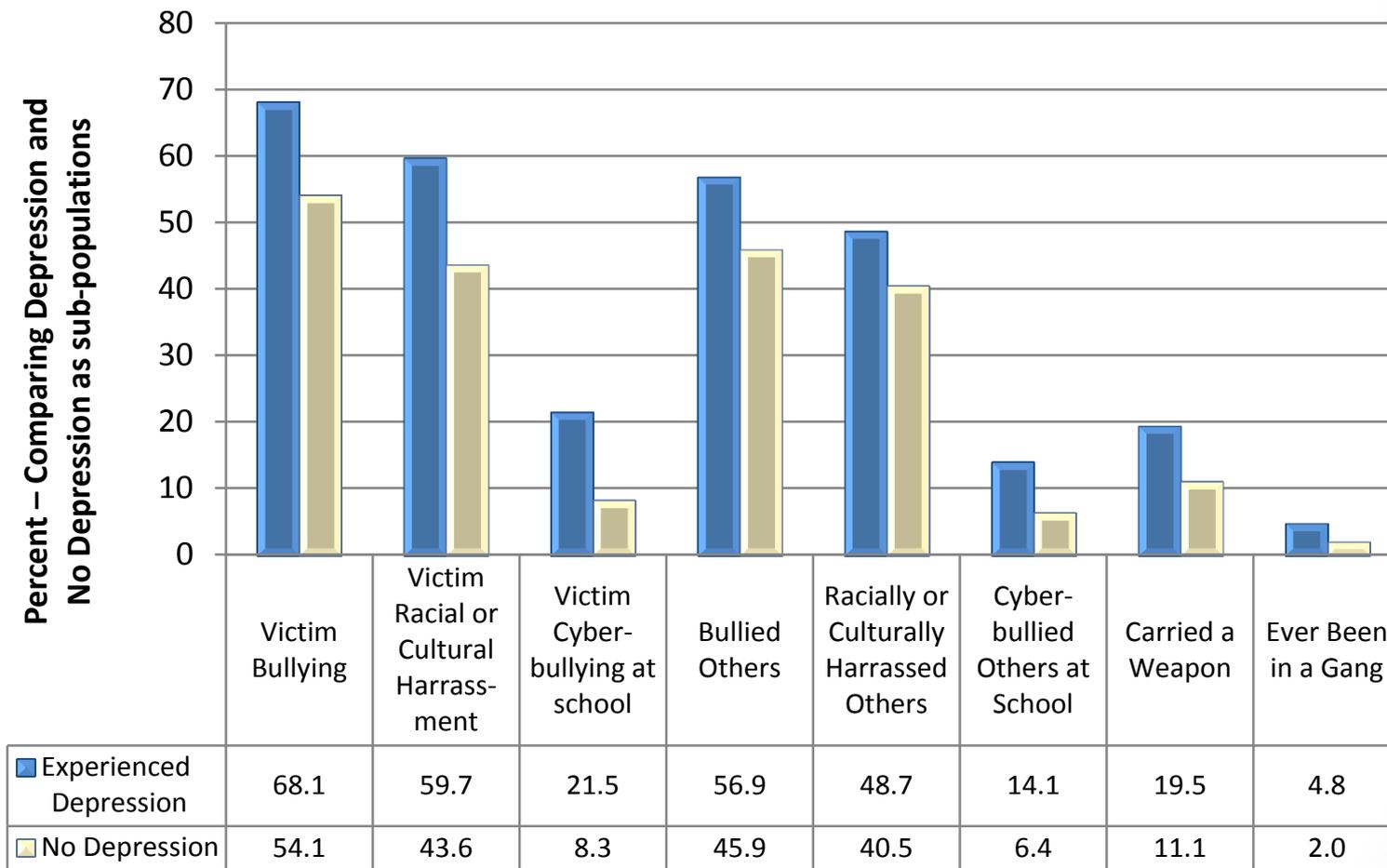
Fairfax County Youth Survey





Depression (Grades 8, 10, 12)

