



Chippewa Falls Middle & High School 2021 YRBS Results

Purpose of the YRBS

The Youth Risk Behavior Survey (YRBS) is a survey that takes place every two years. The YRBS data are used to examine the prevalence of health behaviors and how they change over time.

Benefits of the YRBS

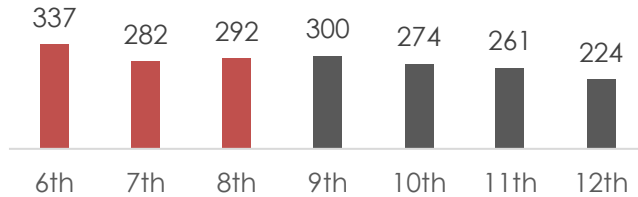
The YRBS is helpful for our schools as it shows what kind of supports and services are needed for students. It also guides us to make improvements in our programs in schools across the district.

MIDDLE SCHOOL RESULTS

911 middle school surveys completed

Number of Students Per Grade

Note: Students can opt out of the survey

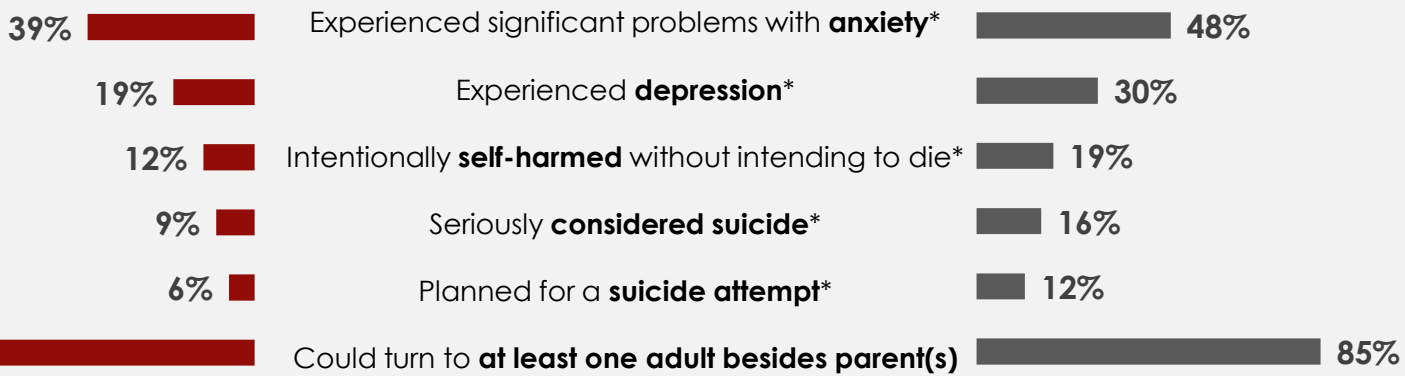


HIGH SCHOOL RESULTS

1059 high school surveys completed

Mental Health & Wellbeing Results (past 12 months)

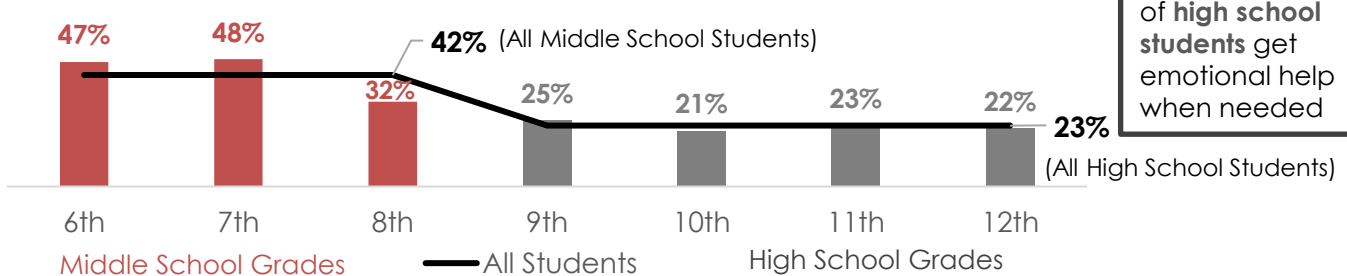
The following results cover mental health concerns and help-seeking behaviors and supports.



