



February 1, 2023



Forest County

Youth Count Report

2021 Data



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Introduction

The 2nd edition of the Youth Count Report provides an overview of demographic and survey data about Forest County youth and the community they live in.

This year's report, published in February of 2023, contains data from the 2020-2021 school year in which many of our youth were experiencing childhood trauma due to the coronavirus pandemic. According to the 2022 Kids County Data Book published by the Annie E. Casey Foundation, more than 200,000 American youth lost a parent or primary caregiver to the virus. Forest County youth are no doubt included in this number.

Yet many believe, including the U.S. Surgeon General, that our youth were troubled prior to the pandemic. Conditions related to violence in schools, bullying and the increased use of social media, have led to the prevalence of certain mental health challenges described by youth as "persistent feelings of sadness or hopelessness".

Before the pandemic, national statistics tell us that up to 1 in 5 children, ages 3 to 17, were diagnosed as having a mental, emotional development, or behavioral disorder. Since the pandemic those numbers, continue to increase.

In 2021, 51% of Forest County High School Students, and 45% of Middle School students, reported that they had "significant problems" due to anxiety or prolonged sadness. One-third of students self-reported depression in 2021 with one in five students reporting that they seriously considered suicide.

Youth that suffer mental health concerns may also find themselves trying to cope by misusing alcohol or other drugs. These numbers are also reflected in the county data with 42% of our high school students reporting that they have tried vaping and 30% of them reporting that they have tried marijuana.

Being under the influence of alcohol and/or other drugs, often lead youth to engage in risky behaviors including driving while under the influence and/or sexual activity. In 2021, one in five Forest County high school students reported sending, receiving, or sharing nude photos or sexual images in the past thirty days, and 9% of high schoolers report experiencing sexual force by a dating partner.

Substance misuse may also precipitate violent acts upon youth. According to the Wisconsin Department of Justice, from 2014-2018 there were 453 total incidents of domestic abuse reported in Forest County, 112 of these cases included children. Department of Justice data also reports that from 2017 to 2021, there were 25 reportable sex offenses in Forest County, of those 25 cases, 88% of the offenses were to youth under the age of 18.

The data shared within this report is alarming yet there are key indicators that our youth are also resilient and investing in their own health. Over 51% of the youth that report vaping or use of another tobacco product state that they are trying to quit. 97% of our middle school students and 87% of our high school students report being physically active for an hour or more in the past week, with 75% of middle school students reporting that they were physically active for four or more days per week.

The intended outcome of this report is one of understanding the complex issues surrounding our youth and their daily lives. One of the roles of an UW-Extension educator is to assist local leaders and community members in gathering information to make decisions that lead to stronger, healthier, youth, families, and communities. It is my hope that this report, as well as future reports, will facilitate discussion, create action and promote positive change in our county's overall health and well-being.

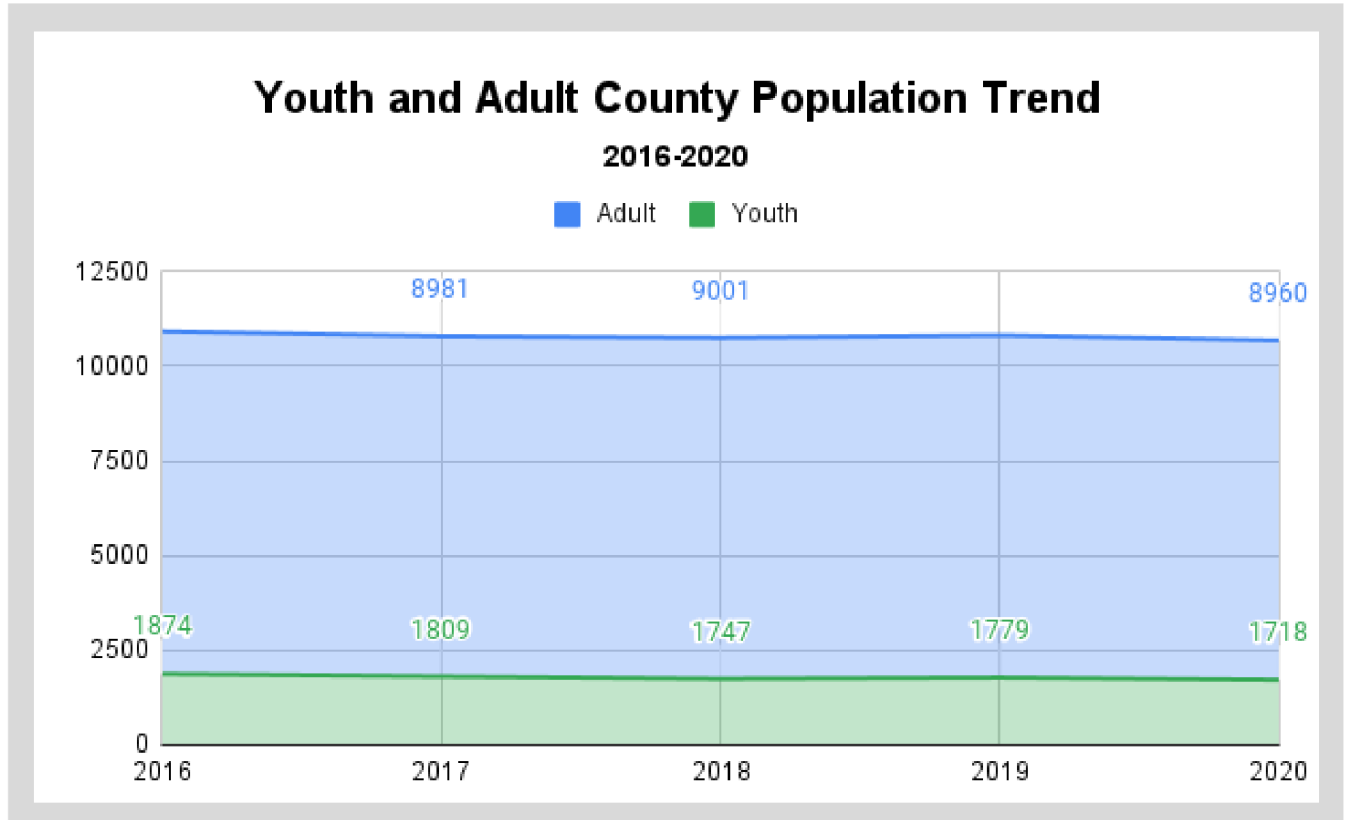
Sincerely,



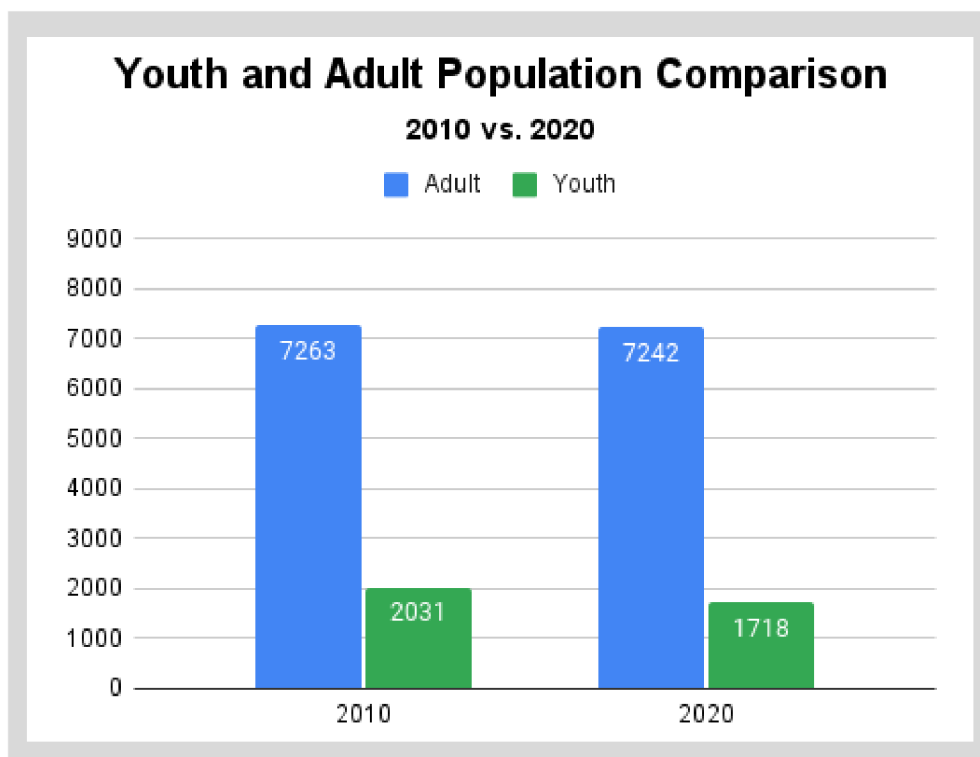
DEMOGRAPHIC AND HOUSEHOLD DATA

Youth and family demographic factors matter because the circumstances in which youth are born and grow up, as well as factors related to systems and economics, influence a child's health and well being.

POPULATION DATA



[Source: <https://datacenter.kidscount.org/>]



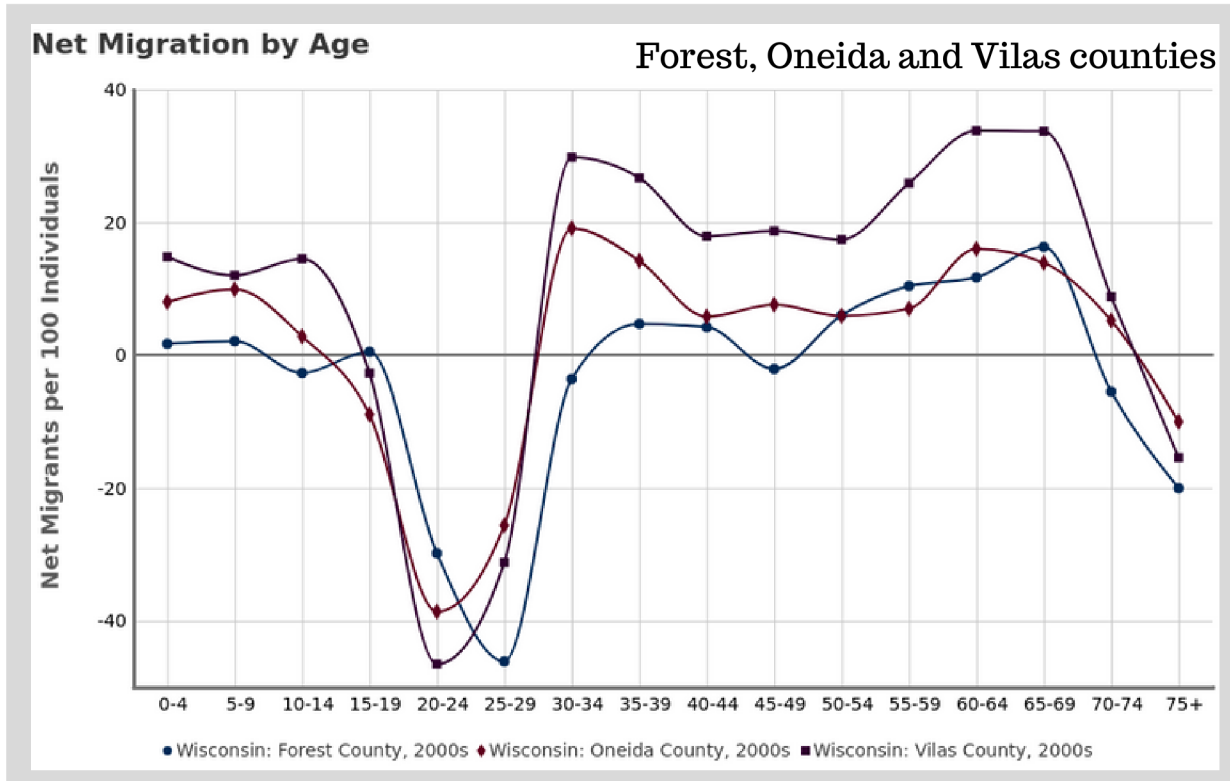
[Source: <https://datacenter.kidscount.org/>]

Over the last decade, the overall population of Forest County has decreased by 334.

