



**Kansas Communities
That Care**
STUDENT SURVEY

2021-22 Depression / Suicide Supplementary Report

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Funded by:



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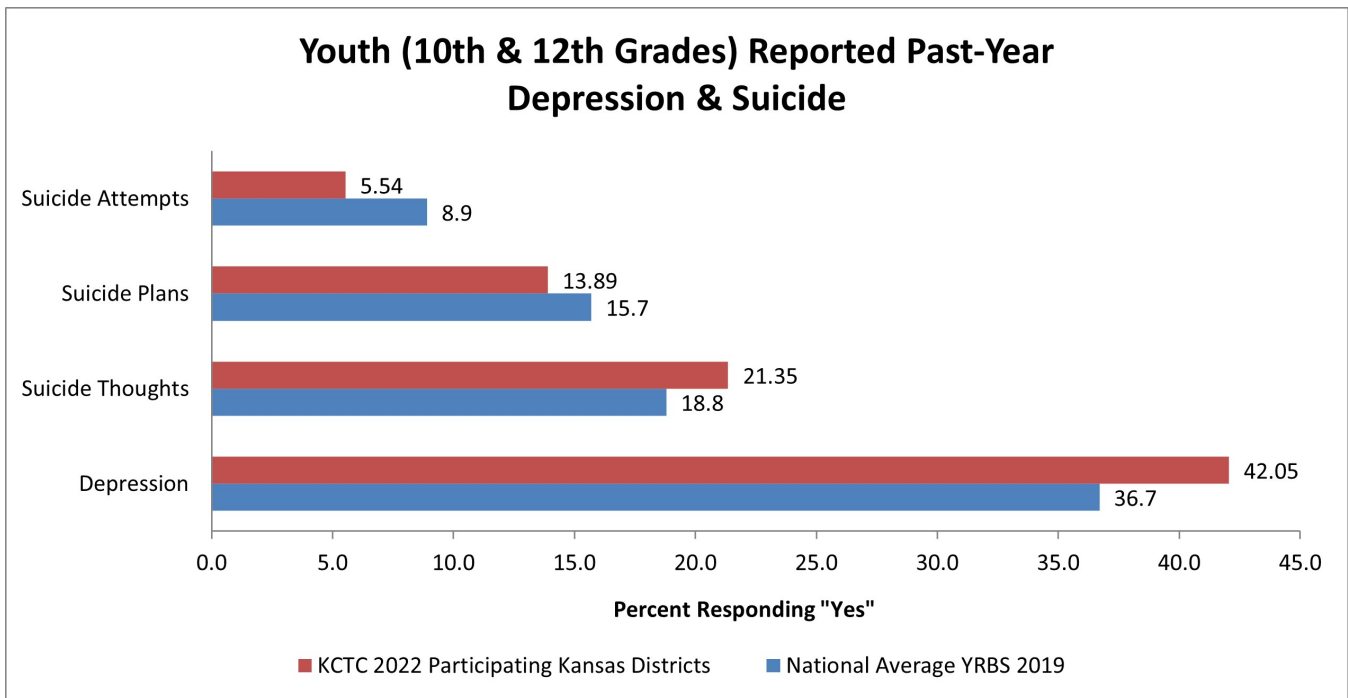


State of Kansas

Suicide is a serious behavioral health problem that has personal and public implications for Kansans. According to the Kansas Annual Summary of Vital Statistics, 555 Kansans committed suicide in 2018. While suicide is the 9th leading cause of death in Kansas, it is the 2nd leading cause of death for the 15-34 age group.

Increasing awareness and understanding of the prevalence and risk and protective factors for youth depression and suicide is critical. Ongoing assessment and monitoring of student depression and self-reported suicide thoughts, plans, and attempts is critical. To meet this need, the *Kansas Communities That Care (KCTC) Student Survey* optional depression/suicide module was made available to all districts in the 2015-2016 school year. In 2022, 96% of districts participating in KCTC survey also administered the optional depression/suicide module resulting in information from 53,406 students (30,714 middle school and 22,691 high school) from 227 districts and 8 private schools.

