

GETTING TO 'Y'

Youth Bring Meaning to Their YRBS Data 2022-23



Empowering Youth through Data & Dialogue

A record number of teams enrolled in Getting to 'Y' (GTY) this year, anxious to review the 2021 Youth Risk Behavior Survey (YRBS) data — the first snapshot since before the Covid-19 pandemic. GTY teams in the Cherokee Nation of Oklahoma, Massachusetts and New Hampshire worked with this new data. Due to delays with the Vermont YRBS reports, only a few Vermont teams were able to work with the 2021 data, but others applied

their GTY training to bring meaning to other data, generate dialogue about ways to improve youth well-being and to take action to make their schools and communities better. Many GTY teams were supported by their local prevention coalitions, bringing deeper opportunities for youth-adult partnership. Congratulations to the following schools and teams!

Bakersfield Middle School

Bakersfield, Vermont

The Bakersfield GTY team comprised seven 7th and 8th grade youth. The students organized and completed a data analysis retreat using the 2021 Middle School YRBS statewide report, which helped them determine three areas of strength and three concerns. They also identified root causes, which helped them generate ideas for action projects. Some of their ideas include: hosting parent workshops to teach parents how to make sure that kids feel safe with them, educating students on how to safely report instances of bullying to trusted adults, teaching healthy coping skills that can be used in place of other risky behaviors or coping strategies such as drug use.



Bakersfield team members

STRENGTHS



Only **1%** of students used smokeless tobacco during

the past 30 days. Using smokeless tobacco during the past 30 days does not differ by sex, grade level, race and ethnicity, or sexual orientation and gender identity.

Among students who have ever had sexual intercourse,



44% used a condom.



67%

of middle school students have at least one teacher

or other adult in their school that they can talk to if they have a problem.

CONCERNS



41%

of middle school students have been bullied at school.



54%

of LGBTQ+ students have ever been bullied at school,

significantly more likely compared to heterosexual cisgender students (**36%**).



Only

42%

of LGBTQ+ middle school students

report having a caring adult in their family they can talk to about their feelings at least most of the time, compared to **66%** of heterosexual/cisgender students.

Barre Middle School

Barre, Vermont

The GTY team of youth at Barre used the skills they acquired during the GTY fall training to analyze their school's monthly student and staff recognition process to include youth voice and partnership. The team provided feedback to draw more student and adult involvement which they identified as a needed practice in the school community. The team conducted a survey and used the data to develop recommendations which were presented to the school leadership team. The school leadership team found their report to be thorough, clear and representative of a diverse group of the student population. The recommendations were accepted by the school and the leadership team committed to updating the student and staff recognition process.



Barre team members



Participants at the GTY training day

BFA Fairfax Middle School

Fairfax, Vermont

The GTY team at BFA Fairfax focused their efforts on youth phone usage and mental health with the goal of establishing phone privileges for next year's 8th graders. The team collaborated on creating a survey about phones and mental health and emailed students and staff a survey to collect information. The team received 97 student responses and 20 staff responses: an impressive sample size. The team spent a lot of time analyzing the results and facilitated discussions about their findings. The students are eager to pick this project back up in the fall and to share their analysis with the school community.

Green Mountain Tech Center

Hyde Park, Vermont

The Allied Health group of nursing students hosted a GTY data analysis retreat (DAR) in April which consisted of 39 participating students from the high school and from other tech center classes such as Computer Networking and Pre-Tech. The student-led DAR started with introductions from Healthy Lamoille Valley Coalition Coordinator Brian Duda and Director Jessica Bickford, Jesse Brooks from UP for Learning, and students from the Allied Health class. They began their retreat with filling in pieces of the Circle of Courage listing resources such as the tech center, job training opportunities, GTY, and EPIC Academy (an alternative education path where students can earn graduation proficiencies by designing and executing projects focused on their personal interests). After the Circle of Courage students were invited to participate in fun and energizing ice-breakers followed by breaking up into groups and



Tech center team members, above and right



diving into the 2019 Lamoille County YRBS. In their groups, students discussed different topics within the YRBS to determine strengths and concerns. This event was sponsored by Healthy Lamoille Valley Coalition who supplied materials, food, lunch and prizes.

STRENGTHS



52%

of students are practicing safe sex.



76%

of 12th graders plan to attend a 4 year educational program after HS.



