



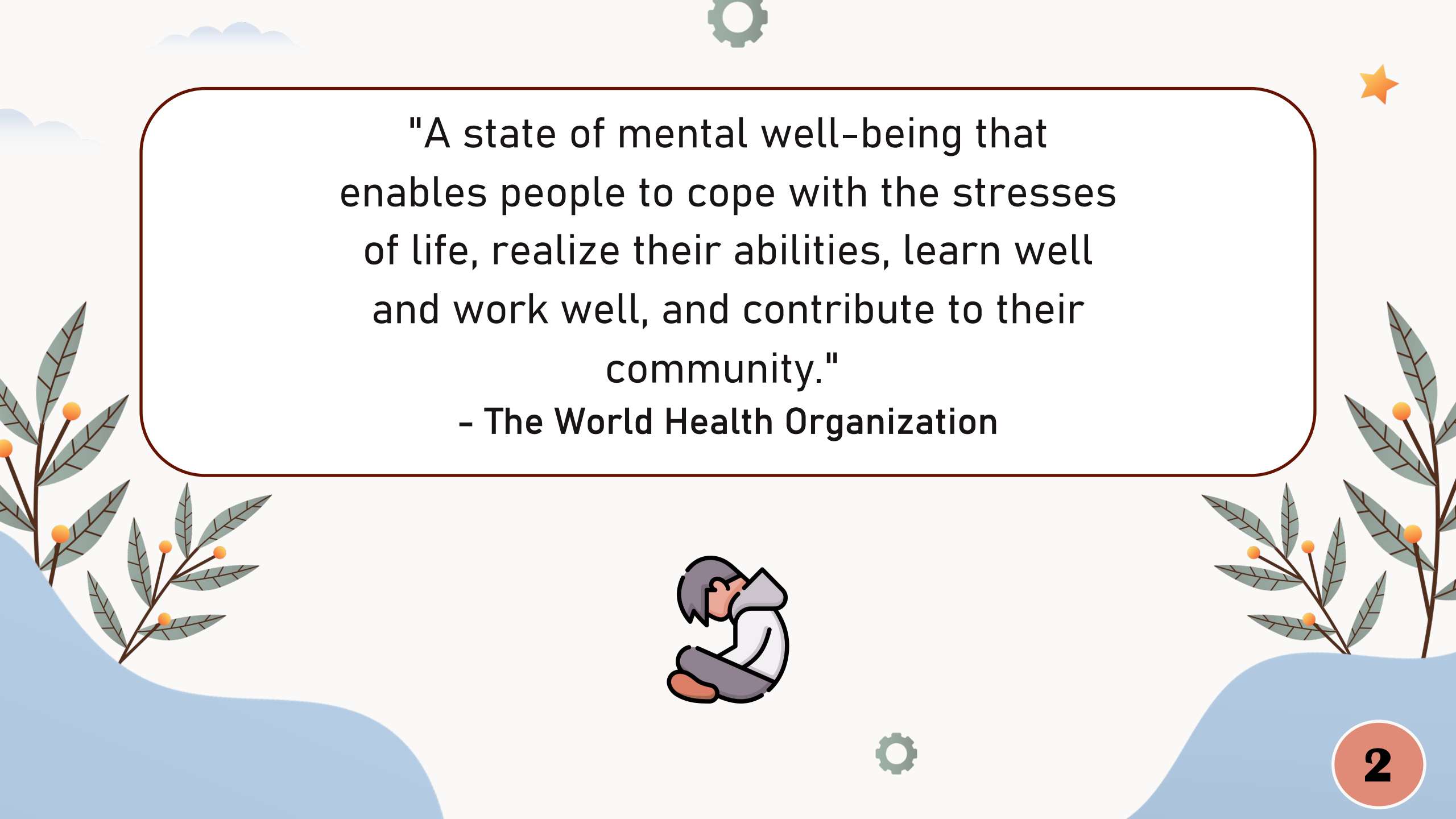
# Nantucket Youth Behavioral Health Assessment

Town of Nantucket Health and Human Services  
Department  
Director of Human Services Dept., Jerico Mele

By Simeon Hoffler Jr., Mary Laurens,  
Elisia McLean, Myles St. Jean





# What Is Mental Health?



"A state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community."

