



TEENHOPE

Mental Health Teen-Screening Programs

TeenHope Research and Development Report 2024-2025

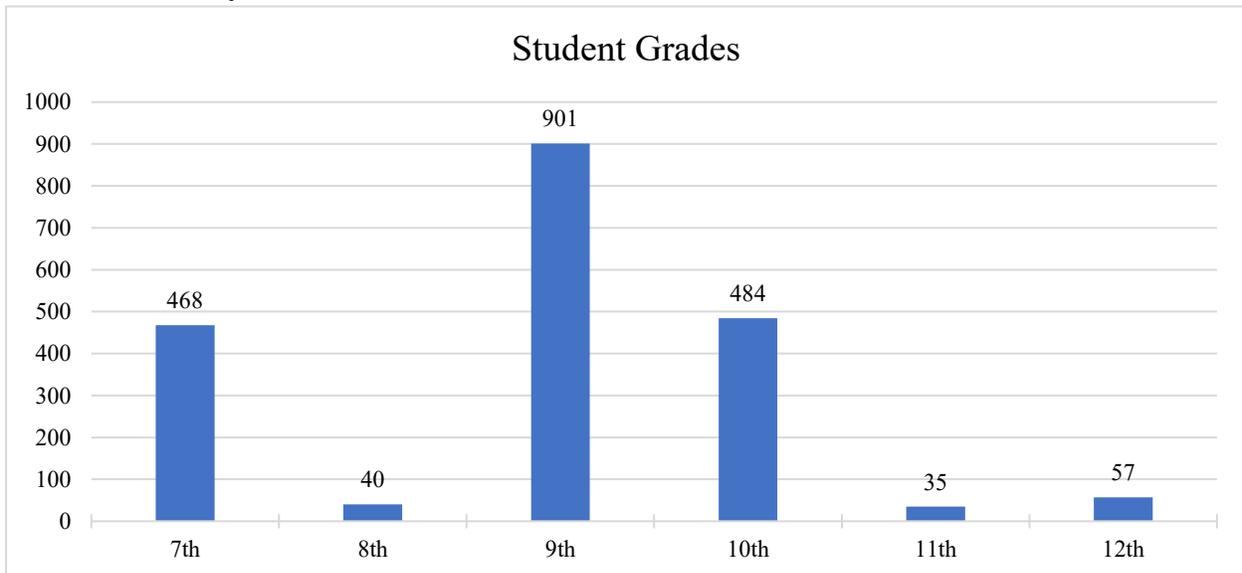
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Overview

TeenHope's Mental Health Screening program continues to help identify youth who may be at risk for depression, anxiety, as well as self-harm and/or suicidal ideation. While partnering with local schools, the TeenHope program offers screenings, education, support, and local resource recommendations through the screening process. These data reported below are reflective of TeenHope screenings during the 2024-2025 school year. This research represents a sample of students ($N = 1,985$) from eight different school districts within Lancaster County. The sample included students from grades 7th-12th, whose ages ranged from 11-20 years old, who identified as male, female, or other. For race/ethnicity, students self-identified as American Indian, Asian, Black (but not Latino), Black and Latino, White (but not Latino), White and Latino, Other, or multi-racial.