The figure below compares the 2022 Kansas data from 10th and 12th graders with the most recent national data from 10th and 12th graders reported by the 2019 Youth Risk Behavioral Surveillance System. The percentage of Kansas youth that reported experiencing depression and suicide thoughts are above the national average, while those reporting suicide plans, and attempts are below the national average.

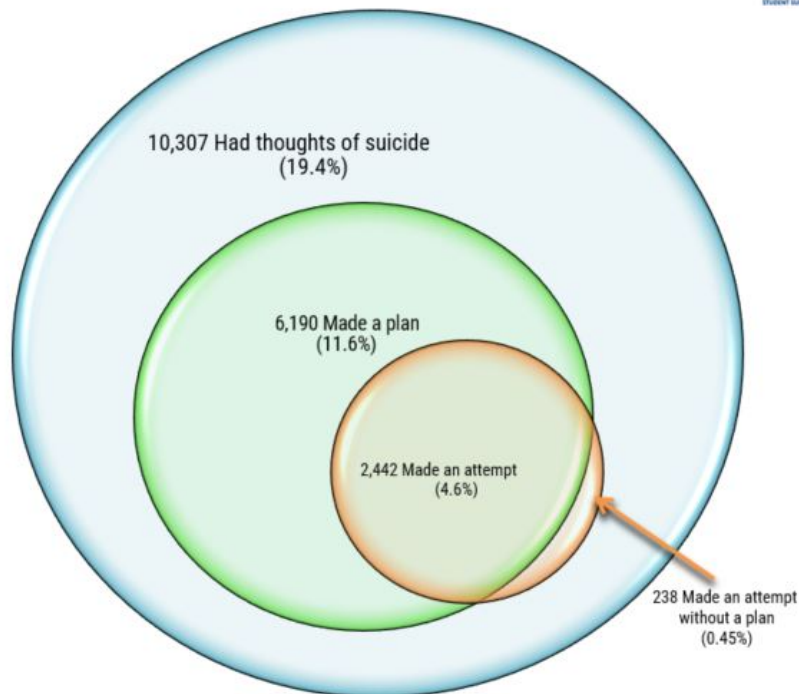


This information provides districts the opportunity to gather local baseline data on Kansas youth self-reported depression and suicide thoughts, plans and attempts to assist with planning for prevention as well as the opportunity to continue to monitor behavioral and mental health issues free of charge.

What follows in this report is information reported by the students in your district. For each question, data are presented as a whole, by middle school and high school, by gender, and by grade.

The figure below indicates the relationship between suicide thoughts, plans, and attempts among Kansas youth. The majority of youth that made an attempt (3.9%) had also made a plan. Less than half of a percent made a suicide attempt without a plan; this underscores the opportunity for intervention at a variety of stages in the contemplation process. The amount of time necessary to formulate a plan for suicide also provides time for successful intervention.