73%

of students describe their grades as A's and B's.



80%

of students drink 1 or more glasses of water per day (higher than the state average).

CONCERNS



The lifetime substance use including students who reported drinking **alcohol**, ever used/ tried **marijuana**, and **vaping** were all **higher than the VT state average**.



17%

of LGBTQ+ identifying students have misused prescription meds.



Only

49%

of 11th grade students reported feeling like they matter (less than 50%).

Hartford Middle School

Hartford, Vermont

At the Hartford Area Career and Technical Center on November 18, 2022, a diverse group of 25 sixth, seventh, and eighth grade students from Hartford Memorial Middle School assembled to analyze their 2019 middle school YRBS data for assets and strengths already present in the community. They also started the process of creating action steps to address areas of concern. Some of their action ideas included providing money to replace Yonder pouches (a system to create phone-free spaces) and reinforcing the school's "hands off" rule.

Hartford Middle School team members, right



STRENGTHS



90%

of students always wear a seatbelt.



Only **5%** of students have tried flavored tobacco.



94% of students feel that their parents think it would be wrong to use marijuana or vape.

CONCERNS



45%

of students have ever been bullied on school property.



27%

of students have ever thought seriously about killing themselves. The Vermont middle school average is **18%**.



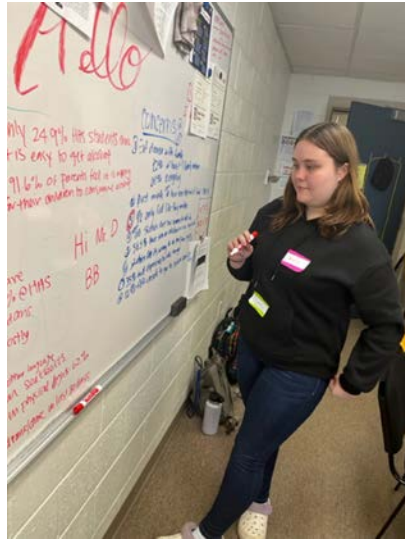
12%

of students did not go to school because they did not feel safe at school or on the way to school in the past 30 days.

Hartford High School

Hartford, Vermont

On April 21, 2023, a small but diverse and insightful group of Hartford High School students gathered for a GTY Data Analysis Retreat using 2019 Hartford High School YRBS data and 2021 New Hampshire Upper Valley YRBS data. The Hartford Community Coalition organized the retreat with support from Hartford High School Student



Assistance Professional, Sue Olmsted. This group plans to move forward in the fall with a project to improve their concern around perceptions of marijuana use. The students plan to review their project at the start of the school year, as well as use the upcoming 2021 YRBS data to clarify the goals of their project.



Hartford High School team members, above and above left

STRENGTHS



84%
of students
(grades 9-12)
report getting
mostly A's and/or B's.



Only
4%
of students
drank/drove under the
influence in the last 30
days.



More than
50%
of sexually active
students use condoms.



89%
of students wear
seatbelts.

CONCERNS



55%
of students have had
depressive/suicidal
thoughts.



49%
of students feel
it is safe to use
marijuana.



Only
50%
of students feel like
they matter.

Mill River Union High School

North Clarendon, Vermont

The Mill River Interact Club (a high school Rotary Club) first attended a GTY training in the fall of 2019. Disruptions due to the COVID pandemic canceled their community data retreat (scheduled for March 2020) and delayed some of their efforts. Despite these challenges, the team was able to implement some elements of the 'Why You Matter' project. They also partnered with their school psychologist to make a presentation for the 9th and 10th grade student body about resources for those struggling with depression or personal safety. In December 2022, a new team attended the GTY training in Rutland. In addition to seven members from the MRU Interact Club, there were three other students who attended this training and established a new GTY Core Team: two 11th graders and the rest in 10th grade. On June 2, 2023 the team held a data retreat at a private residence in South Wallingford. The Core Team wanted this to be an outdoor event that could include a picnic lunch and space for activities. Seventeen students attended the event to work with the newly released 2021 Vermont YRBS data. The students outlined some action ideas based on their top concerns, which they will revisit this fall. These ideas include an educational campaign to



Mill River team members

increase awareness of LGBTQ+ risk factors and solutions, and increased health education starting in elementary school to address vaping and youth drug use.

STRENGTHS



90%

of students think that a parent/guardian would

feel it's wrong for the student to use a vape.