General Demographics

Student Totals by Grade



7th grade: 23.6% of students

8th grade: 2% of students

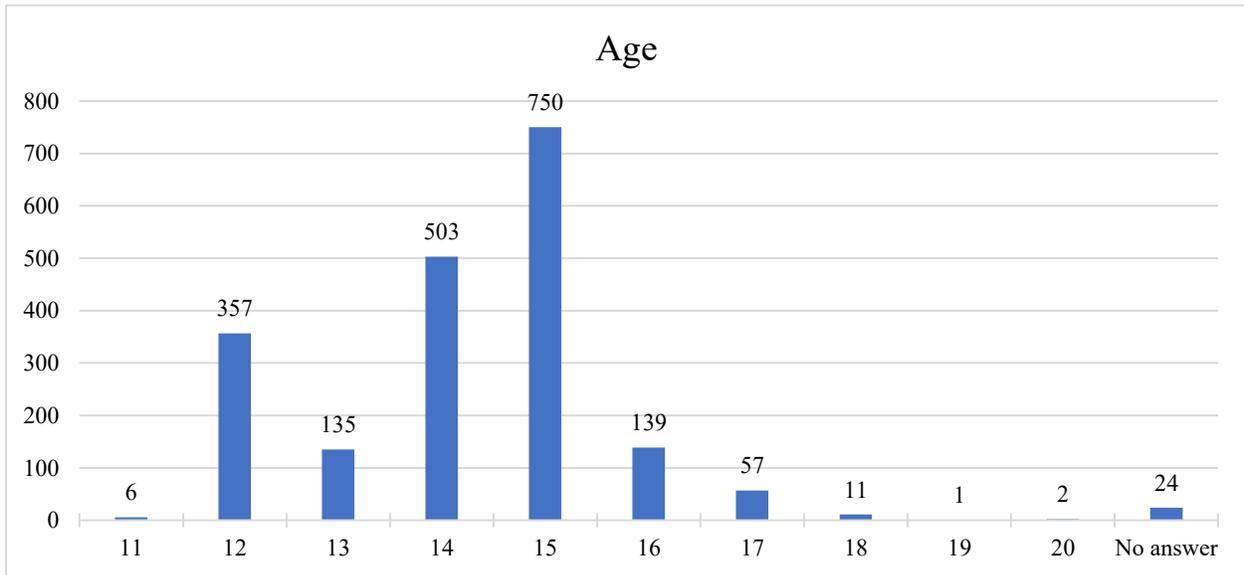
9th grade: 45.4% of students

10th grade: 24.4% of students

11th grade: 1.8% of students

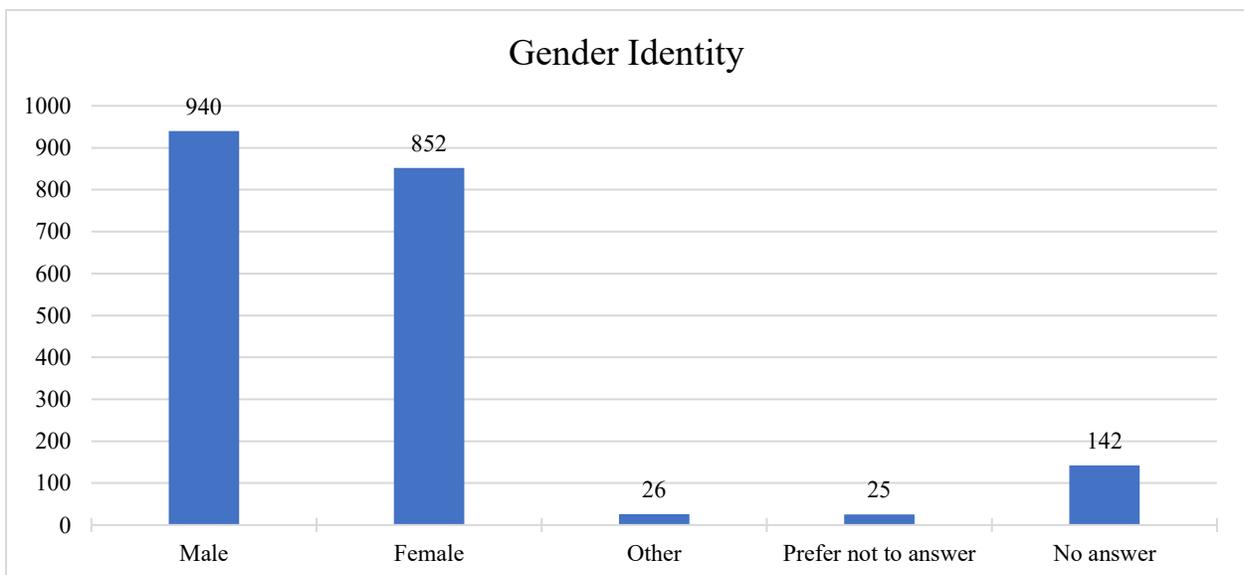
12th grade: 2.9% of students

Student Totals by Age



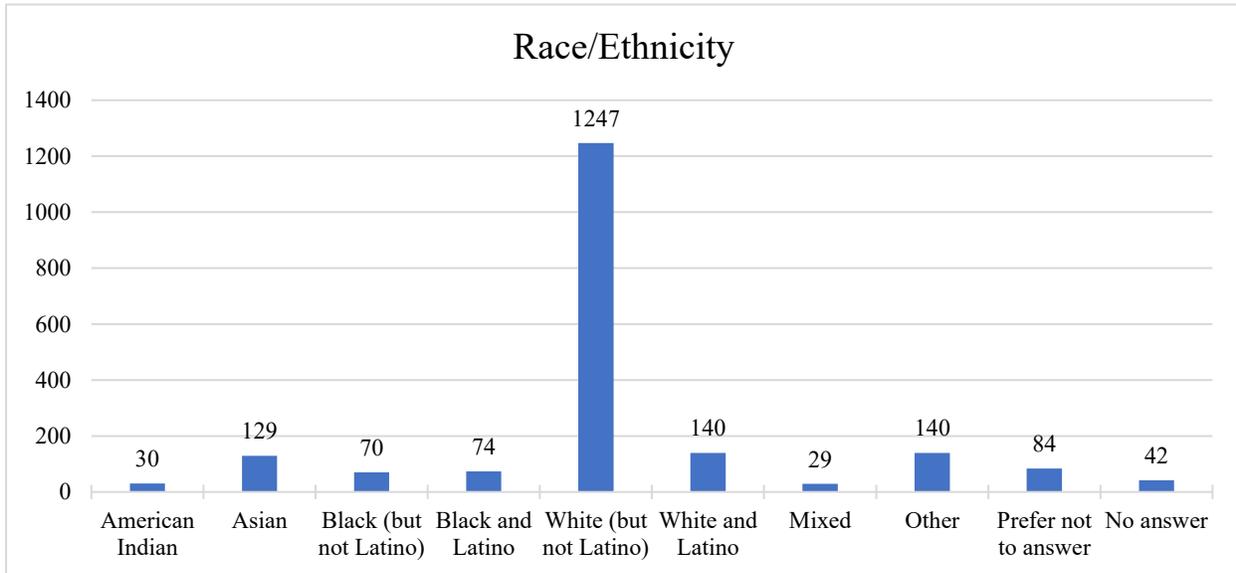
- Age 11:** 0.30% of students
- Age 12:** 17.98% of students
- Age 13:** 6.80% of students
- Age 14:** 25.34% of students
- Age 15:** 37.78% of students
- Age 16:** 7.0% of students
- Age 17:** 2.87% of students
- Age 18:** 0.55% of students
- Age 19:** 0.05% of students
