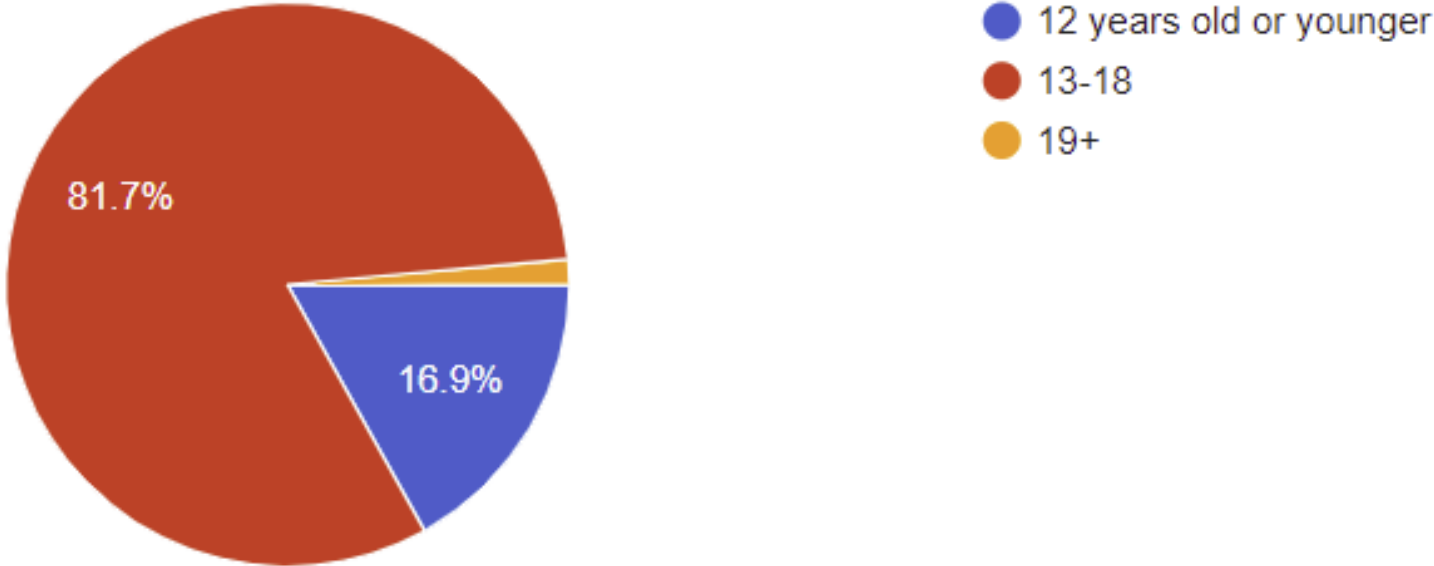


RCCMHC Youth Survey

January 15 to February 15, 2021

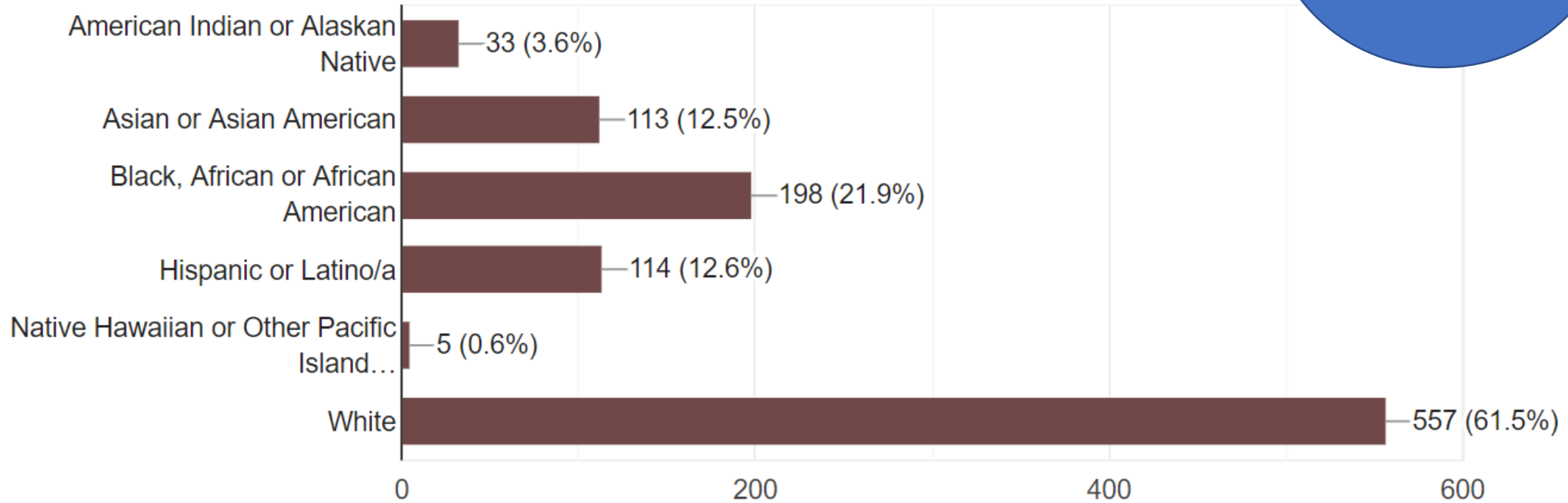
How old are you?

