



## Mental Health

## and Montana Students



### What is the problem?<sup>1</sup>

#### Among high school students<sup>2</sup>. . .

##### Bullying

- 25% have been bullied on school property
- 20% have been electronically bullied (e.g., texting, Instagram, Facebook, or other social media)

##### Depression and Suicide Ideation

- 43% have felt so sad or hopeless for two or more weeks in a row that they stopped doing usual activities
- 26% seriously considered attempting suicide
- 22% made a plan about how they would attempt suicide
- 15% actually attempted suicide
- Of students who attempted suicide, 32% had an attempt that resulted in injury, poisoning, or overdose that needed medical treatment

### What are the solutions?<sup>3</sup>

#### Among middle/junior and senior high schools. . .

##### Policy

- 64% of schools have a School Improvement Plan that includes health-related objectives on social and emotional climate
- 96% of schools have a designated staff member to whom students can confidentially report student bullying and sexual harassment, including electronic aggression
- 94% of schools use electronic, paper, or oral communication to publicize and disseminate policies, rules, or regulations on bullying and sexual harassment, including electronic aggression

##### Health Education

- 71% of schools' health education staff worked with mental health staff on health education activities
- 96% of schools taught students about emotional and mental health topics
- 93% of schools taught students about suicide prevention
- 98% of schools' health education teachers taught about the mental and social benefits of physical activity

- 58% of schools provided parents and families with health information designed to increase knowledge for preventing student bullying and sexual harassment, including electronic aggression (i.e., cyber-bullying)
- 65% of schools' health education teachers received professional development on emotional and mental health during the past two years
- 81% of schools' health education teachers would like to receive professional development on emotional and mental health
- 65% of schools' health education teachers received professional development on suicide prevention during the past two years
- 78% of schools' health education teachers would like to receive professional development on suicide prevention
- 54% of schools' health education teachers received professional development on violence prevention (e.g., bullying, fighting, dating violence prevention) during the past two years
- 81% of schools' health education teachers would like to receive professional development in violence prevention

<sup>1</sup> 2023 Montana Youth Risk Behavior Survey data representative of all high school students in Montana.

<sup>2</sup> Health risk behaviors reported during the past 12 months.

<sup>3</sup> 2022 School Health Profiles data representative of middle/junior and senior high schools in Montana.