2022 Kansas Student-Reported Suicide Thoughts, Plans, and Attempts



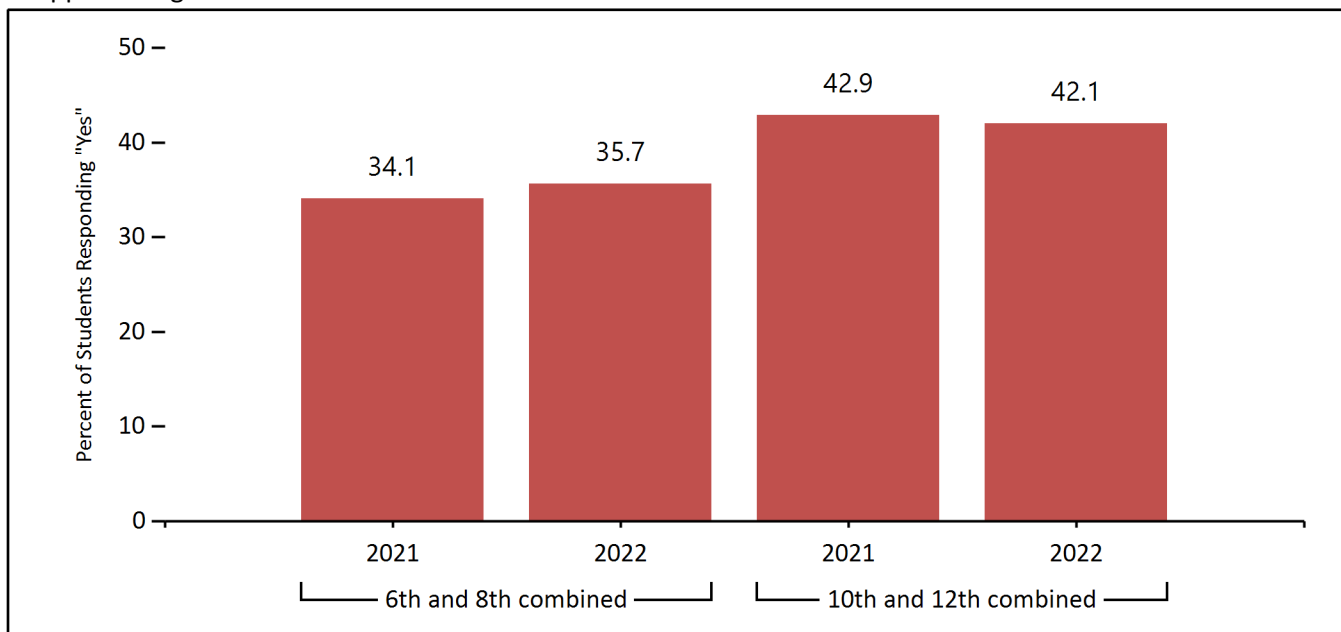
For each of the four questions, the following pages show:

- 1) The data table at the top of the page shows the percentage of students in the district for each response option compared to the state average. The table allows you to compare middle school and high school and all (combined) schools. This important comparison will show if the district is above or below the state average.
- 2) Demographic breakdown by grade, gender, and school type (middle vs. high school) follow. For each demographic category, the current percentage of students responding “yes” or “at ANY TIME during the past year” to the question is shown. The data point compares this percentage with that of the previous year. If data were not available, N/A is shown. *Data highlighted in red indicate percentages higher than the previous year.*

A correlational analysis was conducted utilizing the pilot data derived from the depression and suicide prevalence measures and risk factor indicators from the Kansas Communities That Care (KCTC) Student Survey, with results and key findings highlighted in Appendix A.

*If you are interested in receiving information regarding available resources, tools, and best practices or evidence-based strategies available for addressing youth suicide prevention, or are interested in receiving training or technical assistance, please **contact Chrissy Mayer at DCCCA, Inc. at 785-841-4138.***

