

**DATA-DRIVEN PREVENTION
PROGRAMMING IN DELAWARE: USE OF
THE DELAWARE *YOUTH RISK BEHAVIOR
SURVEY* TO INFORM SUICIDE
PREVENTION EFFORTS**

Use of Data for Needs Assessment, Program
Evaluation and Surveillance

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Background on YRBSS

The Youth Risk Behavior Surveillance System (YRBSS) monitors 6 types of health-risk behaviors :

1. Behaviors related to injuries and violence (including suicide)
2. Sexual behaviors that contribute to unintended pregnancy and STDs
3. Alcohol and other drug use
4. Tobacco use
5. Unhealthy diet
6. Inadequate physical activity

Monitoring is done through surveys (the *YRBS*) conducted nationally and in each state in odd numbered years.

What's Different about the Delaware Youth Risk Behavior Surveys?

- Delaware asks a number of questions in addition to the national core study including: prescription drug abuse, abusive dating relationships, cutting, gambling, sleep, mental health attitudes and context (middle school survey), how students hear about suicides and what they think the reasons for youth suicide are (high school survey)
- Delaware does both a High School and a Middle School YRBS. Almost all states conduct the High School YRBS, but only about one-third of states conduct the Middle School YRBS. Nemours Health and Prevention has been instrumental in funding the Delaware Middle School YRBS

Use of Delaware YRBS Data for Needs Assessment

In Spring 2011 Delaware applied for a second Garrett Lee Smith Award (GLS) from the Substance Abuse and Mental Health Services Administration, this time to address suicide prevention with a new focus based on data-driven findings from Delaware YRBS data for middle school youth

Data –Driven Application noted:

- 1) the 50% higher rates of suicide ideation among middle school students than high school students -- 22% of middle school students considered suicide as compared to 14% of the high school students in the 2011 YRBS; and**

 - 2) The low rates of teacher professional development on suicide risk (9%) and the low rates of student education on suicide (48%) in Delaware Middle Schools as compared to High Schools (27% and 92% respectively), as seen in the 2010 CDC's Delaware School Health Profiles**
- These data were cited in the grant review as persuasive arguments for the need for services for middle school students in Delaware**

In Fall 2011, Delaware received the new GLS grant

- **Delaware's Garrett Lee Smith Award has focused on improving middle school teacher and student awareness through several initiatives including implementing the *Lifelines Program* in most Delaware Middle Schools in Spring and Fall 2012**
- **This provided an opportunity to show program effect using results from the **YRBS****