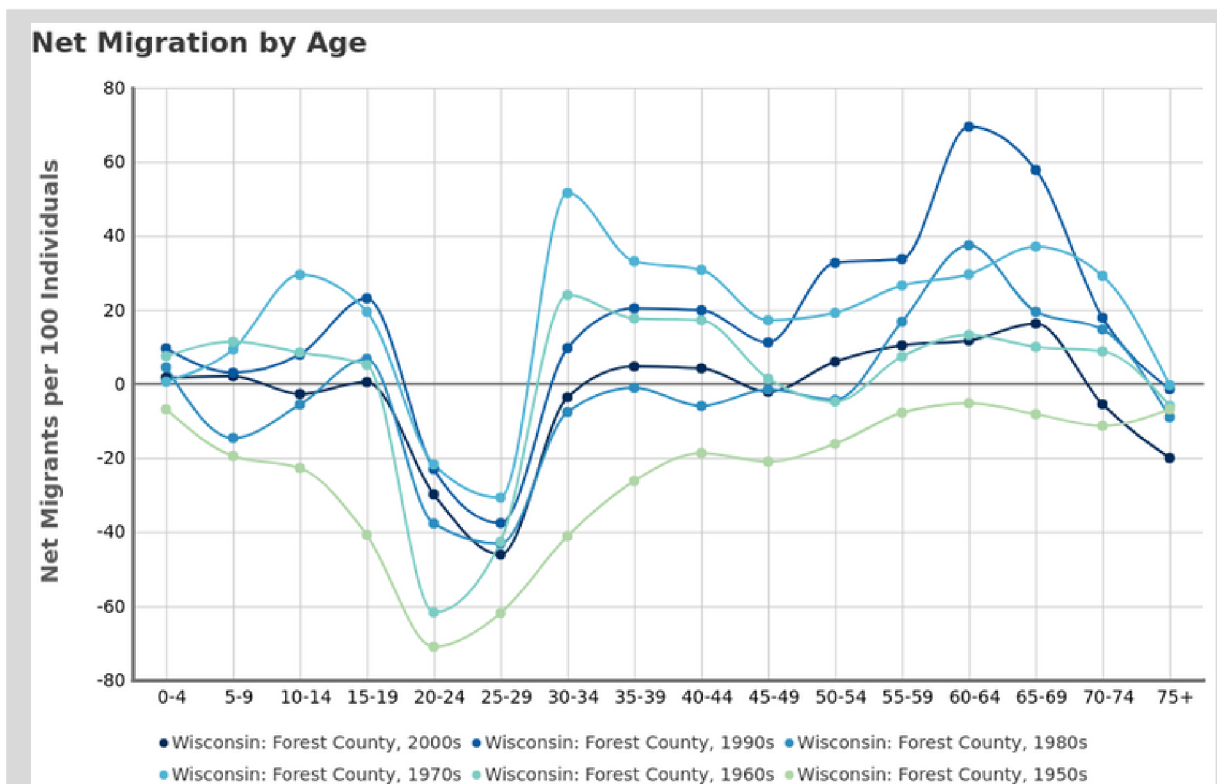
94% of that loss was to the youth population

MIGRATION DATA

According to the Applied Population Laboratory of the University of Wisconsin-Madison, every year, about 10 million Americans move from one county to another. The migration rates are dependent upon a variety of factors; however, over time migration patterns tend to be consistent and can tell demographic stories about a local place.



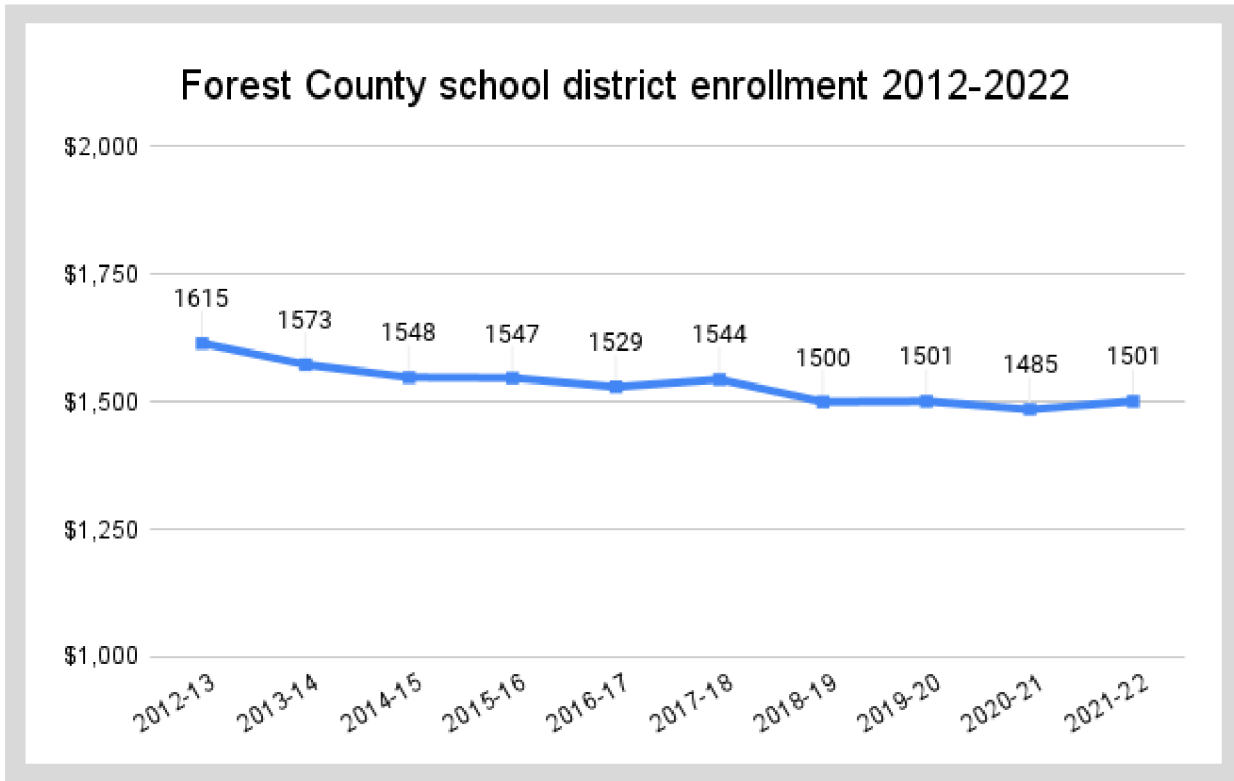
During the 2000's Forest County's initial negative net migration pattern can be attributed to youth leaving for post-secondary educational opportunities. However, while Oneida and Vilas data shows adults between the ages of 29-34 moving back into the county, Forest County does not experience a positive migration of adults until age 35. We also experience a decrease of adults between the ages of 45-49 that the other counties do not. All three counties experience adults leaving the county as they age; however, Forest County loses adults to out migration at a more rapid rate than Vilas and Oneida.



Forest County's migration pattern is relatively the same since the 1950's with the only difference being that during the 1950's the county never regained the population it lost to out migration.

SCHOOL ENROLLMENT

Enrollment is a head count of all students receiving their primary PK-12 educational services through the School District of Crandon, the School District of Laona or the Wabeno Area School District. Goodman-Armstrong Creek school district data is not included due to their physical building located in Marinette county.



SCHOOL ENROLLMENT BY ETHNICITY



- American Indian = 26%
- Asian, Black, Hispanic, Pacific Islander = 4%
- Two or more races = 10%
- White = 60%

HOUSEHOLD DEMOGRAPHICS

ALICE, a United Way acronym which stands for Asset Limited, Income Constrained, Employed, represents the increasing number of individuals and families who work, but are unable to meet their basic needs, including food, child care, housing, health care and transportation.(3)

According to the latest ALICE report, many Forest County households struggle, especially as wages fail to keep pace with the cost of household essentials defined as housing, child care, food, transportation, health care and a basic smartphone plan.

ALICE IN FOREST COUNTY

2018 Point-in-Time Data

Population: 9,018 • Number of Households: 4,029

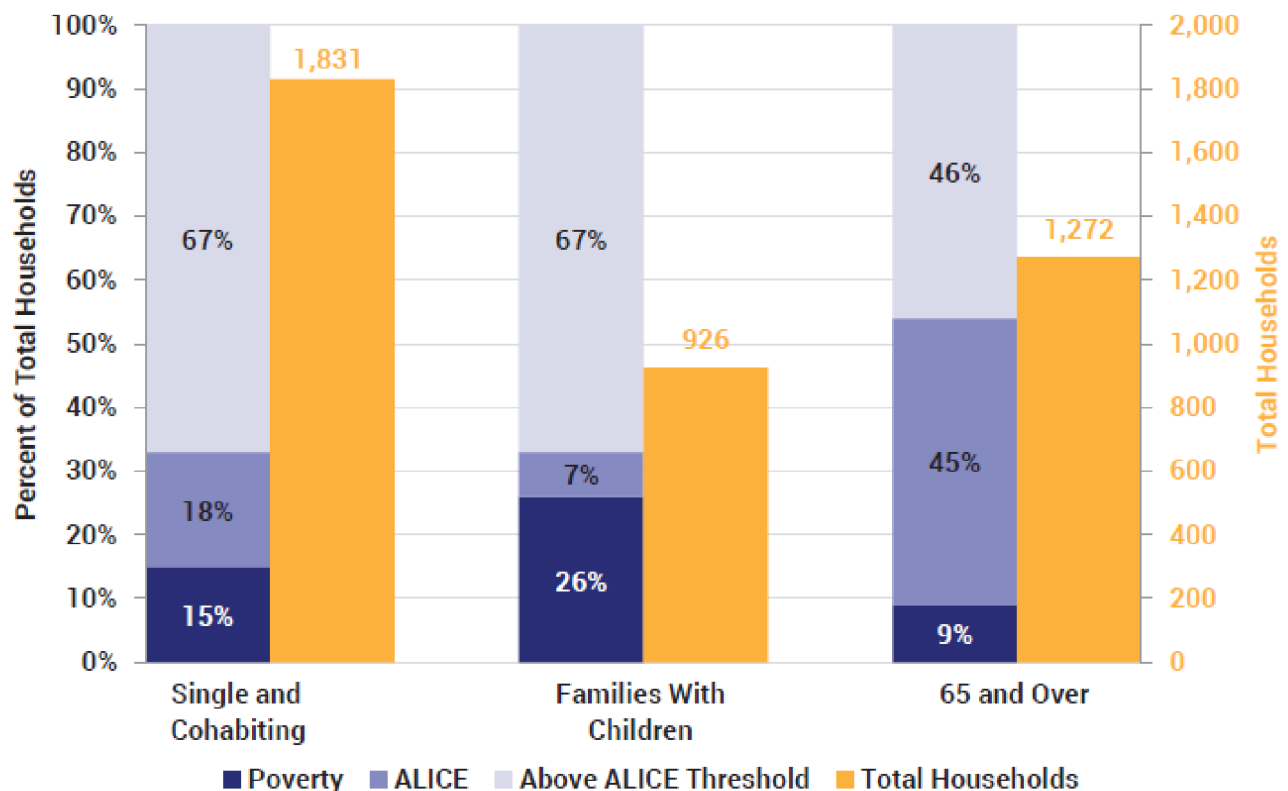
Median Household Income: \$44,313 (state average: \$60,773)

Unemployment Rate: 6.7% (state average: 3.2%)

ALICE Households: 24% (state average: 23%) • Households in Poverty: 16% (state average: 11%)

Sources: ALICE Threshold, 2018; American Community Survey, 2018

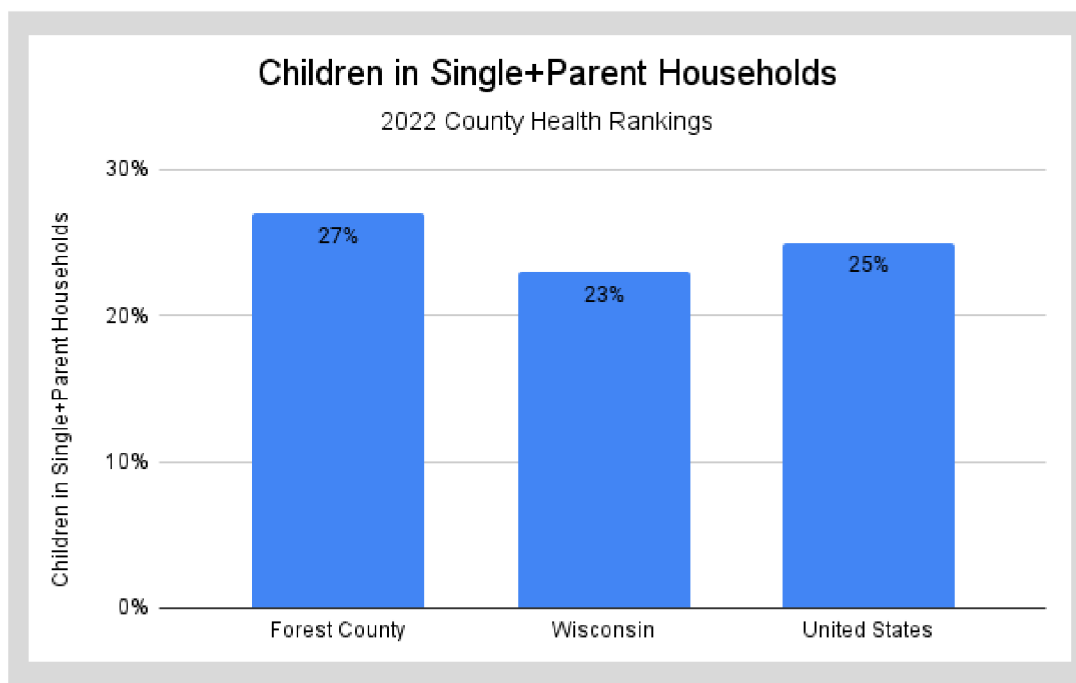
ALICE HOUSEHOLDS BY TYPE AND LOCATION



According to the Forest County ALICE report, 1 in 4 families with children live in poverty. Children in poverty may experience "lasting effects on academic achievement, health, and income into adulthood. Children living in low-income households have an increased risk of injury as a result of unsafe environments and are susceptible to more frequent and severe chronic conditions and their complications, such as asthma, obesity, diabetes, ADHD, behavior disorders, and anxiety, than children living in high income households." (4)

Children in Single Parent Households

Why this indicator matters: Adults and children in single-parent households are at risk for adverse health outcomes, including mental illness (e.g. substance abuse, depression, suicide) and unhealthy behaviors (e.g. smoking, excessive alcohol use, food insecurity) (5)

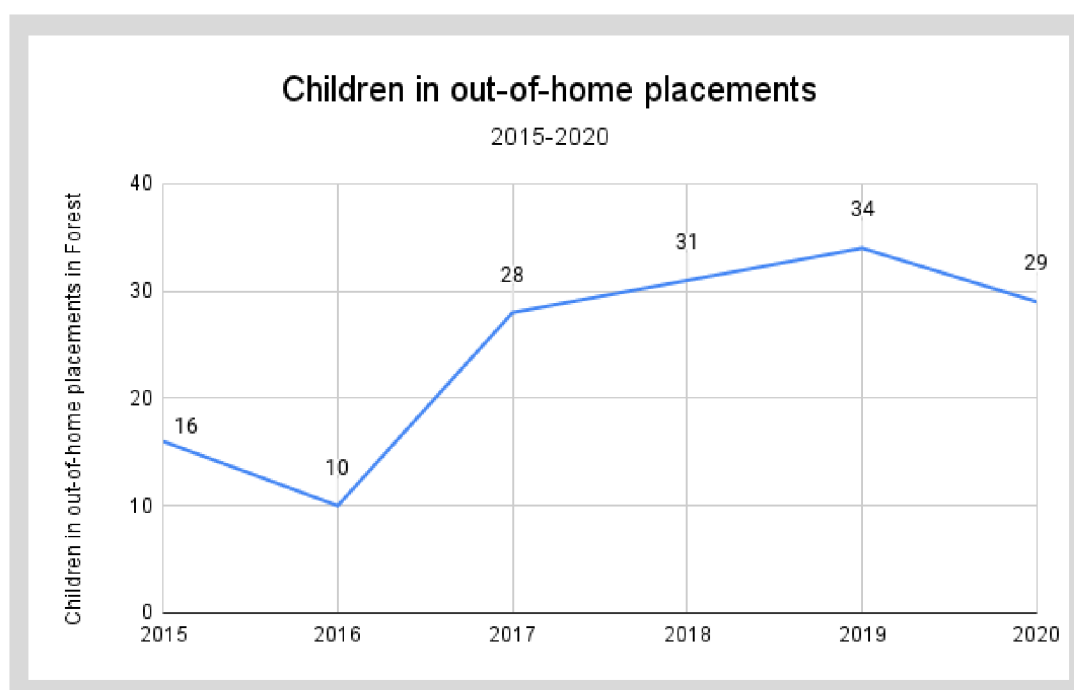


Children in out-of-home placements

Why this indicator matters: Children grow best when supported by strong and supportive relationships with their caregivers. Most often parents, sometimes other relatives, and in some cases foster families, provide children with what they need most – someone who cares about them.

