It’s More than Just Survival: Youth’s Health and Well-Being

Kune Park
Youth’s Health and Well-Being

- Social Support
- Crime & Criminal Justice
- Health
Social Support
Overall Relationships

Size of Social Support Network (mean/median)
And Adequacy of Support (%)
\( (n=611) \)

<table>
<thead>
<tr>
<th>Number of people in support network</th>
<th>Emotional</th>
<th>Tangible</th>
<th>Advice/Guidance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enough people</td>
<td>58%</td>
<td>53%</td>
<td>65%</td>
</tr>
<tr>
<td>Too few people</td>
<td>37%</td>
<td>42%</td>
<td>32%</td>
</tr>
<tr>
<td>No one to count on</td>
<td>5%</td>
<td>5%</td>
<td>4%</td>
</tr>
</tbody>
</table>

Mean: 4.6 people
Median: 3 people

Mean: 3.0 people
Median: 2 people

Mean: 3.3 people
Median: 2 people
Overall Relationships

Amount of Relationship Strain (%)  
\((n = 611)\)

- **Disappointment**: 15% Too many, 51% Some, 15% Just a few, 19% None
- **Intrusiveness**: 19% Too many, 19% Some, 19% Just a few, 9% None
- **Criticism**: 15% Too many, 36% Some, 46% Just a few, 6% None
- **Conflict**: 15% Too many, 23% Some, 3% None
Individuals Nominated as Social Supports

Number of Individuals that Youth Nominated (max=3) (%)
(n= 1,999)

- None: 36%
- 1: 27%
- 2: 29%
- 3 individuals: 26%

Number of Individuals that Youth Nominated (max=3) (%)
(\(n= 1,999\))

- None: 32%
- 1: 35%
- 2: 41%
- 3 individuals: 26%

Relationship to Nominated Individuals (%)
(n= 1,999)

- Family: 38%
- Romantic Partner/Friends: 39%
- Professionals: 7%
- Substitute Caregiver: 3%
- Other: 13%

Emotional Tangible Advice/Guidance

- Emotional: 36%
- Tangible: 27%
- Advice/Guidance: 26%
Individuals Nominated as Social Supports

Frequency of Relationship Strain with Individuals Nominated as Supports (%)
($n=1,999$)

- **Disappointment**
  - Never: 39%
  - Rarely: 41%
  - Sometimes: 16%
  - Often: 3%
  - Always: 1%

- **Intrusiveness**
  - Never: 38%
  - Rarely: 23%
  - Sometimes: 19%
  - Often: 11%
  - Always: 9%

- **Criticism**
  - Never: 77%
  - Rarely: 14%
  - Sometimes: 5%
  - Often: 2%
  - Always: 1%

- **Conflict**
  - Never: 47%
  - Rarely: 30%
  - Sometimes: 17%
  - Often: 5%
  - Always: 1%
Summary: Social Support

- Majority of youth had someone they could turn to, and youth were in regular contact with their supports.

- Families and peers consisted of most supports. Youth still in care were more likely to nominate caseworkers, and youth who left care were more likely to nominate grandparents.

- Strain was generally uncommon in relationships with individuals youth identified as supports.
Crime & Criminal Justice Involvement
Criminal Justice Involvement Since Last Interview (%)
(n= 607)

- Arrested: 25% (Not in Care: 12%, In Care: 12%)
- Convicted of a crime: 20% (Not in Care: 5%, In Care: 15%)
- Incarcerated: 23% (Not in Care: 10%, In Care: 13%)
# Victimization & Perpetration

<table>
<thead>
<tr>
<th>During the past 12 months</th>
<th>Not In Care (%)</th>
<th>In Care (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Victimization</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saw someone being shot or stabbed</td>
<td>10.2</td>
<td>4.9</td>
</tr>
<tr>
<td>Someone pulled a gun on respondent *</td>
<td>13.1</td>
<td>6.1</td>
</tr>
<tr>
<td>Someone pulled a knife on respondent</td>
<td>8.7</td>
<td>6.1</td>
</tr>
<tr>
<td>Someone beat youth and stole something from them *</td>
<td>6.3</td>
<td>2.1</td>
</tr>
<tr>
<td><strong>Perpetration</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Respondent pulled a knife/gun on someone</td>
<td>2.7</td>
<td>1.8</td>
</tr>
<tr>
<td>Respondent shot or stabbed someone *</td>
<td>3.7</td>
<td>0.1</td>
</tr>
</tbody>
</table>

* Significant difference (p<.05) between youth in care and youth not in care at Wave 2 interview
Most youth reported “never” engaging in criminal behaviors.

Criminal justice system involvement was lower for youth still in care than those who left care.

Overall victimization and perpetration of violence were rare. Youth in care were less likely than those who left care to report some experiences (someone pulled a gun on youth, someone beat youth and stole something from them, youth shot or stabbed someone).
Health
Health Status

General Health Rating (%)  
\((n=611)\)

- General health rating- CalYOUTH
  - Excellent: 24%
  - Very good: 31%
  - Good: 27%
  - Fair: 16%
  - Poor: 2%

- General health rating- Add Health
  - Excellent: 32%
  - Very good: 43%
  - Good: 21%
  - Fair: 4%
  - Poor: <1%
Behavioral Health

Suicide & Mental Health Screen (%)  
(n= 607)

- Suicidal ideation: 20%
- Suicide attempt: 7%
- Major Depressive Episode: 10%
- Manic Episode: 1%
- PTSD: 3%
- Alcohol Dependence/Abuse: 9%
- Substance Dependence/Abuse: 9%
- Any AOD use disorder: 14%
- Any MH disorder: 27%
- Any MH or AOD use disorder: 34%
**Health Services & Insurance**

- **Medical Care Use (%) (n=611)**

  - < 1 year ago
  - 1-2 years ago
  - ≥ 2 years ago
  - Never

- **Last physical exam**
  - 63%
  - 30%<br>  - 7%<br>  - <1%

- **Unable to receive needed care**
  - 18%

- **Last dental exam**
  - 71%
  - 29%<br>  - 7%<br>  - <1%

- **Unable to receive needed care**
  - 13%

- **Physical Care**
  - 63%
  - 30%<br>  - 7%<br>  - <1%

- **Dental Care**
  - 71%
  - 29%<br>  - 7%<br>  - <1%

- **Most youth reported having medical insurance**
  - Health insurance: 93%
  - Dental insurance: 82%

- **18% of youth said they were unable to receive needed physical care**

- **13% of youth said they were unable to receive needed dental care**
Medication & Hospitalization

Counseling, Medication & Hospitalization in Past Year¹ (%)

- Received counseling: 27%
- Received psychotropic medication: 15%
- Received SA treatment: 6%
- Ever hospitalized for mental health: 9%

- Hospitalized for any reason since last interview: 31%

¹ Mental health hospitalization was “since last interview”
Summary: Health

- The majority of youth rated their health as being “good,” “very good,” or “excellent.”

- About 1/3 screened positive for a mental health or substance use disorder.

- Most youth reported having a medical exam within the past year, and a small proportion reported using behavioral health services.