



YRBS Data Overview & Mental Health Supports for Students

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► ***Engage. Empower. Excel.***

Baltimore County Public Schools

March 2025

Mental Health Supports for Students



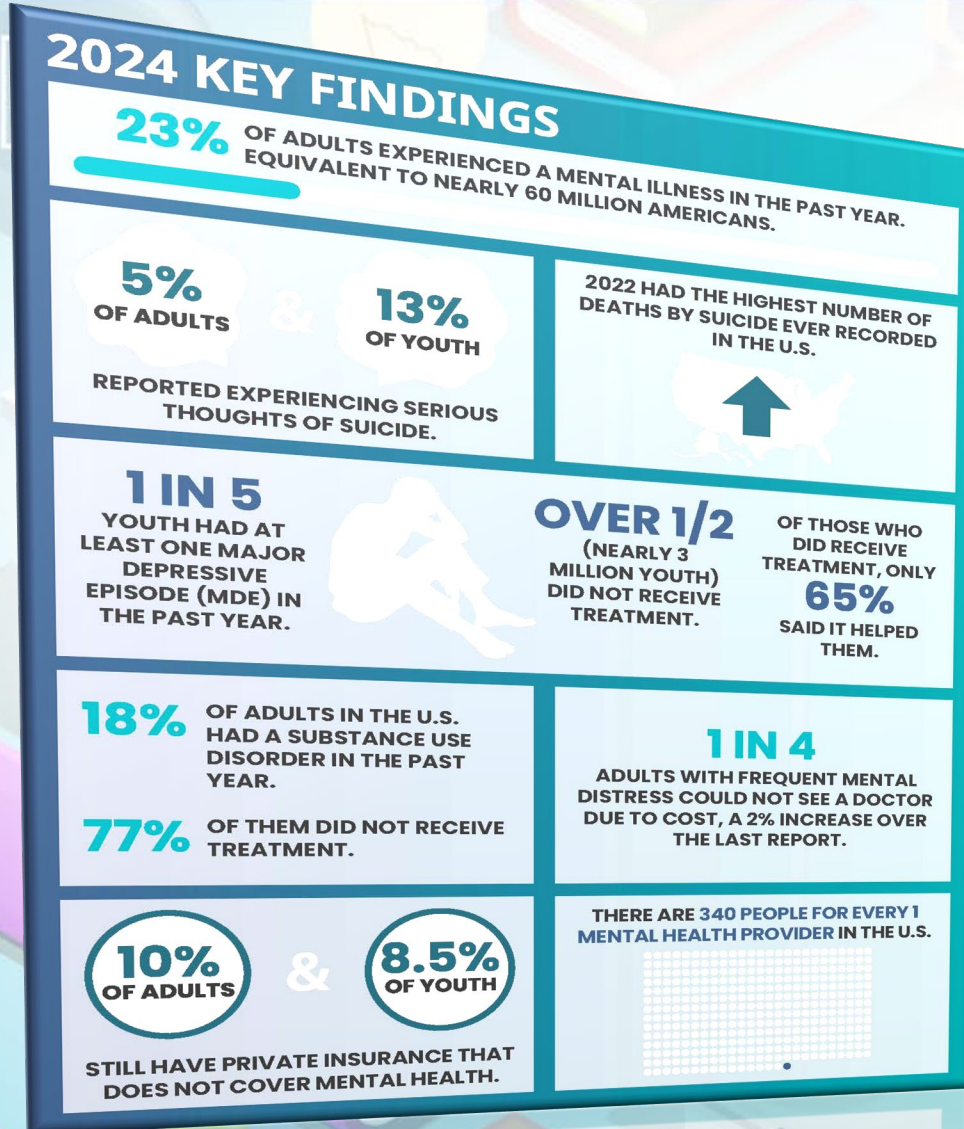
Outcomes

Review national mental health trends via the YRBSS

Review the Multitiered Systems of Support (MTSS) framework that coordinates systems and services to address students' mental health needs.

Learn about specific mental health services and programs expanding pathways to access within BCPS.

Mental Health Supports for Students



- Youth in the U.S. are experiencing a mental health crisis.
- The mental health crisis is affecting many teens, but some teens are affected more than others.
- Schools can play an important role in helping reverse these trends.

Youth Behavior Risk Survey



What is the YRBSS?

- The Youth Risk Behavior Surveillance System (YRBSS) measures health-related behaviors and experiences that can lead to death and disability among youth and adults.
- High school students in public and private schools (National)
- A system of Surveys
- Surveys conducted by departments of health and education at the state, tribal, territorial, or local levels of their respective public high & middle school students
- Results help monitor health trends, identify emerging issues, and plan and evaluate programs that can help improve adolescent health.

*CDC, 2024

Youth Behavior Risk Survey



Topics

- Substance Use
- Experiencing Violence
- Mental Health
- New and Nationally Emerging Data
 - Racism
 - Basic Needs/Housing
 - Technology/Social Media

*CDC, 2024

YRBS Data 2022-2023



Substance Use

The Percentage of High School Students Who:*	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	2023 Total	Trend (All Years Available)	2-Year Change (2021-2023)
Currently drank alcohol	35	33	30	29	23	22		
Currently used marijuana	23	22	20	22	16	17		
Ever used select illicit drugs	16	13	13	13	13	10		
Ever misused prescription opioids†	–	–	14	14	12	12		
Currently misused prescription opioids‡	–	–	–	7	6	4		

*For the complete wording of YRBS questions, refer to Appendix A.

†Question introduced in 2017.

‡Question introduced in 2019.



In wrong direction



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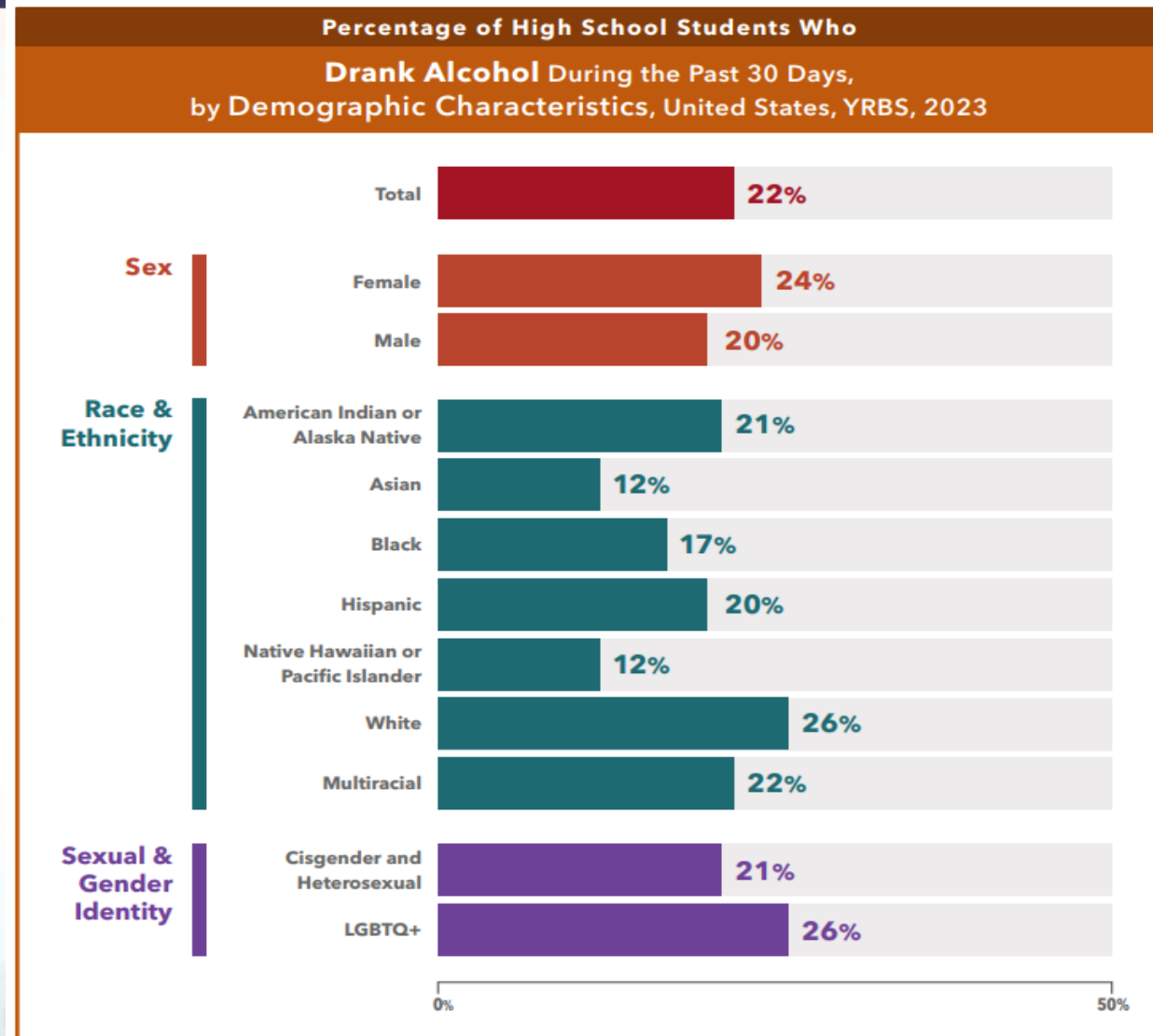