917 responses



How do you describe yourself? (Mark all that apply)

905 responses



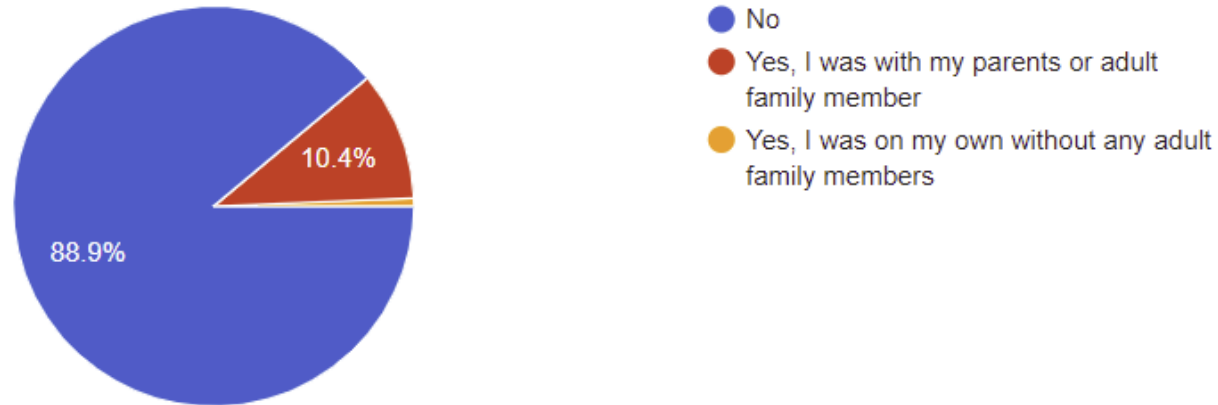
48% youth respondents self-identify as BIPOC

469 youth selected white only

In the last year, have you stayed in a shelter, somewhere not intended as a place to live, or someone else's home because you had no other place to stay?



904 responses



94 youth were homeless with a parent or adult family member

6 youth were homeless on their own

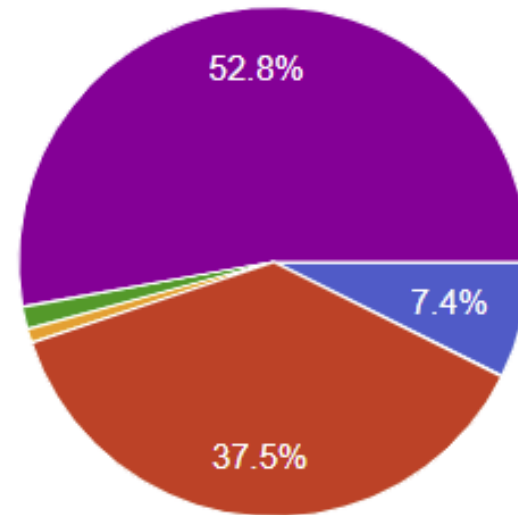
63% of those homeless youth are BIPOC

According to the Homeless Management Information System... 5,913 youth under the age of 18 stayed in shelters or temporary housing programs. (or, almost 1% MN youth.) 1 in 262 Minnesotans experienced homelessness in 2019. Using those statistics, we would expect 3 or 4 youth out of 904 responses.