Delaware YRBS Samples

2011 Delaware YRBS

- Middle School
N=3,145
- High School
N=2,299

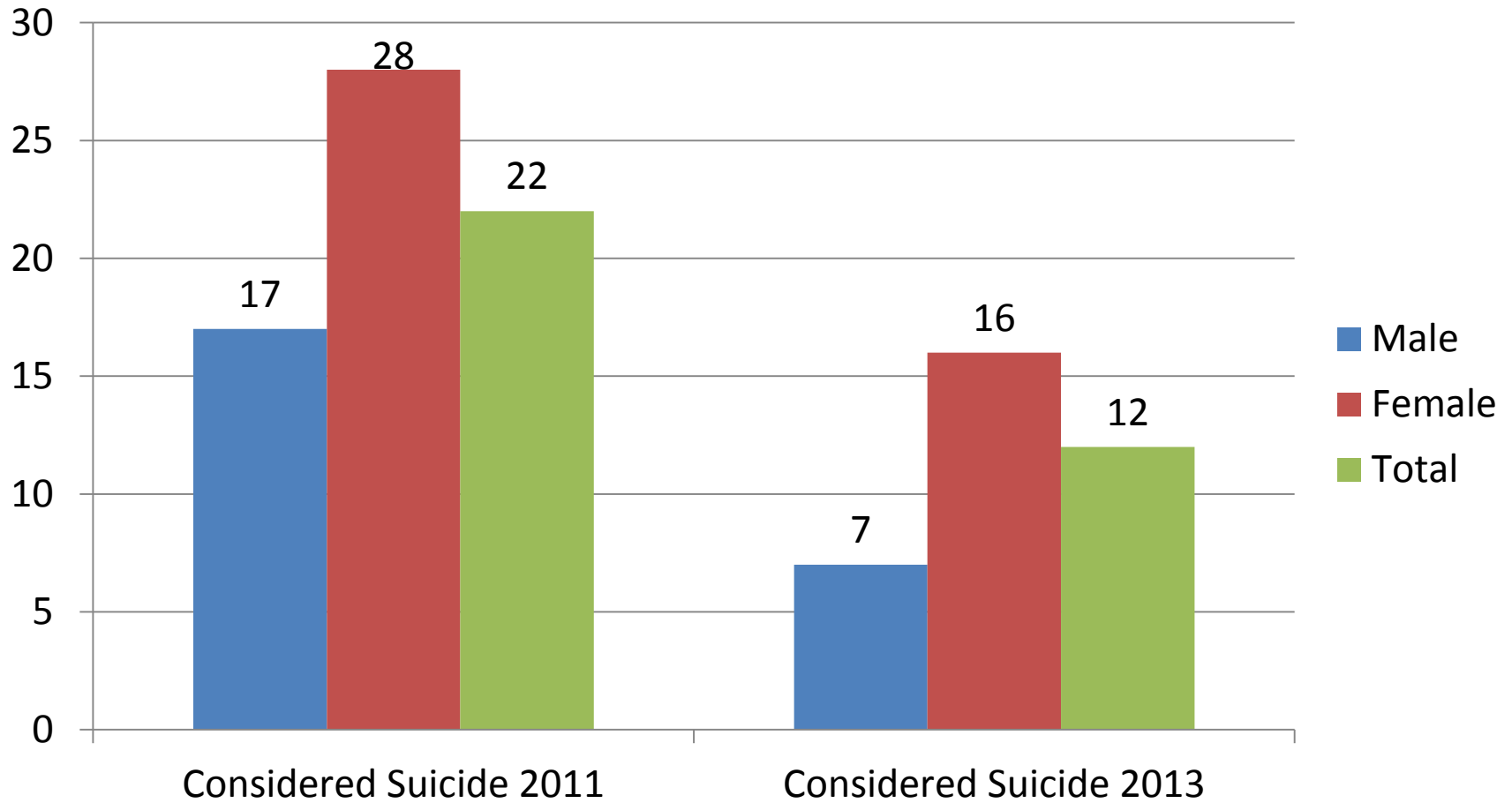
2013 Delaware YRBS

- Middle School
N=3,677
- High School
N=2,756

Changes in Delaware Middle
School **YRBS** Responses
Related to Suicide Ideation
before (2011*) and after (2013*)

