

# RISK FACTOR

# SUICIDAL THOUGHTS



Click here to see survey data on our website

## Cause for Concern:

- 7th and 8th graders reporting ANY thoughts of suicide decreased from 2021-2023, but there is still cause for concern
- The percentage of 9th - 12th graders reporting ANY thoughts of suicide increased from 2021-2023
- At the same time, FREQUENCY of suicidal thoughts increased - almost doubled - among 7th - 12th graders from 2021 - 2023
- The percentage of youth reporting suicidal thoughts translates to a notable number of individuals in both schools



## Did You Know?

There is a strong connection between mental health and substance use....and that relationship is bi-directional:

- 1 in 2 teens with a substance use disorder have a co-occurring mental health challenge
- Youth experiencing depression are 2x more likely to use substances
- Early substance use can cause changes in the brain that can trigger mental health challenges that were not present before

Sources: NIH, SAMHSA

Use of alcohol, cannabis, and nicotine use are "each associated with an increased prevalence of suicidal thoughts as well as depression/ anxiety symptoms, psychotic experiences, and attention deficit hyperactivity

disorder symptoms" (Source: Tervo-Clemmens, et al 2024)

### And Rye 2023 PRIDE Survey data show:

Those reporting **frequent thoughts of suicide also report significantly higher use of alcohol (73.3%) and marijuana (40%)** than those who report no thoughts of suicide (35.2% alcohol; 13.6% marijuana)

Risk Factor	2016	2018	2021	2023	Change
Grades 7-12 Thought about suicide (A lot or often)	4.4%	4.2%	2.4%	4.4%	↑ 2 percentage points
7 <sup>th</sup> & 8 <sup>th</sup> Any thoughts of suicide	19.4%	16% (n = 77)	20.2% (n = 83)	14.3% (n=47)	↓ 5.9 percentage points
9 <sup>th</sup> -12 <sup>th</sup> Any thoughts of suicide	24%	25.1% (n = 216)	28.2% (n = 241)	30.1% (n=209)	↑ 3.1 percentage points

Source: 2023 PRIDE Survey

## What Are We Doing About It?

RyeACT and its community partners have placed considerable focus on mental health supports in recent years, in response to the growing crisis in youth mental health:

- Youth-Led 31 Days of Mental Health Campaign (May 2021)
- Youth-Led Holiday Message-A-Day Campaign (Dec 2023)
- Increased mental health supports in schools K-12
- Professional Development
- Youth Mental Health First Aid training for adults (RCSD, community groups, parents/caregivers)
- Peer 2 Peer (Rye HS & Rye MS)
- Mental Health programming for Athletes (RYC)
- Mental Health Awareness Week 2024 at RHS, RMS, Osborn (RYC)
- CODA (Co-Occurring Disorders Awareness) pilot - **Fall 2024**
- Teen Mental Health First Aid training for teens at RHS - **Fall 2024**