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YRBS Data 2022-2023



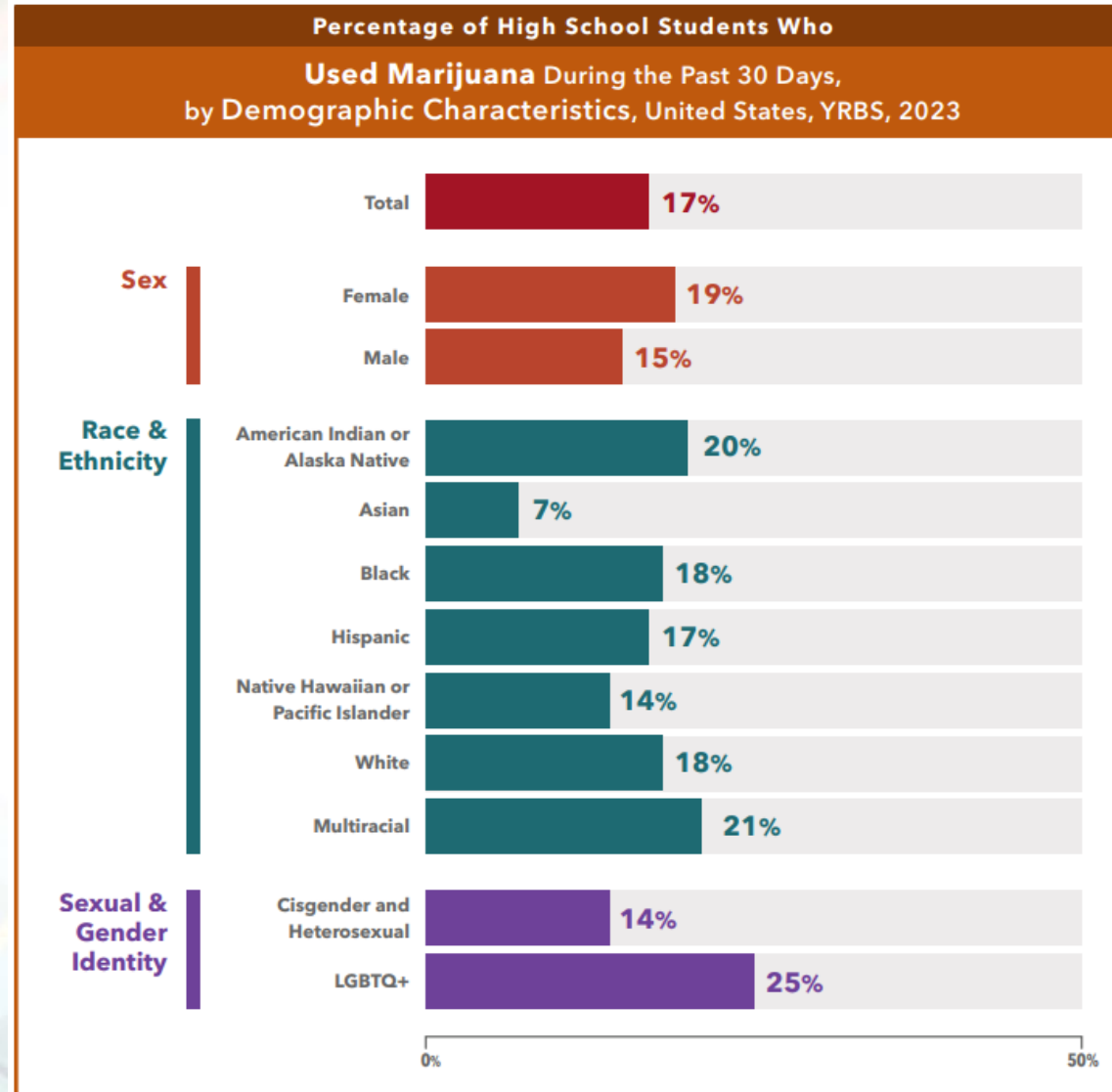
Substance Use (Alcohol)



YRBS Data 2022-2023



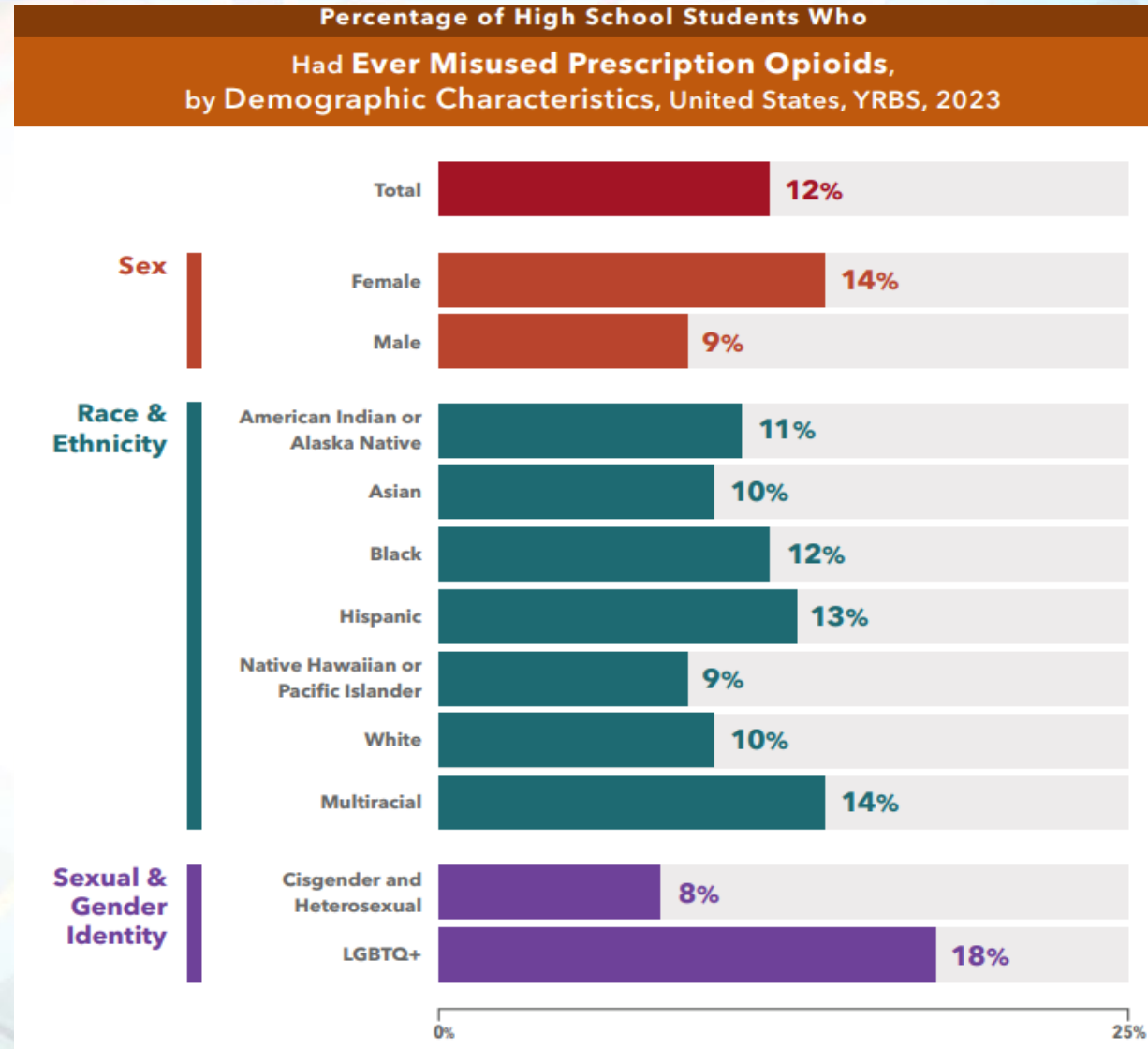
Substance Use (Marijuana)



YRBS Data 2022-2023



Substance Use (Ever Misused Prescription Opioids)



YRBS Data 2022-2023



Substance Use: Key Findings In 2023

- Female and LGBTQ+ high school students were more likely than their peers to engage in most substance use behaviors.
- Nearly 1 in 4 female students currently drank alcohol and nearly 1 in 5 currently used marijuana.
- LGBTQ+ students were about twice as likely as cisgender and heterosexual students to have ever used select illicit drugs and prescription opioids.