<https://www.hmismn.org/stats-on-homelessness-in-mn>

Have you or someone near you tested positive for COVID?

907 responses



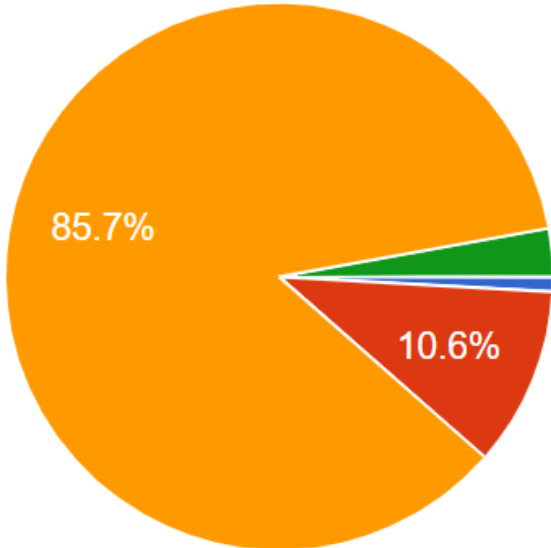
- Yes, I tested positive
- Yes, a member of my family or a close friend
- I haven't taken a test but I had/ I have COVID symptoms
- My family/friends didn't take a test, but they had COVID symptoms.
- No

340 youth said that a family member or close friend had tested positive for COVID

67 youth said they had tested positive for COVID

How are you attending school?

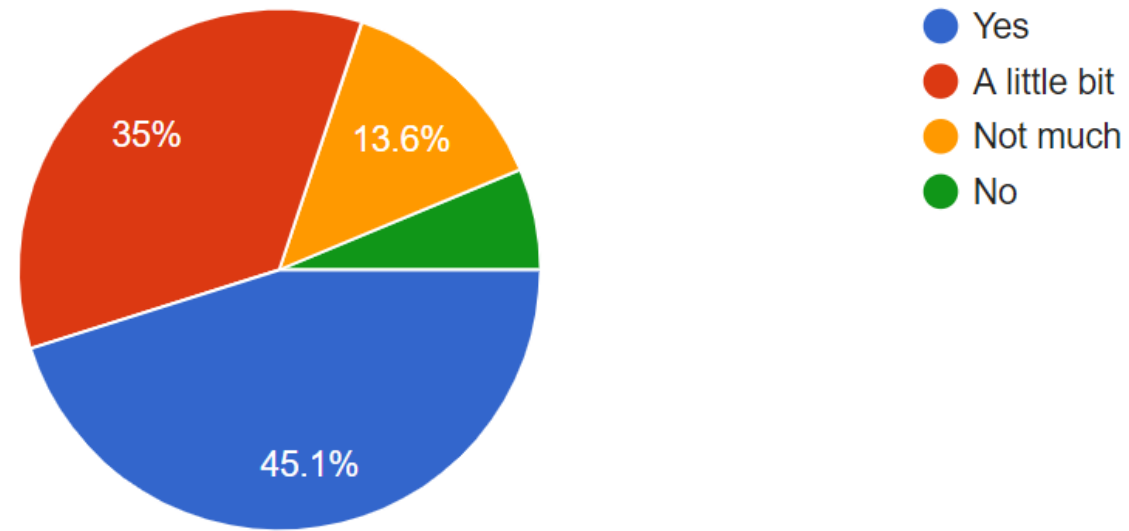
916 responses



- In person
- A mixture of in-school AND at-home
- At home
- Not in school

My school is giving me the help and support I need (skip this question if you are not in school)

860 responses



In the last 30 days...