- The World Health Organization





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# Relevance to Nantucket

**Minimal  
Data**

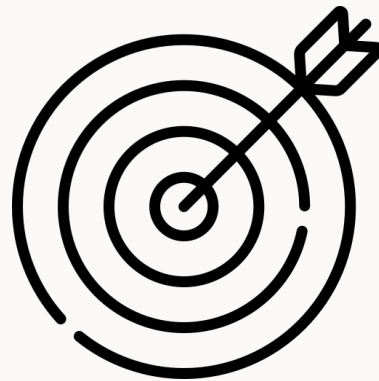
**No  
surveys  
since  
COVID-19**

**Efficient  
use of  
resources**

**Survey  
specific to  
Nantucket**

# Project Goal

Design a data-driven survey tool that the Health and Human Services Department of Nantucket can implement to track the mental health of the youth community on the island.

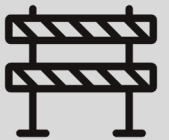


# Objectives





Identify factors that impact mental health



Identify barriers to using resources



Document the impact of COVID-19



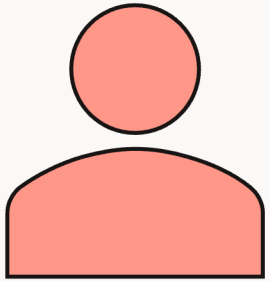
Assess the impact of peer & family engagement



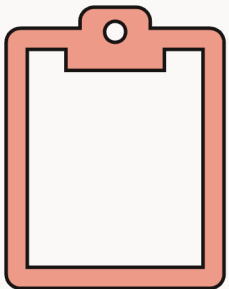
# Methods



# Interviews and Surveys



- Executive Directors of youth-oriented services
- Our House and Fairwinds



- WPI Undergraduate Behavioral Health Survey
- Nantucket Youth Behavioral Health Survey

# Results

# Scoring System

Q12: "How often do you experience feelings of anxiety?"

Almost Always

1

Often

2

Sometimes

3

Not often

4

Almost Never

5

Mental Health Score

7

# Scoring System

Q35-2: "I can connect with my peers on an emotional level"

Disagree

1

Somewhat Disagree

2

Neutral

3

Somewhat Agree


4

Agree

5

Belonging Score

8



Q41: "Was it hard for you to learn virtually during the pandemic?"



# Scoring System

Harder to Learn	1	COVID Score
Somewhat Harder	2	
No Change	3	
Easier to learn	4	



# WPI Survey

- Total responses: 129
- Mean Mental Health Score (MH): 3.2/5
- Mean Belonging Score (B): 4.0/5
- Mean COVID Score: 3.2/4