YRBS Data 2022-2023



Substance Use: Key Findings From 2021-2023

- The percentage of Black students who currently drank alcohol **increased**.
- The percentage of female students who currently misused prescription opioids **decreased**.
- The percentage of Black, Hispanic, and White students who had ever used illicit drugs and who currently misused prescription opioids **decreased**.

Substance Use: Local Data



YRBS – Questions Related to Vaping and Substance Use	Maryland	Baltimore County (HS)
Percentage of students who currently used an electronic vapor product (including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods [such as JUUL, SMOK, Suorin, Vuse, and blu], on at least 1 day during the 30 days before the survey	14.3%	18.8%
Percentage of students who have ever used an electronic vapor product to smoke marijuana, THC or hash oil, or THC wax	13.9%	18%
Percentage of students who had their first drink of alcohol before age 13 years (other than a few sips)	13.9%	17.2%
Percentage of students who currently drank alcohol (at least one drink of alcohol, on at least 1 day during the 30 days before the survey)	17.8%	20.8%
Percentage of students who currently were binge drinking (had four or more drinks of alcohol in a row if they were female or five or more drinks of alcohol in a row if they were male, within a couple of hours, on at least 1 day during the 30 days be	9%	10.9%
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)	14.4%	18%
Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times du	11.1%	12.2%

Substance Use: Local Data



Middle School

YRBS – Questions Related to Vaping and Substance Use	Maryland	Baltimore County MS
Percentage of students who currently used an electronic vapor product	5.9%	7.7%%
Percentage of students who ever drank alcohol	17.5%	18.5%
Percentage of students who drank alcohol for the first time before the age of 11	9.8%	10.8%
Percentage of students who ever used marijuana	4.6%	5.6%
Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it	10.9%	12.8%

YRBS Data 2022-2023



Experiencing Violence

The Percentage of High School Students Who:*	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	2023 Total	Trend (All Years Available)	2-Year Change (2021-2023)
Were threatened or injured with a weapon at school	7	6	6	7	7	9		
Did not go to school because of safety concerns	7	6	7	9	9	13		
Were electronically bullied	15	16	15	16	16	16		
Were bullied at school	20	20	19	20	15	19		
Were ever forced to have sex	7	7	7	7	8	9		
Experienced sexual violence by anyone†	–	–	10	11	11	11		

*For the complete wording of YRBS questions, refer to Appendix A.

†Question introduced in 2017.



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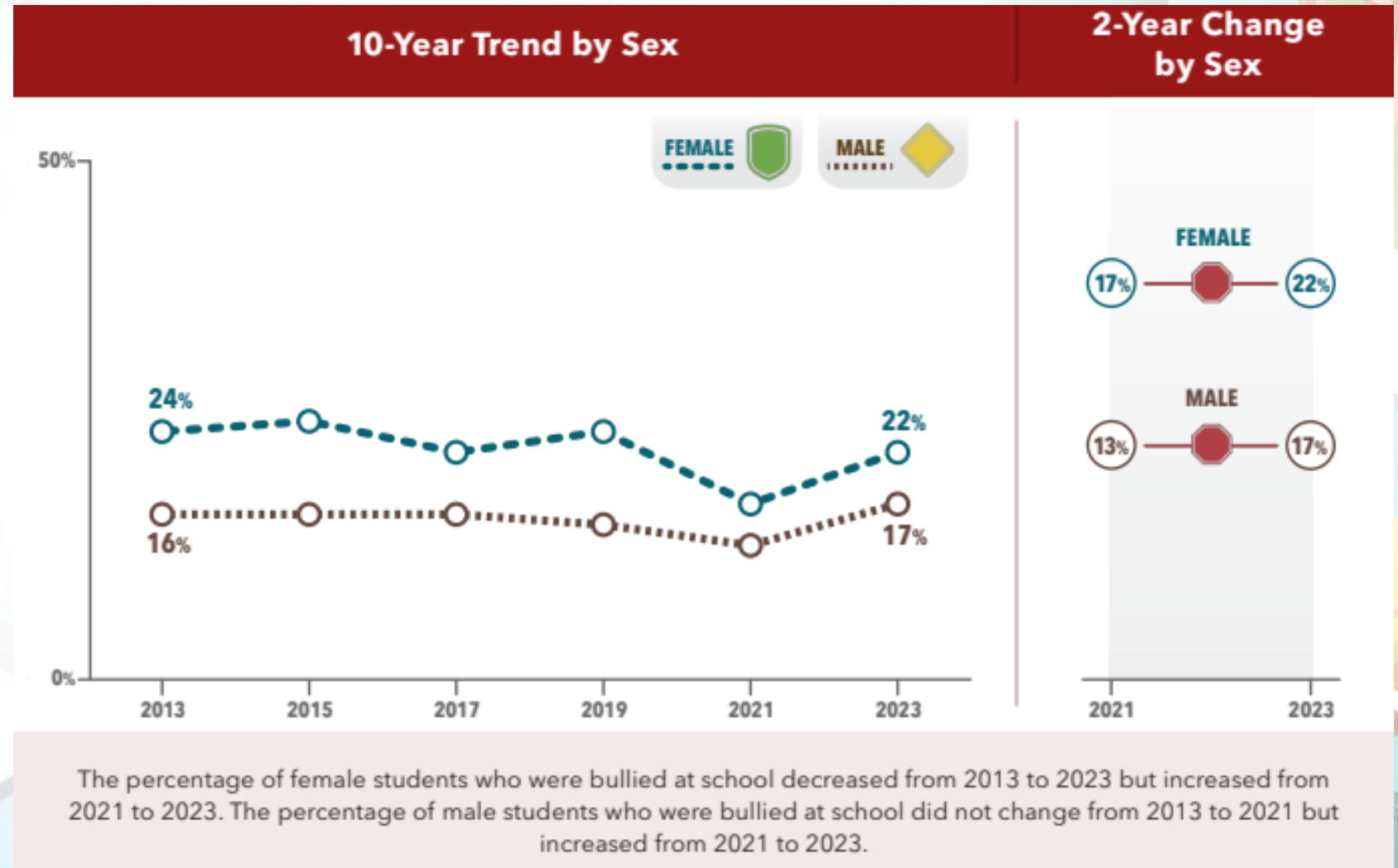