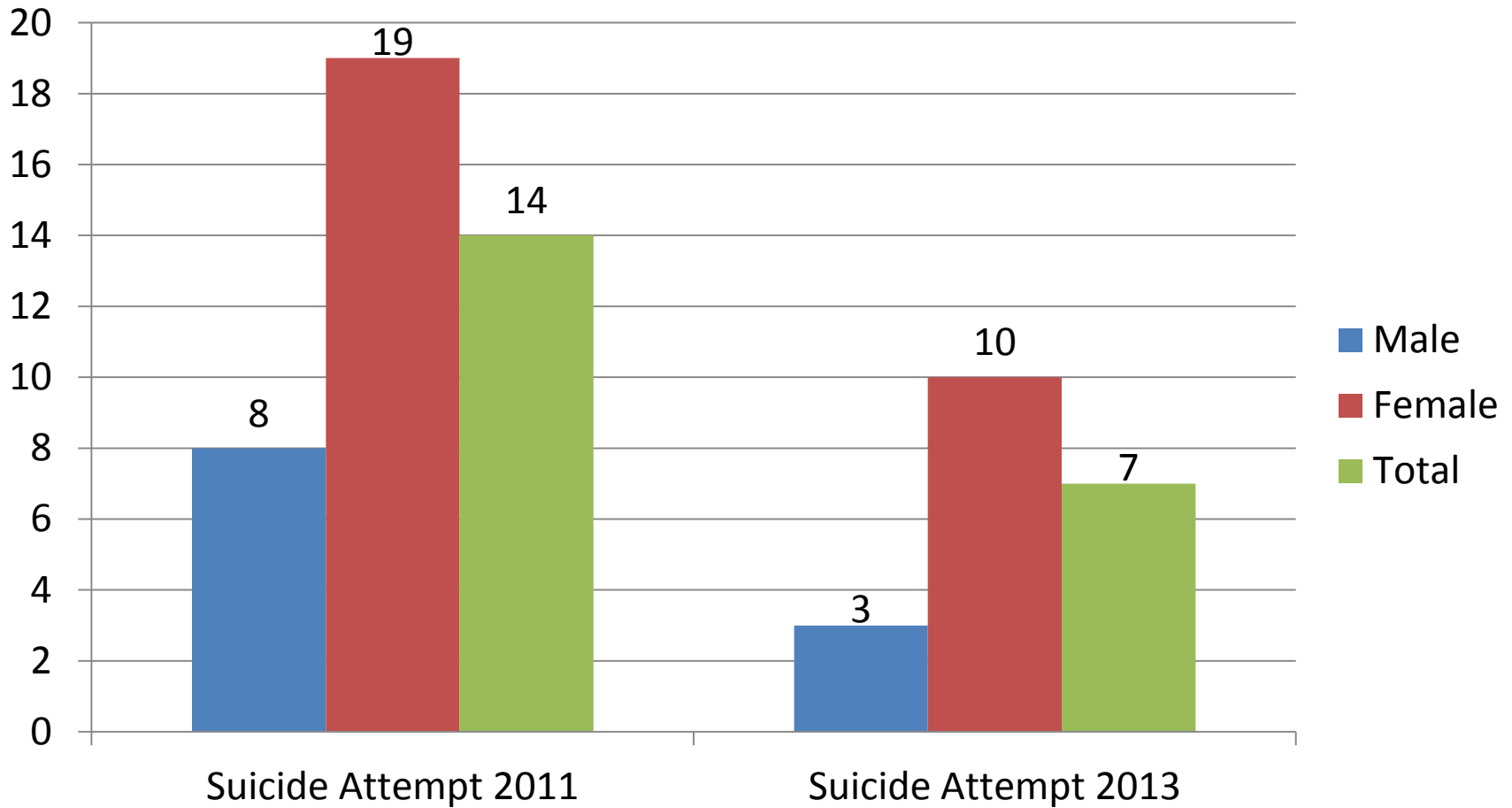
*That is before and after the Grant-funded training
and Program implementation done by DPBHS Staff

Percentage of Middle School Delaware students who seriously thought about killing themselves, 2011 and 2013



Source: Delaware Middle School Youth Risk Behavior Surveys, 2011 and 2013

Percentage of Middle School Delaware students who tried to seriously hurt or kill themselves, 2011 and 2013