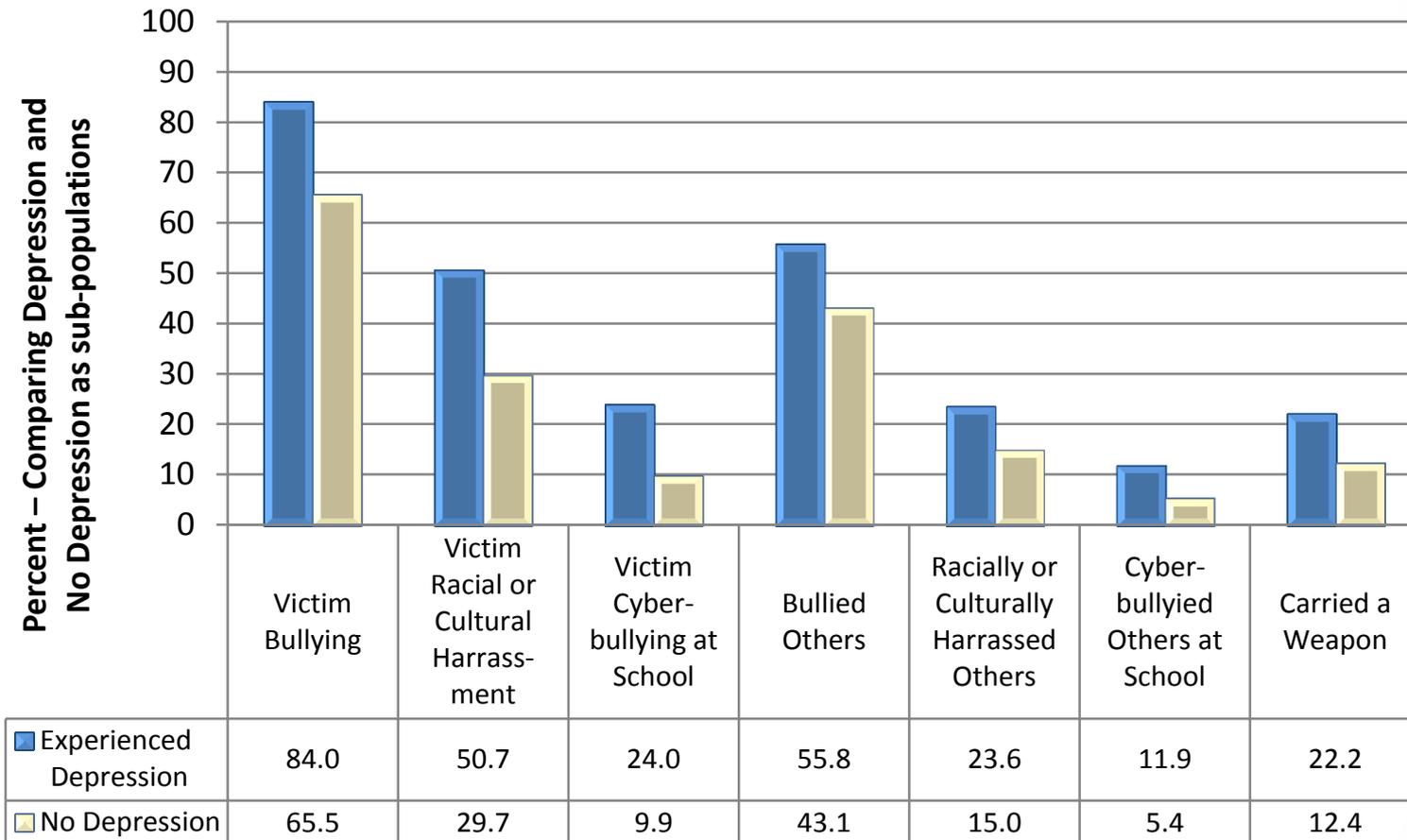
Violence and Aggression Related Factors





Depression (Grade 6)