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YRBS Data 2022-2023



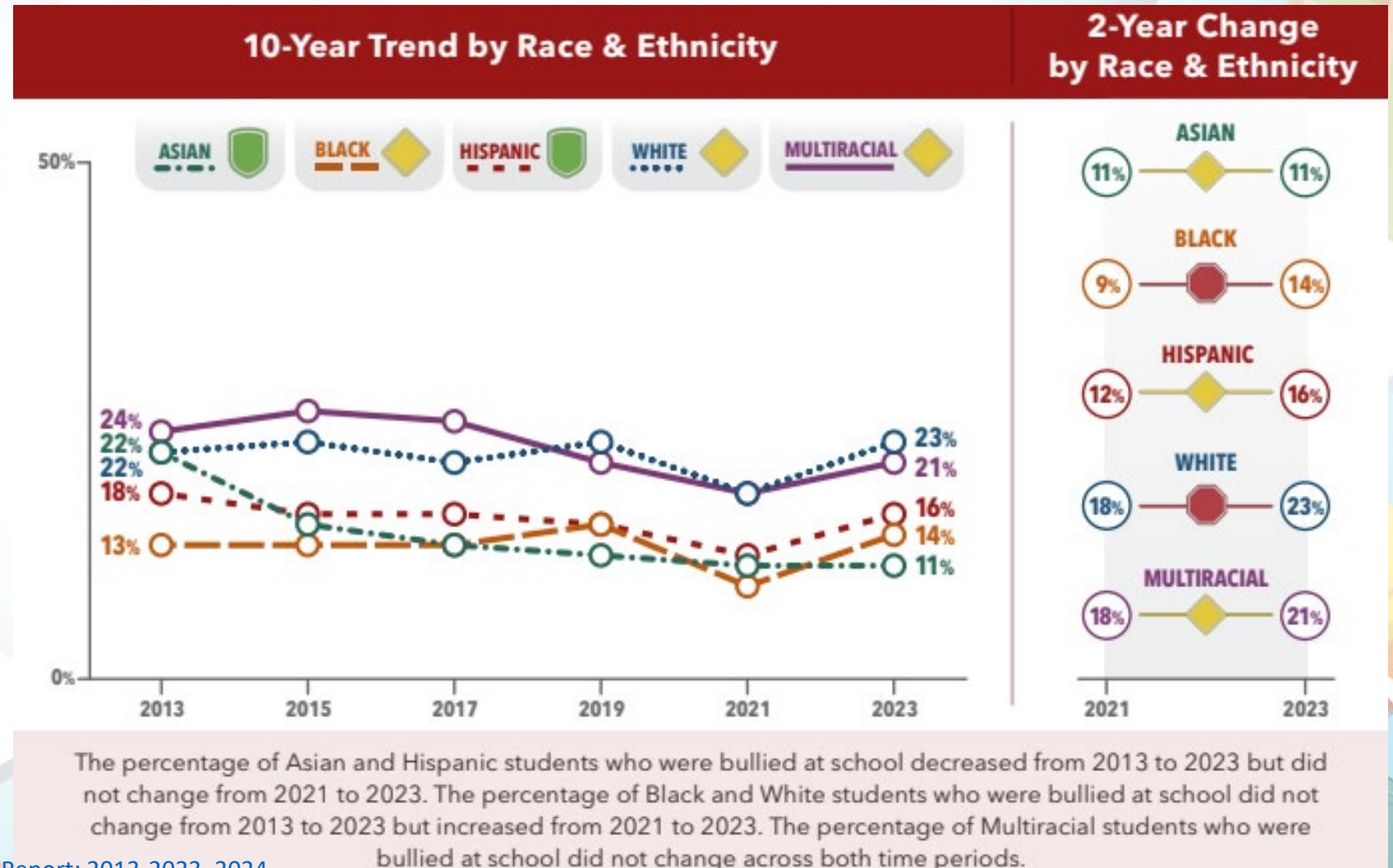
Experiencing Violence (Bullied at School)



YRBS Data 2022-2023



Experiencing Violence (Bullied at School)



YRBS Data 2022-2023



Experiencing Violence: Key Findings In 2023

- Female and LGBTQ+ high school students were **more likely** than their peers to experience violence.
- Nearly 1 in 10 **female students** experienced sexual violence by anyone and more than 1 in 10 had ever been forced to have sex.
- Nearly 3 in 10 **LGBTQ+ students** were bullied at school and nearly 2 in 10 missed school because of safety concerns.

YRBS Data 2022-2023



Experiencing Violence: Key Findings From 2021-2023

- The percentage of **female students** who missed school because of safety concerns increased from *10% to 16%*.
- The percentage of *Asian, Hispanic, and White* students who were threatened or injured with a weapon at school and who missed school because of **safety concerns increased**.



YRBS Data 2022-2023



Mental Health

The Percentage of High School Students Who:*	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	2023 Total	Trend (All Years Available)	2-Year Change (2021-2023)
Experienced persistent feelings of sadness or hopelessness	30	30	31	37	42	40		
Experienced poor mental health†	–	–	–	–	29	29	–	
Seriously considered attempting suicide	17	18	17	19	22	20		
Made a suicide plan	14	15	14	16	18	16		
Attempted suicide	8	9	7	9	10	9		
Were injured in a suicide attempt that had to be treated by a doctor or nurse	3	3	2	3	3	2		

*For the complete wording of YRBS questions, refer to Appendix A.

†Question introduced in 2021.



In wrong direction



No change



In right direction

YRBS Data 2022-2023



Mental Health: Key Findings In 2023

- 40 % of high school students experienced persistent feelings of sadness or hopelessness.
- 20% of students seriously considered attempting suicide and 10% of students attempted suicide.
- Female and LGBTQ+ students were *more likely* than their peers to experience persistent feelings of sadness or hopelessness, poor mental health, and suicidal thoughts and behaviors.

YRBS Data 2022-2023



Mental Health: Key Findings From 2021-2023

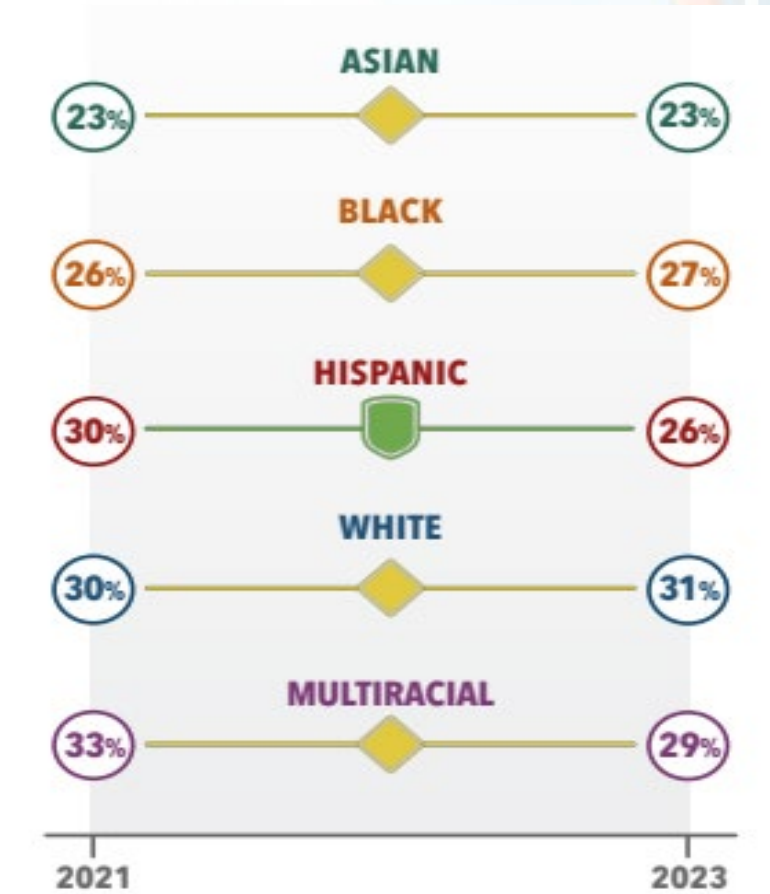
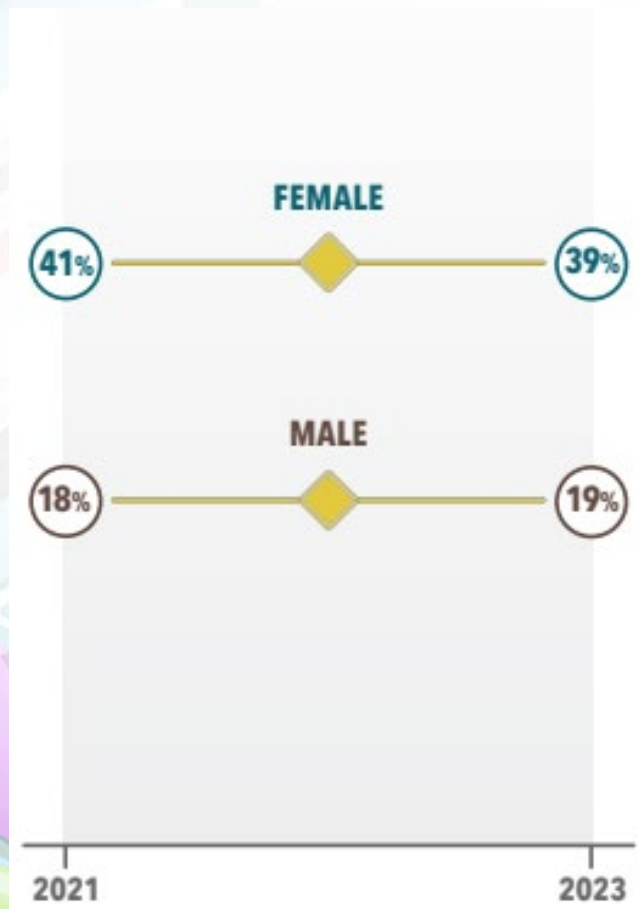
- *Hispanic students* experienced *decreases* in multiple measures of poor mental health and suicidal thoughts and behaviors.
- The percentage of *female students* who felt persistently sad or hopeless *decreased*.
- The percentage of *Black students* who attempted suicide and who were injured in a suicide attempt *decreased*.