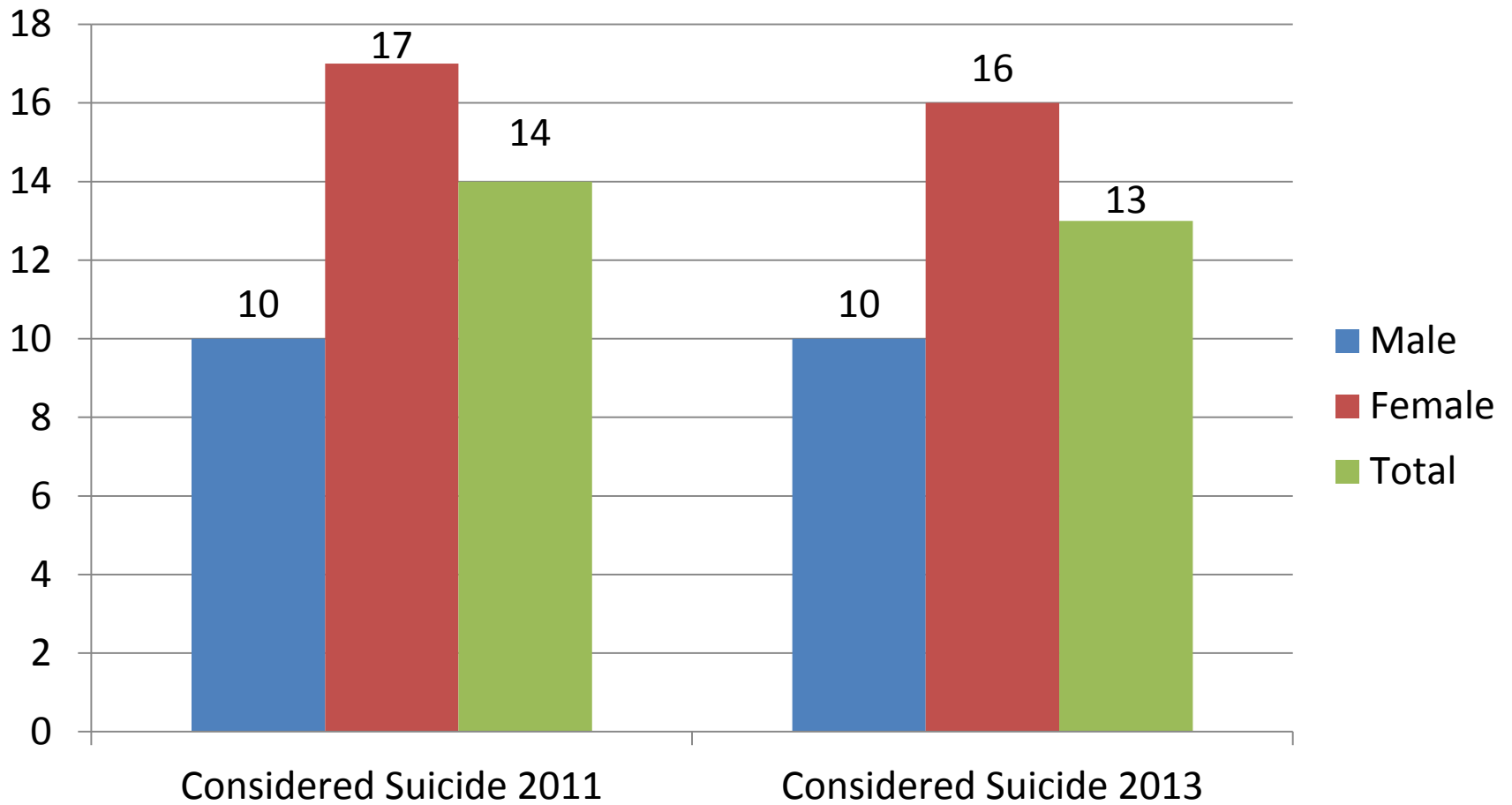


Source: Delaware Middle School Youth Risk Behavior Surveys, 2011 and 2013

Why attribute the marked declines to the SAMHSA Sponsored Programming?