Violence and Aggression Related Factors





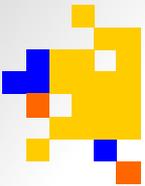
Health and Well-Being

Correlation to Depression



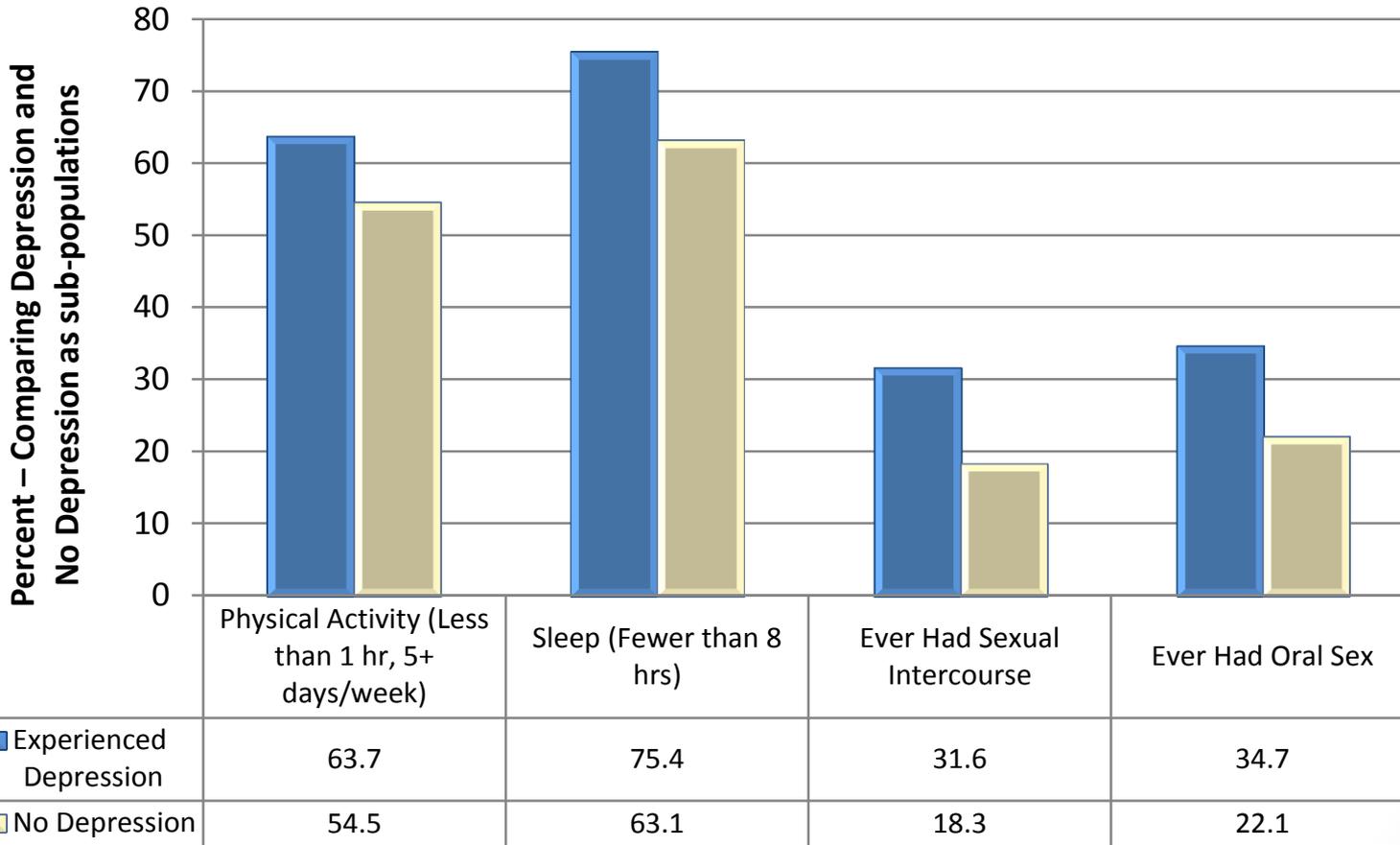
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Depression (Grades 8, 10, 12)

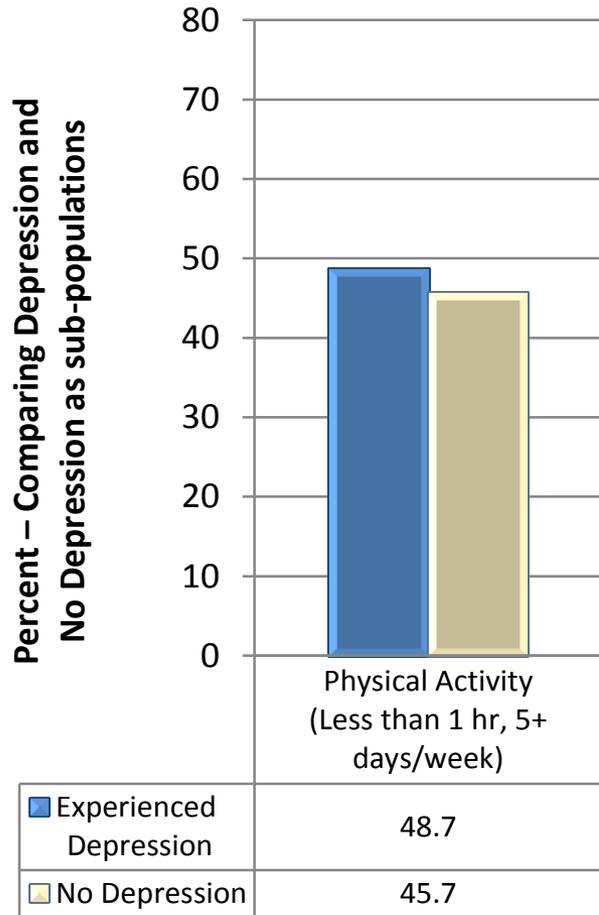
Health and Well-Being Related Factors

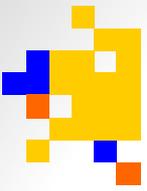




Depression (Grade 6)

