



Commission on
Improving the
Status of Children

Commission on Improving the Status of Children

APRIL 17, 2024

Agenda

1. Welcome and Introductions
2. Consent Agenda
 - a. **Action:** Approve Minutes from the February 2024 meeting

Agenda

- 3. Bullying and Suicide Prevention
 - a. Presentation: Michelle Bulington, Bethany Goetz, and Lucia Mercado



Youth Suicide Prevention, Cyberbullying & Digital Wellness

Lucia Mercado
Indiana Youth Advisory Board

Division of Mental Health and Addiction

Michelle Bulington, LCSW
State Suicide Prevention Director

Bethany Goetz
School & Community Based Programs Director

Overview

- Social Media and Youth Mental Health
- Current State of Youth Suicide, Prevention & Programming
- Other Youth Prevention Efforts, Opportunities, & Resources
- IN Youth Advisory Board Member Perspective
- Ways the Commission Can Help



2023 US Surgeon General's Advisory: Social Media and Youth Mental Health

- Up to 95% of youth report using social media
- Increased concern for lack of research
- Benefits & risks
- Need for action to create health & safety



Social Media Has Both Positive & Negative Impacts on Youth

Benefits

- Positive community and connection
- 80% feel more connected
- Research suggests social media-based mental health interventions help promote help-seeking behaviors and serve as a gateway to initiating mental health care



Potential Harms

- More than 3 hours per day on social media doubled the risk of poor mental health outcomes
- Greater social media use predicted poor sleep, online harassment, poor body image, low self-esteem and higher depressive symptoms



Potential Risk of Harm

Excessive and Problematic Use

- Social media often designed to maximize user engagement
- Some researchers believe that overuse can trigger pathways comparable to addiction
- Excessive use linked to sleep and attention issues and feelings of exclusion among adolescents
 - Sleep is essential for healthy development and poor sleep quality is linked to suicide risk and related behaviors

Content Exposure

- Exposure to extreme, inappropriate and harmful content
- Nearly 6 in 10 adolescent girls say they've been contacted by a stranger on certain social media platforms in ways that make them feel uncomfortable



Known Evidence Gaps

- Relationship between social media and youth mental health is complex and bidirectional
- Lack of access to data and transparency from technology companies = barriers to understanding full scope of impact
- Critical areas of research still needed



2021 Youth Risk Behavior Survey

Stress, Anxiety, Depression & Suicide

Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression).*



Percentage of students who felt sad or hopeless (almost every day for ≥ 2 weeks in a row so that they stopped doing some usual activities).**



Percentage of students who seriously considered attempting suicide.**



Percentage of students who made a plan about how they would attempt suicide.**



Percentage of students who actually attempted suicide.**



SAMHSA Garrett Lee Smith State Youth Suicide Prevention Grant Program

Youth Advisory Board

Sources of Strength

QPR Instructor Course Trainings

Shield of Care Trainings

Applied Suicide Intervention Skills Training (ASIST) Workshops

Family Intervention for Suicide Prevention (SAFETY-A)

Collaborative Assessment and Management of Suicidality (CAMS)

Zero Suicide Academy

Alternatives to Suicide Group Facilitator Training

NAMI in the Lobby

Local Outreach to Suicide Survivors (LOSS) Teams

Suicide Loss Support Group Facilitator Training

AFSP Suicide Bereavement Clinician Training

Ending the Silence



Youth Bullying Data

Indiana Youth Institute – Kids Count Data Book

- Children with one or more mental, emotional, developmental, or behavioral problems reported higher rates of bullying (64.1%), than those of their peers without (27.6%)
- 48.8% of schools provided parents and families with health information designed to increase parent and family knowledge on preventing student bullying and sexual harassment, including electronic aggression
- Approximately 26.5% of middle and high school students nationwide reported they have experienced cyberbullying in 2023
- 5,460 total bullying incidents reported in 2023 (IDOE)
 - Indiana Schools Bullying, Arrests and Safety Staffing Annual Report



Youth Prevention Efforts at DMHA

Substance Misuse Prevention & Mental Health Promotion

- Risk & Protective Factors
 - Overlap with bullying prevention
 - Family, Peers, Academic Performance, Individual and Environmental Factors
- DMHA-funded grants and programs
 - E.g. Botvin LifeSkills Training
- Partnerships with IDOE
 - Project AWARE – Comprehensive School Mental Health Approach



Bullying Prevention and Online Wellness in Indiana

State Agency Work

- IDOE State Statutes
 - Bullying Definition *IC 20-33-8-.2*
 - Required school trainings *IC 20-26-5-34.2*
- Upcoming federal funding opportunity – TVTP Grant (DMHA)
 - Violence Prevention, Digital Wellness, Youth Resilience
- ICJI School Safe Haven Matching Grant Program

CISC Task Force Work

- Mental Health & Substance Abuse Task Force Subcommittee
 - ACT Out Social Issue Theater
 - Holly's House Curriculum
 - Purdue University School Bullying Prevention
- Education Outcomes Task Force
 - School-based mental health and prevention approaches



National Bullying Prevention Resources

- National Bullying Prevention Month – October
 - <https://www.pacer.org/bullying/nbpm/>
- World Day of Bullying Prevention – October 7th, 2024
 - <https://www.stompoutbullying.org/world-day-bullying-prevention>
 - <https://www.stopbullying.gov/>
- CDC Violence Prevention & Youth Violence Resources
 - <https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html>



Lucia Mercado

Indiana Youth Advisory Board



Ways the Commission Can Help

- Ongoing support for preventative efforts that target risk and protective factors
- Sustainable funding for youth suicide prevention programming
- Support for broad educational opportunities for youth and families related to online safety and digital wellness
- Specific [Surgeon General's](#) recommendations for policy makers



Questions?