*Mobile view of survey* →  
*from Qualtrics*



12:29

0% Survey Completion 100%

**WPI**

**Q1. Informed Consent Agreement for Participation in a Research Study**

**Investigators**  
Simeon Hoffer Jr, Mary Laurens, Myles St.Jean, Elisia McLean

**Contact Information**  
gr-ack23-youth@wpi.edu

**Title of Research Study**  
Health and Human Service Department  
Youth Mental Health Survey

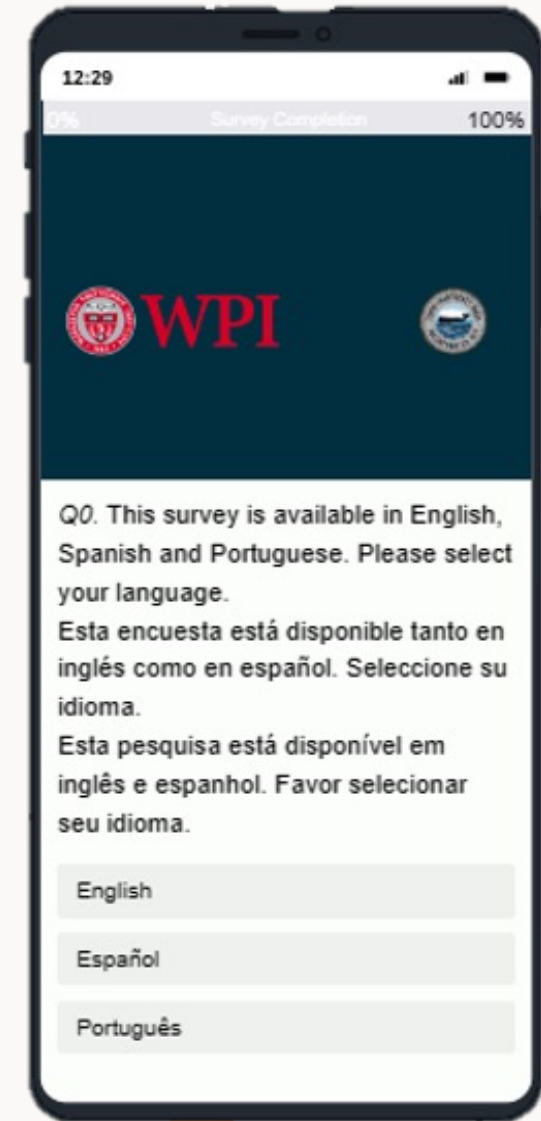
**Sponsor**  
Health and Human Service Department  
of the Town of Nantucket

**Introduction:**  
\*You are being asked to participate in a research study. Before you agree,

# Nantucket Youth Survey

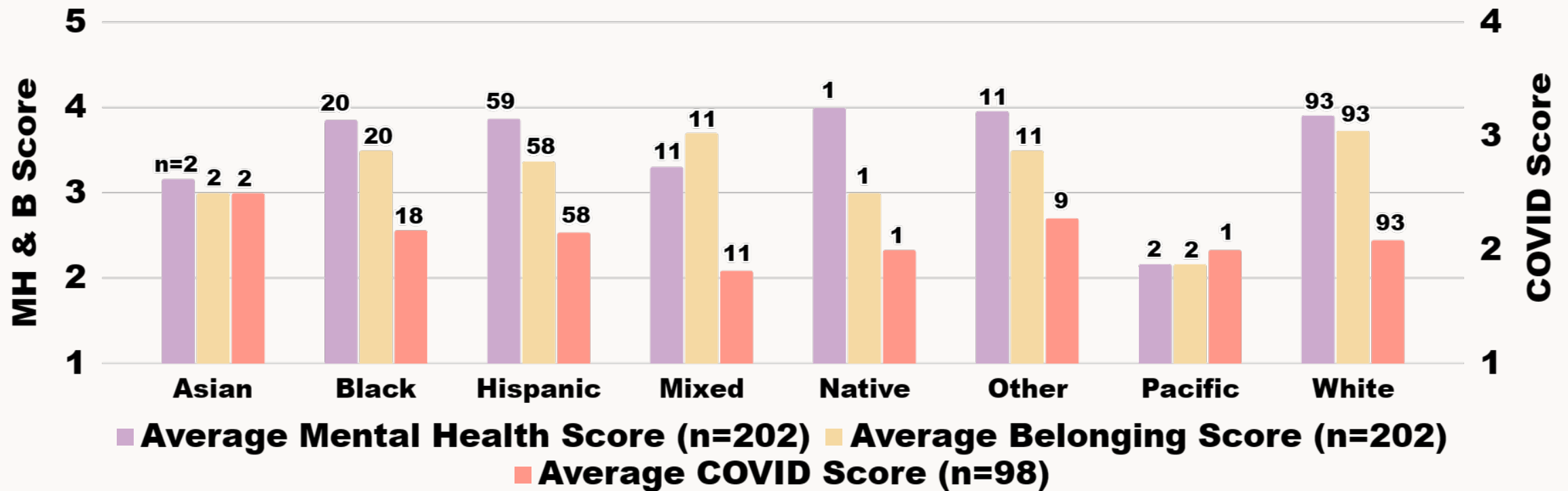
- Total responses: 204
- Mean Mental Health Score (MH): 3.9/5
- Mean Belonging Score (B): 3.6/5
- Mean COVID Score: 2.1/4

