

OUT-OF-SCHOOL TIME PROGRAMS

Supporting Youth Mental Well-Being

Afterschool, summer, and other out-of-school time (OST) programs play an important role in supporting the mental well-being of young people and are all the more critical today.



The Challenge

Young people are increasingly struggling with anxiety, depression, thoughts of suicide, and other serious mental health issues.¹ Experts, including the American Academy of Pediatrics, have declared children's mental health "a national emergency."² In Nevada, alarming statistics across the state ranked higher than the national average:

- 18% of youth experienced a major depressive episode, 65% of whom did not receive mental health services.¹
- Reports of middle and high school students who felt sad or hopeless are at the highest since 2017.³
- Reports of high school students who purposely hurt themselves, considered suicide, planned suicide, or attempted suicide are at the highest since 2017.³



NEVADA
has frequently ranked worst in the nation for youth mental health over the last decade.⁴

OST Programs Are a Solution

Data like these feel overwhelming, but a powerful network of OST programs across Nevada stand ready to help. These local programs integrate strategies to promote youth mental well-being, like building close peer groups, mindfulness, stress-management, opportunities for exploration, healthy eating, exercise, time outdoors and in nature. Programs help young people develop important life skills, provide consistent support for families, and make connections to social services and other community resources.

Afterschool programs provide developmental supports



Caring and supportive mentors



Safe spaces where students build confidence and feel a sense of belonging



Opportunities to work collaboratively, problem solve, and think critically

In turn, these supports help kids:⁵



Gain self-control and confidence



Improve work habits and grades



Develop strong social skills



Improve school day attendance and behavior



Build healthy relationships with their peers and adults



Reduce risky behaviors, such as tobacco, marijuana, and alcohol use



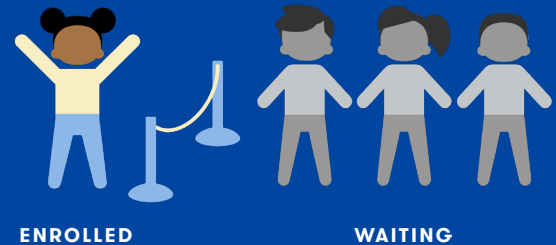
Get Involved!

We must seize this moment to fund Nevada’s OST programs so they can serve all families in need and help address the urgent youth mental health crisis. We can do this by providing resources that will allow programs to partner with more schools, community organizations, mental health agencies, and pediatricians. The Nevada Afterschool Network is helping to make connections across the state to ensure all children have access to high-quality OST programs to develop to their full potential.

SOURCES

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2. AAP, AACAP, CHA declare national emergency in children’s mental health. (2021, October 19). Retrieved March 7, 2023, from <https://publications.aap.org/aapnews/news/17718>.
3. Behavioral Health Wellness and Prevention 2022 Epidemiologic Profile: Nevada (2023, January). Retrieved March 7, 2023 from https://dhhs.nv.gov/uploadedFiles/dhhsnv.gov/content/Programs/Office_of_Analytics/Bureau%20of%20Behavioral%20Health%20Wellness%20and%20Prevention.%20Epidemiologic%20Profile%20for%20Nevada.%202020.pdf.
4. Ranking the states 2022. Mental Health America. (2022). Retrieved March 7, 2023, from https://mhanational.org/issues/2022/ranking-states#youth_data.
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Nevada has never had enough OST programs to serve all the families who want to attend. For every student enrolled in OST, **three more are waiting to get in**—that’s more than 214,000 Nevada children that would enroll in a program if one were available to them.⁵



Nevada parents overwhelmingly support OST⁵

- 90% are in favor of public funding for OST programs.
- 86% are satisfied with their child’s OST program.



The Nevada Afterschool Network provides opportunities for cooperative partnerships and access for all to quality OST programs. This includes quality technical support, professional development, sustainable funding, and advocacy for OST programs at the local, regional, and state level. To achieve these goals, the network relies on strong partnerships with local programs, state agencies, community stakeholders, and families.

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