

MINNESOTA STUDENT SURVEY 2010

Associations:

Students with and without Mental Health Problems

Minnesota Department of

Education

Ruth Ellen Luehr, BSN, MS, RN, Licensed School Nurse, FNASN
Interagency Education Specialist
Special Education Division, Interagency Partnerships Team
651-582-8403 ruthellen.luehr@state.mn.us

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MINNESOTA STUDENT SURVEY 2010

135,000 students in grades 6, 9 and 12 from 88% of regular school districts participated in the survey in spring 2010.

Associations:

This question was asked of 6th, 9th and 12th graders:

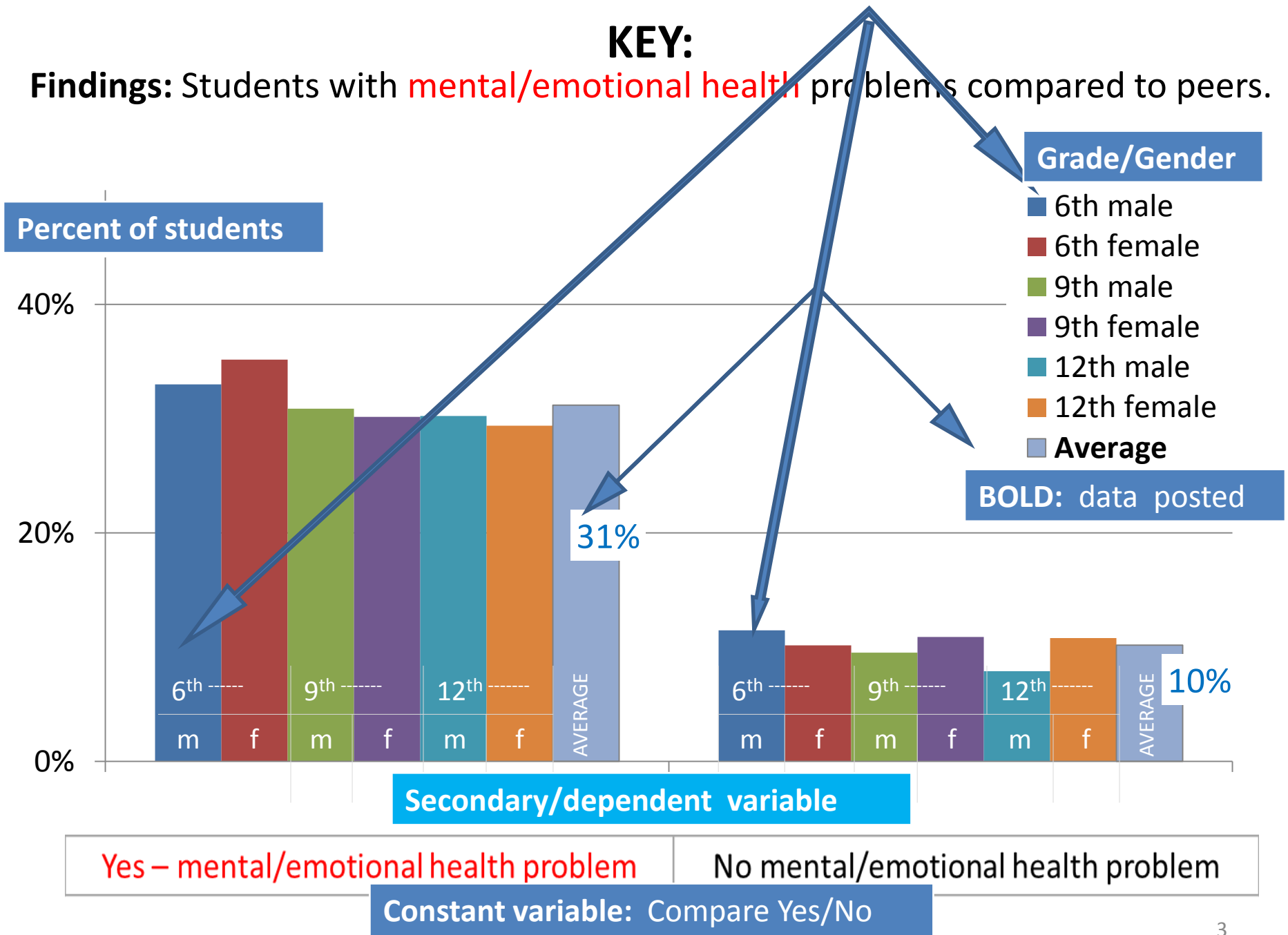
*Do you have a **mental or emotional** health problem that has lasted at least 12 months?*

The following slides show the associations of demographic, academic, emotional and social factors, comparing students **with** and **without** self-identifying as having a mental/emotional health problem.

PLEASE SEE SLIDE NOTES for survey questions.

KEY:

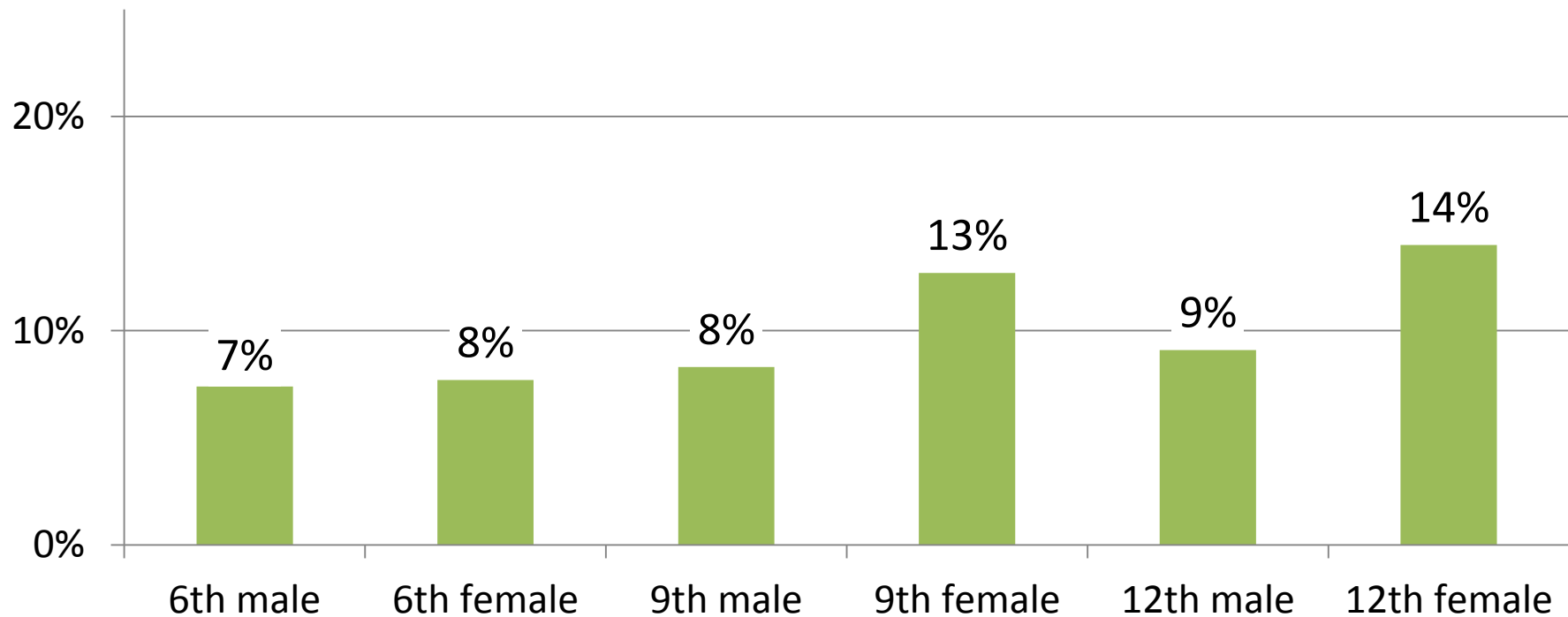
Findings: Students with mental/emotional health problems compared to peers.



Prevalence

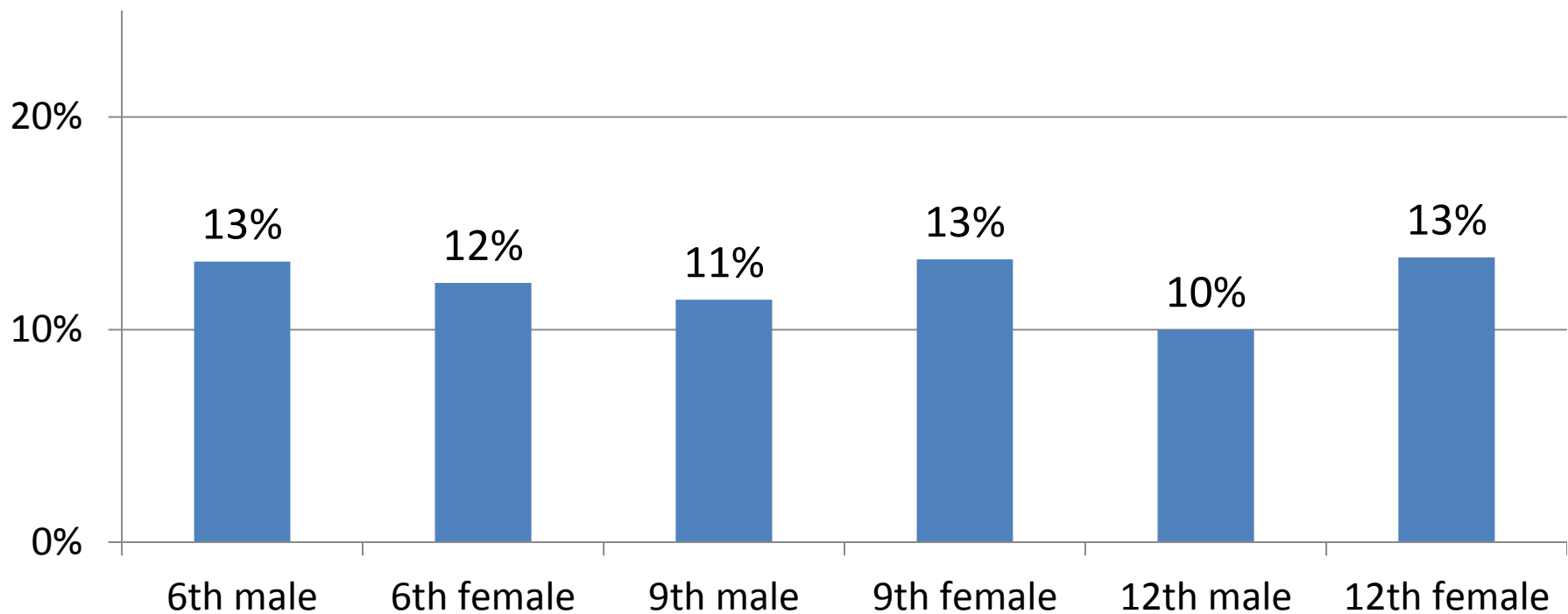
Students with **mental/emotional** health problems compared to peers.

On average, 10% of students reported **mental/emotional** health problems lasting at least 12 months.



Yes – **mental/emotional** health problem lasting at least 12 months

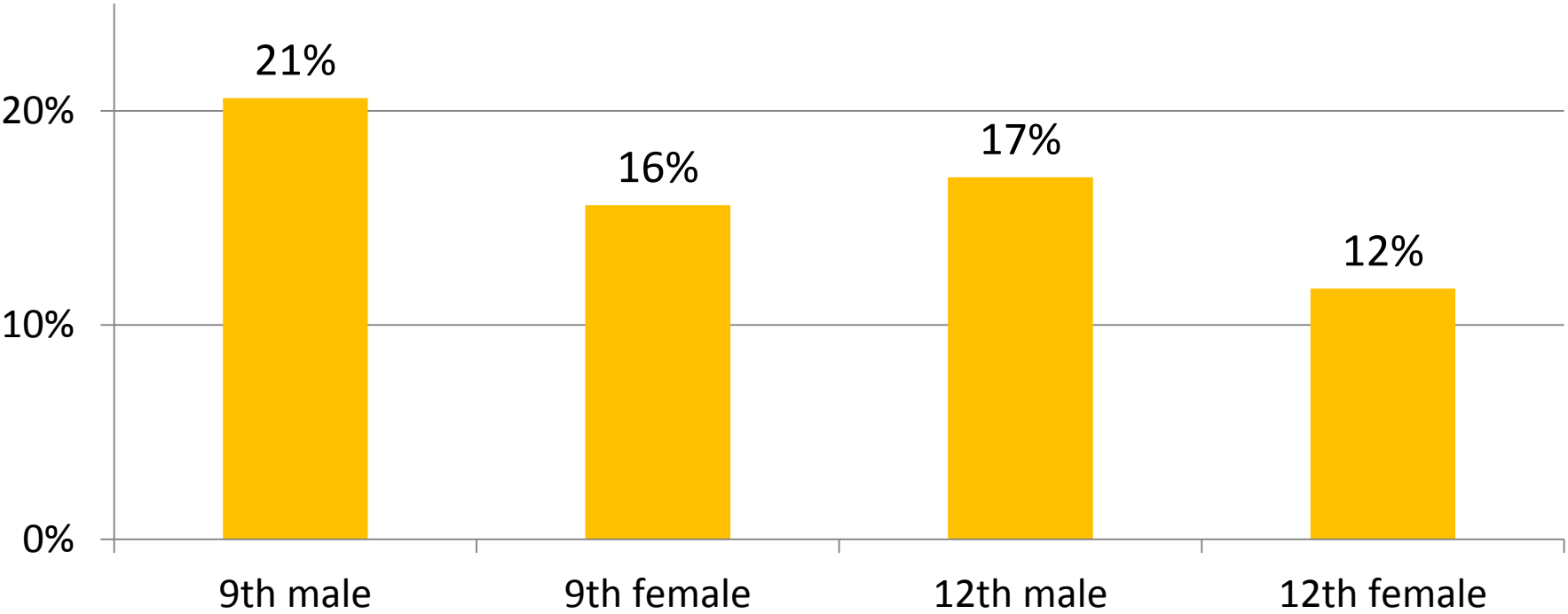
On average, 12% of students reported **physical** health problems lasting at least 12 months.



Yes - **physical** health condition lasting at least 12 months

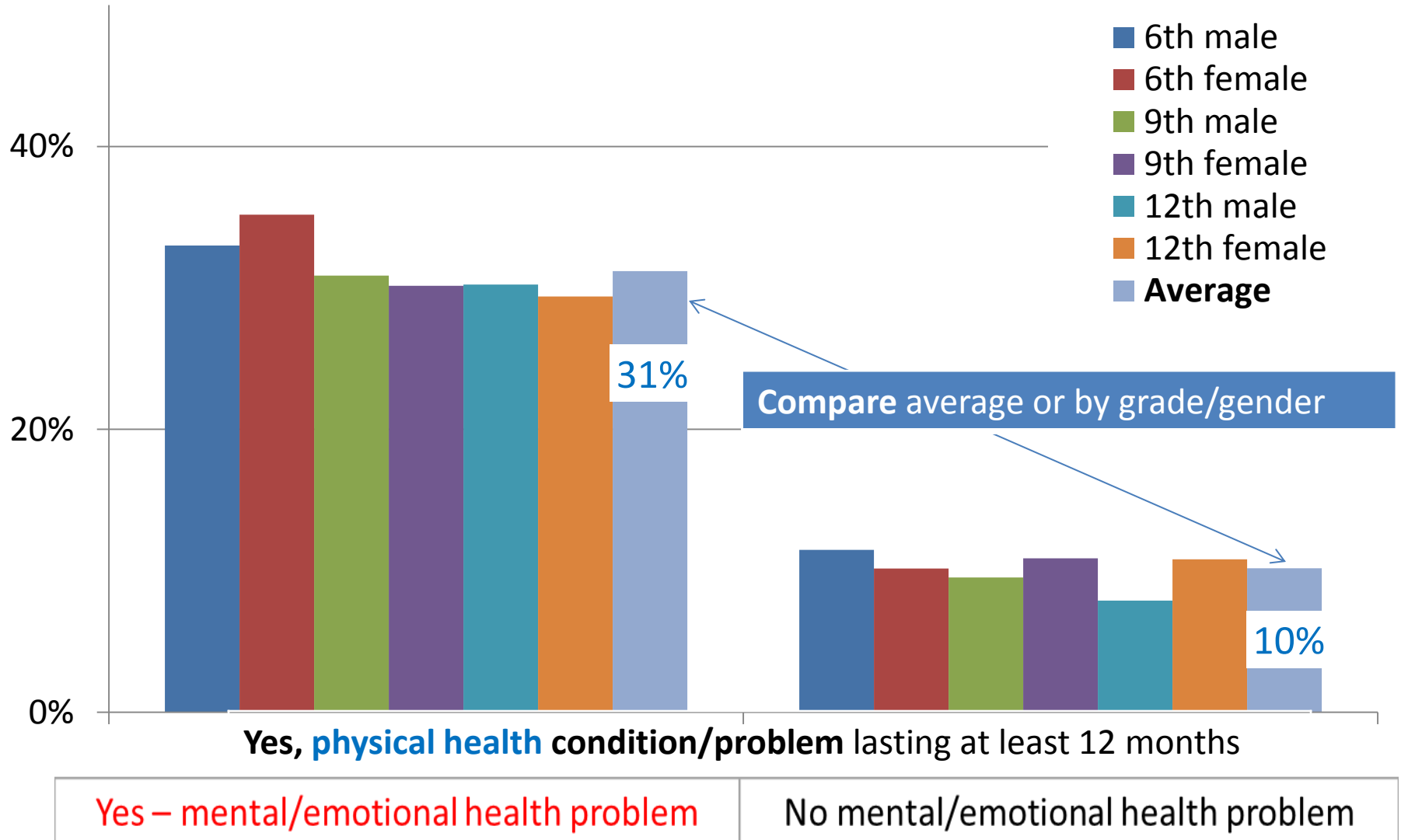
On average, 16% of high school students report they **have or ever had an IEP**.

9th and 12th graders

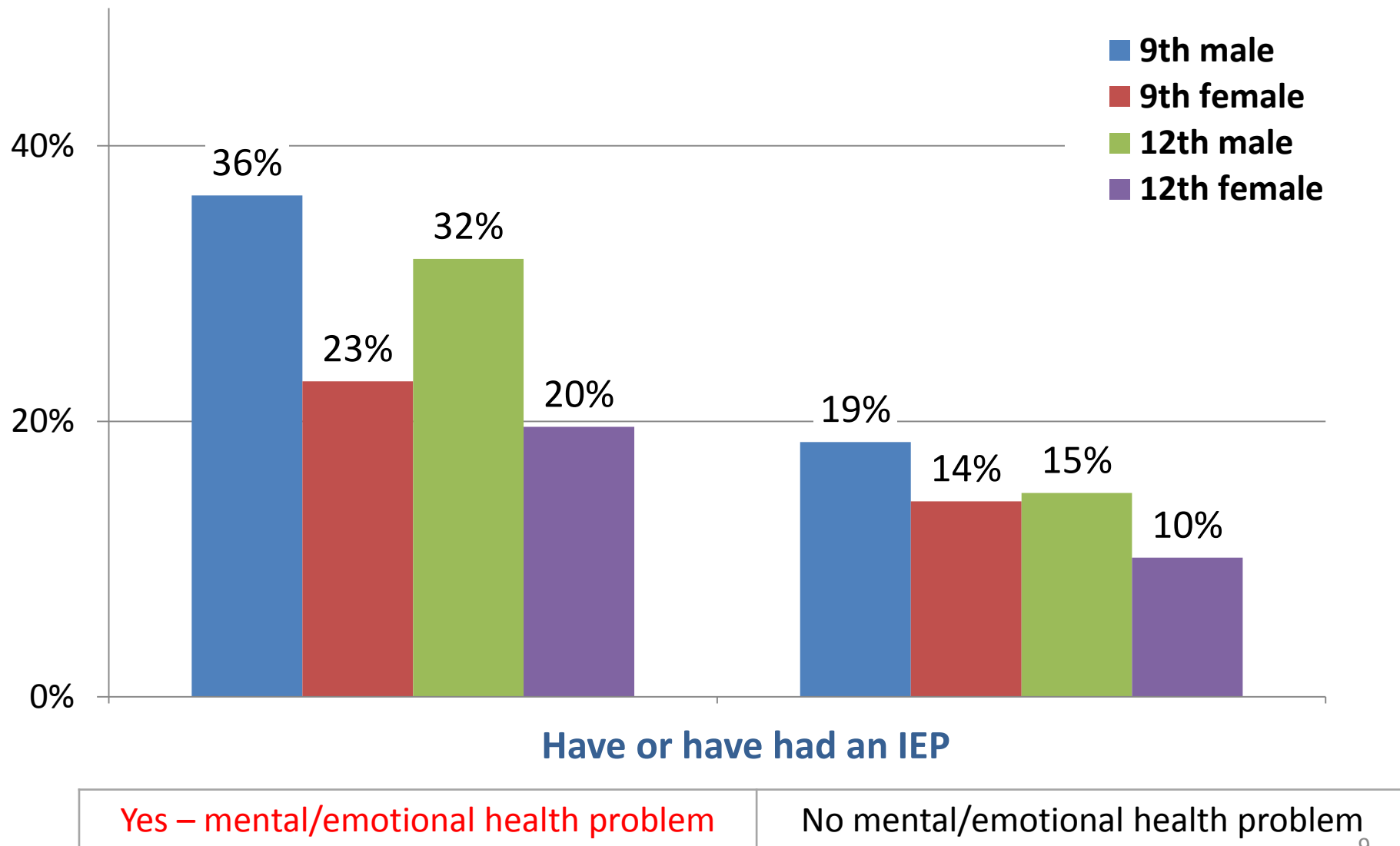


Yes – have or have had an IEP

3 times more students with **mental health** problems also report **physical health** problems than their peers.



Students with **mental/emotional** health problems **have or have had an IEP** twice as often as peers.



Intensity/Severity

9th Graders only: **Symptoms** of mental illness.

Number of mental health symptoms:

How much do you agree or disagree with the following statements?

I get a lot of **headaches, stomachaches or sickness.**

I am often **irritable and angry.**

I have **many fears** and am easily scared.

I often have **trouble concentrating.**

I am **restless** and cannot stay still for long.

I often have **trouble getting to sleep** and staying asleep.

I do things before I think.