Contact Information

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Agenda

4. Indiana Youth Services Association and Safe Place

b. Presentation by David Westenberger and Robin Donaldson

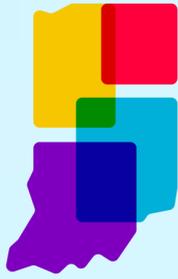


**A statewide prevention model for improving
the lives of youth and families in Indiana**



Our Philosophy

Founded in 1973, IYSA takes a comprehensive approach to providing services to youth and families and also strengthening the field, youth workers, and systems.



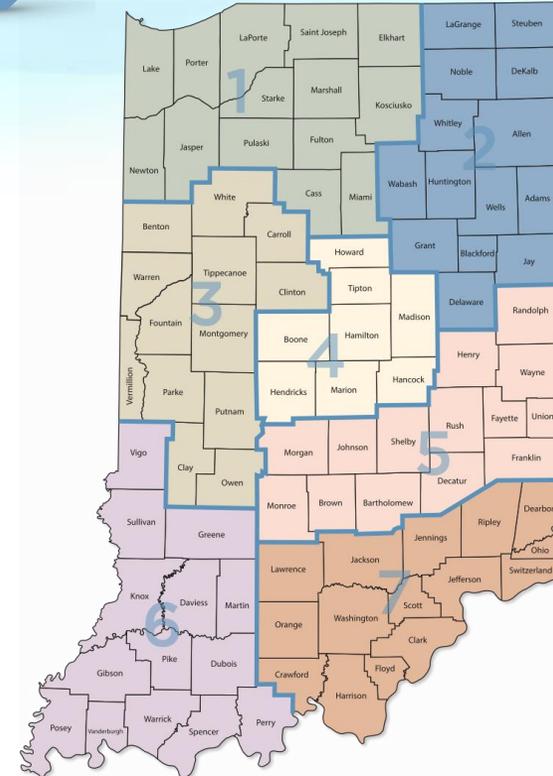
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ITVAP

Indiana Trafficking Victims Assistance Program



- 7 Regions across the State staffed by RCCs
- Partnerships with DCS, Local and State LE, FBI, HS.
- Education, awareness, identification, services to victims
- Establish self-sustaining coalitions



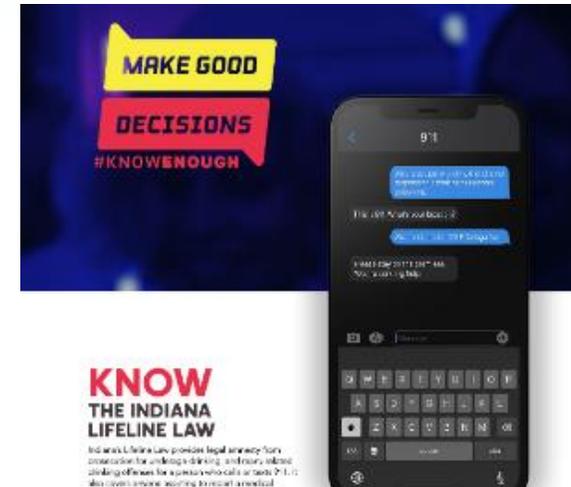


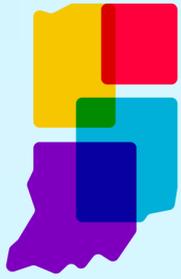
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MAKE GOOD

DECISIONS

- Education about Indiana's Lifeline Law
- Social Media Campaigns
- Presentations
- Special Events
- Partnership with Indiana 911/Text 911



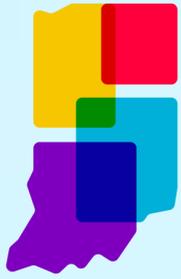


the **JOURNEY**

Exploration and Renewal in the Field of Youth Work

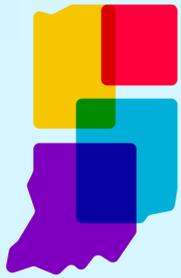
- 1,500 Journey Fellows Statewide
- 600 youth serving organizations
- Renewal & Career Fellowships
- Journey Community
- Supporting the field





- Over 500 Master Trainers
- ACEs Education and Resilience Trainings
- Historical Race Trauma
- Partnerships with SHCGM, ISDH, DCS, IDOE, FSSA



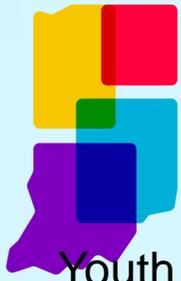


IYSA INDIANA YOUTH
SERVICES ASSOCIATION



Child and Youth Care Certification

- Over 500 Credentialed Youth Workers
- Foundations Courses
- Alignment with conferences and trainings
- Recognized by Workforce Development
- Recognized by DOL as apprentice track
- Launch of ACP credits through IU

