

Increase awareness and education of behavioral health

Increase the provision of key information through campaigns and education efforts, specifically focusing on:

- Regarding high school students who seriously considered attempting suicide during the past 12 months, Larimer County showed increased risk compared to students in Colorado in the following areas:
 - Age:** 15 year olds (20.3%)
 - Gender:** Genderqueer/nonbinary (58.7%), Female (23%)
 - Gender Identity:** Cisgender (18.2%)
 - School grade:** 9th (20.3%)
 - Race/Ethnicity:** Multiracial (25.7%)
 - Sexual Orientation:** Straight (12.5%), Other (49%)
- Need normalizing conversations — “Behavioral health is health.”
- A theme that emerged in a Latine/x focus group is the cultural differences between youth and their parents. Youth said they felt like they could talk to their parents about issues they are having. However, there were differences in how the youth said their parents would respond. Some discussed their parents taking them to therapy, while others said their parents would say something like the youth should just deal with it because that is what their parents did.
- Participants in focus groups, interviews, and individual Larimer County reports highlighted potential cultural disparities in how behavioral health is perceived.
- One youth noted, “I feel like for a lot of people in the Latino community, like old generations, like I feel like they really judge you based on like ‘oh if you go to therapy, you’re crazy’ or take medication it’s crazy.” Such a stigma continues to create barriers to care within certain cultural communities.

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 ~ Focus group youth



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