I am often **unhappy, depressed or tearful.**

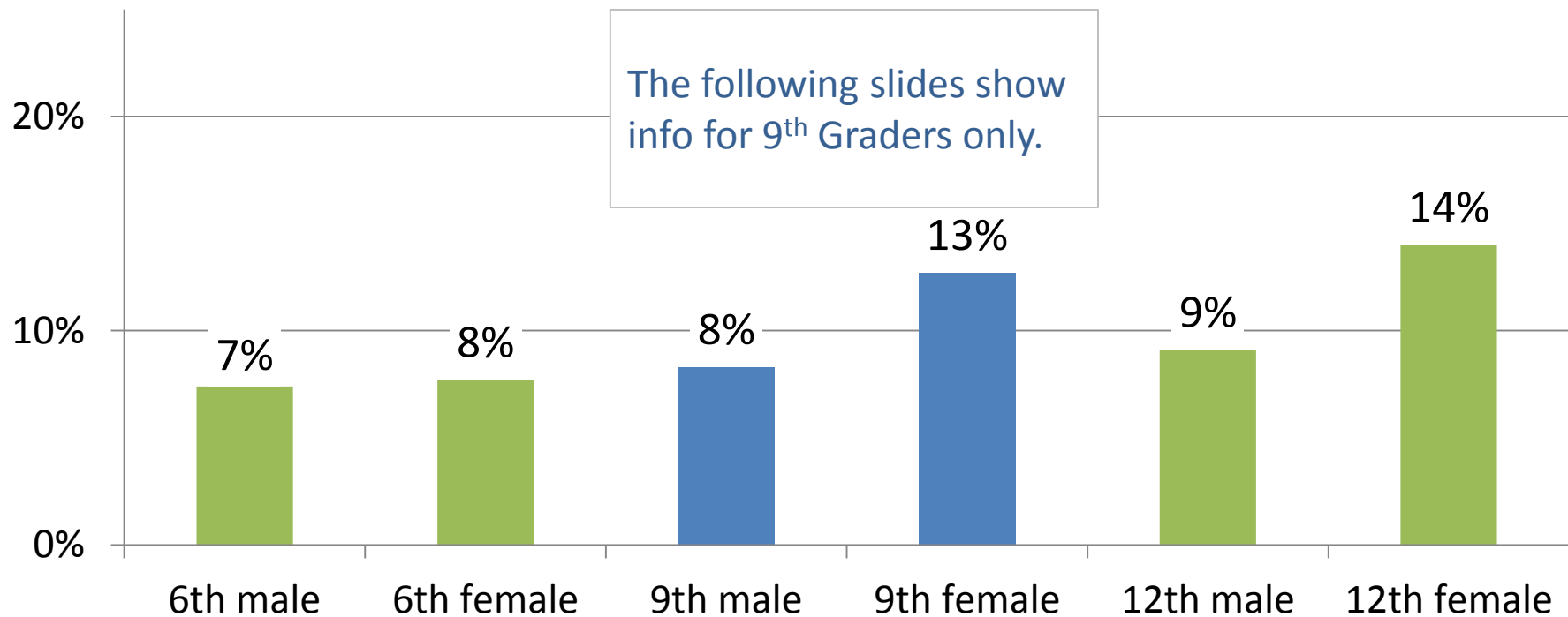
Response options:

Agree, Mostly Agree, Mostly Disagree, Disagree

Score: Number marked **Agree** or **Mostly Agree**

Scoring: 1-2, 3-4, 5+ of the 8 symptoms

On average, 10% of students reported **mental/emotional** health problems lasting at least 12 months.



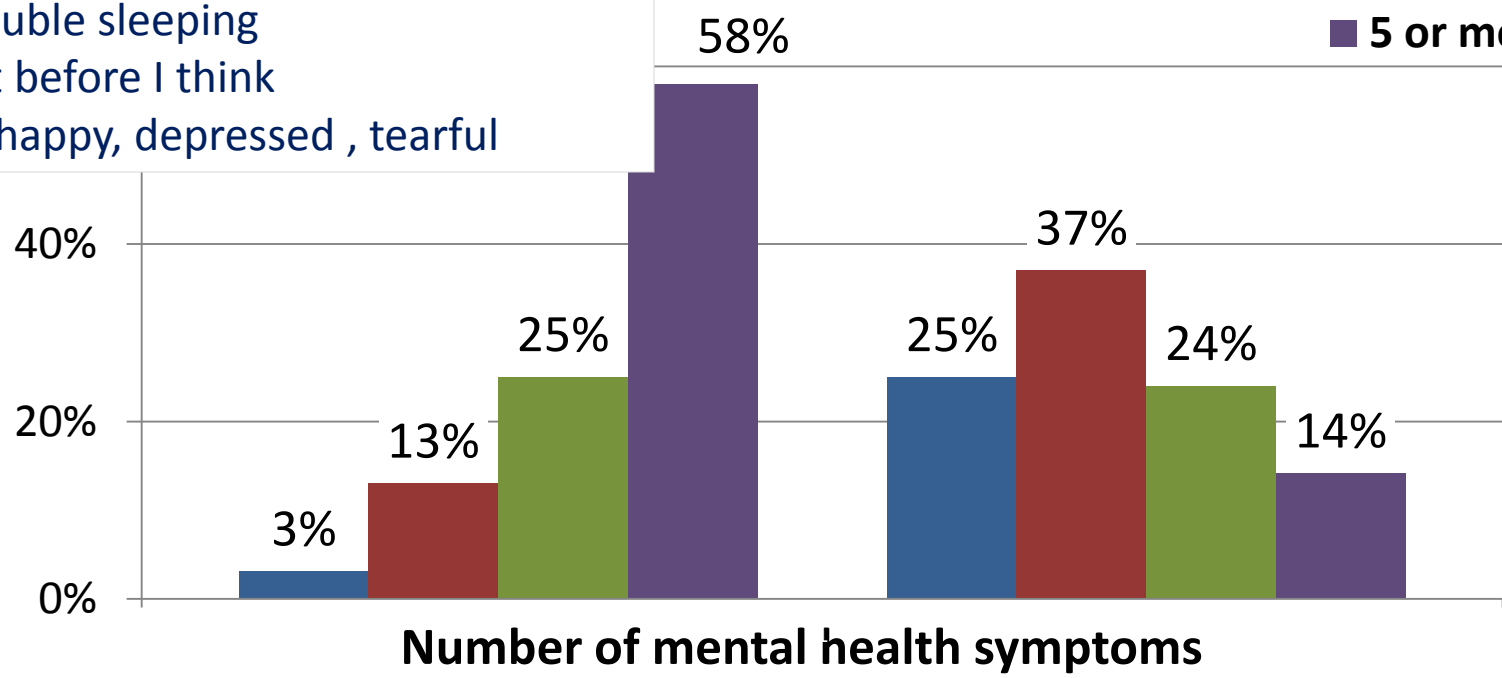
Yes – mental/emotional health problem lasting at least 12 months

While all students experience 1-2 mental health symptoms, students with **mental/emotional** health problems often experience **5+ symptoms**. (58% - 14%)

9th Graders only

headaches, stomachaches, sickness
 irritable and angry
 fearful, scared
 trouble concentrating
 restless
 trouble sleeping
 act before I think
 unhappy, depressed, tearful

- None
- One - Two
- Three - Four
- 5 or more



Yes – mental/emotional health problem

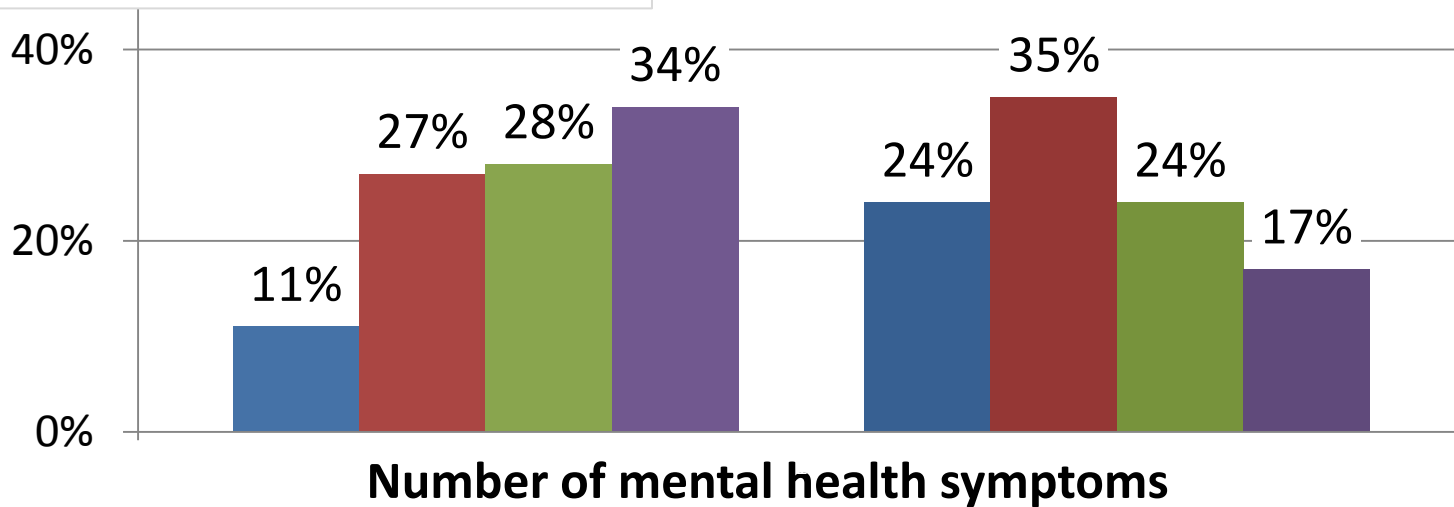
No mental/emotional health problem

Again, while all students experience **1-2 mental health symptoms**, students with **physical health** problems experience **5+ symptoms** at double the rate of their peers. (34% - 17%)

9th Graders only

- headaches, stomachaches, sickness
- irritable and angry
- fearful, scared
- trouble concentrating
- restless
- trouble sleeping
- act before I think
- unhappy, depressed, tearful

- None
- One - Two
- Three - Four

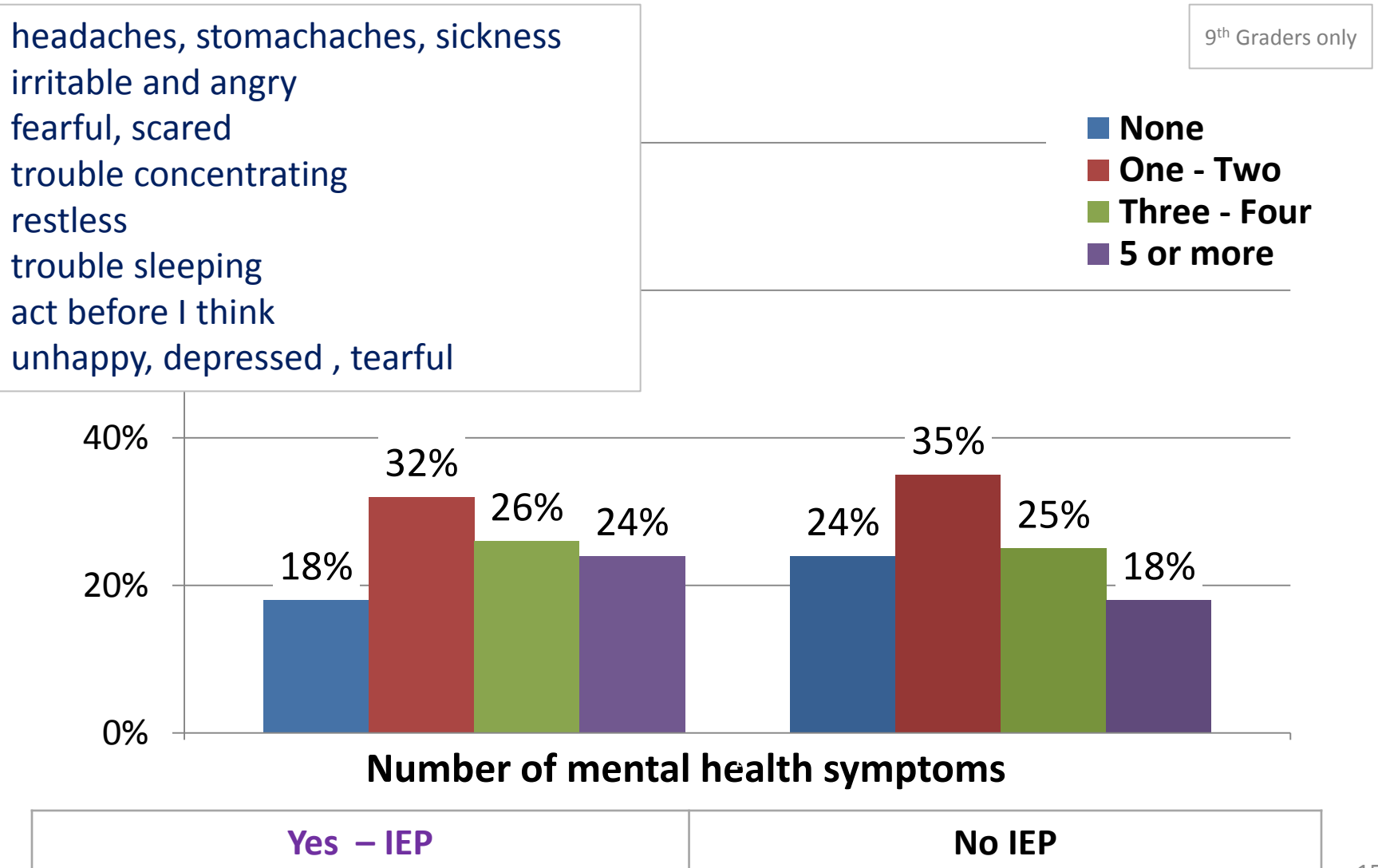


Yes – physical health problem

No physical health problem

There is little difference between the number of symptoms students experience **with or without an IEP**.

Across the board, 1/5 – 1/4 of students experience **5+ symptoms**.



Number of feelings of emotional distress:

During the last 30 days, have you felt ...

you were under any **stress or pressure?**

sad?

so **discouraged** or **hopeless** that you wondered if anything was worthwhile?

nervous, worried, or upset?

Response option range:

Stress: Yes, almost more than I could take – Yes, quite a bit of pressure → None

Sadness: All the time – Most of the time – >None

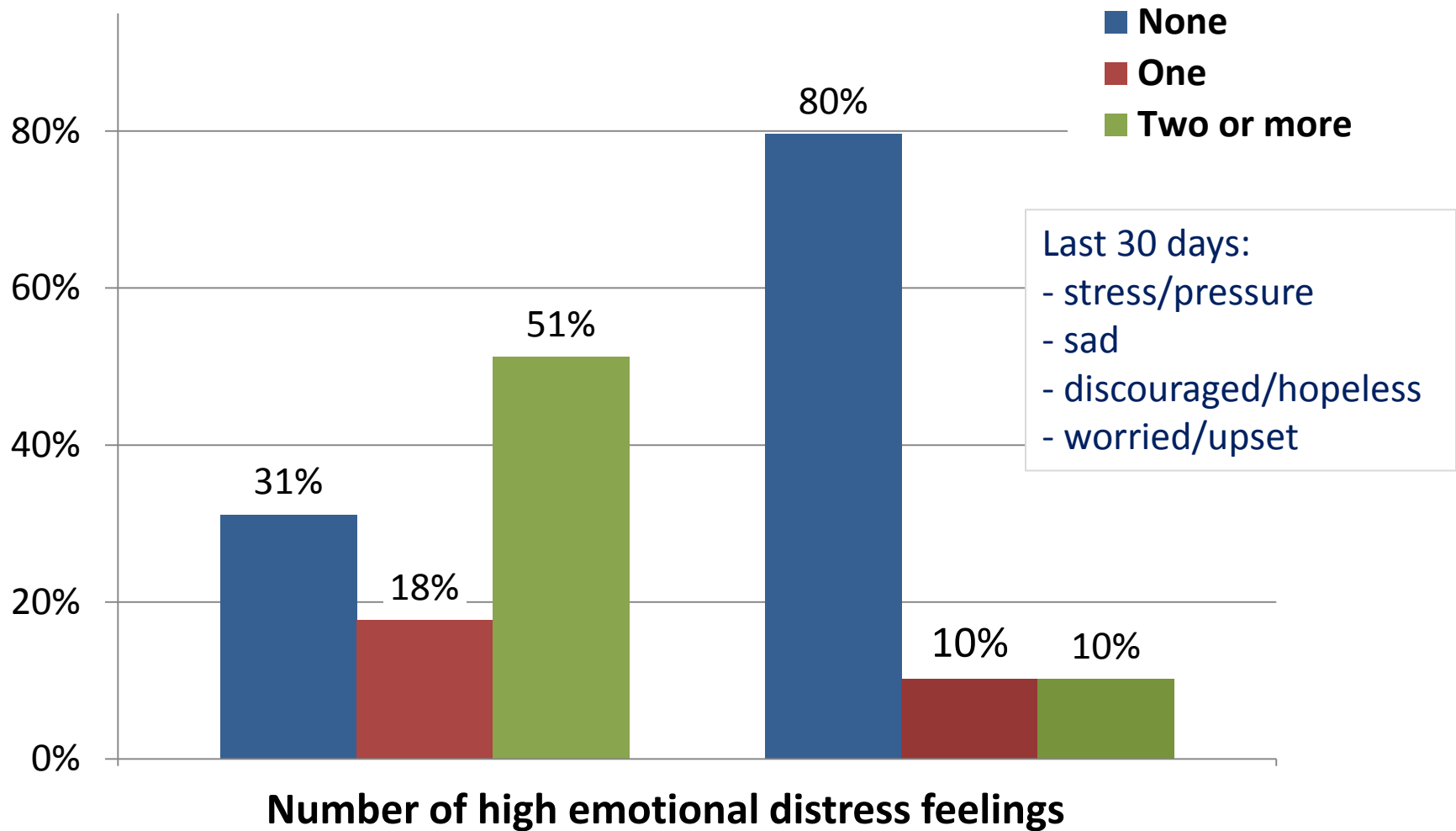
Hopeless: Extremely so, to the point I have just about given up –
Some, enough to bother me → Not at all

Worry: All the time – Most of the time – >None

Score: Number of feelings on which students had **high levels of distress**

Students with **mental/emotional** health problems are under high levels of **emotional distress** at 5 times rate of peers.

9th Graders only

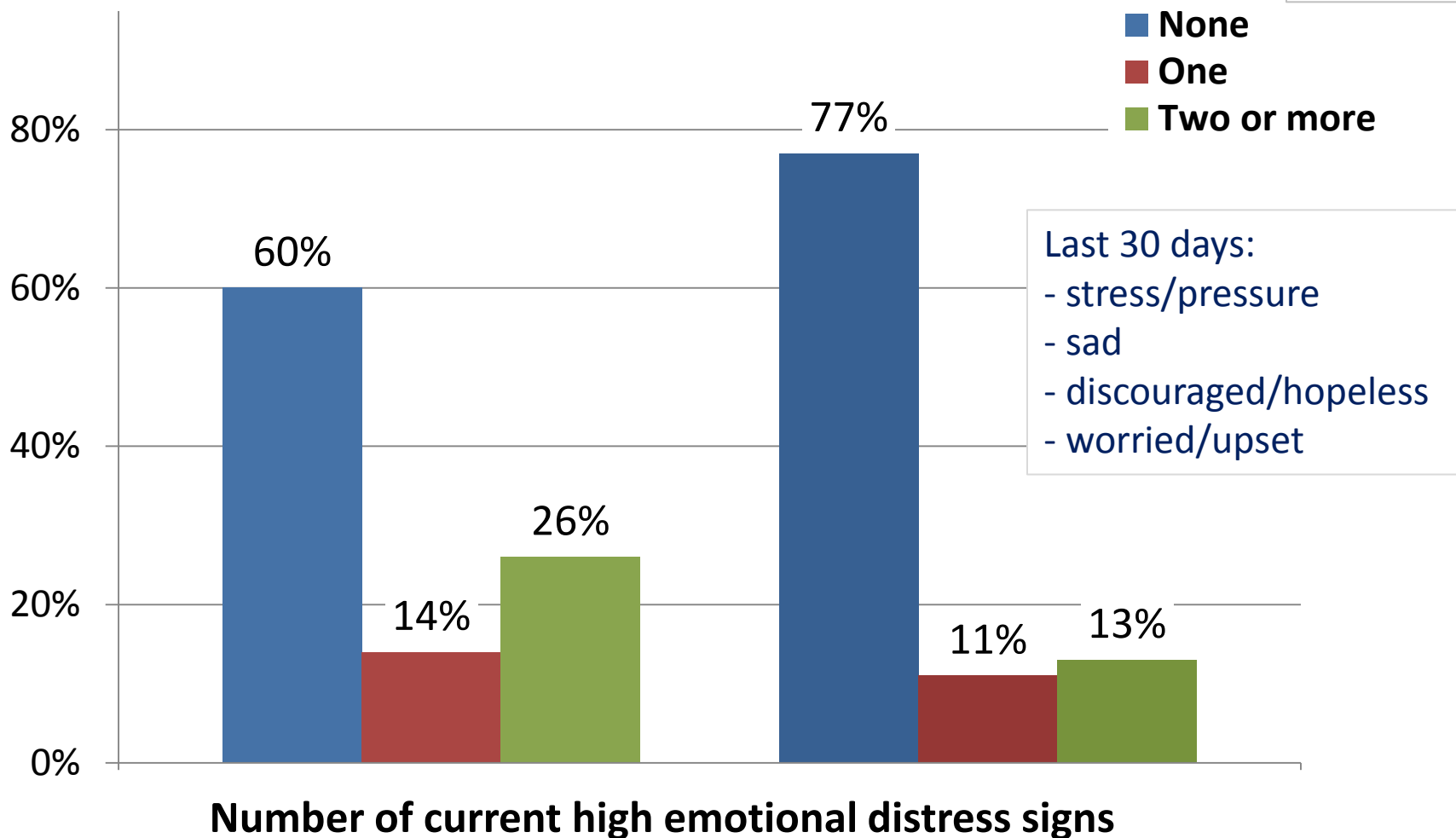


Yes – mental/emotional health problem

No mental/emotional health problem

While the majority of students do not experience high emotional distress, students with **physical health** problems have **2+ signs** twice as often as peers.