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? ■ **Kansas: 38.4**



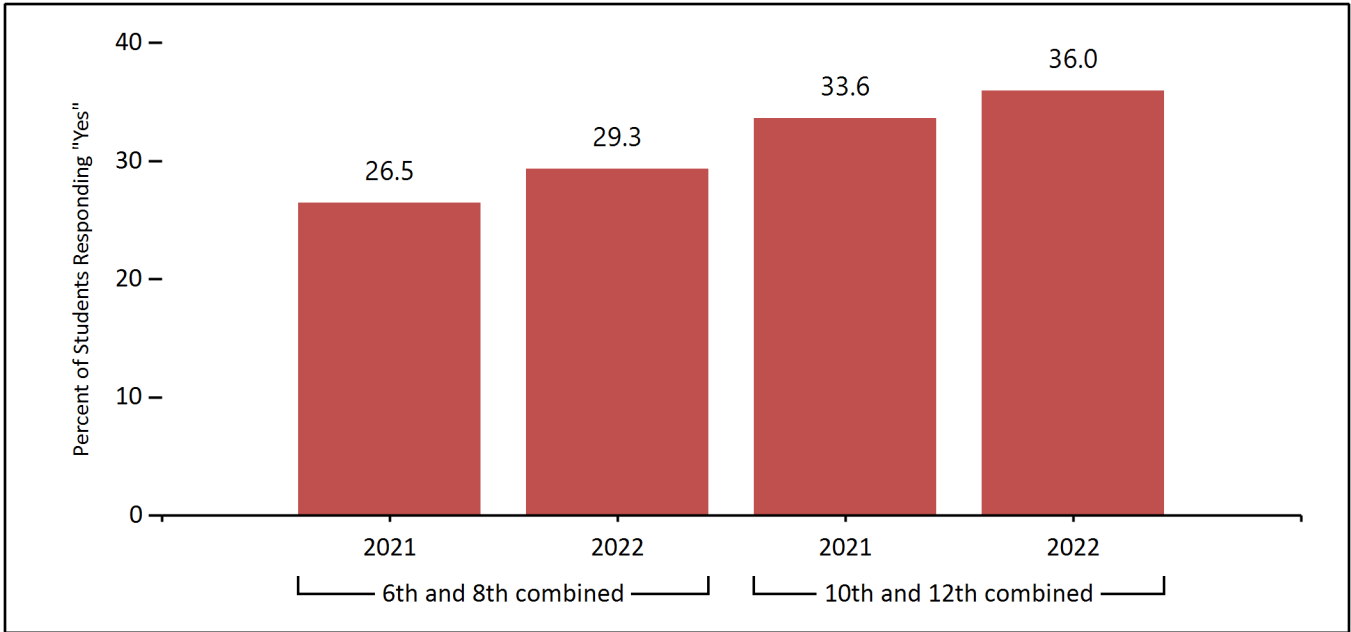
Demographic Detail by Answer Option

		Prior Yr	State of Kansas
Yes	Grade		
	6th	31.2	33.3
	8th	36.9	37.8
	10th	43.9	42.2
	12th	41.6	41.8
	Gender	Female	47.1
	Male	28.4	29.0

Red text indicates a negative change from prior year to current year for the State of Kansas.