287 youth missed school once or twice

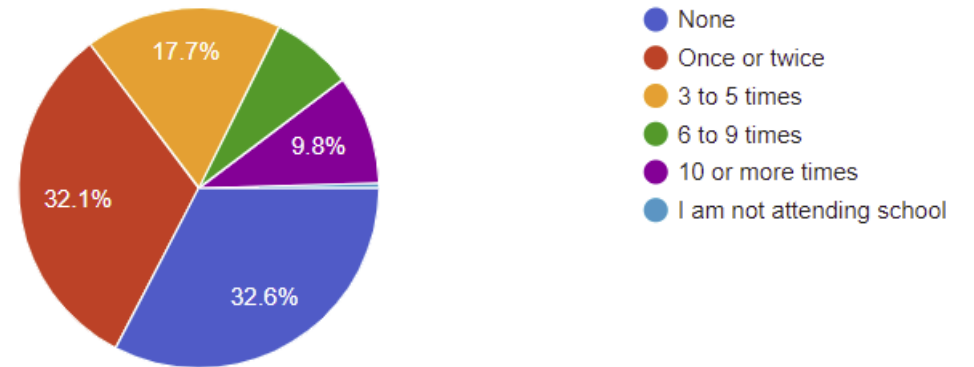
158 youth missed 3 to 5 times

66 youth missed 6 to 9 times

88 youth missed 10 or more times

In the last 30 days, how many times did you miss all or part of a school day? (coming late, leaving early, missing class time during the day, not logging in...)

895 responses



The 2019 MN Student Survey (Ramsey County youth) asked a similar question about missing school...

	Grade 5	Grade 8	Grade 9	Grade 11
6 to 9 times	2.3%	3.9%	4.1%	3.1%
10 or more times	2.3%	3.3%	3.5%	1.3%

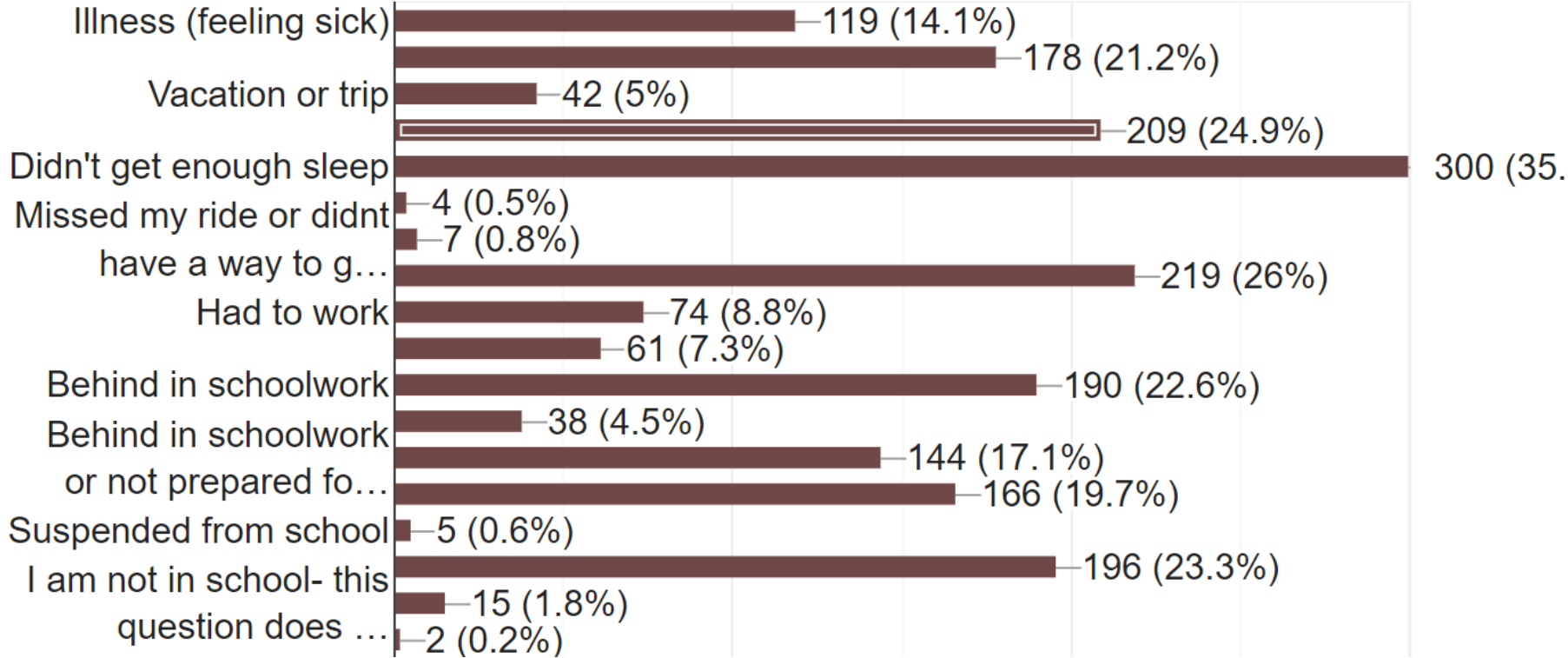
	Our surveyed youth
6 to 9 times	7.4%
10 or more times	9.8%