Health and Well-Being Related Factors





School Performance

Correlation to Depression



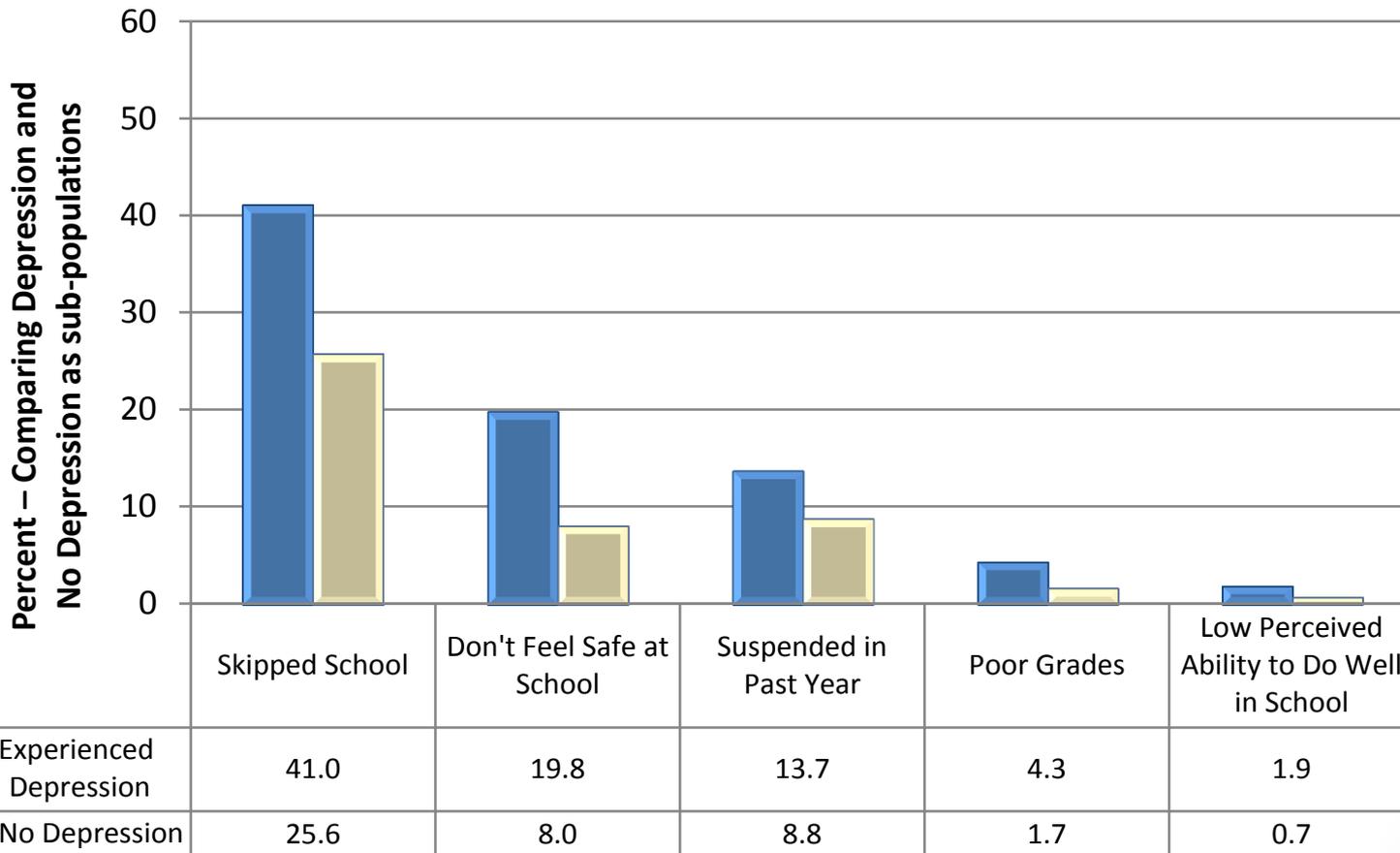
Fairfax County Youth Survey





Depression (Grades 8, 10, 12)

