

Behavioral Health: Early Intervention for Youth Guideline Checklist

Schools Level 1



The current state of the issue

Behavioral health encompasses both mental health and substance use disorders. In 2023, 40% of high school students reported feeling sad or hopeless almost every day for 2 or more weeks in a row. [i] Between 2013 to 2021, rates of youth suicide and attempted suicide in Washington have risen by over 600%. [ii] Not all youth are equally as likely to attempt suicide; youth who identify as female, BIPOC, or LGBTQ+ are more likely to have attempted suicide in the past year. [iii] Co-occurring mental health concerns are common in children. Almost 3 out of every 4 youth with depression also experience anxiety. [iv] Over 1 in 3 youth have a documented need for mental health treatment. [v] Substance use can negatively impact youth development, as well as increase the risk of developing mental health conditions, such as depression, anxiety, and psychosis. [vi] Given the increasing prevalence and serious impact on the health of youth, improving early identification and intervention of behavioral health concerns is vital.

Education & Capacity Building

- Engage community stakeholders**, including parents and guardians, in the design of school-based behavioral health standards, processes and protocols
- Identify a dedicated private space for meetings** between students and staff and/or students and behavioral health/health care professionals

Resources

- Full Bree Report: bree/wp-content/uploads/sites/8/2025/01/BH-Youth-Report-Final-0127.pdf
- First Approach Skills Training: seattlechildrens.org/healthcare-professionals/community-providers/fast/
- WCAAP Supporting Adolescent Patients in Crisis: https://wcaap.org/wp-content/uploads/2021/10/Crisis-toolkit_final56497.pdf
- UW CoLab Value-Based Care Models in Pediatric Mental/Behavioral Health Care Report: [Microsoft Word - VBC100322.docx](https://www.uwcolab.org/wp-content/uploads/2022/03/VBC100322.docx)
- Washington's Mental Health Referral Service for Children & Teens: seattlechildrens.org/healthcare-professionals/community-providers/pal/mental-health-referral/
- SAMHSA Student Assistance: <https://library.samhsa.gov/sites/default/files/d7/priv/pep19-03-01-001.pdf>

Read the full Bree Report on Behavioral Health Early Intervention for Youth online:



Connect with the Bree Collaborative at bree@qualityhealth.org

References: [i] [Youth Risk Behavior Survey Data Summary & Trends Report: 2013-2023 \(cdc.gov\)](https://www.cdc.gov/youthriskbehavior/data-reports/youth-risk-behavior-survey-data-summary-trends-report-2013-2023) [ii] [Youth Suicide Rates | Washington State Department of Children, Youth, and Families](https://www.wa.gov/children-youth-families/youth-suicide-rates) [iii] [Youth Risk Behavior Survey Data Summary & Trends Report: 2013-2023 \(cdc.gov\)](https://www.cdc.gov/youthriskbehavior/data-reports/youth-risk-behavior-survey-data-summary-trends-report-2013-2023) [iv] Ghandour RM, Sherman LJ, Vladutiu CJ, Ali MM, Lynch SE, Bitsko RH, Blumberg SJ. Prevalence and Treatment of Depression, Anxiety, and Conduct Problems in US Children. *J Pediatr.* 2019 Mar;206:256-267.e3. doi: 10.1016/j.jpeds.2018.09.021. Epub 2018 Oct 12. PMID: 30322701; PMCID: PMC6673640. [v] [CHILDRENS_BH_DASHBOARD_2023NOV.pdf \(wa.gov\)](https://www.samhsa.gov/child-adolescent-mental-health) [vi] National Institute on Drug Abuse. (2020). Common Comorbidities with Substance Use Disorders Research Report. Retrieved from [URL].