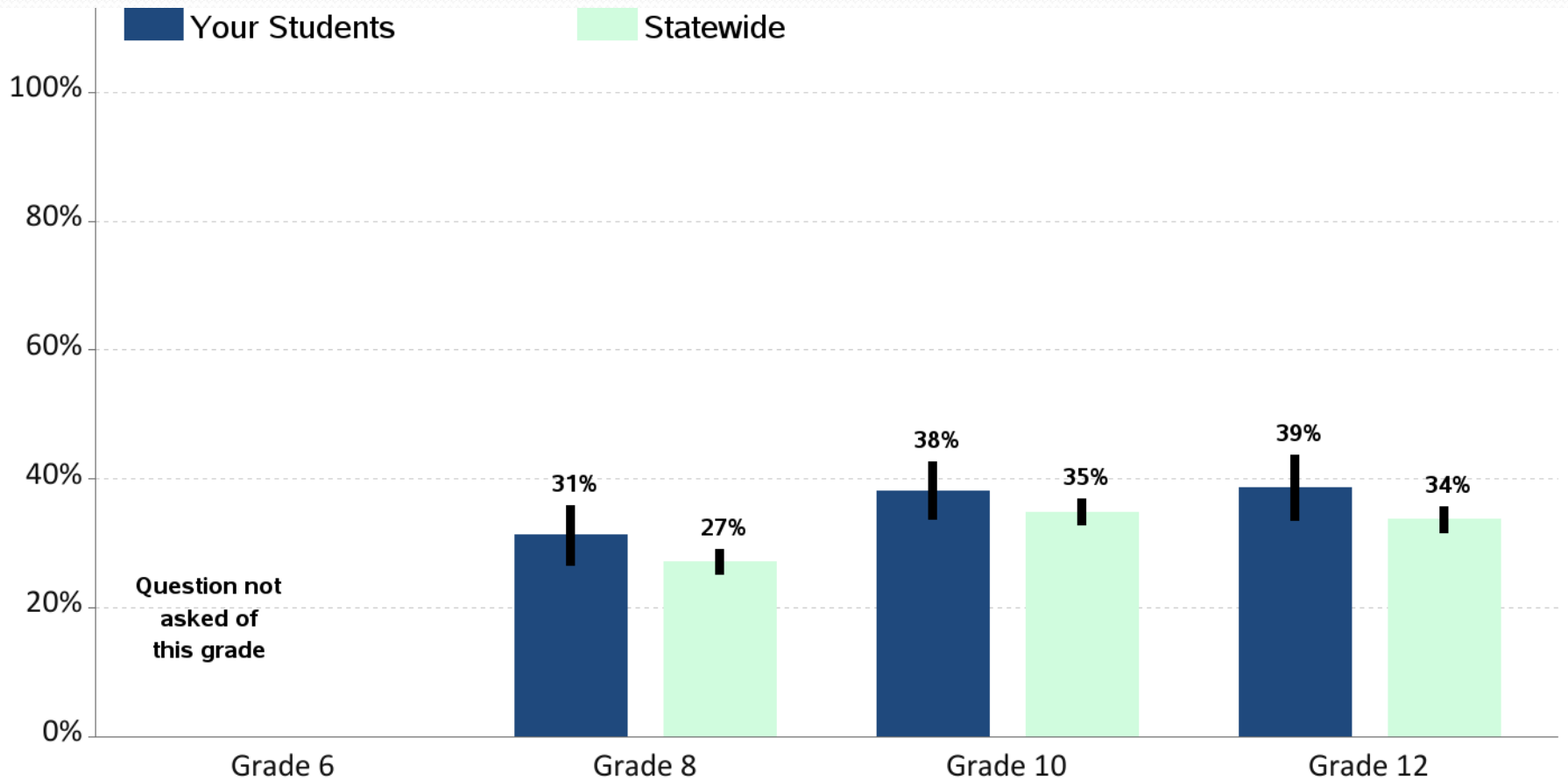


Depression

Percent of students who report experiencing depressive feelings in the past year



Walla Walla County

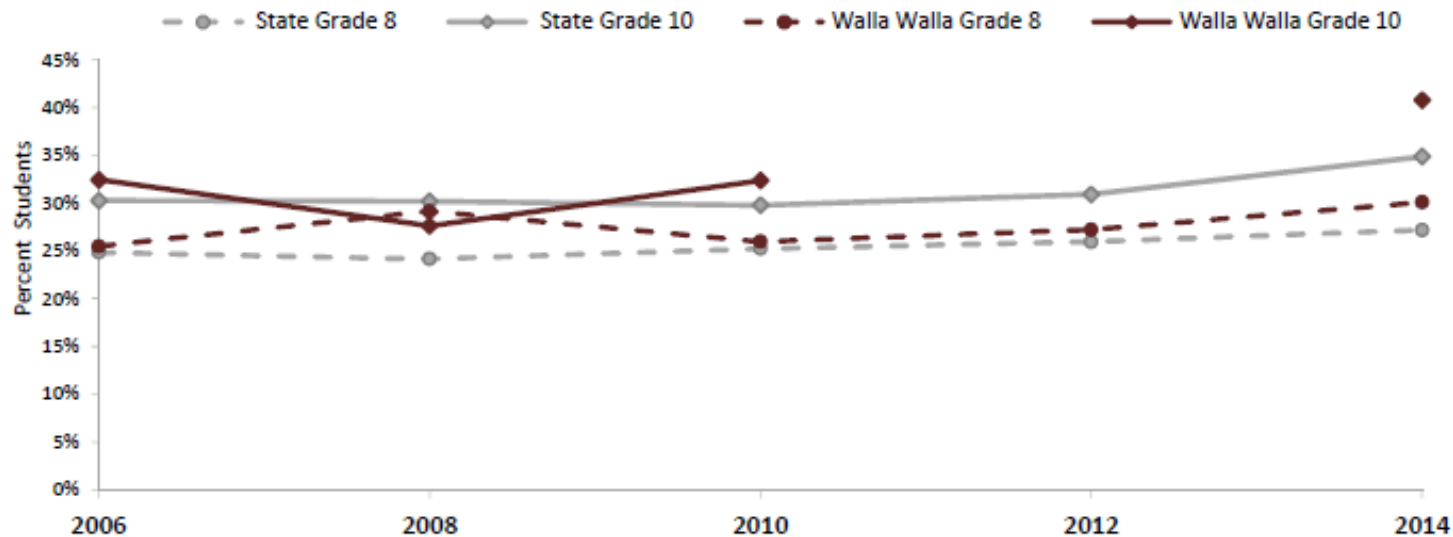
- Source: 2014 Healthy Youth Survey

