

# CDC Epi-Aid PSN Community Survey

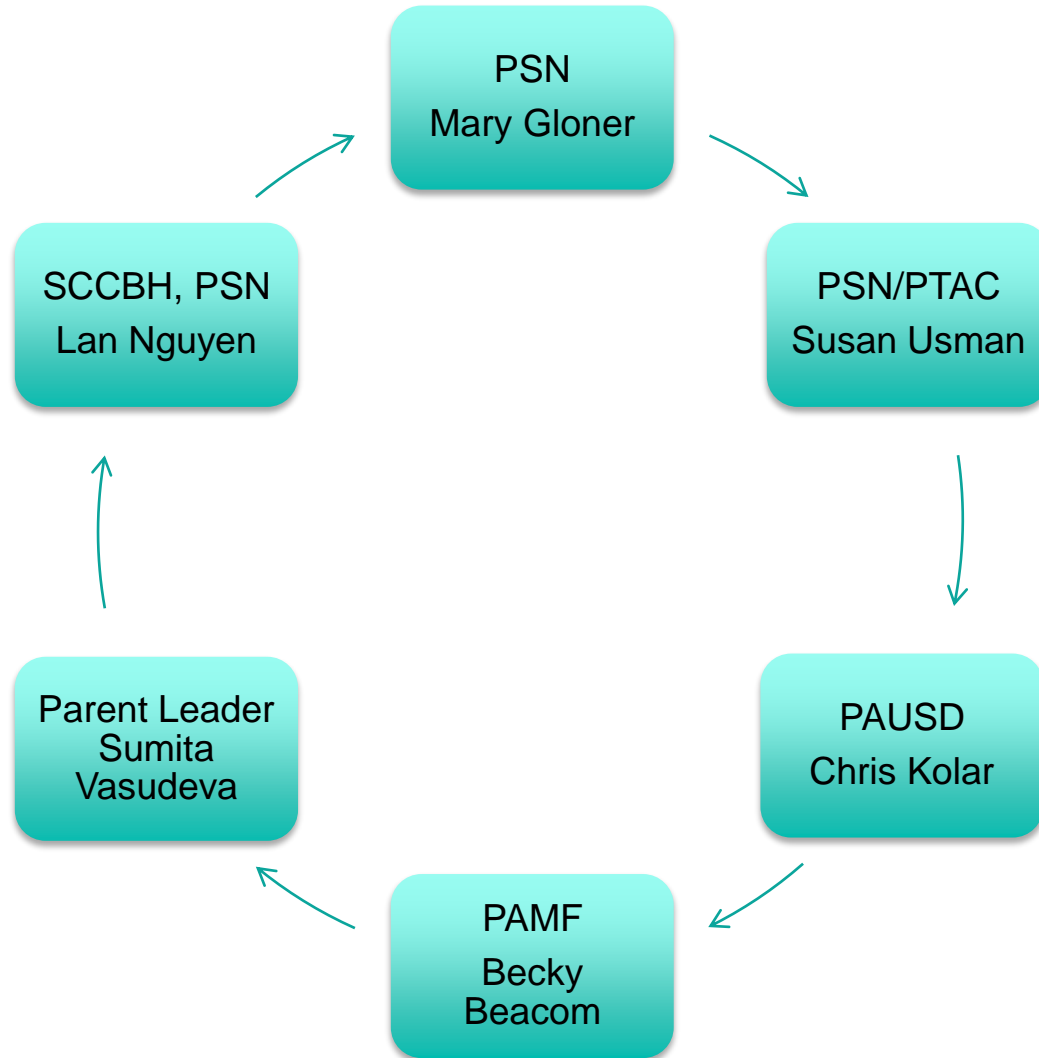
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# Opportunity

- Community input into EpiAid process
- Gather community “voice”
- Knowledge, perceptions, beliefs & attitudes
- Eye to the future
- Benefit from CDC analysis

# PSN Community Survey Committee



# What is true about Palo Alto's...

- **attitudes and beliefs?**
  - stigma or help-seeking?
  - mental health and treatment?
  - underlying risk factors in PA?
  - Support for each other?
  - Support for suicide prevention efforts?
  - Youth and adult similarities and differences?
  - Strengths in our community?
- ***Story...***

# The Community Survey

- June 2016
- PAUSD platform
- English, Spanish, Mandarin
- Outreach to schools, community, news outlets...
- Analysis:
  - PAUSD
  - CDC
  - PSN survey team – ongoing...

# By the Numbers...

- 1825 “opened” the survey
- **CDC focus:** residents, current students & parents
  - N = 1065 officially completed
  - 229 “current students” (21.5%)
  - 476 “current parents” (44.7%)
- **PSN focus:** by-age
  - Youth N = 576                      Adult N = 1020
- Female – 52-60% of Youth; 75% of Adults
- *Representative? Valuable? Actionable? Aligned?*

# Important takeaways ...

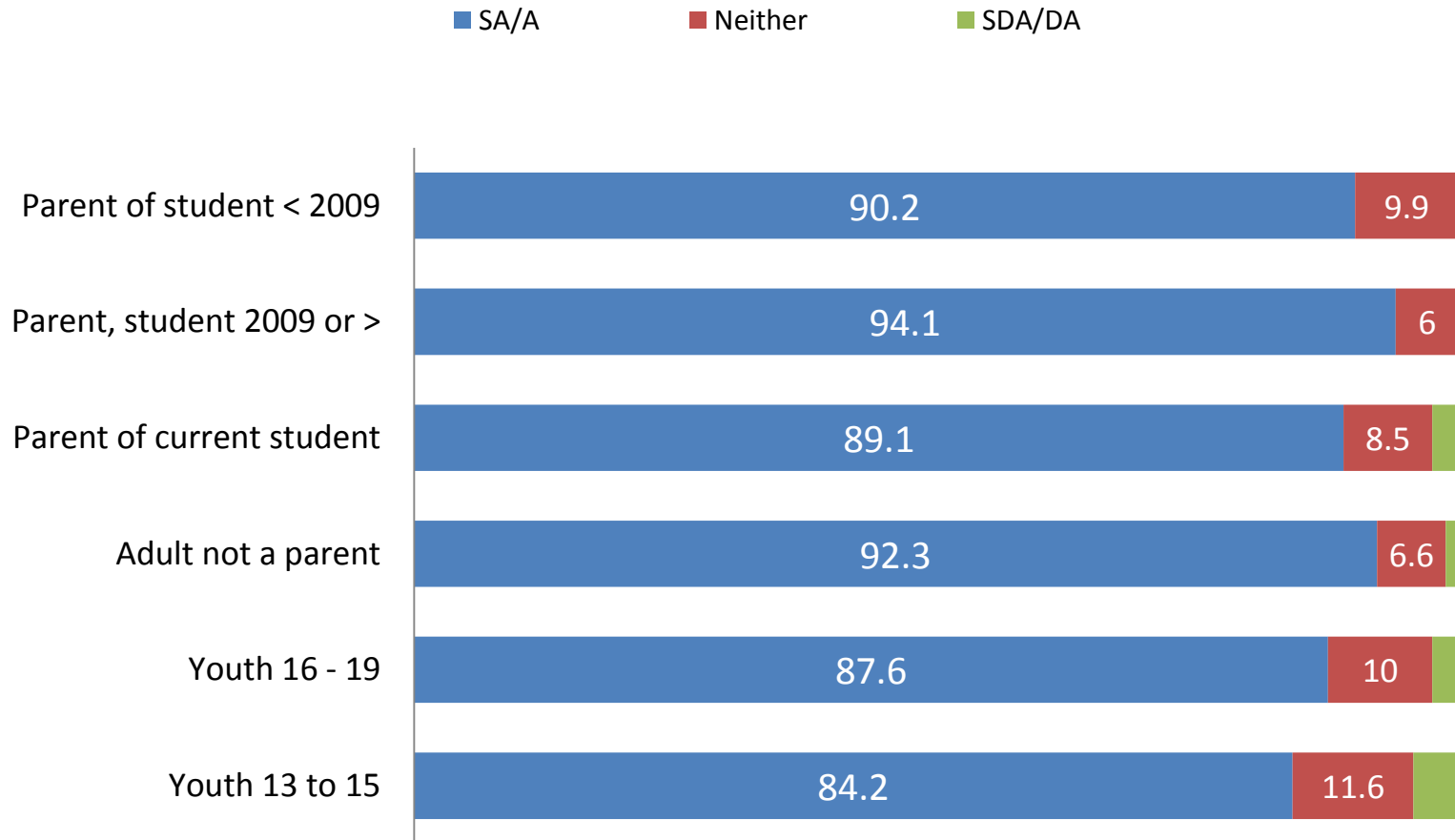
- **Strengths** in attitudes, caring and support – all ages\*
  - CDC: noted when differences in student and parent results = significant
- **Opportunities** for future efforts
  - Focused education and outreach
  - Reflect community strengths & input
  - Focus groups to better understand results...