YRBS Data 2022-2023



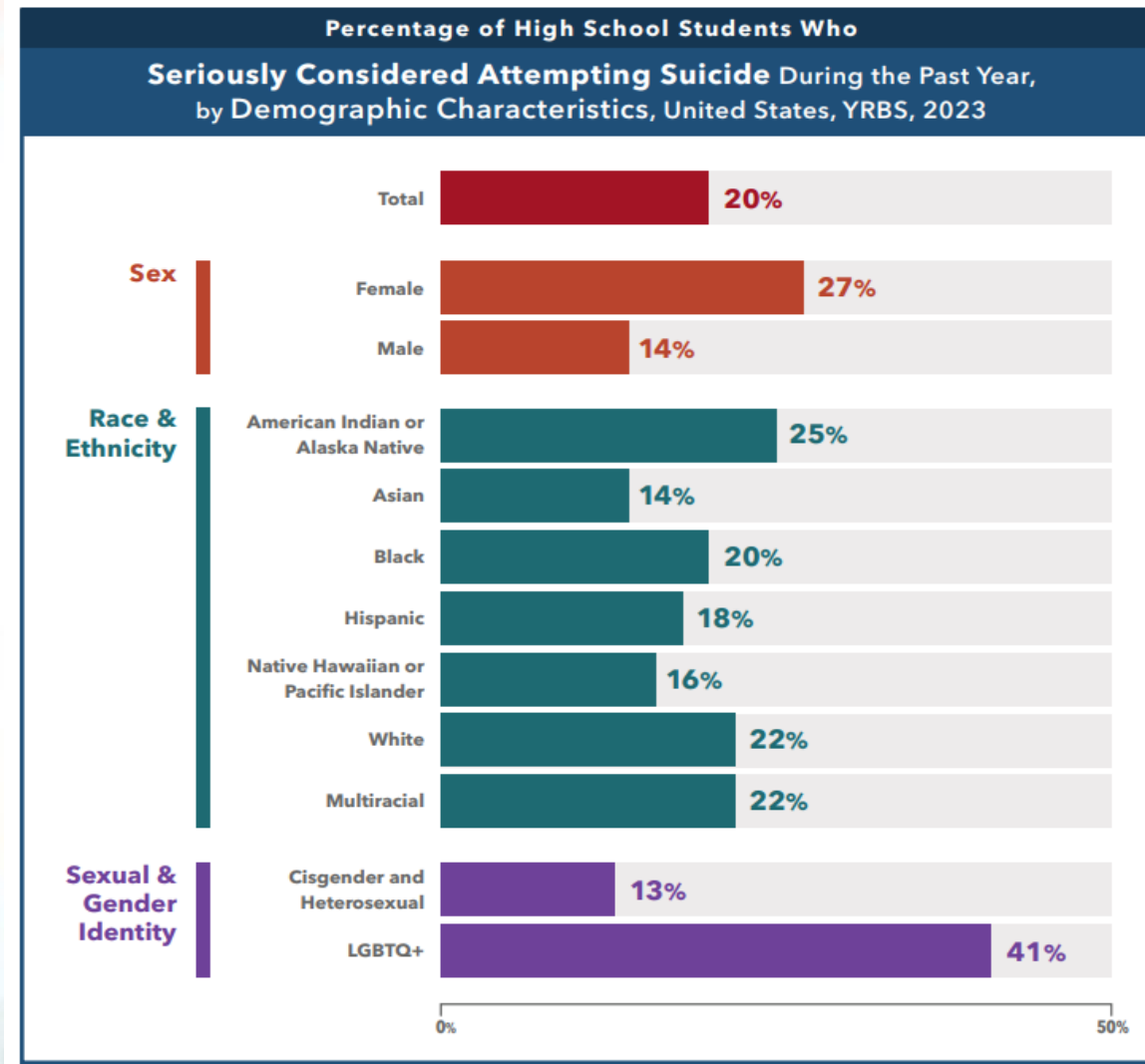
Students Reporting Poor Mental Health



YRBS Data 2022-2023



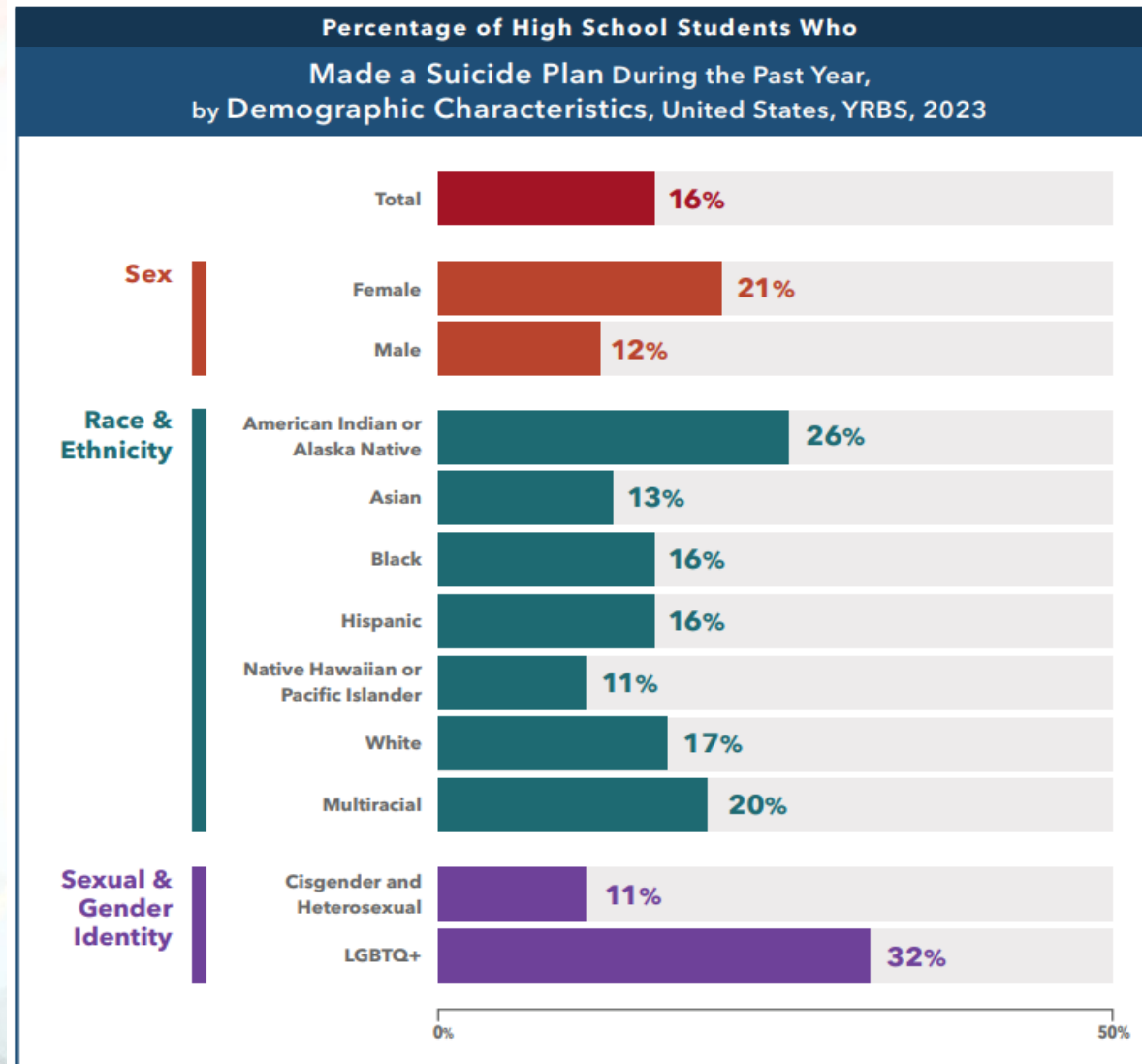
Seriously Considered Attempting Suicide



YRBS Data 2022-2023



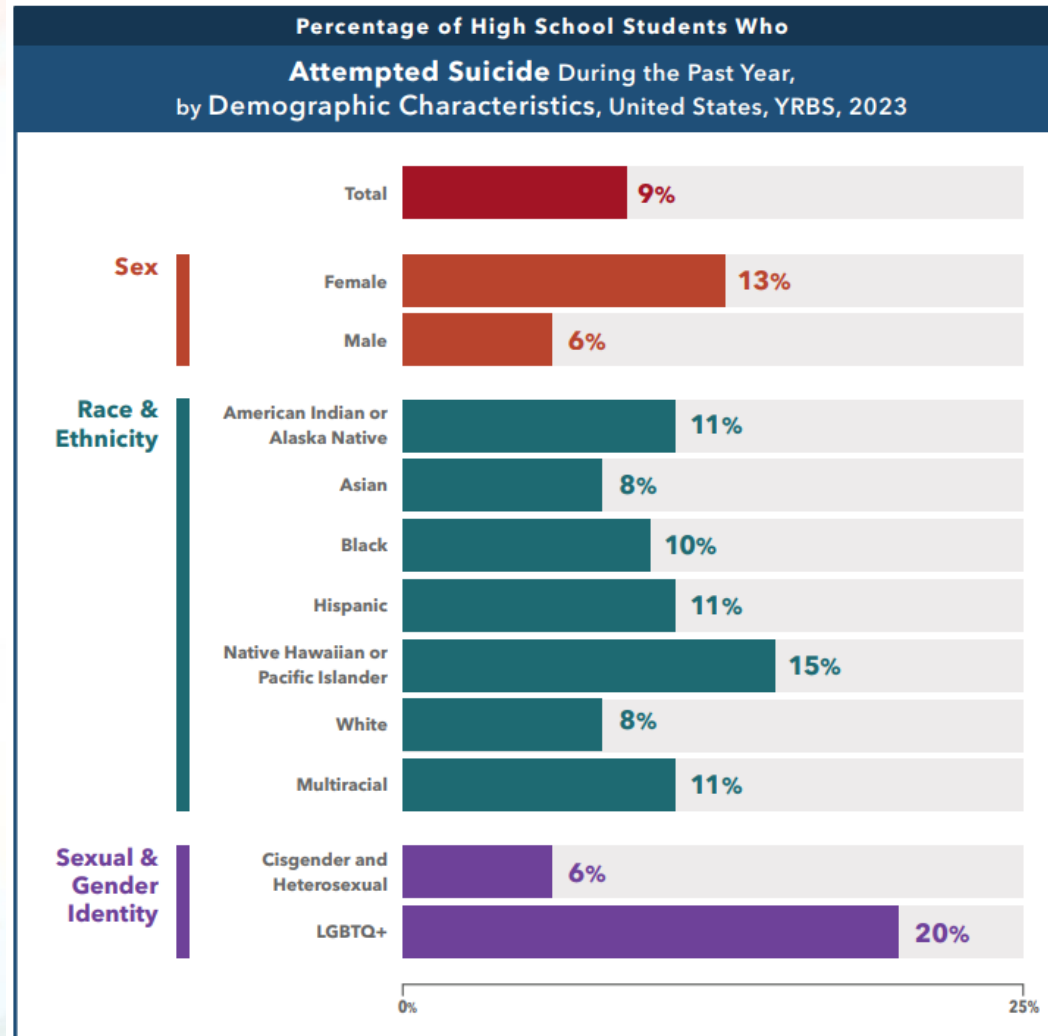
Made a Suicide Plan



YRBS Data 2022-2023



Attempted Suicide



Mental Health: :Local Data



YRBS – Questions Related to Mental Health	Maryland	Baltimore County (HS)
Percentage of students who felt sad or hopeless	36.3%	41%
Percentage of students who seriously considered attempting suicide	17.9%	20.6%
Percentage of students who made a plan about how they would attempt suicide	14.3%	17.1%
Percentage of students who actually attempted suicide (one or more times during the 12 months before the survey)	9.4%	10.8%
Percentage of students who reported that their mental health was most of the time or always not good (including stress, anxiety, and depression, during the 30 days before the survey)	28.1%	29.7%

Mental Health: :Local Data



Middle School