Out of home placement settings include:

- Foster homes, including receiving homes, family foster homes, treatment foster home and pre-adoptive foster homes
- Unlicensed relative and non-relative homes
- Group homes
- Residential care centers (RCCs)
- Shelter care
- Detention
- Trial reunification
- Supervised independent living
- Hospital/mental health facility
- Missing from out-of-home care



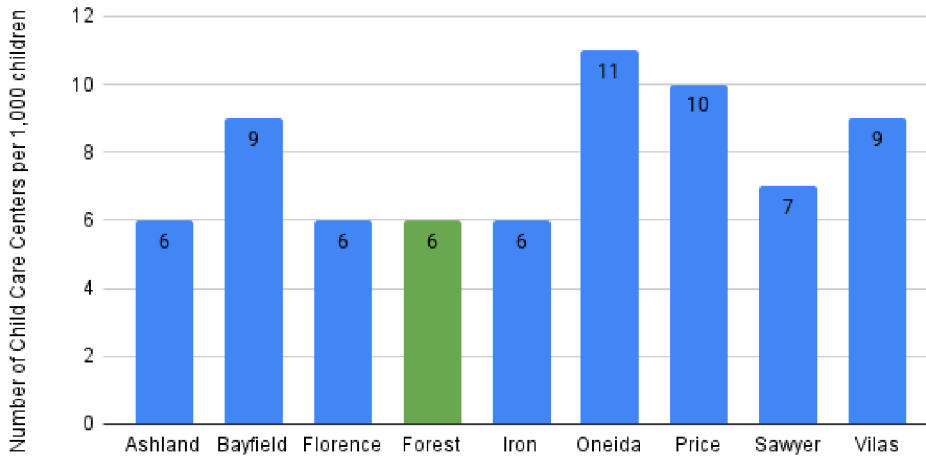
CHILDCARE

Number of Childcare Centers in Northern Wisconsin

This number measures the number of child care centers per 1,000 population under age 5 and measures only one aspect of child care availability. Child care must also be affordable, high-quality, reliable and have sufficient enrollment capacity to effectively support households with children. This measure does not capture the quality, affordability, reliability, or enrollment opportunities relating to the centers counted in the data set. The dataset includes the Northern Region counties defined by Wisconsin DHS and only includes center-based child day care locations (including those located at schools and religious institutes) and does not include group, home, or family-based child care. (7)

Number of Child Care Centers per 1,000 children under age 5

YEAR: 2021



How do we compare?

of Child Care Centers per 1,000 children under the age of 5

- Forest County** 6
- State Average** 6
- National Average** 6

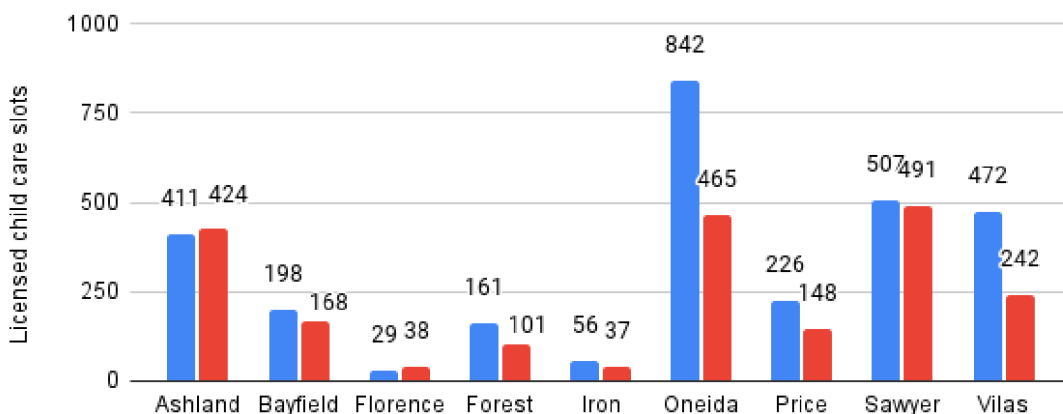
Licensed child care slots in Northern Wisconsin

Licensed child care slots include those in group child care (eight or more children in a group center) and family child care (four to eight children in a private home) providing care and supervision of children under age 7. This data are a point-in-time count of licensed child care slots as of December 31st each year. Licensing is administered by the Wisconsin Department of Children and Families.

Northern Wisconsin Licensed child care slots

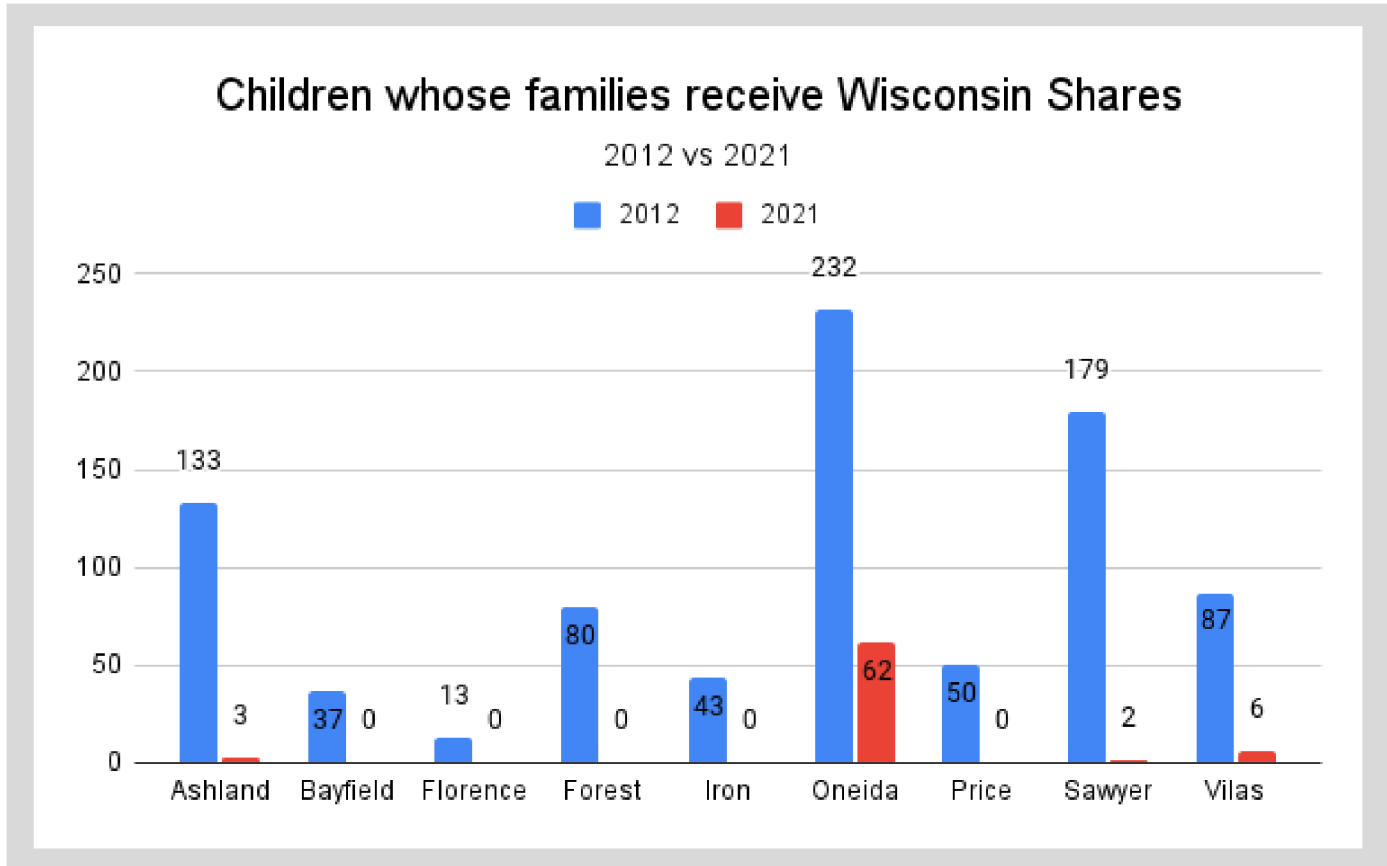
2012 vs 2021

2012 2021



Children whose families receive Wisconsin Shares childcare subsidies

Wisconsin Shares is Wisconsin's childcare subsidy program for low-income families. Programs that participate in Shares must also be rated as 2 Star or higher in the state's YoungStar Quality Rating and Improvement System for childcare providers. Children in this program are eligible to receive care in licensed, certified, and "provisionally" certified settings. The number of children in Wisconsin Shares represents an average of the number of children in this program in each month of the year. Many children do not receive subsidies for the entire year.



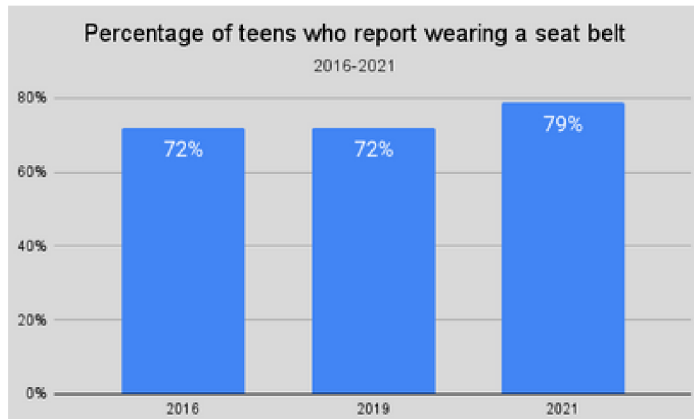
YOUTH SAFETY: TEEN DRIVERS

Motor vehicle crashes are the leading cause of death for U.S. teens. About eight teens ages 13–19 die every day from motor vehicle crash injuries. Per mile driven, teen drivers ages 16–19 have a fatal crash rate almost three times as high as drivers ages 20 and older.

The good news is that teen motor vehicle crashes are preventable. We know proven strategies can improve the safety of young drivers on the road.

Seatbelt Safety

In 2021, 79% of Forest County high school students reported that they most of the time or always wear a seatbelt. This is an increase over 2016 and 2019 reports.



Texting while driving



In 2021, almost half of Forest County high school students (46%) reported that they texted or e-mailed while driving in the past 30 days. In 2019, 48% reported the same.

Drivers taking risks

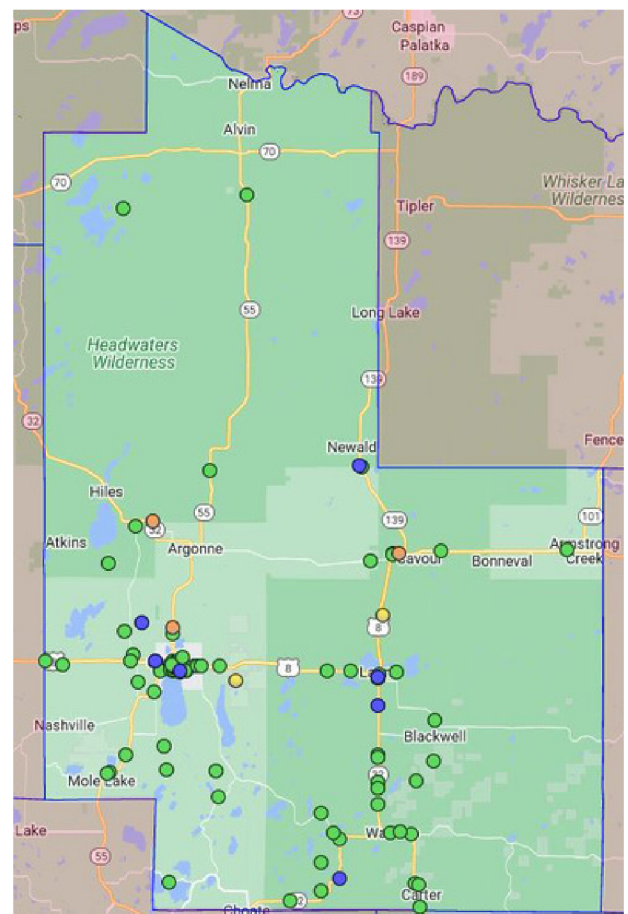
In 2021, almost half of Forest County high school students (47%) reported that they either texted and/or drank while driving in the past thirty days.