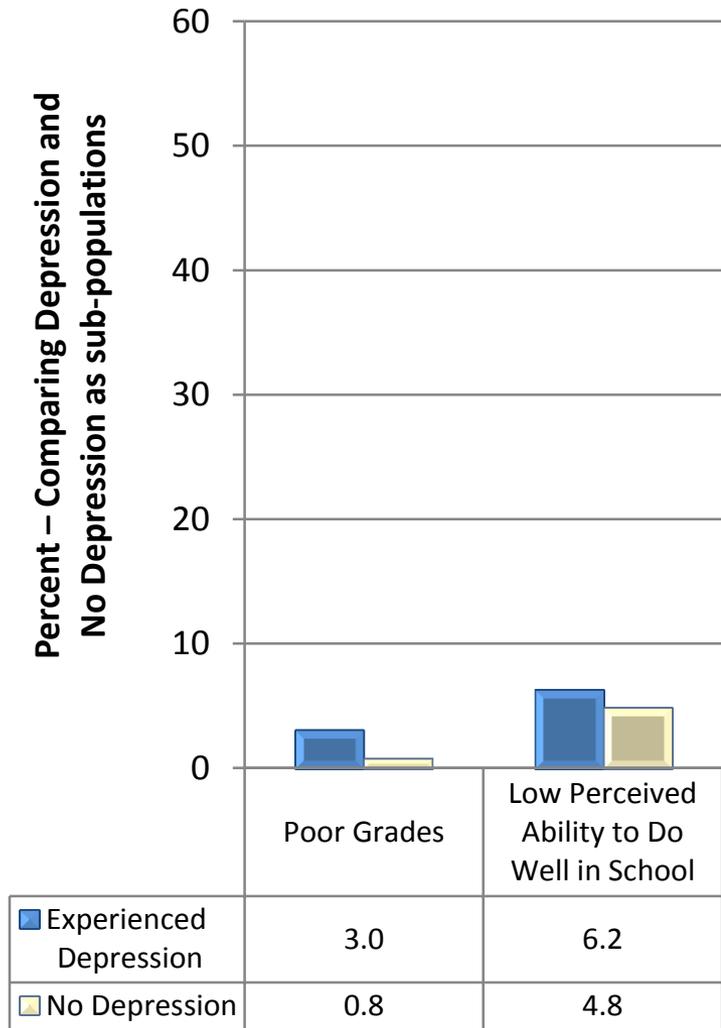
School Performance Related Factors





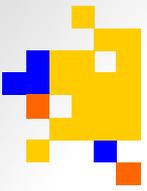
Depression (Grade 6)

School Performance Related Factors



Fairfax County Youth Survey





Risk and Protective Factors



Fairfax County Youth Survey





Risk and Protective Factors

Risk Factors help us explain circumstances that may increase the likelihood of problem behaviors

*Youth who exhibit increased amounts of a risk factor are considered to be at “**high risk**” in that category*

Protective Factors can help increase resiliency to substance use and problem behaviors, buffering youth from risk

*Youth who exhibit increased amounts of a protective factor are considered to have “**high protection**” in that category*

Full Glossary of R&P questions can be found in the full 2010 Fairfax County Youth Survey Report.





Protective Factors

Correlation to Depression



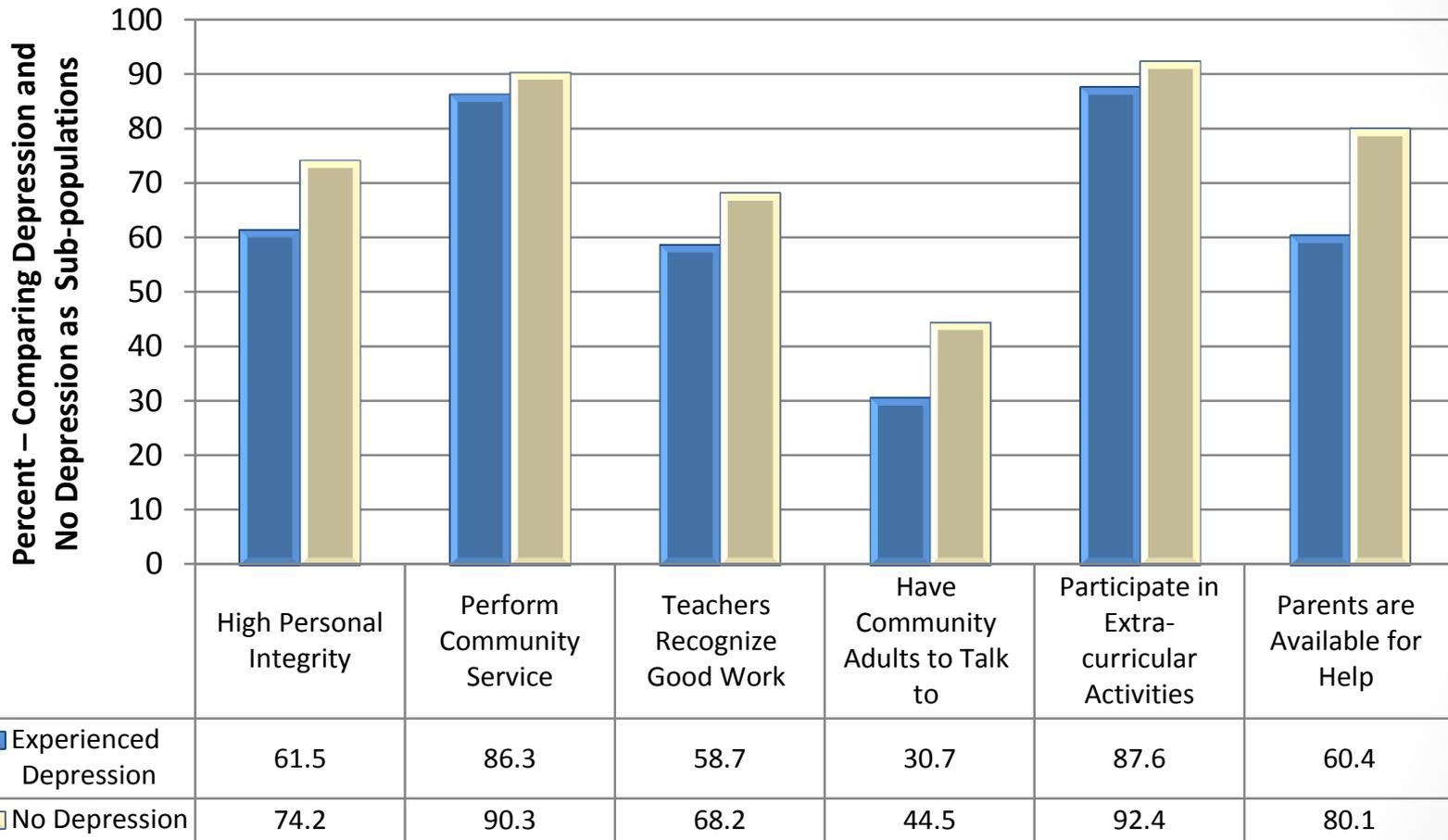
Fairfax County Youth Survey





Depression (Grades 8, 10, 12)