- Age 20:** 0.10% of students
- No answer:** 1.21% of students

Student Totals by Gender Identity



Male: 47.36% of students
Female: 42.92% of students
Other: 1.31% of students
Prefer not to answer: 1.26% of students
No answer: 7.15% of students

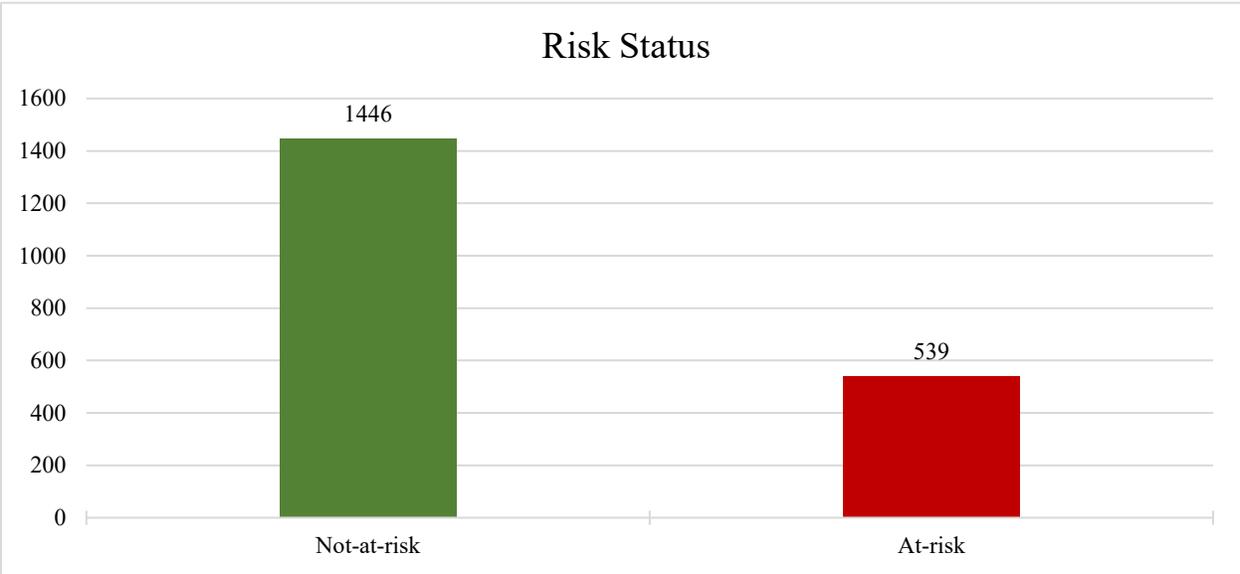
Student Totals by Race/Ethnicity



American Indian: 1.51% of students
Asian: 6.5% of students
Black (but not Latino): 3.53% of students
Black and Latino: 3.73% of students
White (but not Latino): 62.82% of students
White and Latino: 7.05% of students
Mixed: 1.46% of students
Other: 7.05% of students
Prefer not to answer: 4.23% of students
No answer: 2.12% of students