*Mobile view of survey* →  
*from Qualtrics*

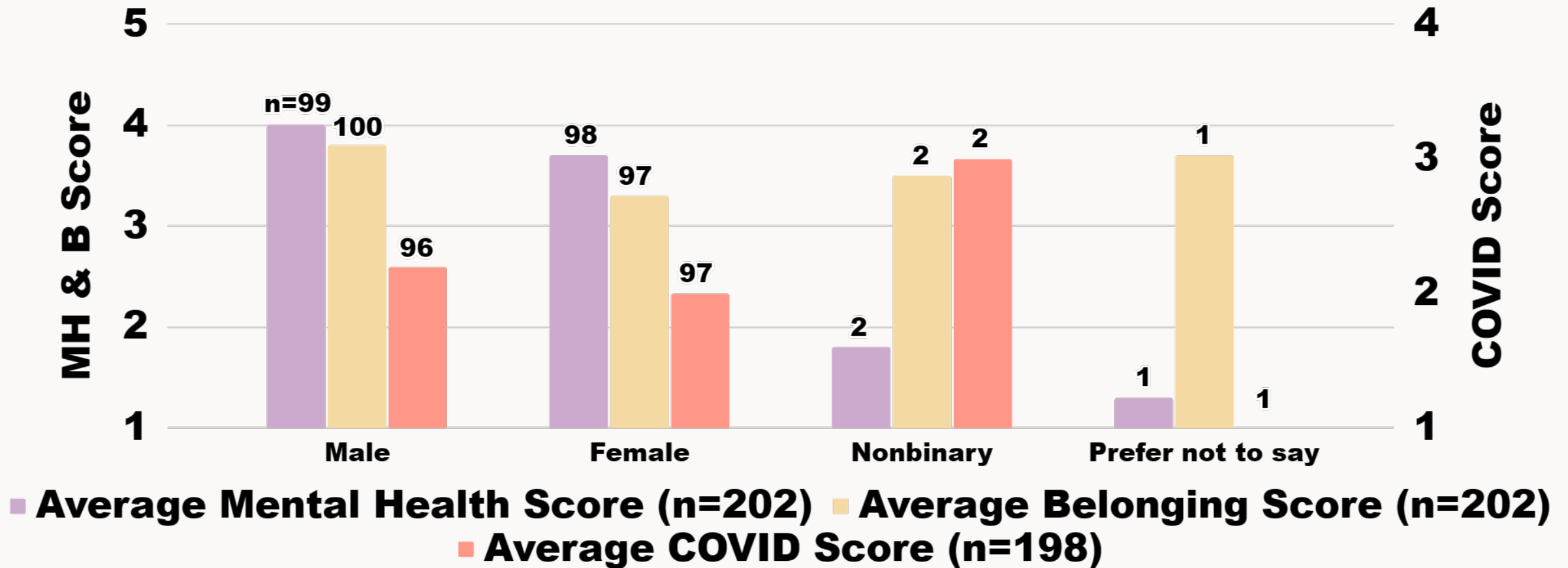




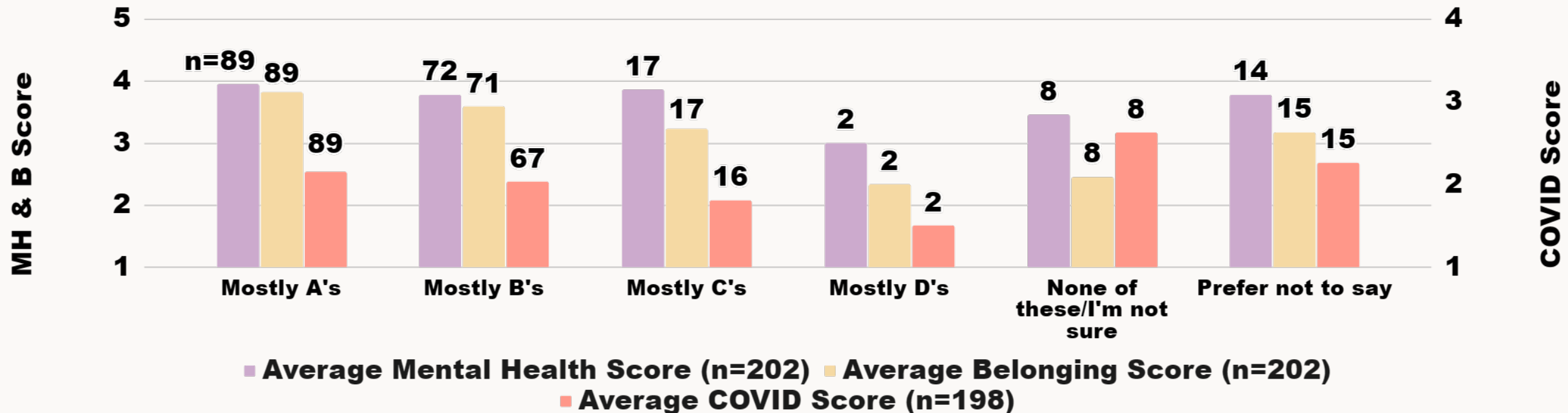