# Attitudes and Perceptions of Suicide

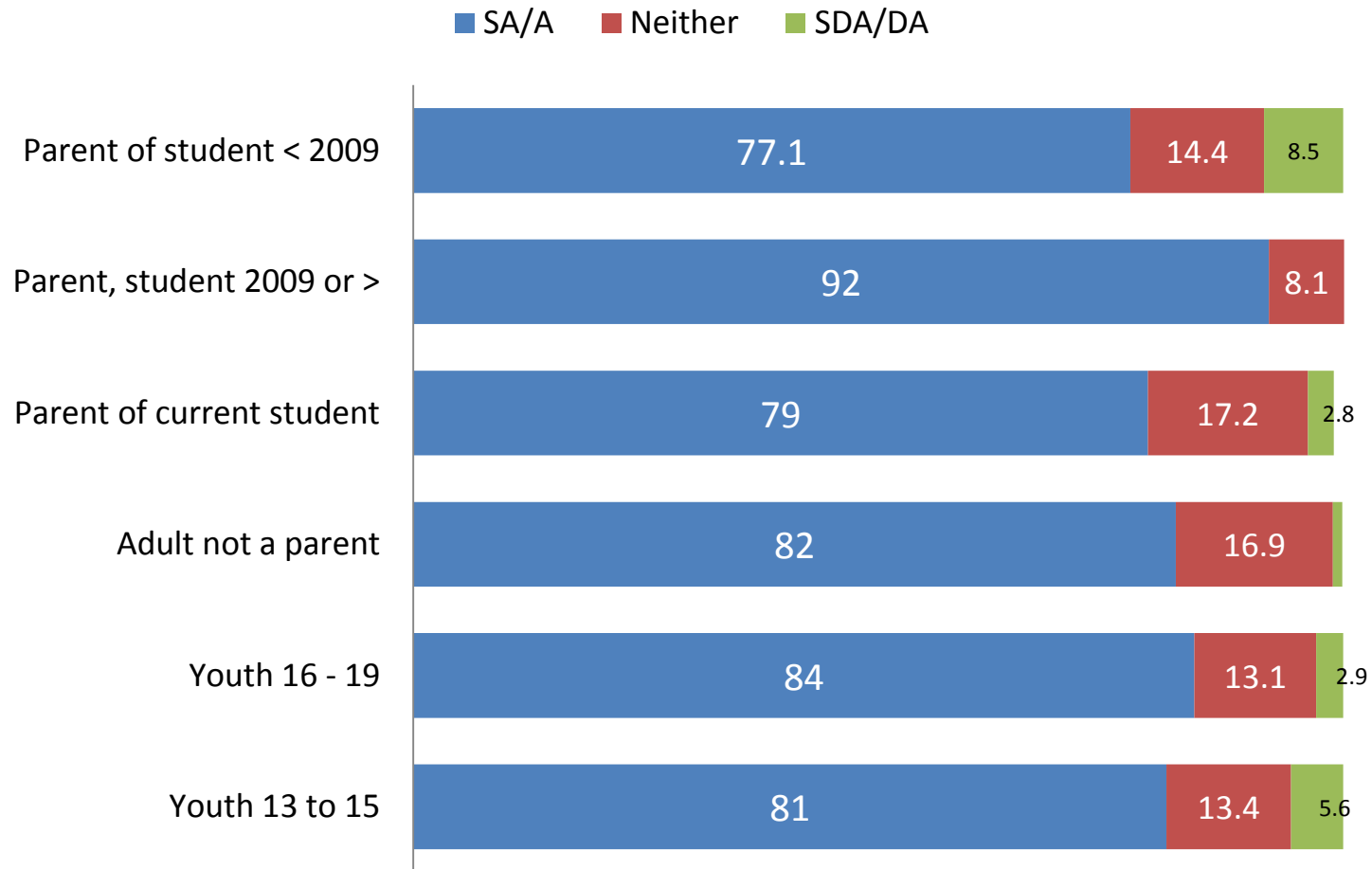


Q15-1.

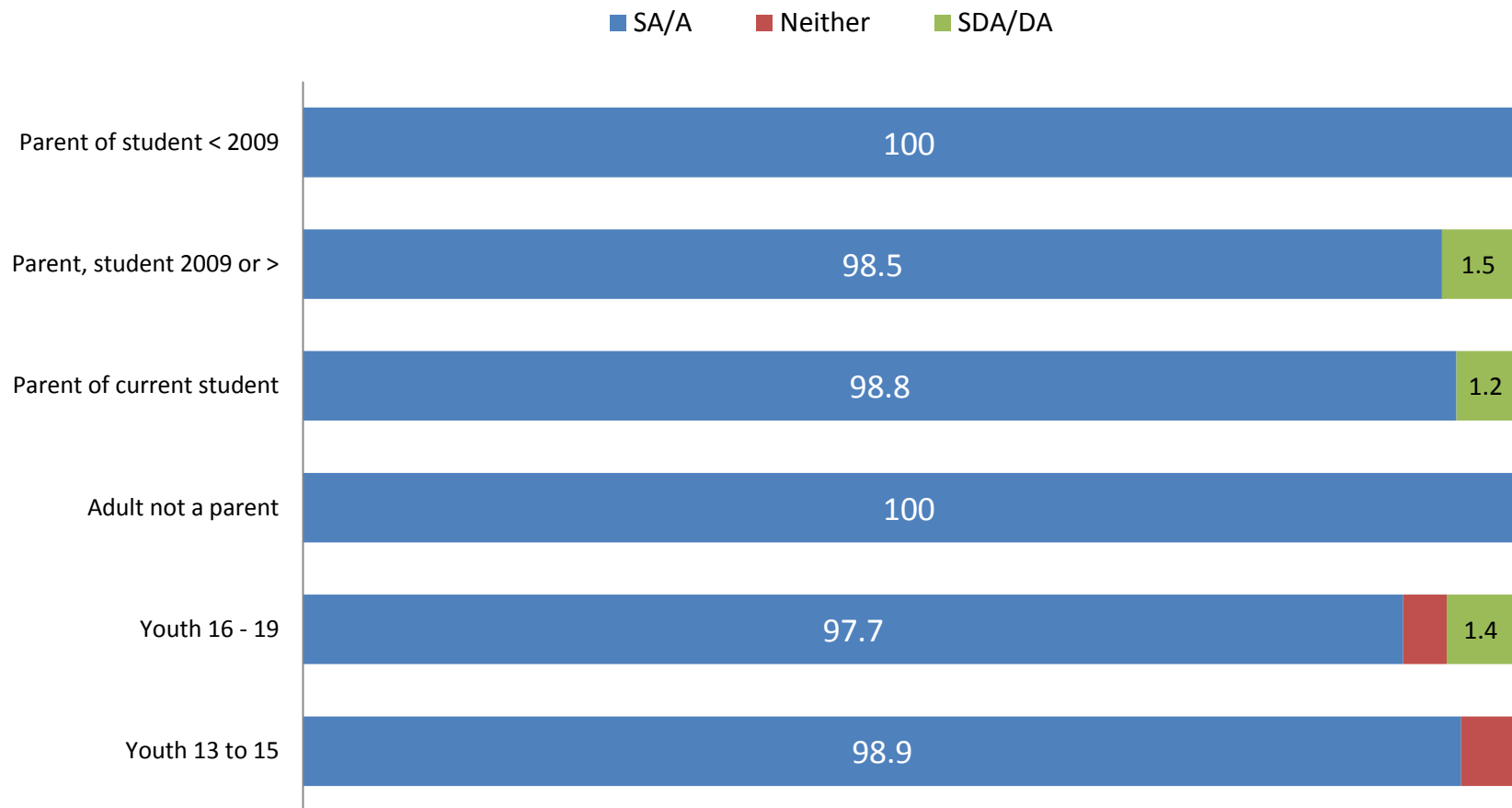
# Youth suicide is a current problem in Palo Alto.