9th Graders only

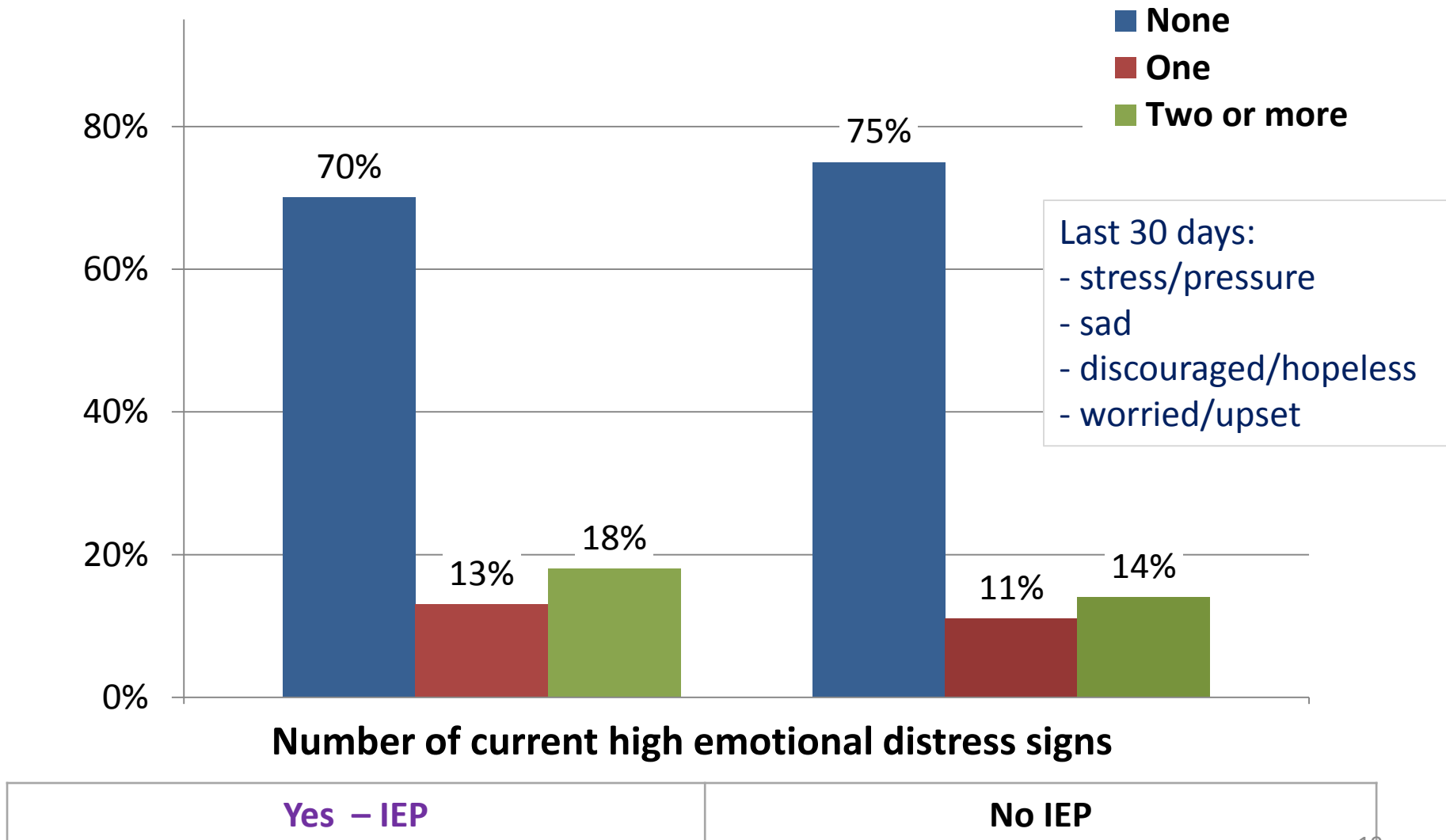


Yes – physical health problem

No physical health problem

There is little difference between the current distress levels of students **with or without IEPs**.

Across the board, 1/5 – 1/4 of students experience **5+ symptoms**.



Suicide risk:

Have you ever...thought about killing yourself?

Have you ever...tried to kill yourself?

Response options:

No

Yes, during the past year

Yes, more than a year ago

Score:

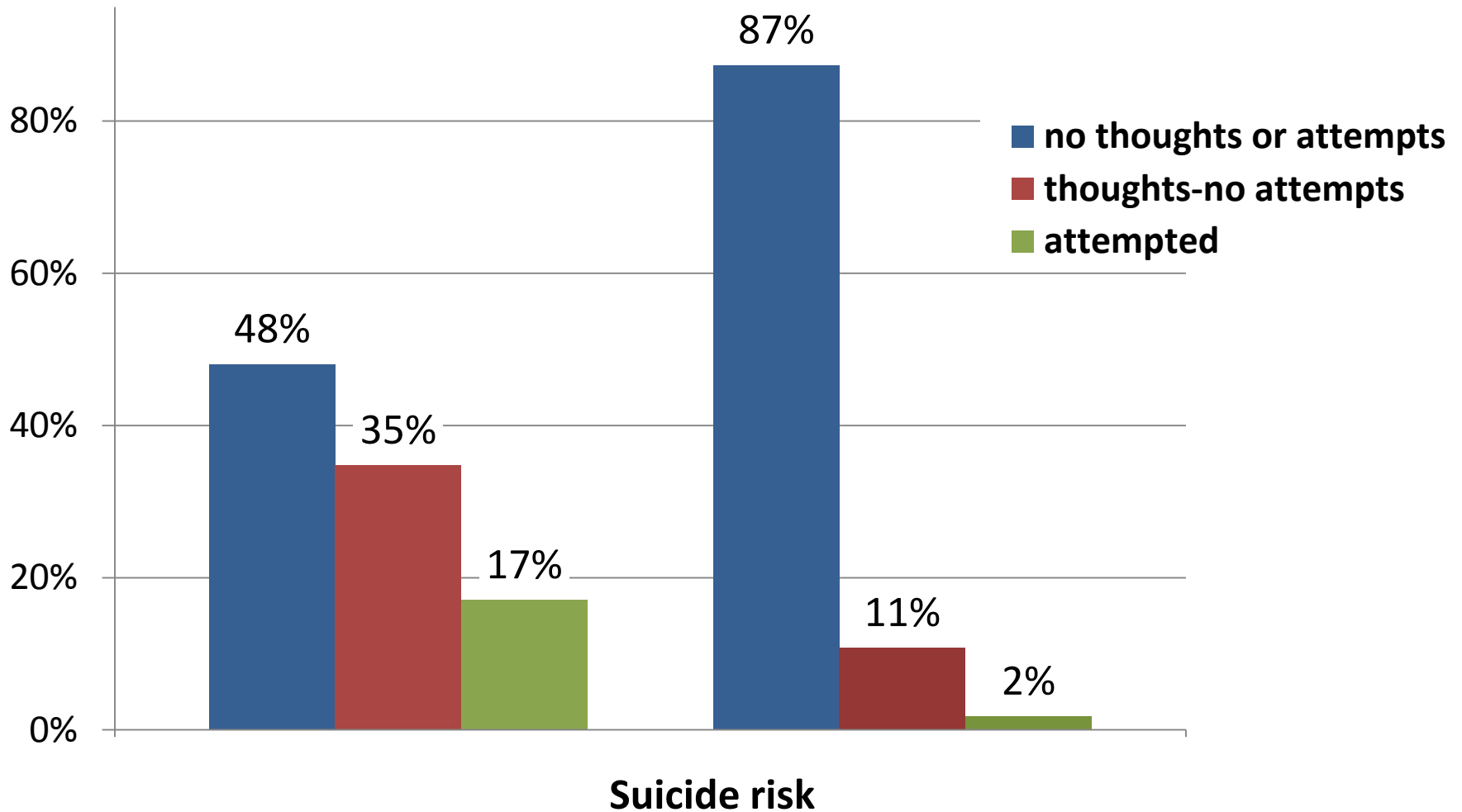
No thoughts or attempts

Thoughts, no attempts

Attempts

Half of students with **mental/emotional** health problems have **suicide ideation and/or attempts**.

9th Graders only

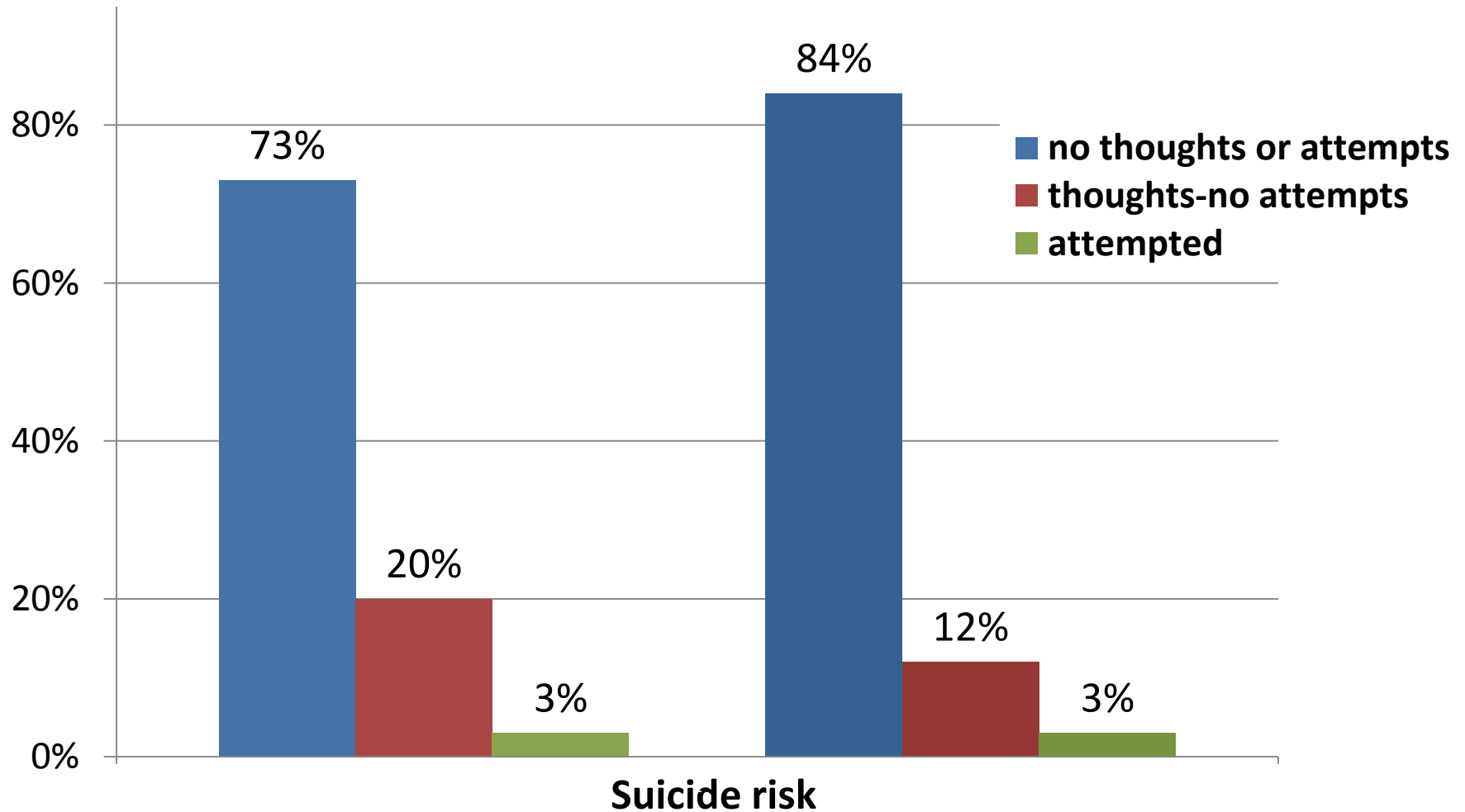


Yes – mental/emotional health problem

No mental/emotional health problem

While the majority of students do not consider **suicide**,
1/5 of students with **physical health** problems do.

9th Graders only

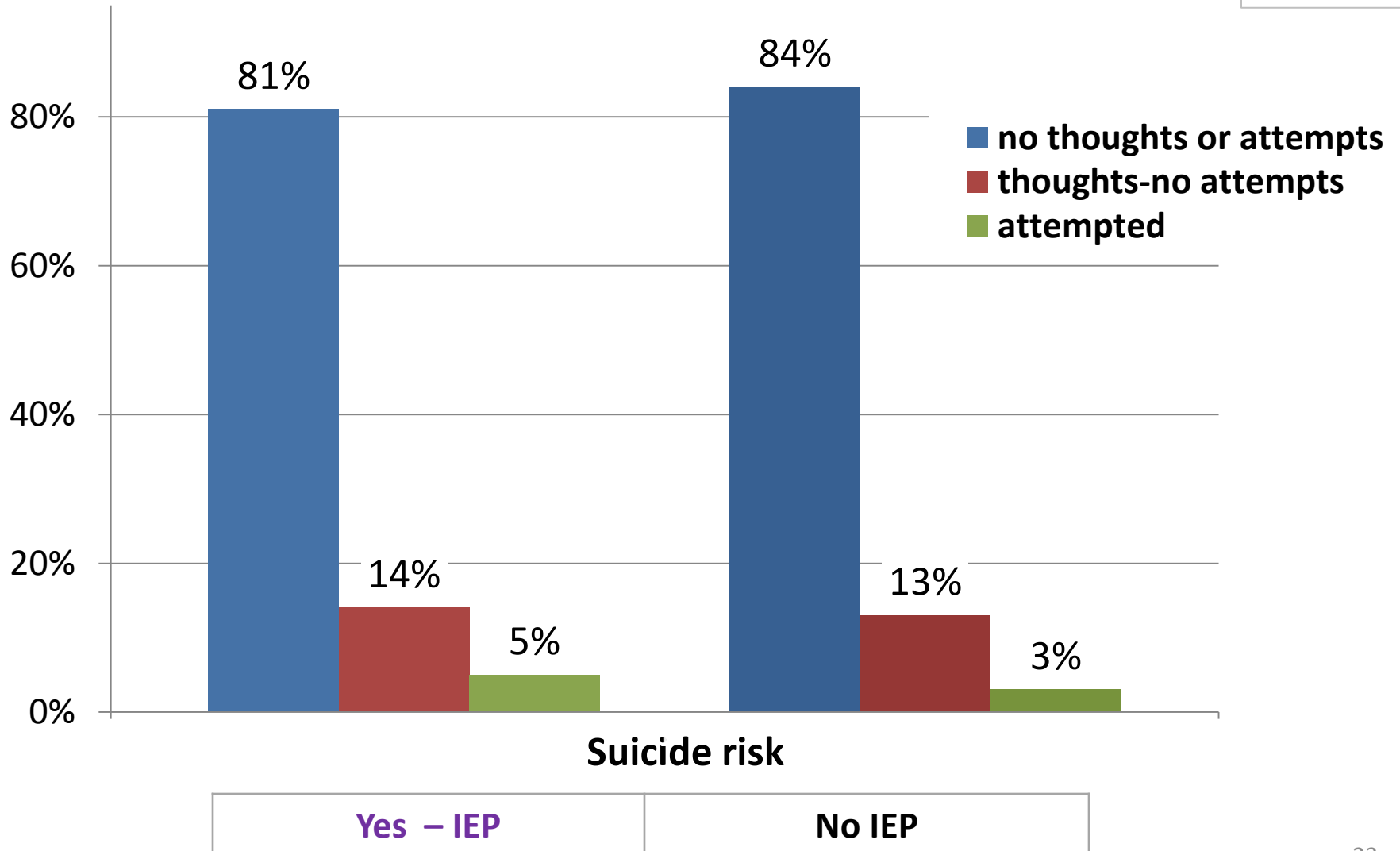


Yes - physical health problem No physical health problem

There is little difference regarding **suicide** ideation or attempts between students **with or without IEPs**.

Across the board, 1/5 of students have a **suicide risk**.

9th Graders only



Intervention

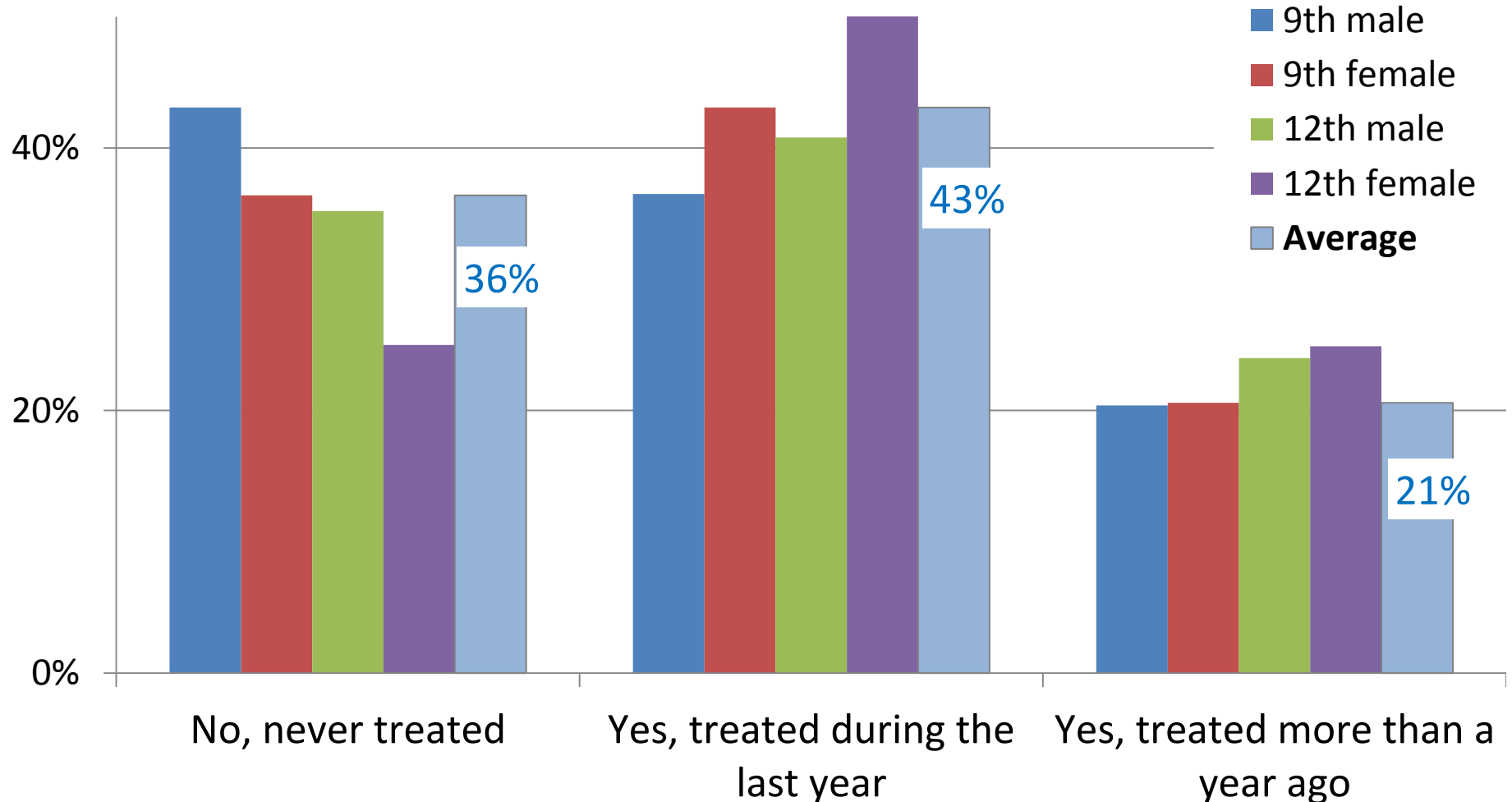
Treatment for mental health problems

Treatment for alcohol/other drug problems

Future slides are 6th, 9th, 12th graders who report **mental/emotional** health problems compared to peers.

1/3 of students with **mental/emotional** health problems lack treatment.

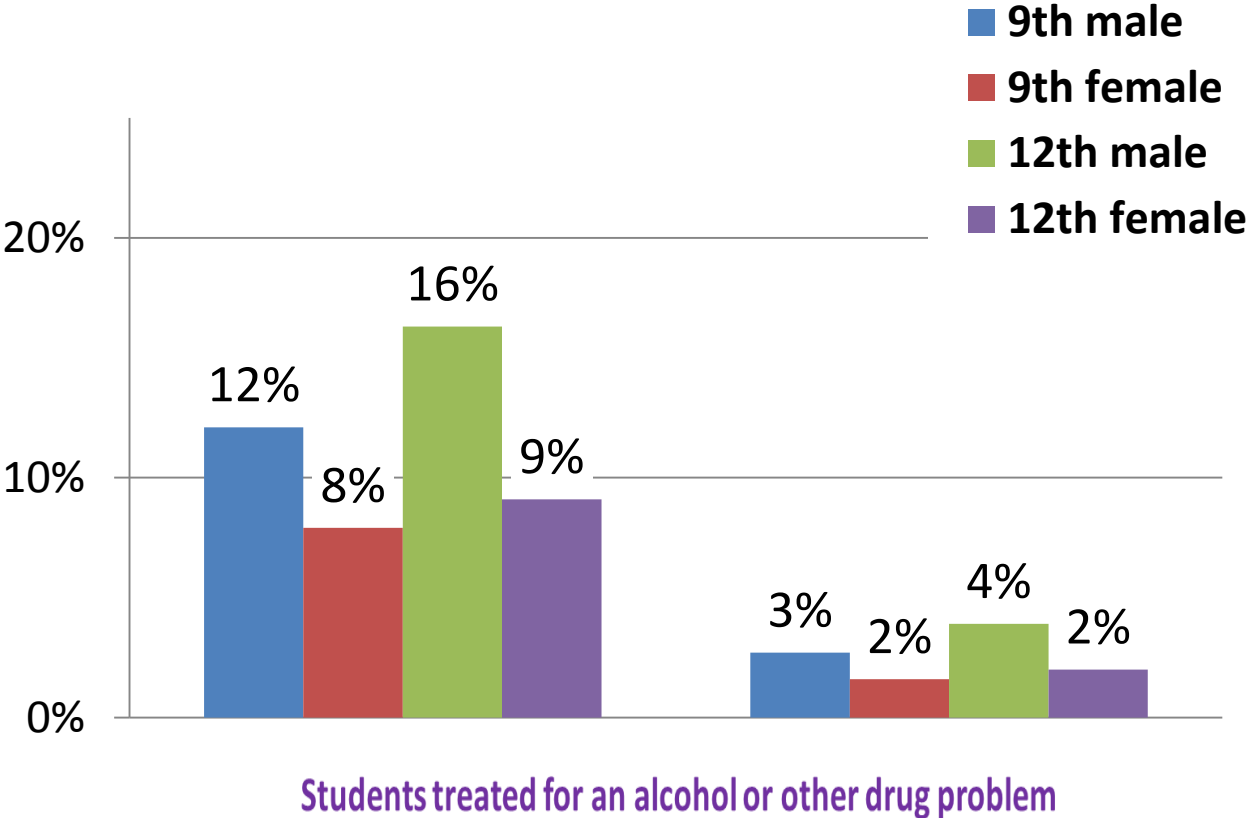
9th and 12th graders



mental/emotional health problem lasting more than 12 months

Students with **mental/emotional** health problems are treated for **alcohol/other drugs** at a rate 4 times that of peers.

