2021 PA Youth Survey (PAYS) Montgomery County Data

The Pennsylvania Youth Survey (PAYS) is an anonymous student survey administered in odd-numbered years (e.g., 2015, 2017, 2019) to youth in 6th, 8th, 10th, and 12th grades in participating schools throughout the Commonwealth. The PA Commission on Crime and Delinquency (PCCD) has sponsored the administration of the PAYS since 1989.

In this report, you will find:
- Depression Data
- Suicide Data
- Support

For more information please visit: https://montcopa.org/

23,736 STUDENTS

Number of Participants
- 6th Graders: 6,128
- 8th Graders: 6,624
- 10th Graders: 6,180
- 12th Graders: 4,804

Click here to view the Montgomery County 2021 PAYS Report
In the past 12 months have you felt depressed or sad MOST days, even if you feel OK sometimes?

Since 2015, all grades have seen increases in this area until 2019, which showed a slight decrease. These numbers went up again in 2021, and all grades are experiencing higher rates of feeling sad or depressed.

**TOP KEY FINDINGS & TAKE-AWAYS**

### Depression Data

**6th Graders**

<table>
<thead>
<tr>
<th>Year</th>
<th>2015</th>
<th>2017</th>
<th>2019</th>
<th>2021</th>
<th>State 2021</th>
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**8th Graders**

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<tr>
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**10th Graders**

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**12th Graders**

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**All**

<table>
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**TOP Key Findings: 6th graders are struggling the most.**

**Sometimes I think that life is not worth it.**

- **6,409** of surveyed students agreed with this statement
- Similar to kids feeling sad or depressed, all grades have shown an increase in this area until 2019, which again showed a slight decrease. However, **6th graders have shown a steady increase since 2015.** and are overall 1.5 times more likely to feel like life is not worth it.

**At times I think I am no good at all.**

- **8,924** of surveyed students agreed with this statement
- Since 2015, all grades have seen an increase in this area. **6th graders are struggling the most.** The rate in which this is experienced also seems to tamper off as a child gets older and moves into higher grade levels.

**All in all, I am inclined to think I am a failure.**

- **6,076** of surveyed students agreed with this statement
- Similar to kids thinking they are no good, all grades have seen an increase in this area year-by-year. **6th graders are almost 2 times more likely to think of themselves as a failure.**
**Suicide Data**

**TOP KEY FINDINGS & TAKE-AWAYS**
from 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?**

Since 2015, the beginning of receiving survey data, grades 8th, 10th, and 12th are all about 1.5 times more likely to feel sad or hopeless, whereas 6th graders are 2 times more likely.

**Did you ever seriously consider attempting suicide?**

4,201 of surveyed students agreed with this question.

Since 2015, all grades have seen an increase in considering suicide. However, while the majority of grades show a slight increase since 2015, 6th graders are almost 2 ½ times more likely to have considered suicide.

**Did you make a plan about how you would attempt suicide?**

3,276 of surveyed students agreed with this question.

Similar to considering attempting suicide, 6th graders have seen the greatest increase since 2015. They are 2.3 times more likely to make a plan about how they would attempt suicide. On the contrary, the majority of grades have seen a decrease year-by-year (except 2021) in making a plan. Whereas 6th graders have seen an increase year-by-year since 2015.

**How many times did you actually attempt suicide?**

2,231 of surveyed students agreed with this statement.

6th graders, again, have seen the greatest increase in actually attempting suicide. While the majority of grades show a slight increase, 6th graders are 2.2 more times likely to attempt suicide.
## YOUTH AND FAMILY

<table>
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<tr>
<th>SERVICE</th>
<th>CONTACT INFORMATION</th>
<th>SUPPORT OFFERED</th>
<th>KEY</th>
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| Mobile Crisis      | Phone: 1-866-634- HOPE (4673)  
Website: www.acessservices.org/services/mobile-crisis  
Email: N/A                                                                 | 24/7 support to help with immediate crisis situations and help reduce and manage recurring crisis   | 🌟🌟🌟🌟 |
| Teen Talk Line     | Phone: 866-625-6856 | Hours: 1:00 – 9:00pm  
Text: 215-703-8411  
Website: www.acessservices.org/services/peer-support-and-teen-talk-line/  
Email: teenstalkline@acessservices.org                                                                 | Warm line where teens can speak or text anonymously with a peer about any issues without fear of judgement | 🌟🌟🌟🌟 |
| FamilyWorx         | Phone: 610-618-2059  
Website: www.hopewexinc.org/what-we-do/familyworx/  
Email: Lrdrcliff@hopewexinc.org                                                                 | Team members work together to support parents and caregivers as someone who has been in their shoes | 🌟🌟🌟🌟 |
| NAMI               | Phone: 215-361-7784  
Website: namimontcoopa.org/education/  
Email: office@namimontcoopa.org                                                                 | Offers community resources, participate in programming, and gain understanding of mental illness through community awareness and advocacy events | 🌟🌟🌟🌟 |

## IN SCHOOL/COMMUNITY MENTAL HEALTH

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<th>SERVICE</th>
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| Student Assistance Program (SAP) | Phone:  
SE Region School Districts:  
Aldergate Youth Service Bureau: (215) 657-4545  
Central Region School Districts:  
Carson Valley Children’s Aid: (215) 233-1960; extension 305  
Western Region School Districts:  
Creative Health Services: (610) 327-1503  
Central Eastern School Districts:  
Merakey: (215) 368-2022  
Email: N/A                                                    | Individual & Group Support in Schools  
Signs of Suicide: Teaches students how to identify signs of depression and suicide in themselves and their peers: MS and HS  
The Blues Program: Teaches youth how to reframe negative thoughts and other strategies that support symptoms of depression | 🌟🌟🌟🌟 |
| Hope 4 Tomorrow              | Phone: N/A  
Email: twilliams@acessservices.org or mtumelty@acessservices.org                                                                 | Innovative assembly program that helps youth focus on the importance of their own health and wellness for youth 14 and older | 🌟🌟🌟🌟 |
| Question, Persuade, Refer (QPR) | Phone: N/A  
Email: Community Email: elewis@montcoopa.org  
Schools Email: twilliams@acessservices.org or mtumelty@acessservices.org                                                                 | Training teaches 3 simple steps that anyone can learn to help save a life from suicide | 🌟🌟🌟🌟 |
| Ending the Silence           | Phone: 215-361-7784  
Email: office@namimontcoopa.org                                                                 | Students learn about mental health through an interactive presentation. MS and HS | 🌟🌟🌟🌟 |
| Say It Out Loud              | Phone: 215-361-7784  
Email: office@namimontcoopa.org                                                                 | Gives adults the tools they need to hold conversations about mental health with teens | 🌟🌟🌟🌟 |

## VIRTUAL & IN-PERSON MENTAL HEALTH SERVICES

- **Commercial Insurance:** Contact insurance provider and ask for behavioral health services
- **Medical Assistance or No Insurance:** Contact regional Administrative Case Management Department
- **Western Region:** Creative Health Services | 610.326.2767
- **Franconia/Salford Region:** Penn Foundation | 215.257.6551
- **Lansdale Region:** Merakey | 215.368.2022
- **Norristown Region:** Central Behavioral Health | 610.277.4600
- **Lower Merion Region:** Lower Merion Counseling Services | 610.520.1510
- **Abington Region:** Child and Family Focus | 267.818.6190