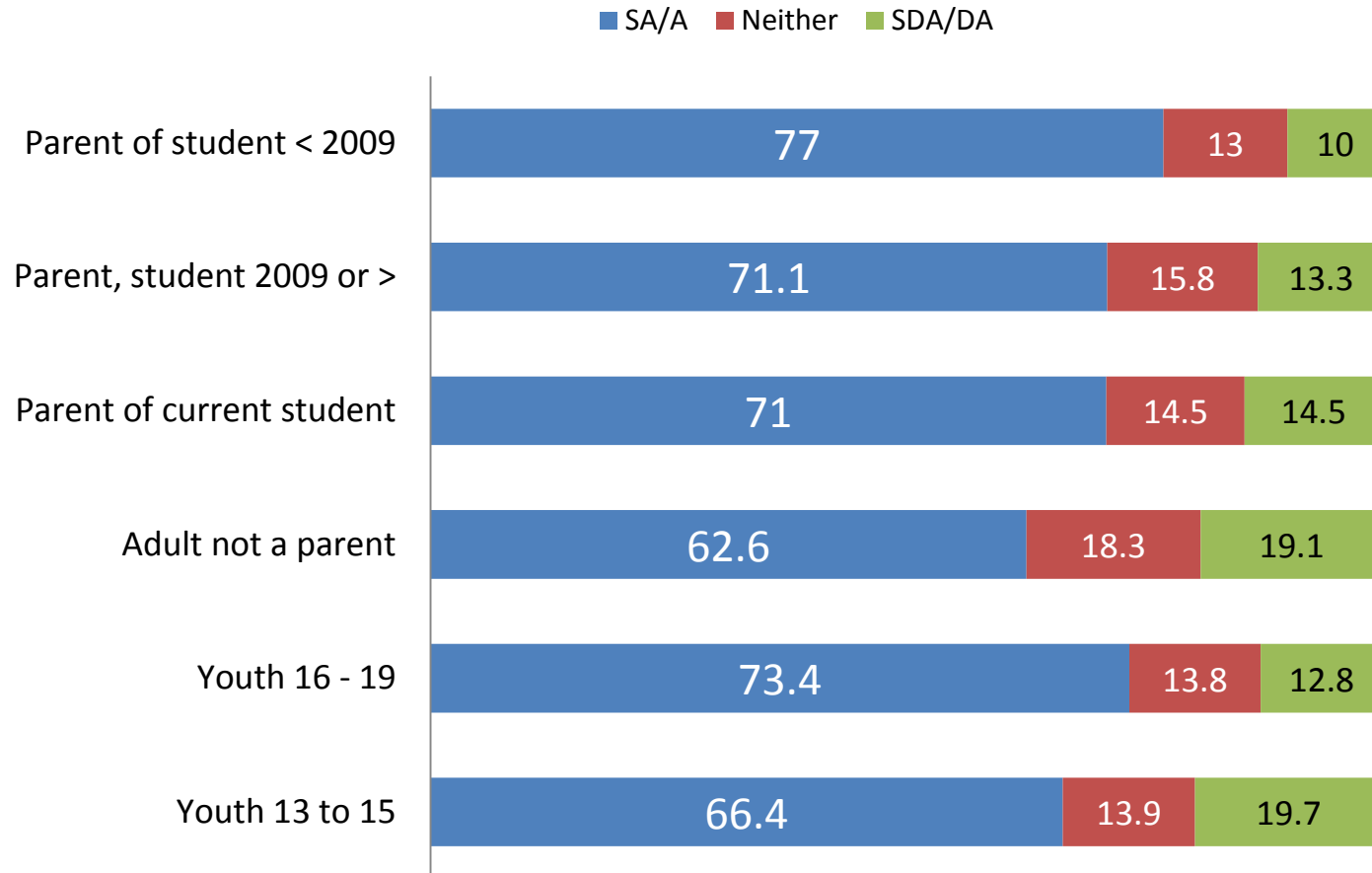
# Q15-2. Suicide is preventable



# Q.15-9. I would support a friend/family member who decided to seek professional help for depression.

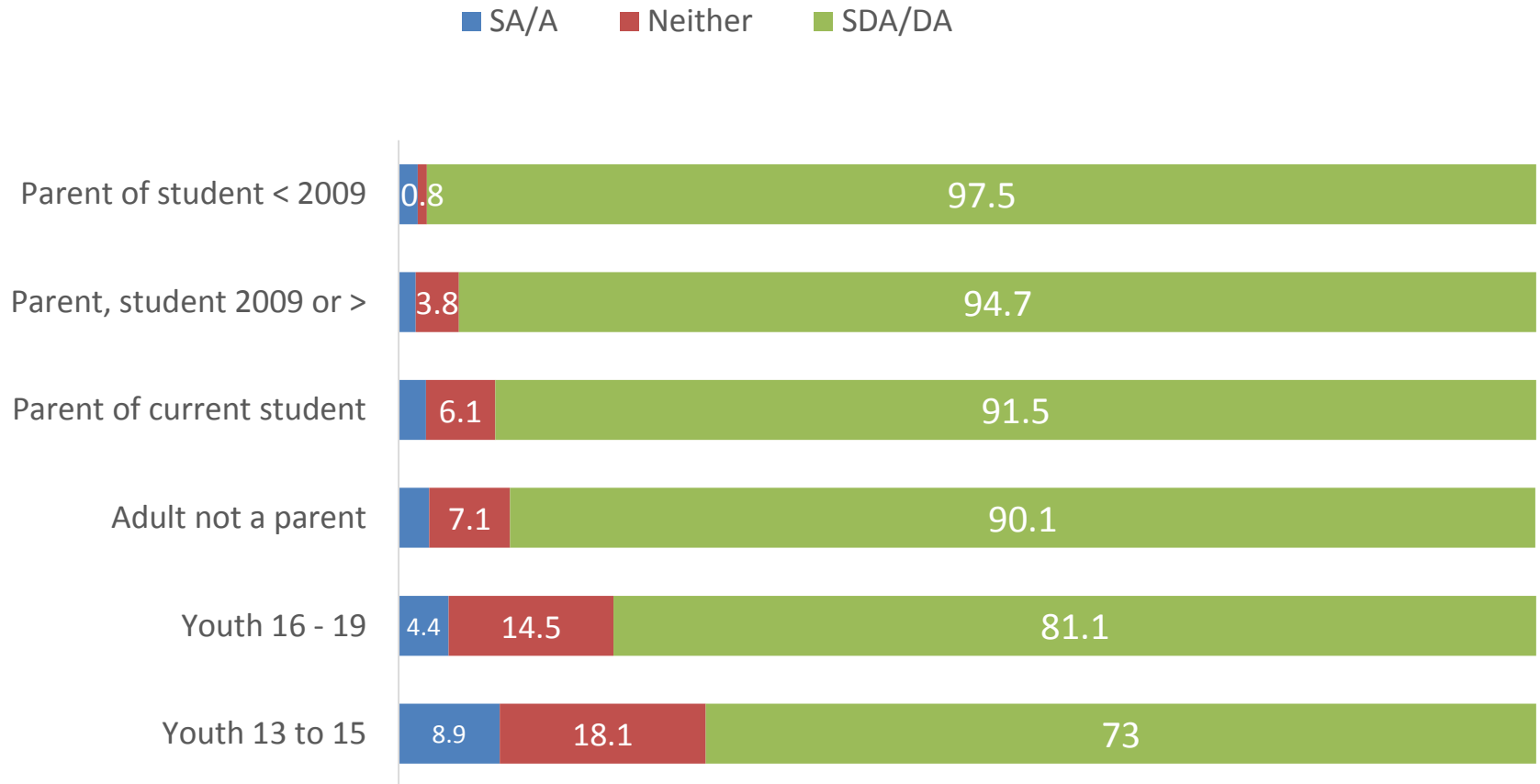