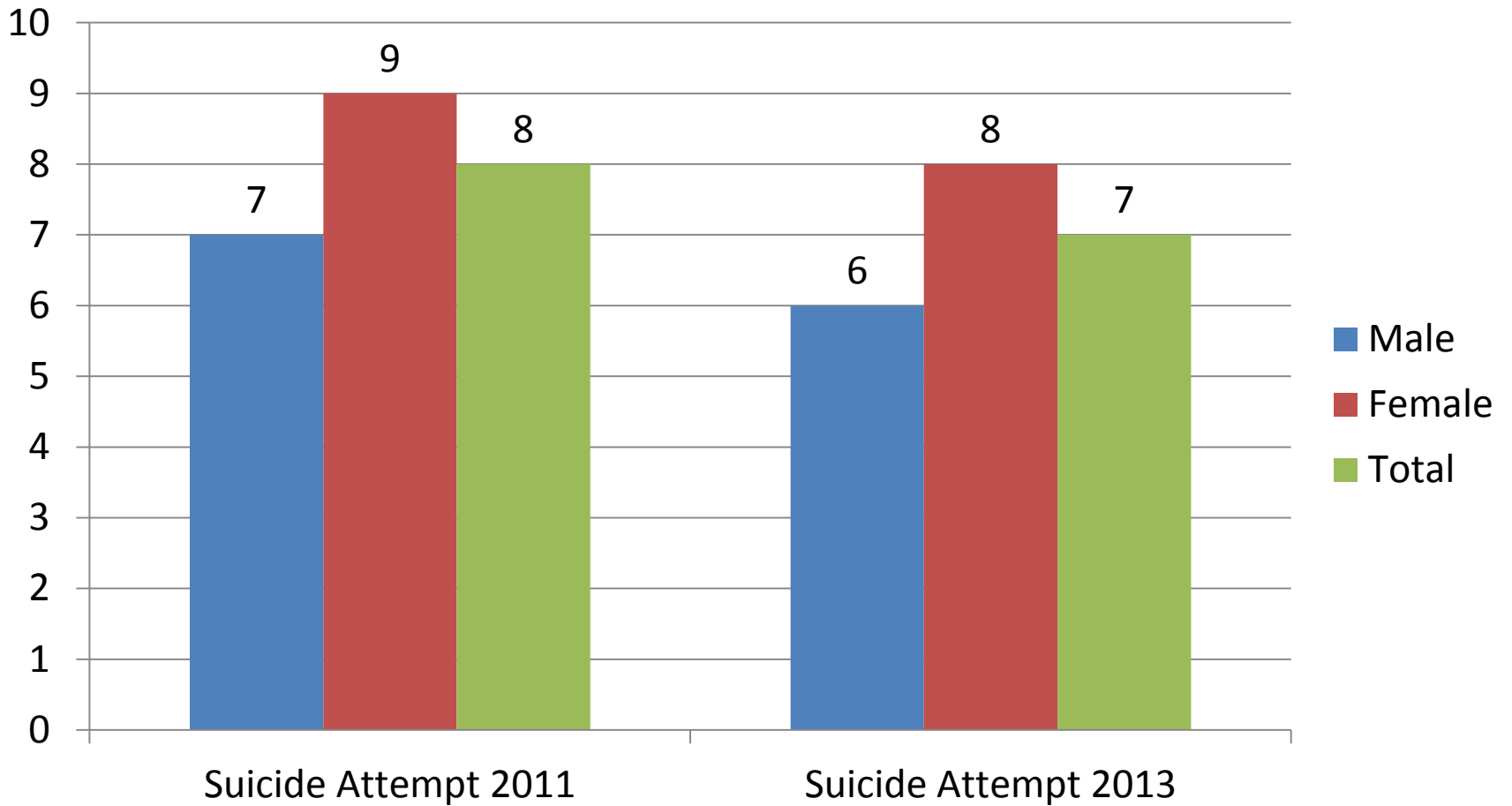
- The percentages of middle school students thinking about and attempting suicide were about the same in 2009 and 2011 – the reductions were in 2013, after the new prevention programming; and
- There were no significant changes in high school students reporting thinking about and attempting suicide in the same time period, as seen in these next two slides

Percentage of Delaware High School students who seriously thought about killing themselves, 2011 and 2013



Source: Delaware High School Youth Risk Behavior Surveys, 2011 and 2013

Percentage of Delaware High School students who tried to seriously hurt or kill themselves, 2011 and 2013