67%

of students think it's wrong for students of their age to vape.



28%

of students were physically active for at least an hour every day.

CONCERNS



Only

49%

of sexually active students used a condom.



33%

of students have vaped (**36%** of females).



14%

of LGBTQ+ students have felt unsafe at school.



14%

of LGBTQ+ students have tried to kill themselves and **29%** made a plan (compared to 7% and 14% students overall — twice as likely).

Spaulding High School

Barre, Vermont

With their skill development and knowledge from the GTY training, the student leadership team at Spaulding partnered with Students Against Destructive Decisions (SADD) and General Motors Corporation (GMC) and engaged in the Lead4Change Project. Students used the GTY model to solve a problem regarding seat belt usage by young people in 1st–8th grade. The process started with a group of four students which grew to 10 to help educate youth regarding the reasoning for usage of seatbelts for safety. Students used GTY to reach their goals and objectives to educate 1st grade students about seat belt safety. Students worked independently to set a schedule to present their developed lesson plans and educated 121 first grade students about the why, proper usage of seat belts and booster seats, and the laws. From the presentation, it was brought to the students' and teachers' attention that many of the 1st grade students should still be in booster seats due to their size and age. Young students self-reported that they sometimes do not buckle up and do not use booster seats like they are supposed to. When the team presented seat belt information, young students had the opportunity to ask them questions, and they answered with correct information. The GTY youth leadership team received thank you cards and posters from the young students as well as a thank you note from the teachers, expressing the support for their seat belt safety information and hoped they would



Spaulding team members, above

Right, presenting to the elementary school

return next year to do the presentation again.

The leadership team submitted this project to the SADD, GMC and Lead4Change for a prize of up to \$10,000 to support the group's efforts in continued education around seat belt safety.



Thetford Academy

Thetford, Vermont

Thetford Academy middle and high school students worked together to present about the YRBS history, data and the importance of the survey to their entire student body. They also addressed the importance of being truthful and taking the survey seriously in preparation for the 2023 survey. They continued their collaboration on many GTY-driven projects.

One project addressed personal safety and mental health through 'Bathroom Installments' where they introduced different resources on the backs of bathroom stall doors as well as positive messaging and even fun things like comics and cartoons. Students reported that their peers were taking and using the resources and loved the different ways to access the information.

The teams also promoted suicide prevention information at all school assemblies several times throughout the year and addressed different topics within personal safety and mental health. The leadership teams provided examples on how to cope with stress and ran advisory activities where students shared how they cope with stress such as with box breathing. They used this information to create a resource document and shared it as part of the Bathroom Installments project. As part of their efforts to address personal safety concerns, the students led a project during Red Ribbon Week where they hosted an assembly, shared more resources and ideas for natural highs, and planted 350 red tulip bulbs.

Continuing their efforts to reduce personal safety concerns and increase mental health awareness in their school, the teams enhanced their Zen Zone space which is located in their library. The team planted from seed



Thetford team members

different herbs and aromatics; they made window boxes for the aromatics so students can brush and smell them to help them unwind and relax during stressful times. The teams harvested herbs and dried them for students to create their own tea blends. The team reports seeing a lot of use of the Zen space which also includes coloring books, origami and flameless candles.

In addition to all their projects, students co-facilitated a workshop at the annual Vermont Association of Mid-Level Education (VAMLE) event and presented to Castleton College students about their GTY work. The team ended their year of projects with a pizza party to celebrate their achievements.

U-32 Middle and High School

East Montpelier, Vermont

The student leadership groups in both middle and high school, along with the help of seven additionally recruited peers, built on their asset map at a morning in-school field trip. The students began creating a PSA video to encourage students to take the YRBS seriously as well as information about why the YRBS is important and relevant. The students used the GTY manual as a resource in creating their script and outlining their PSA. The students made plans to pick up this project in the fall.



U-32 middle school team, above, and high school team, left

U-32 High School: In addition to helping the middle school team with their YRBS PSA, the U-32 GTY leadership team made plans to work with the student public health committee in the fall to identify their next priorities.

Vergennes Middle School

Vergennes, Vermont

The middle school team at Vergennes created a bulletin board about bullying to hang in the school's main hallway. The students also assembled 100 drawstring backpacks filled with chapstick, stress balls, pop-its, gum, positive stickers, sticky notes and gel pens that are going to be available to students in the fall. They are calling them "Bubble Bags" and the hope is to give them to students who need a little "pick me up" or positivity.