Demographics and Risk Breakdowns

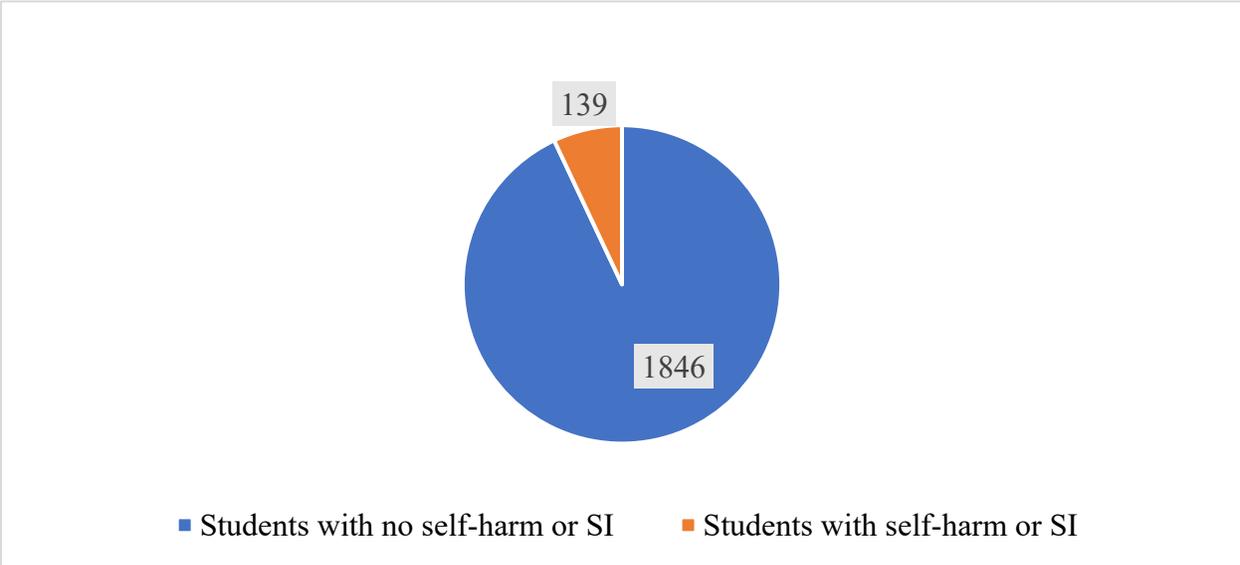
Totals by Risk



Not-at-risk: 1,446 (72.85%) students

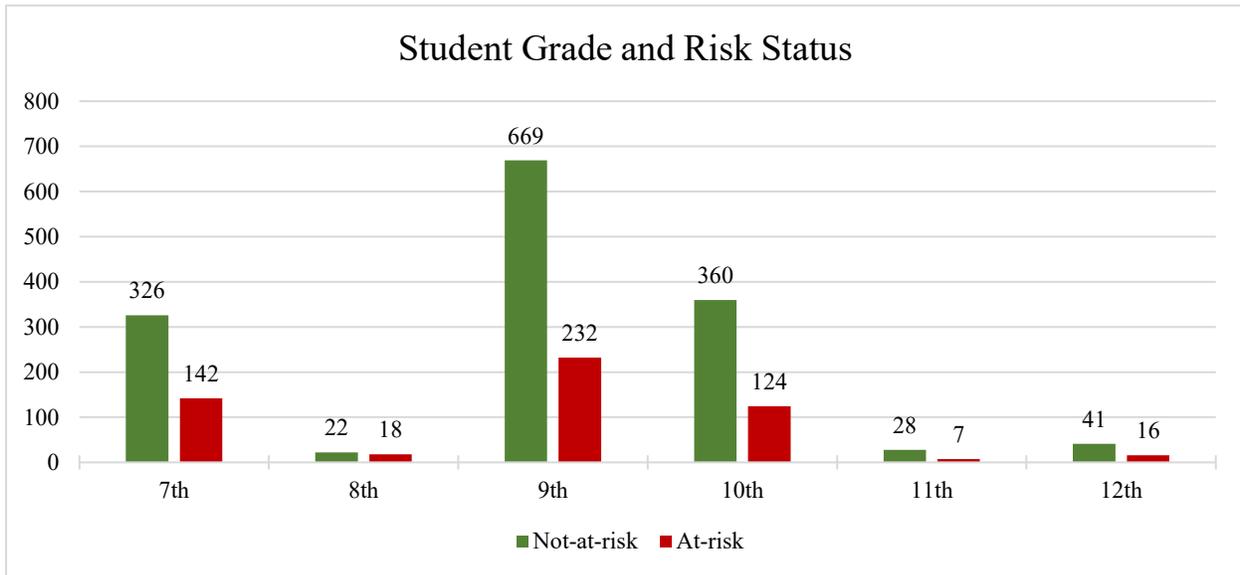
At-risk: 539 (27.15%) of students

Reports of Suicidal Ideation and/or Self-Harm



139 (7%) out of 1,985 total students reported self-harm or suicidal thoughts within the past two weeks.

