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Agenda



- Welcome and Introductions
- Speaker: Michael Orth, Commissioner, Westchester County Department of Community Mental Health, *State of Youth Mental Health & Substance Use in Westchester*
- Landscape in Pelham
- Call to Connection



State of Youth Mental Health & Substance Use

- Michael Orth, Commissioner, Department of Community Mental Health
 - Youth Mental Wellness in Westchester County

Westchester
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Copycat Edibles & Pirated Packaging

- Prevalence of “Copycat Edibles” (THC)



Copycat Edibles & Pirated Packaging- Fentanyl



Current Landscape & Call to Connection

- INCREASE in Anxiety (6% in 2019 to 9% in 2021)
- Largest increase in ANXIETY experienced by our 10th and 12th graders (from 6% in 2019 to 11% in 2021)

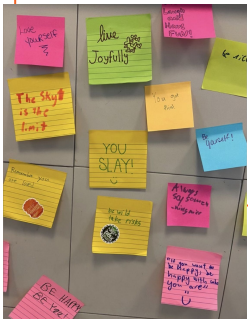
- 7-8% experience DEPRESSION

- 1 Free Mental Health Clinic (Family Services of Westchester)
- 99% Referrals request the use of health insurance; 50% can not pay otherwise
- Cultural barriers to care



Current Landscape & Call to Connection

- **Non-binary youth are at higher risk of struggle**
 - Experience Anxiety & Depression at higher rates
 - **17%** report Anxiety (vs. **11%** of girls and **4%** of boys)
 - **23%** report Depression (vs. **8%** of girls and **6%** of boys)
 - Higher rates of Alcohol Use (30-day use rate and binge drinking)
 - **24%** used Alcohol in last 30-days (vs. **20%** of girls and **15%** of boys)
 - **20%** Binge Drinking (vs. **13%** of girls and **10%** of boys)



Current Landscape & Call to Connection

- **43% of our Seniors (12th grade) report Binge Drinking in last 30 days**
 - **53% of our 12th Grade girls**
 - **33% of our 12th Grade boys**



Join Us...

- Digital Citizenship:
 - Screenagers, TOMORROW night, 10/20 @7:30PM, TPH
 - Disconnect to Reconnect, FREE DESSERT the Week of 10/24
- Join our DEI Review Process
- Plan a Middle School Social
- Have a topic or time to plan a Parents Talk?



NEXT ADVISORY BOARD MEETING IS APRIL 17, 2023

“Get Involved” Button on PT Homepage (pelhamtogether.org)

THANK YOU!!



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