Did you know that almost 50% of our youth reported texting and/or drinking and driving in the past 30 days.



Teen Driver crashes

Between 2018 and 2022, the WI DOT recorded 93 total teen driver crashes in Forest County resulting in 0 fatalities and 17 injuries.

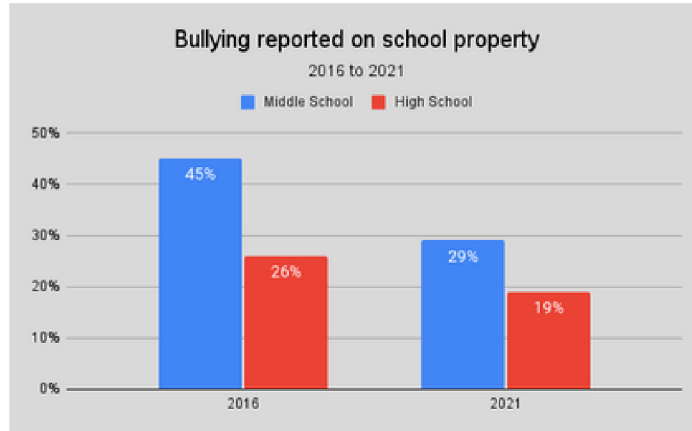


YOUTH SAFETY: VIOLENCE

Bullying is a form of youth violence and an adverse childhood experience (ACE). CDC defines bullying as any unwanted aggressive behavior(s) by another youth or group of youths, who are not siblings or current dating partners, that involves an observed or perceived power imbalance, and is repeated multiple times or is highly likely to be repeated. **Bullying may inflict harm or distress on the targeted youth including physical, psychological, social, or educational harm.**

Bullying on school property

In 2021, 19% of Forest County high school students, and 29% of Forest County middle school students reported that they had been bullied at school in the past 12 months. Both figures show an improvement from the 2016 report.



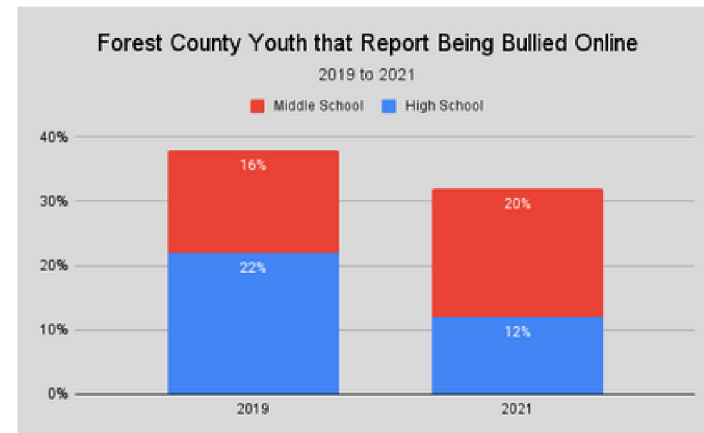
Overall Bullying

Overall, 2 out of 3 (61%) Forest County youth ages middle school to high school, report being bullied either at school, online, or in both forms.



Bullied Online

In 2021, 12% of Forest County High School students reported being bullied online, a decrease from 2019. In comparison, in 2021 20% of Forest County middle school students reported being bullied online, which is an increase from 2019. Overall, the percentage of youth that report being bullied online is decreasing.



Regardless of whether or not they themselves have been bullied, students may have perceptions of how pervasive and harmful bullying is at their school.

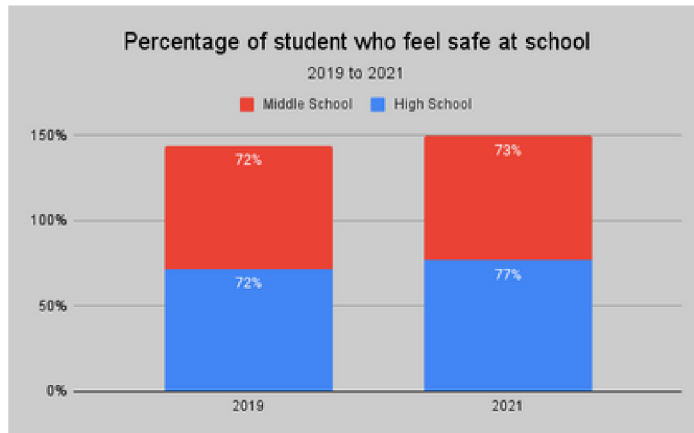
In 2021, 38% of High School students and 40% of middle school students agreed or strongly agreed that bullying was a problem at their school.

YOUTH SAFETY: SCHOOL SAFETY

Youth violence is a significant public health problem that affects thousands of young people each day, and in turn, their families, schools and communities. Youth violence is an adverse childhood experience and is connected to other forms of violence, including child abuse and neglect, teen dating violence, adult intimate partner violence, sexual violence, and suicide. Youth violence is preventable. The ultimate goal is to the stop youth violence before it starts. <https://www.cdc.gov/violenceprevention/youthviolence/index.html>

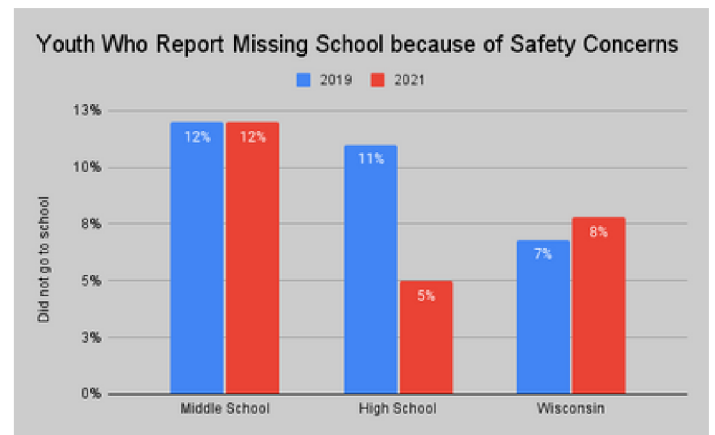
Perceptions of safety

In 2021, 73% of Forest County middle school students and 77% of Forest County high school students reported that most of the time or always feel safe at school. This is a slight increase over 2019 figures. However, in 2021, 88.8% of Wisconsin youth reported that they feel safe from physical harm when they are at school.



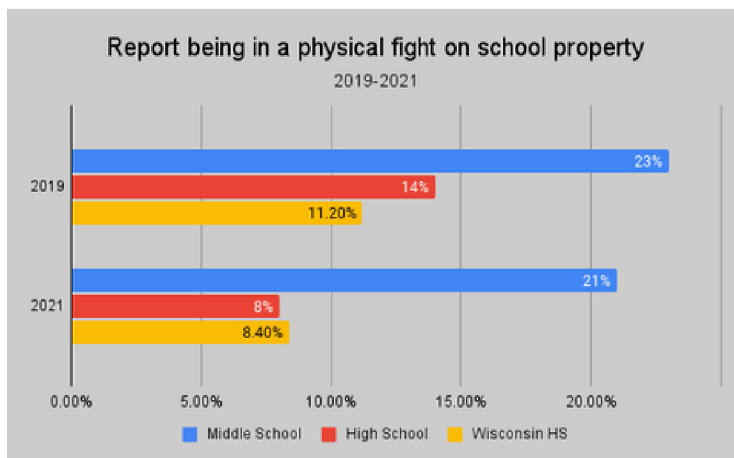
Safety and Attendance

The perceived lack of safety can affect school performance and school attendance. In Forest county, 12% of middle school students reported missing at least one day of school in the last 30 days due to safety concerns. In 2021, this is 7 points higher than the Forest county high school students reporting and 4 points higher than the average Wisconsin student.



Experienced violence at school

In 2021, 21% of Forest County middle school students and 8% of Forest County High School students reported being in a physical fight on school property in the last 12 months. The Wisconsin average is 8% for High School students. These numbers have decreased since 2019.

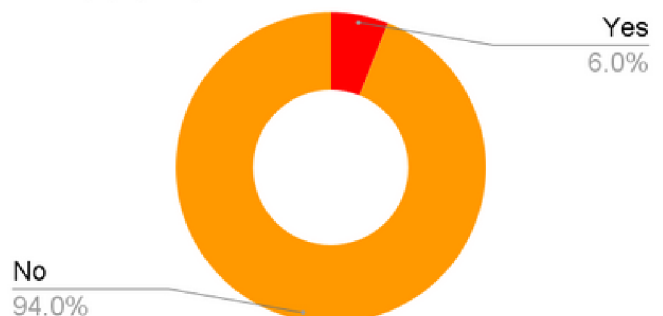


Weapons on school property

In 2021, 6% of Forest County High School Students reported that they had been threatened with a weapon on school property in the past 12 months. The Wisconsin average is 5.5%



Report being threatened with a weapon on school property in the past 12 months

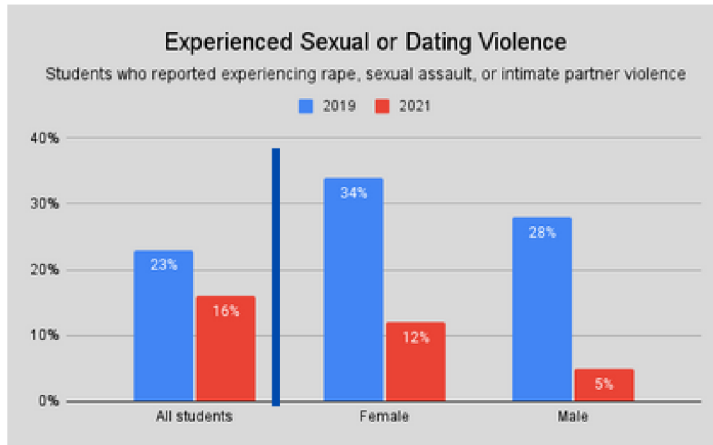


PERSONAL SAFETY, UNINTENTIONAL INJURIES AND VIOLENCE

Experiences of violence and other forms of trauma can affect all aspects of a youth's life, including their health, their behavior, and their ability to build positive relationships with themselves and others. The Youth Risk Behavior Survey asks questions regarding sexual or dating violence but does not specifically ask about violence in the home. Wisconsin Department of Justice data provides information on sex offenses, as well as domestic abuse data. It is important to remember that while domestic abuse data may not reflect violence on a child, violence in a home or to a loved one may cause chronic stress resulting in trauma.

Experienced Sexual or Dating Violence

In 2021, 16% of Forest County high school students reported experiencing any sexual or dating violence, regardless of the time period or relationship to the perpetrator. 12% of the youth that reported sexual violence, identified as female, and 5% identified as male.



Lifetime experiences of sexual violence

In the 2021, Youth Risk Behavior Survey, high school students were asked if they had ever been physically forced to have sexual intercourse (e.g., raped); **7% of student said they had**. Students were also asked whether they were physically forced to do anything sexual (including, but not limited to, sexual intercourse). This question is meant to look more broadly at sexual abuse or violation. **9% of students indicated this experience.**

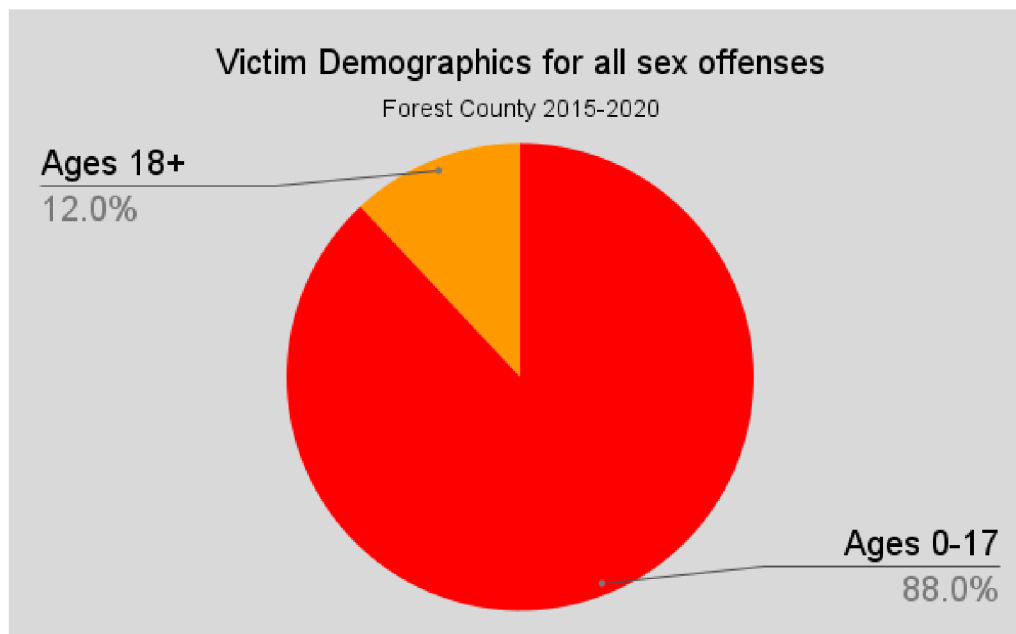
In 2021, **9% of Forest County high school youth report experiencing sexual force by a dating partner** in the past twelve months and **4% reported they were physically harmed by a dating partner.**