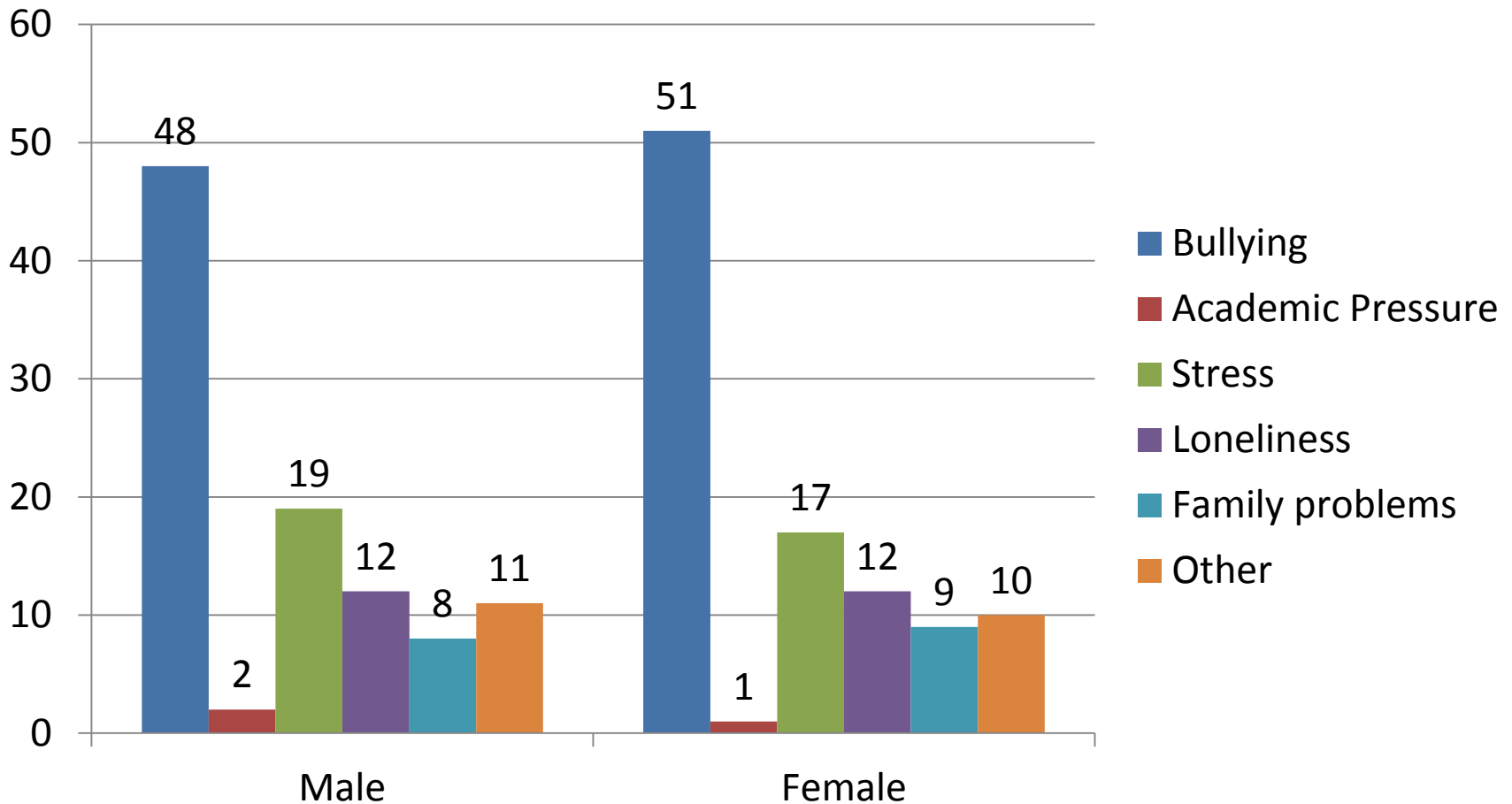
Source: Delaware High School Youth Risk Behavior Surveys, 2011 and 2013

New Directions

Finally, here are some 2013 Data that have been used in DPBHS's pending application for a new Prevention Grant focused on high school and young adults, looking at:

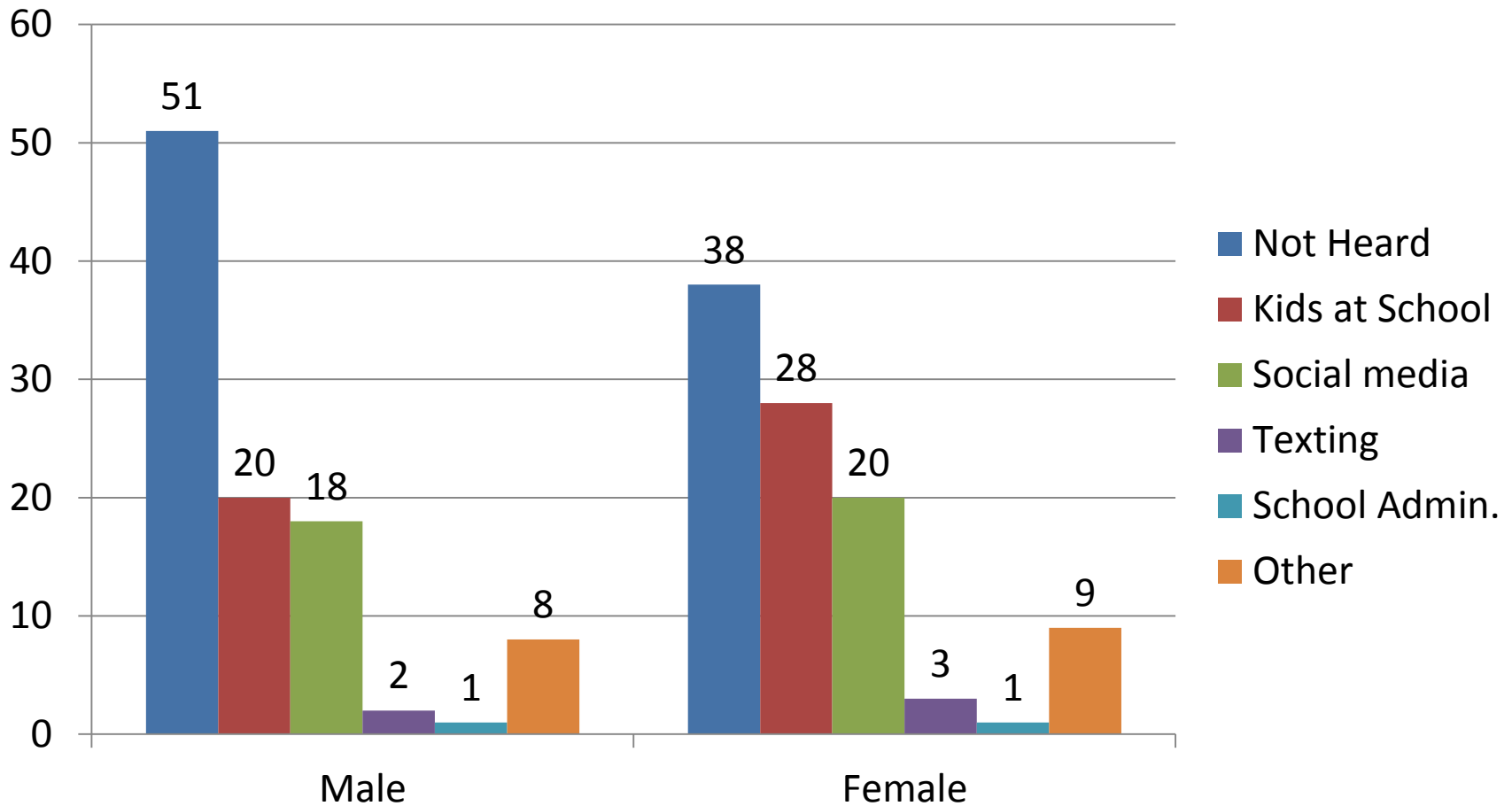
- What High School Students think the main reasons for suicide are? and
- How does word about suicide (social contagion) get distributed among youth?

Perceived Reasons why some Teenagers Commit Suicide, 2013



Source: Delaware High School Youth Risk Behavior Surveys, 2013

How have you Heard about Teen Suicides, 2013



Source: Delaware High School Youth Risk Behavior Surveys, 2013