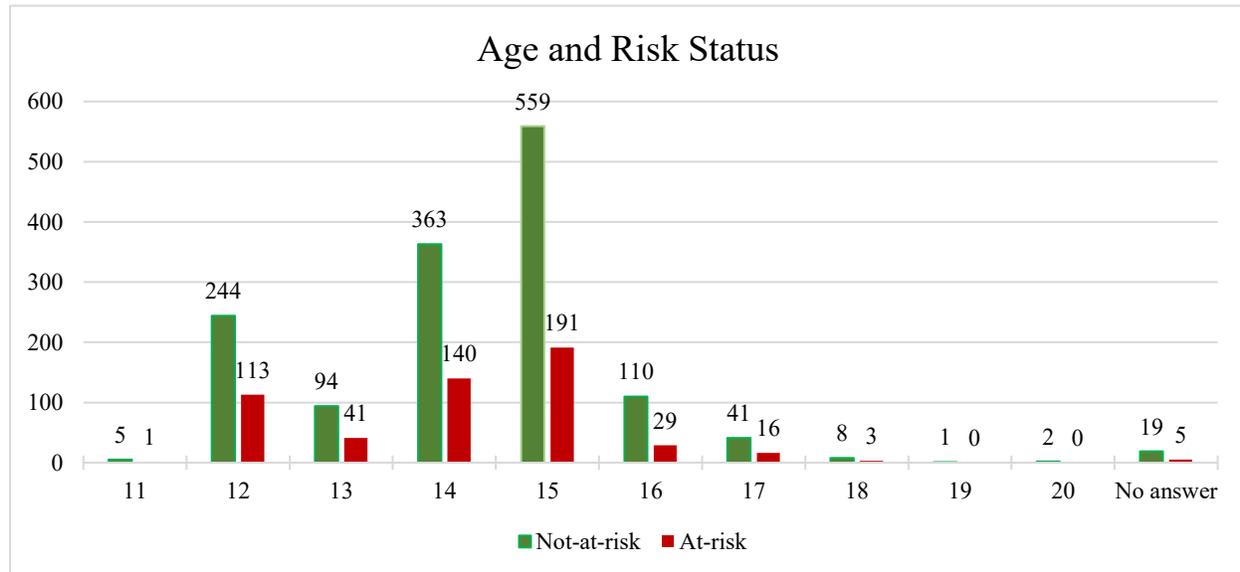
Grade and Risk



Grade Breakdown:

7th: 326 (16.42%) **not-at-risk**; 142 (7.15%) **at-risk**
 8th: 22 (1.11%) **not-at-risk**; 18 (<1%) **at-risk**
 9th: 669 (33.7%) **not-at-risk**; 232 (11.69%) **at-risk**
 10th: 360 (18.14%) **not-at-risk**; 124 (6.25%) **at-risk**
 11th: 28 (1.41%) **not-at-risk**; 7 (<1%) **at-risk**
 12th: 41 (2.07%) **not-at-risk**; 16 (<1%) **at-risk**

Age and Risk



Age Breakdown:

11: 5 (<1%) **not-at-risk**; 1 (<1%) **at-risk**
12: 244 (12.29%) **not-at-risk**; 113 (5.69%) **at-risk**
13: 94 (4.74%) **not-at-risk**; 41 (2.07%) **at-risk**
14: 363 (18.29%) **not-at-risk**; 140 (7.05%) **at-risk**
15: 559 (28.16%) **not-at-risk**; 191 (9.62%) **at-risk**
16: 110 (5.54%) **not-at-risk**; 29 (1.46%) **at-risk**
17: 41 (2.07%) **not-at-risk**; 16 (<1%) **at-risk**
18: 8 (<1%) **not-at-risk**; 3 (<1%) **at-risk**
19: 1 (<1%) **not-at-risk**; 0 (0%) **at-risk**
20: 2 (<1%) **not-at-risk**; 0 (0%) **at-risk**
No answer: 19 (<1%) **not-at-risk**; 5 (<1%) **at-risk**

