



# Idaho Youth Well-Being Survey

## Follow-Up Resources for School Administrators

The Idaho Youth Well-Being Survey asks youth 46 questions categorized within nine topics. To assist LEAs wishing to address areas of concern within any of those nine topics, the Idaho Department of Education (SDE) has developed a resource list. These suggestions are optional and not exhaustive all of potential resources available statewide or regionally. Please utilize what is best for your LEA's students and families.

In addition the resources listed here, [findhelpidaho.org](https://findhelpidaho.org), the [2-1-1 Idaho Careline](#), and the [Idaho Crisis and Suicide Hotline](#) (call or text 988) can be used to find immediate help for anyone experiencing a crisis.

## LEISURE TIME — SUPERVISED EXTRA CURRICULAR, SOCIAL MEDIA, SOCIAL ISOLATION AND LONELINESS

### Supervised Extra Curricular Activities

- [21<sup>st</sup> Century Community Learning Centers](#) provide academic enrichment opportunities and services such as art, music, physical fitness, culture diversity, and youth development for students during non-school hours. Visit the website to learn about grant opportunities.
- [Idaho Department of Parks and Recreation](#) provides access to 30 state parks, trails and attractions throughout every region of Idaho and the registration programs for boats, snowmobiles and other off-highway vehicles throughout the year. Check out your local city Parks and Recreation program for additional outdoor activities and programming.
- [Idaho Fish and Game](#) offers many learning opportunities for students, educators, and the general public such as hunter education, trapper/wolf trapper education, and fishing education.
- The [Boys & Girls Club of America](#) offers fun and enriching after-school programs and summer programs for youth ages 6-18. They provide sports leagues, STEM labs, summer camps, community engagement, and college scholarships. Use this website to [find a club](#) near you.

- The [Idaho Out-of-School Network](#) provides professional support for out of school and summer programs. The network connects families and increases access to high-quality youth programs across Idaho.
- The [YMCA of the USA](#) creates opportunities for people to improve their lives and their communities through a wide range of programs, services, and initiatives. Use this website to [find your Y](#).

## Social Media Guidance

- [Internet Matters](#) has also developed a list of online [gaming safety tips](#) for parents to help their children use gaming as a way to build on their skills and have fun in a safer way.
- [Internet Matters](#) publishes resources that help keep children safe in a digital world. They have developed an online [social media safety guidance](#) hub for parents with comprehensive information about social media basics, concerns, benefits, and additional support resources.
- The [Boise County Sheriff's Office](#) website hosts a YouTube video on internet safety for parents by Officer Gomez with the Meridian Police Department.
- The Surgeon General of the United States has issued a national advisory on [Social Media and Youth Mental Health](#) that outlines immediate steps we can take to mitigate the risk of harm to children and adolescents.

## Social Isolation and Loneliness Resources

- The [Idaho Crisis and Suicide Hotline](#) provides 24/7, free and confidential crisis support for people struggling with suicide, a mental or emotional problem, having trouble with drugs or alcohol, or having family or relationship problems.
- The Idaho Department of Education [Parent Corner](#) website offers a variety of resource links and content for parents and guardians of students in Idaho public schools.
- The Surgeon General of the United States has issued a national advisory on [Our Epidemic of Loneliness and Isolation](#) that offers a framework for how we can all contribute to improving social connection.

## FAMILY — PARENTAL MONITORING AND SOCIAL SUPPORT FROM FAMILY

- [Charlie Health](#) offers treatment programs for anxiety, depression, trauma, self-harm, and substance use disorders, including their virtual Intensive Outpatient Program (IOP), that

combines personalized care with peer connection to foster long-term healing. They accept most major insurance providers, including commercial and Medicaid.

