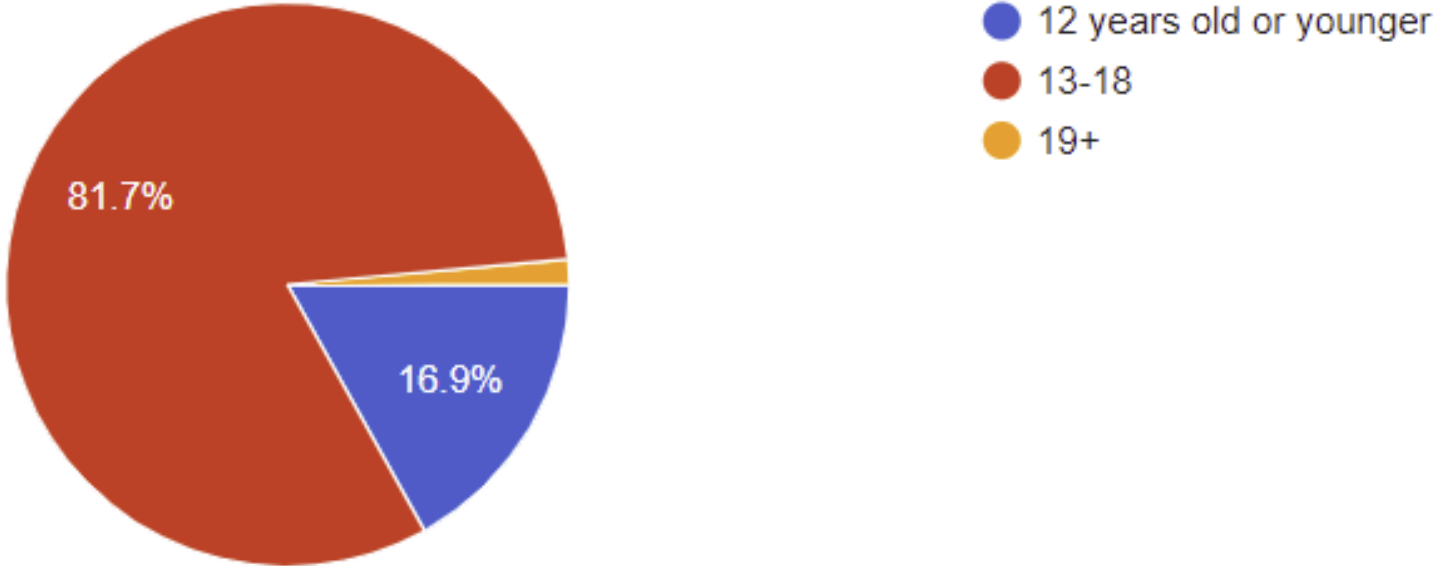


# Preliminary Data: RCCMHC Youth Survey

January 15 to February 15, 2021

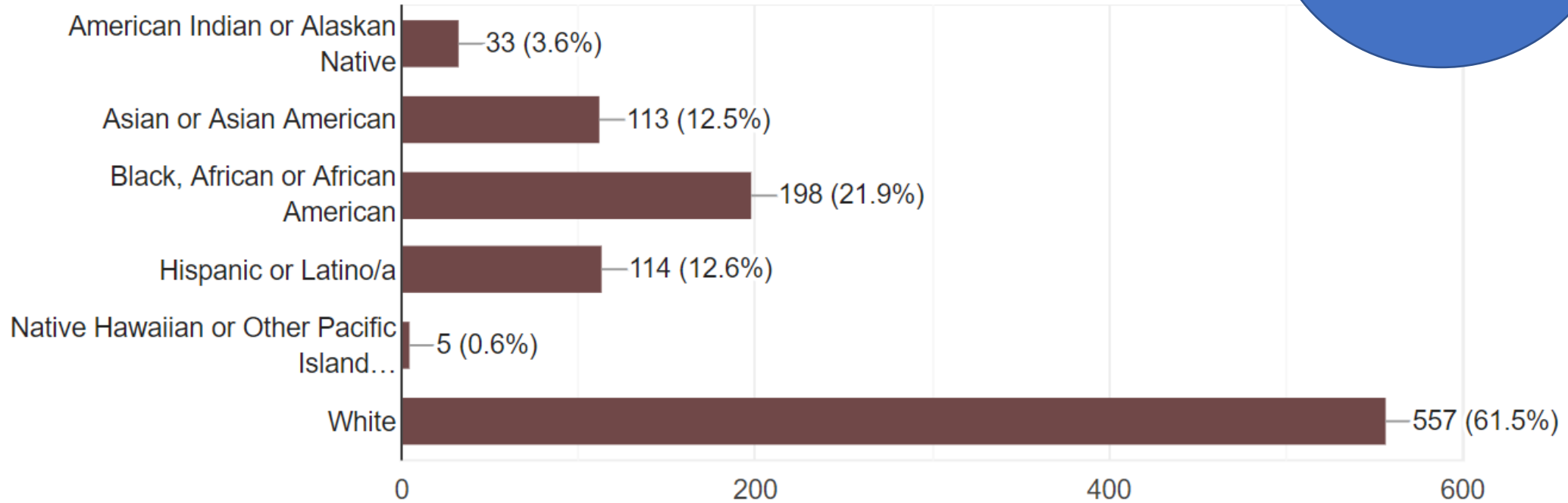
How old are you?