# Q 15-7. I know how & where to get help for a friend/family member who is thinking about killing themselves.

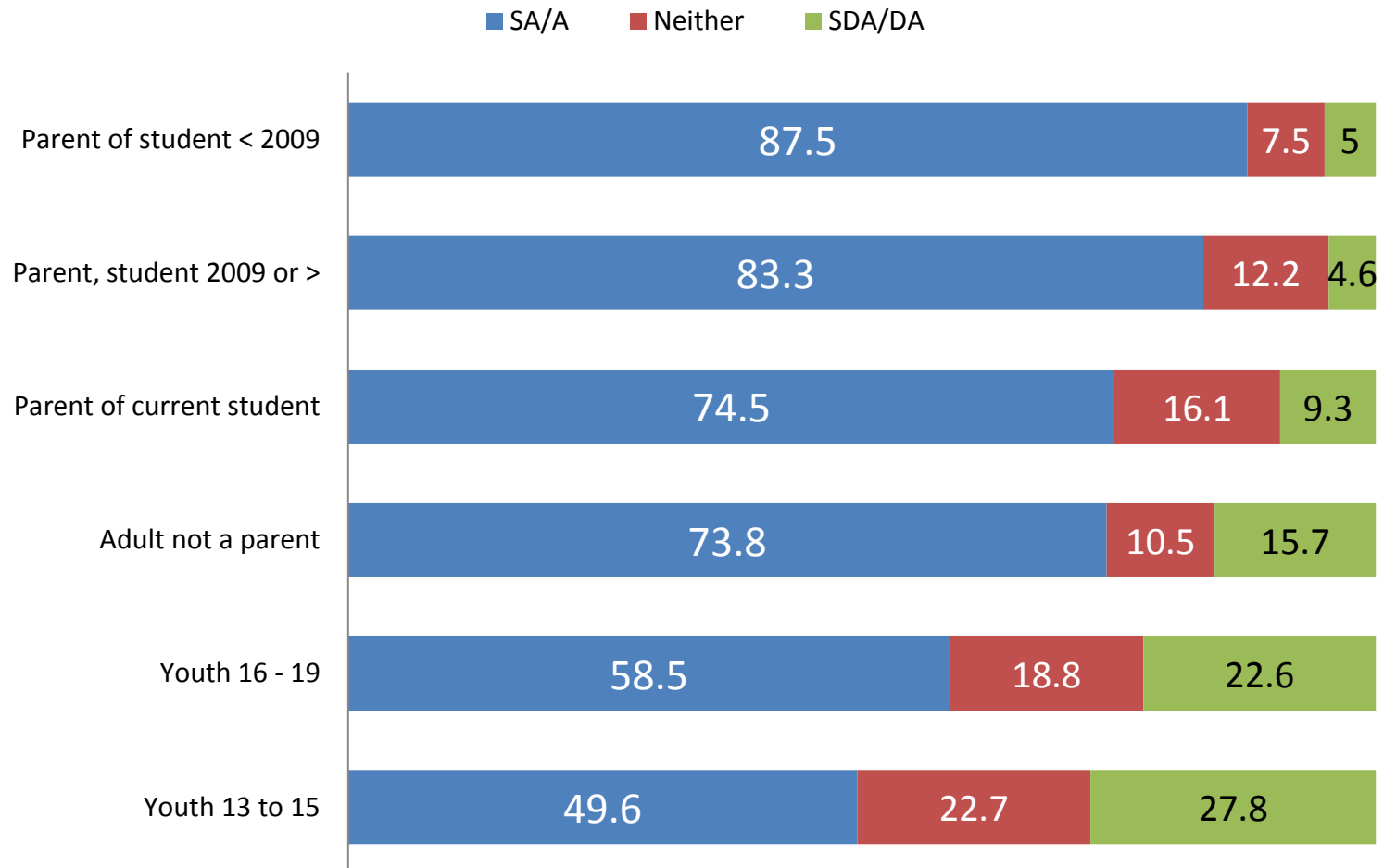


Q15-4.

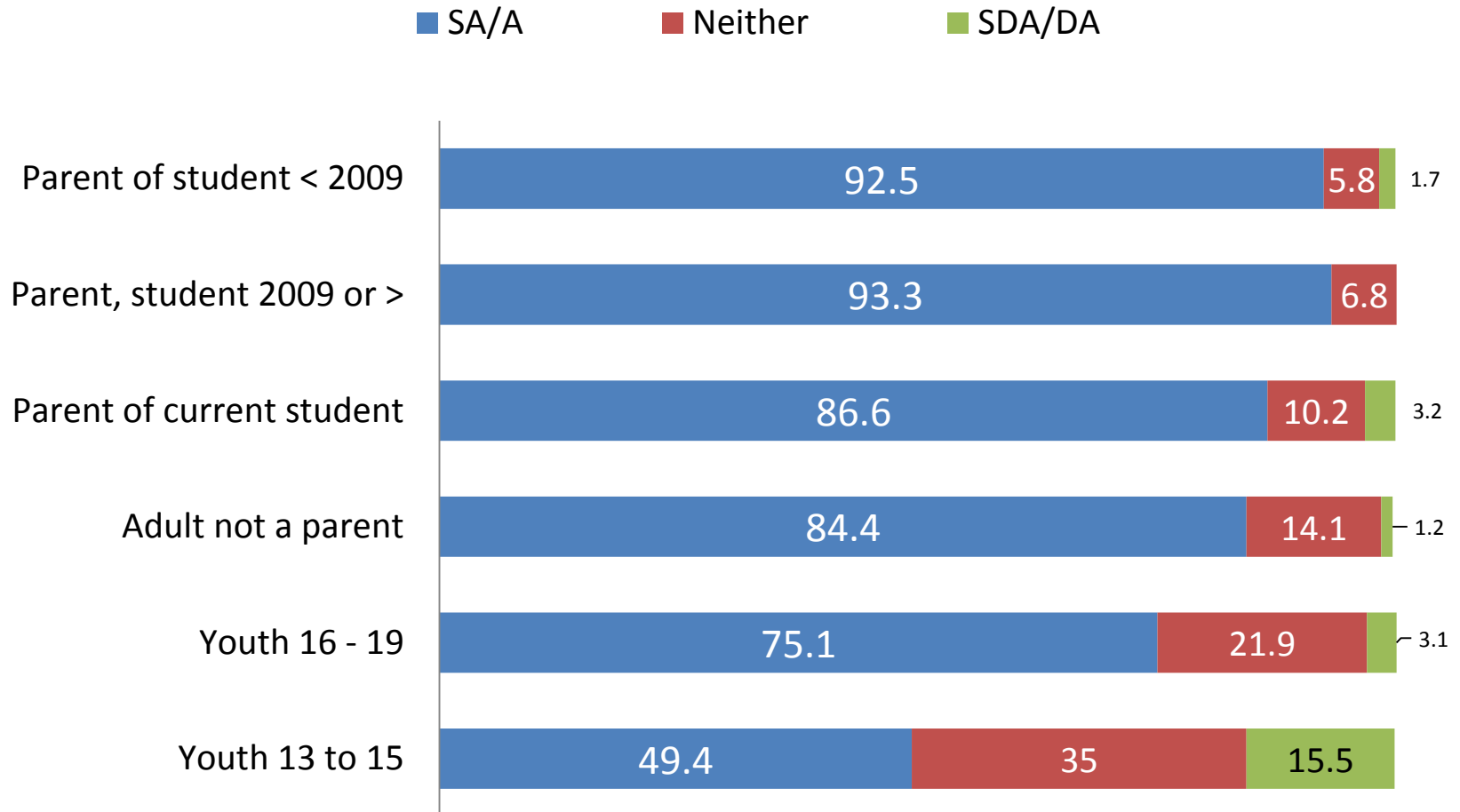
# Suicide is shameful, something to be hidden.\*\*