In 2021, **1 in 5 Forest County High School students reported sending, receiving, or sharing nude photos or sexual images in the past 30 days.**



Sex offenses reported to law enforcement

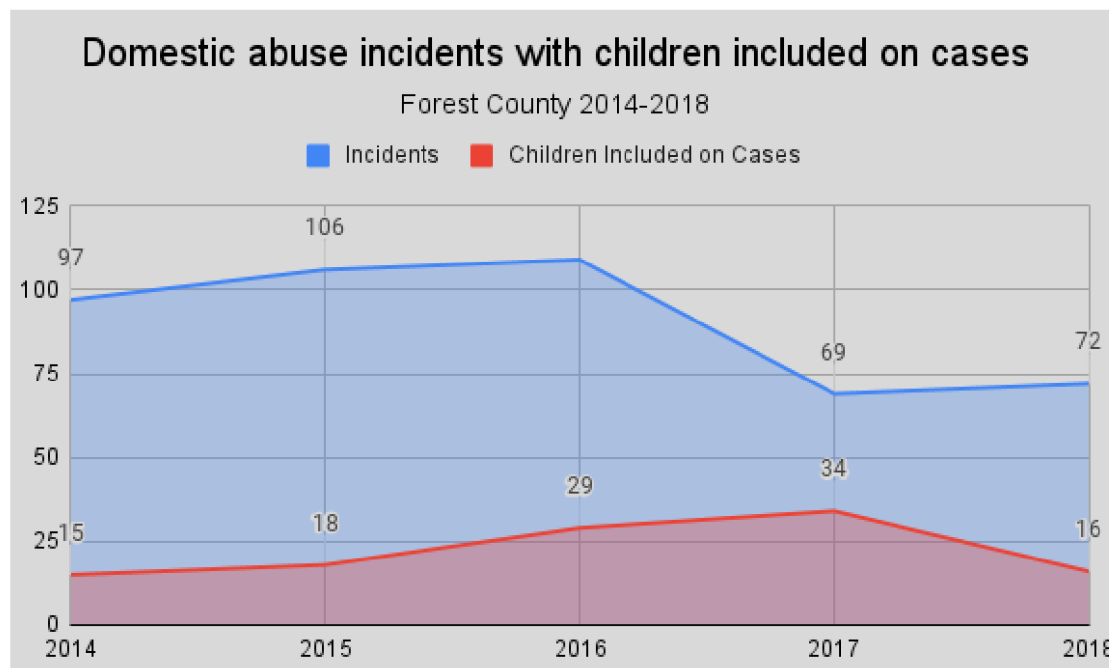


From 2017 to 2021 Forest county had a total of 25 reportable sex offenses.

88% of the sex offenses reported were to youth under the age of 18.

Domestic Abuse Data

From 2014-2018 Forest County reported 453 total incidents of domestic abuse. **112 of the cases included children.**



Source: <https://www.doj.state.wi.us/dles/bjia/domestic-abuse-data> [accessed 2023 FEB 23]

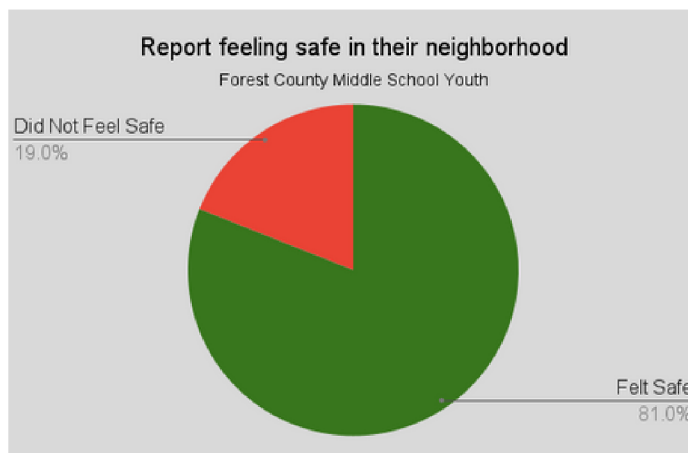
Exposure to Violence

A question on witnessing an attack was included in the 2021 Youth Risk Behavior Survey for the first time. The question asked whether youth had ever seen someone get physically attacked, beaten, stabbed, or shot in their neighborhood. **23% of Forest County High School students reported witnessing such incidents. This is slightly higher than the Wisconsin average of 18.2%**



Feeling Safe in their Neighborhood

In 2021, middle school students were asked if they felt safe in their neighborhood. **81% of Forest county middle school students reported that they felt safe most of the time or always felt safe in their neighborhood.**



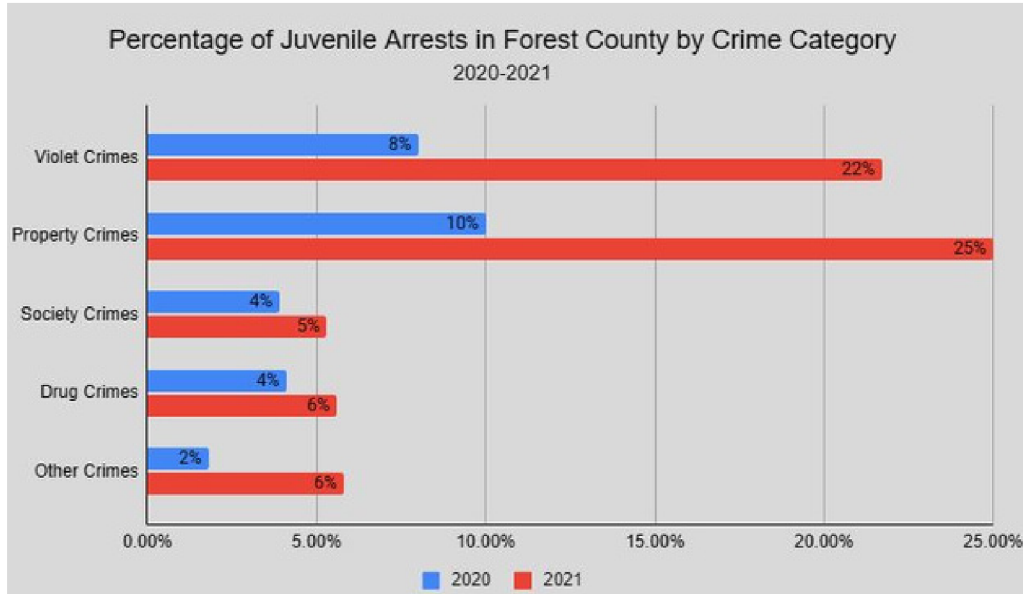
Community violence can cause significant physical injuries and mental health conditions such as depression, anxiety, and post-traumatic stress disorder (PTSD). Living in a community experiencing violence is also associated with increased risk of developing chronic diseases. **Concerns about violence may prevent some people from engaging in healthy behaviors, such as walking, bicycling, using parks and recreational spaces, and accessing healthy food outlets.** Violence scares people out of participating in neighborhood activities, limits business growth and prosperity, strains education, justice, and medical systems; and slows community progress.

YOUTH INVOLVED IN JUSTICE SYSTEM AND IN NEED OF PROTECTION AND SERVICES

According to the National Center for Injury Prevention and Control, Division of Violence Prevention, youth violence not only has consequences to the physical, emotion and social aspects of youth, there is a range of financial costs to society including the costs associated within the criminal justice system of arrest, prosecution, incarceration and reentry. In fact, "the cost of arresting, prosecuting, incarcerating, and rehabilitating offenders is the fastest growing part of most state budgets." [source:Preventing Youth Violence: Opportunities for Action.<https://www.cdc.gov/violenceprevention/youthviolence/pdf/opportunities-for-action.pdf>]

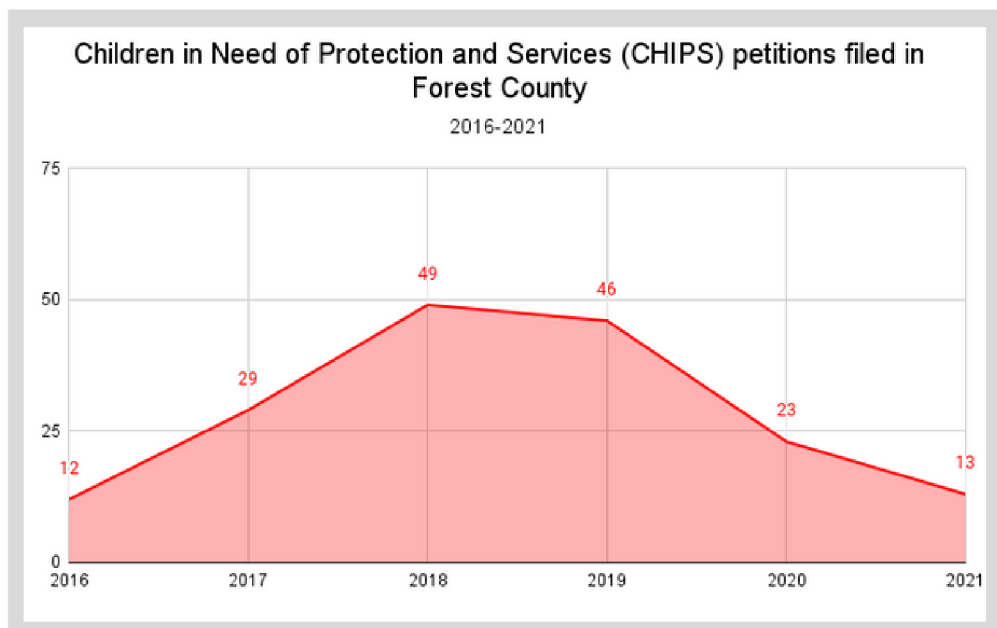
Percentage of Juvenile Arrests over time

The Wisconsin Uniform Crime Reporting Data Dashboard provides data on the arrests over time by agency. In Forest county, the City of Crandon Police Department and Forest County Sheriff Department are included in the data. Arrest data is provided for adult and juvenile arrests and is broken down by category of the crime in which the arrest has been made. In 2020, a total of 569 arrests were recorded, and in 2021 a total of 562. The percentage of these arrests in which a juvenile was arrested are graphed below.



Children in Need of Protection and Services (CHIPS)

Why this indicator matters: This is the number of formally filed Child in Need of Protection and Services (CHIPS) petitions filed in a Circuit Court, alleging maltreatment of a child. These figures do not include termination of parental rights or waiver of parental consent cases. *These data may have been influenced by the impact of the COVID-19 pandemic, starting in 2020.*



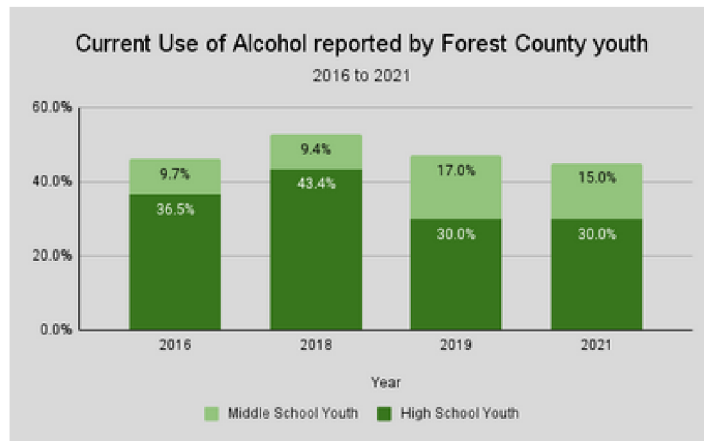
YOUTH SAFETY: USE OF ALCOHOL, TOBACCO, AND OTHER DRUGS

According to the CDC, alcohol is the most commonly used substance among young people in the U.S. Rates of current use and binge drinking among high school students have been declining in recent decades.

However, female high school students are now more likely to drink alcohol and binge drink more than their male counterparts. [source: Underage drinking. <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm> : accessed 02/24/2023]

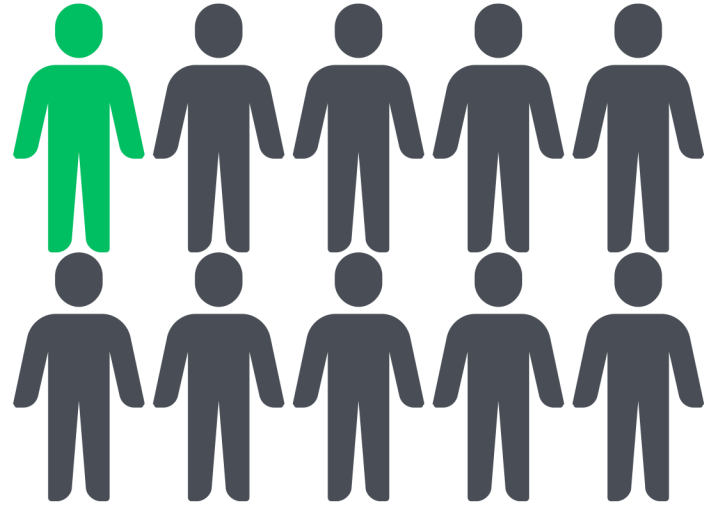
Current Use of Alcohol

In 2021, 15% of Forest County Middle school students, and 30% of High School students reported having had at least one drink of alcohol in the past 30 days. Of the 30% of high school students that reported drinking in the past 30 days, 34% of them were female and 28% male. In middle school, 17% of the youth that reported drinking were female, and 13% were male.