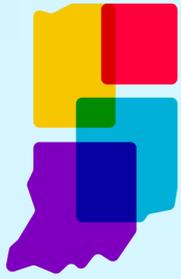


Youth Worker Wellbeing

- Organization Wellbeing
- SAMHSA's 8 Dimensions
- Organizational Guide

- Youth Worker Wellbeing
- Tele-medicine/therapy
- Organization grants

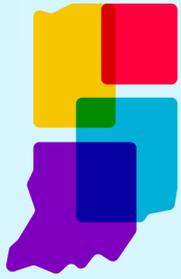




Youth Service Bureaus (YSBs)

- 26 Accredited Youth Service Bureaus serving 60 counties
- 9 Funded Program Models
- Access to Youth Diversity Curriculum, CYC, and Crowd Sourced Coaching, Cyber insurance
- Statewide Media campaign



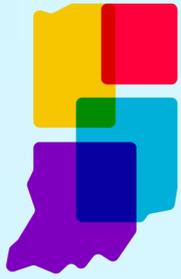


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- 16 Safe Place programs serving 26 counties
- DCS and FSSA pilot projects
- Suicide ideation top reason for access

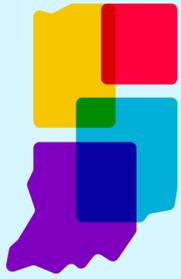




YSB Four Core Roles

Indiana Code 31-26-1

- **Delinquency Prevention – 3,601 funded youth**
- **Advocacy – 51,308**
- **Community Education – 202,487**
- **Information & Referral – 137,710**



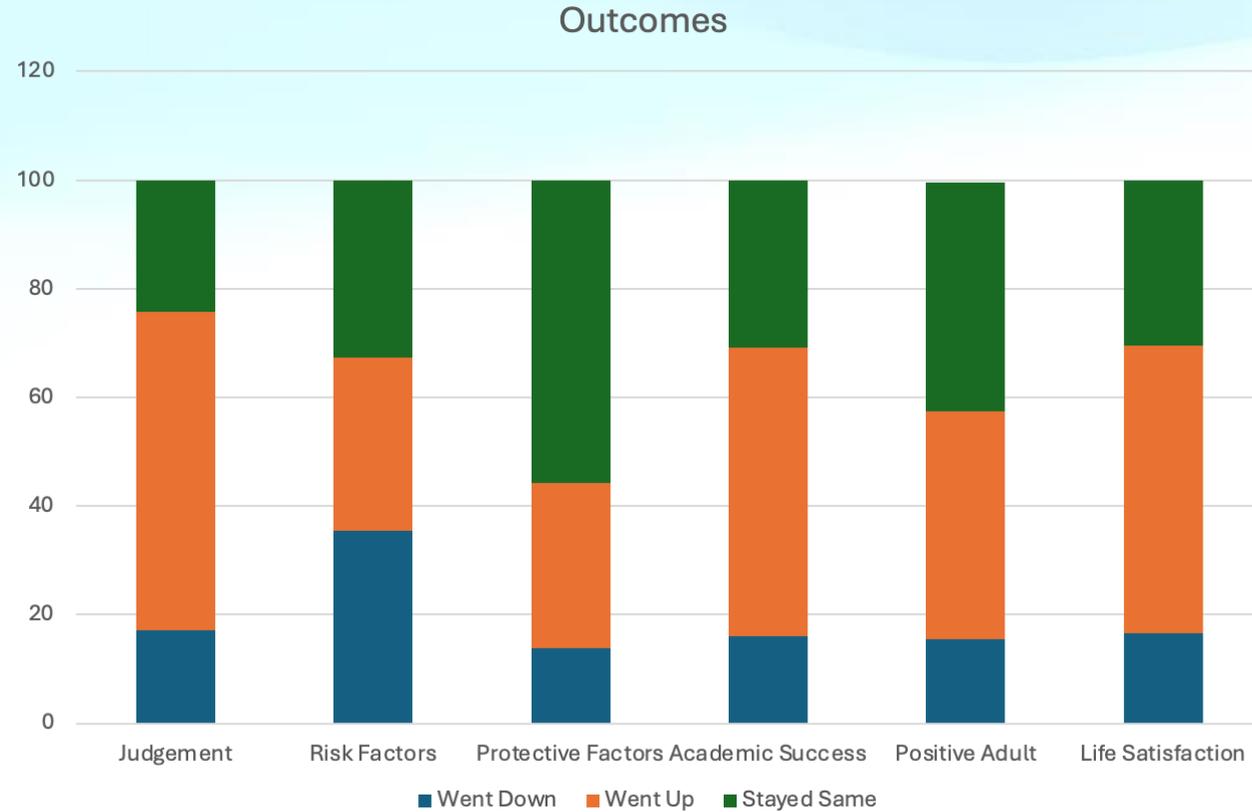
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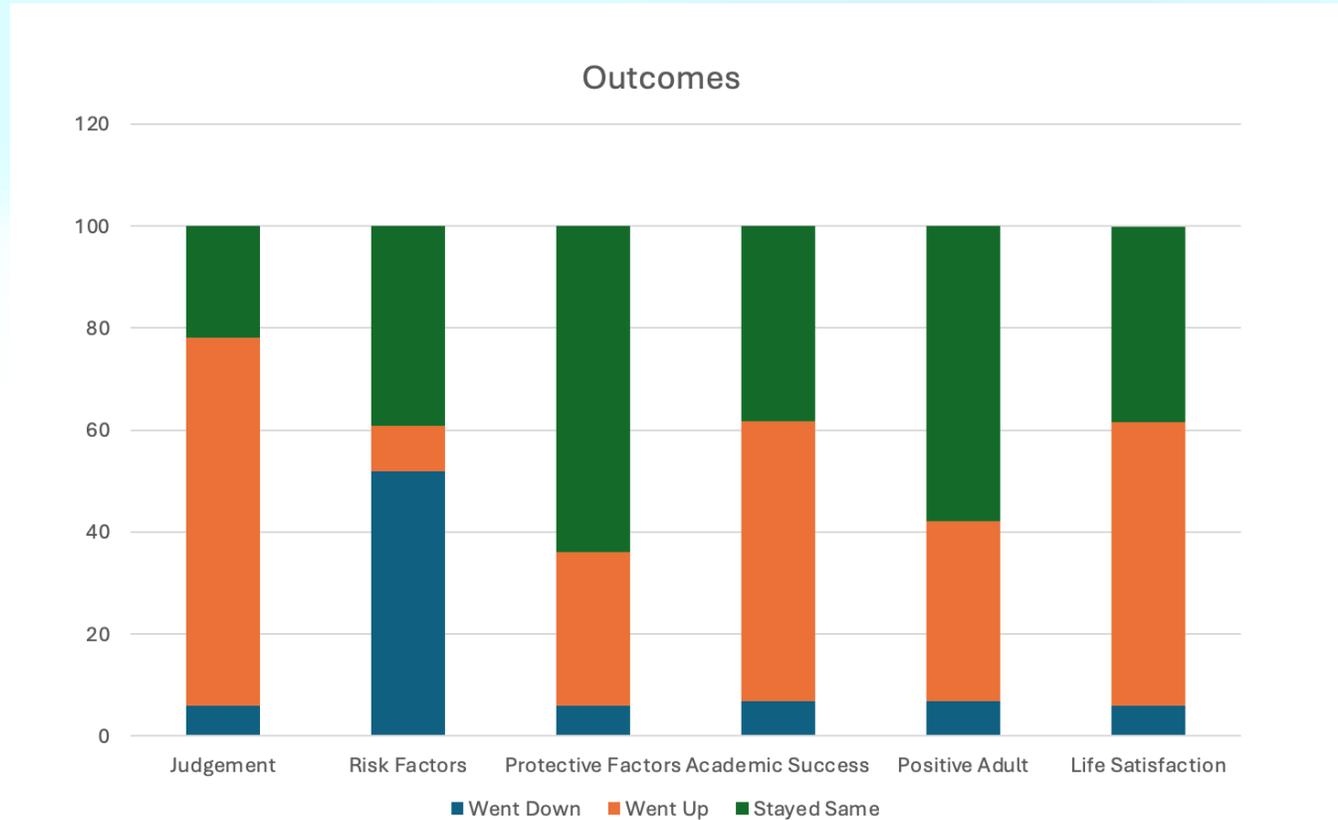