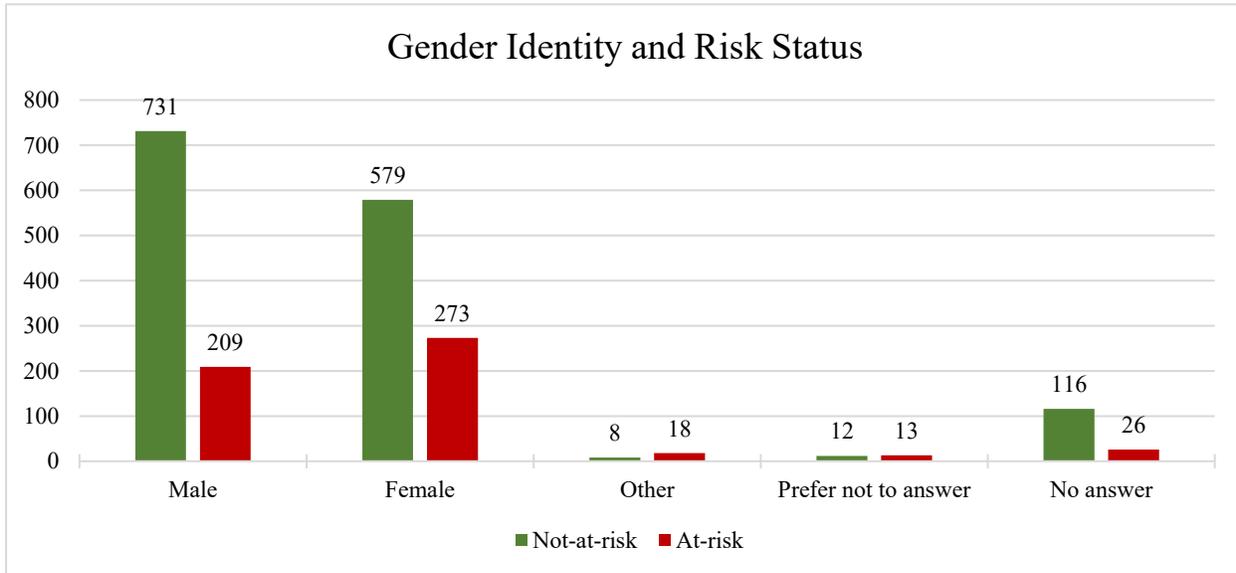
Gender Identity and Risk

Relevant Literature

Many studies indicate the role of gender in adolescent mental health, including symptoms of depression, anxiety, and self-harm or suicidal ideation. Gender minority youth (transgender, nonbinary, etc.) appear to be more likely to experience depression and anxiety than cisgender youth. Childs et al. (2022) found that females were more likely to experience depression and anxiety than males. Further data showed that male youth indicated lower levels of anxiety than both female and nonbinary youth, with cis females reporting lower levels of anxiety than nonbinary youth. Jackman et al. (2021) analyzed data from the Youth Risk Behavior Survey, finding that transgender and gender-questioning youth were more likely to report depressive symptoms and suicidal ideation as compared to cisgender youth. Similarly, statistics on LGBTQ youth from The Trevor Project (2023) indicate a higher prevalence of depression and anxiety symptoms among non-cisgender and questioning youth as compared with cisgender males and females. Additional statistics show that minority gender and questioning youth were more likely to consider and/or attempt suicide than cisgender youth (The Trevor Project, 2023). A systematic review and meta-analysis by Miranda-Mendizabal et al. (2019) revealed that female adolescents had a higher risk of suicide attempt, but male adolescents were more likely to die by suicide.

Trusted and supportive adults can serve as factors that protect adolescents from experiencing negative consequences related to mental health. Hunt et al. (2020) suggested that a sense of belongingness may buffer against negative feelings for youth. Familial support and trusted adults were associated with lessened chances for youth of sexual and gender minorities to experience adverse health outcomes (Mintz et al., 2021). Harder et al. (2023) highlighted how supportive adults are protective for students of both minority and majority gender populations against suicidality. Shahram et al. (2020) identified connectedness to family, parents, and school as protective factors for teen mental health. Pariseau et al. (2019) found that transgender youth with an unsupportive caregiver may be more vulnerable to depressive and anxiety symptoms. Similarly, Johnson et al (2020) reported that rejecting parental behaviors

contributed to depression in transgender youth. Although parental support is important for youth mental health in general, lack of parental support may be especially detrimental to transgender youth mental health.