Drunk or High at School

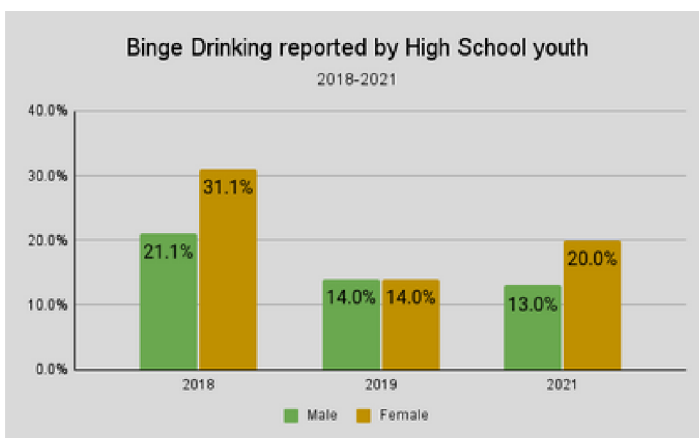
In 2021, **1 in 10 Forest County high school students reported that they attended school under the influence of alcohol or other illegal drugs one or more times during the last twelve months.** This is higher than the state average of 8.7%.



Binge Drinking

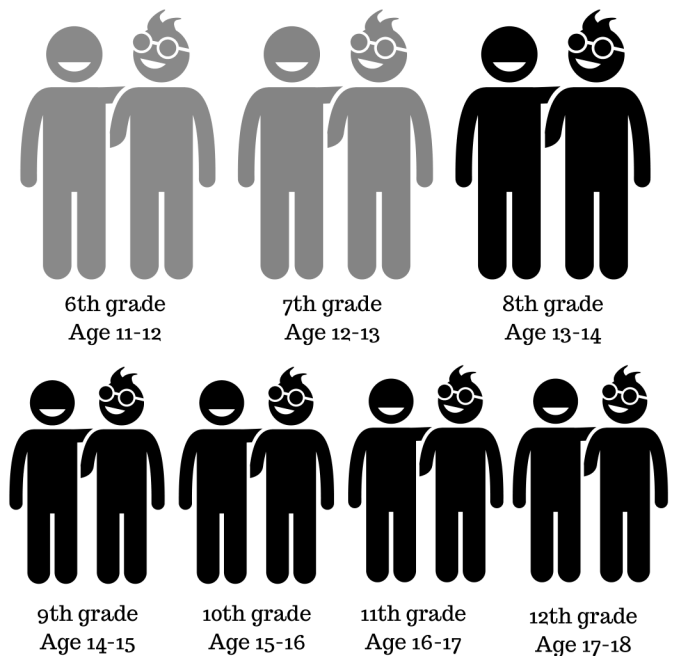
The Youth Risk Behavior survey asks those students who report drinking in the last 30 days, to report the largest number of drinks they consumed in the space of a couple of hours. Females who report four or more drinks and males who report five or more drinks are counted as having engaged in binge drinking.

In 2021, those students that report drinking in the past 30 days, 13% of the males report having five or more drinks, and 20% of the females report having four or more drinks in the span of a couple hours.

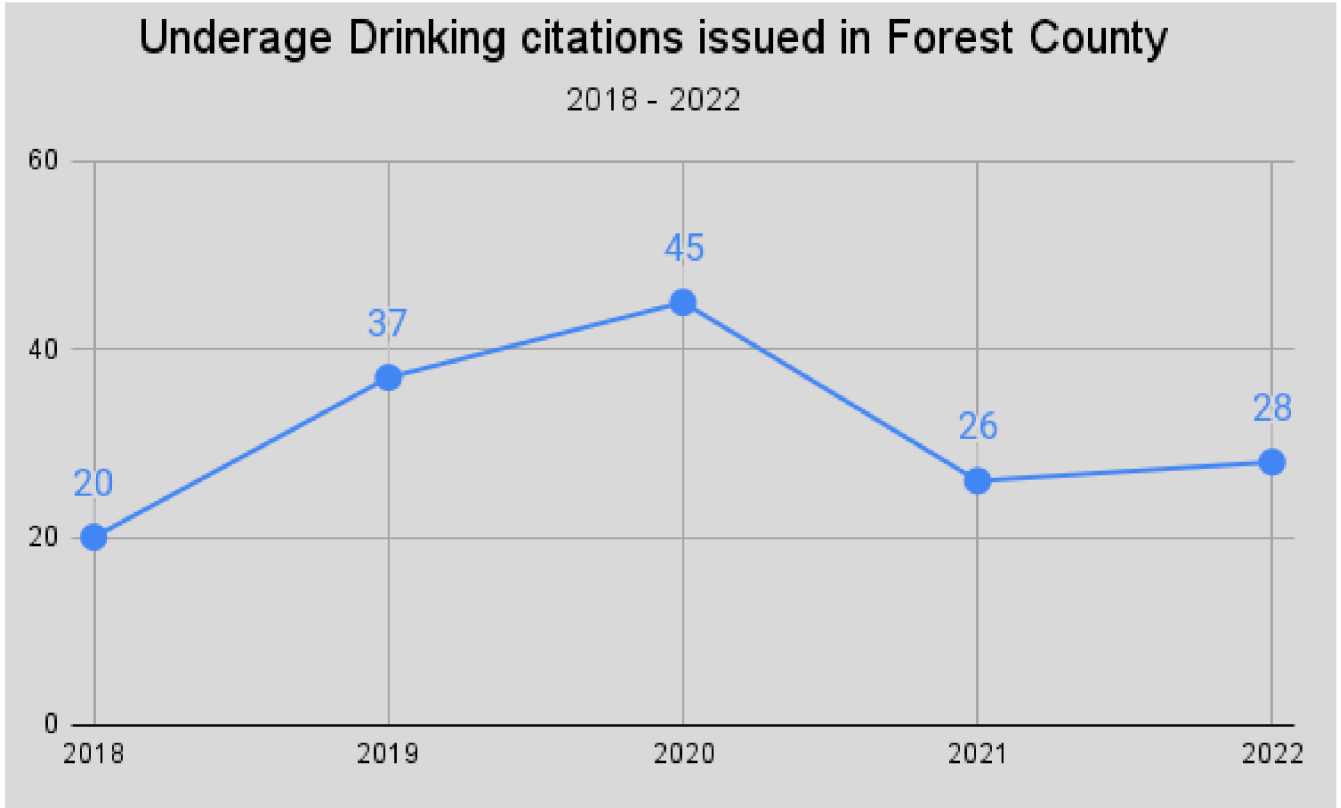


Students that Drink

In 2021, among students that report to have been drinking, **38% of these students report having had their first drink before the age of 13.** In 2019, the number was 44%. The Wisconsin average is 16.5%



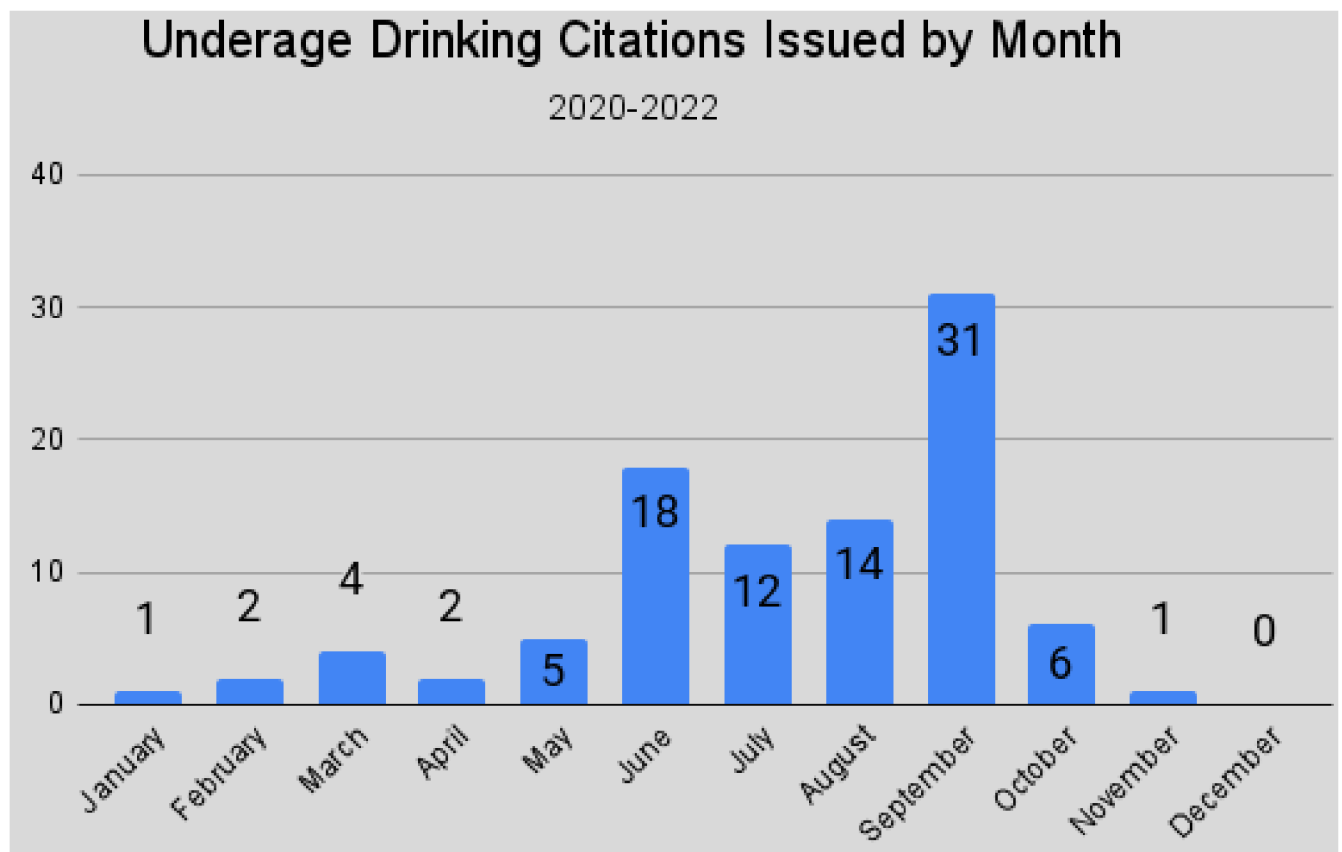
Number of Underage Drinking Citations issued in Forest County



Data provided by the Forest County Clerk of Court office.

Underage Drinking Citations issued in Forest County by month

Plotting the number of underage drinking citations issued by month allows us to target our prevention efforts. Targeted prevention activities by the Forest County Health Department, schools and county coalitions may include social media campaigns, billboards and evidence-based prevention curriculum.



Data provided by the Forest County Clerk of Court office.

Have tried Vaping

In 2021, **42% of Forest County high school students report that they have tried vaping and 22% report that they have used a vaping product within the past thirty days.**



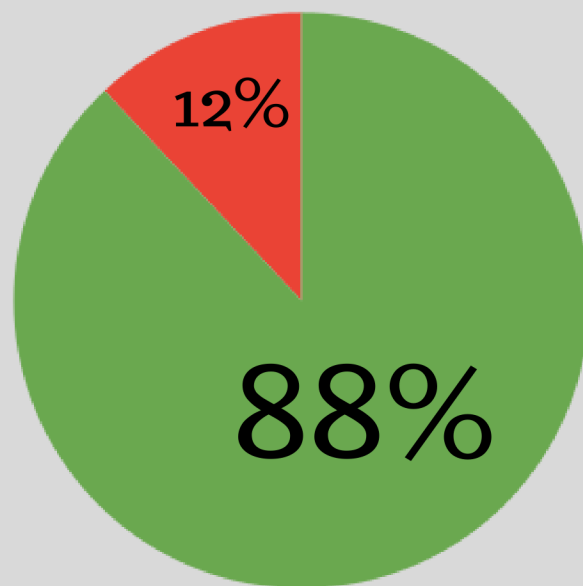
On average 32.4% of Wisconsin students have tried vaping and 14.7% have used a vape in the past thirty days.

Use of Any Other Tobacco Product

In 2021, 12% of Forest County high school youth reported using any other tobacco product. This is a decrease of 5 points in 2019 when 17% reported using tobacco in the past 30 days.

Use of any other tobacco products

Forest County High School Students



Vaping by average grades (self-reported)

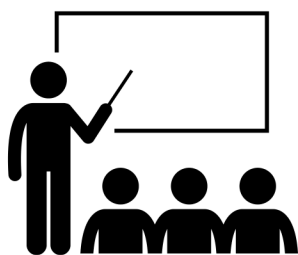
The Youth Risk Behavior Survey asks youth to self-report the average grades they receive.



13% of high school students that self-report as A students report vaping in the past 30 days



22% of high school students that self-report as B students report vaping in the past 30 days



The percentage of high school students that self-report as C or D students that report vaping in the past 30 days is too small to report.

Specific Tobacco Use Product

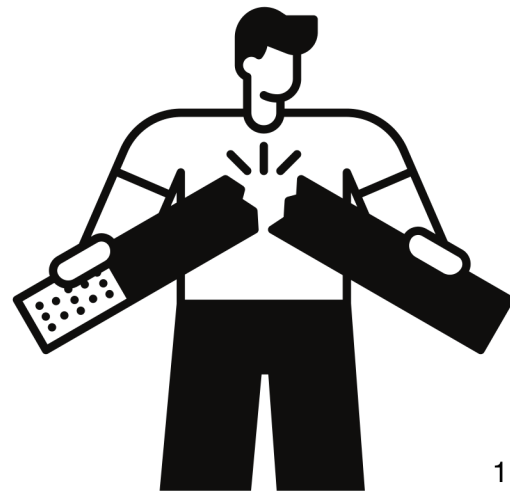
Chew/smokeless tobacco: 4% of high school students report using in the past 30 days.

Cigars, cigarillos, little cigars: 6% of high school students report using in the past 30 days.

Cigarettes: 11% of high school students report using in the past 30 days.