Have you ever seriously thought about killing yourself? (If yes, please choose the most recent answer.)

■ **Kansas: 32.1**



Demographic Detail by Answer Option

Prior Yr

State of
Kansas

Yes, in the past 30 days

Grade	6th	6.9	7.6
	8th	9.4	10.7
	10th	9.8	10.5
	12th	6.8	8.1
Gender	Female	11.1	12.6
	Male	5.3	5.8

Yes, in the past year

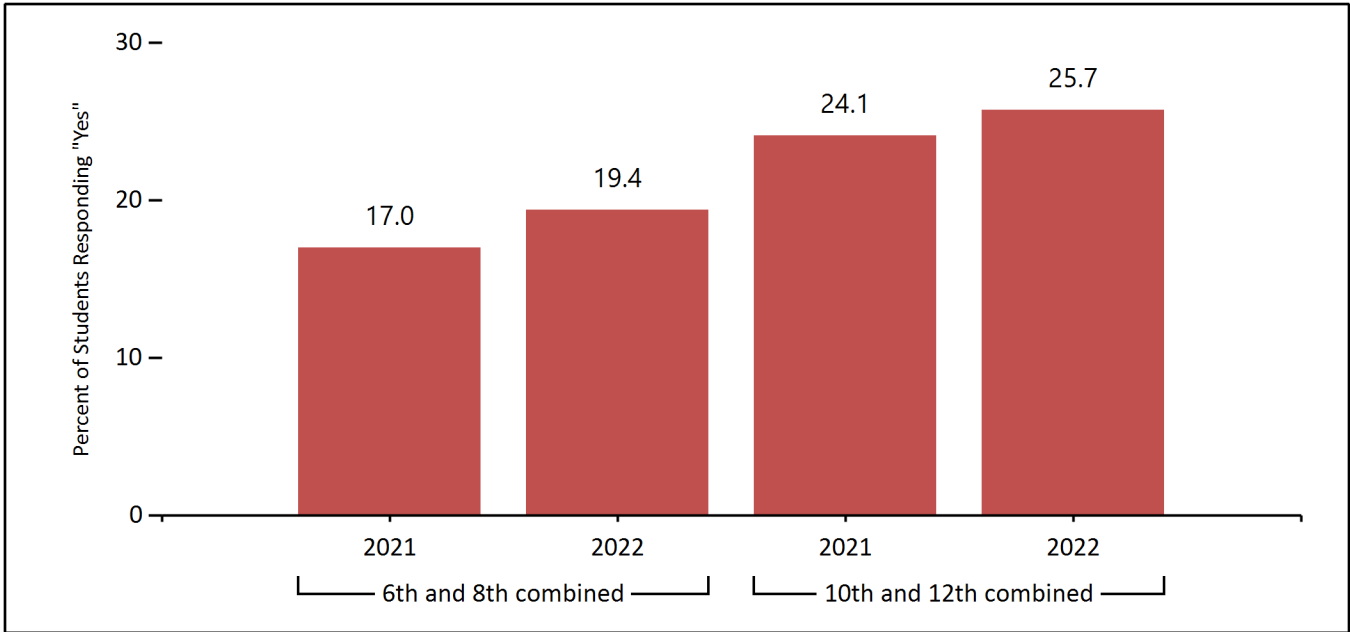
Grade	6th	13.4	14.7
	8th	18.9	20.9
	10th	21.5	22.6
	12th	16.9	19.7
Gender	Female	22.8	25.4
	Male	12.3	12.9