9th and 12th graders



Yes – mental/emotional health problem

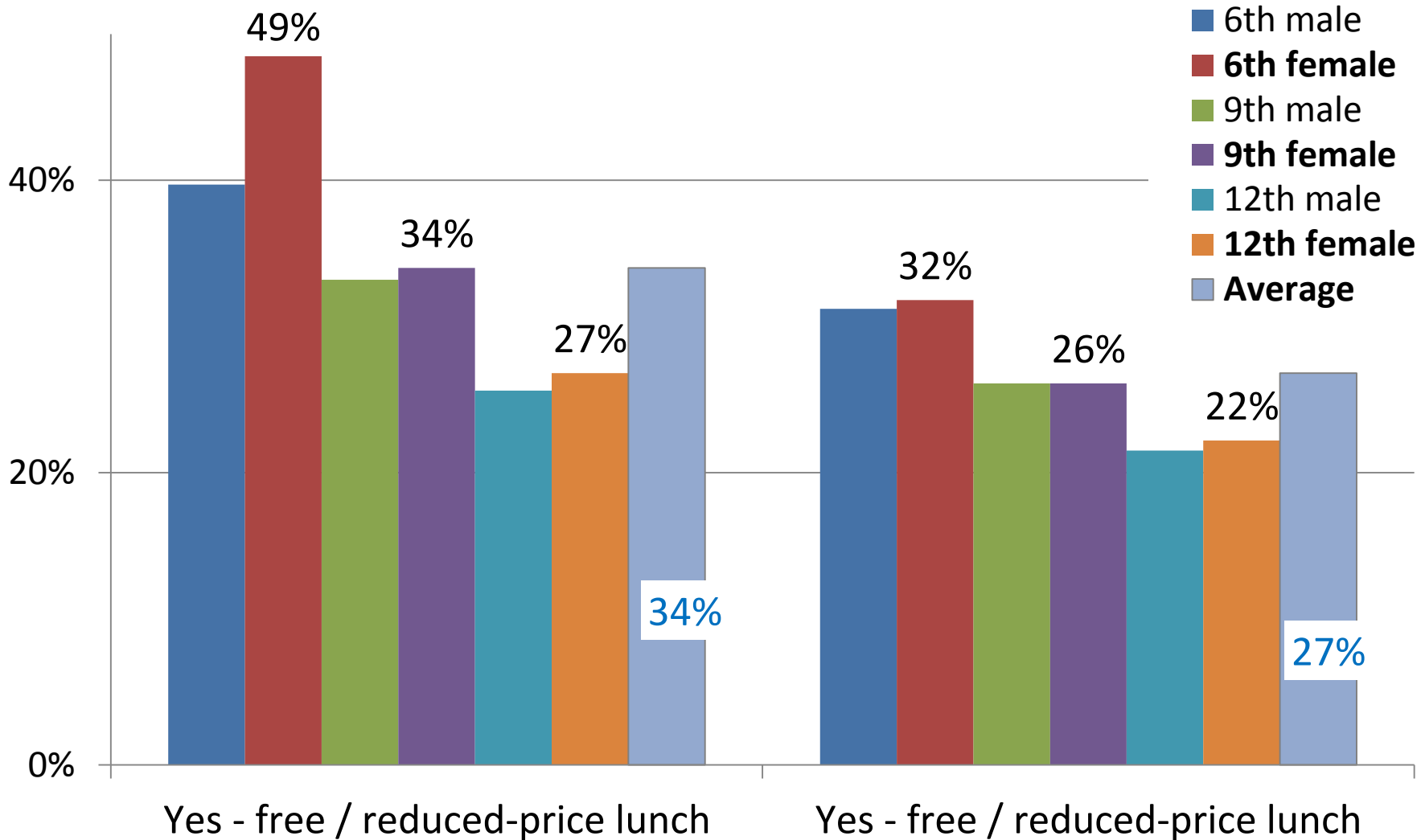
No mental/emotional health problem

Demographics

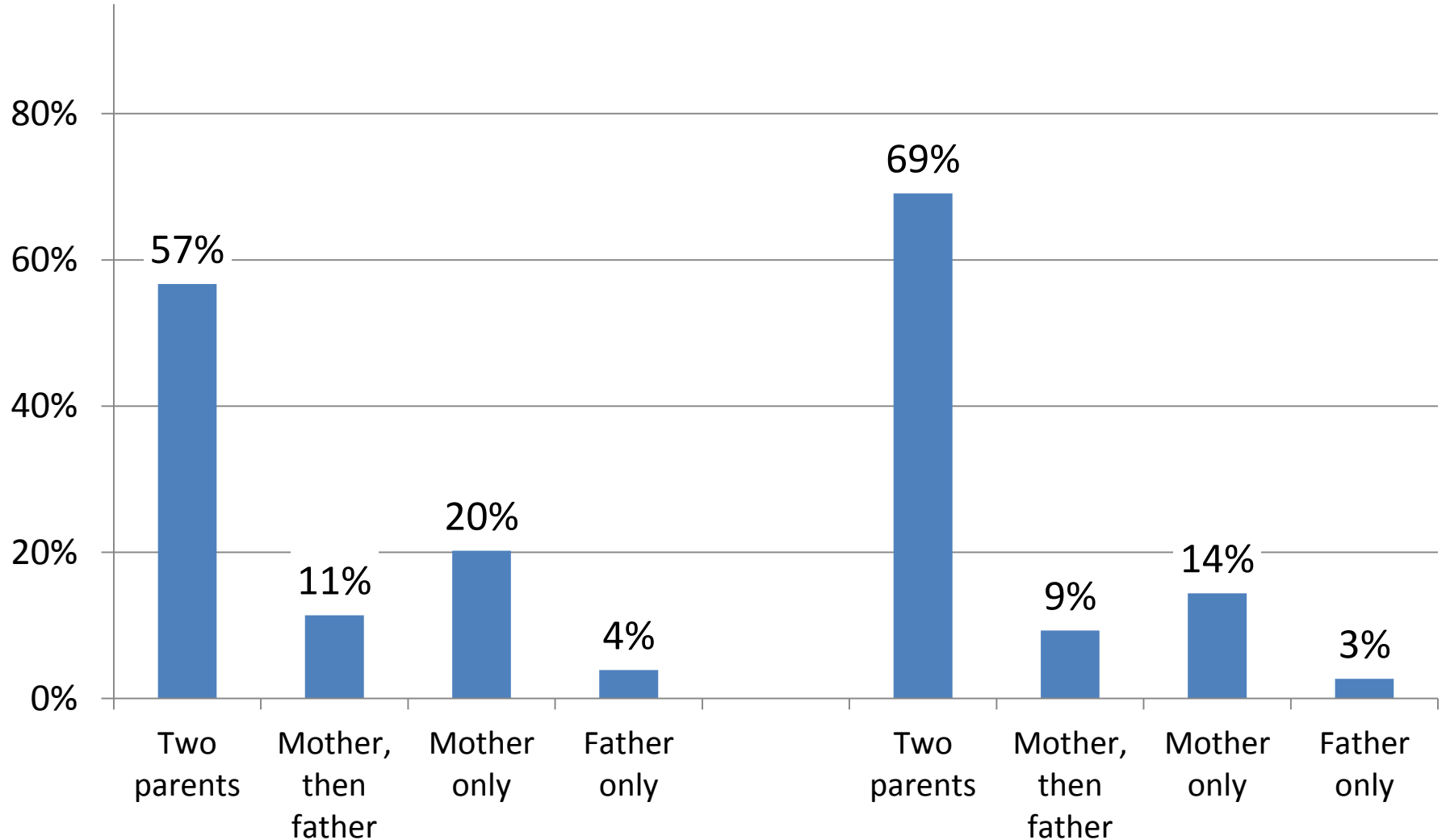
Free/Reduced Price meals – proxy for SES
Residence with parent

Students with **mental/emotional** health problems compared to peers.

Students with **mental/emotional** health problems are from low income families more often than peers.



More students with **mental/emotional** health problem live in single parent homes than their peers.



Yes – mental/emotional health problem

No mental/emotional health problem

Academics

Have or every had an IEP

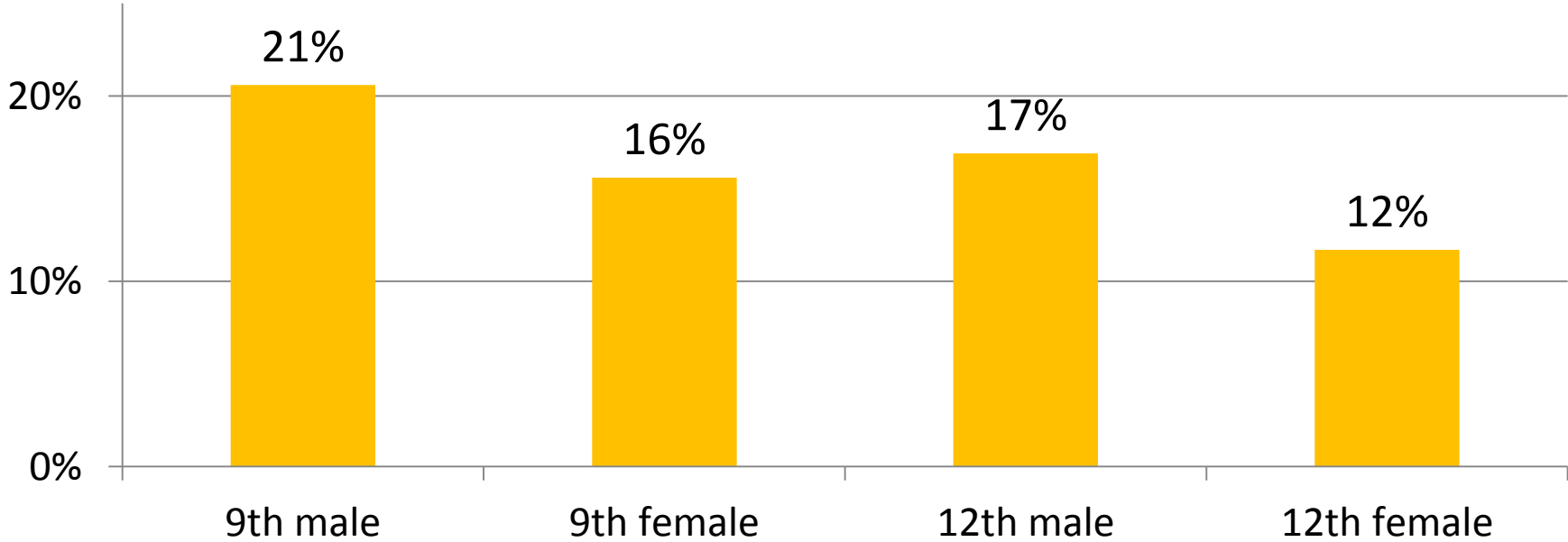
Typical Grades

Post high school plans

Students with **mental/emotional** health problems compared to peers.

On average, 16% of high school students report they **have or ever had an IEP**.

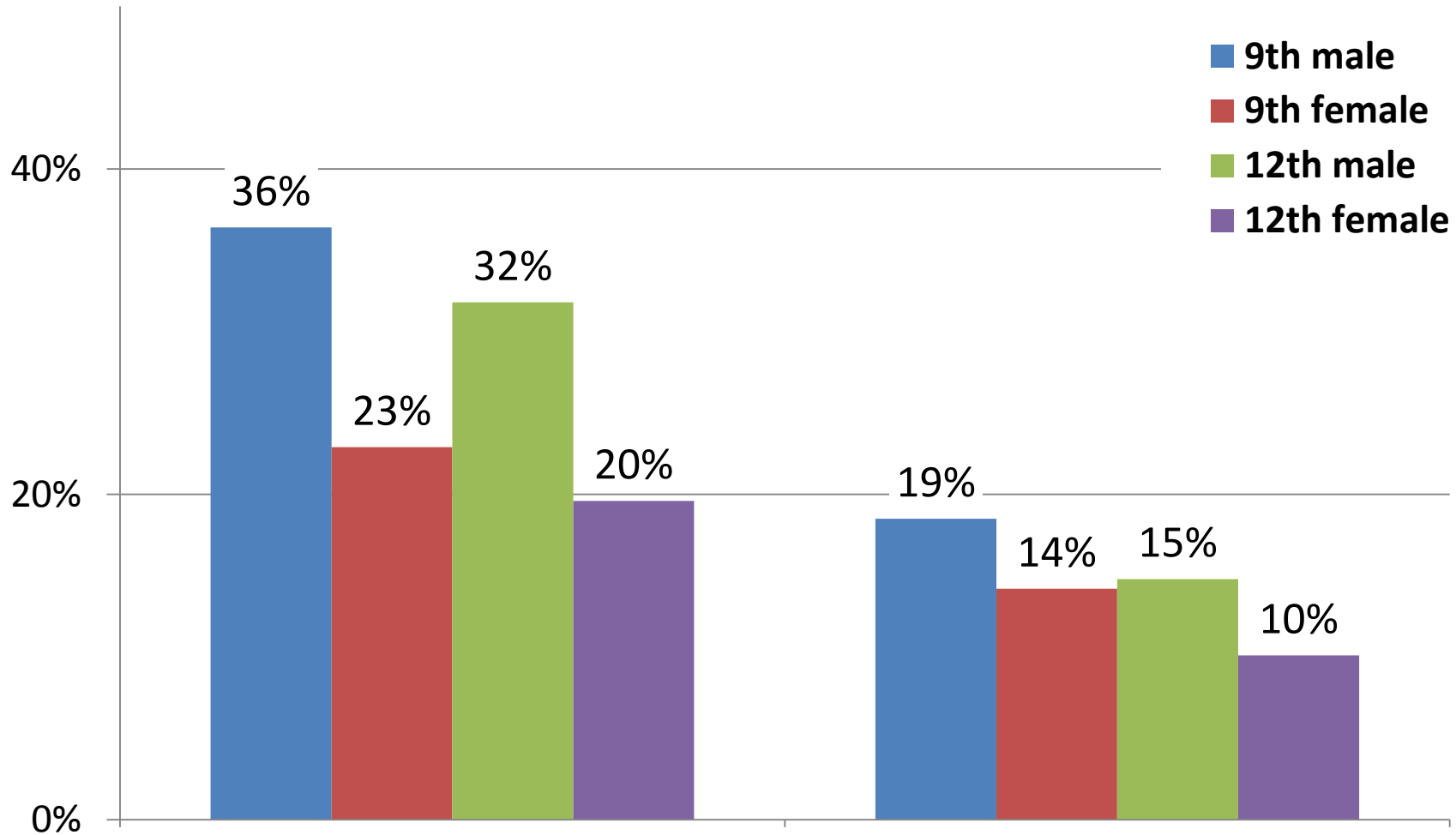
9th and 12th graders



Students with IEPs

Students with **mental/emotional** health problems **have/ever had IEPs** twice as often as peers.

9th and 12th graders

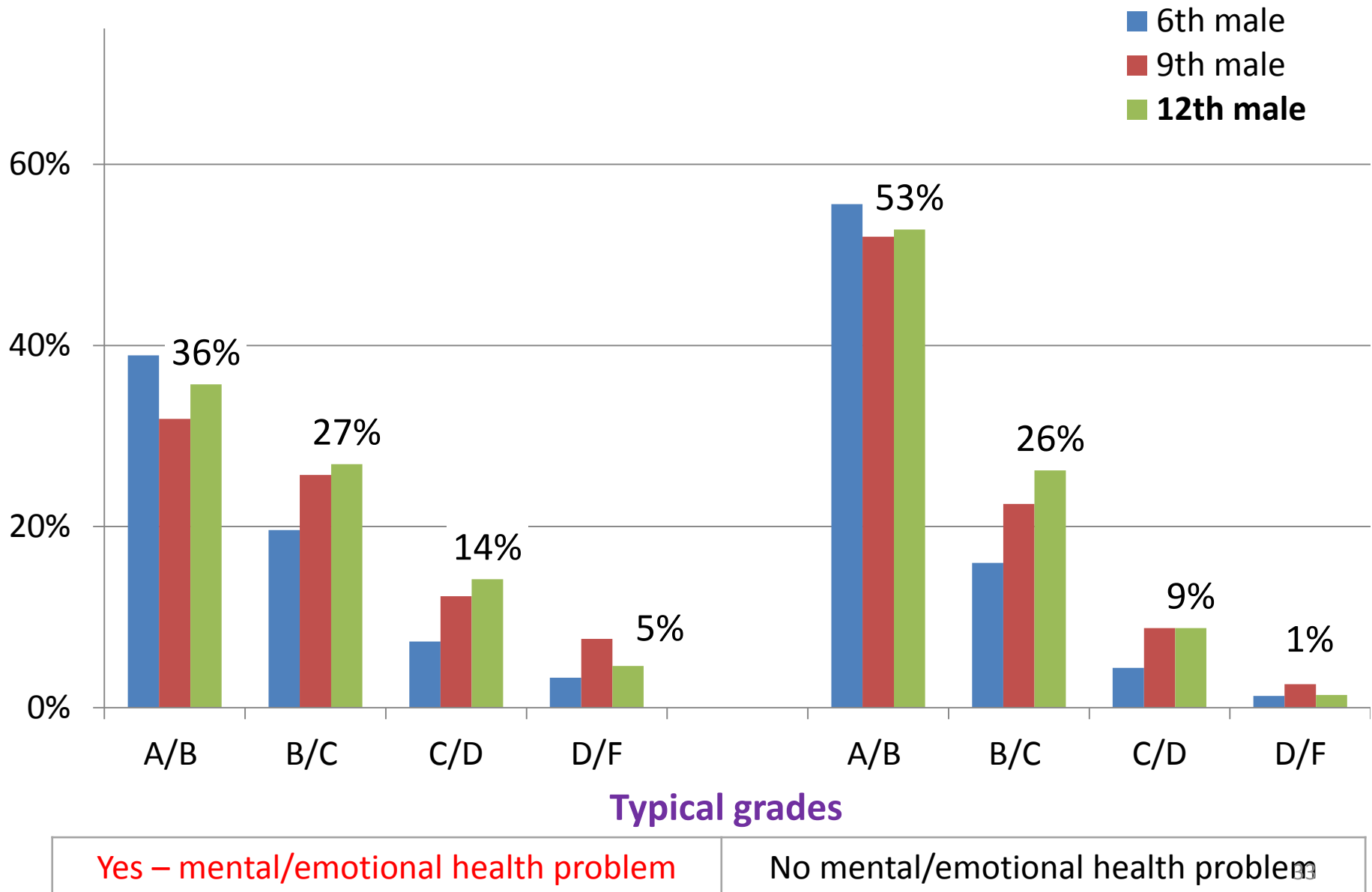


Students with IEPs

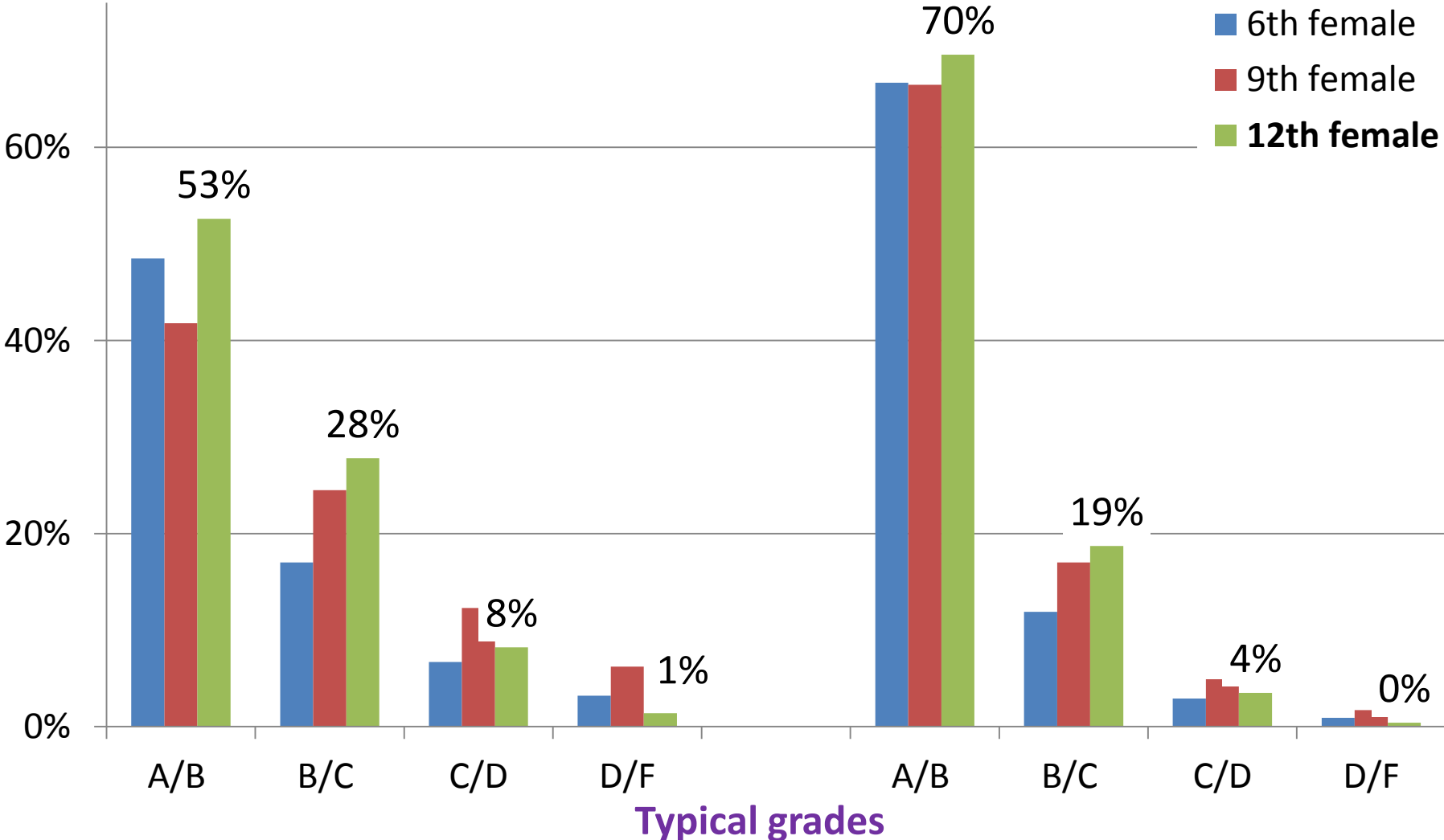
Yes – mental/emotional health problem

No mental/emotional health problem

Boys with mental/emotional health problems get A/Bs one third less often as peers.



Girls with mental/emotional health problems get A/Bs one third less often as peers.



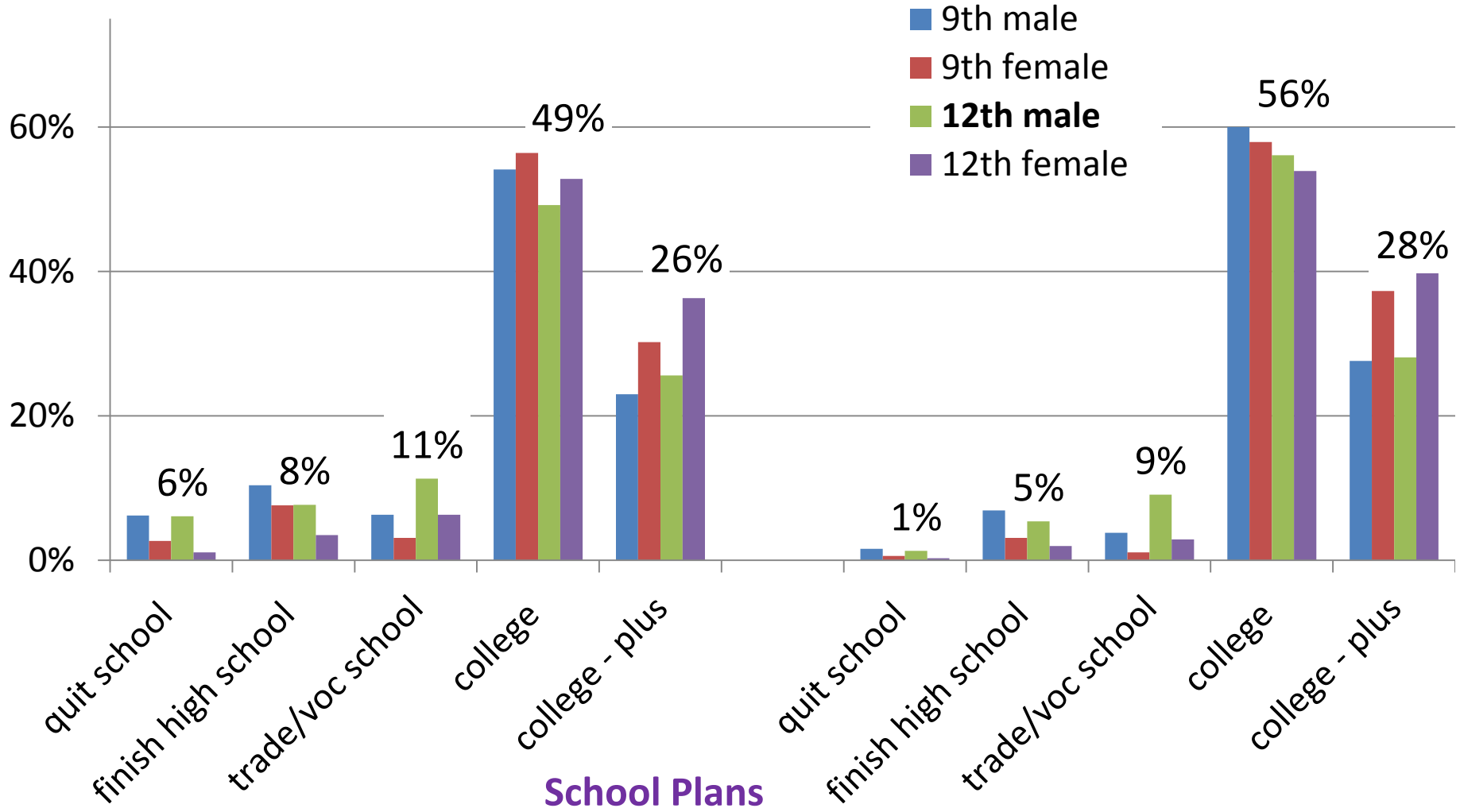
Yes – mental/emotional health problem No mental/emotional health problem

School plans:

Which of these best describes your **school plans**?