917 responses



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

905 responses

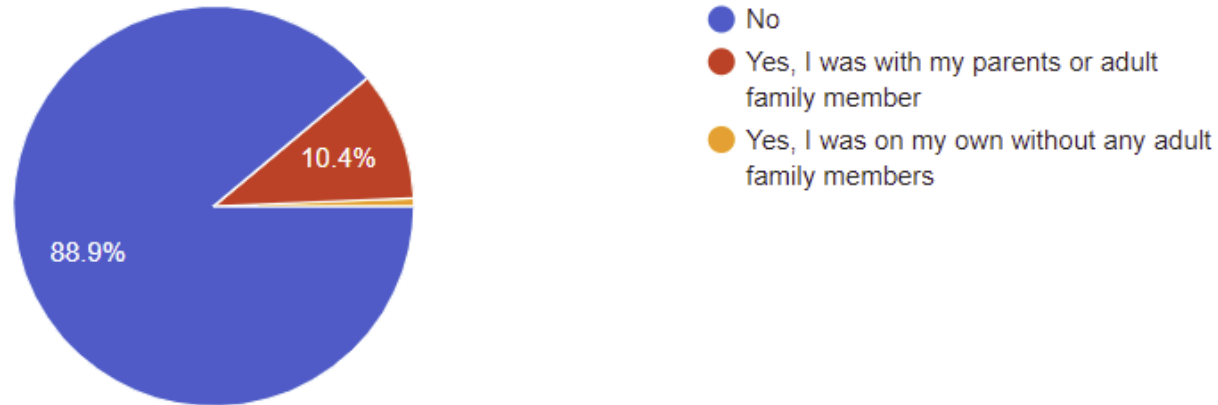


38.5% youth respondents self-identify as BIPOC

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**

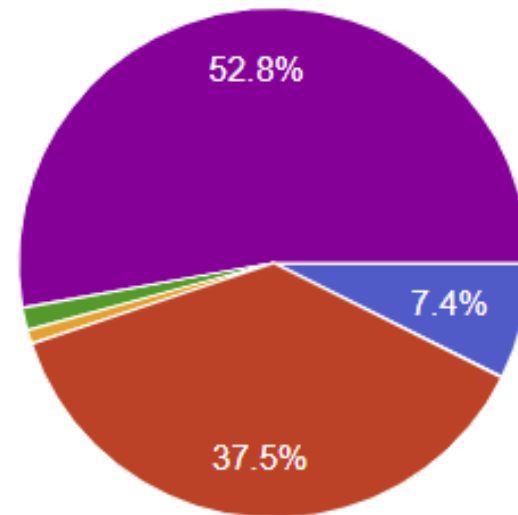
**6 youth were homeless on their own**

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



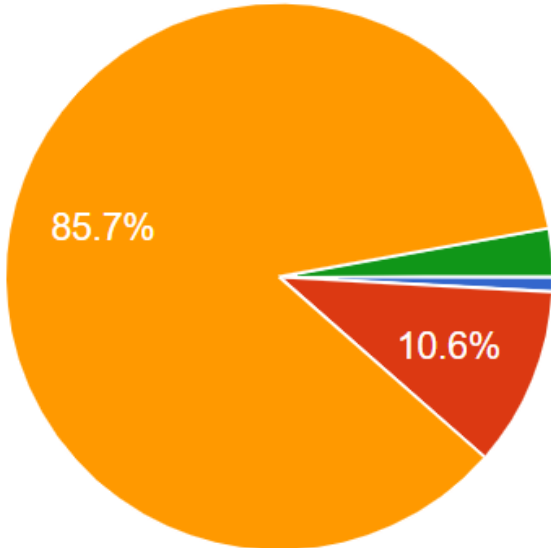
- Yes, I tested positive
- Yes, a member of my family or a close friend