Yes, over one year ago

Grade	6th	9.0	11.1
	8th	11.3	11.5
	10th	12.5	13.2
	12th	16.2	16.6
Gender	Female	13.5	14.4
	Male	10.2	11.1

Red text indicates a negative change from prior year to current year for the State of Kansas.

Have you ever made a plan about how you would kill yourself? **■ Kansas: 22.1**
 (If yes, please choose the most recent answer.)



Demographic Detail by Answer Option

Prior Yr **State of Kansas**

Yes, in the past 30 days

Grade	6th	4.1	4.4
	8th	6.0	6.5
	10th	5.9	6.1
	12th	3.9	4.7
Gender	Female	6.6	7.3
	Male	3.4	3.6

Yes, in the past year

Grade	6th	7.9	8.8
	8th	12.4	14.0
	10th	14.5	14.9
	12th	10.9	12.5
Gender	Female	14.7	16.4
	Male	7.9	8.3

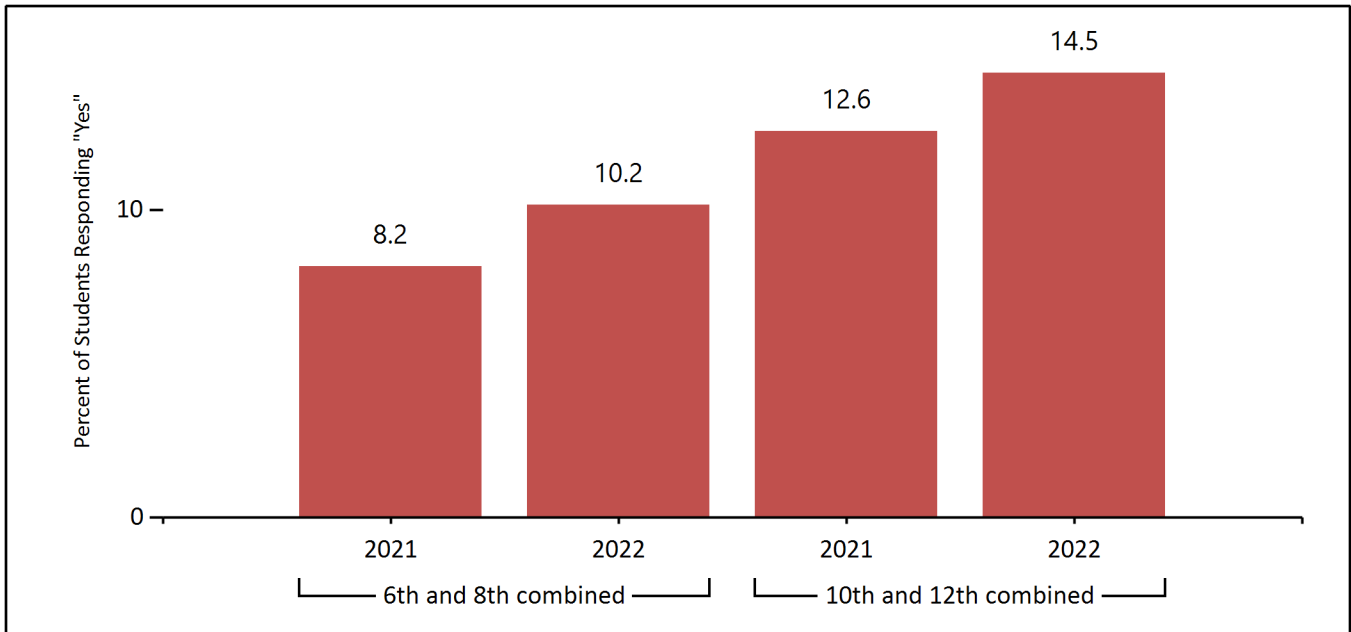
Yes, over one year ago

Grade	6th	5.5	6.9
	8th	8.0	8.7
	10th	10.1	10.9
	12th	12.6	13.1
Gender	Female	10.5	11.5
	Male	6.9	7.6

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Have you ever tried to kill yourself? (If yes, please choose the most recent answer.)

■ Kansas: 12.0



Demographic Detail by Answer Option

Prior Yr

State of
Kansas

Yes, in the past 30 days

Grade	6th	1.6	2.1
	8th	1.7	2.2
	10th	1.5	1.9
	12th	0.9	1.4
Gender	Female	1.9	2.5
	Male	1.0	1.4

Yes, in the past year

Grade	6th	3.6	4.2
	8th	4.8	6.0
	10th	5.4	6.4
	12th	3.8	4.4
Gender	Female	5.8	7.2
	Male	3.0	3.3

Yes, over one year ago

Grade	6th	2.9	4.3
	8th	5.0	5.6
	10th	7.2	8.0
	12th	8.7	10.1
Gender	Female	7.3	8.6
	Male	4.0	4.7

Red text indicates a negative change from prior year to current year for the State of Kansas.