Trying to Quit

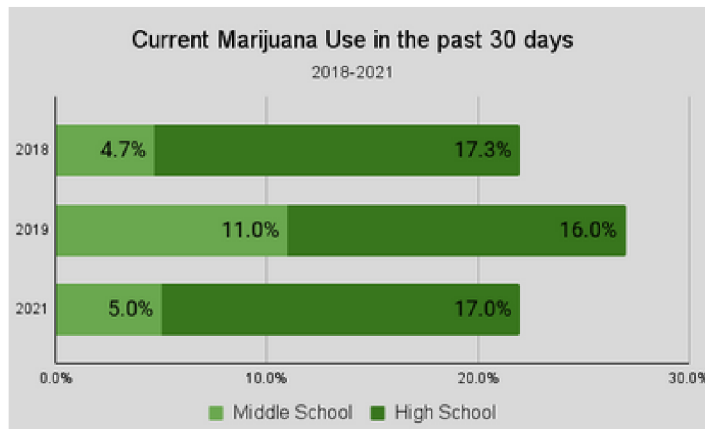
Over half (51%) of Forest County High School students who vape or use other tobacco products are **trying to quit.**



High-risk drug use increases the likelihood that youth will engage in risk behaviors that can have dramatic, and lasting effects on their health and academic performance. High-risk drug use refers to any use by adolescents of drugs with a high risk of adverse outcomes, such as injury, criminal justice involvement, school dropout, and loss of life. [source: Youth High-Risk Drug Use. www.cdc.gov/healthyyouth/substance-use/hrsu.htm]

Current Marijuana Use

In 2021, 5% of middle school youth and 17% of high school youth report using marijuana in the past 30 days.



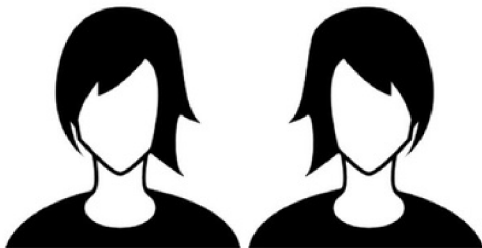
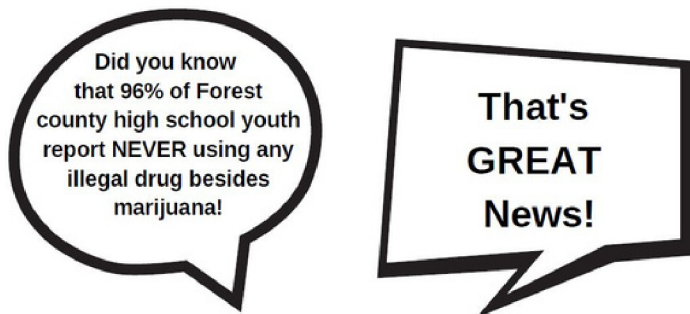
Ever Used Marijuana

In 2021, **30% of Forest County high school youth reported that they had tried marijuana in their lifetime.** This is higher than the Wisconsin average of 24.8%.



Among the 30% of students that have used marijuana in their lifetime, 34% report that they started using before the age of 13.

Any Legal Drug Misuse



Of the Forest county youth that completed the YRBS survey, less than 5% of them reported ever using an illegal drug besides marijuana. The YRBS survey defines other illegal drugs as heroin and methamphetamines.

Use of Prescription Painkillers

Students were asked about the unauthorized use of prescription painkillers and over-the-counter medications.

Overall, **11% of high school students and 7% of middle school students had ever engaged in such use.**

11% of Forest County high school students
and

7% of Forest County middle school students

report
misusing
prescription
opioids



3% report use of an over-the counter drug to get high

MENTAL HEALTH & WELLBEING: ANXIETY & DEPRESSION

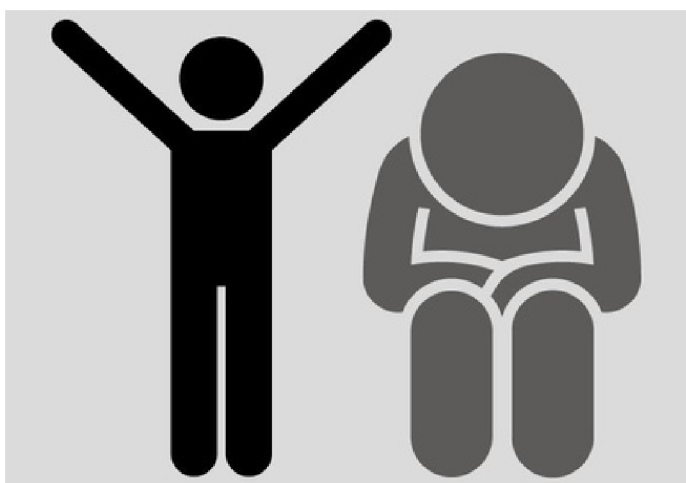
Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities. Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, which cause distress and problems getting through the day.

[source: CDC. What is Children's Mental Health. <https://www.cdc.gov/childrensmentalhealth/basics.html>]

Significant Problems with Anxiety

The YRBS survey asked students if they had experienced "significant problems" due to anxiety or prolonged sadness. They were not asked if they had a mental health diagnosis.

ONE out of TWO Forest County youth (51% high school and 45% middle school) reported in 2021 that they had experienced "significant problems" due to anxiety or prolonged sadness.



These numbers remain about the same as the 2019 Forest County report (49% high school and 51% middle school)

Who reports Anxiety?

In general, self-reported rates of anxiety and depression were higher for students who:

- had a low sense of belonging
- had experienced bullying, violence, or trauma
- had low grades
- had anything else that set them apart from their peers, including race, class, sexual orientation and disability.

47% of Forest County High School students that identify as White, reported problems with anxiety.

72% of Forest County High School students that identify as Hispanic, reported problems with anxiety.

59% of Forest County High School students that identify as American Indian reported problems with anxiety.

52% of Forest County High School student that identify as having multiple races reported problems with anxiety.

Self-reported Depression

The question on self-reported depression asked whether students had felt "**so sad of hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities**" within the past 12 months.

OVER ONE-THIRD of Forest County youth (38% high school and 33% middle school) self-reported depression in 2021.



These numbers are higher than the 2019 Forest County report (29% high school and 28% middle school)

Sense of Belonging

The YRBS report asked both middle school and high school students if they feel as if they belong at school. **Three out of five Forest County youth** (60% of middle school students and 57% of high school students) **feel like they belong at school.** The Wisconsin average is 60.8%



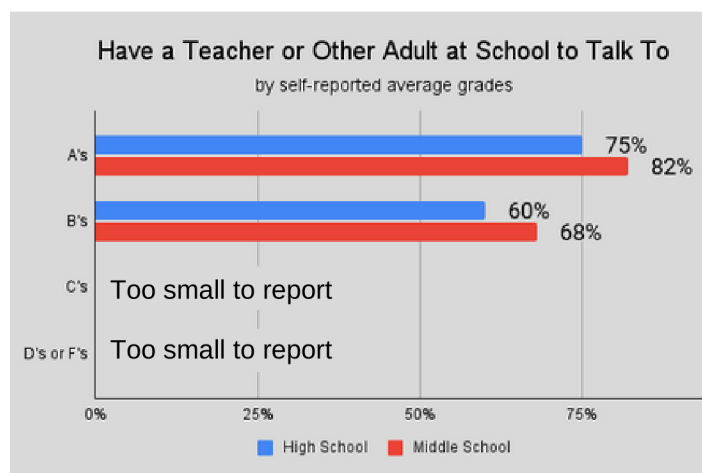
MENTAL HEALTH & WELLBEING: CONNECTION

Being mentally healthy during childhood means reaching developmental and emotional milestones and learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities. Mental disorders among children are described as serious changes in the way children typically learn, behave, or handle their emotions, which cause distress and problems getting through the day. [source: CDC. What is Children's Mental Health. <https://www.cdc.gov/childrensmentalhealth/basics.html>]

Have a Teacher They Can Confide In

The YRBS survey asked students if they had at least one teacher or other adult at school to talk to.

66% of Forest County High School and 64% of Forest County Middle School students report that they have at least one teacher or other adult they can talk to. That figure was highest for those youth self-reporting as "A" students.



Emotional Support

Students were asked general questions about access to emotional supports. The questions were not specific to suicide or any mental health condition.

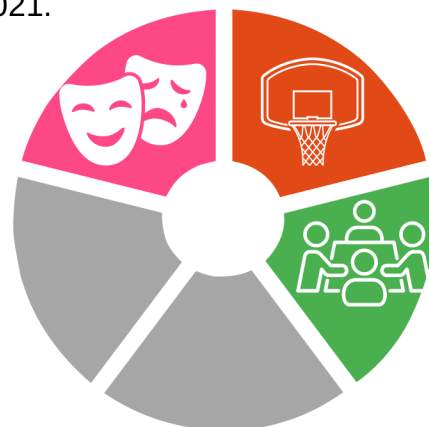
More than half of Forest County youth (61% of high school students and 51% of middle school students) report that they rarely or never get emotional help when needed.



Extracurricular Activities

Extracurricular activities can play a key part in a students' sense of school connectedness and make them more likely to graduate. The YRBS asks students how many hours per week they participate in "school activities such as sports, band, drama, or clubs".

Three out of Five Forest County youth (59% high school and 68% middle school) reported that they participated in extracurricular activities in 2021.



Who do students turn to?

Students were also asked whom they rely on for emotional support. Specifically, they were asked **"When you feel sad, empty, hopeless, angry, or anxious, with whom would you most likely talk about it?"**

29% of High School and 36% Middle School students turn to an adult (parent, teacher, or other adult) for emotional support

50% of High School and 36% Middle School students turn to a peer (friend or sibling) for emotional support

21% of High School and 27% of Middle School students were not sure who to turn to for emotional support



MENTAL HEALTH & WELLBEING: SELF-HARM AND SUICIDE

Suicide is a public health issue in Wisconsin. According to the 2020 report "Suicide in Wisconsin: Impact and Response" the suicide rate among state residents increased by 40% from 2000-2017. Suicide is a complex issue with many factors that can increase the risk of suicidal thoughts and behaviors. These risk factors include many of the risk behaviors the YRBS identifies. These risks can be decreased, and suicide can be prevented. [source: Prevent Suicide Wisconsin. Suicide in Wisconsin: Impact and Response. September 2020.

Self-Harm

The YRBS asks students to report on whether or not they had engaged in non-suicidal self-harming practices during the past year.

1 in 4 students
(29% of middle school and 25% of high school) reported engaging in self-harming practices at least once in the past twelve months.

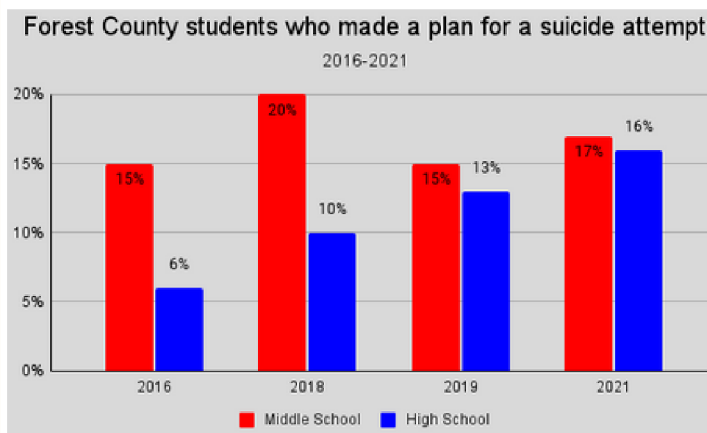


This is an increase from 2019 figures (18% middle school and 19% high school)

Had a Suicide Plan

The YRBS asks students if they made a plan for a suicide attempt in the past twelve months.

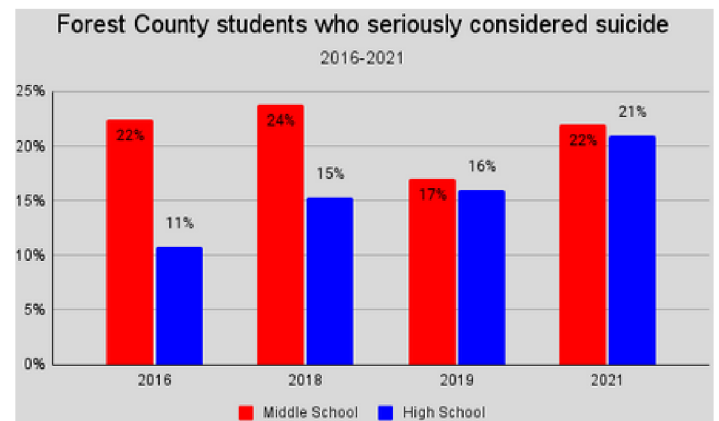
In 2021, **17% middle school and 16% high school) students made a plan for a suicide attempt.**



Suicidal Thoughts and Behavior

The YRBS asks students whether they have seriously considered, planned, and have attempted suicide.