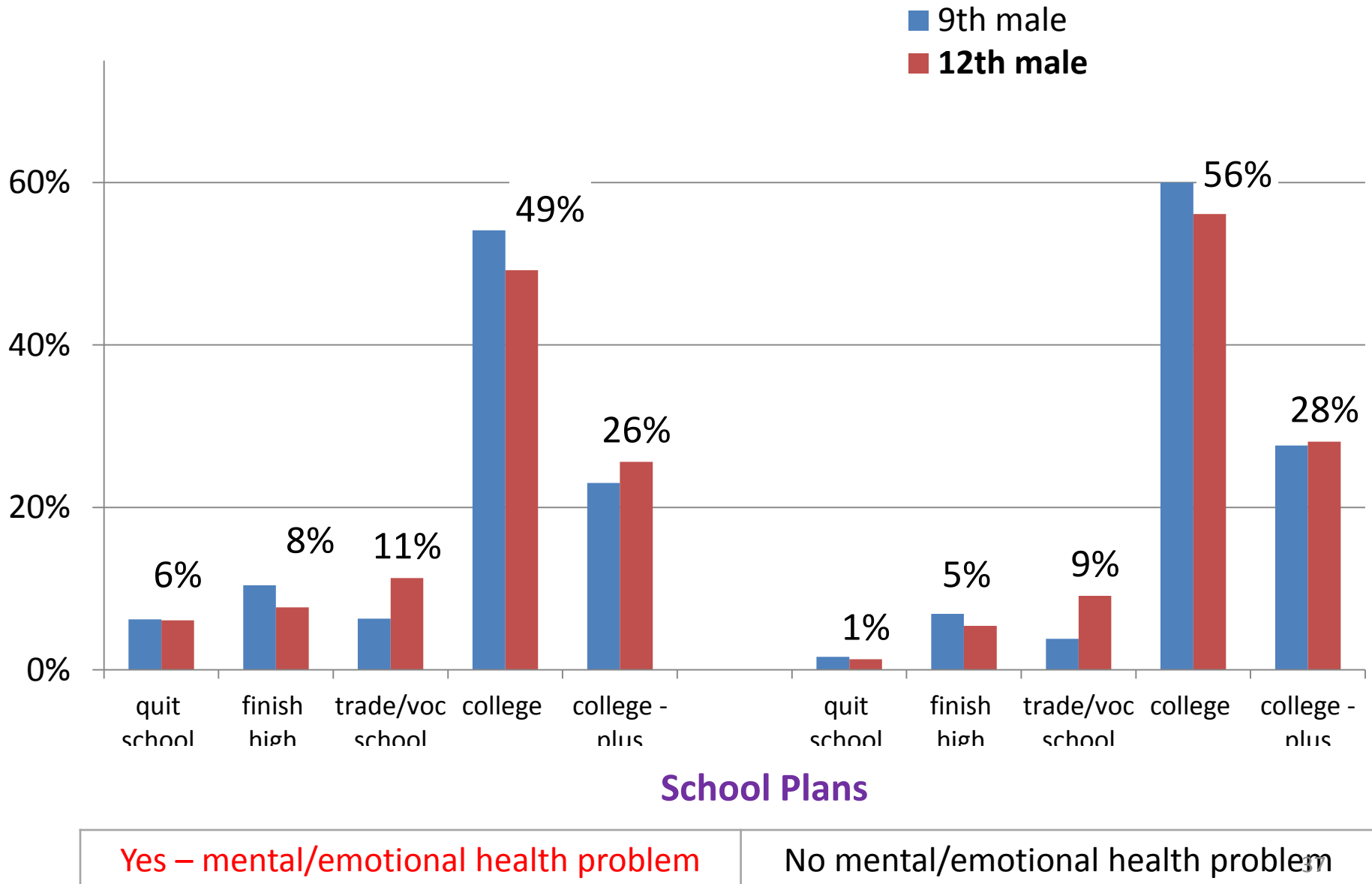
- I would like to **quit school** as soon as I can.
- I plan to **finish high school** but don't think I'll go to college.
- I'd like to go to some kind of **trade school or vocational school** after high school.
- I'd like to go to **college** after high school.
- I'd like to go to **college and** then go on after college to graduate or professional school.

Students with **mental/emotional** health problems have only slightly lower **school aspirations** than peers.

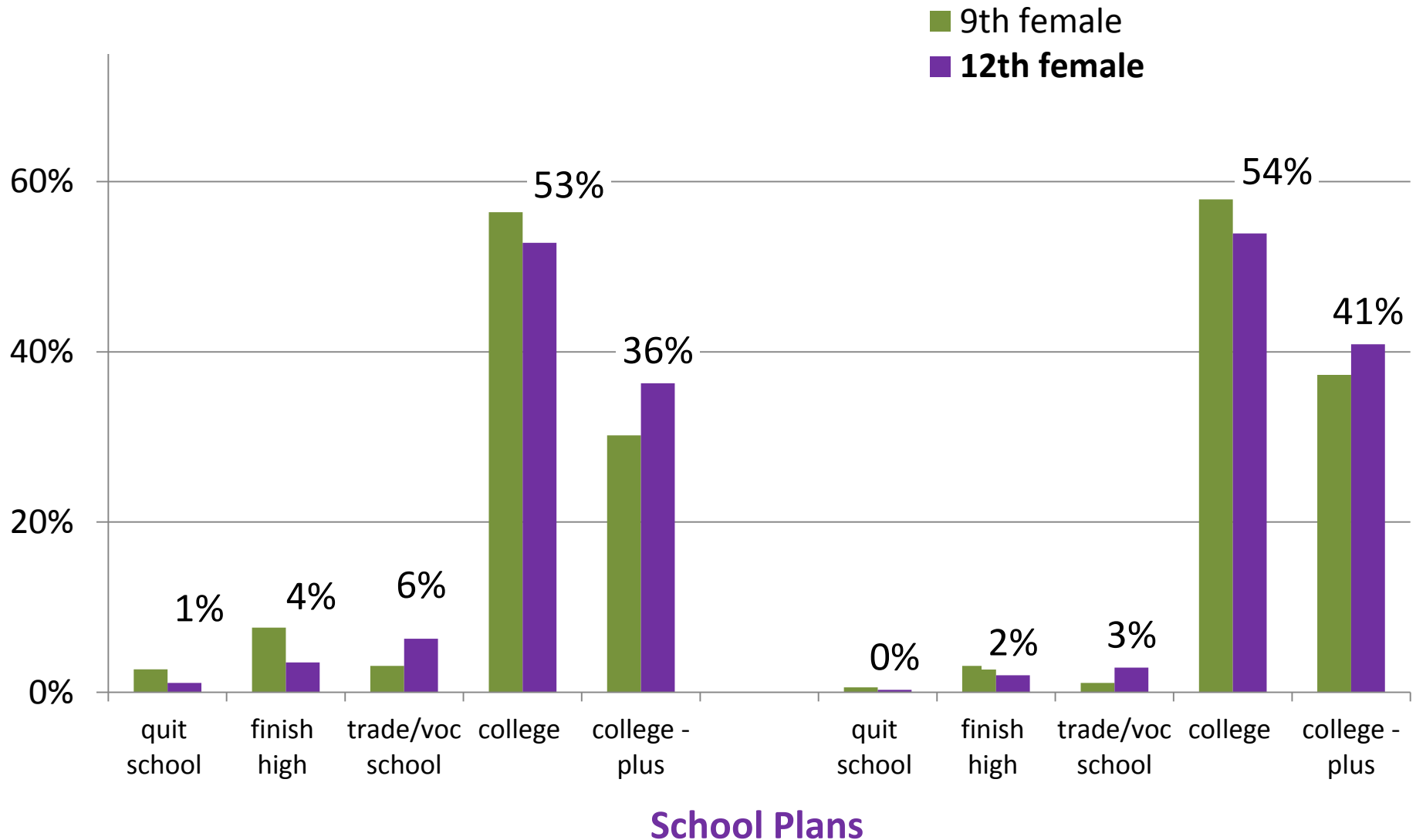


Yes – mental/emotional health problem **No mental/emotional health problem**

Boys with mental/emotional health problems – plans. Compare to girls – next slide.



Girls with mental/emotional health problems – plans.



Yes – mental/emotional health problem

No mental/emotional health problem

School Climate

Like school

Teachers and other adults at school care about me

Teachers are interested in me

Teachers show respect for students

Feel safe at school

Been bullied, Bullying another: see **Violence**

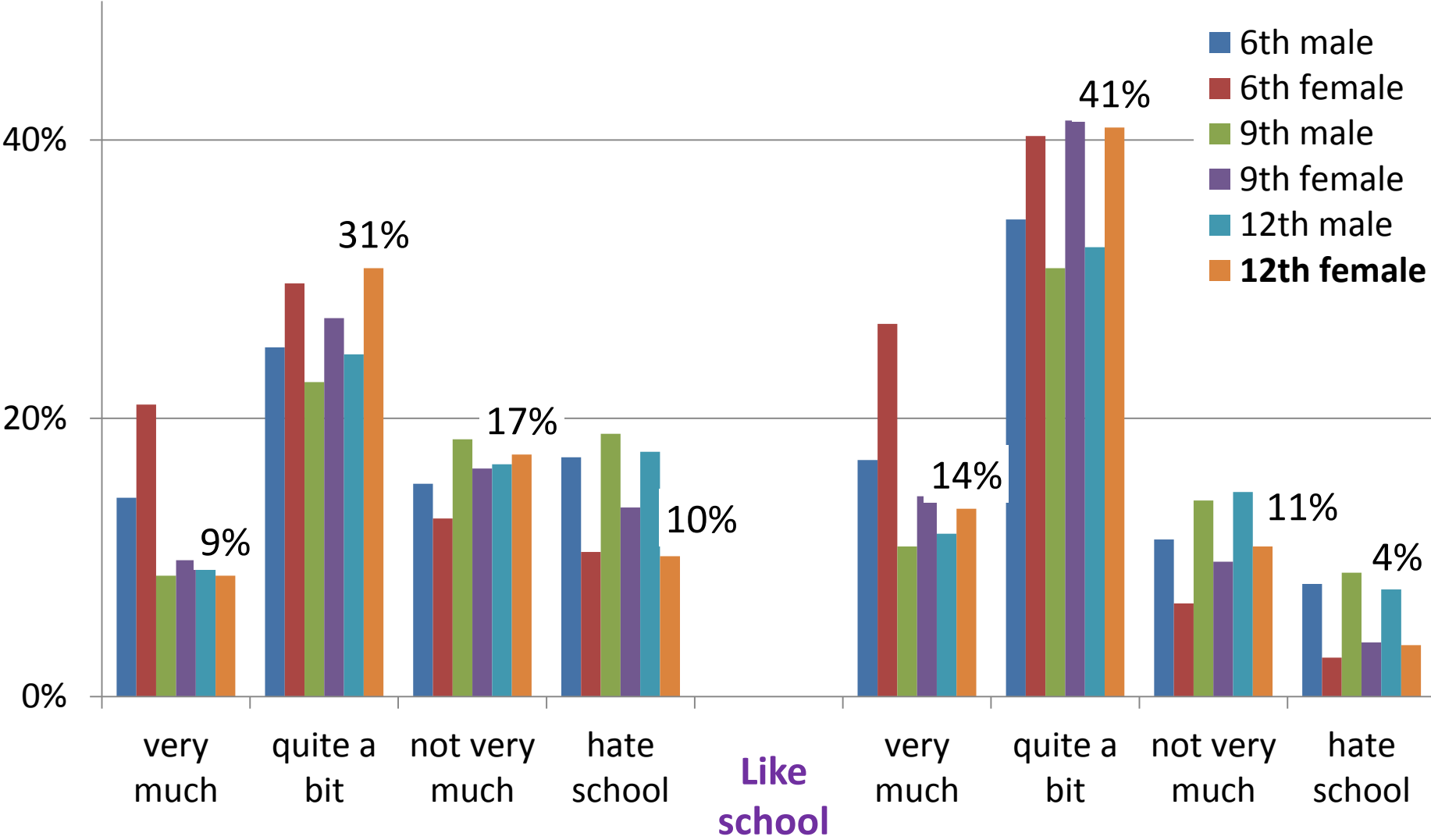
Students with **mental/emotional** health problems compared to peers.

School connectedness:

How do you feel about going to school?

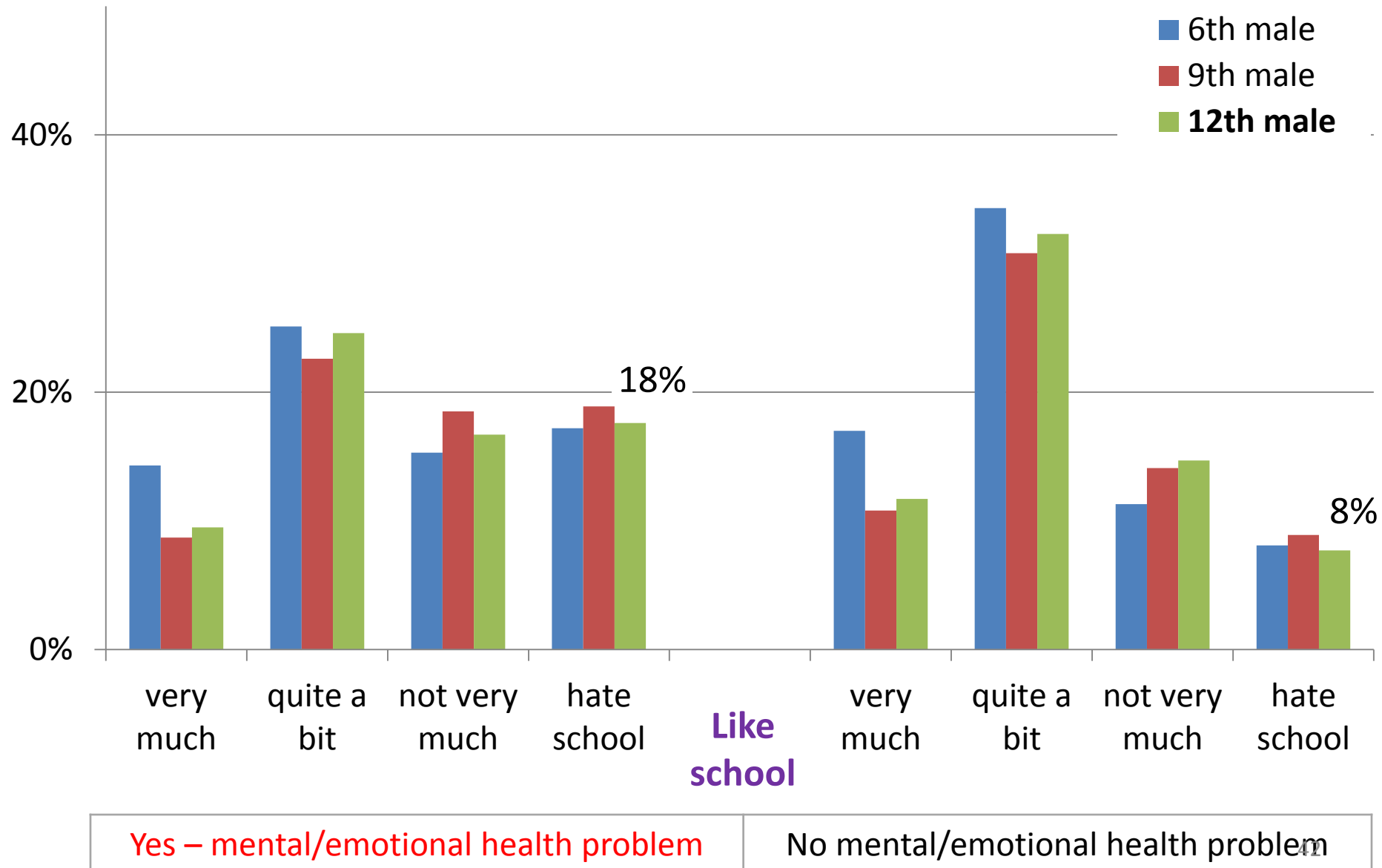
- I like school **very much**.
- I like school **quite a bit**.
- I like school a little.
- I **do not like** school very much.
- I **hate school**.

Students with **mental/emotional** health problems **like school** less often and hate school twice as often as peers.

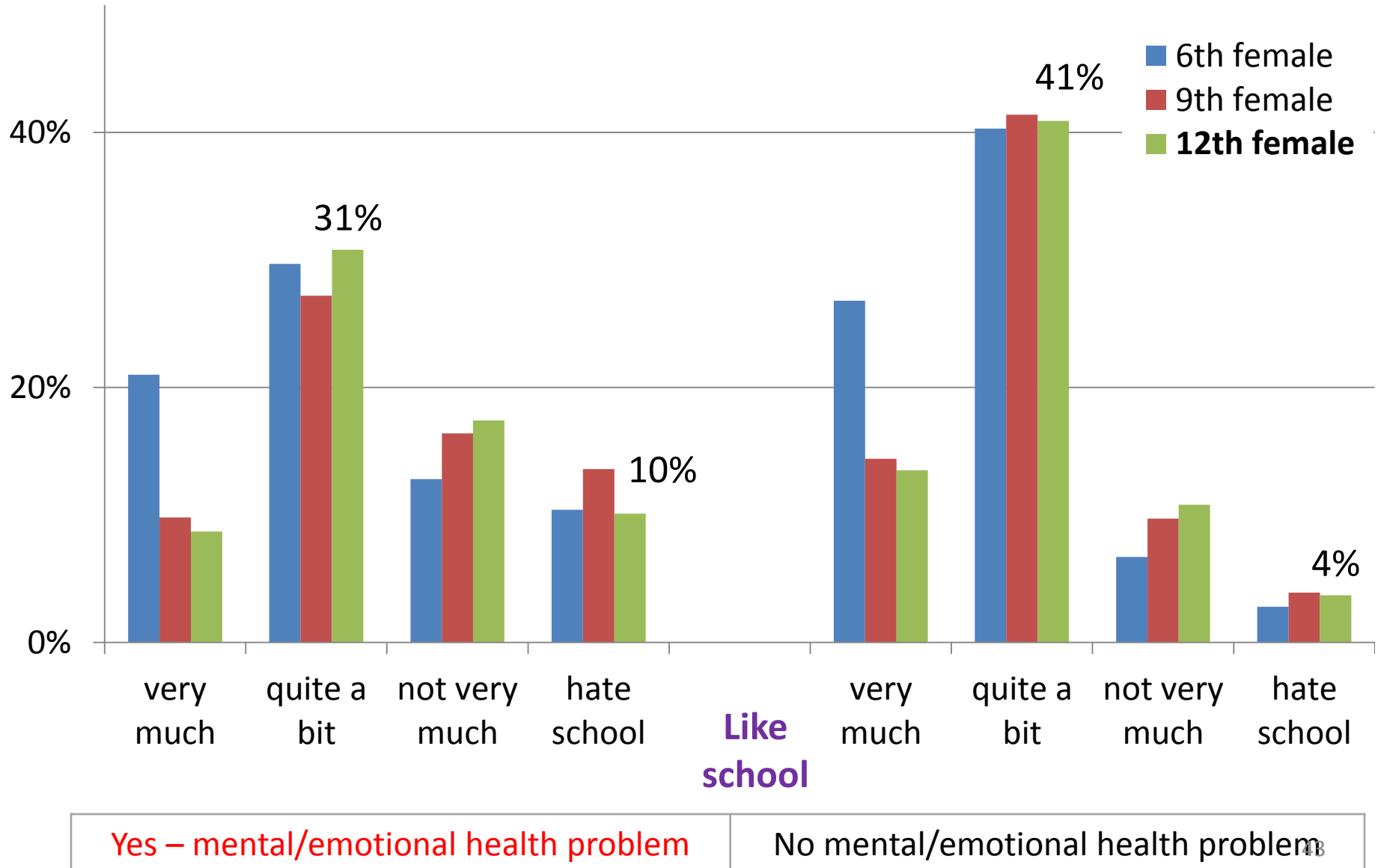


Yes – mental/emotional health problem No mental/emotional health problem

Boys with mental/emotional health problems hate school over twice the rate of peers.



Girls with mental/emotional health problems
like school less often and hate school 2 x more than peers.



How much do you feel...teachers or other adults at school **care about you**?

Not at all

Quite a bit

A little

Very much

Some

How many of your teachers...

- **are interested in you** as a person?

- **show respect** for the students?