- I haven't taken a test but I had/ I have COVID symptoms
- My family/friends didnt take a test, but they had COVID symptoms.
- No

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?

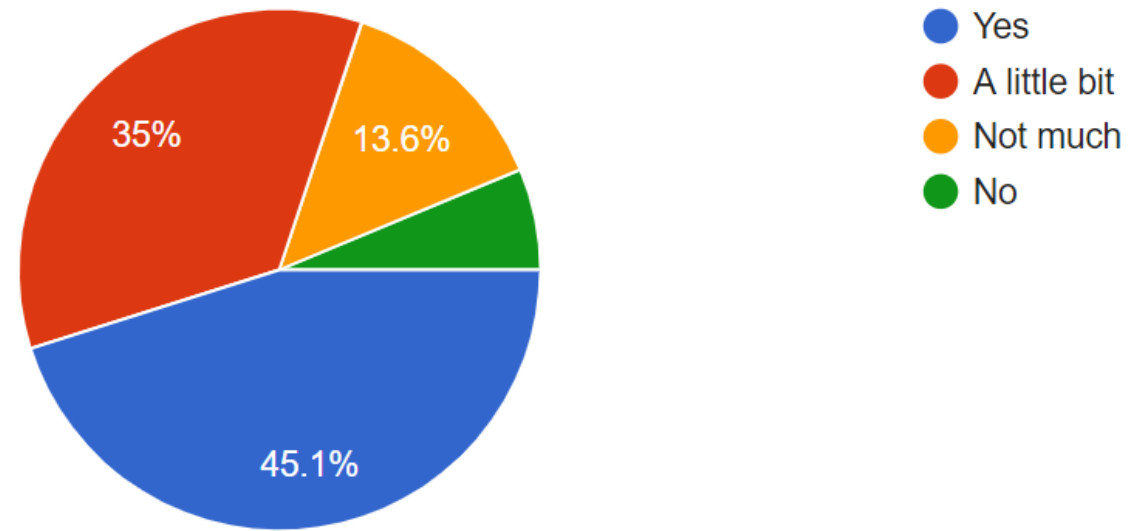
916 responses



- 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

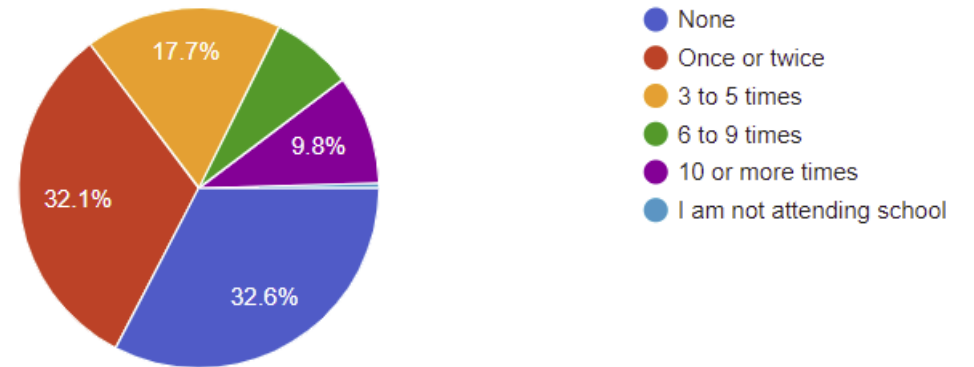
158 youth missed 3 to 5 times

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
<b>6 to 9 times</b>	2.3%	3.9%	4.1%	3.1%
<b>10 or more times</b>	2.3%	3.3%	3.5%	1.3%