*Self-reported

Help-Seeking & Supports

% of students most of the time or always **get emotional help when needed**



Nearly 50% of 6th and 7th graders get emotional help when needed

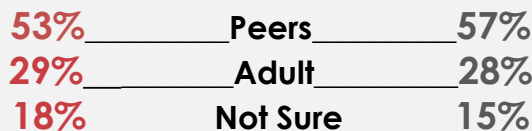
Only about 25% of high school students get emotional help when needed

Family Support

87% of middle school students agree or strongly agree that **family provides help and support**

Emotional Support

Who do students turn to for emotional support?



Over half of the **middle** and **high school** students turn to **peers** for emotional support.

YRBS Survey

To see the Middle School YRBS survey questions, click [here](#) or go to <https://dpi.wi.gov/sspw/yrbs>
To see the High School YRBS survey, click [here](#) or go to <https://dpi.wi.gov/sspw/yrbs>



Chippewa Falls Area Unified School District Cardinal Care Supports

We utilize multiple sources of information, including YRBS results, to best meet the unique needs of our students and families. No student or circumstance is the same, so we have partnered with multiple agencies to provide a variety of services. A few of our options are listed below.

HOW DO I GET STARTED: Please call REALiving at **855-838-7170** OR contact our Mental Health Navigator at mentalhealthnav@chipfalls.org for assistance in setting up the 4 **free** sessions.

Visit www.cardinalcare.info

SAMPLE STRATEGIES TO SUPPORT STUDENT MENTAL HEALTH

Student and Family Assistance Program (SFAP)

The Chippewa Falls Area Unified School District has partnered with REALiving and Group Health Cooperative to offer a Student and Family Assistance Program (SFAP) to help students, parents/caregivers, and their families to be their very BEST both at school and at home! This program, **offered at no cost to you**, will provide up to 4 **free** counseling sessions AND 4 **free** parent coaching sessions OR 4 **free** youth coaching sessions to each family in the school district.

Staff Professional Development

The Chippewa Falls Area Unified School District provides numerous opportunities to enhance staff knowledge and skills to support student mental health. The following are examples of recent trainings: Mental Health Curriculum Training, Understanding and Supporting Trauma in Schools training, Supporting Youth Mental Health Through Resilience, Common Mental Health Issues in School, Crisis training, Youth Mental Health First Aid, QPR (Question, Persuade, Refer), Change Behavior with Relationships: Present Moment Parenting Tenets and Strategies, Adverse Childhood Experiences (ACES) and Trauma Informed Response, Mindfulness.

School Based Mental Health (SBMH)

The Chippewa Falls Area Unified School District partners with several community mental health agencies to provide school based mental health via in-person and telehealth. The therapists can meet with a student at school during school hours. Visit www.cardinalcare.info for an up-to-date list of agencies and therapists available in each school.

Example Co-Facilitated Small Groups: Equine Therapy, Mindfulness, Art Therapy, AODA, Meditation Practices, RISE (Rising Up Inspiring Others in a Supportive Environment), Healthy Living, Coping Skills, Healthy Relationships Group, and more!

Example groups run by school counselors: Relax, Keeping Your Cool, Coping Skills, a PRIDE group (LGBTQ+), and more!

Mental Health Navigator

The Chippewa Falls Area Unified School District Mental Health Navigator can assist families to get set up with the Student and Family Assistance Program, School Based Mental Health services, telehealth, as well as other services. Please contact Shannon Larson at mentalhealthnav@chipfalls.org for help and support.

CONTACT FOR MORE INFO

Jamie Ganske: Director of Mental Health & Resiliency

Shannon Larson: Mental Health Navigator



ganskejl@chipfalls.org

mentalhealthnav@chipfalls.org



715.726.2414 x3007

715.726.2414 x3028