YRBS – Questions Related to Mental Health	Maryland	Baltimore County (MS)
Percentage of students who felt sad or hopeless	33.7%	35.5%
Percentage of students who seriously thought about killing themselves	23.5%	24.1%
Percentage of students who planned how they would kill themselves	17.8%	17.7%
Percentage of students who ever tried to kill themselves	9.9%	10.3%
Percentage of students who reported that their mental health was most of the time or always not good	21.8%	21.8%

YRBS Data 2022-2023



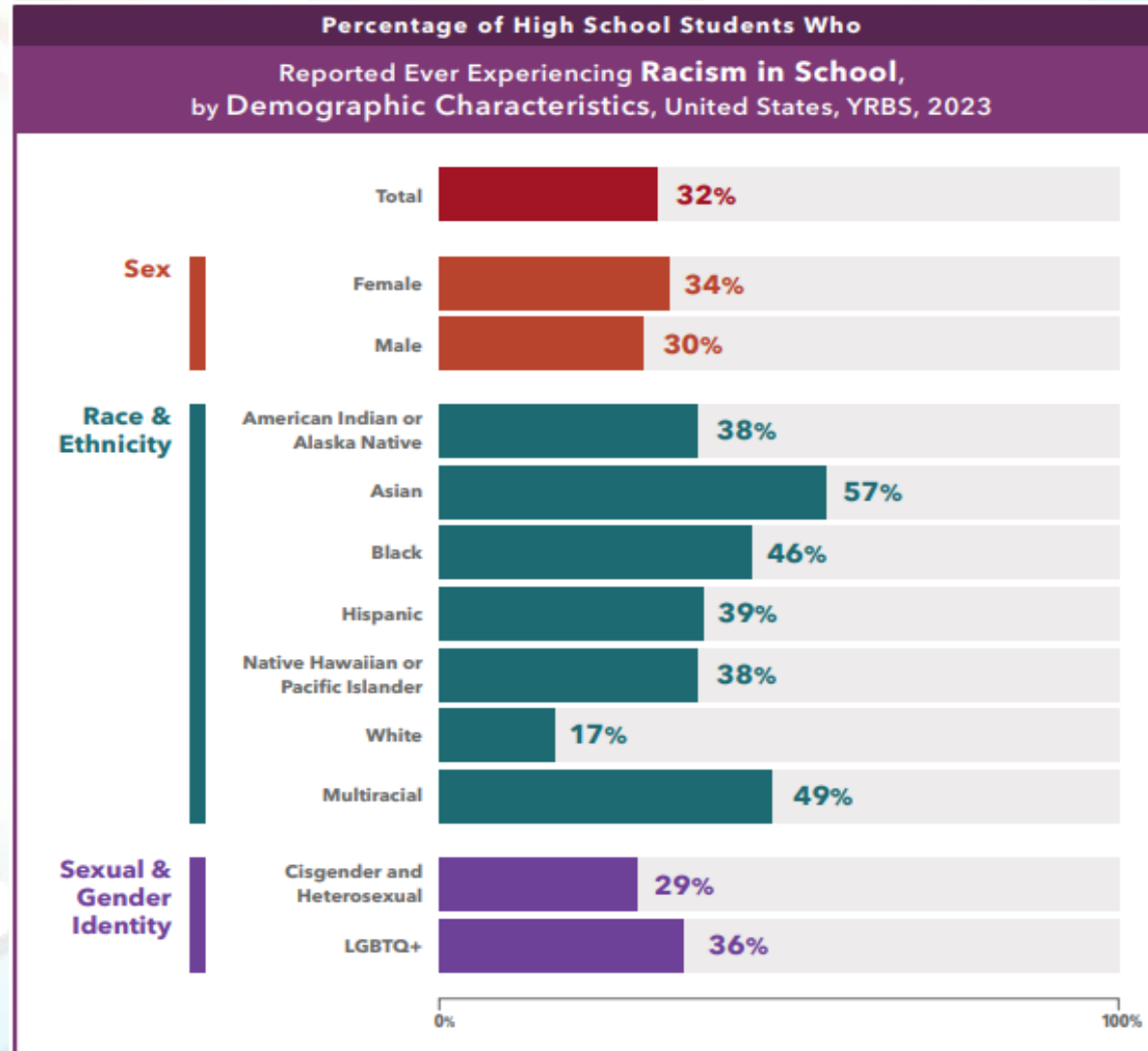
New and Emerging National Data

- *More than half* of high school students **felt close** to people at school.
 - Female and LGBTQ+ students were less likely to feel close to people at school.
- *Almost 1/3* of students reported that they had ever experienced **racism** in school.
- *Asian students* were more likely than other racial & ethnic groups to report ever experiencing racism in school.
- More than *75% of students* use **social media** several times a day.
 - (More females than males)