All

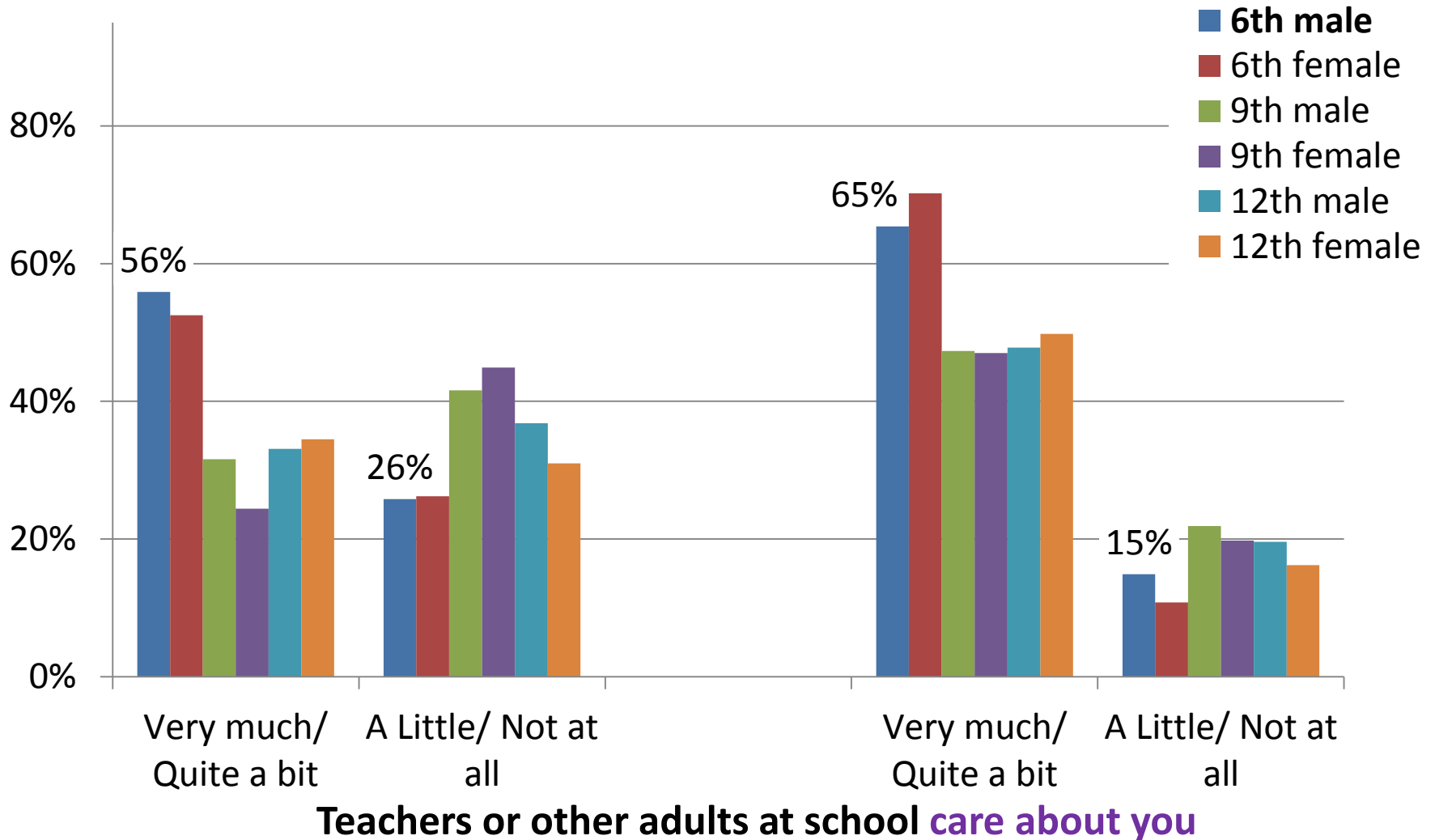
A few

Most

None

Some

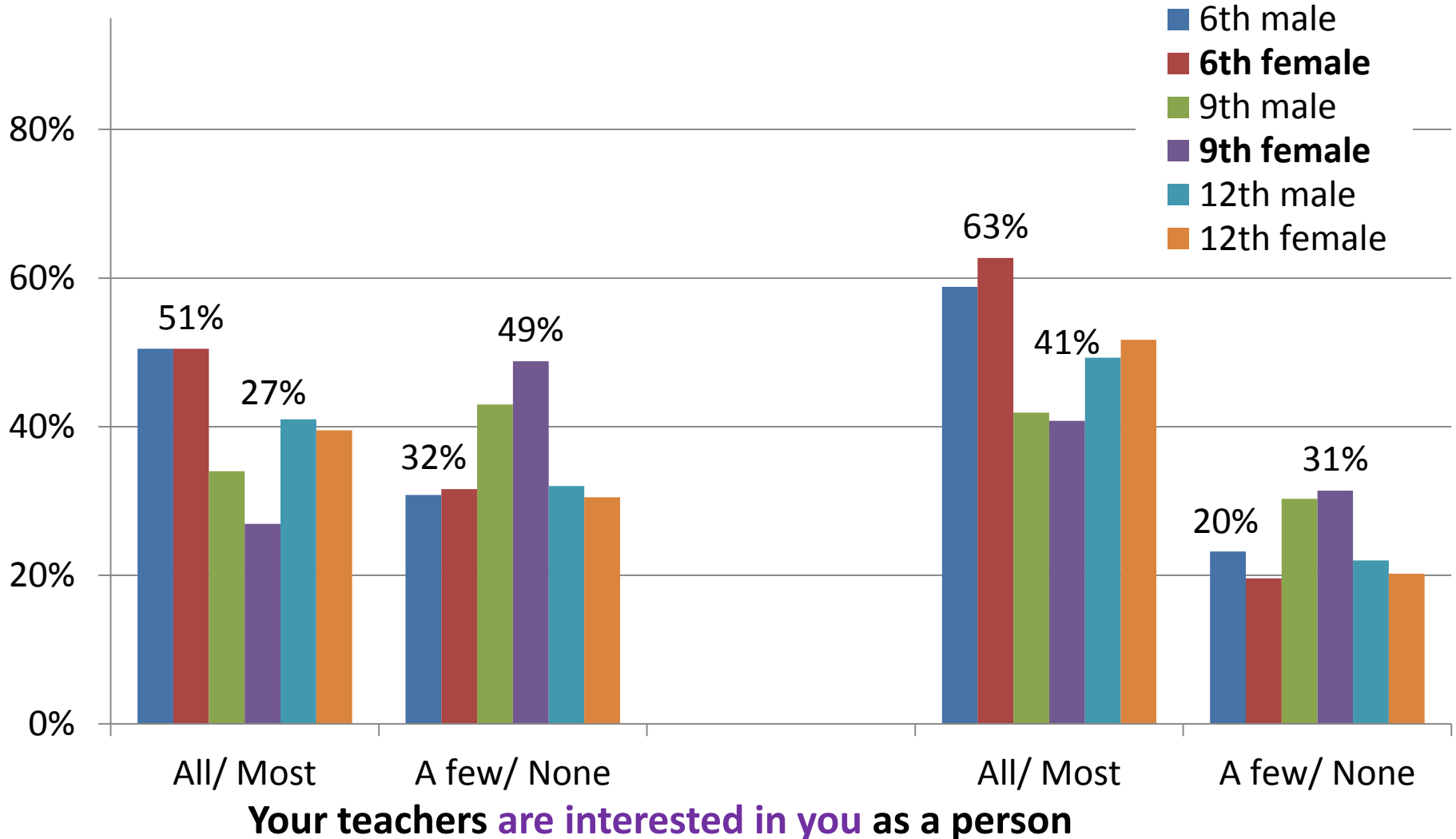
High school students with **mental/emotional** health problems feel **school adults care** 2-3 x less then their peers.



Yes – mental/emotional health problem

No mental/emotional health problem 45

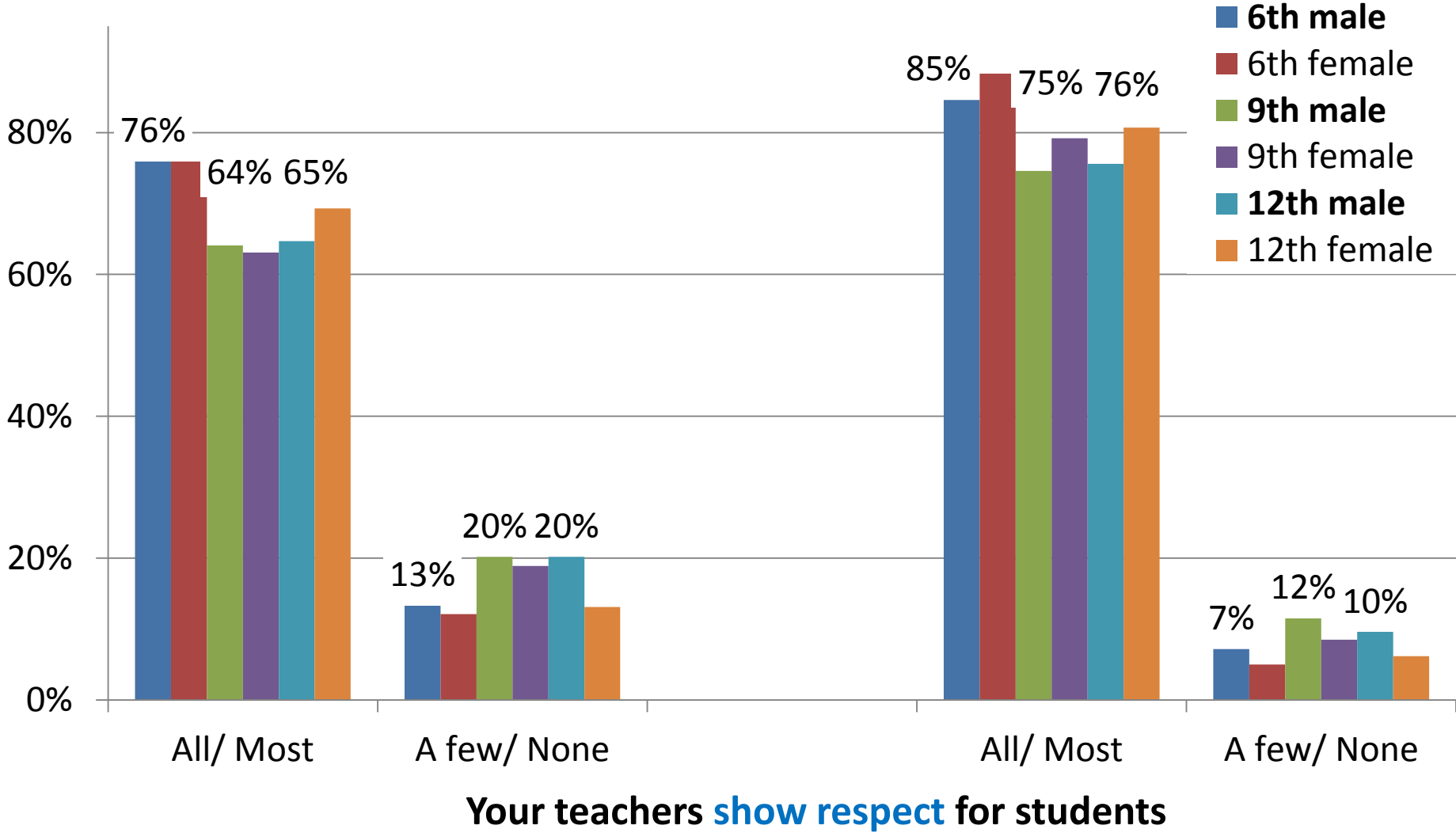
Differences in student perception of **high teacher interest** vary by grade as well as having a **mental/emotional** health problem.



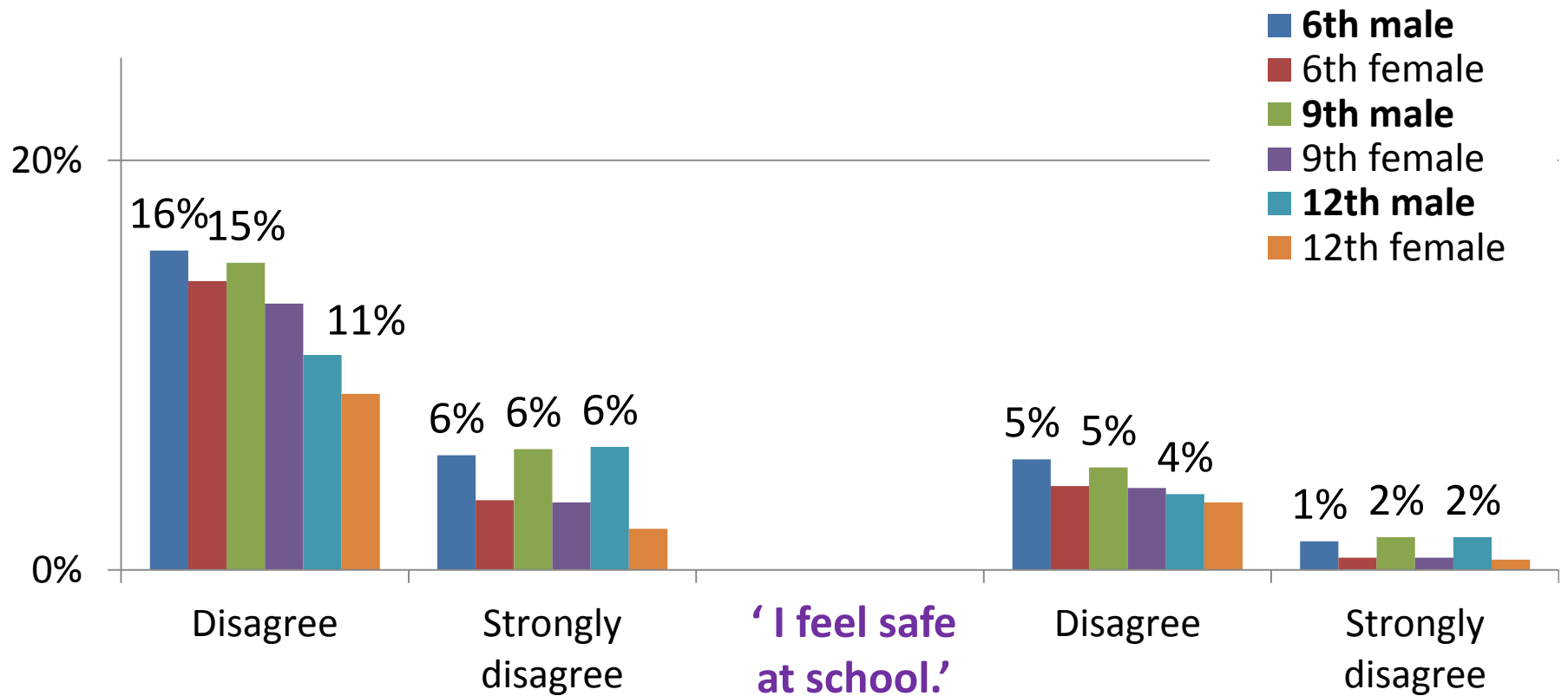
Yes – mental/emotional health problem

No mental/emotional health problem 46

20% of high school boys with **mental/emotional** health problems think few or no **teachers show respect**.



Students with **mental/emotional** health problems **do not feel safe at school** 3 times more often than peers.



Yes – mental/emotional health problem

No mental/emotional health problem

Health/Risk Behaviors

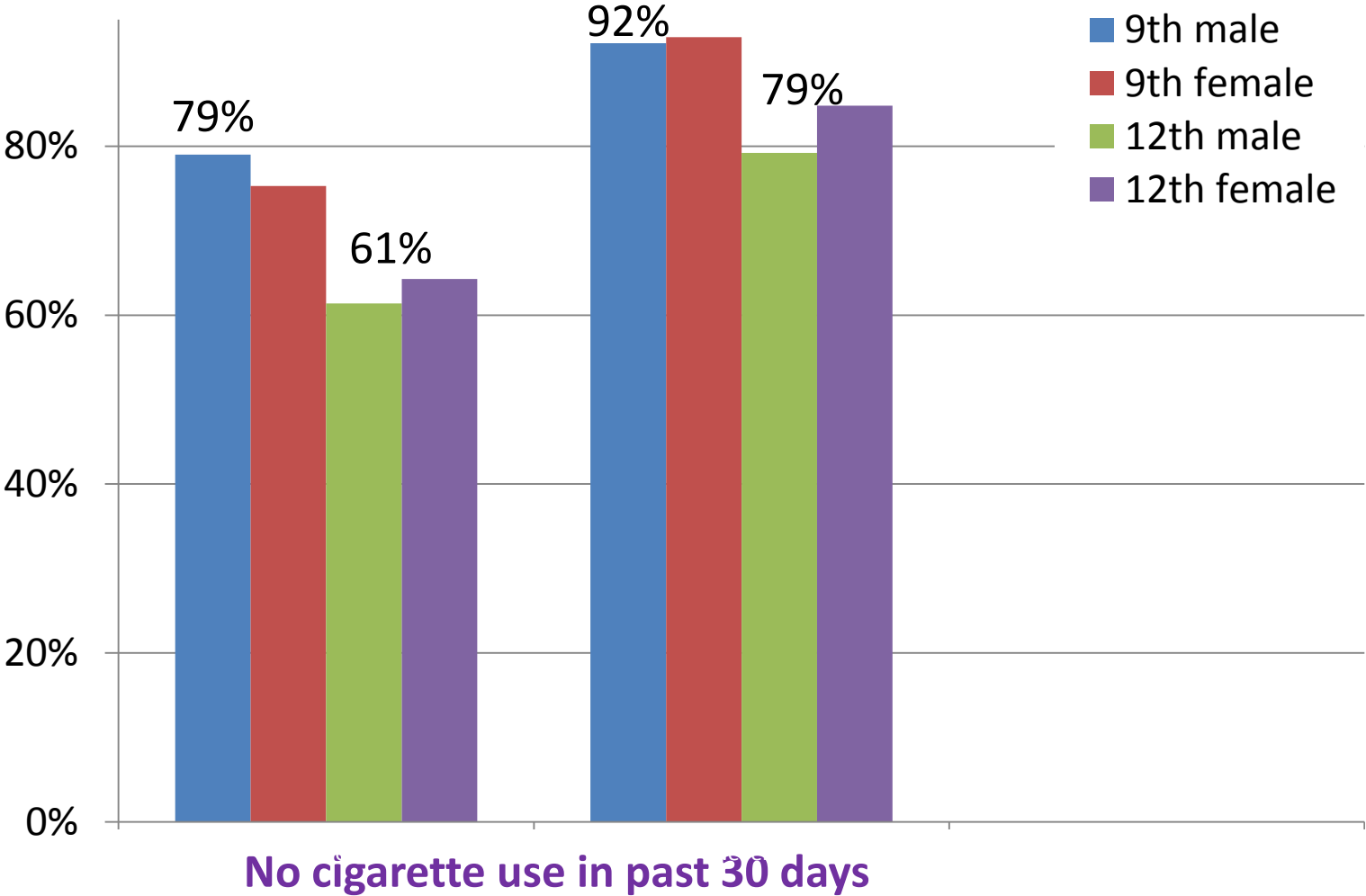
Tobacco use

Use of alcohol/marijuana/other drugs

Ever had sexual intercourse

Students with **mental/emotional** health problems compared to peers.

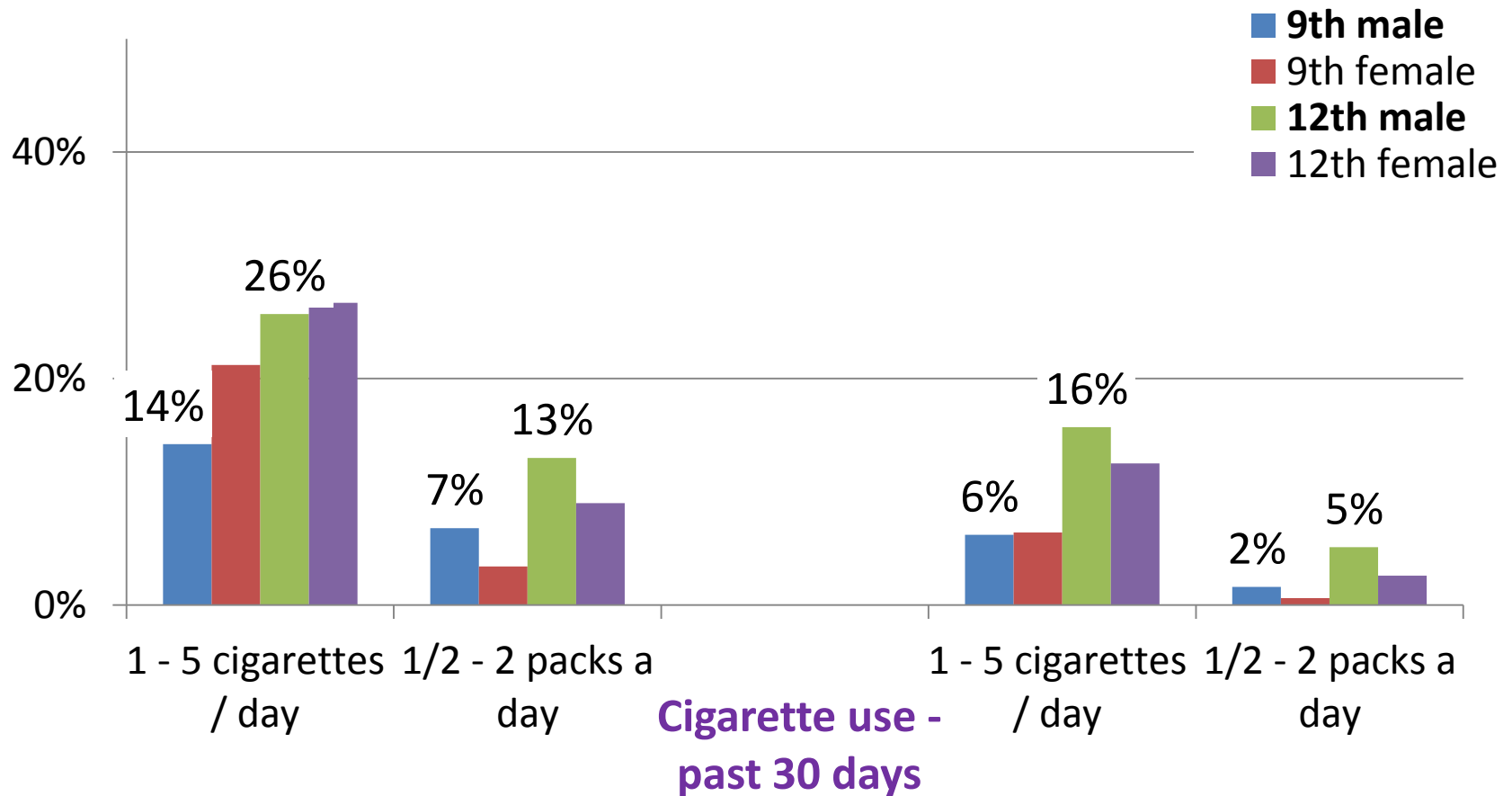
High schoolers with **mental/emotional** health problems have tried tobacco use nearly 20% more often than peers.