- Idaho's seven [Public Health Districts](#) work closely with the Idaho Department of Health and Welfare Idaho to offer opioid use prevention, suicide prevention, tobacco and vape prevention and cessation programming to youth. They also provide dental hygiene and nutrition services. Reach out to your regional health district to learn more about specific services in your area.
- The [Hand in Hand Family Mentorship](#) receives referrals of families who are struggling to meet the needs of their children and could benefit from positive relationships and an added support system. They help by pairing families with mentors will share information about classes, opportunities and resources within the individual's geographical area.
- The [Idaho Association of the Education of Young Children](#) helps communities build quality programs and provide early learning opportunities to Idaho's children through various initiatives and collaboratives.
- The Idaho Department of Education [Parent Corner](#) website offers a variety of resource links and content for parents and guardians of students in Idaho public schools.
- The [Idaho Foodbank](#) distributes food to pantry partners statewide. Use this website to [find a food pantry](#) near you. North Idaho (Boundary, Bonner, Kootenai, Shoshone and Benewah counties) are served by Spokane's [2<sup>nd</sup> Harvest Food Bank](#).
- The Idaho Guardian ad Litem Program provides children involved in certain court proceedings (usually child protection cases) to be appointed a court volunteer who will advocate for the best interests of the child.
  - [North Idaho CASA](#) serves children in Benewah, Bonner, Boundary, Kootenai, and Shoshone counties.
  - The [Second Judicial District CASA Program](#) serve children in Nez Perce, Latah, Clearwater, Lewis and Idaho counties.
  - [CASA of Southwest Idaho](#) serves children in Adams, Washington, Payette, Gem, Owyhee, and Canyon counties.
  - [Family Advocates](#) serves children in Ada, Boise, Elmore, and Valley counties.
  - The [Fifth Judicial District CASA Program](#) serves Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka, and Twin Falls counties.
  - The [Sixth Judicial District CASA Program](#) serves children in Bannock, Bear Lake, Caribou, Franklin, Oneida, and Power counties.

- The [Judicial District VII CASA Program](#) serves children in Bingham, Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison and Teton counties.
- The [Idaho Head Start Association](#) supports Head Start programs through advocacy, partnerships, collaboration, recognition, and professional development to achieve high quality outcomes for Idaho's children, families and communities. Head Start and Early Head Start serve expectant parents and families with children ages birth to five years with free programs in 146 Idaho communities, including on reservations of the Coeur d'Alene Tribe, Nez Perce Tribe, and Shoshone Bannock Tribes. Use this website to [find a Head Start program](#) near you.
- The [Idaho School Mental Health](#) website offer resources that promote safe, consistent and positive learning environments for all students.
- The [Idaho WIC program](#) supports pregnant women, new mothers, infants, and children up to their 5th birthday. Participants can buy healthy supplemental foods from local grocery stores, receive nutrition education, breastfeeding information, and assistance accessing other health care services. Use this website to [find a WIC clinic](#) near you.
- [Save My Family Today](#) provides 90-minute in-home coaching sessions for families. Their certified coaches help families identify goals (a closer family, less tension and anxiety, better communication) and what specific steps need to be taken to make that happen.

## SCHOOL — PROTECTIVE FACTOR AND SCHOOL CONNECTEDNESS

- The [American Institutes for Research](#) is committed to increasing the effectiveness of education at all levels through rigorous research and evaluation, training, and technical assistance. Their work spans from pre-K to postsecondary education, career readiness, and adult education, and focuses on a wide range of topics, including STEM, social and emotional learning, and state and federal education policies.
- The [Idaho Children's Trust Fund](#) makes grants and provides training and technical assistance to programs throughout the state that work directly with children and their families. They also coordinate statewide awareness activities and brings together parents, practitioners and other community members to learn about best practices for prevention. Their website hosts resources and research for both parents and educators.
- The [Idaho Coalition for Community Schools](#) works with educators, families and local partners to create school environments that nurture student success by caring for kids' well-being and providing meaningful educational experiences.

- The [Idaho Prevention & Support Conference](#) provides annual professional development every spring that focuses on innovation, best practices, collective problem-solving, and motivation techniques to effectively support Idaho's underserved students.
- The [Idaho PTA](#) works in partnership with a wide array of individuals and organizations to broaden and enhance our ability to serve and advocate for all children and families.
- The [Idaho Resilience Project](#) helps advance resilient and trauma-informed education, build community capacity, and enhance overall wellbeing through emphasizing collaboration and supporting youth and families.
- The [Idaho Youth Suicide Prevention Program](#) is a partnership between the Department of Education and Department of Health and Welfare. The program provides K-12 school communities with training and programming that help to prevent youth suicide.
- [SchoolPulse](#) empowers students and schools to be more proactive than ever, in promoting mental wellness and improving the suicide prevention mission of every school.