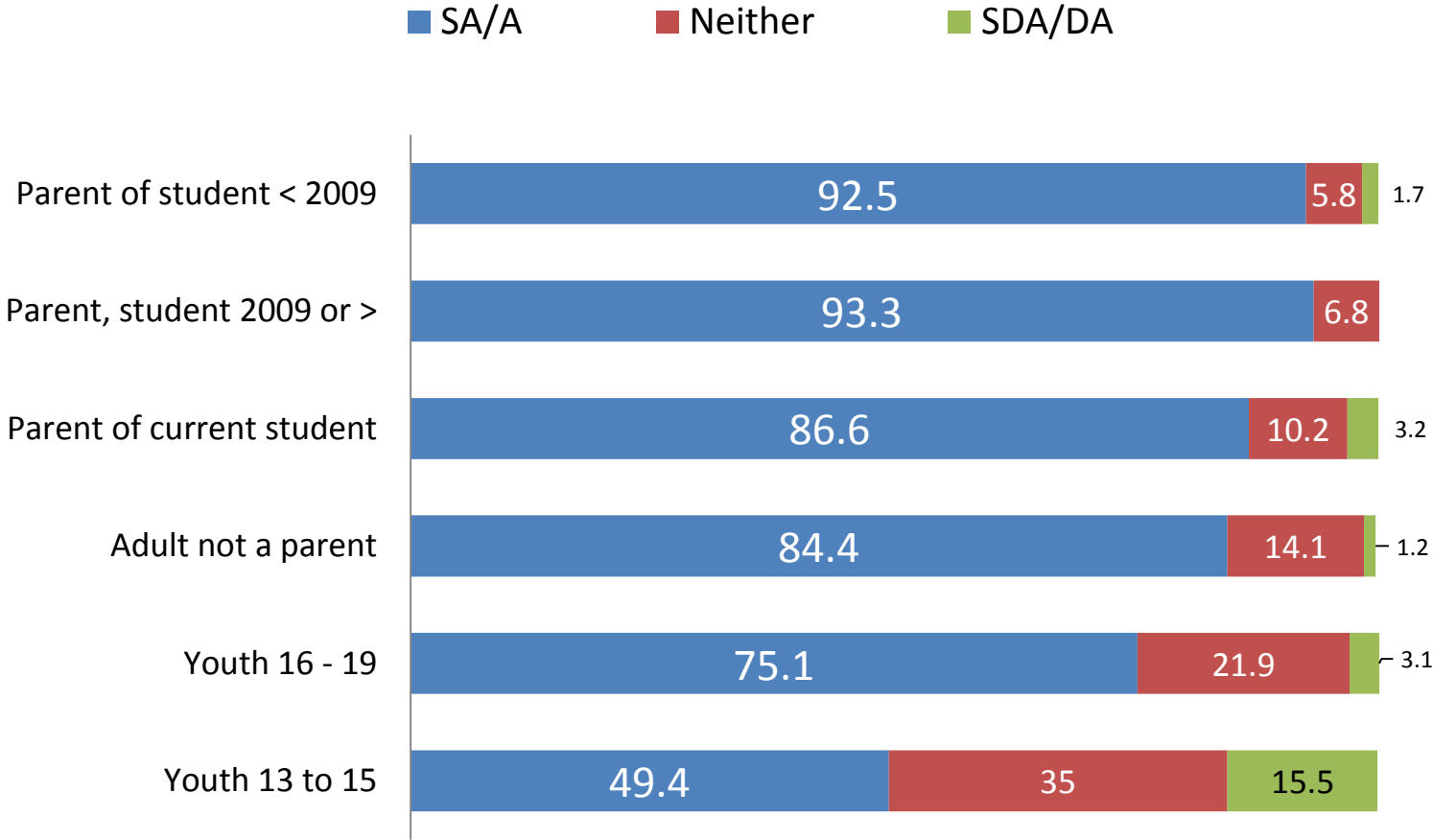
# Q15-5. I am comfortable talking about suicide with my family or friends.\*



# Q15-8. Depression is a medical disorder that responds to treatment.\*



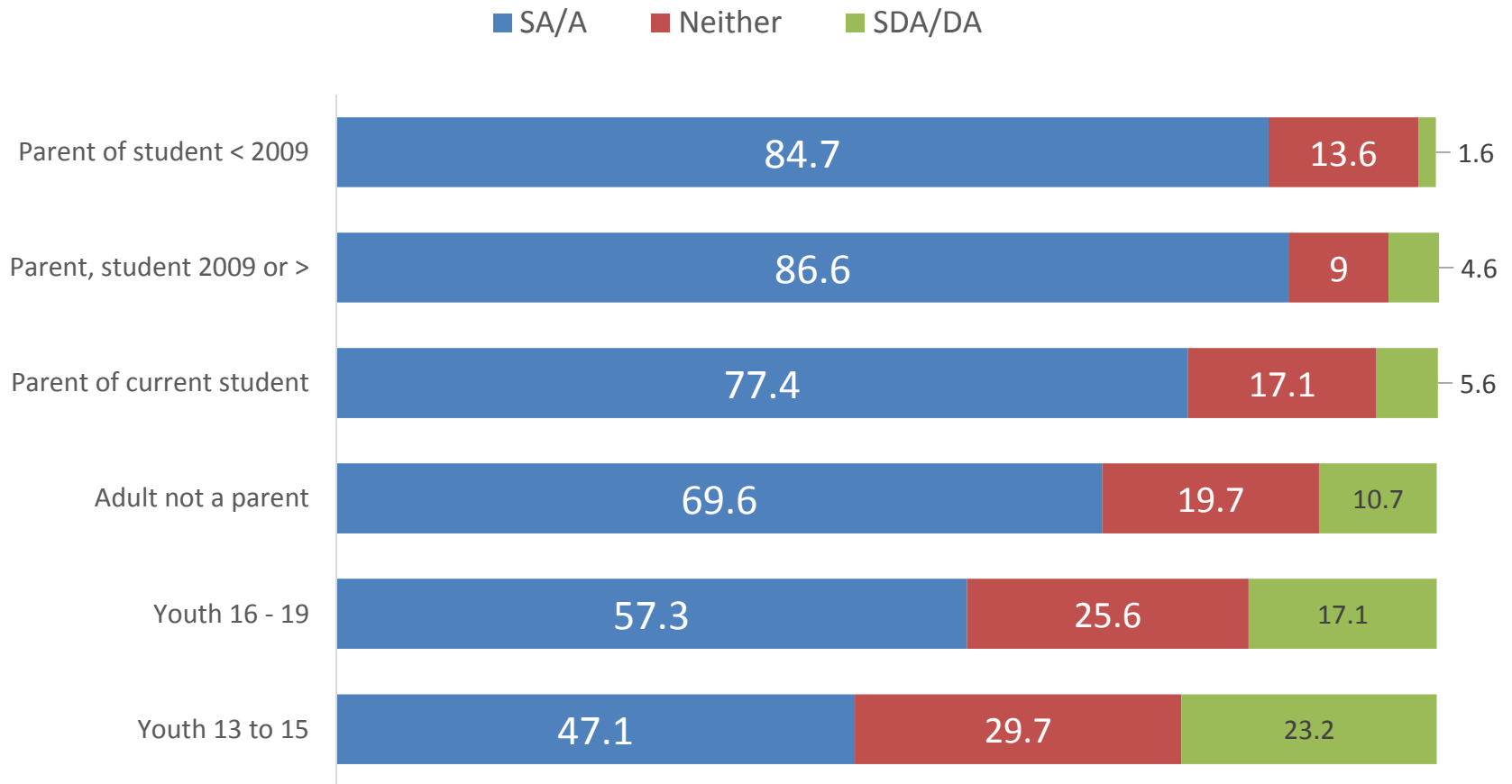
# Q15-11. I would be comfortable telling a friend/family member if I needed professional help for depression.\*



