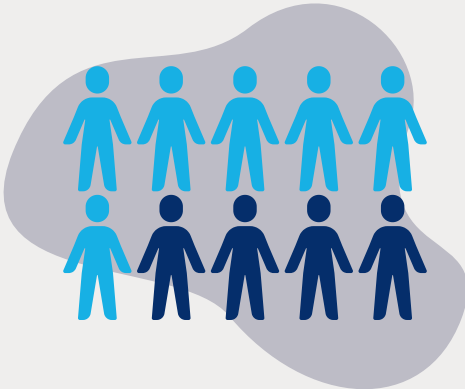




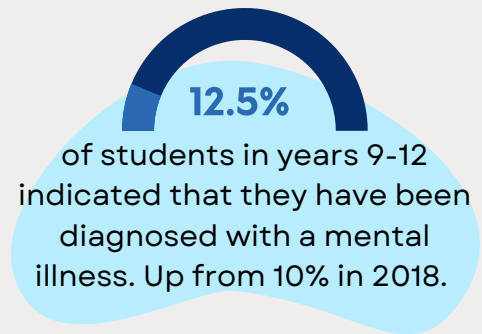
2020 Cayman Islands Student Drug Use Survey (CISDUS)

MENTAL HEALTH:



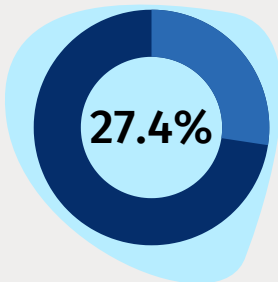
6 in 10

students said they were taught about mental health in school.



12.5%

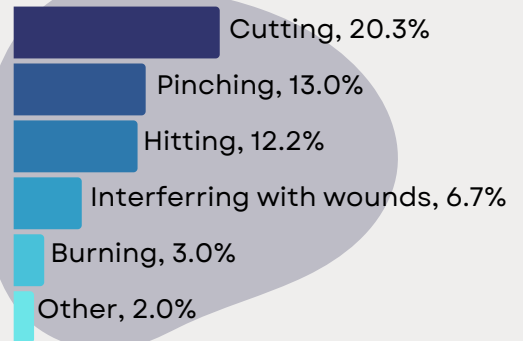
of students in years 9-12 indicated that they have been diagnosed with a mental illness. Up from 10% in 2018.



27.4%

Self-harming behaviour

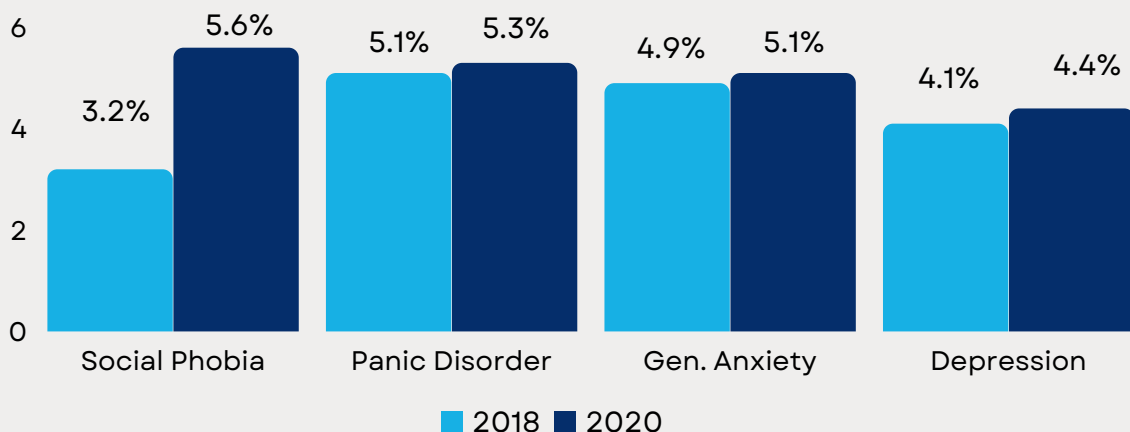
27.4% of students reported that they have engaged in self-harming behaviours. Global data ranges from 4 - 43%. The chart to the right shows the prevalence* of the most commonly reported self-harming behaviours.



*Multiple selections were possible.

Revised Child Anxiety and Depression Scale (RCADS)

Below are the most commonly diagnosed mental health presentations in 2020. This graph shows the percentage of students who met the clinical threshold for these disorders in 2020 compared to 2018.

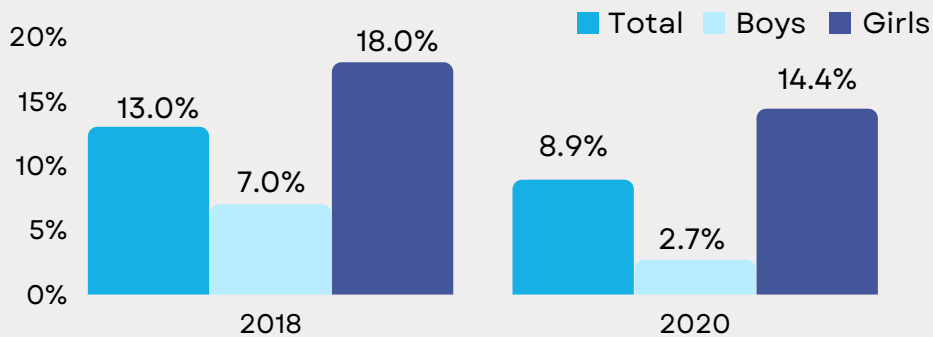


2020 Cayman Islands Student Drug Use Survey (CISDUS)

SUICIDE:

Reduction in Attempted Suicide

There was a reduction in the percentage of students who attempted suicide since 2018, however, girls remain at significantly higher risk.



