

**Morrison-Todd-Wadena Community Health Board
Community Health Improvement Plan – High Risk Youth Behaviors
(January 2020-December 2024)**

<u>High Risk Youth Behaviors Action Plan</u>			
Goal: Youth understand the harms and have positive influences which reduces the use and incidence of alcohol, vaping, sex, cyber bullying, and suicide ideation.			
Objective 1: By December 2022, reduce the number of youth who report e-cigarette use by 3 percentage points.			
Activities	Target Date	Partners	Process Measures
1.1 Collaborate with MTW youth group coalitions to provide messaging in schools and engage youth regarding the health risks related to vaping.	Ongoing	ATOD coalitions Corrections MTW schools Student Led Groups	- Number of youth that attend leadership training - Number of schools creating messaging with youth groups
1.2 Conduct presentations with MTW schools, parents, worksites, and nonprofits about the health risks, types of products, and cessation resources for youth vaping.	Ongoing	MTW schools Churches Civic groups Worksites	- Number of presentations given
1.3 Train identified teachers, staff, and coaches to reinforce substance use prevention among their students and athletes.	Dec, 2020	MTW schools	- Number of teachers, school staff, and coaches trained
1.4 Work with local tobacco retailers to reduce the sale and advertisement of vaping products to youth.	Ongoing	Local law enforcement	- Number of compliance checks completed
1.5 Collaborate with healthcare systems and behavioral health providers to screen for youth e-cig use and identify referral/treatment options	Ongoing	Healthcare systems	- Number of healthcare systems screening for youth e-cig use

Objective 2: By December 2022, reduce the number of youth who binge drink any day in the past 30 days by three percentage points.			
Activities	Target Date	Partners	Process Measures
2.1 Work with MTW youth to provide education regarding the health risks and risky behaviors associated with binge drinking.	Dec 2021	MTW schools ATOD coalitions Student Led Groups	- Number of schools creating messaging with youth groups - Number of resources created
2.2 Work with local bars and restaurants to reduce the sale of alcohol to youth.	On going	Public Health Staff Local Law enforcement TZD	- Number of alcohol compliance checks completed - Number of Responsible Beverage Server Trainings
2.3 Collaborate with healthcare systems and behavioral health providers to screen for youth alcohol use and identify referral/treatment options	Ongoing	Healthcare systems	- Number of healthcare systems screening for youth alcohol use
Objective 3: By December 2022, reduce the number of youth who seriously consider suicide in the past 12 months by three percentage points.			
Activities	Target Date	Partners	Process Measures
3.1 Identify effective bullying prevention measures to utilize in the school, community, and home setting.	Dec 2020	Social Services MTW schools Northern Pines	- Number of programs identified - Number of new programming implemented
3.2 Collaborate with healthcare systems and behavioral health providers to identify methods to refer children at risk for suicide ideation.	Dec 2020	Healthcare systems Northern Pines	- Number of updated referral protocols
3.3 Collaborate with Northern Pines and local schools to promote apps and programs where youth can access crisis services.	Jan-Dec, 2020	Northern Pines Local schools	- Number of schools providing messaging/reminders

High Risk Youth Behaviors Performance Measures						
			BASELINE		FUTURE	
Short Term Indicators	Source	Frequency	2018	2019	2020	2021
Tobacco compliance check pass rate	Law enforcement	Annually				
Alcohol compliance check pass rate	Law enforcement	Annually				
Youth tobacco citations	Schools, Corrections	Annually				
Youth alcohol citations	Schools, Corrections	Annually				
Number of youth behavioral health referrals	EPIC/healthcare systems	Annually				
Long Term Indicators	Source	Frequency	BASELINE		FUTURE	
			2016	2019	2022	2025
Percent of youth who report use of any tobacco products, including e-cigarettes, during the past 30 days.	MN Student Survey (8 th , 9 th , & 11 th grade students)	Every 3 years	13.3%	23.7%		
Percent of youth who attempted suicide during the past year.	MN Student Survey (8 th , 9 th , & 11 th grade students)	Every 3 years	3.6%	5.6%		
Percent of youth who ever seriously considered attempting suicide during the past year.	MN Student Survey (8 th , 9 th , & 11 th grade students)	Every 3 years	12.5%	15.3%		
Percent of male youth who binge drink any day in the past 30 days.	MN Student Survey (8 th , 9 th , & 11 th grade students)	Every 3 years	10.6%	8.3%		
Percent of females who binge drink any day in the past 30 days.	MN Student Survey (8 th , 9 th , & 11 th grade students)	Every 3 years	6.8%	7.4%		
Percent of youth who reported being cyberbullied during the past 30 days.	MN Students Survey (5 th , 8 th , 9 th , 11 th grade students)	Every 3 years	12.9%	15.9%		