Yes – mental/emotional health problem

No mental/emotional health problem

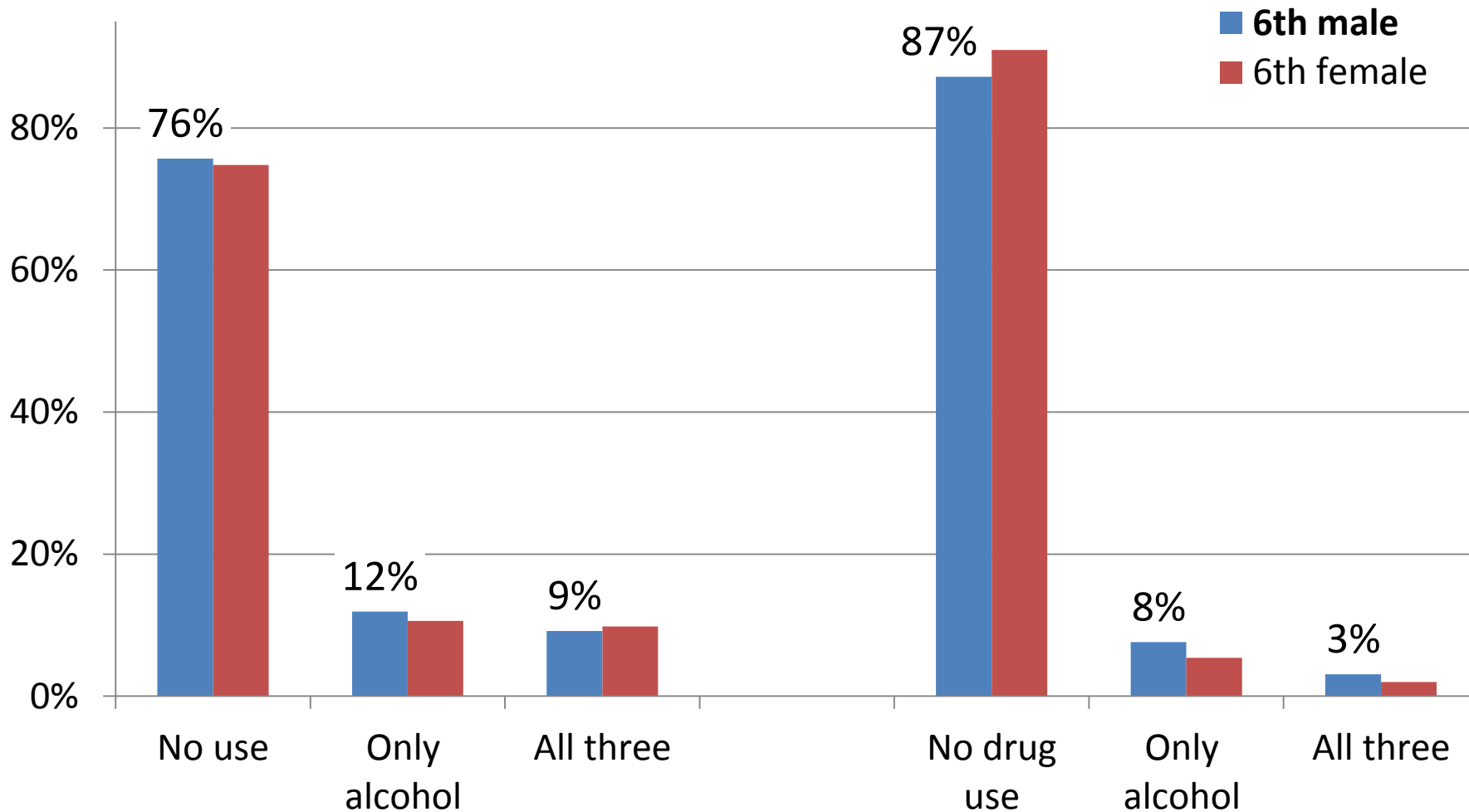
High schoolers smokers with **mental/emotional** health problems smoke double the number of cigarettes per day than peers



Yes – mental/emotional health problem

No mental/emotional health problem

Few 6th graders use alcohol /other drugs. Of users, students with **mental/emotional** health problems use at a higher rate.

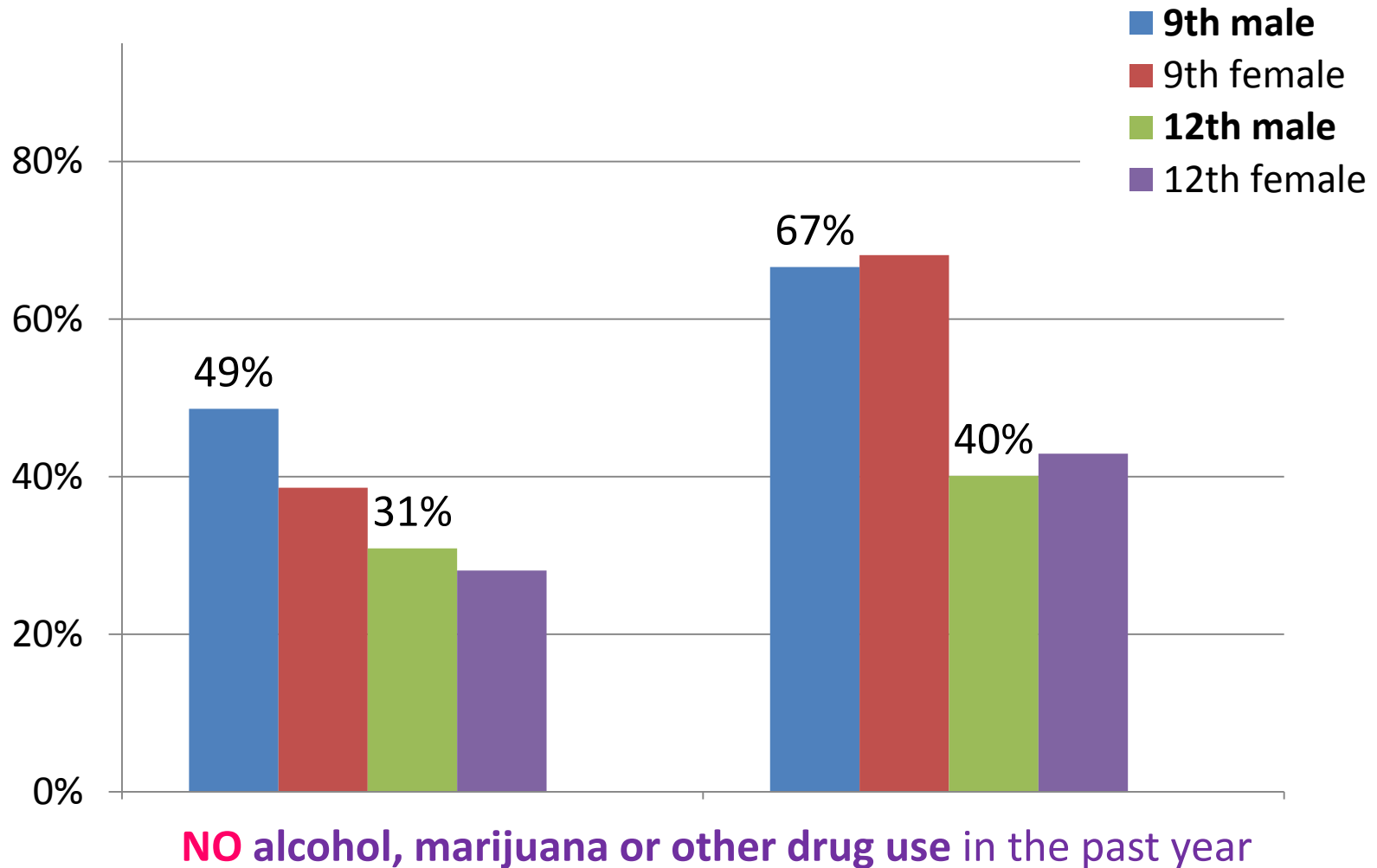


Alcohol, marijuana or other drug use in the past year

Yes – mental/emotional health problem

No mental/emotional health problem

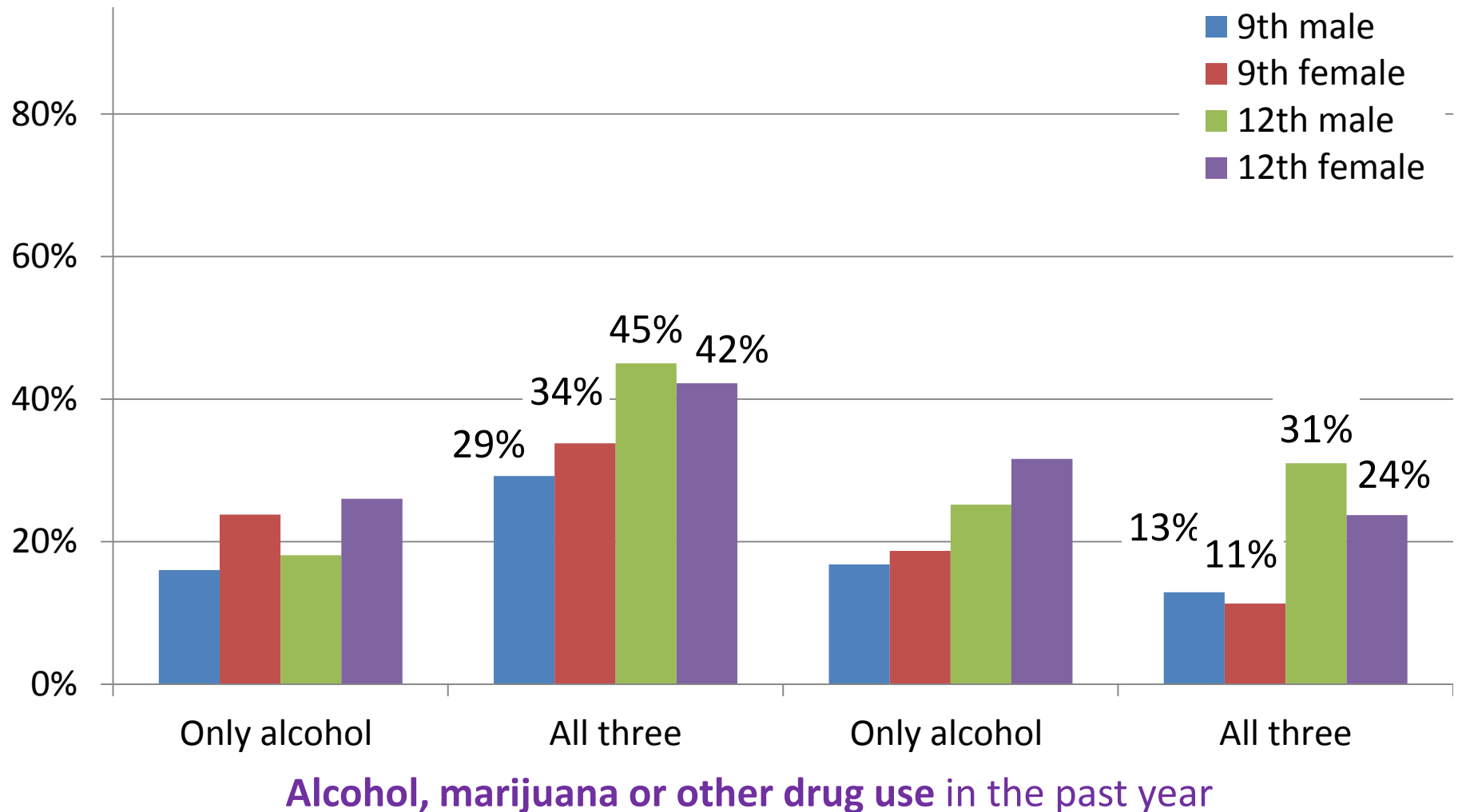
High school students with **mental /emotional** health problems refuse **alcohol /other drug use** less often than peers.



Yes – mental/emotional health problem

No mental/emotional health problem 53

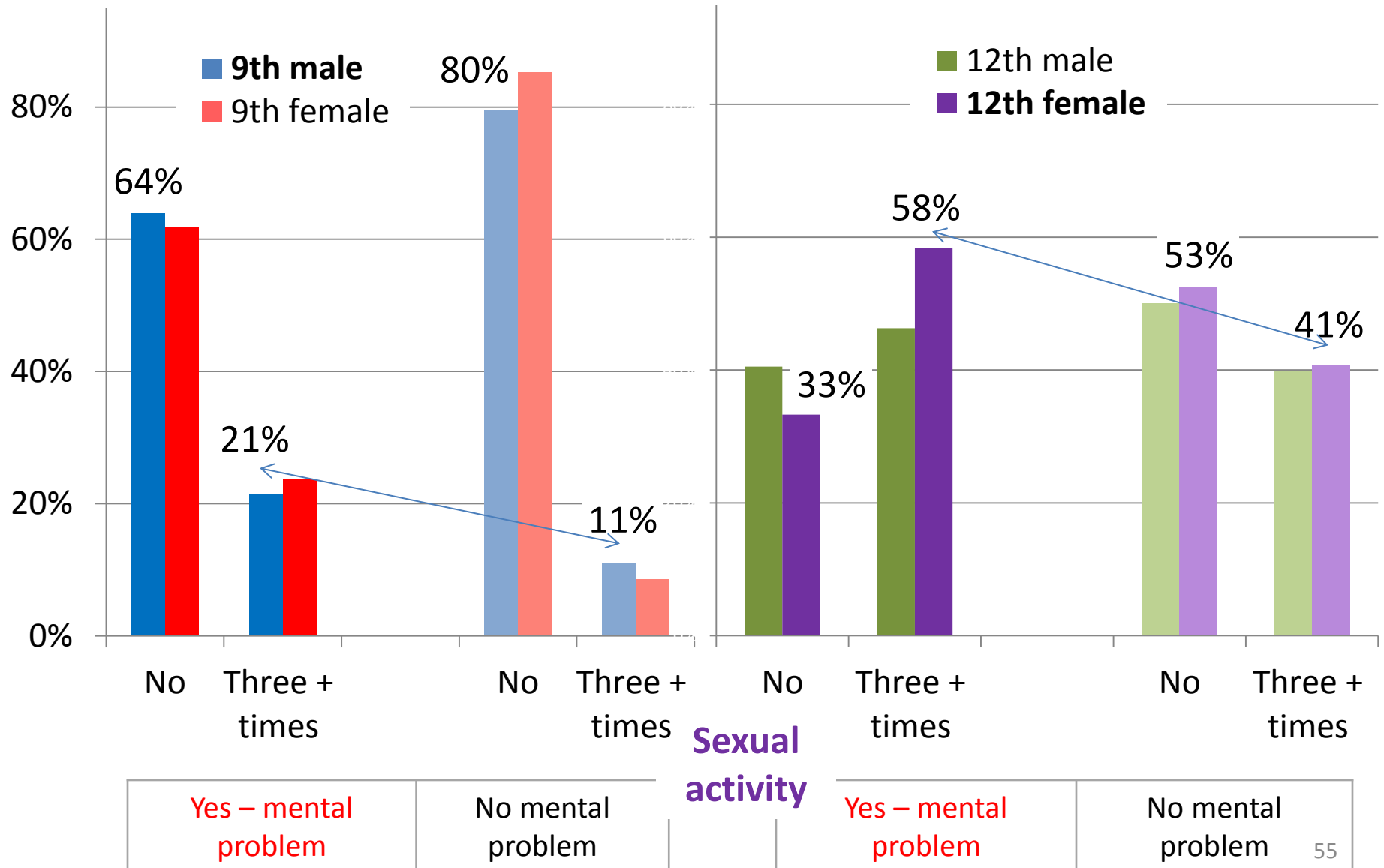
9th graders with **mental/emotional** health problems are poly drug users 2-3 times more than peers.



Yes – mental/emotional health problem

No mental/emotional health problem⁵⁴

High schoolers with **mental/emotional** health problems are **sexually active** at higher rates than peers.



Violence

Bullied at school

Bullied others

Physical abuse by family member

Sexual abuse by family member

Students with **mental/emotional** health problems compared to peers.

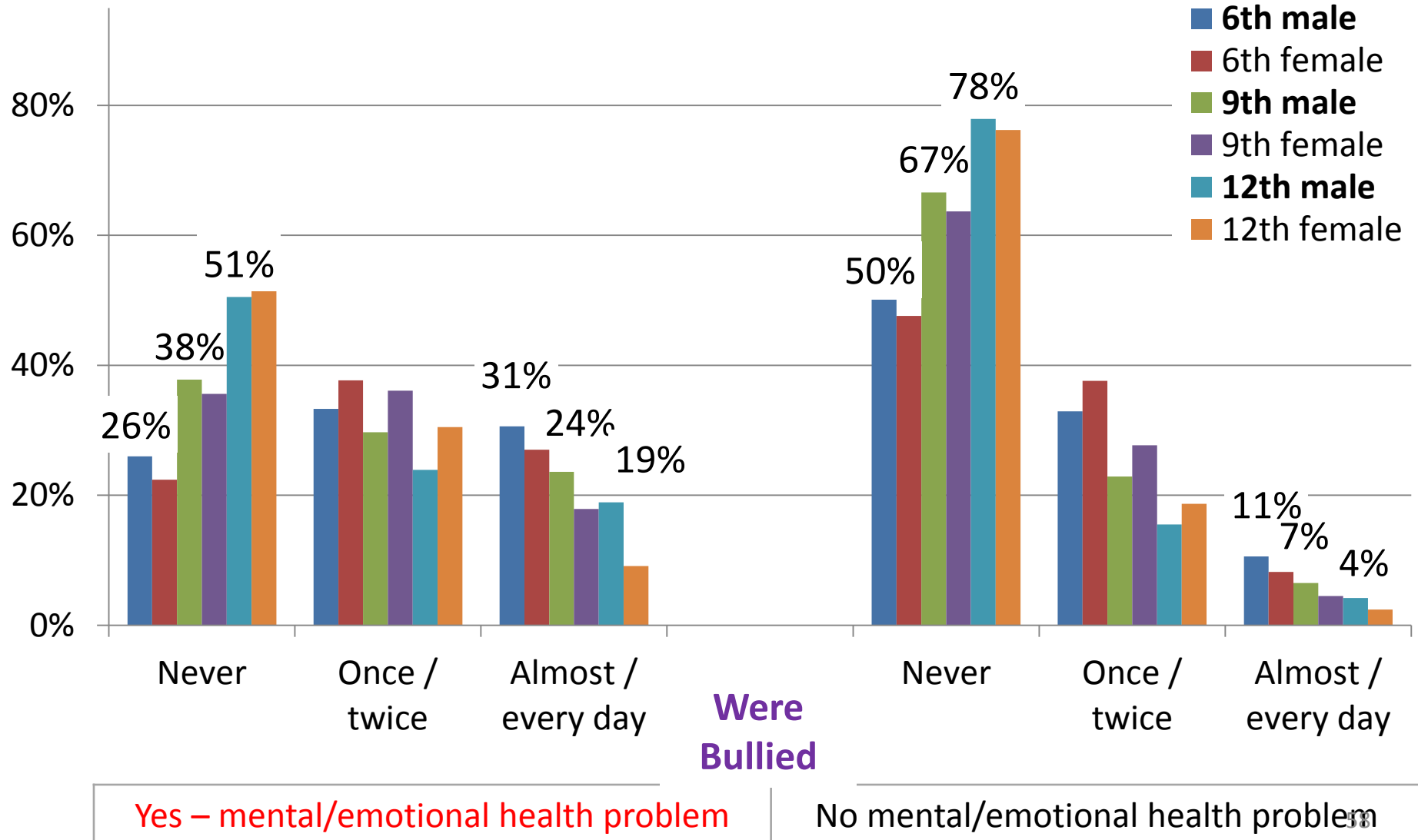
Bullied:

During the last 30 days, how often has another student or group of students

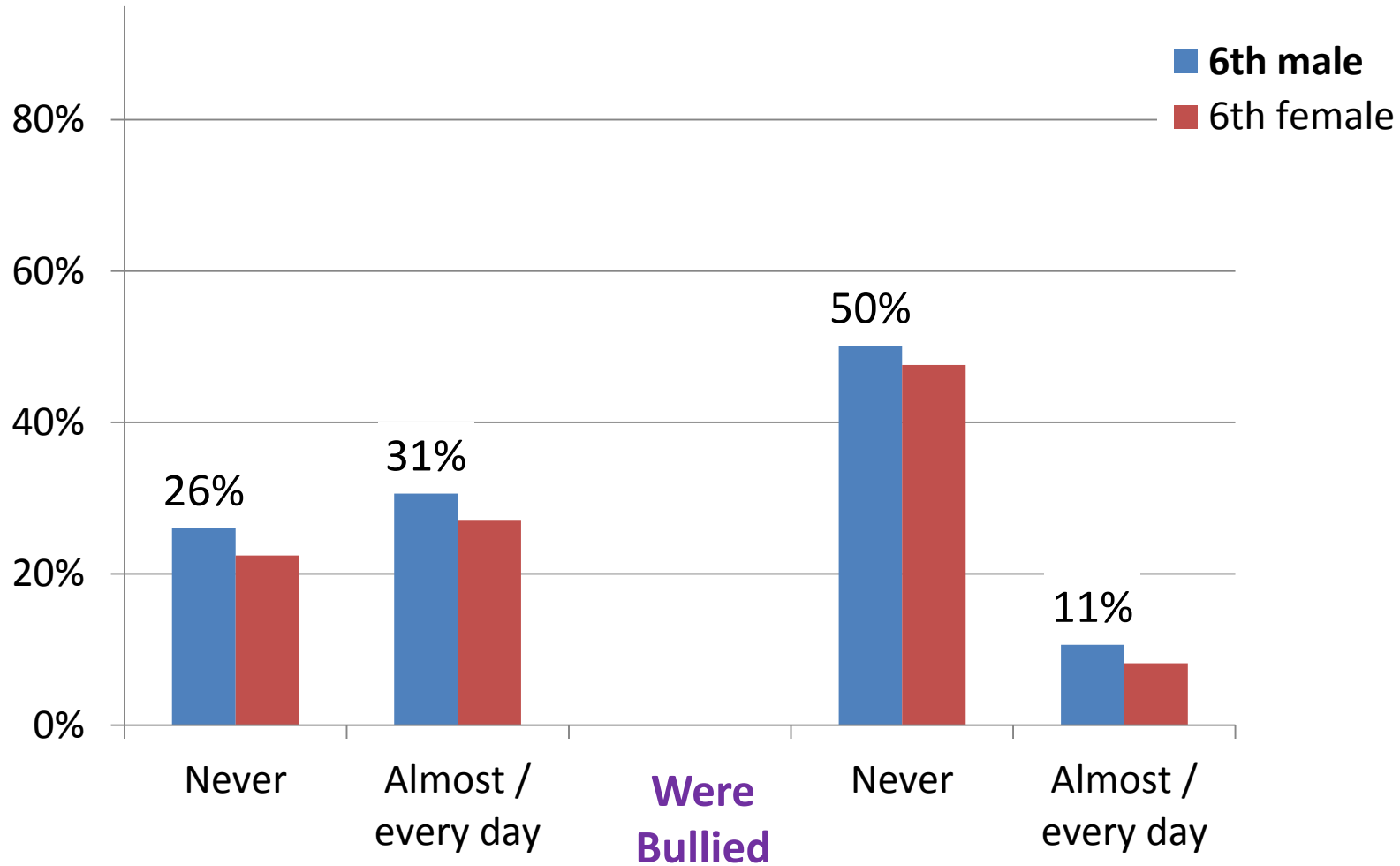
made fun of or teased you in a hurtful way, or excluded you from friends or activities?

- Never
- Once or twice
- About once a week
- Several times a week
- Every day

Students with **mental /emotional** health problems have never been **bullied** at half the rate of peers; are **bullied** nearly every day at 3 times the rate of peers.