We asked surveyed youth: What are the reasons that you missed school? (Mark ALL that apply)

841 Youth Replied

What are the reasons that you missed school? (Mark ALL that apply)

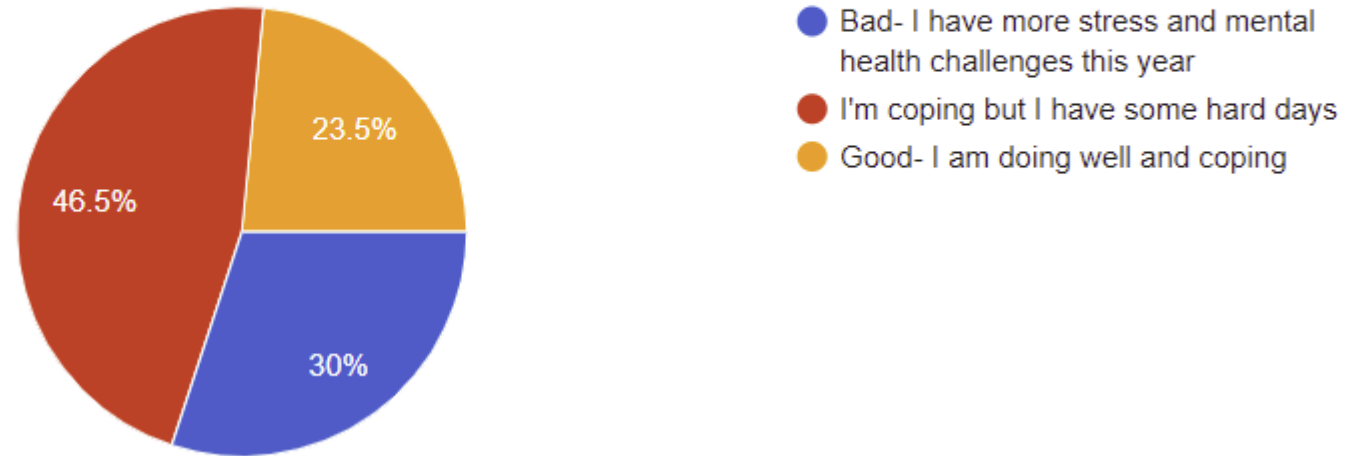
841 responses



MN Student Survey (RC)	MSS	Our Youth Survey	Our Youth Survey
Illness	50.28%	14.1%	
Medical appointment	37.30%	21.2%	
Not enough sleep	18.05%	35.6%	
Very sad, hopeless, anxious stressed angry	12.38%	18.30%	
Missed Ride/No way to get to school	15.95%	.8%	
		26%	Internet not working, technology problems
Behind in schoolwork/ not prepared	6.48%	17.1%	
Bored/not interested in school	7.98%	19.7%	
Vacation or trip	12.60%	5%	
Had to care for family/friend	5.83%	7.3%	
Didn't feel safe at school	2.13%	.5%	
Had to work	1.13%	8.80%	
Wanted to use alcohol or drugs	0.75%	4.5%	Blew off school to hang with friends, to chill out by myself, or to use alcohol/drugs etc.
Suspended	1.90%	.6%	

How has your stress/ mental health been this year?

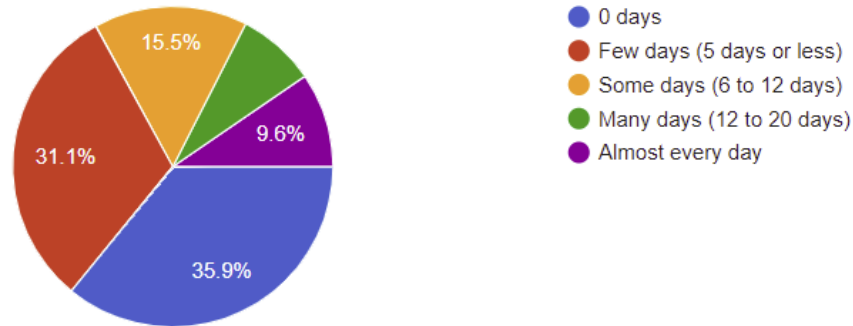
912 responses



Only 23.5% of surveyed youth say they are doing well and coping.

