



To Protect and Promote the Health and the Environment of the People of Kittitas County

October 30, 2017

Dear Teachers & Staff,

The Kittitas County Public Health Department (KCPHD) has been distributing the attached “In Your Classroom” fact sheets for nearly a decade. We understand that our school districts care about student wellbeing and work hard to help students succeed. The attached fact sheets contain data from the most recent Healthy Youth Survey (HYS) conducted in 2014 and provide teachers and staff with a quick visual reference of what students are reporting in the HYS.

Please review the attached informational sheets. The categories selected for the fact sheets are areas that can put students at academic risk. Research has found that “the more health risks students had, the more likely it was that they were also at academic risk.” The research also found that for every health risk addressed, students’ academic success increased. ** This year, on behalf of Kittitas County Community Network, we are also including information about trauma informed classrooms. We know that kids who have experienced trauma may have higher rates of substance use and lower rates of school success. Building resiliency in school and communities is essential to student success. The information provided on the last page shares local data on trauma and substance use and highlights resources for becoming trauma informed.

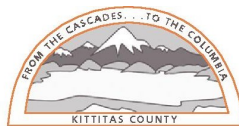
KCPHD is happy to provide additional copies of the datasheets as well as provide datasheets from previous years, which are available on our website at <http://www.co.kittitas.wa.us/health/default.aspx> . If you have questions, would like more information, or if you have feedback please contact the Kittitas County Public Health Department at 509-962-7515.

Sincerely,

A handwritten signature in black ink that reads "Robin Read".









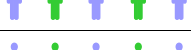





Robin Read, Administrator

**“Research Review: School-based Health Interventions and Academic Achievement”
<http://www.k12.wa.us/Communications/PressReleases2009/HealthRisktoGrades.aspx>



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Kittitas County 6th Graders In Your Classroom

In a class of 25		
Participates in after-school activities	18	
Teachers tell them they are doing a good job	17	
Physically Active 60+ Min 5 days a week	16	
Has a safe adult they can talk to if they are in trouble	16	
Enjoyed being at school	15	
Was a victim of bullying	8	
Plays video games or is on social media >2 hrs. a day	7	
Was in a physical fight In the past 12 mos.	6	
Skipped school	5	
Did not eat breakfast	4	
Thought about suicide	4	
Doesn't feel safe at school	2	
Carries a weapon at school last 30 days	1	
Drinks alcohol last 30 days	1	
Smokes cigarettes or chews tobacco last 30 days	<1	
Smokes E-cigs or Vapes	<1	
Smokes marijuana last 30 days	0	

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Roughly three in ten (32%) of all Kittitas County 6th graders report being bullied in the past month.

Kittitas County 8th Graders In Your Classroom

In a class of 25		
Sleeps < 8 hours a night	11	
Has been bullied at school	8	
Has no after-school activities	8	
Depressed last 12 months	7	
Overweight or obese	7	
Skipped school last four weeks	5	
In a physical fight Last 12 mos.	5	
Doesn't feel safe at school	4	
Has a low quality of life based on several questions	4	
Suicide seriously considered	3	
Drinks alcohol last 30 days	2	
Smokes marijuana last 30 days	2	
Smokes E-Cigs or Vapes	2	
Carried a weapon at school last 30 days	1	
Smokes cigarettes last 30 days	1	
Chews Tobacco	0	
Has had sexual intercourse	0	

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Statewide, 8th graders who don't feel safe at school are more likely to report lower grades in school (C's, D's or F's) compared to those who feel safe.

Kittitas County 10th Graders In Your Classroom

In a class of 25		
>3 hrs. TV, video games, social media on an average school day	15	
Overweight or obese	11	
Depressed last 12 months	9	
No after-school activities	9	
Has low quality of life based on several questions	8	
Suicide seriously considered	6	
Bullied last 30 days	7	
In a fight at school last 12 months	6	
Skipped school last four weeks	5	
Drinks alcohol last 30 days	5	
Has had sexual intercourse at any time	5	
Doesn't feel safe at school	5	
Smokes marijuana last 30 days	4	
Engaged in binge drinking in the past 2 weeks	4	
Smokes E-cigs or vapes	4	
Smokes cigarettes or chewed tobacco last 30 days	2	













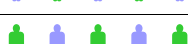




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In the last month, one in four (27 %) high school sophomores drank alcohol and almost one on five (17%) smoked marijuana.

Kittitas County 12th Graders In Your Classroom

In a class of 25		
Has had sexual intercourse	16	
Ridden with a texting driver In the last 30 days	16	
Depressed last 12 months	10	
Skipped school last four weeks	9	
Drinks alcohol last 30 days	8	
Smokes marijuana last 30 days	7	
Overweight or Obese	7	
Smokes E-cigs or Vapes	7	
Has low quality of life based on several questions	6	
Suicide seriously considered	6	
Experienced Sexual Abuse In their lifetime	5	
In a fight at school last 12 months	5	
Bullied last 30 days	5	
Engaged in binge drinking In the past 2 weeks	4	
Identifies as Bisexual, Gay or Lesbian	4	
Chews tobacco last 30 days	4	
Smokes cigarettes last 30 days	3	

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Three out of five Kittitas County Seniors (65%) report that they have had sexual intercourse at some point in their life. This is a 20% increase from 2014 and 14% more than the reported number for all Seniors in state of Washington.

Why is it important to have a trauma informed community?

Trauma-informed communities provide a support system for individual community members that promote the healing of childhood trauma and helps prevent further traumatization.

When communities alter the way they interact with individual members by changing their position from “what is wrong with this person?” to “what has happened to this person?” it changes attitudes, actions, the level of services to individuals with trauma and the community as a whole.

Trauma informed communities can address policy in government, health care and schools that can impact the lives of everyone living in the community.

Strong resiliency skills lower the risk of substance abuse, support good mental health and reduce the impact of childhood trauma.

What does the data say about the impact of trauma on youth risky behaviors?

- Among Kittitas County youth who reported being physically abused, 44% disclose using substances in the last 30 days; youth who did not report being physically abused, report past 30 day substance use at 25%.*
- Among Kittitas County youth who reported being emotionally abused, 41% disclose using substances in the last 30 days; youth who did not report being emotionally abused, report past 30 day substance use at 28%.*

*2016 Healthy Youth Survey (HYS) of Kittitas County 8th, 10th, and 12th grade students.

“Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress – such as family and relationship problems, serious health problems or workplace and financial stressors. It means “bouncing back” from difficult experiences”

www.apa.org/helpcenter/road-resilience.aspx

How do you build a trauma informed community?

Resources:

American Psychological Association:

Provides resources for building resiliency skills in youth of all ages.

www.apa.org

The Trauma Informed Care Project:

Provides mental and behavioral health resources and care for children and families.

thetraumainformedcareproject.org

Kittitas County Community Network:

Provides training on Neuroscience, Epigenetics, Adverse Childhood Experiences and Resilience (NEAR) science.

www.kccn.org

ACES Connection:

Provides online community connections for resiliency building resources.

www.acesconnection.com

National Council for Behavioral Health :

learning communities provide support for how to:

- Create safe environments in which people can heal and learn.
- Build community partnerships that support those they serve.
- Implement trauma-informed best practices suited to the organizational environment.
- Increase community awareness of trauma impact and trauma informed care.
- Address secondary traumatic stress & compassion fatigue among staff.

www.thenationalcouncil.org

Strong resiliency skills can help kids be more successful in school, work and family life. They will have an easier time adapting to change and facing challenges.

Kittitas County Community Network
www.kccn.org