

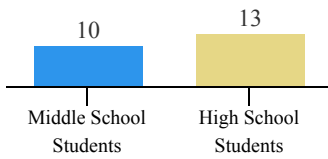
# Behavioral Health: Black/African American Youth in Delaware

## Notes:

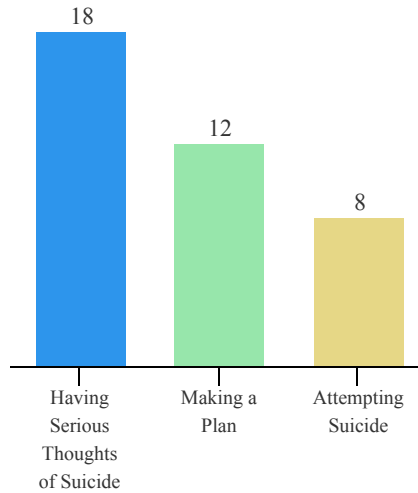
All school survey data are weighted and from the 2017 administration of the [Delaware Youth Risk Behavior Survey](#). In this analysis, "Black" refers to students who identified as Black only, Black and Hispanic, and Black as one of two or more races.

## Self Harm & Suicide

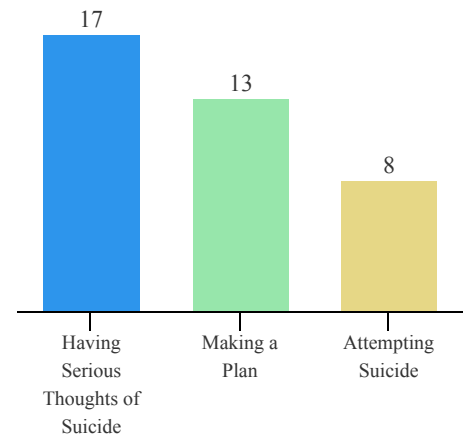
### Black Youth who Report Self-Injurious Behavior in the Past Year (%)



### Middle School Black Youth who Reported Ever...(%)



### High School Black Youth who Reported in the Past Year...(%)



# 30%

of Black Delaware High School students report feeling so sad or hopeless almost every day for **two weeks or more** in a row (in the past year) that they stopped doing some usual activities

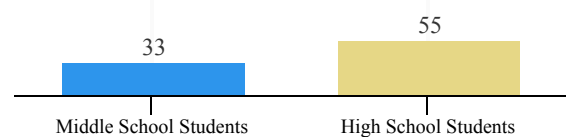
## Meeting the Need

- Promote culturally responsive and evidence-based interventions.
- Promote social and emotional learning among youth, families, & professionals.
- Address and reduce stigma and barriers.
- Raise awareness among networks of support to "increase the likelihood that **Black youth in need will engage in mental health services and be supported...**thereby reducing the risk of suicide" ([Ring the Alarm - Coleman et al. 2019](#)).

## Sleep

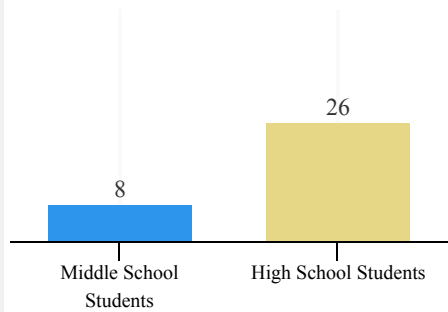
The Centers for Disease Control and Prevention recommend that school age youth need **nine to twelve hours** of sleep per day and that teenagers need **eight to ten hours** of sleep per day. Regular and appropriate sleep promotes physical, neurocognitive, and emotional health (Paruthi et al., 2016).

### Black Youth who Report Sleeping Less than 7 Hours on an Average School Night (%)

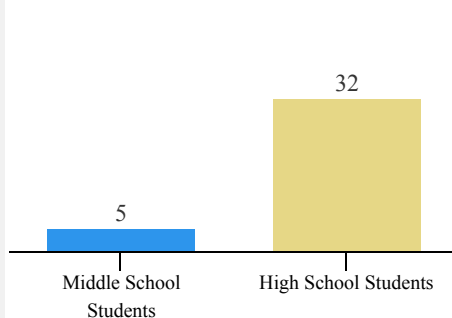




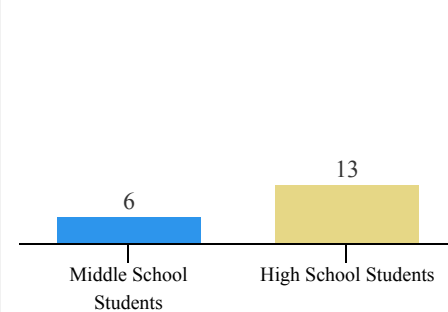
## Past Month Alcohol Use Among Black Youth (%)



## Past Month Vaping Among Black Youth (%)



## Past Month Marijuana Use Among Black Youth (%)



## Services & Support

### Brother, You're On My Mind

- NIMHD and Omega Psi Phi initiative to promote mental health among Black men. Includes a resource toolkit.

### Black Men Heal

- Pennsylvania based therapeutic services and psychoeducation for men of color. Includes a virtual safe space for conversation.

### Black Mental Wellness

- Provides access to evidence-based information and resources about mental health and behavioral health topics from a Black perspective. Encourages development opportunities for students and professionals.

### Black Mental Health Alliance

- Provides information and resources and the “find a therapist” locator to connect with a culturally competent mental health professional.

### Black Emotional and Mental Health Collective (BEAM)

- Supports access to or staying connected with emotional healthcare and healing through education, training, advocacy and the creative arts. Resources include toolkits and worksheets.

National Suicide Prevention Lifeline 1-800-273-8255

Crisis Text Line 741741

## Strategies

### SAMHSA Toolkit - Talk. They Hear You.

1. Talk about the dangers of underage drinking and substance use.
2. Show you care.
3. Be a good source of information.
4. Pay attention.
5. Help young people develop skills to avoid risk behavior.

### Helping Yourself and Others

1. Offer support.
2. Share your concerns.
3. Reach out to someone you trust.
4. Create safe spaces.
5. Take good care of your physical health by getting enough rest, engaging in physical activity, and eating well.



## References

- Coleman, W. et al.(2019). Ring the Alarm: The Crisis of Black Youth Suicide in America. D.C.: Congressional Black Caucus Emergency TaskForce on Black Youth Suicide and Mental Health. [https://watsoncoleman.house.gov/uploadedfiles/full\\_taskforce\\_report.pdf](https://watsoncoleman.house.gov/uploadedfiles/full_taskforce_report.pdf)
- Paruthi, S., Brooks, L. J., D'Ambrosio, C., Hall, W. A., Kotagal, S., Lloyd, R. M., Malow, B. A., Maski, K., Nichols, C., Quan, S. F., Rosen, C. L., Troester, M. M., & Wise, M. S. (2016). Recommended Amount of Sleep for Pediatric Populations: A Consensus Statement of the American Academy of Sleep Medicine. Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine, 12(6), 785–786. <https://doi.org/10.5664/jcsm.5866>

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