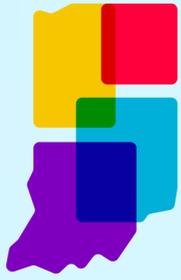
Outcomes for School Intervention



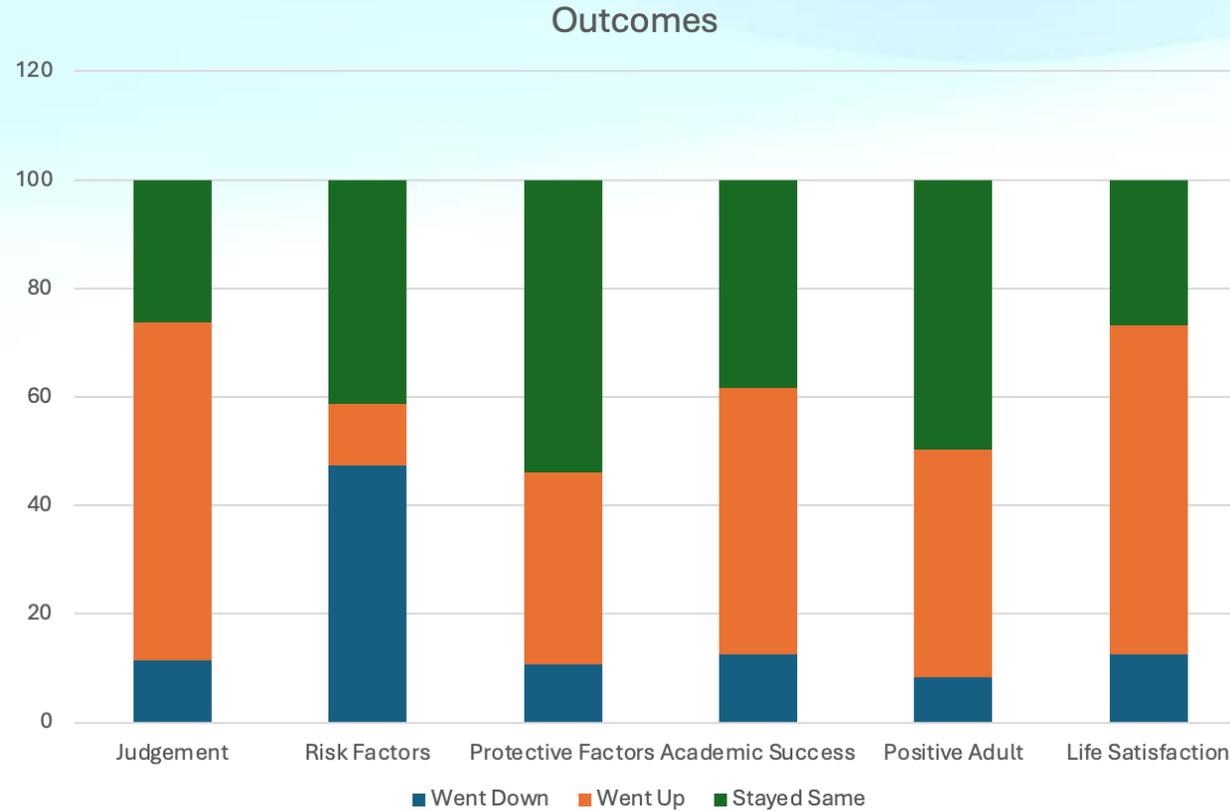


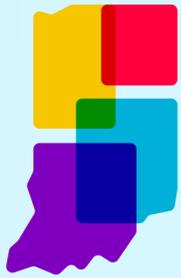
Outcomes for Case Management/Truancy Prevention



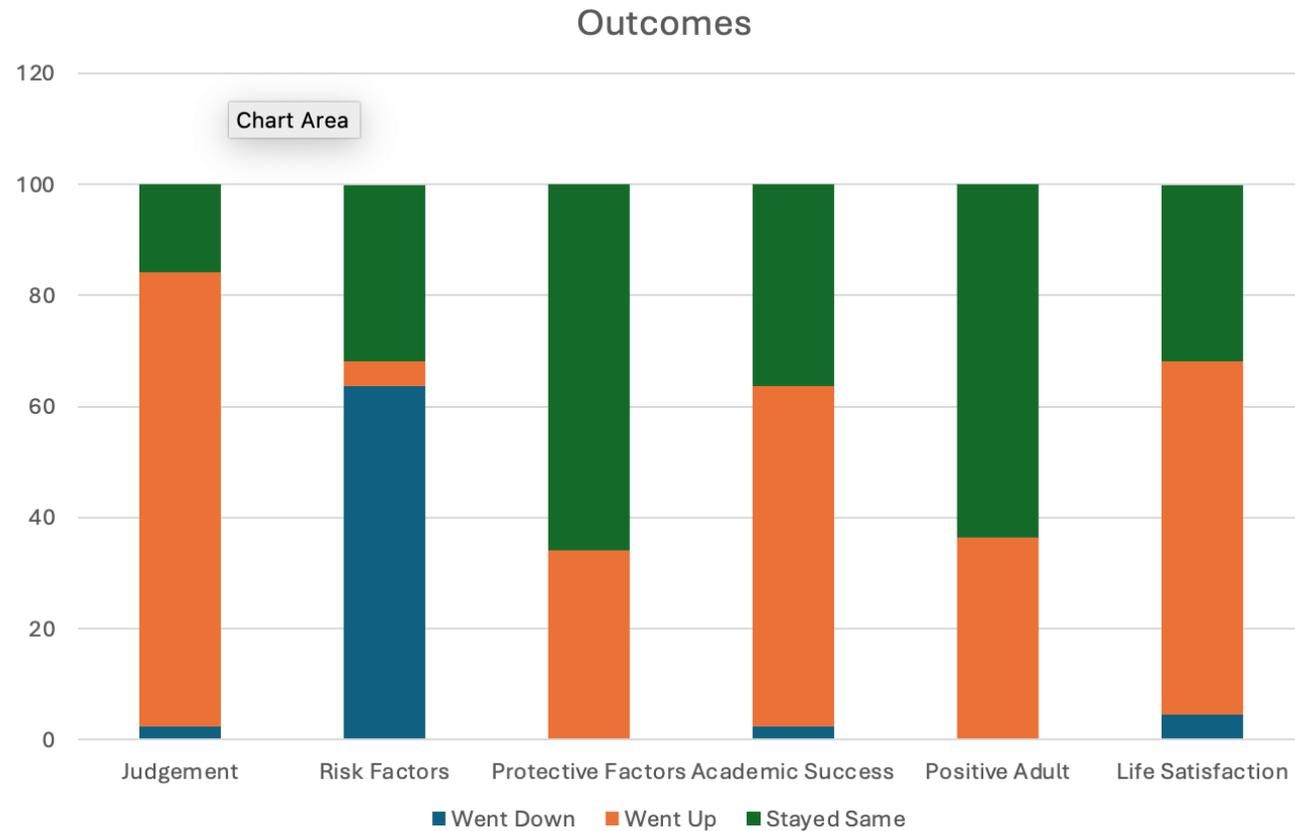


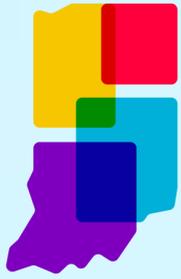
Outcomes for Mentoring





Outcomes for Teen Court



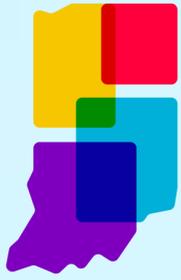


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Safe Place Prevention Programming