Depression



HYS Measures of Mental Health

Depression

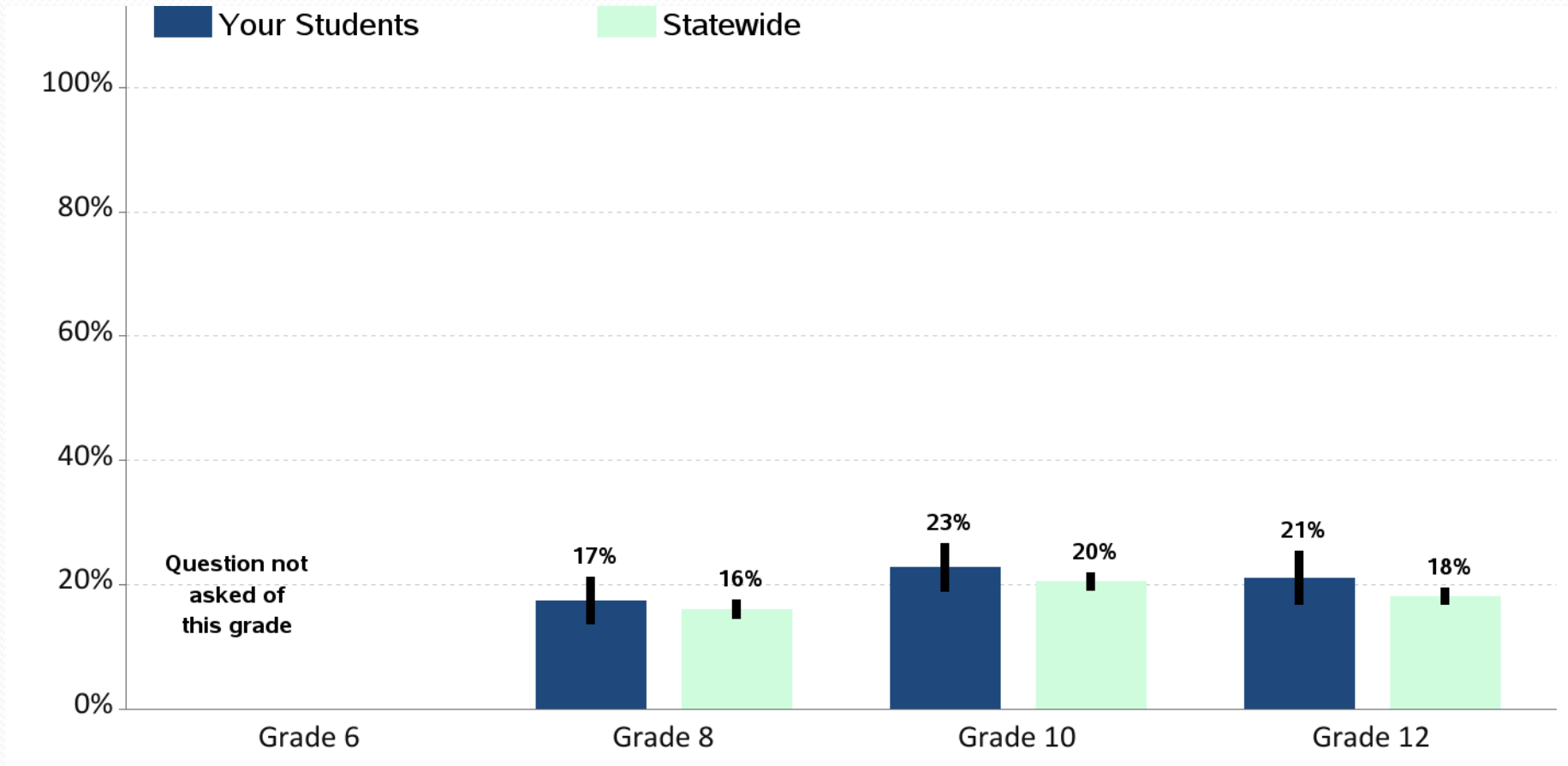


	2006	2008	2010	2012	2014
State Grade 8	25%	24%	25%	26%	27%
State Grade 10	30%	30%	30%	31%	35%
Walla Walla Grade 8	25%	29%	26%	27%	30%
Walla Walla Grade 10	32%	28%	32%	32%	41%

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
(District results: "Yes")

Contemplation of Suicide

Percent of students who report having seriously considered suicide in the past year