	Our surveyed youth
<b>6 to 9 times</b>	7.4%
<b>10 or more times</b>	9.8%

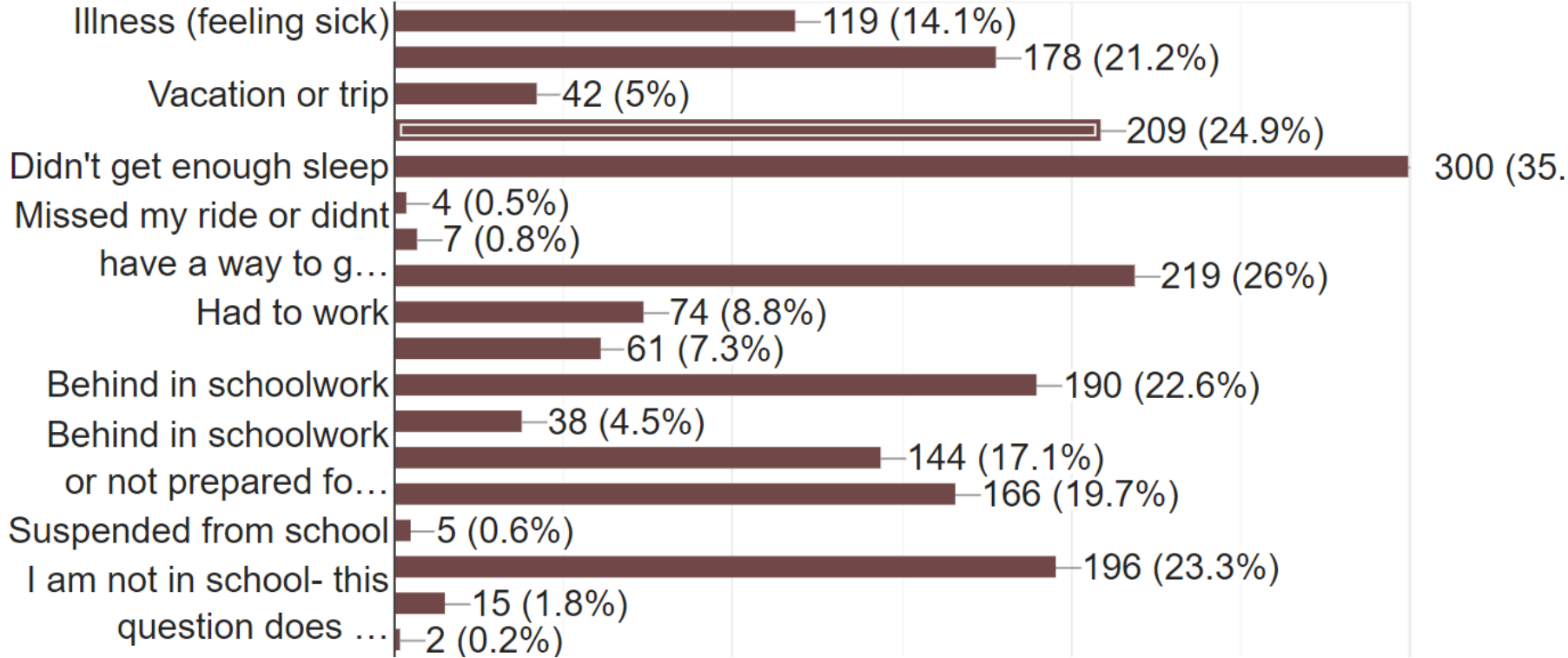


# We asked surveyed youth: What are the reasons that you missed school? (Mark ALL that apply)

841 Youth Replied

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

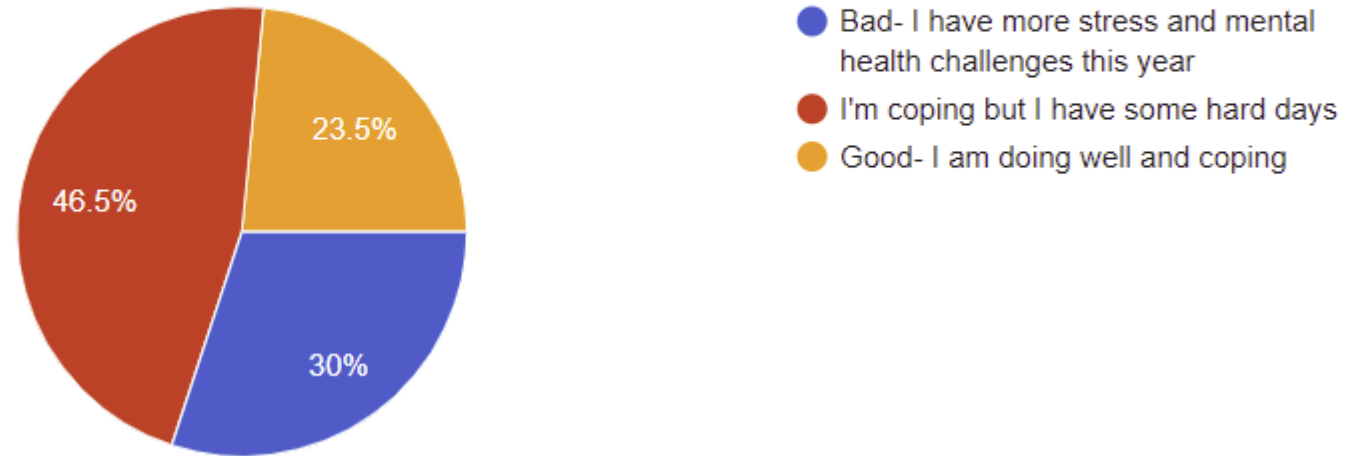
841 responses



<b>MN Student Survey (RC)</b>	<b>MSS</b>	<b>Our Youth Survey</b>	<b>Our Youth Survey</b>
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?

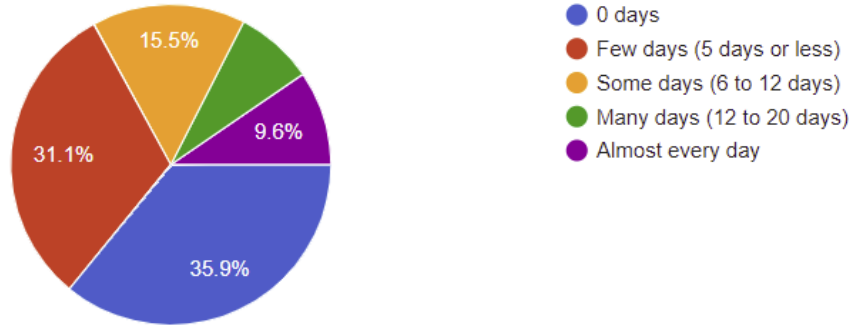
912 responses



**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"?

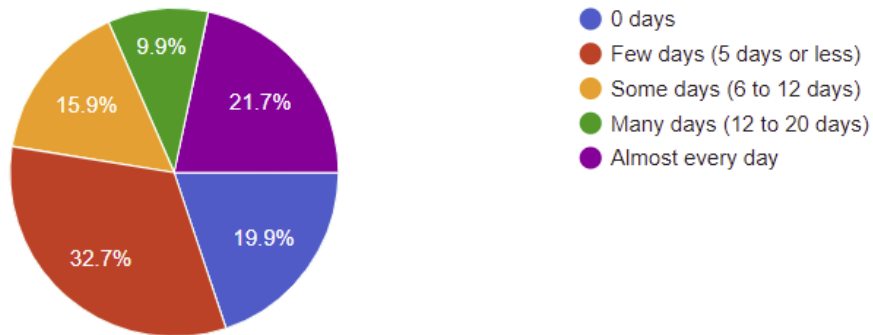
858 responses



**67% are engaging with other youth IN PERSON for 5 days or less.**

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 kids answered 0 days**

## We asked surveyed youth: Please describe how you are feeling

827 Youth Replied

<b>Stressed out; overwhelmed</b>	<b>544</b>
<b>Bored</b>	<b>542</b>
<b>Anxious; afraid; worried; nervous</b>	<b>472</b>
<b>Tired; not interested in doing anything</b>	<b>471</b>
<b>Sad; depressed; feeling down; hopeless</b>	<b>400</b>
<b>Sleeping too much or not sleeping enough</b>	<b>398</b>
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

<b>School</b>	<b>634</b>
<b>Too much time alone/ not able to be around friends</b>	<b>472</b>
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

<b>Email</b>	<b>485</b>
<b>Texting</b>	<b>474</b>
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

<b>Activities (in person)</b>	<b>437</b>
<b>Tools to calm down or distract</b>	<b>435</b>
<b>Opportunities to connect with other youth</b>	<b>410</b>
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/>