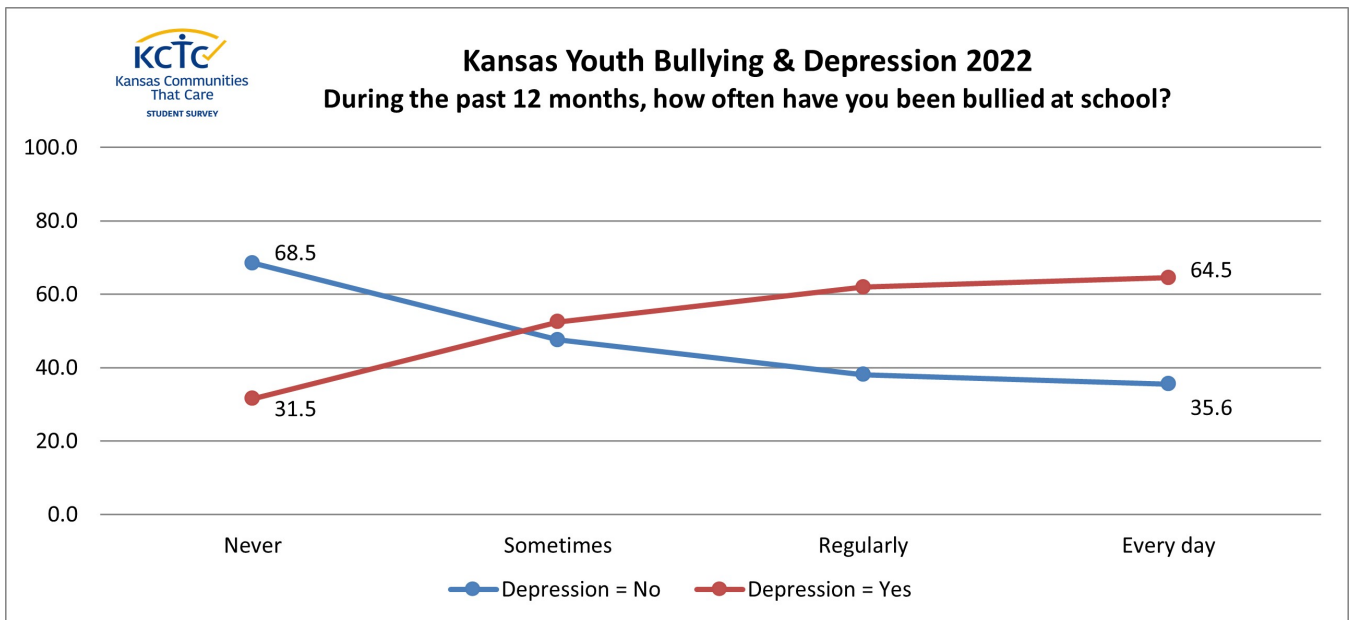
Appendix A

A 2021-22 correlational analysis of data from all participating schools was conducted utilizing data derived from the depression and suicide prevalence measures and risk factor indicators from the Kansas Communities That Care (KCTC) Student Survey, with results and key findings highlighted below:

Risk Factors Associated with Depression and Suicide Ideation across KCTC Domains

SCHOOL DOMAIN

- Lack of Commitment to School – In the current study, low commitment to school was negatively related to depression. This data indicated that students who reported low commitment to school also reported depression more than students who did not report low commitment to school.
- Being Bullied – A larger percentage of students who reported being bullied regularly at school also reported they experienced depression. The figure below shows the frequency of reported bullying at school along a continuum from “never” to “sometimes”, “regularly”, and “every day”. Under conditions with good school climate, it is expected that the percentage of reported bullying would decrease as frequency of incidents increased from “never” to “every day”. That pattern is shown in the blue line representing students who did not report past-year depression (feeling so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities). However, for students who did report depression, represented by the orange line, the opposite pattern is found. More students who reported being bullied “regularly” and “every day” also reported depression than students who did not report depression. Some research suggests that both victims and bullies are found to be at the highest risk for depression.