- Outreach to over 260,00 youth and 125,000 adults
- 1,904 Safe Place Sites Statewide
- 719 youth accessed services through Safe Place Sites

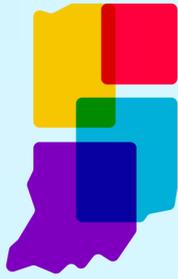


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Businesses and Public Locations serve as stationary and mobile Safe Place Sites where youth can access help





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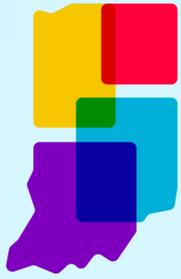


TXT 4 HELP

is a 24/7 text-for-support service for youth in crisis. It's quick, easy, safe and confidential.

Teens can **text the word SAFE** and their current location (address, city, state) to **4HELP (44357)** for immediate help. Within seconds, users will receive a message with the closest Safe Place location and phone number for the local youth service agency. Users also have the option to text interactively with a professional for more help.



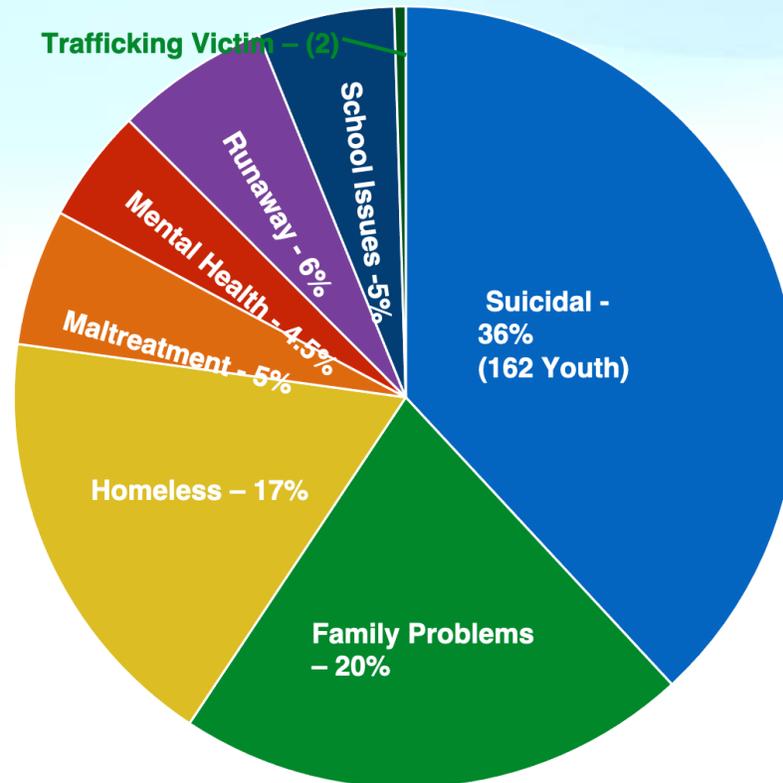


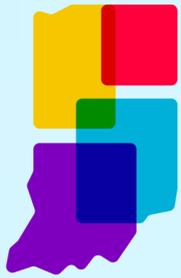
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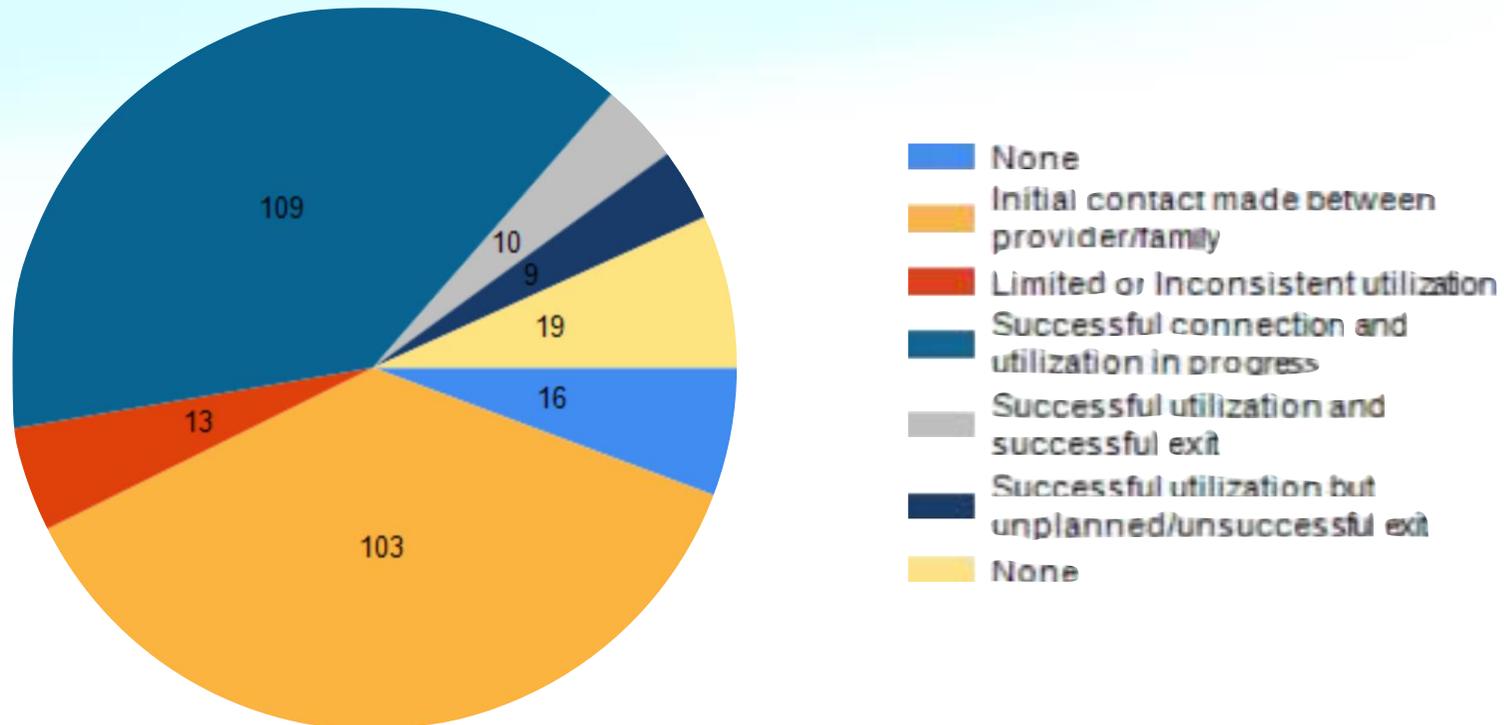


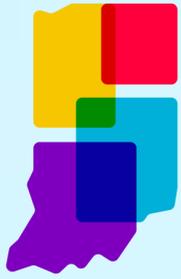
Presenting Problems





Connection to Services (80%)