YRBS Data 2022-2023



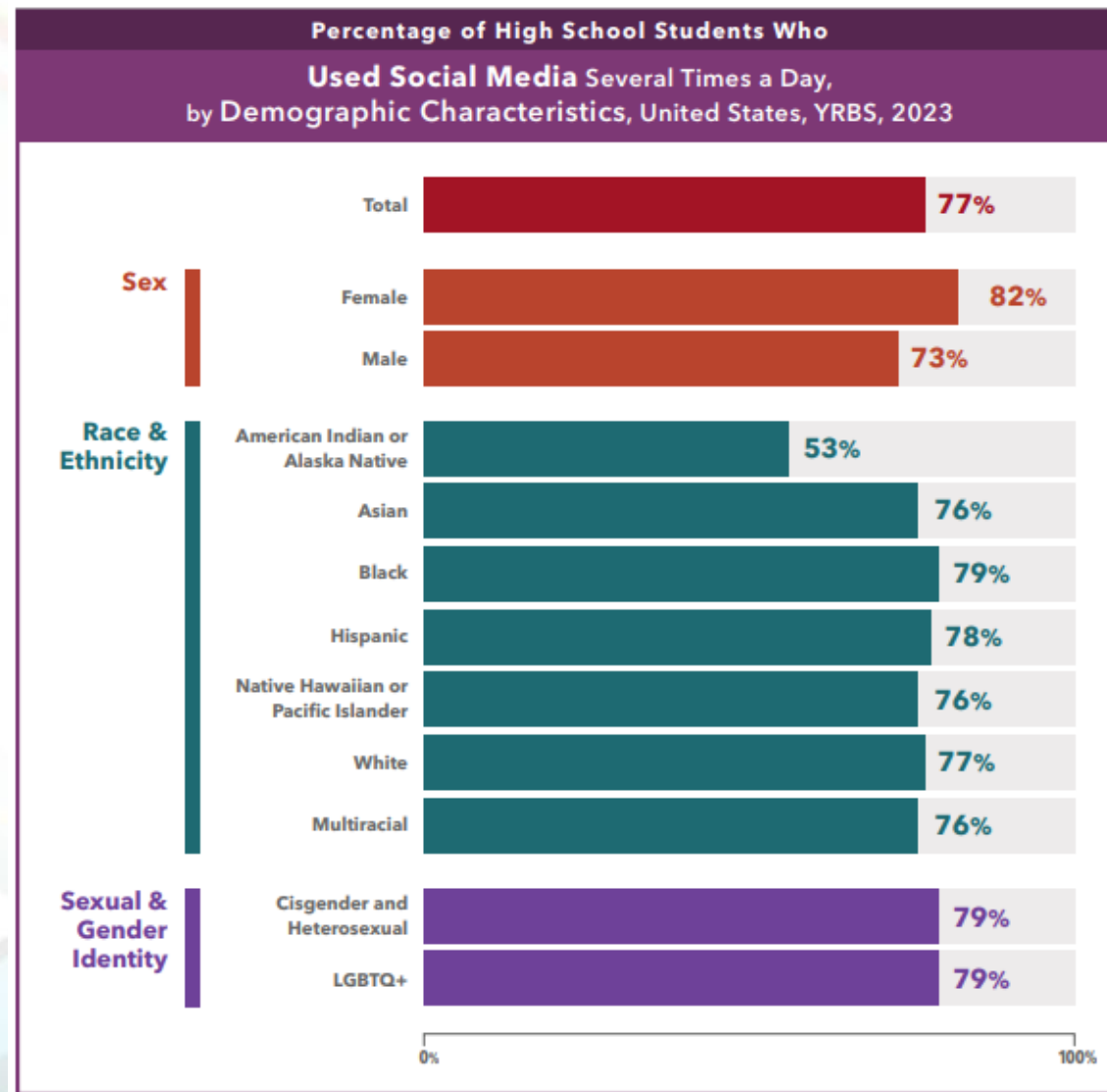
Racism in School



YRBS Data 2022-2023



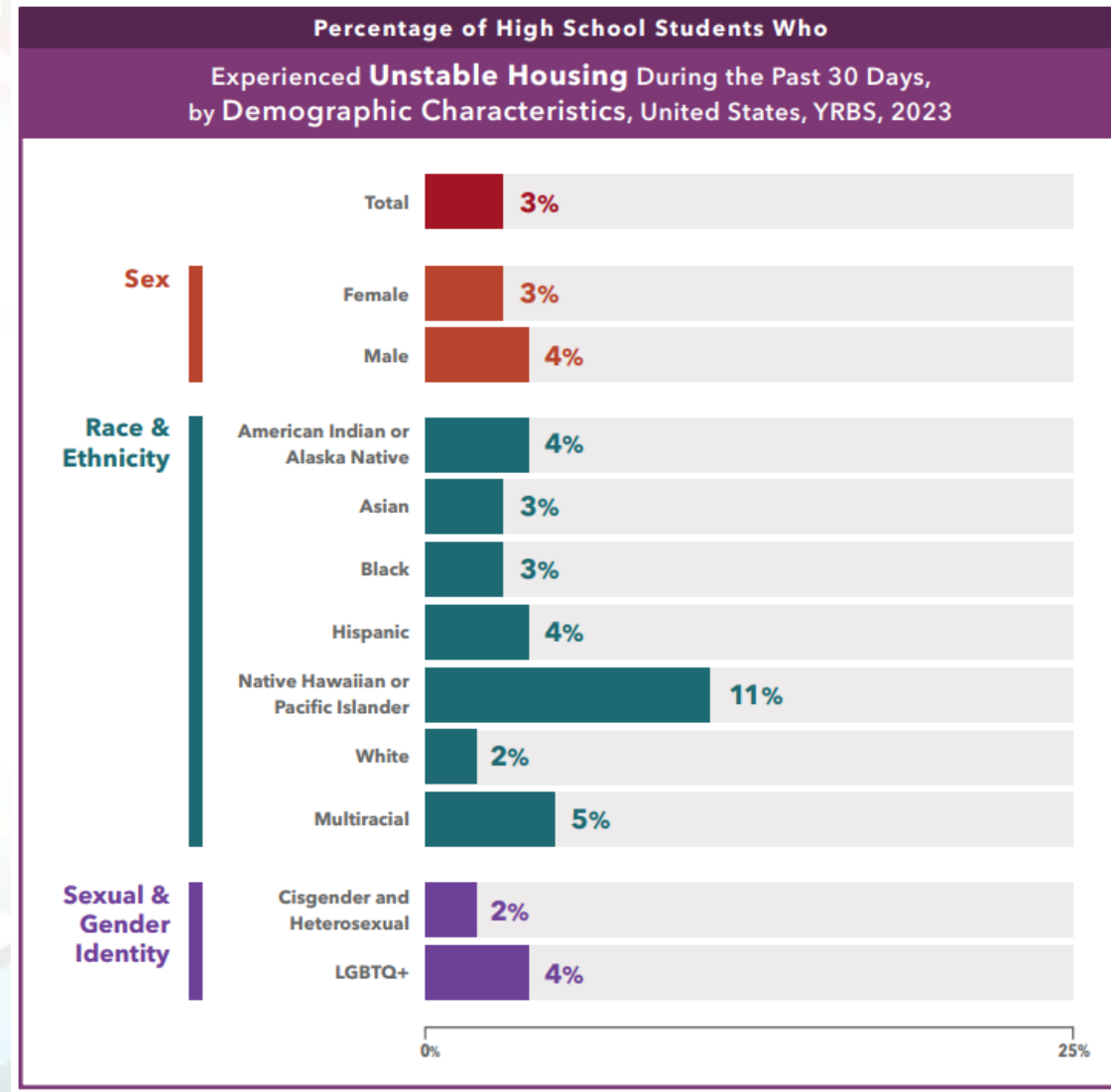
Social Media Use



YRBS Data 2022-2023



Housing



Technology - Local Data



High School

YRBS – Use of Technology/Social Media	Maryland	Baltimore County (HS)
Percentage of students who spent 3 or more hours of screen time	74.5%	78.2%%
Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least 1 day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	29%	32.3%

Technology - Local Data



Middle School

YRBS – Use of Technology/Social Media	Maryland	Baltimore County (MS)
Percentage of students who spent 3 or more hours of screen time	67.8%	71.2%
Percentage of students who have ever ridden in a car driven by someone who was texting while they were driving the car	50%	48.8%

Protective Factors - Local Data



High School

YRBS – Protective Factors	Maryland	Baltimore County (HS)
Percentage of students who most of the time or always feel that they can talk to an adult in their family or another caring adult about their feelings	42.2%	36.6%
Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life	76.6%	75.2%