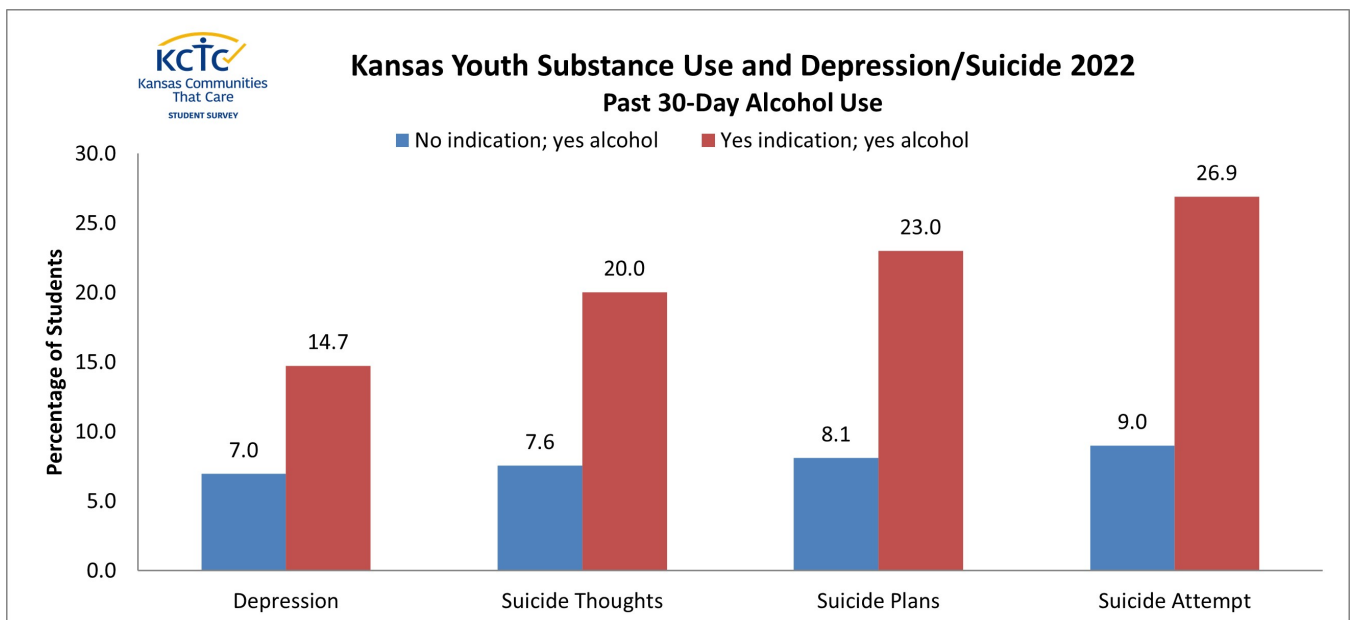
COMMUNITY DOMAIN

- Low Neighborhood Attachment - Students who reported low levels of bonding to the neighborhood reported more depression and suicidal ideation, plans, and attempts.
- Community Disorganization – Students who reported high levels of community disorganization (levels of crime, fights, abandoned buildings, etc.) reported more depression and suicidal ideation, plans and attempts.

INDIVIDUAL-PEER DOMAIN

- Friends Use of Drugs – Young people who associate with peers who engage in alcohol or substance abuse also reported depression and suicide thoughts, plans, and attempts with greater frequency.
- Early Initiation of Drug Use was also associated with reported depression and suicide thoughts, plans, and attempts.

The KCTC data showed a strong link between depression and suicidal symptoms and substance use. The figure below shows the percentage of students that reported drinking alcohol in the past 30-days and compares to students that also reported depression, suicide thoughts, plans, and attempts with those who did not. The percentage of students that reported use of alcohol is much larger for students who also reported depression and suicidal symptoms. Alcohol use also increased with severity of suicidal symptoms from depression through suicide thoughts, plans, and attempts.



FAMILY DOMAIN

- Family Conflict – The current study also finds a strong association between elevated levels of the risk factor of family conflict and the prevalence of depression and suicide thoughts, plans, and attempts. More significantly, family conflict was one of the strongest correlates among all risk factors and proved to be particularly true for middle school students.
- Family History of Antisocial Behavior – Youth who have a family history of antisocial behavior or involvement also reported depression and suicide thoughts, plans, and attempts more often than youth who did not report experiencing this risk factor.

Protective Factors Associated with Depression and Suicide Ideation across KCTC Domains

SCHOOL - COMMUNITY - FAMILY DOMAINS

- Protective factors act as a buffer against the risk factors experienced by students. Protective factors are negatively associated with student depression and suicide thoughts, plans, and attempts and the associations can be just as strong for protective factors as they are for risk factors.
- The most significant protective factors associated with low reported depression and suicide include students feeling close to an adult they live with and feeling safe at school. Additionally, across all domains, providing students with opportunities for positive involvement, providing skill-building to support success, and recognition for positive contributions or engagement are associated with lower reported depression and suicide thoughts, plans, and attempts.

INDIVIDUAL-PEER DOMAIN

- Healthy Beliefs and Clear Standards – Young people who have a belief in what is "right" or "wrong" were less likely to report episodes of depression and suicide thoughts, plans, and attempts.

It should be noted that the risk factors discussed in the preceding sections - also conceptualized in a growing body of behavioral health research known as Adverse Childhood Experiences - are not restricted to suicide but are associated with multiple adverse health, wellness, social, and emotional outcomes.

If you are interested in receiving information regarding available resources, tools, and best practices or evidence-based strategies available for addressing youth suicide prevention, or are interested in receiving training or technical assistance, please contact Chrissy Mayer at DCCCA, Inc. at 785-841-4138. If you have questions about the data or your report, please don't hesitate to contact us at kctc@greenbush.org or by calling 620-724-6281.