# Q6: How would you describe your ethnicity?



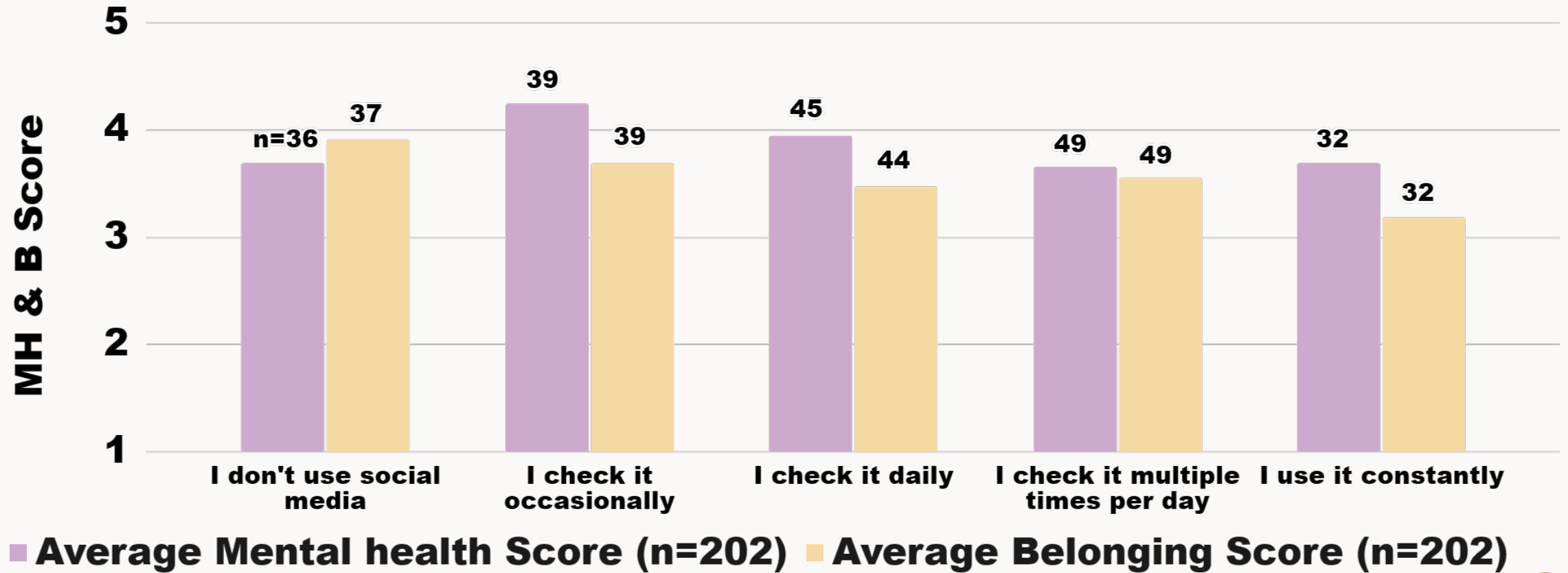
# Q4: What gender do you identify with?