## SUBSTANCE USE — CIGARETTES, ALCOHOL, AND OTHER DRUGS

- [D.A.R.E. America](#) offers a comprehensive and flexible prevention education curricula and lessons for grades K-12. Use this website to [find a D.A.R.E. program](#) near you.
- [DrugFree Idaho](#) helps create a drug-free cultures within workplaces, schools, and communities. They focus on preventing youth substance abuse, enriching families, and positively impacting communities.
- [Idaho Drug Free Youth](#) provides statewide prevention programs for students to feel accepted and connected, develop healthy coping skills and become thriving adults in Idaho. They host a [youth summit](#) each summer where youth receive resources, support, and knowledge to make healthy, drug-free decisions.
- Idaho's seven [Public Health Districts](#) offer opioid use prevention, suicide prevention, tobacco and vape prevention and cessation programming to youth. Reach out to your regional health district to learn more about specific services in your area.
- [Nic Sick](#) is a documentary featuring teens from across Idaho who talk with heartbreaking authenticity about their struggles to overcome vape addiction. Nic Sick is part of [KNOW VAPE](#), a statewide awareness campaign to raise awareness about the dangers of youth vaping including free resources; shareable social media; curriculum for educators and an anti-vape video contest for teens.

- [Project Filter](#) is Idaho's State Tobacco Prevention and Control Program and is a part of the Idaho Department of Health and Welfare. They help both youth and adults quit using tobacco and nicotine. Find a Quit Class in your health district region.
- The [American Lung Association](#) has multiple resources specific to [preventing the use of tobacco and nicotine among youth](#) of all ages.
- The [Idaho Al-Anon](#) website help members, potential members, the public, and the professional community to locate Al-Anon and Alateen meetings locally and to learn of the services they provide. Use this website to [find a meeting](#) near you.
- The [Idaho Area 18 Alcoholics Anonymous](#) website serves as a resource for information about Area 18, local service fellowship events, and meetings within Idaho Area 18. Area 18 covers the area of Idaho South of the Salmon River. The [Washington State East Area 92 Alcoholics Anonymous](#) website Area 92 covers the Eastern part of Washington State & Northern Idaho.
- The [Idaho Office of Drug Policy](#) leads Idaho's substance use and misuse policy and prevention efforts by developing and implementing strategic action plans and collaborative partnerships to reduce drug use and related consequences. Their [Be the Parents campaign](#) helps parents understand the risks of underage drinking and how to prevent it, and where to go for help if they need it.
- The [Idaho RADAR Center](#) provides free information about alcohol, tobacco, and other drugs to Idaho residents only. It includes a Lending Library of over 900 titles and functions as a statewide information clearinghouse and resource referral center.
- The [KNOW VAPE](#) 'Be Smart. Don't Start' campaign is designed to prevent kids from vaping by exposing the toxic chemicals found in vapes, the nefarious ways in which Big Tobacco preys upon kids, and separating myths from the facts about vaping. Their [resource page for parents](#) provides facts, statistics, videos, and more.

## **PEER AND FRIENDS – PEER INFLUENCE, FRIEND SOCIAL SUPPORT, FRIEND DEPRESSION, SEXUAL HARASSMENT AND VIOLENCE, AND BULLYING**

- 988 Suicide & Crisis Lifeline materials for available to order at no cost using this [online order form](#). You can request sticks, magnets, posters, notecards, and more.
- [Hope Squad](#) elevates mental well-being through peer-to-peer suicide prevention programming. The program is centered around core competencies known to reduce the risk of suicide, aligns with social-emotional learning standards, and integrates age-appropriate suicide prevention topics at all levels.

- [NAMI Idaho](#) works to improve the quality of life for all those affected by mental illness through support, education, advocacy and research. They offer free education courses and support groups
- [Second Step](#) K-12 programs help students build social-emotional skills like nurturing positive relationships, managing emotions, and meeting goals to help thrive students in school and in life.
- [Sources of Strength](#) is a best practice of youth mental health promotion designed to harness the power peer social networks to create culture, prevent suicide, violence, bullying, and substance misuse. Sources of Strength prevents adverse outcomes among K-12 students by increasing wellbeing, help-seeking, resiliency, healthy coping, and belonging.
- The Centers for Disease Control and Prevention (CDC) has created a [mental health and well-being action guide for school and district leaders](#) and they have identified [six school-based strategies](#) that can help prevent mental health problems among youth.
- The [Idaho Coalition Against Sexual and Domestic Violence](#) is committed to the safety and healing of survivors impacted by gender violence. Their website has materials and resources for preventing and healing from sexual and domestic violence.
- The [National Gang Center](#) disseminates information, knowledge, and outcome-driven practices that engage and empower those in local communities with chronic and emerging gang problems to create comprehensive solutions to prevent gang violence, reduce gang involvement, and suppress gang-related crime.
- The [Olweus Bullying Prevention Program](#) is a comprehensive approach that includes schoolwide, classroom, individual, and community components. The program has been found to reduce bullying among students, improve the social climate of classrooms, and reduce related antisocial behaviors, such as vandalism and truancy.
- The [Safe and Drug Free Schools](#) program in the Idaho Department of Education helps schools establish and maintain a safe and positive learning environment before, during, and after school. The program provides technical assistance, guidance, and support on bullying, violence, drug, and alcohol prevention; addresses youth risk behaviors; and assists with emergency operations and crisis prevention.
- The Surgeon General of the United States has issued a national advisory on [Protecting Youth Mental Health](#) that has actionable steps youth, parents, and educators can take to support mental health.
- [Title IX of the Education Amendments of 1972](#) (Title IX) prohibits discrimination on the basis of sex in educational programs and activities. Title IX applies to public and private