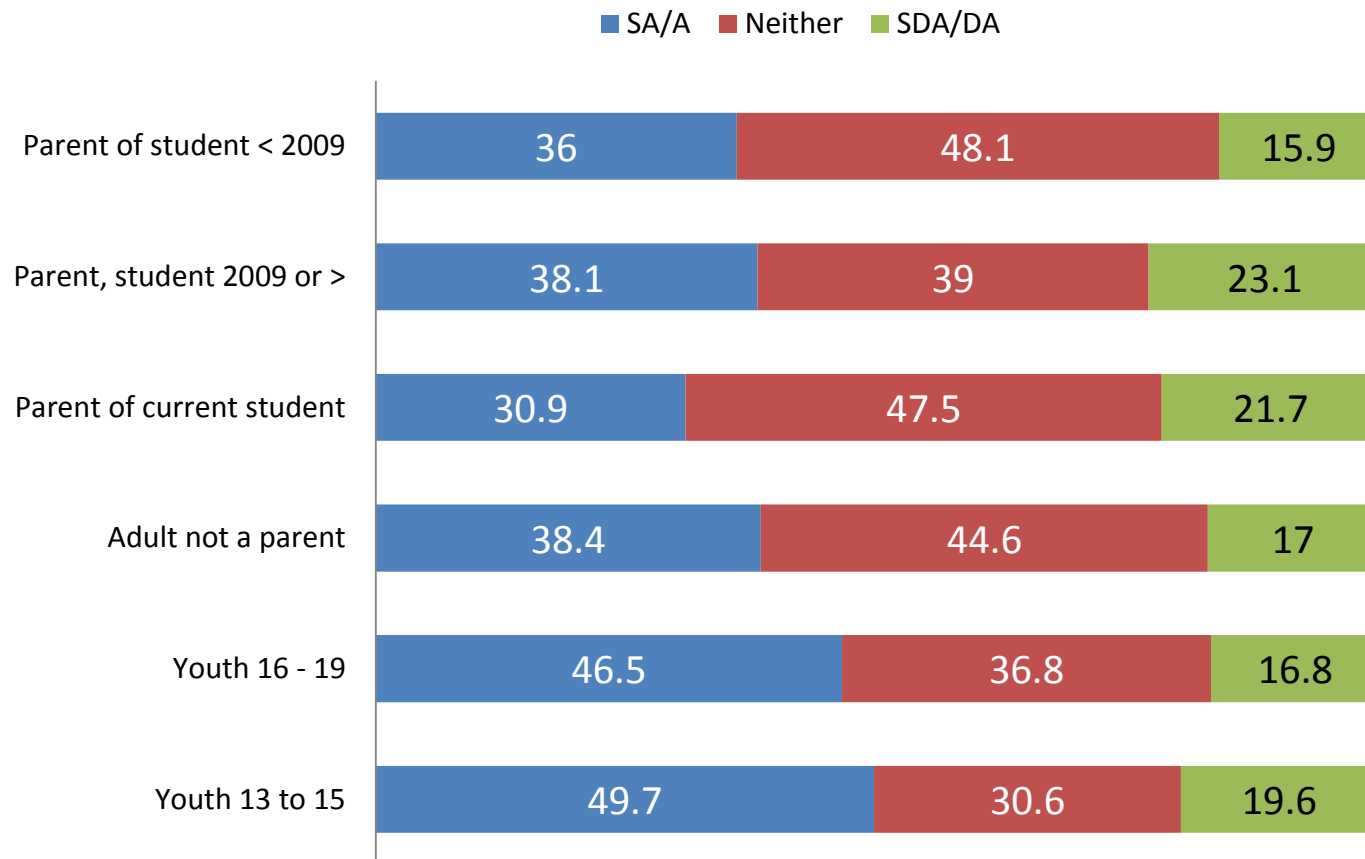


## Q15-12.

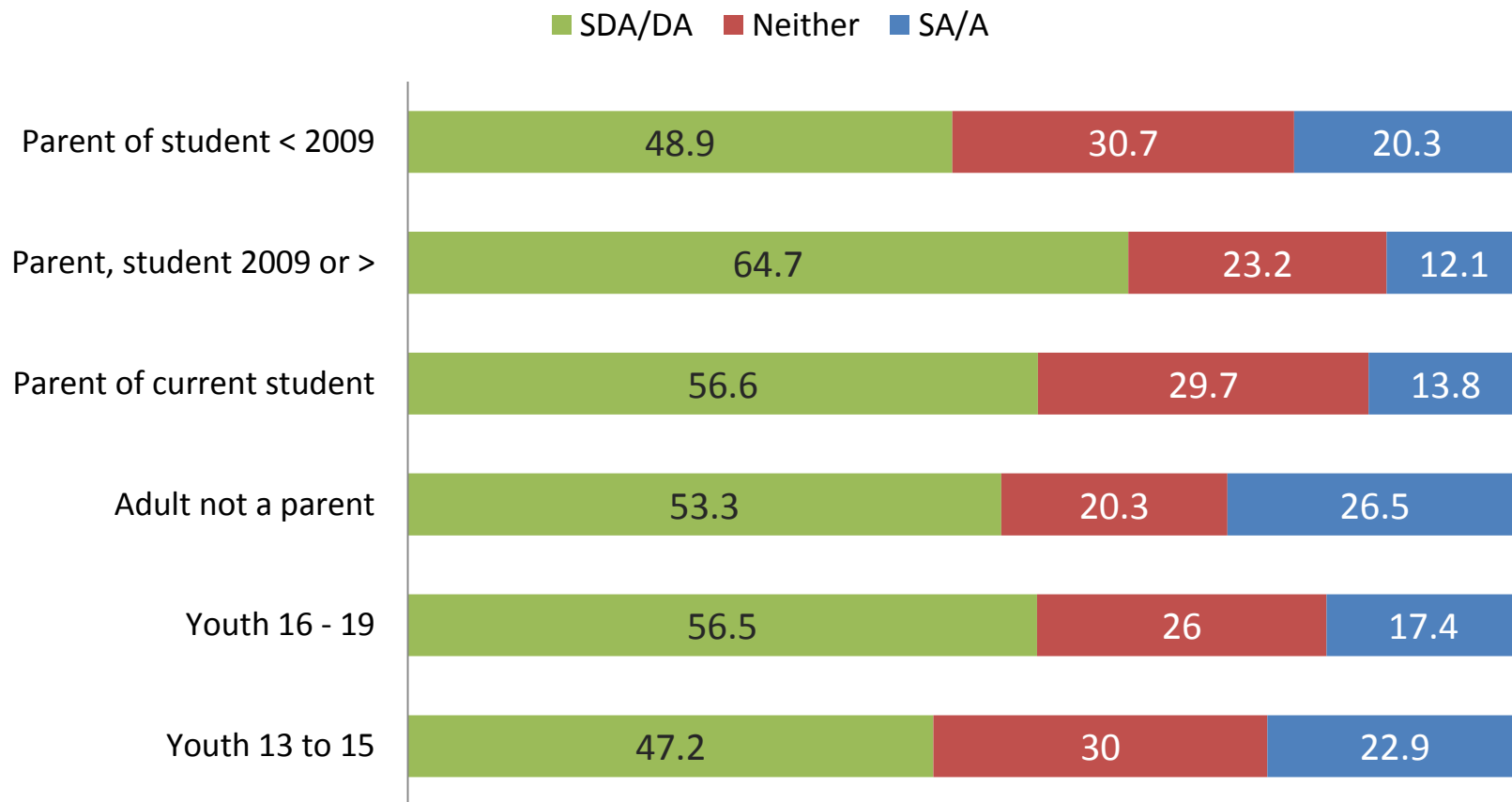
If I am concerned that a friend/family member is considering suicide, I would ask – it would not plant the idea in their mind.\*