Vergennes team members

Portsmouth High School

Portsmouth, New Hampshire

Students in Portsmouth, New Hampshire conducted their data analysis on April 18, 2023 with a group of five (two freshman and three juniors) students. They then held a Community Dialogue Event by presenting to the Portsmouth School Board on May 23. After walking the board through the components of the training and their findings, there were a lot of questions from the board. The commit-

ment from the students for next year is to help facilitate the viewing of "Anxious Nation" and to present to the Greater Portsmouth Youth Wellness Coalition in September. Many of the students who participated in GTY are part of the PHS Wellness Club. The skills acquired through the GTY training will help influence and inform the agenda of that club next year.

Kearsarge Middle School

Kearsarge, New Hampshire

The Kearsarge Middle School GTY group consisted of eight students and three co-advisors. There were three 6th graders, three 7th graders, and two 8th graders. The co-advisors included Deryn from Dartmouth Hitchcock Medical Center and two school counselors, Kara and Christina. The group used their own Kearsarge Middle School 2021YRBS statistics for their analysis. The DAR was split up across two days in March, and roughly 20 middle school students attended in addition to the Core Team. This event had a great breakdown of students from different ages, genders, and backgrounds. Assets identified at this event included the Getting To 'Y' program, school sports, clubs and extracurricular activities, video games with friends, mentor programs, and community fundraisers.

The Community Dialogue Event was held on May 11 and had a great turnout of roughly 30 parents, students, community members, school staff members, and more. This was an interactive event that led to incredible discussions on youth vs adult perceptions, and the School Administration listened to the youths' needs and ideas about addressing their concerns. As a result of this event, the team plans to create a peer-to-peer mentor program, the principal is convening an advisory group where youth and staff can work together on big projects at the school, and walk breaks were re-implemented as a way for students to connect with peers, get a break throughout the day, and keep their body moving.

STRENGTHS



86%

of students believed that they were at risk of

harm from smoking cigarettes.



85%

of students felt that their friends would feel it

was wrong for them to use an electronic vapor product.



98%

of students felt that their parents would feel it was

wrong for them to use tobacco products.

CONCERNS



35%

of students felt that they were under

overwhelming stress most or all of the time.



50%

of students reported ever being bullied on school property.



7%

of students have ever tried to kill themselves.

Boston Public Health Commission

Greater Boston area, Massachusetts

The Boston GTY Team included three youth from the Boston Public Health Commission's (BPH) Youth Advisory Board and three members from community partner organizations in East Boston and Allston/Brighton. The youth were supported by adult advisors from the BPH Office of Recovery Services. This youth-adult team attended training in October and then met regularly throughout the year to plan and implement their GTY work. They organized and led two Data Analysis Retreats in Mattapan and East Boston, where they worked with 32 youth volunteers from different Boston communities to dig deeply into the 2021 Boston High School YRBS data to decide what matters most to them, map assets, and to brainstorm root causes and ideas to improve their concern areas. The Core Team then hosted a Community Dialogue Event in April to share their priorities and get input on potential action steps from 35 interested community members. Joining the conversation were parents, adults from Boston Public Schools, community partners and the Department of Elementary and Secondary Education (DESE). The Boston Core Team also helped facilitate a state-level event and discussed their ideas with experts from DESE and DPH. The team will use the data and action plans to inform their Youth Substance Use Prevention Strategic Plan which will be finalized by the end of this year. Their ideas include:



GTY core team

- create a youth-to-youth network to support LGBTQ+ youth and address bullying and stigma
- create a marijuana campaign to share facts and real-life, community-specific perspectives
- assess scope and impact of K-12 mental/emotional/health curriculum in schools.

STRENGTHS



6%

decrease in vaping among students from 2015 to 2021.



17%

of high school students reported using marijuana in 2021, the lowest number ever, down from **27%** in 2011.

CONCERNS



33%

of students who identify as gay, lesbian or bisexual use marijuana, compared to **14%** among their heterosexual counterparts.



18%

of students who identify as Black and **20.5%** of those who identify as Hispanic currently use marijuana.



56%

of students who identify as female report feeling so sad or hopeless for over 2 weeks of the past year that they stopped doing some of their usual activities (compared to **30%** of male-identified students).