educational institutions that receive federal funds, including nearly all public K-12 schools in Idaho. The Idaho Department of Education provides resources for students, parents, and educators about understanding their rights under the law.

## COMMUNITY — CONNECTEDNESS, TRUSTED ADULT, ENGAGEMENT, AND SAFETY

- [Communities for Youth](#) uses an upstream prevention approach to youth mental health by partnering with communities to identify and address risk and protective factors. Their website has a variety of resources to support physical activity, youth mental health, social connection, sleep, suicide prevention and more.
- Local Rotary and Rotaract clubs offer free or low-cost opportunities to help young people develop leadership skills, explore volunteerism, and study abroad. Use this [online club directory](#) to locate a club in Southern Idaho and this [online club directory](#) to locate a club in North Idaho.
- The [American Institutes for Research](#) is committed to increasing the effectiveness of education at all levels through rigorous research and evaluation, training, and technical assistance. Their work spans from pre-K to postsecondary education, career readiness, and adult education, and focuses on a wide range of topics, including STEM, social and emotional learning, and state and federal education policies.
- [Serve Idaho](#), the Governor’s Commission on Service and Volunteerism, promotes volunteer involvement and citizen participation in Idaho through its partnership with AmeriCorps.
- The [Boys & Girls Club of America](#) offers fun and enriching after-school programs and summer programs for youth ages 6-18. They provide sports leagues, STEM labs, summer camps, community engagement, and college scholarships. Use this website to [find a club](#) near you.
- The [Idaho Family and Community Engagement Conference](#) provides annual training for educators to help increase active participation and communication between families, schools, and communities with the objective of educating the whole child to ensure academic achievement and success.
- The [Idaho Out-of-School Network](#) provides professional support for out of school and summer programs. The network connects families and increases access to high-quality youth programs across Idaho.



- The [Idaho Prevention and Support Conference](#) provides annual professional development that focuses on innovation, best practices, collective problem-solving, and motivation techniques to effectively support Idaho’s underserved students.
- The [Idaho Youth Suicide Prevention Program](#) is a partnership between the Department of Education and Department of Health and Welfare. The program provides K-12 school communities with training and programming that help to prevent youth suicide.
- The [YMCA of the USA](#) creates opportunities for people to improve their lives and their communities through a wide range of programs, services, and initiatives. Use this website to [find your Y](#).

## **HEALTH PERCEPTIONS – WHERE TO GO FOR HELP, BARRIERS TO HEALTHCARE, AVERAGE HEALTH RATINGS, PHYSICAL ACTIVITY, SLEEP**

- [BPA Health](#) partners with schools and districts to provide solution-focused resources for students and their families, making mental health services accessible and easier to navigate personalized School Well-Being program. [Learn more here](#).
- [findhelpidaho.org](#), connects Idahoans seeking help with resources in their local community. The website free, confidential, easy to use, and provides up-to-date information in more than 100 languages.
- [Idaho Public Television – Resilience](#) Music therapy is proven treatment to help issues like anxiety, depression, and more. Idaho Public Television “Our Rhythm of Resilience” series takes a look at what music therapy is and how it can help a variety of ages and conditions.
- Idaho’s seven [Public Health Districts](#) work closely with the Idaho Department of Health and Welfare Idaho to offer opioid use prevention, suicide prevention, tobacco and vape prevention and cessation programming to youth. They also provide dental hygiene and nutrition services. Reach out to your regional health district to learn more about specific services in your area.
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- The [Idaho WIC program](#) supports pregnant women, new mothers, infants, and children up to their 5th birthday. Participants can buy healthy supplemental foods from local grocery stores, receive nutrition education, breastfeeding information, and assistance accessing other health care services. Use this website to [find a WIC clinic](#) near you.