# Q 15-6. I would recognize if a friend/family member was thinking about killing themselves.\*\*



# Q15-3. Suicide is bound to happen.\*\*



# Perception of Underlying Risk Factors in Palo Alto Suicide

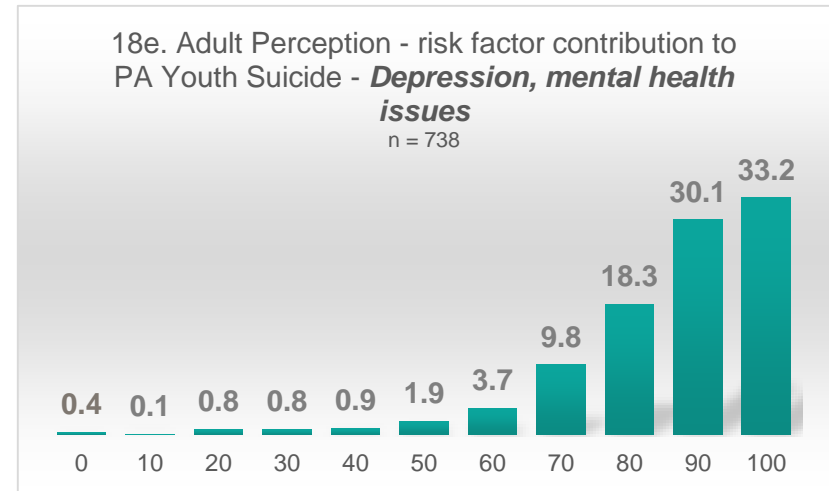
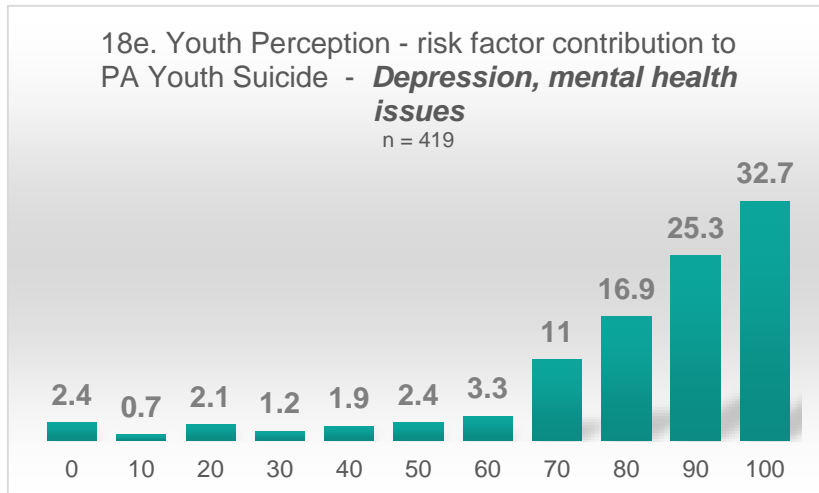
# Top 5 Perceived Risk Factors – all respondents

- Depression, mental health issues
- Academic distress or pressure
- Disconnected, socially isolated
- Family or cultural pressure
- Life challenges

# Student perceptions - underlying factors

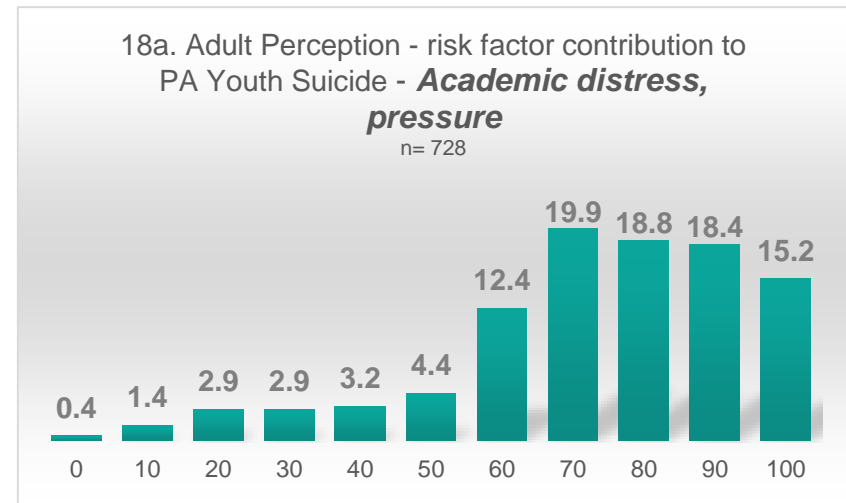
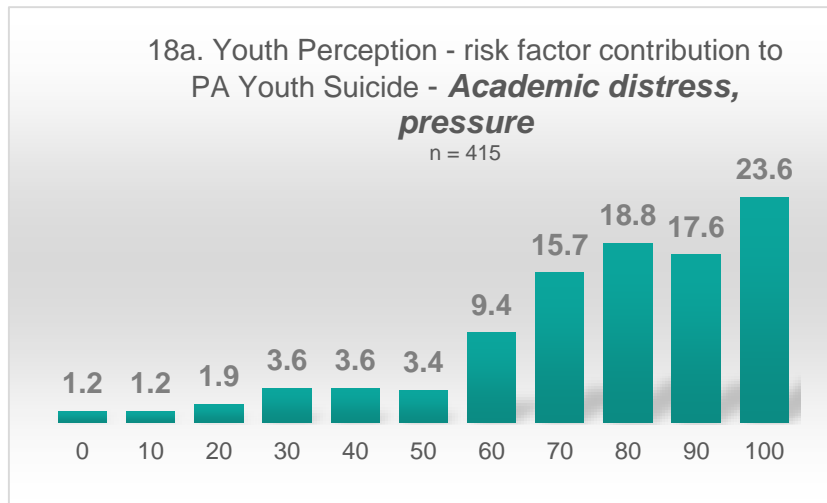
- Significantly *HIGHER* scores for:
  - Academic distress
  - Life challenges
- Significantly *LOWER* scores for:
  - Alcohol, drug use
  - Bullying
  - Depression
  - Disconnected socially
  - Family/friend suicide history
  - Family, cultural pressure
  - Sexual orientation
  - Lack of access
  - Poor coping
  - Sleep disorder, depriv.
  - “Suicide contagion”
  - Family economic distress
  - Unsafe reporting by media

# Depression, mental health issues



**18e. Observation:** 86% of youth rated depression as a contributing factor of 70 or higher; 91.4% of adults **\*\*Consistent with CDC findings**