Walla Walla County
- Source: 2014 Healthy Youth Survey

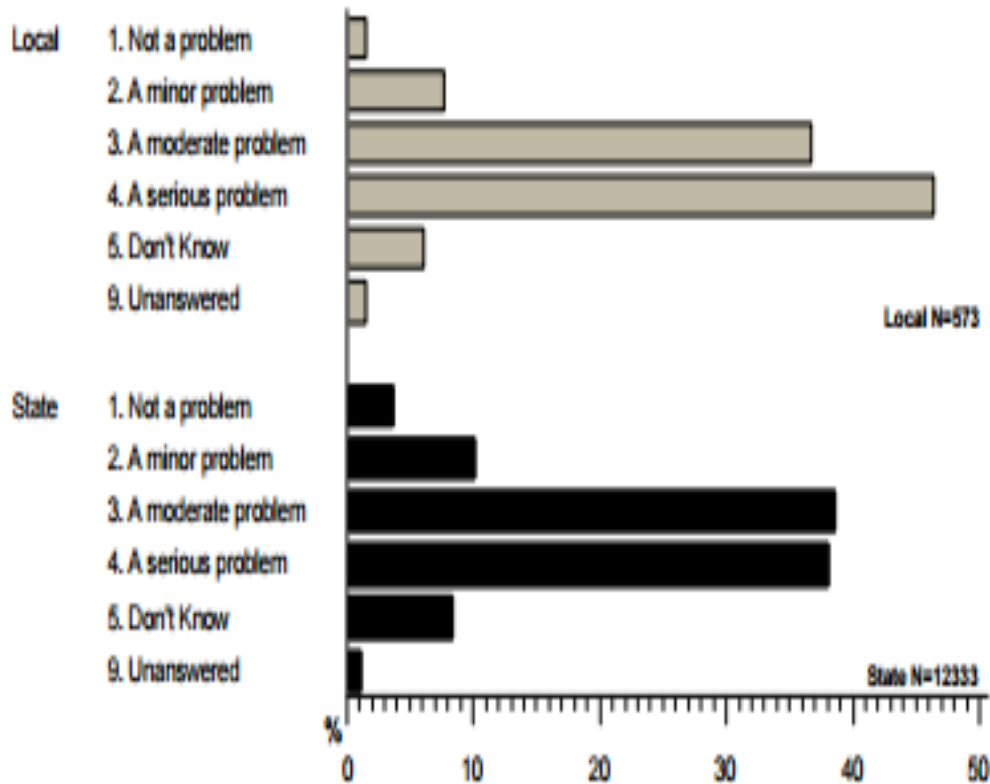
What are Adults Saying?

- W2 for Drug Free Youth conducted a community survey of adults in the Spring of 2015. N=573
- What were the top concerns that adults identified about Walla Walla youth?
- Do we need to talk more to our youth about the dangers of drugs and alcohol?
- Do parents know what to say and what resources are available?



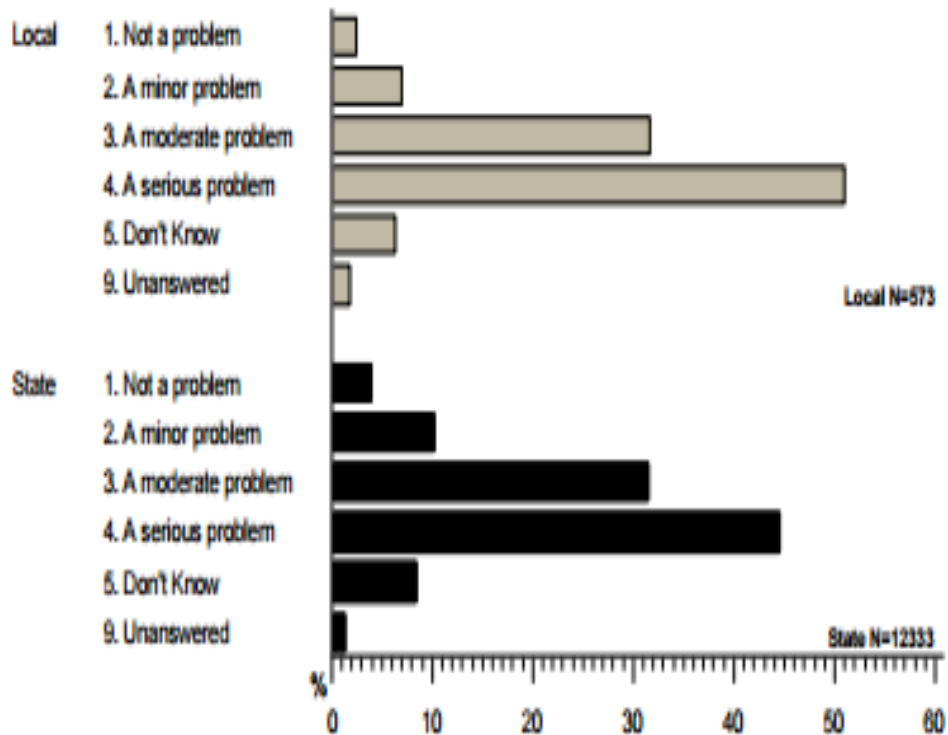
Alcohol Use

01a. How much of a problem do you believe each of the following is among youth (6 – 12th grade) in your community? Alcohol use