## HEALTH PERCEPTIONS – BEHAVIORS, OUTCOMES, CLINICAL DEPRESSION SCREENING, PROBLEM FOCUSED COPING, PERCEIVED STRESS SCALE, CLINICAL ACTIVITY

- [BPA Health](#) partners with schools and districts to provide solution-focused resources for students and their families, making mental health services accessible and easier to navigate personalized School Well-Being program. [Learn more here](#).
- [findhelpidaho.org](http://findhelpidaho.org), connects Idahoans seeking help with resources in their local community. The website free, confidential, easy to use, and provides up-to-date information in more than 100 languages.
- Idaho is home to four [Youth Crisis Centers](#) that offer a safe place for youth, ages 12-17, to go to by choice if they are experiencing a behavioral health crisis. Youth can stay at one of the centers for up to 23 hours and 59 minutes and will receive a place to rest, food, and services from mental health professionals to stabilize the crisis, develop a plan of care, and get provider referrals to resources.
- Idaho's seven [Public Health Districts](#) work closely with the Idaho Department of Health and Welfare Idaho to offer opioid use prevention, suicide prevention, tobacco and vape prevention and cessation programming to youth. They also provide dental hygiene and nutrition services. Reach out to your regional health district to learn more about specific services in your area.
- [Save My Family Today](#) provides 90-minute in-home coaching sessions for families. Their certified coaches help families identify goals (a closer family, less tension and anxiety, better communication) and what specific steps need to be taken to make that happen.
- [Serve Idaho](#), the Governor's Commission on Service and Volunteerism, promotes volunteer involvement and citizen participation in Idaho through its partnership with AmeriCorps.
- The [Early, Periodic, Screening, Diagnostic and Treatment](#) (EPSDT) benefit allows a child under 21 to receive medically necessary services that exceeds the limits of the Idaho Medicaid plan. The EPSDT benefit is provided to ensure physical conditions or mental illnesses, which can affect a child's growth or development are found and treated early.
- The [Idaho Behavioral Health Alliance](#) is a statewide network of consumers, consumer advocates, and behavioral healthcare professionals dedicated to system transformation of mental health and substance misuse treatment into Idaho's primary care system.

- The [Idaho Crisis and Suicide Hotline](#) provides 24/7, free and confidential crisis support for people struggling with suicide, a mental or emotional problem, having trouble with drugs or alcohol, or having family or relationship problems.
- The [Idaho Youth Ranch](#) offers emergency shelter, residential care, youth and family therapy, job readiness training and more. Their website also has [resources for parents](#) to help support their children with issues like depression, anxiety, anger, or trauma.
- [Youth Empowerment Services \(YES\)](#) is the mental health system of care in Idaho for children with serious emotional disturbance (SED) — a term used to identify children under the age of 18 who have both a mental health diagnosis and a functional impairment. The YES Program uses a child and family centered, team-based, strengths and needs focused approach for early identification, treatment planning, and implementation of care.

## **IDAHO DUAL LEVEL FACTORS – POSITIVE FUTURE IDENTITY, MATTERING, RESILIENCE, EMPATHY, SELF-EFFICACY, SELF-AWARENESS**

- [Next Steps Idaho Connect](#) helps educators take learning beyond the four walls of the classroom by connecting industry professionals with Idaho students.
- The [Core Project](#) curriculum provides educators strategies to intentionally develop skills in the classroom while partnering with parents in the growth and wellbeing of students.
- The [Idaho Resilience Project](#) helps advance resilient and trauma-informed education, build community capacity, and enhance overall wellbeing through emphasizing collaboration and supporting youth and families.
- [Idaho Public Television](#) has a wide range of free content and tools to customize children’s learning, based on goals and interests.
- [Junior Achievement of Idaho](#) empowers today’s youth to success through K-12 programming, including work readiness, entrepreneurship, and financial literacy. They also offer [learning experiences](#) that align with national and state standards.
- The [Wassmuth Center for Human Rights](#) provides human rights education to thousands of learners of all ages in Idaho and beyond through programs and resources that build on the ideas inspired by the Idaho Anne Frank Human Rights Memorial and the Universal Declaration of Human Rights.

- [SparkPath](#) helps the next generation discover their values, interests, and talents and visualize how they can make a real and unique contribution to the world By changing mindsets through innovative programs, coaching, and career tools

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Student Engagement

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