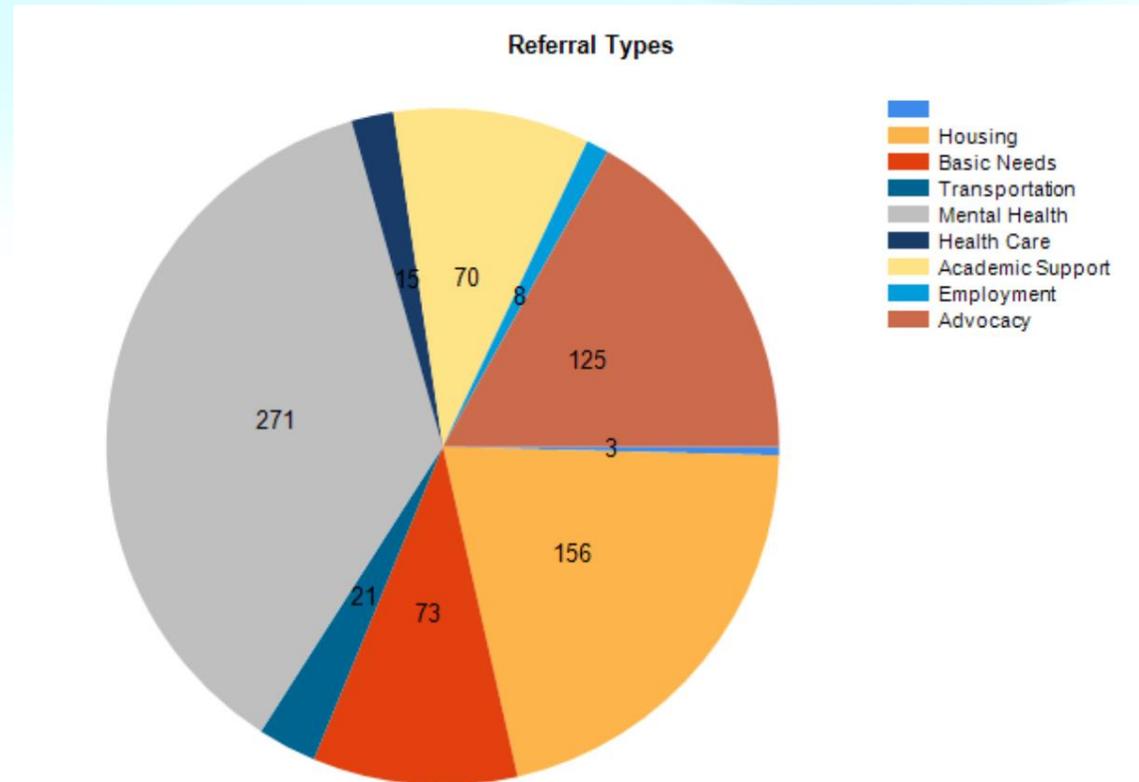


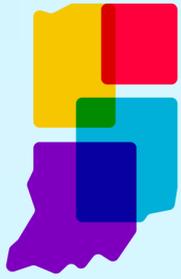


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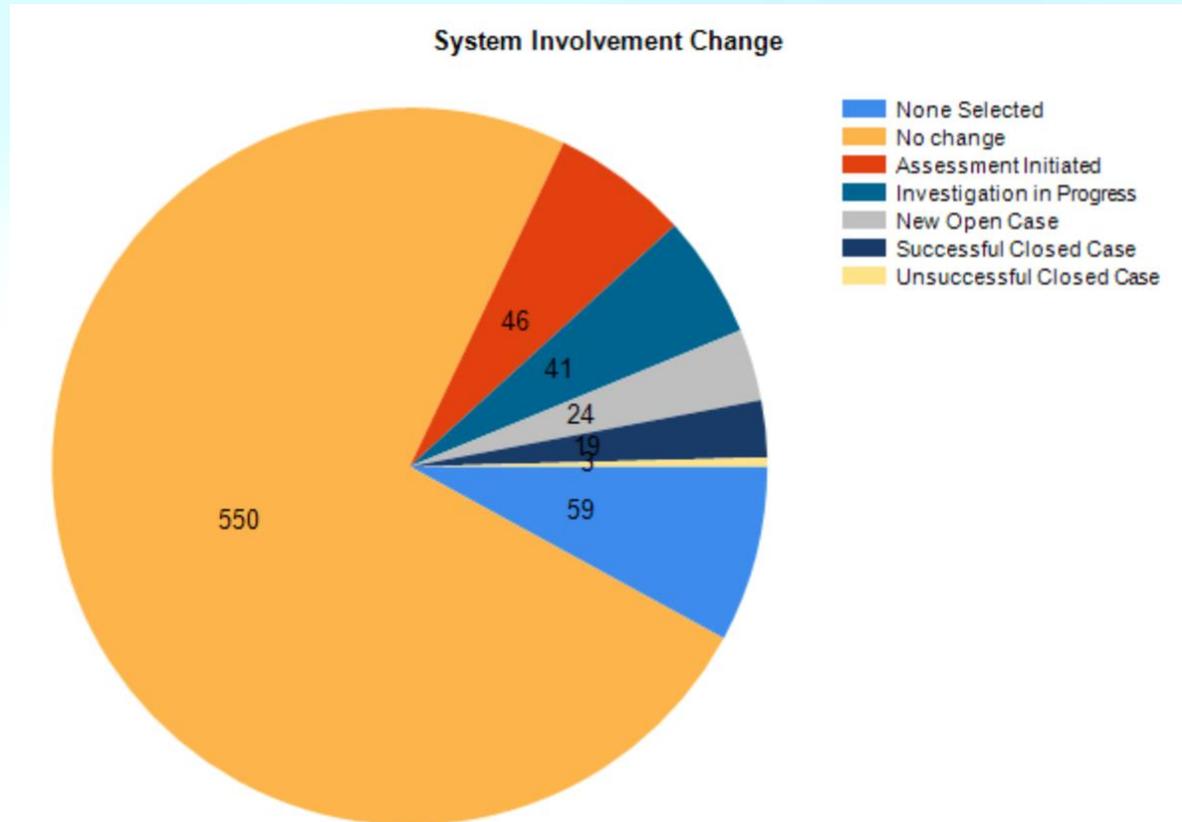


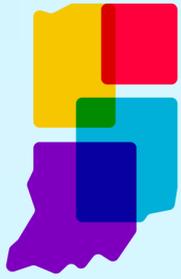
Referral Types





System Involvement





Opportunities

- **32 Counties don't have access to YSB Prevention Programs**
- **Some are generally underserved regions of the state**
- **62 Counties don't have Safe Place Sites. Access via Text**
- **Ability to reduce system needs through expanded prevention work.**



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Questions?



IYSA INDIANA YOUTH
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For more info visit

www.indysb.org

<https://www.wishtv.com/indiana-youth-services/>

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Agenda

5. Executive Director Update

Agenda

a. 2024 Legislative Session Actions Update

- [Senate Bill 230](#) & [House Bill 1150](#) - Human Trafficking Language
- [House Bill 1194](#) – Youth Justice Oversight Committee Language
- [Senate Bill 2](#) - Child Care Access Language
- [Senate Bill 45](#) - Trauma Informed Care (Human Trafficking) Language
- [Senate Bill 171](#) - CHINS Reunification Planning Language
- [House Bill 1051](#) - State Policy on Parent/Caregiver Communication Language

Agenda

b. Additional Issues for Potential CISC Study and/or Presentations:

- Understanding and Supporting GAL/CASA
- Addressing Online Safety and Digital Well-Being

Action: Assign to a Task Force

- Truancy Prevention and Chronic Absenteeism

Action: Assign to a Task Force or work with YJOC Diversion

Agenda

c. Day of the Child Recap and 2025 Plan

Agenda

d. Honoring Senator Jean Breaux

Agenda

6. Commission Member Announcements and Adjournment

2024 Meeting Dates

- June 18
- August 21
- October 16
- December 11