

# School District of Marshfield

Student Services Newsletter | December 2020



## 2019 Youth Risk Behavior Survey

### What is the YRBS?

The Youth Risk Behavior Survey assesses student trends in the areas of :

- eating and activity habits
- alcohol and drug use
- mental health
- violence-related behaviors
- perceptions of safety and support

### Who takes the YRBS?

The survey is taken by 8th , 9th, 10th, 11th and 12th grade Marshfield Public Schools and Columbus Catholic School students.

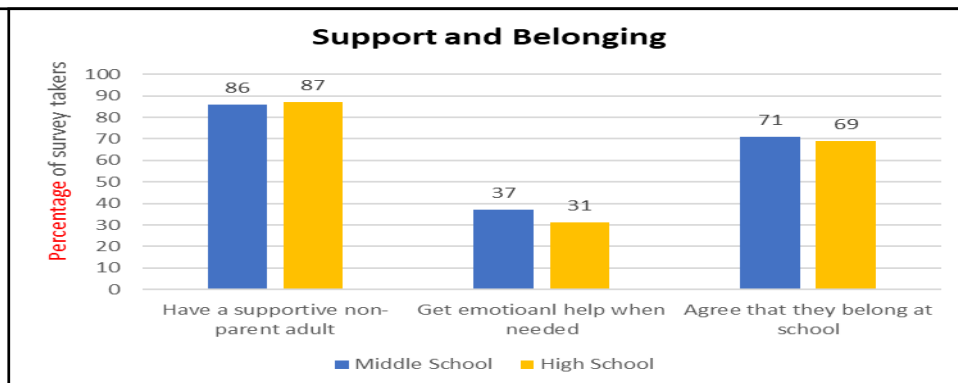
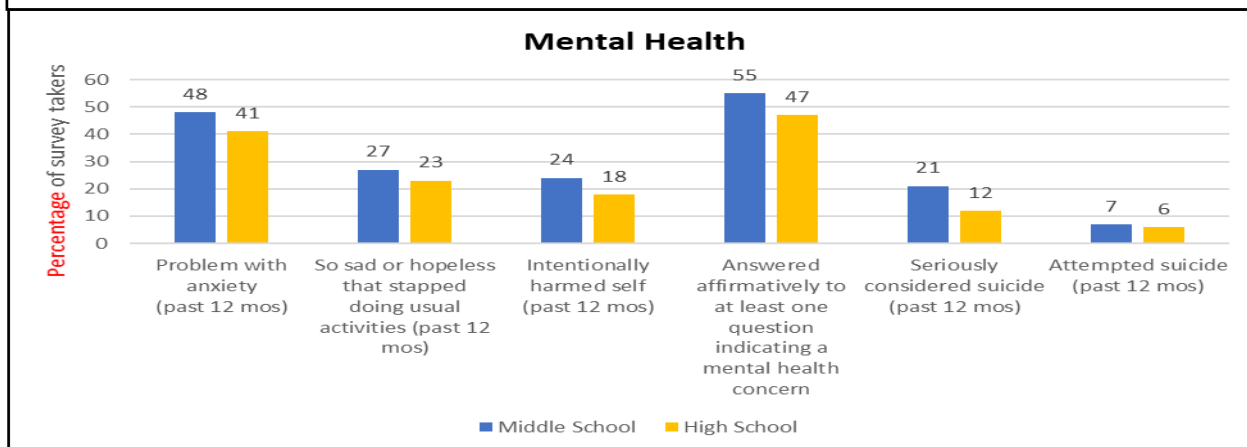
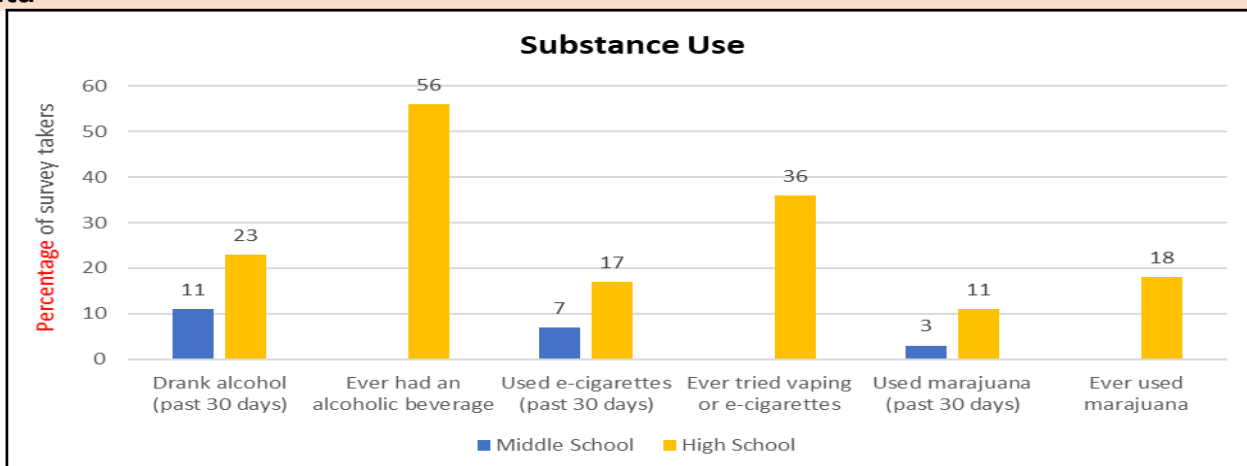
In 2019, 282 8th graders and 1,150 High Schoolers participated.