Gender Identity Breakdown:

Male: 731 (36.83%) **not-at-risk**; 209 (10.53%) **at-risk**

Female: 579 (29.17%) **not-at-risk**; 273 (13.75%) **at-risk**

Other: 8 (<1%) **not-at-risk**; 18 (<1%) **at-risk**

Prefer not to answer: 12 (<1%) **not-at-risk**; 13 (<1%) **at-risk**

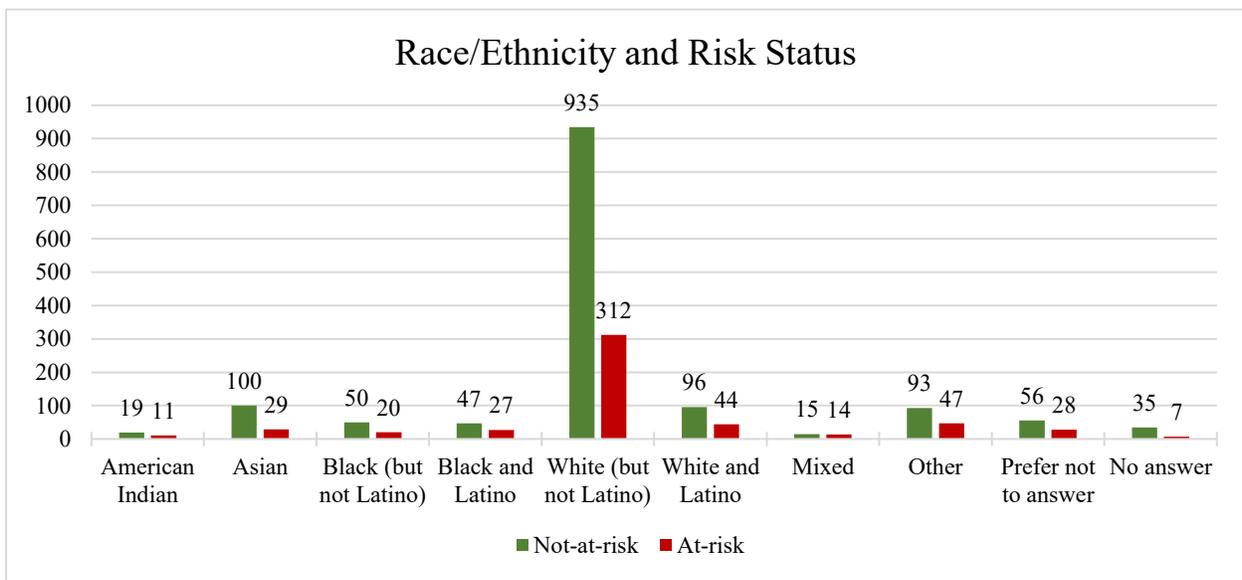
No answer: 116 (5.84%) **not-at-risk**; 26 (1.31%) **at-risk**

Race/Ethnicity and Risk

Relevant Literature

Relevant research has evaluated the influence that one's race and ethnicity can have on mental health, including experiencing self-harm/suicidal ideation. It is indicated that youth within racial and ethnic minorities have greater susceptibility to mental health problems than Caucasians (Barksdale et al., 2024). Along with the mental health challenges that racial and ethnic minorities face, disparities exist for minorities when obtaining mental health treatment (Rodgers et al., 2022). Reports have found that youth in minority racial/ethnic groups have greater risk of experiencing depression and anxiety (Weersing et al., 2022). Further, minority racial populations are at greater risk for developing chronic depressive symptomatology when compared to Caucasians (Bailey et al., 2019). Other research, however, has indicated that risk of depression and anxiety is ambiguous amongst racial and ethnic minorities (Turnamian & Liu, 2023).