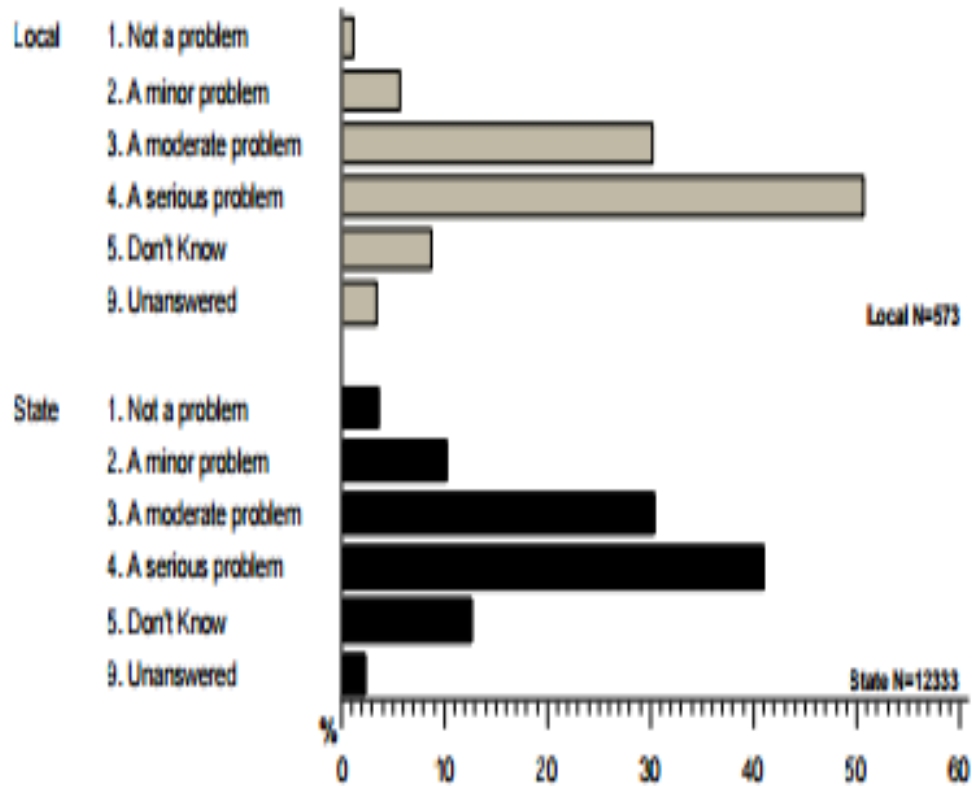
Marijuana Use

01b. How much of a problem do you believe each of the following is among youth (6 – 12th grade) in your community? Marijuana use