IN-PERSON: In the last month (30 days), how often do you get together with other kids through sports, community programs, clubs, or just "hanging out"?

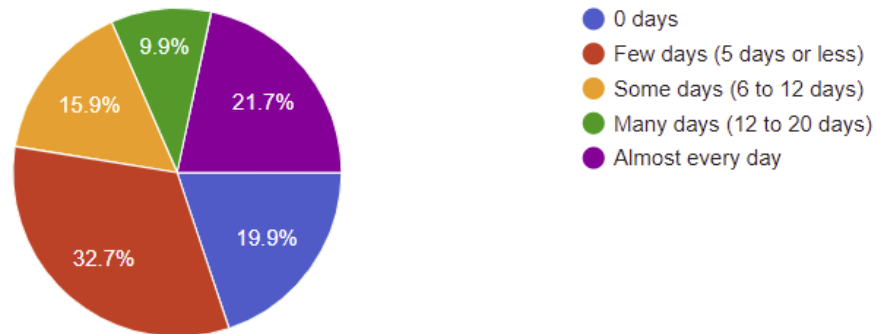
858 responses



Most youth are engaging with other youth IN PERSON for 5 days or less each month.

VIRTUAL: In the last month (30 days), how often do you get together with other kids through online clubs or virtual activities, texting, or phone calls (do NOT count time posting on social media)

900 responses



HALF of the youth who responded are not even engaging with other youth VIRTUALLY.

179 youth answered that they spent ZERO DAYS getting together with other kids through online clubs or virtual activities, texting or phone calls in the last month.

We asked surveyed youth: Please describe how you are feeling

827 Youth Replied

Stressed out; overwhelmed	544
Bored	542
Anxious; afraid; worried; nervous	472
Tired; not interested in doing anything	471
Sad; depressed; feeling down; hopeless	400
Sleeping too much or not sleeping enough	398
Isolated; feeling alone	352
Fidgety; restless; can't sit still	331
Angry; short temper; fighting	239
Feeling sick a lot; stomachaches or headaches	142
Nightmares; trouble sleeping	132

We asked surveyed youth: What is stressing you out or hurting your mental health

889 Youth Replied

School	634
Too much time alone/ not able to be around friends	472
COVID	299
Family/Parents	286
Comparing myself to other people online or social media	233
Not enough space at home/ people are in my personal space	230

We asked surveyed youth: What is your favorite way to connect with mental health supports, resources or school staff? (Choose up to 3)

869 Youth Replied

Email	485
Texting	474
Phone Call	252
Google Classroom	160
Social Media, Instagram etc.	157
Facebook Messenger	31
Zoom	5

We asked surveyed youth: What are the best ways to help kids/teens who are struggling with stress or mental health issues? (only select a few that you think are the "best.")

906 Youth Replied

Activities (in person)	437
Tools to calm down or distract	435
Opportunities to connect with other youth	410
Mental health resources (connect to therapy, free services & supports)	348
School help/ tutoring/ check-ins	315

Narrative Questions

We will narrow these down by common themes and share some direct quotes in our final report.

- Now think about your family and friends. Do they have everything they need? Are you worried about any needs that are not being met? How could the community help your family/friends?
- Tell us more about your school experience. What is helpful? What could be better? (skip this section if you are not in school)
- Do you need us to connect you or your family to resources or supports at your school or in the community? What do you need?
- We just started an online youth group called Moodie Mondays. What do you think kids your age would like to do at our online Moodie Monday events? (Describe activities, games, trainings, give-aways etc.)
- Do you have any final questions or comments for us?

“NO youth will be returning to school unfazed. If 100% of your kids are affected by something, you don't need an expert; you've got to become the expert.”

David Johnson, Co-Director of the Post Traumatic Stress Center and associate clinical professor at Yale University School of Medicine; department of psychiatry.)



<https://www.rccmhc.org/>