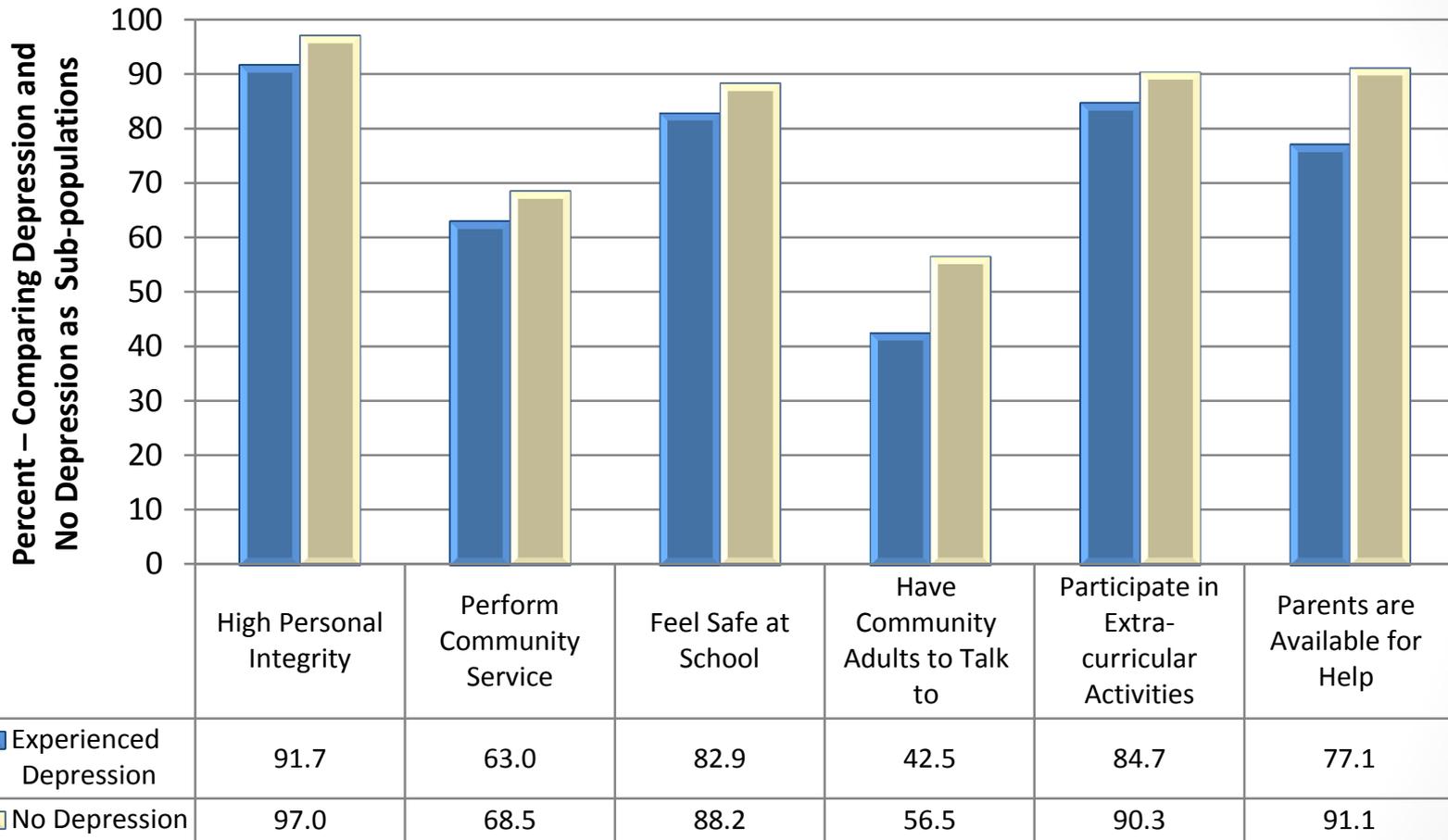
Protective Factors

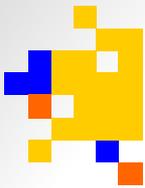




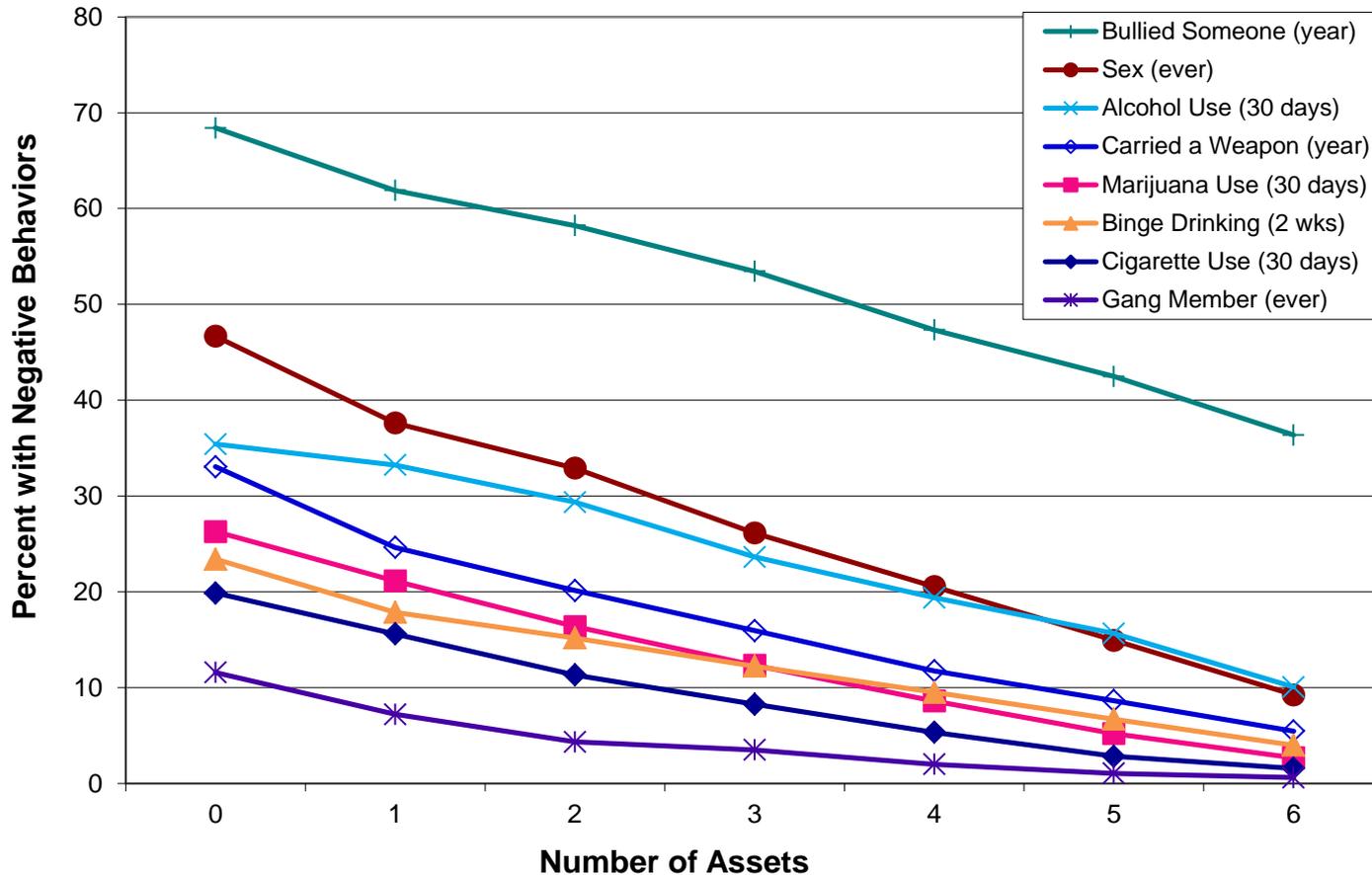
Depression (Grade 6)

Protective Factors





Asset Graph for Fairfax County (Grades 8, 10, 12)



High Personal Integrity
 Perform Community Service
 Teachers Recognize Good Work

Have Community Adults to Talk to
 Participate in Extracurricular Activities
 Parents are Available for Help