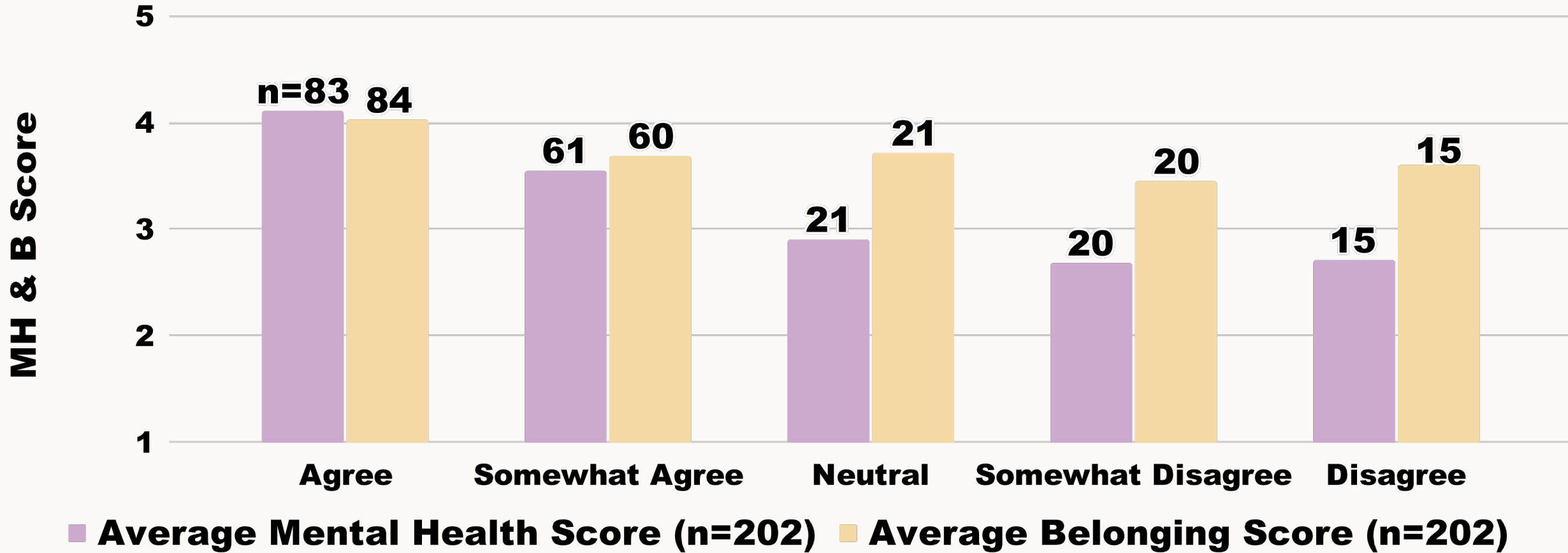
# Q23: How would you describe your grades in school this year?