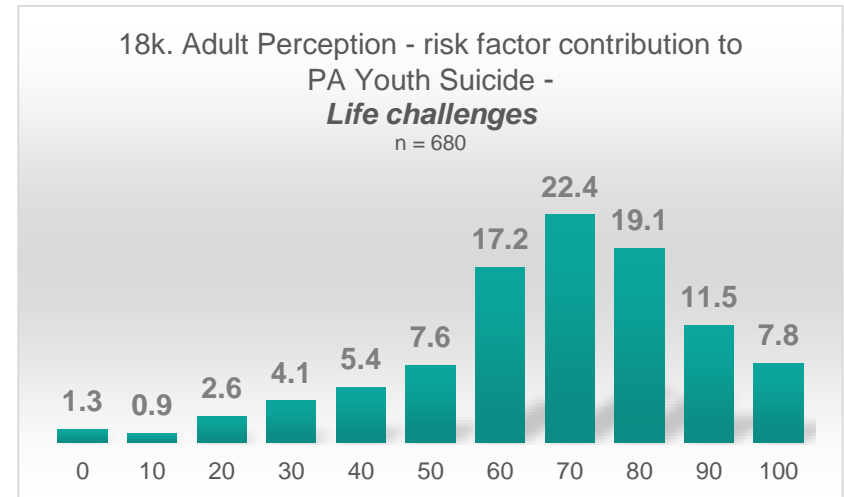
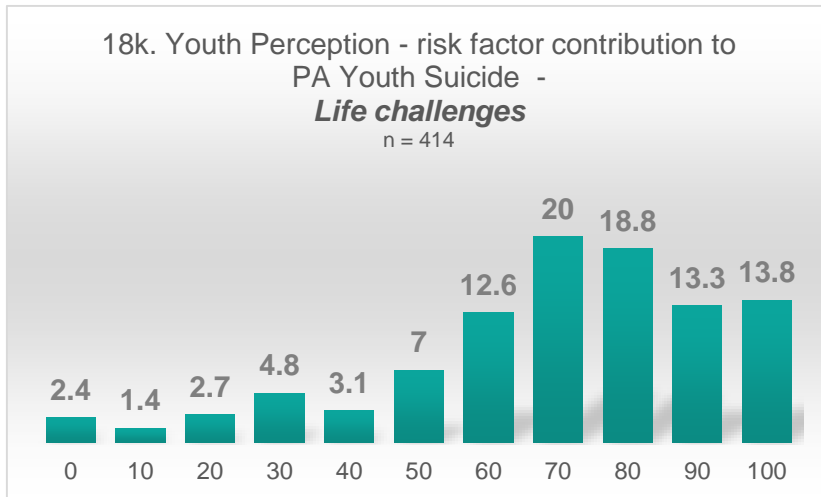
# Academic Distress, Pressure



**18a. Observation:** Similar views/spread by youth and adults – youth responses skewing toward the higher levels of contribution compared to adults (60% of youth ranked academic distress at 80 or higher; 52.4% of adults) **\*\*Consistent with CDC findings**



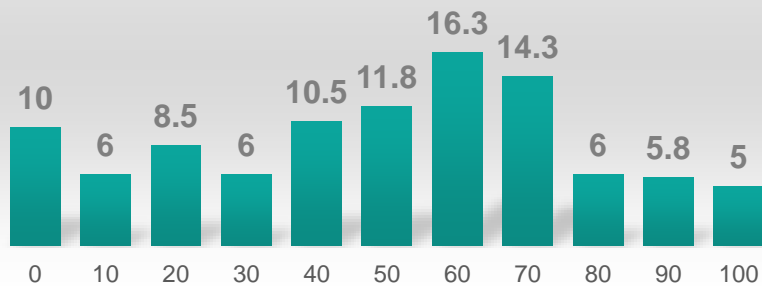
# Life Challenges



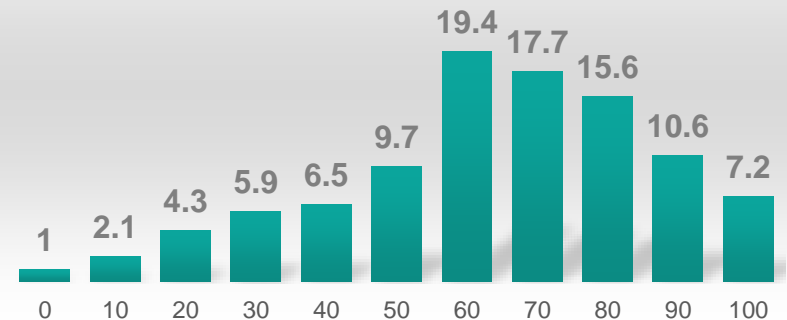
**18k. Observation:** similar graph shape – majority of youth & adults perceive life challenges as a major contributor to suicide in PA. Youth rating it higher than adults.  
**Consistent with CDC - \***

# Suicide contagion

18o. Youth Perception - Risk factor contribution to PA Youth Suicide - ***Suicide contagion***  
n = 400



18o. Adult Perception - risk factor contribution to PA Youth Suicide - ***Suicide contagion***  
n = 679



**18o. Observation:** Youth and adults differ on this – students mixed, with 24% actively weighing in that contagion is not at all a factor (compared to 7% of adults); adults skew toward contagion as a contributing factor

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# SUPPORT FOR PREVENTION EFFORTS

# CDC: Overall support for community efforts

- **Majority support current or planned efforts**
  - Improve access to mental health providers (90.4%)
  - School-based efforts to reduce unnecessary stress (82.6%)
  - Strengthen culturally tailored MH services (82.5%)
  - Increase youth input/involvement in school/community (82.3%)
  - ...
  - Means restriction at the tracks (59%)
- Students less likely to support than parents
- Upcoming PSN analysis - distribution of responses

***What strengths are currently present in PA that offer the greatest hope and protections against youth suicide?***

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# 549 adult comments...

**ADULT RESPONSES:** 549 adults responded to this open-ended question. The table below organizes adult comments by themes, and tallies the number of comments related to each theme. (Top 10 themes are shaded).

Theme	# of related comments
Awareness, honesty, talking about it	151
Caring Community	119
Nothing or critical or I don't know	61
School Policies to decrease stress & prevent suicide	48
Youth themselves, peers	47
Supportive SCHOOL Community	36
Wealth, Money	34
Educated Community	30
Teachers	30
Parent Education efforts/parents/parent involvement	28
Resources	17
Track Watch	17
Collaboration among orgs	15

# 280 youth comments...

**YOUTH RESPONSES:** 280 youth responded to this open-ended question. The table below organizes youth comments by themes, and tallies the number of comments related to each theme. (Top 12 themes are shaded).



Theme	# of related comments
Youth themselves, peers	45
Nothing or critical or I don't know	44
Caring Community	37
Awareness, honesty, talking about it	35
School Policies to decrease stress & prevent suicide	35
Supportive SCHOOL Community	24
Teachers	20
Counselors - school	17
Track Watch	14
Family/friends	10
Hotlines	9

# Youth voices...

*“Friends. There’s no program that you can put in place or treatment that you can force that will do a better job helping people than their friends. These events have brought people in the town closer together and made them much more open to talking about it.”*

*“We have some wonderful communities within the larger community (Gunn theatre, sports, etc) that allow for a feeling of inclusion and achievement.”*

*“Community, I have never met someone in PAUSD who doesn’t drop everything to listen when someone reaches out. In my class, I felt as if we were a family, ultimately not all super close knit or necessarily perfect at getting along with everyone, but everyone cared about each other regardless. When we were struck with tragedy we stuck together and helped each other. The students in PAUSD are compassionate.”*



Listen.

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**We “can receive truth from outside ... that we can come away transformed by what is good, beautiful, and meaningful in another.”**

Thich Nhat Hanh