Half of all students who attempted suicide in 2020, reported that their suicide attempt was treated by a doctor or nurse (4.4% of overall students in years 9-12).

Significant risk factors for suicide attempts

Through a binary logistic regression, the below were found to be significant predictors:

Gender

Female

Substance Use

Alcohol dependence
Cigarette use

Abuse

Physical abuse
Witnessed violence*

Mental Health

Suicidal ideation

Other

Poor attachment with family*

Students who reported to have engaged in self-harming were **7x** more likely to have attempted suicide.

Students who were physically abused were **7.5x** more likely to attempt suicide.

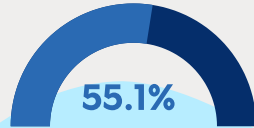
*Not significant but high association



2020 Cayman Islands Student Drug Use Survey (CISDUS)

TRAUMA/ABUSE:

Overall, **12.5%** of students reported that they had carried a weapon in the community or at school.



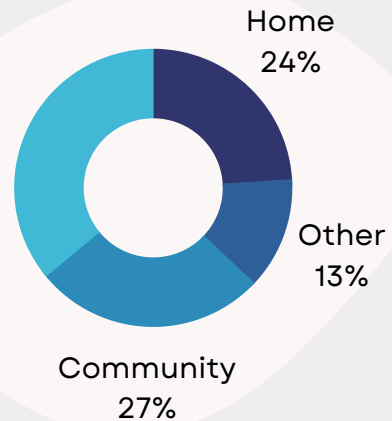
More than half of students reported being bullied. Significantly more girls (63.1%) than boys (47.4%) reported being bullied.

A small proportion (**3.4%**) of students said they had been arrested; 4.1% boys, 2.7% girls.



Nearly 60% of all students reported they have witnessed violence and aggression. Of those, most students had witnessed it in school, home or the community.

School
36%



Physical abuse overall was reported by **13.5%** of Year 9-12 students overall.

Sexual abuse overall was reported by **4.2%** of students, with girls (6.3%) significantly more likely to report this compared to boys (2.2%).

Significant risk factors in mental health

The below were found to be significant predictors of anxiety and depression disorder in this group - several related to trauma and abuse

- Gender (Female)
- Bullied in past year
- Self harming behaviour
- Physical abuse
- Alcohol problems
- Life threatening event
- Suicidal ideation



2020 Cayman Islands Student Drug Use Survey (CISDUS)

BARRIERS TO HELP:

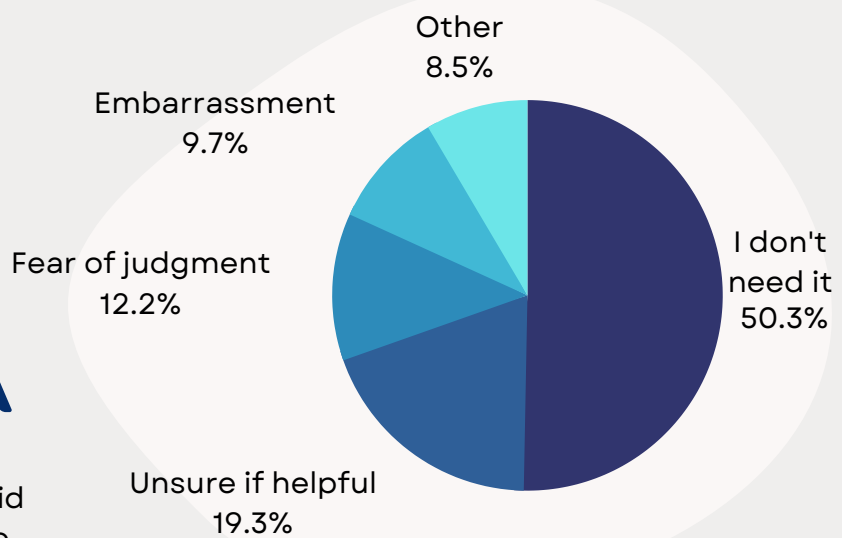
The main barriers to seeking help reported through the survey are shown below:



84.9% of those who said they have been diagnosed said they had sought 'help' for their condition.



2 out of 5 students said they would use an app to express their feelings in a private and safe way if available

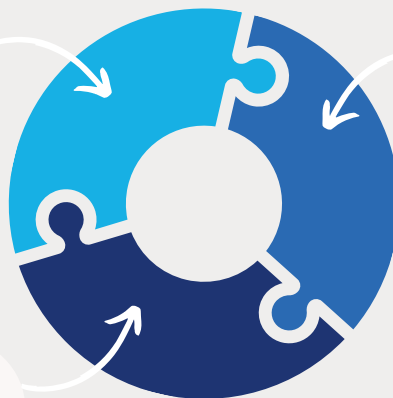


*Multiple selections were possible.

The following recommendations are based on the survey findings:

Increase the provision of **children and adolescent mental health services** to address the increased report of suicide ideation and reporting mental health difficulties.

Gender sensitive services with services for girls geared more toward management of mental health and behavioural management services for boys to assist with aggression related difficulties and delinquency behaviours.



Community approaches are recommended to lower the risks of abuse and trauma and to increase services that address unresolved trauma, in order to manage the risk of suicide. Such community-based approaches include mental health services for adults and families, workshops on trauma and violence, and education on managing suicidal ideation.