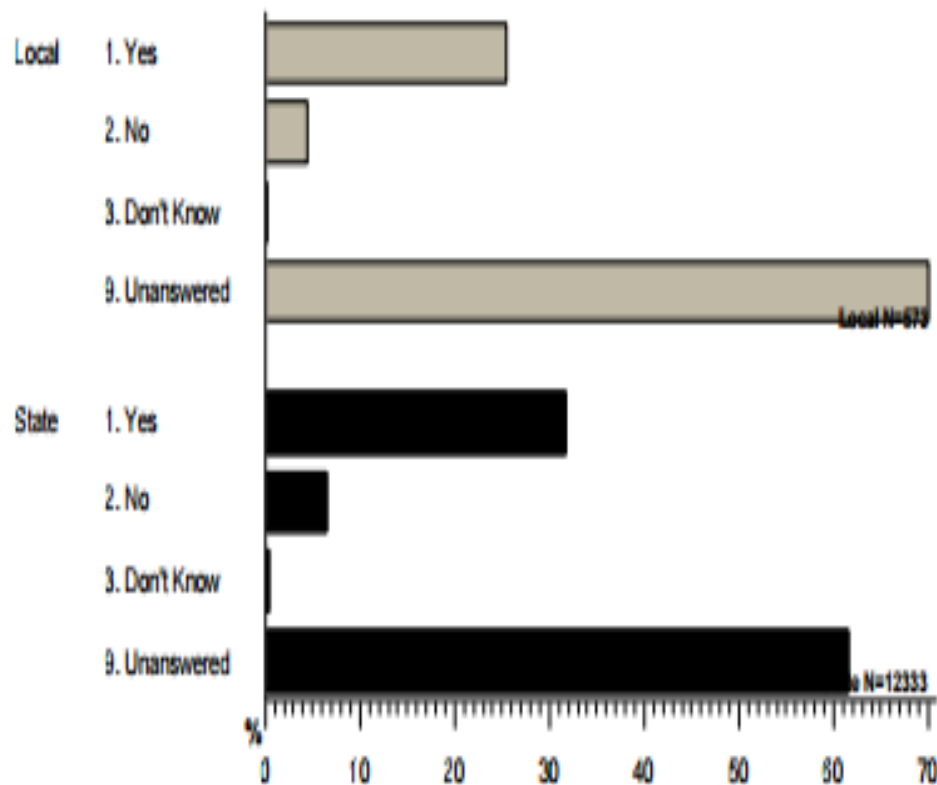
Depression

01g. How much of a problem do you believe each of the following is among youth (6 – 12th grade) in your community? Depression



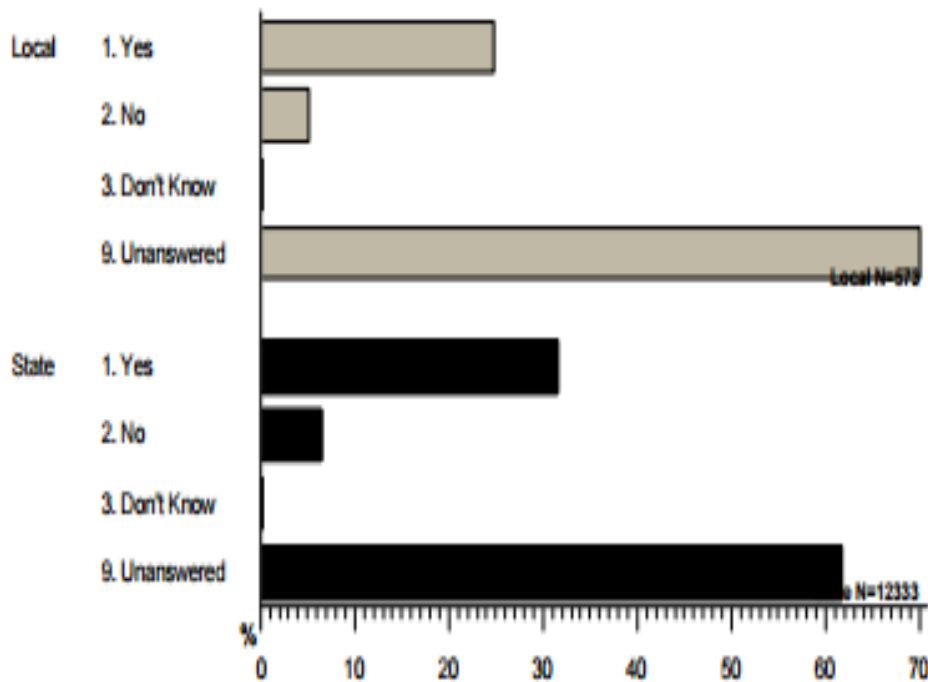
Do Parents Talk to Their Kids About Alcohol?

13a. During the past 3 months have you talked to your child (6th – 12th grade) about the potential negative consequences associated with underage alcohol use?



Do Parents Talk to Their Kids About Marijuana?

13b. During the past 3 months have you talked to your child (6th – 12th grade) about the potential negative consequences associated with using marijuana?



How to Begin the Talk...