Protective Factors - Local Data



Middle School

YRBS – Protective Factors	Maryland	Baltimore County (MS)
Percentage of students who have an adult outside of school they can talk to about things that are important to them	83.1%	82.5%
Percentage of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life	81.2%	82.6%
Percentage of students who most of the time or always feel that they can talk to a friend about their feelings	42.1%	40.7%
Percentage of students who talked to a teacher or other adult in their school about a personal problem they had	28.3%	32.1%
Percentage of students who strongly agree or agree that their teachers really care about them and give them a lot of encouragement	49.9%	49.7%

Basic Needs - Local Data



High School

YRBS – Basic Needs	Maryland	Baltimore County (HS)
Percentage of students who reported that an adult in their household most of the time or always tried to make sure their basic needs were met	84.6%	83.4%
Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more	14.3%	18.6%

Basic Needs - Local Data



Middle School

YRBS – Basic Needs	Maryland	Baltimore County (MS)
Percentage of students who reported that an adult in their household most of the time or always tried to make sure their basic needs were met	90.7%	88.3%
Percentage of students who reported that often or sometimes the food their family bought did not last and they did not have money to get more	15.5%	19.9%

Parent/Guardian Needs- Local Data



High School

YRBS – Parent/Guardian Needs	Maryland	Baltimore County (HS)
Percentage of students who ever lived with a parent or guardian who was having a problem with alcohol or drug use	19.9%	24.3%
Percentage of students who ever lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal	23.2%	27.5%
Percentage of students who have ever been separated from a parent or guardian because they went to jail, prison, or a detention center	11.3%	13.9%

Parent/Guardian Needs- Local Data



Middle School

YRBS – Parent/Guardian Needs	Maryland	Baltimore County (MS)
Percentage of students who ever lived with a parent or guardian who was having a problem with alcohol or drug use	14.3%	15.7%
Percentage of students who ever lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal	17.6%	20.9%
Percentage of students who have ever been separated from a parent or guardian because they went to jail, prison, or a detention center	10.7%	13%

Mental Health Supports for Students



Mental Health Supports for Students



Tier I

- Structures & Routines
- School-wide Positive Behavior Planning
- 3 SEL Signature Practices
- Social emotional learning curriculum in elementary grades
- School Counseling Lessons
- Counseling Services-lessons and Signs of Suicide Prevention Lessons
- Mental Health Promotion and Prevention Activities
- Promotion of School Attendance

Tier II

- Behavioral Intervention Plans
- Evidenced Based Small Group Interventions
- Screening, Teaming, Planning and Progress Monitoring (SST)
- Community Conferencing
- Mentoring
- Mental Health Services-Small Group and Community Partnership Referrals
- Substance abuse prevention program in piloted middle schools
- Attendance Committees

Tier III

- Functional Behavior Assessments/Behavior Int. Plans
- Behavior Threat Intervention/Crisis Response Planning
- Mental Health Services-Individual, Community Partnership Referrals, Wrap Around Services
- Student Success Mentors
- Individual Mental Health Services
- Teaming for Intensive Needs
- Substance Abuse Programs in a high schools

Mental Health Supports for Students



Tier I: Universal Supports & Interventions

- Supports that are accessible to all students
- Promotion of prevention and awareness for all students.
- Supports that are centered in educating the student and school community

Providers

- BCPS: School Staff, School Counselors, School Social Workers, School Psychologists



Mental Health Supports for Students

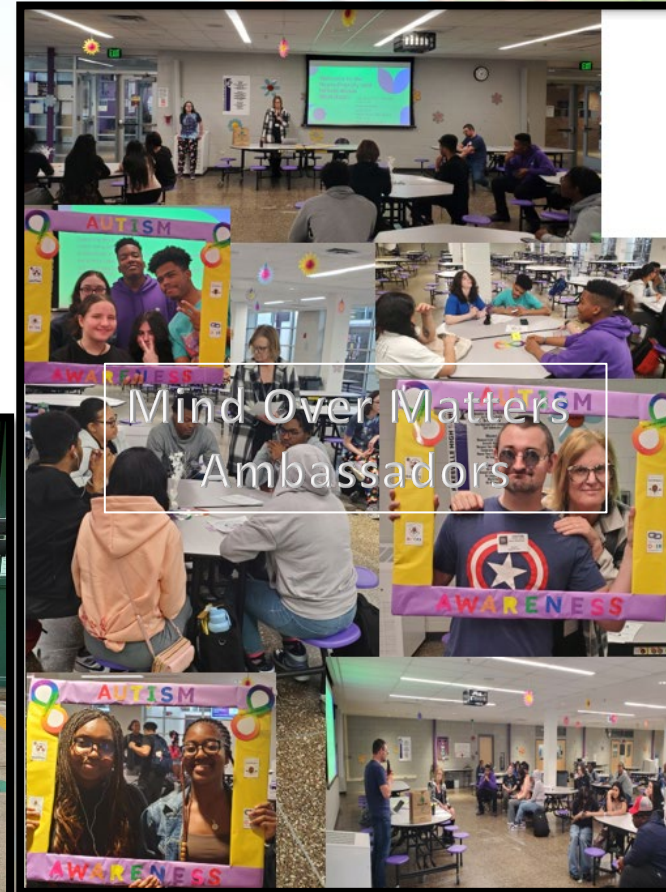


Tier II: Early Intervention

- Necessary for Some Students
- Tier I +
- Additional Level of Support
- Small Groups
- Brief Interventions
- Mentoring
- Formal Student Planning
- Referrals

Providers

- BCPS: School Counselors, School Social Workers, School Psychologists
- BCPS Community Mental Health Partners



Mental Health Supports for Students

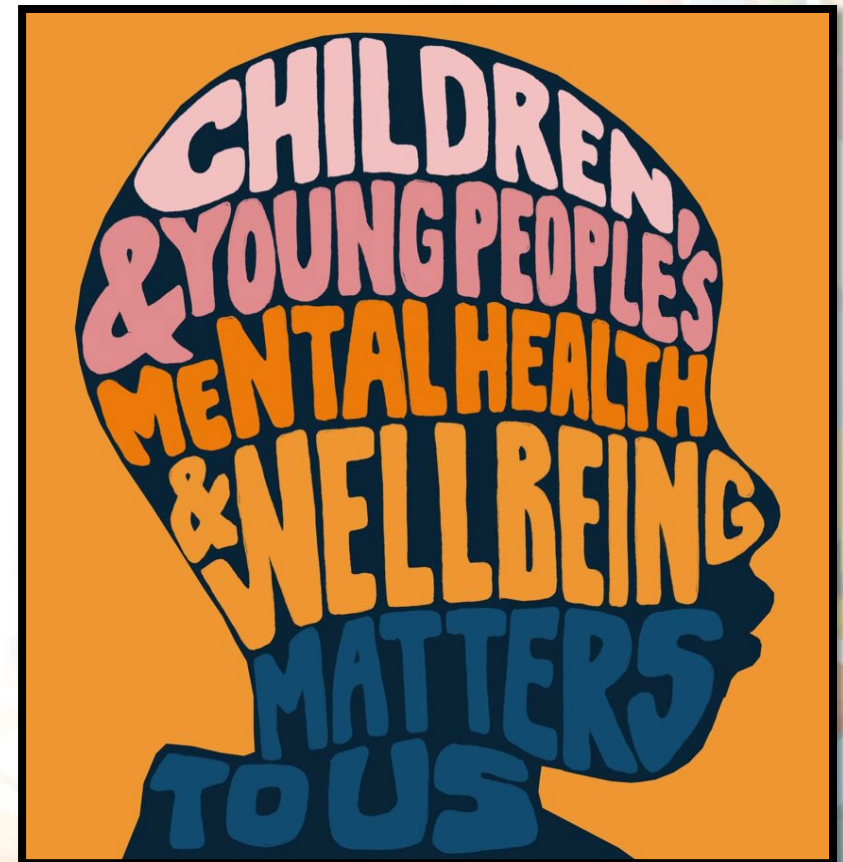


Tier III: Intensive Support and Intervention

- Essential for a Few Students
- Tier I and II+
- Individual Interventions
- Referrals
- Crisis Response
- Teaming

Providers

- BCPS: School Counselors, School Social Workers, School Psychologists
- BCPS Community Mental Health Partners
- Community Resources



Mental Health Services



Expansion of Services Continues

Mental Health Advisory Council SHAPE Assessment

Universal Screening

Expanding partnerships and community-based intervention services that promote positive school attendance and positive communities.

Partnering with the HUB (Baltimore County Behavioral Health and Local Management Board) to Identify Baltimore County Consortium Priorities

- Expansion of Access for our Students who are Multilingual Learners
- Investment in Mental Health Service Providers Hiring and Retention

Thank you



Engage. Empower. Excel.