

# Behavioral Health: Early Intervention for Youth

## Guideline Checklist

### Schools Level 3



## 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

- As able, establish partnerships with primary care providers and behavioral health providers** to facilitate referrals for more intensive services. (Resource: [Mental Health Referral Service](#) network)
- Consider incorporating telehealth-based services** available on campus through partnerships with local community providers to address transportation barriers.
- Develop a system to track behavioral health screening, results and referrals** with the ability to monitor follow-up and connection to care.



# Screening, Brief Intervention & Referral

- Stratify data** collected by relevant demographics to identify and intervene to address inequities in screening and access to care



## Resources

- The Bree Report is meant to supplement these resources.
- Full Bree Report: <https://www.qualityhealth.org/bree/wp-content/uploads/sites/8/2025/01/BH-Youth-Report-Final-0127.pdf>
- Seattle Children's First Approach Skills Training (FAST) Program: <https://www.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](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/2022/08/Microsoft-Word-VBC100322.docx)
- Washington's Mental Health Referral Service for Children and Teens: <https://www.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 by scanning the QR code:**



**Connect with the Bree Collaborative at [bree@qualityhealth.org](mailto:bree@qualityhealth.org)**

References: [i] [Youth Risk Behavior Survey Data Summary & Trends Report: 2013-2023 \(cdc.gov\)](#) [ii] [Youth Suicide Rates | Washington State Department of Children, Youth, and Families](#) [iii] [Youth Risk Behavior Survey Data Summary & Trends Report: 2013-2023 \(cdc.gov\)](#) [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 \(wa.gov\)](#) [vi] National Institute on Drug Abuse. (2020). Common Comorbidities with Substance Use Disorders Research Report. Retrieved from [URL].