Easthampton High School

Easthampton, Massachusetts

With support from the Easthampton Healthy Youth Coalition and Strategic Planning Initiative for Families and Youth, a group of eight Easthampton High School students took the lead in implementing GTY in their region. After attending the Core Team training event in October, the Easthampton team began meeting weekly to plan and run their events. They hosted a Data Analysis Retreat in December with 30 students attending. At this retreat, they created an Asset Web to identify existing supports for youth, then reviewed their local 2022 high school level Prevention Needs Assessment Survey data to identify areas of strength and concern. The GTY team discussed their work at a local Community Dialogue Event as well as a Regional School Health Task Meeting in April and at a state-wide event in May. The team began work on their action plan, which includes:

- increasing awareness of a local 'anonymous alerts' system, intended to connect services and support to those in need within the Easthampton public schools
- creating and disseminating pamphlets and other information to increase transparency around 'mandated reporting' to empower students who are seeking support
- increasing training for teachers and other adults on supporting youth mental health crises, LGBTQ+ inclusivity, and racial discrimination



GTY team meeting

The group will focus on implementing these and other action ideas during the 2023-2024 school year, in hopes of improving health and well-being, and raising awareness, trust and understanding among students and adults through focus groups, education, and building effective tools.

STRENGTHS

84%–88%

of parents disapprove of vaping.



Less than

10%

of LGBT students used cigarettes or nicotine in the past 30 days.



0%

of Black

students smoke cigarettes.



0%

of students

who use vapes get them from family members.

CONCERNS



68%

of students do not perceive alcohol to be risky.



Transgender and nonbinary students

experience high rates of **depression and anxiety** compared to cisgender students.



Students of color feel they get **unfair treatment** from

teachers and other students.



25%

of all students,

53% of LBG students, and **85%** of transgender students considered suicide.

South Shore Technical

Hanover, Massachusetts

A team of roughly two dozen students from South Shore Technical's (SST) Students Against Destructive Decisions Chapter, representatives from High Point Treatment Center's Prevention Services and school staff attended the fall GTY training in October. Students then met bi-weekly at their school to plan and implement each stage of the GTY initiative, in addition to other projects and supplemental training and events that students were passionate about in their school and community. Frankie Allocca, a senior at SST and co-op student working for High Point Treatment Center, played a key role in the GTY Initiative, spearheading events and meetings as well as work behind the scenes.

In February, SST hosted their GTY Data Analysis Retreat at Supercharged in Wrentham. Students reviewed 2021 state-wide YRBS data and applied it to their own community. They started the day by identifying community strengths, including good relationships between students and staff, strong staff support and activities available



*Above, High Point Treatment Center's Prevention Services Core Team
Below, Data Analysis Retreat*



for everyone at their school. Once students identified strengths and concerns within the YRBS data, they reflected on root causes of these concerns, as well as possible solutions.

GTY students then hosted their Community Dialogue Event (CDE) in collaboration with High Point Prevention Services' regional meeting, connecting with substance use prevention coalitions across the greater Brockton region. Attendees were impressed with the students' work and were excited to hear from youth about the strengths, concerns and action ideas they had come up with, and providing feedback on how to move forward with their action plan. The GTY team also participated in the state level CDE with DESE and DPH, presenting their work and helping facilitate dialogue. The team plans to focus on action in the coming school year to:

- advocate for a mandatory social/emotional learning course for underclassmen
- reform punitive policies and student services

- make detentions more productive by offering supplemental social/emotional learning lessons that may reduce the chances of students repeating the behavior that led to them receiving a detention
- build a Peer Leader Network
- offer better resources for students seeking help with things like mental health, substance use, and problems at home
- address stigma with a "Mental health is health" campaign

At the end of the year, Frankie Allocca also shared recommendations with SST school administration, and noted that "these programs are a great way for like-minded students to come together and help build a safer community. Through these initiatives, SADD students came up with creative solutions to current issues facing youth at SST." The administration gave positive feedback and made a commitment to continue the GTY initiative next year with the help of the school's SADD chapter.

STRENGTHS



Only

3.5%

of students currently smoke cigarettes.



Low percentage of binge drinking

among students who identify as Asian **(1.3%)** or Black **(2.4%)** compared to White **(15.4%)** or Hispanic/Latino **(8.3%)**



64%

of male and female students are comfortable talking to someone at school about mental health; **76%** are comfortable talking to someone at home.