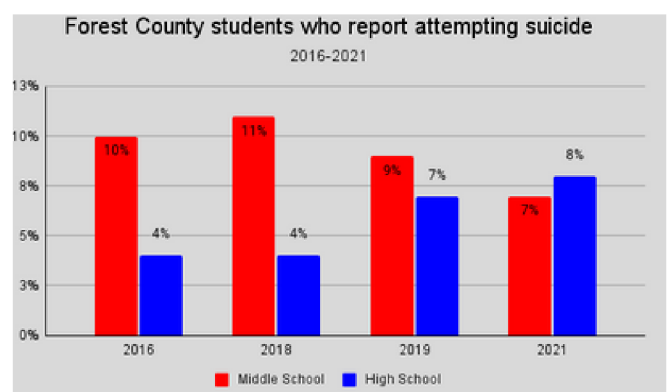
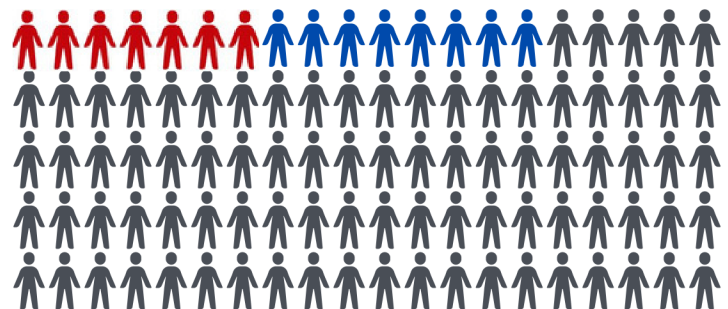
In 2021, **ONE in FIVE Forest County youth (22% middle school and 21% high school) students seriously considered suicide.**



Have attempted suicide

The YRBS asks students if they have attempted suicide in the past twelve months.

In 2021, **7% of middle school and 8% of high school) students reported that they attempted suicide within the past twelve months.**



MENTAL HEALTH & WELLBEING: HEALTHY SLEEP

Adequate sleep contributes to a student's overall health and well-being. Students should get the proper amount of sleep at night to help stay focused, improve concentration, and improve academic performance.

Children and adolescents who do not get enough sleep have a higher risk for many health problems, including obesity, type 2 diabetes, poor mental health, and injuries.¹⁻⁴ They are also more likely to have attention and behavior problems, which can contribute to poor academic performance in school. [source: CDC. Sleep in Middle and High School Students. www.cdc.gov/healthyschools/physicalactivity/facts.htm]

Sleep 5 or Fewer Hours per Night

in 2021, 1 in 5 students (21% Middle School and 19% High School) reported sleeping 5 or fewer hours of sleep per night.



Moderate to Heavy Screen Time



Moderate to heavy screentime is defined as spending three or more hours per day engaged in television, video games, social media, texting, or other recreational activities using a computer, phone, gaming system or tablet.

In 2021, **46% of middle school students and 54% of high school students** report using technology between midnight and 5:00 a.m. on school nights.

In addition, **54% of middle school students and 74% of high school students** report spending 3+ hours per day in front of a TV, smartphone, Xbox, or other device.



MENTAL HEALTH & WELLBEING: PHYSICAL ACTIVITY

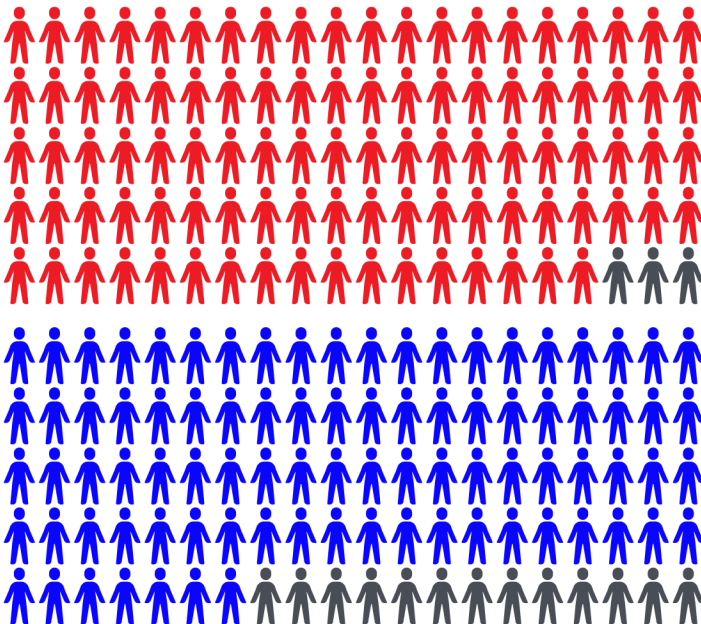
Regular physical activity can help children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, reduce symptoms of anxiety and depression, and reduce the risk of developing health conditions such as Heart disease, Cancer, Type 2 diabetes, High blood pressure, Osteoporosis and Obesity.

[source: CDC. Physical Activity Facts. www.cdc.gov/healthyschools/physicalactivity/facts.htm]

Sustained Exercise

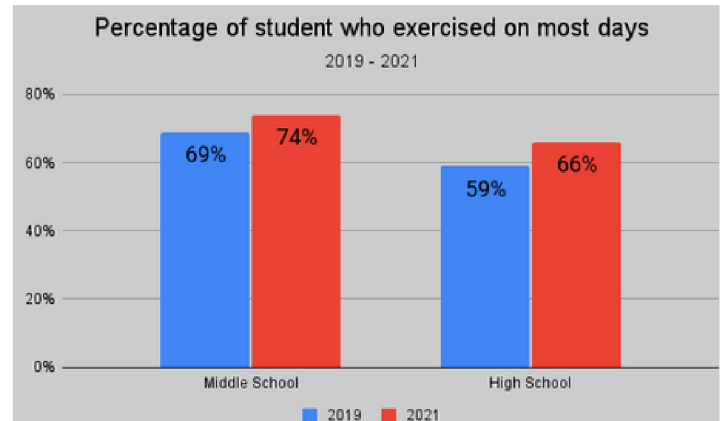
The YRBS asks students how many days a week they participated in an hour or more of physical activity.

97% of Middle School and 87% of High School students reported participating in at least an hour or more of physical activity in the past week.



Exercised on Most Days

In 2021, **3 out of 4 middle school students (74%) and 2 out of 3 high school students (66%)** reported engaging in an hour or more of physical activity for four or more days per week



Food Insecurity

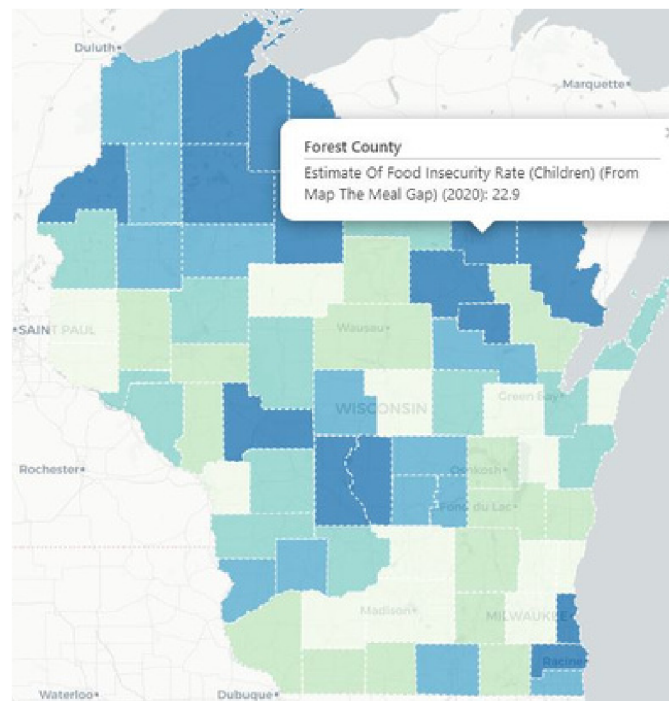
The YRBS report asks students if they went hungry rarely, sometimes, most of the time or always. It excludes students who report "never" going hungry.

In 2021, **1 out of 3 middle school students (36%) and 1 out of 4 high school students (24%) reported experiencing hunger due to lack of food at home.** Of the middle school students that reported, 5% of them said they went hungry "most of the time" or "always".

Food insecurity is defined as the uncertainty of having, or an inability to acquire, enough food for all household members because of insufficient money or other resources.

The Wisconsin Food Security Project estimates that in 2020, 22.9% of Forest County children were food insecure.

source: <https://foodsecurity.wisc.edu/>



Source Information

Data for this report is taken from the following sources:

1. Winkler, Richelle, Kenneth M. Johnson, Cheng Cheng, Jim Beaudoin, Paul R. Voss, and Katherine J. Curtis. Age-Specific Net Migration Estimates for US Counties, 1950-2010. Applied Population Laboratory, University of Wisconsin - Madison, 2013. Web. [01/13/2023.] <https://netmigration.wisc.edu/>.
2. Source: WISEdash Data. State of Wisconsin. accessed: 01/13/2023. <https://wisedash.dpi.wi.gov/Dashboard/dashboard/18110?filtersetId=0cba6ee3-dccd-4e8b-a657-90c1cd1979a7>
3. United for ALICE. (2022). ALICE in Forest County. United Way of Wisconsin. Retrieved from United Way of Wisconsin (unitedwaywi.org)
4. University of Wisconsin Population Health Institute. County Health Rankings & Roadmaps 2022. www.countyhealthrankings.org.
5. Wisconsin Court System publications: <http://www.wicourts.gov/publications/statistics/circuit/circuitstats.htm>
6. The Annie E. Casey Foundation, KIDS COUNT Data Center, <https://datacenter.kidscount.org>.
7. Center for Disease Control and Prevention. accessed: 01/19/2023 <https://www.cdc.gov/>
8. Wisconsin DOT Community Maps. <https://transportal.cee.wisc.edu/partners/community-maps/crash/search/BasicSearch.do>
9. Wisconsin Department of Justice. Bureau of Justice Information and Analysis. <https://www.doj.state.wi.us/dles/bureau-justice-information-and-analysis>
10. Forest County Clerk of Court Office.
11. Wisconsin Department of Public Instruction. Forest County 2021 Youth Risk Behavior Survey Results. High School version. September 16, 2022.
12. Wisconsin Department of Public Instruction. Forest County 2021 Youth Risk Behavior Survey Results. Middle School version. October 18, 2022.

Youth Risk Behavior Survey Information:

What Is The YRBS?

The Youth Risk Behavior Survey (YRBS) is a comprehensive health and wellness surveillance tool developed by the Centers for Disease Control and Prevention (CDC) and administered by states and municipalities.

Who Participated?

In the 2020-21 school year, there were public schools in Forest county that served high school students, including public charter, virtual, or other types of schools. 3 of these schools (100%) participated in the survey.

Wabeno High, Crandon High, Laona High School

A total of 316 usable responses were collected from the 3 participating schools listed above. This represented 78% of public high school students in the county.

Laona High, Wabeno High, Crandon Middle School

A total of 230 usable responses were collected from the 3 participating schools listed above. This represented 72% of public middle school students in the county.

County Reports are available under the 2021 County and Regional Reports section of the *Conducting A YRBS webpage* at <https://dpi.wi.gov/sspw/yrbs/online>

Community Coalitions

What is a Community Coalition?

Community Coalitions exist to facilitate relationships between various public and private sectors in a community in order to make lasting change. Coalitions empower local leaders to work together on important issues that cross demographic and geographical lines, including youth substance misuse, access to mental health care, and improved access to physical activity opportunities and nutritious food. In Forest County, there are two long-standing Coalitions with a strong history of helping local leaders achieve community health improvement plans (CHIP): the Forest County Partnership Coalition and the Community Coalition of Forest County.

Forest County Partnership Coalition. The Forest County Partnership, Inc. was initially formed in 1988 to address the alcohol and drug issues that face our youth and to discuss ways to promote a healthy and appropriate lifestyle for all youth. The Partnership fosters a special relationship between county schools, county and tribal departments, and community organizations. The mission of the Partnership Coalition is to strengthen and support youth by providing educational, social, and cultural opportunities that will foster competent and caring youth in a safe and healthy community.

Some of the organization's past initiatives include sponsoring a Healthy Choices Conference for all 8th graders with a focus on increasing awareness of health issues and developing skills and support systems to decrease risky behaviors and a Brighter Futures Conference for all 11th graders with a focus on financial literacy, life skill development, goal setting and responsible decision making. The group has also sponsored anti-bullying presentations, community presentations on alcohol and drug issues, resource guides, Red Ribbon Week activities, and youth leadership opportunities.

Most recently, the Partnership Coalition has focused their time and effort on building sustainable mental health programming for all members of our county. Within the past two years, several members of the organization have completed Youth Mental Health Facilitator Training, as well as QPR Gatekeeper training. These trainings allow members of the Coalition to train others in mental health topics, including suicide prevention. The group has recently targeted their suicide prevention training to include Forest County Law Enforcement officers, Forest County Potawatomi Community Center staff, school district staff and parents.

Community Coalition of Forest County. The Community Coalition of Forest County (CCFC) is a 501 (3) (c) Non-Profit Organization that was formed in 2008 for the purpose of informing and engaging all age groups and cultures in our diverse county in a collaborative effort to measurably improve the health and well-being of our residents with a focus on substance abuse and prevention.

The initial mission of the Coalition, which at the time included members from six political jurisdictions, various community agencies and non-profit organizations, was "to benefit all community members by promoting a process to effectively utilize community resources to identify and address community problems and goals."

Since 2014, the mission of the CCFC has consistently been focused on prevention of substance misuse with various programs and initiatives implemented to create positive change. These programs include the creation of a Drug Endangered Children committee, Prevention Week county-wide activities, financial support of AmeriCorps recovery coach positions, promotion of the Dose of Reality state-wide initiative to combat opioid misuse, organization of drug take back day and drop boxes, and several community educational opportunities including hosting the Written Off documentary and Healthy Living Powwows.

Today membership on the Community Coalition continues to include six political jurisdictions including the Forest County Potawatomi, the Sokaogon Chippewa Community, the Forest County Board of Supervisors, the School District of Crandon, the Laona School District, and the Wabeno Area School District, as well as the Forest County Sheriff's Department, and the University of Wisconsin Extension Forest County. Membership is open to governmental agencies, nonprofit and community organizations whose mission aligns with the vision of the Coalition to offer a "healthy, safe, substance free, literate community that empowers all to achieve their maximum potential."

For more information on the work of Coalitions within Forest county, please visit the Forest County Extension website located at <https://forest.extension.wisc.edu>.