- **Talk. They Hear You** - The "Talk. They Hear You." Underage Drinking Prevention National Media Campaign empowers parents and caregivers to talk with children early about the dangers of alcohol.
- Research shows that parents are the leading influence on their child's decisions about alcohol. Although it may not seem like it, when parents talk about underage drinking, their children do hear them.
- <http://www.samhsa.gov/underage-drinking>





Underage Drinking Prevention

Talk. They Hear You.

SAMHSA's underage drinking prevention campaign helps parents and caregivers start talking to their children early—as early as 9 years old—about the dangers of alcohol.



[Check out the PSAs](#) >

In the News

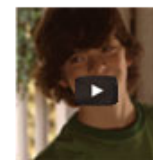


[See CSAP Director, Fran Harding, on Comcast Newsmakers.](#)

Featured Resources



[Watch our new TV PSA, "Mom's Thoughts."](#)



[Watch the original "Talk. They Hear You." TV PSA](#)

Take Action

[Tips for talking with kids about](#)

Talk. They Hear You



- **Campaign Goals** -The “Talk. They Hear You.” campaign aims to:
- Increase parents’ awareness of the prevalence and risk of underage drinking
- Equip parents with the knowledge, skills, and confidence to prevent underage drinking
- Increase parents’ actions to prevent underage drinking
- **9-15: A Crucial Age**
- To prevent young people from starting to drink, the campaign focuses on ages 9-15. Around 9, children begin thinking alcohol may not be just for adults. By 15, many young people are drinking. **Young people who start drinking before age 15 are five times more likely to develop alcohol problems as adults than those who begin drinking at 21 or older.**

Educate Yourself on E Cigs

- Electronic cigarettes (also called e-cigarettes or electronic nicotine delivery systems) are battery-operated devices designed to deliver nicotine with flavorings and other chemicals to users in vapor instead of smoke.
- They can be manufactured to resemble traditional tobacco cigarettes, cigars or pipes, or even everyday items like pens or USB memory sticks; newer devices, such as those with fillable tanks, may look different.
- More than 250 different e-cigarette brands are currently on the market.



Why E Cigs and Vape Pens?

- E-Cigarettes are increasingly popular among adolescents. Although they contain nicotine derived from tobacco, they are not yet subject to regulation as tobacco products, including the requirement that purchasers be a certain age.
- Some states have banned sale of e-cigarettes to minors, but they can get around that by ordering online. Their easy availability (online or via mall kiosks), in addition to their wide array of cartridge flavors (such as coffee, mint, candy, and fruit flavors), may make them particularly appealing to this age group.
- <http://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>

Marijuana Resources for Parents

- Learn about the marijuana of today including:
- The effects of marijuana on adolescent health,
- Techniques for talking to your child about marijuana,
- What to do and how to help if your child is using marijuana, and
- The basics of the law in Washington state.

- [Learnaboutmarijuanawa.org](http://www.learnaboutmarijuanawa.org)

- <http://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/letter-to-parents>



Depression Symptoms

- As outlined in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders, 4th Ed. (DSM-IV), a major depressive episode involves at **least two weeks duration** (and usually more) of reduced functioning with **five or more** of the symptoms listed below. It is important to not dismiss any of these symptoms as “acting out” or “just a phase.”
- Sleep problems (commonly more sleeping)
- Loss of interest or pleasure in formerly fun activities
- Loss of interest in friends
- Appetite changes

Depression Symptoms

- Concentration problems
- Hopeless or guilty thoughts
- Body movement changes—feeling edgy or slowed down
- Persistent physical complaints and/or frequent visits to school nurses
- Suicidal thoughts or preoccupation with death.
- Appetite changes
- Energy loss
- Sadness or irritability
- <https://www.nami.org/>



Local Resources

- Trilogy Recovery Community
- Walla Walla Public Schools
- Lincoln Health Center
- Walla Walla Department of Community Health
- Blue Mountain Action Council
- Commitment to Community
- Walla Walla Girls Council
- The Mom's Network
- Walla Walla Area Crime Watch
- Comprehensive Mental Health
- Catholic Charities
- WA State Liquor Control Board