### Why is the YRBS data important?

- Helps inform programming
- Determines staff needs
- Influences allocations
- Helps staff and parents understand student needs
- Highlights the importance of community collaboration

### Local Data

Combined data for School District of Marshfield and Columbus Catholic Schools



## School Initiatives

### District's Areas of Focus

#### AODA (Alcohol and Other Drug Abuse)

- Vaping, Alcohol and Marijuana

#### Mental Health

- Anxiety, Depression, Suicide

#### Connectedness

- Bullying, Belonging, Technology

### Ongoing Initiatives

- Health and Counseling Curriculum
- Mental Health referral pathways
- Trauma responsive practices
- Substance use responsive services
- Community collaborations
- Relationship building

### Future Initiatives

- Peer to peer programs
- Student focus groups
- Increased parent engagement
- Stigma reduction campaign
- Mental Health screening
- Vaping/Tobacco cessation plans
- Kindness projects

## What Can Parents Do?

- **Stay involved** with your student's life
- **Talk** to your student about expectations for behavior and the risks and consequences of substance use
- **Recognize the signs** of drug and alcohol use
- **Monitor** your student's activities
- **Listen** to your child and ask about their feelings/emotions and coping
- Pay attention to **changes** in mood and behavior
- Become **informed** about alcohol/drug issues and mental health
- Encourage your student to talk to you or a **trusted school staff** if they have concerns about themselves or a friend
- **Ask for help**



## Resources and Support

- Contact your child's School Counselor for information, referrals and support
- Call United Way's 211—for community resource information (<https://211wisconsin.communityos.org/>)
- **EMERGENCY SAFETY CONCERNS – Please call 911**

If at any time you have urgent/immediate concerns about the well-being and safety of yourself, your child, or others you support, we strongly advise you to call a Crisis Line, where mental health help is available 24/7.

### AODA

- SAMHSA National Hotline  
1-800-662-HELP (4357)  
<https://www.samhsa.gov/>
- <https://www.dhs.wisconsin.gov/small-talks/index.htm>
- smokefree.gov or 1-800-QUIT-NOW
- <https://quitline.wisc.edu/>

### Mental Health

- National Suicide Prevention Hotline  
1-800-273-TALK (8255)  
<https://suicidepreventionlifeline.org>
- HOPELINE accepts texts at 741741
- Wood County Crisis: 715-384-5555
- Marathon County Crisis: 715-845-4326
- Clark County Crisis: 715-743-3400

Coming soon! AODA information and resources will soon be available on the School District of Marshfield website at <https://www.marshfieldschools.org/Page/1003>.