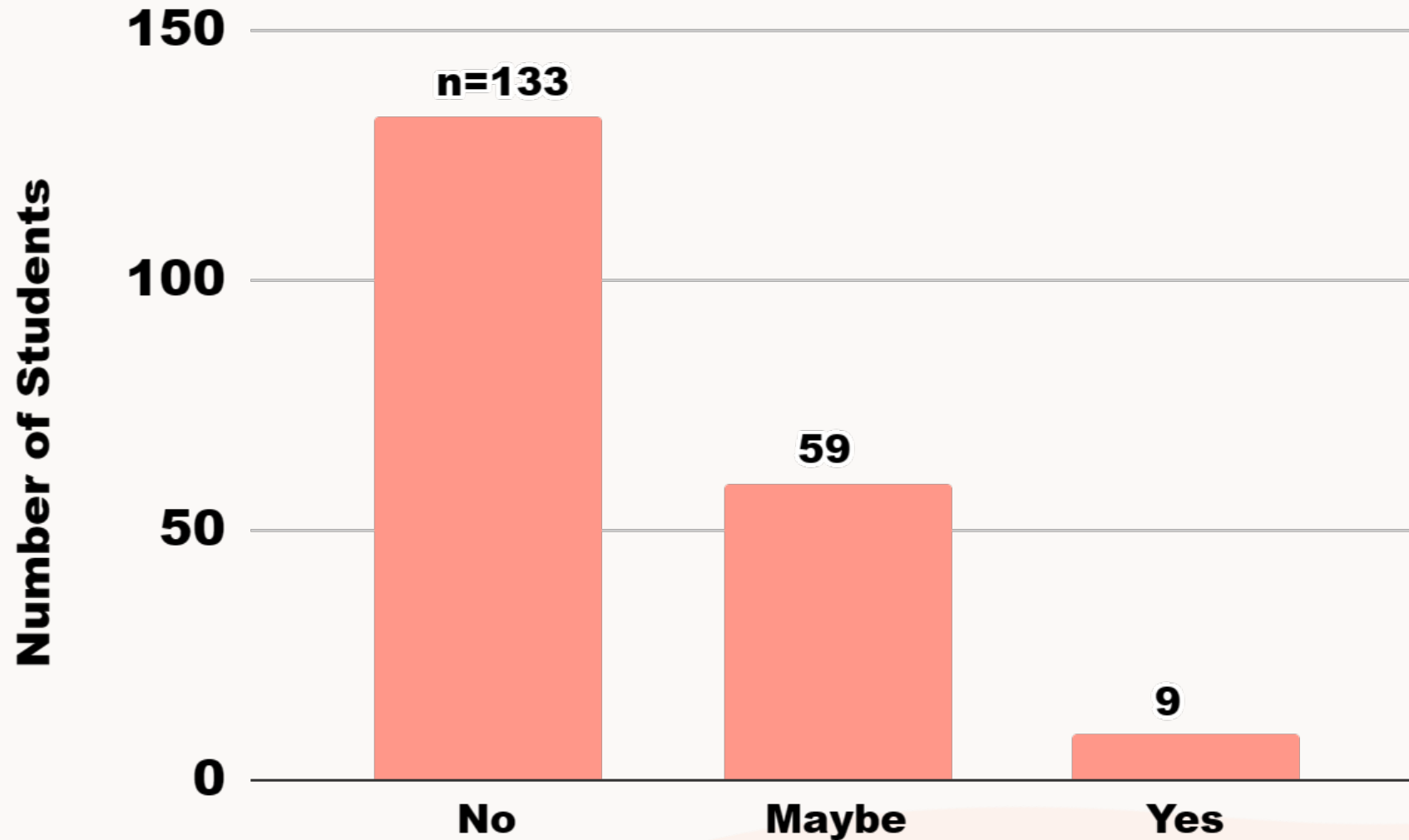
# Q10: How much do you use social media



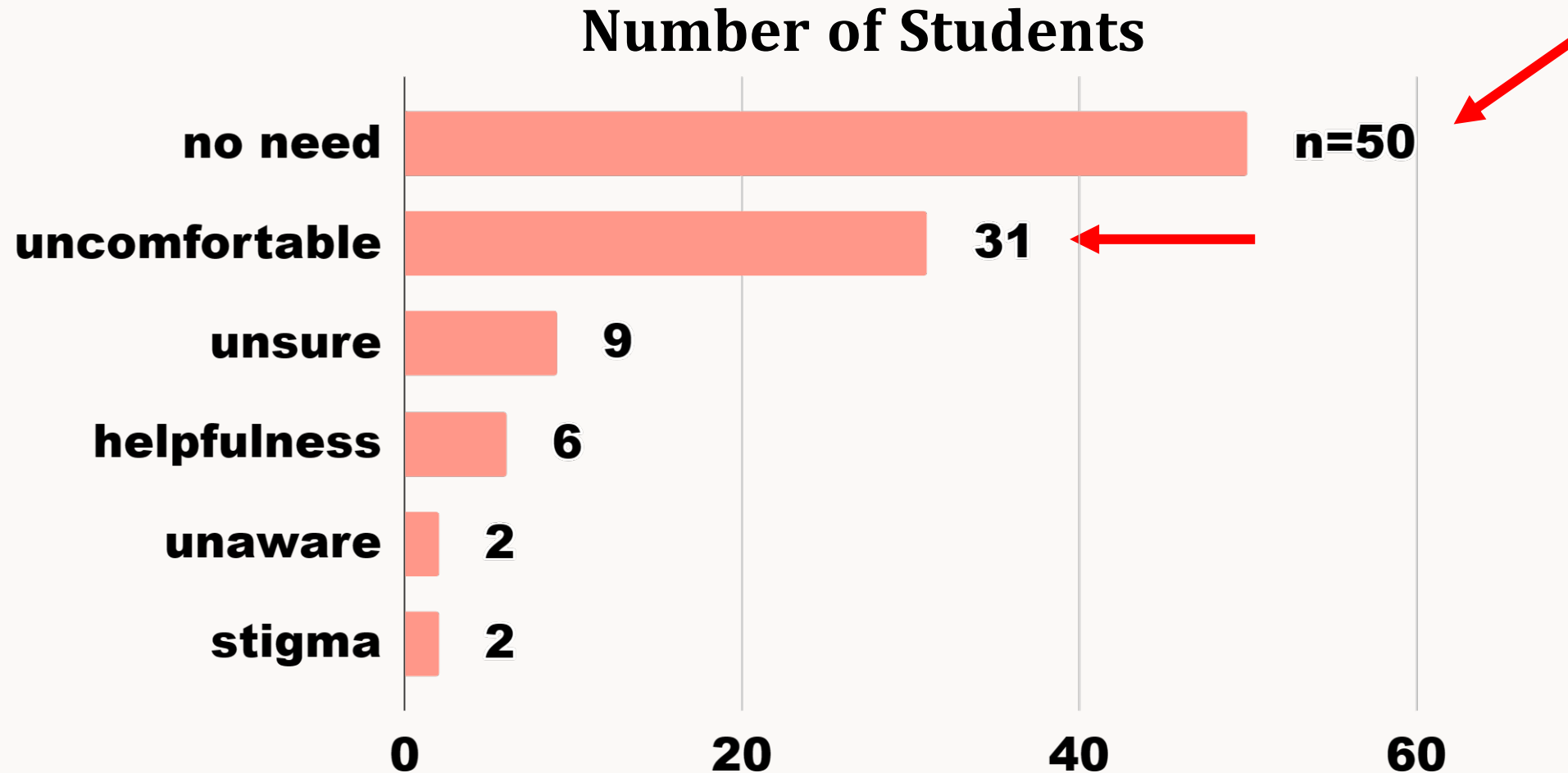
# Q18-3: I feel like I can talk to my friends if I need help.



# Q37: Would you ever use mental health services offered at your school? (n=201)



# Q38: Why would you use or not use these services? (n=100)



# Recommendations

Schedule in-class time  
for students to  
complete survey



Monitor minority  
demographics



Add questions to survey

- Homelife
- Academic/Career endeavors



Reduce stigma through  
service advertisement



# Acknowledgements

## Health and Human Services Department

- Jerico Mele

## Contract Review Committee

- Joanna Roche

## Our House

- Pauline Proch

## Fairwinds

- Jason Bridges

## Advisors

- Professor Fred J Looft
- Professor Susan M Jarvis





# Questions & Comments

