

HEAR US, HEAL US

Fund health services for Black youth so they have access to quality, confidential care and competent, culturally responsive providers.

DEMANDS

mental health matters

- Create pipeline to Black health/mental health professionals
- Confidential mental health services in school and communities- not mandated reporters
- Access to varying mental health and wellbeing services
- Expand childcare options for people who have or are supporting children living in the district
- Allow youth to have access to public benefits, especially when no longer able/allowed to live at home
- Improve DC's comprehensive Sex education curriculum

DID YOU KNOW?

- Mood & suicidal behaviors were associated with academic performance among high school students.
- A DC survey in 2017 found that about 17% of high schoolers reported having attempted suicide, compared to the national rate of 7.4%.
- 19.3% of middle schoolers & 25.4% of high school students reported that their mental health was most of the time or always not good (including stress, anxiety, and depression)
- LGBTQ youth were 3X more likely to seriously considered attempting suicide than their straight peers.

Society must support activities that keep youth healthy and address what we know are major stressors for them and families such as food insecurity, housing insecurity, and poverty. Youth are struggling mentally. They report long waiting lists for services due to the already overtaxed patient load school mental health providers have. For youth who do receive services in their communities, services are only offered for a limited period of time and often center points of crisis and not prevention. High staff turnover can also make it hard for youth to form quality relationships with social workers or other clinicians.