Bullying due to sexual orientation has been

declining over time.

CONCERNS



8%

of students used tobacco and **5.2%** used marijuana on school property in the past month.



80%

of students get less than 8 hours of sleep on a typical school night.



High rates of mental health concerns, especially among female students (eg: **28%** of females and

11% of males hurt themselves without wanting to die; **50%** of females and **26%** of males felt consistently sad and hopeless; **25%** of females and **11%** of males seriously considered suicide).

State Student Advisory Council

Massachusetts

The State Student Advisory Council (SSAC) is a group of peer-elected students from schools throughout Massachusetts. They help make decisions about state educational policy and student rights. The Health and Wellness Committee, a 16-member SSAC work group, chose to use YRBS data and the GTY process to inform their evaluation of current mental health conditions for MA high school students post-lockdown and to propose strategies for better wellbeing. The GTY team organized a two-part, hybrid Data Analysis Retreat to identify programs and opportunities that support youth throughout the state and to examine the 2021 MA YRBS along with data from the Greater Boston Regional SAC. Along with other interested SAC members who helped with the data analysis, they found areas of improvement in the health and wellness of youth in MA, but were particularly concerned with data around mental health, particularly the declines over time and mental health for particular groups (female and LGBTQ+ students). They also identified sleep as a major issue for teens, which, along with numerous other factors, could be contributing to mental health declines.



SSAC Facilitators Aditya Gupta and Lilly Mastorotero

Based on their data priorities, SSAC delegates engaged in dialogue with members of their local communities to brainstorm factors that may be contributing to the concern areas and began to develop recommendations for improvement. SSAC members Aditya Gupta and Lilly Mastorotero then took lead roles in planning and facilitating a

STRENGTHS



Only

6.4%

of students carry a weapon to school, down from **20.3%** in 1993.



Less than

25%

of high school students currently drink alcohol, down from **53.5%** in 2001.



Drop in bullying

on school property over

time (**19.4%** in 2001, **16.3%** in 2019, **11.2%** in 2021).



Use of 'hard' drugs is limited (eg:

methamphetamine use **0.8%**, down from 8.3% in 1999; cocaine use **1.3%**, down from 8.4% in 2003)

CONCERNS



80%

of students get less than 8 hours of sleep on a typical school night.



39%

of students say they felt so sad and hopeless for at least 2 weeks of the past year that they stopped doing some of their usual activities. This has been increasing steadily since 2013, when it was **21.7%**



66%

of LGB and **73.9%** of those who have sexual contact with the same sex or both sexes felt consistently sad and hopeless vs 38.5% of all students; **44%** of LGB and **50.3%** of those who had sexual contact with the same or both sexes **seriously considered suicide** vs 18.4% of all students.

state-level Community Dialogue Event with DESE, DPH and other GTY teams.

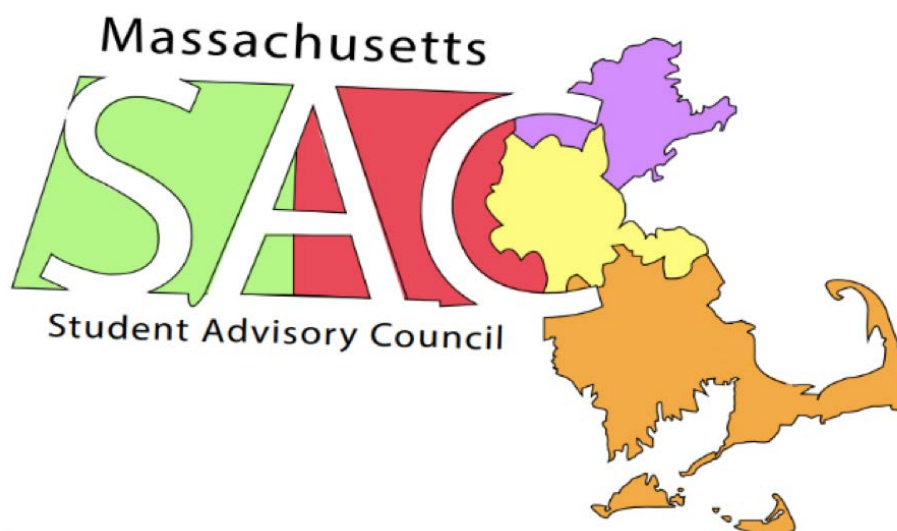
The SSAC provided a detailed report of their work and recommendations to the State Board of Education and DESE. Recommendations around sleep include:

- support schools to include sleep education in health, wellness and PE programs
- provide curriculum about the 'why' of technology impact on the brain
- develop communication channels between coaches, teachers, and club advisors to better coordinate practices, games, activities with tests and homework
- develop more in-class focused learning models
- include more student voices in discussions about changing school start times, to ensure the complicated impacts are explored before decisions are made

To address the mental health concerns, the SSAC group recommendations include:

- increase funding and resources for mental health projects, particularly in districts and for demographic groups most impacted
- promote faculty training around mental health and LGBTQ+ support
- increase peer-to-peer support groups.

The SSAC hopes to continue to work with DESE and other groups to include youth voice to understand and address these vitally important issues.



About GTY in Massachusetts

The MA Department of Secondary and Elementary Education (DESE) sponsored a pilot year of GTY with a goal of connecting youth directly with their YRBS data to yield local action and state-level recommendations. DESE partnered with the Department of Public Health (DPH) to support local and state-level teams as they learned the GTY process from UP for Learning youth and adult experts. Congratulations to these new GTY teams for their important work!

Cherokee Nation of Oklahoma



Clockwise from top left, teams at Chelsea High School, Claremore High School, Tahlequah High School, and Roland High School

Cherokee Nation Public Health sponsored a second year of GTY, expanding the program to be available to youth and adults in four area schools. The Tahlequah High School team, now in their second year of GTY, started their year by introducing the 2021 Cherokee Nation YRBS data to their school's Leadership Class. The class helped update their asset map and set new priorities based on the updated data. The Tahlequah GTY team then helped lead training for three other schools. They shared their own experiences with data analysis, community dialogue, and action, and helped model the steps the new teams would use during the year. The students created a Circle of Courage to map the many assets that support youth in their communities, and practiced reviewing data and thinking about

root causes and solutions. After the training, teams from Chelsea High School, Claremore High School, and Roland High School led data analysis and used their insights and understanding to create dialogue and action around their priority areas. The Tahlequah GTY team added to their efforts from their previous year's work, to destigmatize and bring awareness to mental health issues. They created a monthly mental health information campaign and also partnered with Tahlequah Minds Matter (part of Our Minds Matter) to provide skills about stress management and seeking help. It is exciting to see the GTY program expanding with experienced local youth leading the training in partnership with Cherokee Nation Public Health!

CONCERNS



45%

of students ever lived with someone who was depressed, mentally ill, or suicidal.



47%

of students have ever used an electronic vaping product and **23.6%** currently use them.



44%

of students texted or emailed while driving a car or other vehicle.



49%

of students felt so sad or hopeless for 2+ weeks during the past year that they stopped doing some of their usual activities.

All of our teams are deeply dedicated to youth voice and equity. However, not all of our teams were able to provide a summary of their progress. We want to acknowledge their commitment to healthier, happier communities and thank them for their participation this year.

A Huge thank you to these teams:

**Barnet
Middle School**



**Danville
High School**



**Enosburg
High School**



**Harwood
Middle School**



**Stowe
Middle School**



St. Johnsbury



**Milton
High School**



**Northfield
Middle School**



**Northfield
High School**



**Otter Valley
High School**



**People's Academy
Middle School**



**People's Academy
High School**



**Rutland City
Middle School**



Sheldon

Indian River, NH

Rivendell, NH

Newport, NH



GTY training in Tahlequah, OK

Special thanks to GTY Youth Facilitators

Layliana Benjamin

Logan Wells

Jillian Fein

Margaret Smallwood

Holland Vanderwey

Special thanks to Coalition Partners and Team Sponsors

Cherokee Nation Public Health

Dartmouth Hitchcock
Medical Center

Hartford Community Coalition

Healthy Lamoille Valley

Mt Ascutney Prevention
Partnership

New Directions Coalition

Northeastern Vermont
Regional Hospital

Pinetree Institute

The Collaborative

United Way of Northwest
Vermont

United Way of Addison County

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Unleashing the Power of Partnership for Learning

Getting to 'Y' is an UP for Learning initiative.
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