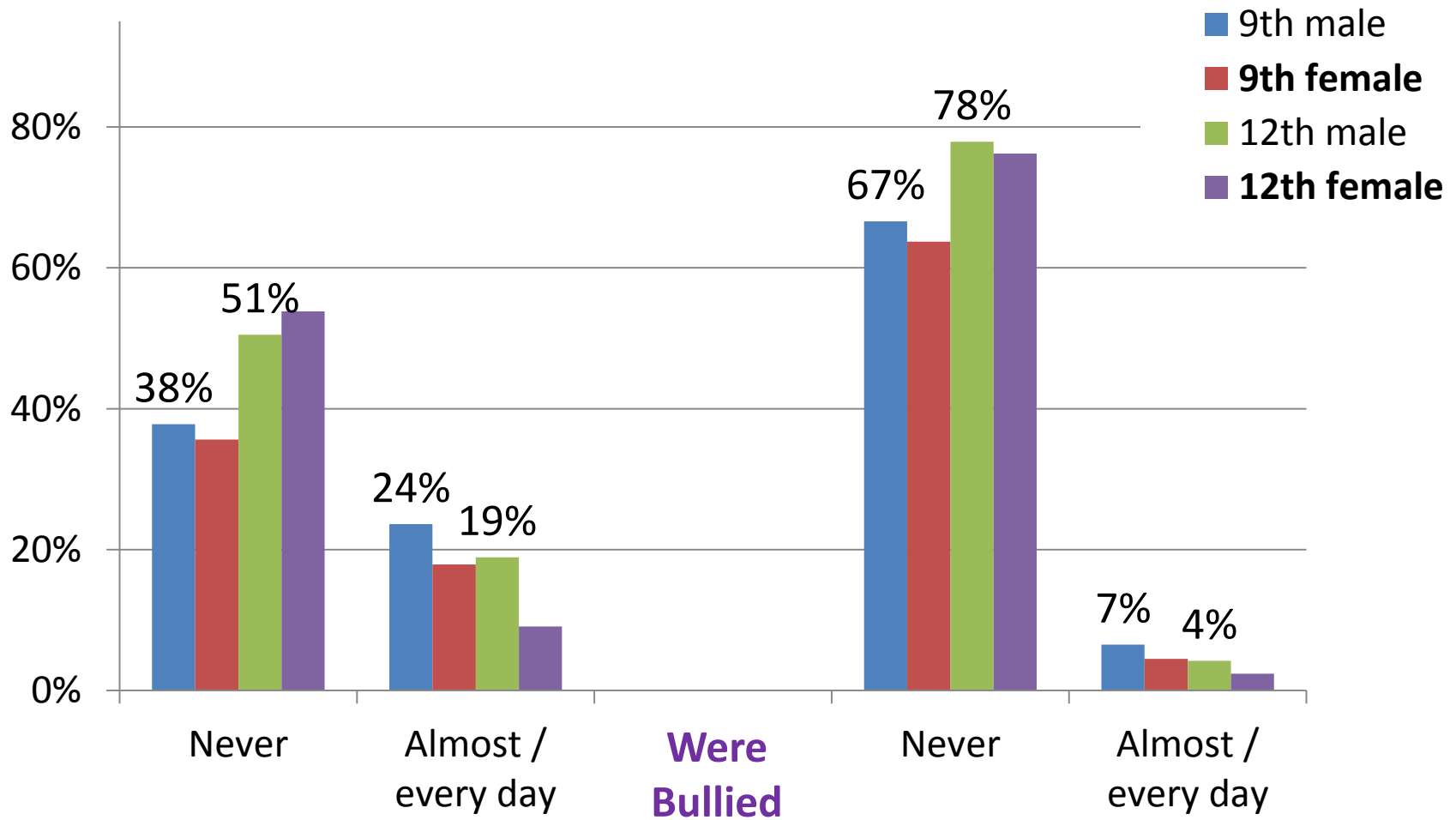
Twice as many 6th graders with **mental/emotional** health problems have been **bullied**; 3 times more experienced **bullying** nearly every day.



Yes – mental/emotional health problem

No mental/emotional health problem

High schoolers with **mental/emotional** health problems were **bullied** 1/3 again as often as peers; nearly every day at 4 times the rate of peers.



Yes – mental/emotional health problem

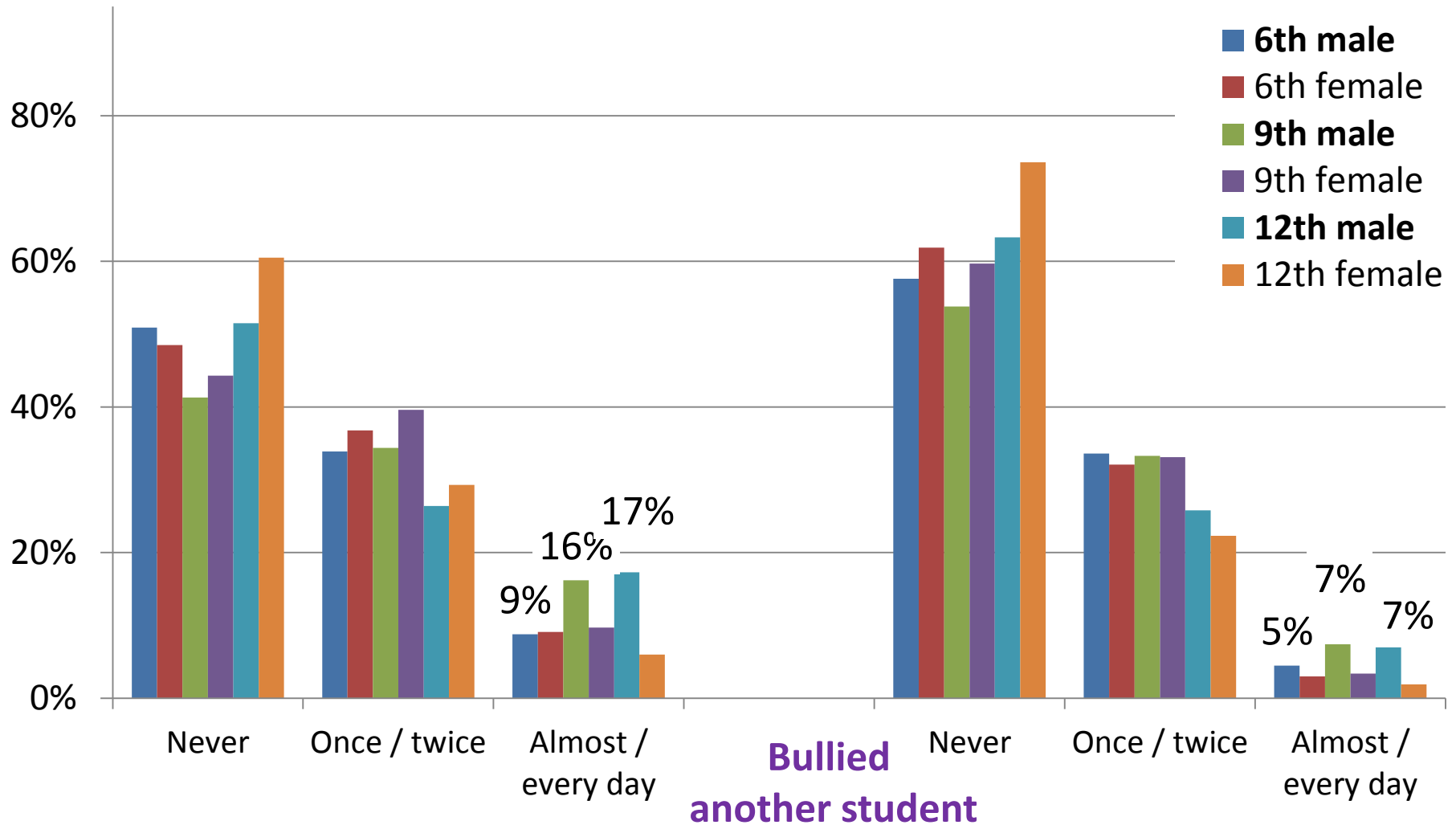
No mental/emotional health problem

Bullied others:

During the last 30 days, how often have you, on your own or as part of a group, **made fun of or teased another student** in a hurtful way or excluded another student from friends or activities?

- Never
- Once or twice
- About once a week
- Several times a week
- Every day

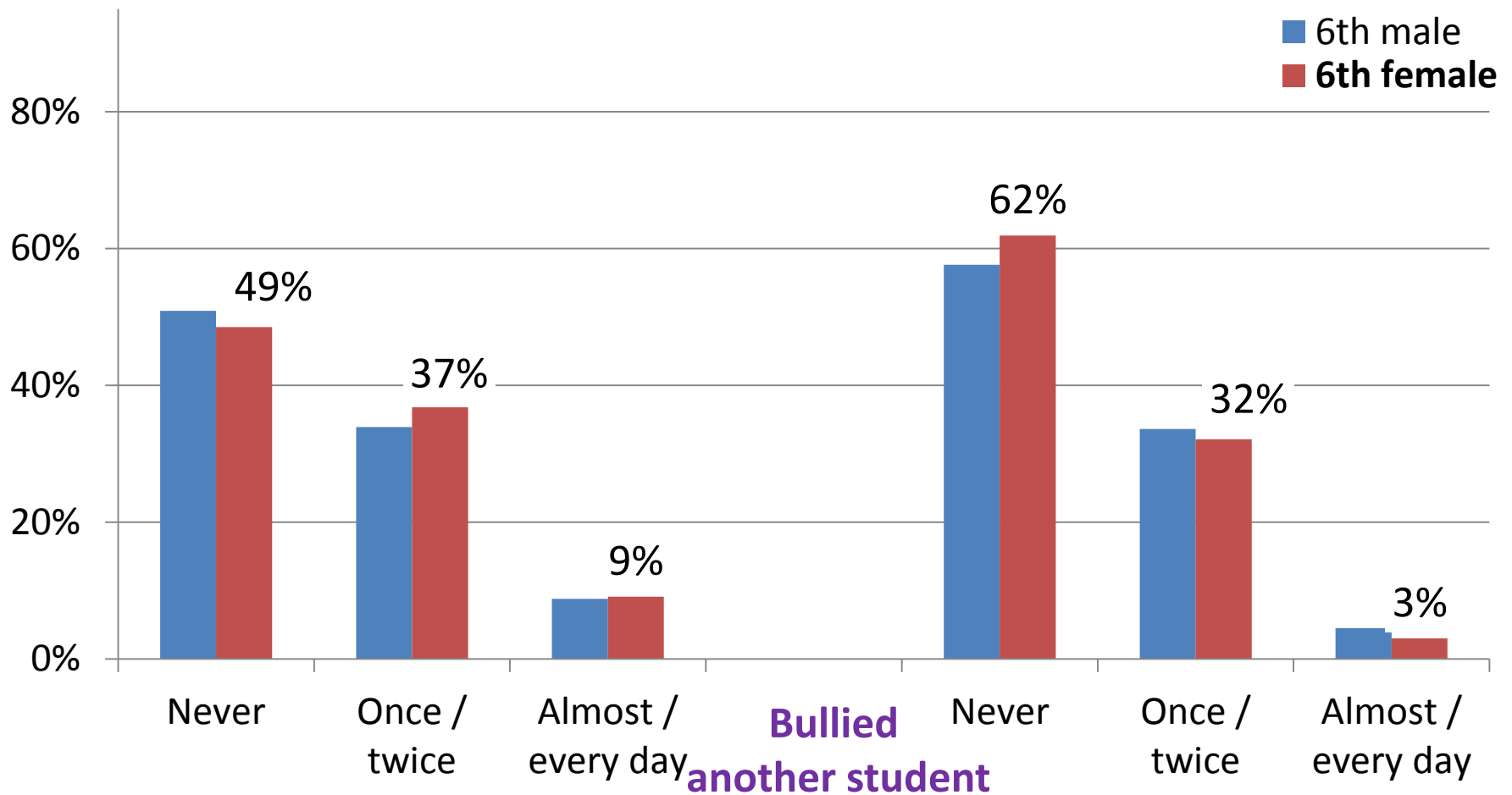
Students with **mental /emotional** health problems **bully others** at greater rates, especially almost every day.



Yes – mental/emotional health problem

No mental/emotional health problem ⁶²

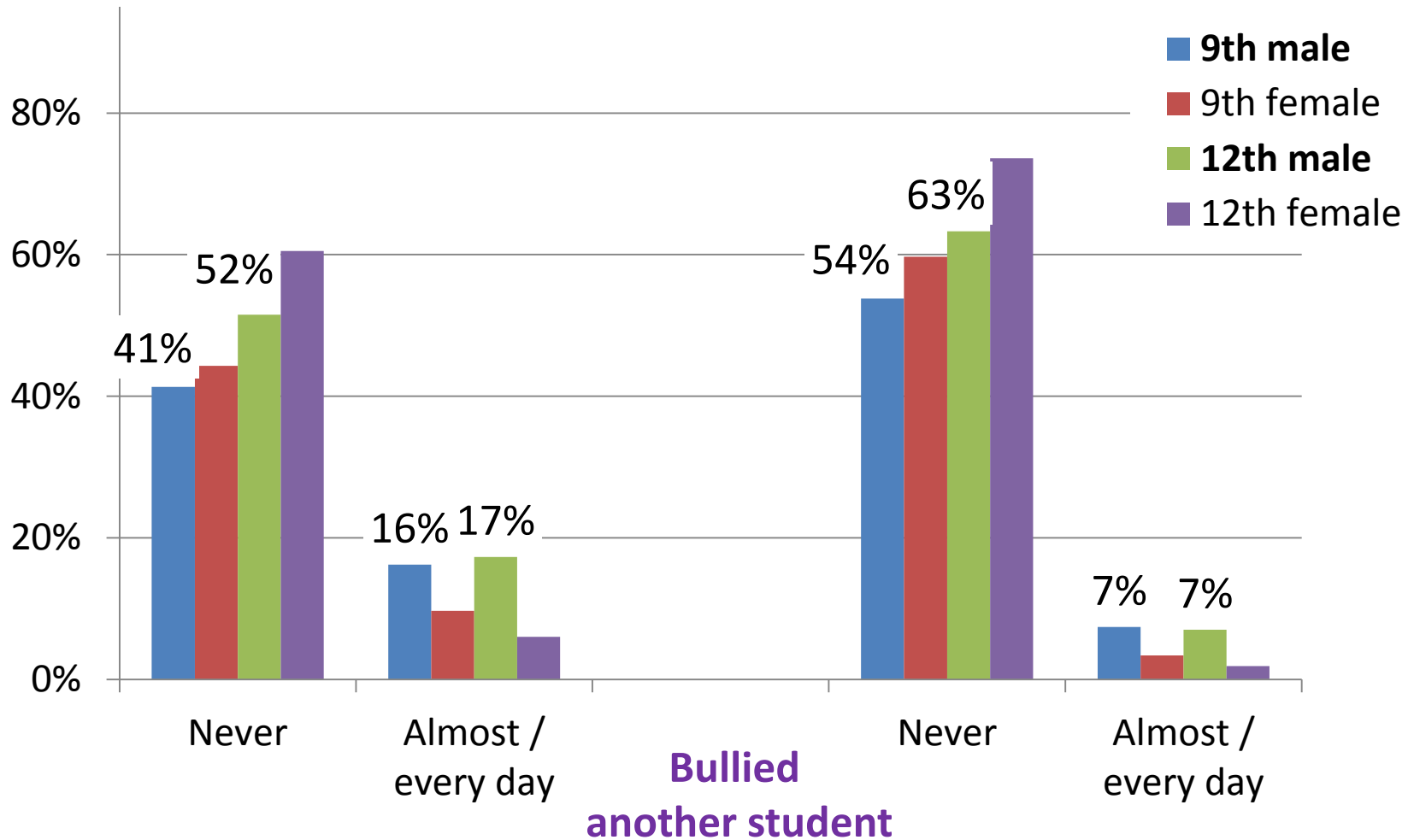
Bullying others, 6th grade girls show larger differences between with and without mental/emotional health problems than boys.



Yes – mental/emotional health problem

No mental/emotional health problem ⁶³

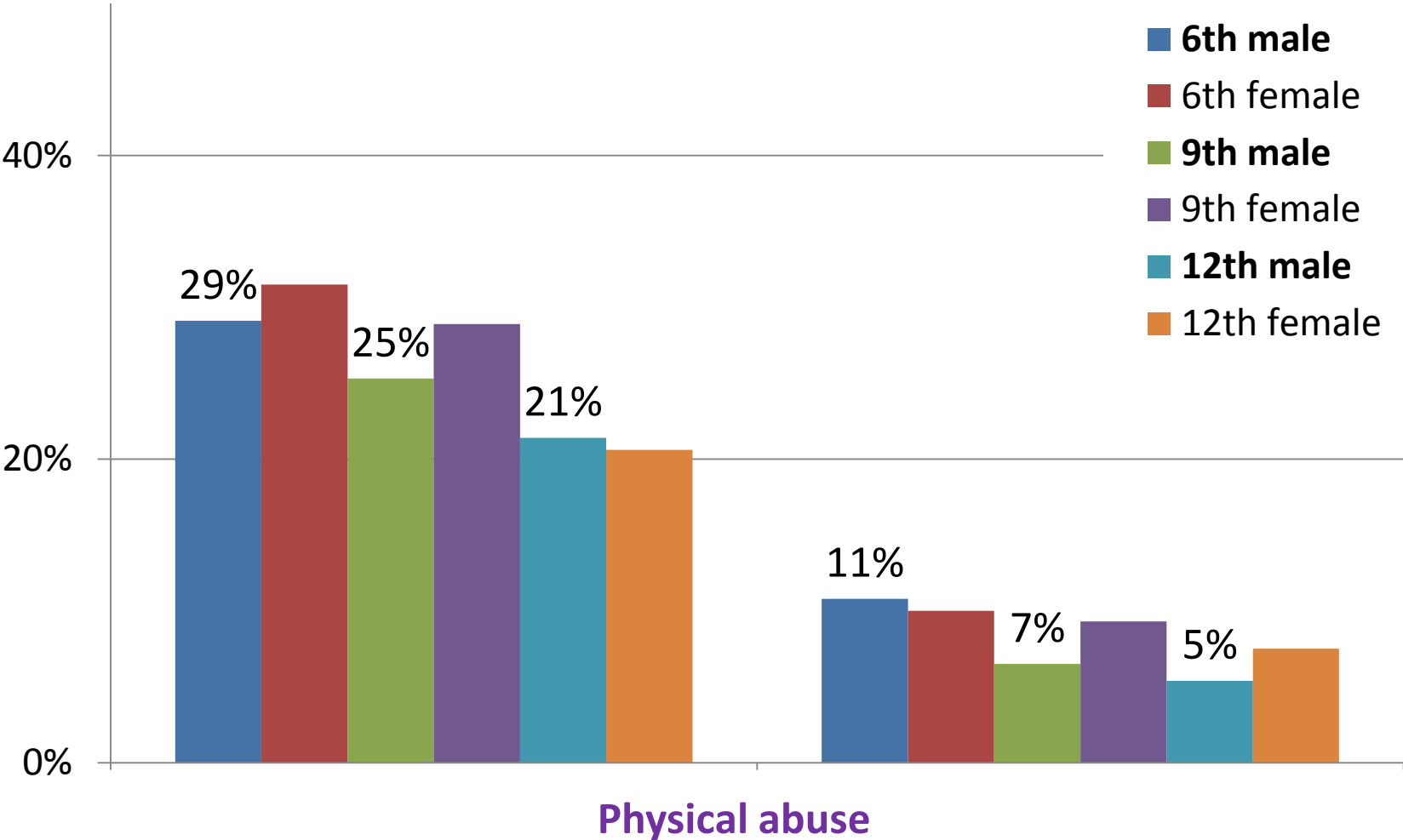
High schoolers with **mental/emotional** health problems **bully others** at twice the rate of peers.



Yes – mental/emotional health problem

No mental/emotional health problem 64

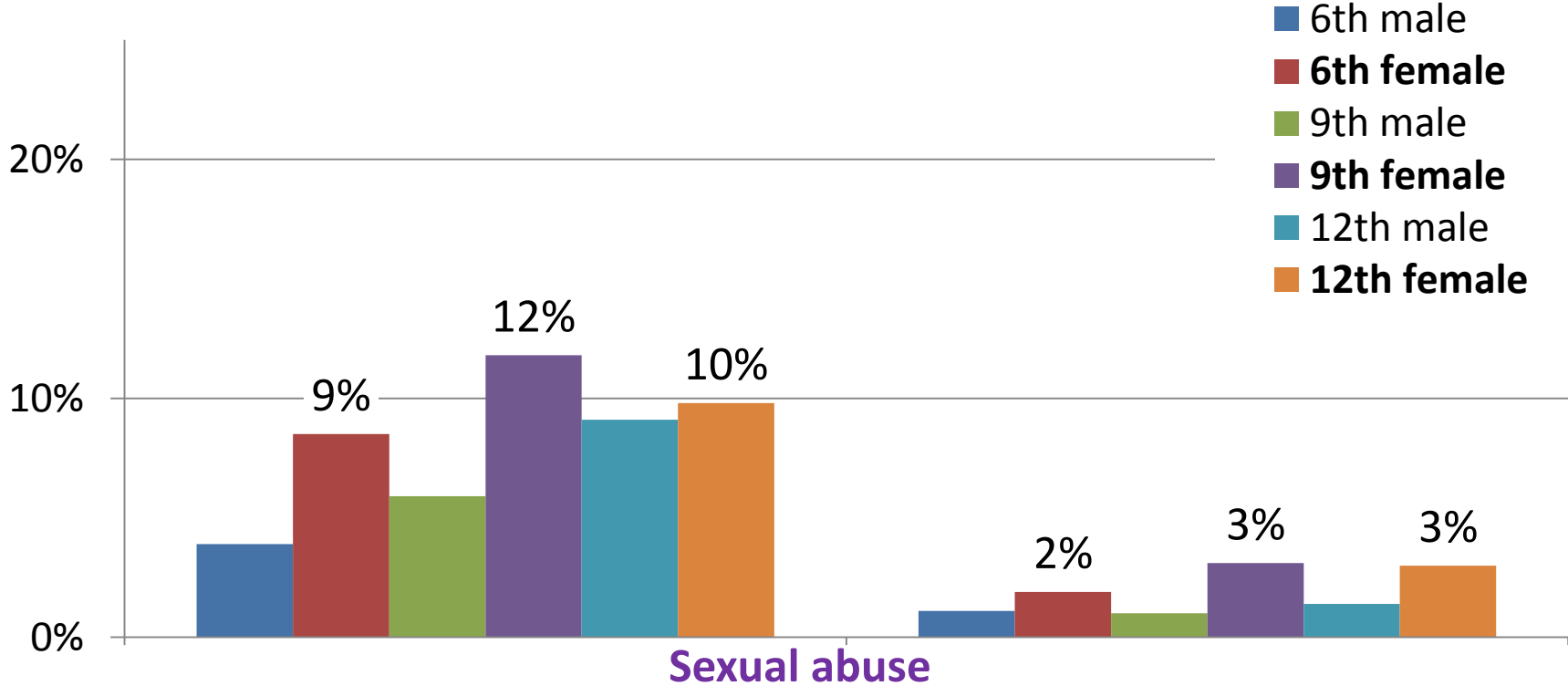
Students with **mental/emotional** health problems experienced physical abuse 3-4 times more than peers.



Yes – mental/emotional health problem

No mental/emotional health problems

Students with **mental/emotional** health problems experienced sexual abuse 4 times more than peers.



Yes – mental/emotional health problem No mental/emotional health problem

Conclusion

Students with **mental/emotional** health problems experience **social**
risky health behaviors
violence and abuse
at rates higher than their peers.

As a result, **academic performance** and **plans for the future** suffer.

The challenge is not **when** or **whether** to assist students but **how** to support them now in their **learning, growing and developing.**

Where to access more information on the Minnesota Student Survey:

- The Minnesota Department of Health houses the best list of data sources. Go to <http://www.health.state.mn.us/divs/chs/mss/>.
- For statewide, county and individual school district reports by year, go to the Minnesota Department of Education: <http://w20.education.state.mn.us/MDEAnalytics/Data.jsp>. Scroll to the bottom of the page to the 'student data' and see 'Minnesota Student Survey'.



Ruth Ellen Luehr, BSN, MS, RN, Licensed School Nurse, FNASN
Interagency Education Specialist
Special Education Division, Interagency Partnerships Team
651-582-8403 ruthellen.luehr@state.mn.us

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