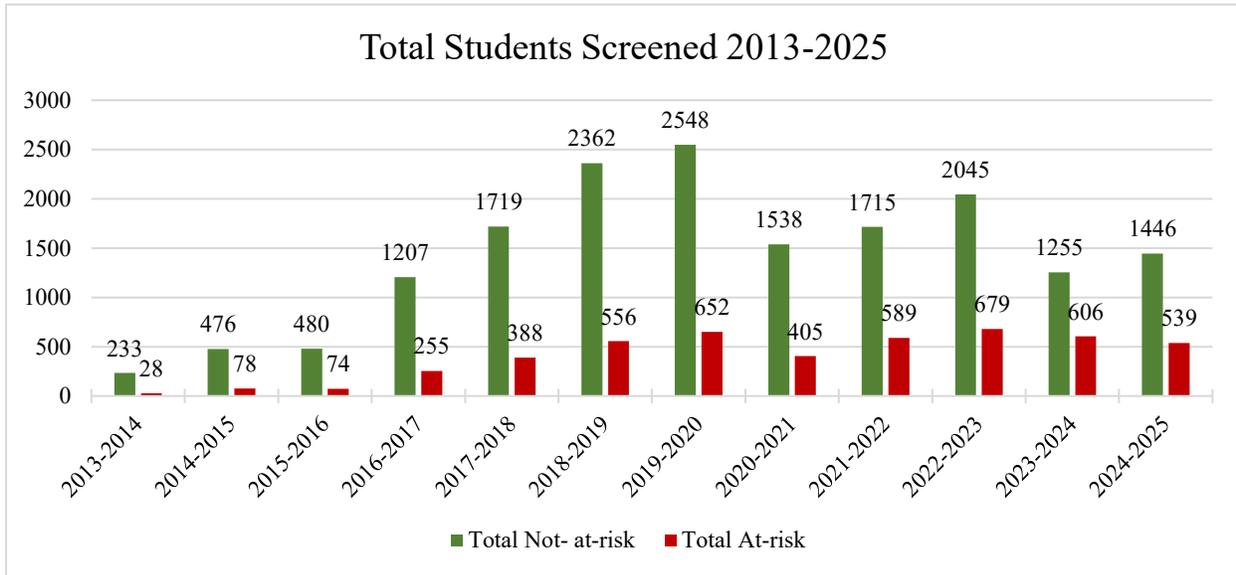
Studies have also reported on the relationship between one’s race and ethnicity and experiencing self-harm/suicidal ideation. Baiden et al. (2020) set forth in their research involving an adolescent sample that Black or African American, American Indian/Native Hawaiian/Pacific Islander, and youth of Hispanic backgrounds demonstrated increased chances of attempting suicide compared to their counterparts. Additionally, other literature concluded that individuals who identified as Multi-racial or Latino experienced augmented risk for suicidal ideation than Caucasian adolescents (Tynes et al., 2024). It should be noted that both studies also factored gender identity as a predicting factor for suicidal ideation. In a twelve-year period, experiences of suicidal ideation had risen amongst adolescents from all racial groups within the United States (Joseph et al., 2023). Such research highlights the importance of continuing to evaluate the mental health and treatment needs amongst different racial and ethnic groups.



Race/Ethnicity Breakdown:

American Indian: 19 (<1%) **not-at-risk**; 11 (<1%) **at-risk**
 Asian: 100 (5.04%) **not-at-risk**; 29 (1.46%) **at-risk**
 Black (but not Latino): 50 (2.52%) **not-at-risk**; 20 (1.01%) **at-risk**
 Black and Latino: 47 (2.37%) **not-at-risk**; 27 (1.36%) **at-risk**
 White (but not Latino): 935 (47.10%) **not-at-risk**; 312 (15.72%) **at-risk**
 White and Latino: 96 (4.84%) **not-at-risk**; 44 (2.22%) **at-risk**
 Mixed: 15 (<1%) **not-at-risk**; 14 (<1%) **at-risk**
 Other: 93 (4.69%) **not-at-risk**; 47 (2.37%) **at-risk**
 Prefer not to answer: 56 (2.82%) **not-at-risk**; 28 (1.41%) **at-risk**
 No answer: 35 (1.76%) **not-at-risk**; 7 (<1%) **at-risk**

Annual Review



Annual Breakdown:

2013-2014: 233 (89.3%) **not-at-risk**; 28 (10.7%) **at-risk** = 261 students

2014-2015: 476 (85.9%) **not-at-risk**; 78 (14.1%) **at-risk** = 554 students

2015-2016: 480 (86.6%) **not-at-risk**; 74 (13.4%) **at-risk** = 554 students

2016-2017: 1,207 (82.6%) **not-at-risk**; 255 (17.4%) **at-risk** = 1,462 students

2017-2018: 1,719 (81.6%) **not-at-risk**; 388 (18.4%) **at-risk** = 2,107 students

2018-2019: 2,362 (80.9%) **not-at-risk**; 556 (19.1%) **at-risk** = 2,918 students

2019-2020: 2,548 (79.6%) **not-at-risk**; 652 (20.4%) **at-risk** = 3,200 students

2020-2021: 1,538 (79.2%) **not-at-risk**; 405 (20.8%) **at-risk** = 1,943 students

2021-2022: 1,715 (74.4%) **not-at-risk**; 589 (25.6%) **at-risk** = 2,304 students

2022-2023: 2,045 (75.1%) **not-at-risk**; 679 (24.9%) **at-risk** = 2,724 students

2023-2024: 1,255 (67.4%) **not-at-risk**; 606 (32.6%) **at-risk** = 1,861 students

2024-2025: 1,446 (72.8%) **not-at-risk**; 539 (27.2%) **at-risk** = 1,985 students

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