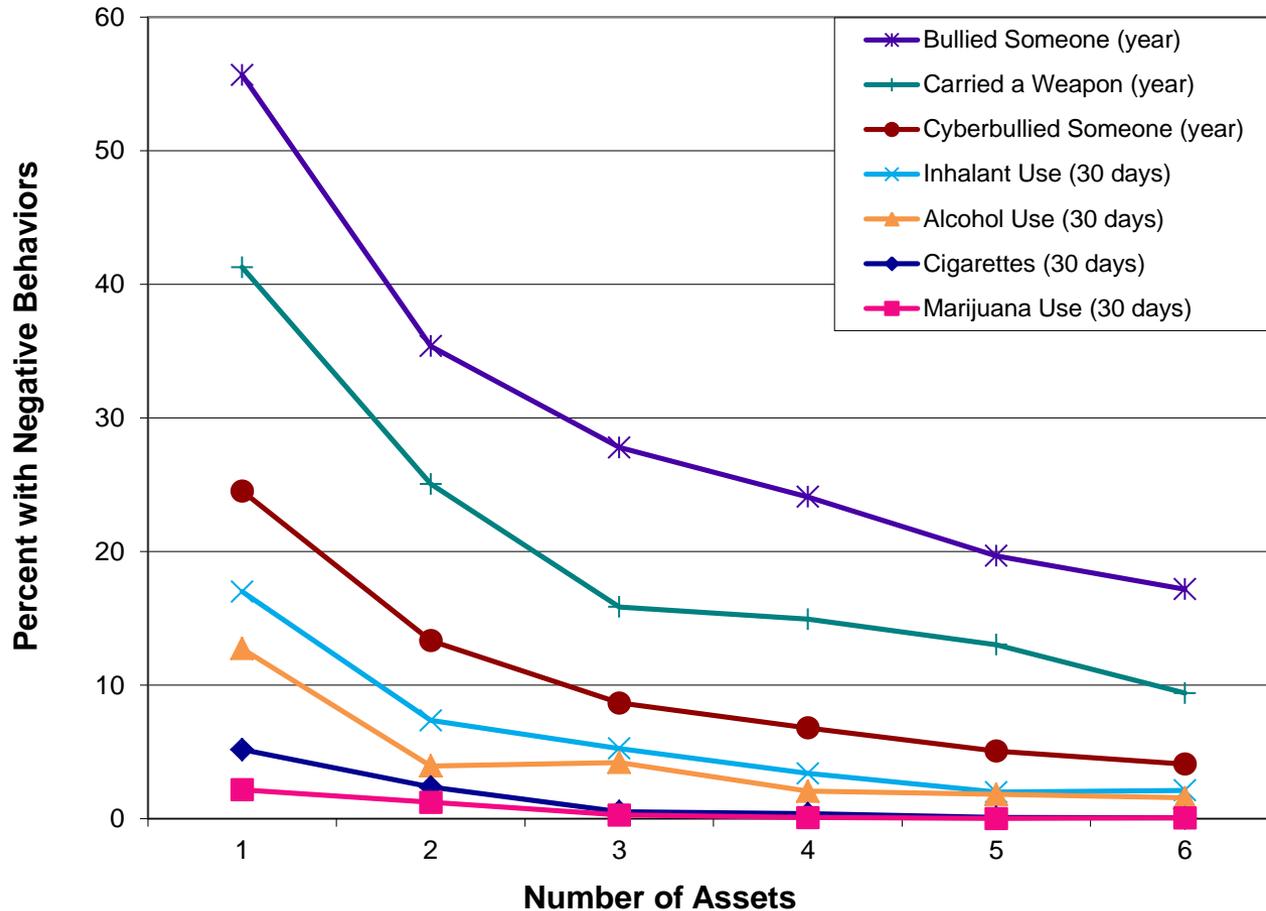


Fairfax County Youth Survey





Asset Graph for Fairfax County (Grade 6)



High Personal Integrity
 Perform Community Service
 Feel Safe at School

Have Community Adults to Talk to
 Participate in Extracurricular Activities
 Parents are Available for Help

Fairfax County Youth Survey





The Prevention Toolkit

The Prevention Toolkit provides access to presentations, videos, fact sheets, links to helpful organizations and resources, and ideas for taking action in your family and community to address Youth Survey related topics:

- Alcohol, Tobacco and Other Drugs
- Bullying and Cyberbullying
- Mental Health: Depression & Suicide
- Nutrition and Physical Activity
- Teen Dating Abuse

Visit:

www.fairfaxcounty.gov/ncs/prevention/toolkit.htm

Questions may be emailed to:

NCSPrevention@fairfaxcounty.gov



Fairfax County Youth Survey





Help and More Information

Find these and other organizations in the Prevention Toolkit as resources for help and more information.

- [Crisislink Suicide Prevention Hotline: \(703\) 527-4077](tel:7035274077)
- [National Suicide Prevention Lifeline: \(800\) 273-TALK \(8255\)](tel:800273TALK)
- [Fairfax-Falls Church Community Services Board \(CSB\) Mental Health Services](tel:7033838500)
24-Hour CSB Emergency Services Phone: 703-383-8500 | TTY: 703-207-7737
- [Fairfax County Public Schools Office of Intervention and Prevention](#)
 - [School Psychology Services](#)
 - [School Social Work Services](#)
 - [Student Safety and Wellness](#)
 - [School Counseling Services](#)

Visit

www.fairfaxcounty.gov/ncs/prevention/toolkit_agencies_orgs.htm#mentalhealth



Fairfax County Youth Survey





Contact Us

For additional information and resources regarding the Fairfax County Youth Survey, contact:

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Fairfax County Youth Survey Project Manager

Department of Neighborhood and Community Services

Countywide Service Integration and Planning Management

or visit

www.fairfaxcounty.gov/youthsurvey



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