



Increasing mental health literacy in adolescents Community Outreach Project

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Introduction

- February 11 and 12, 2021
- Location: Jefferson High School
- Contact: Raeann Thompson
- Presentations: 2
- Target Audience: High Schoolers age 15-18
- Total attendees: 39
- Demographic information
 - Age range: 14-16
 - Average age: 15.6

Background/Content

“In a population study conducted by Healthy People 2020, it was reported that from 2012-2015, 15.5% of adolescents in Oregon age 12-17 reported having a major depression episode, which is the highest in the country”¹

Learning Objectives

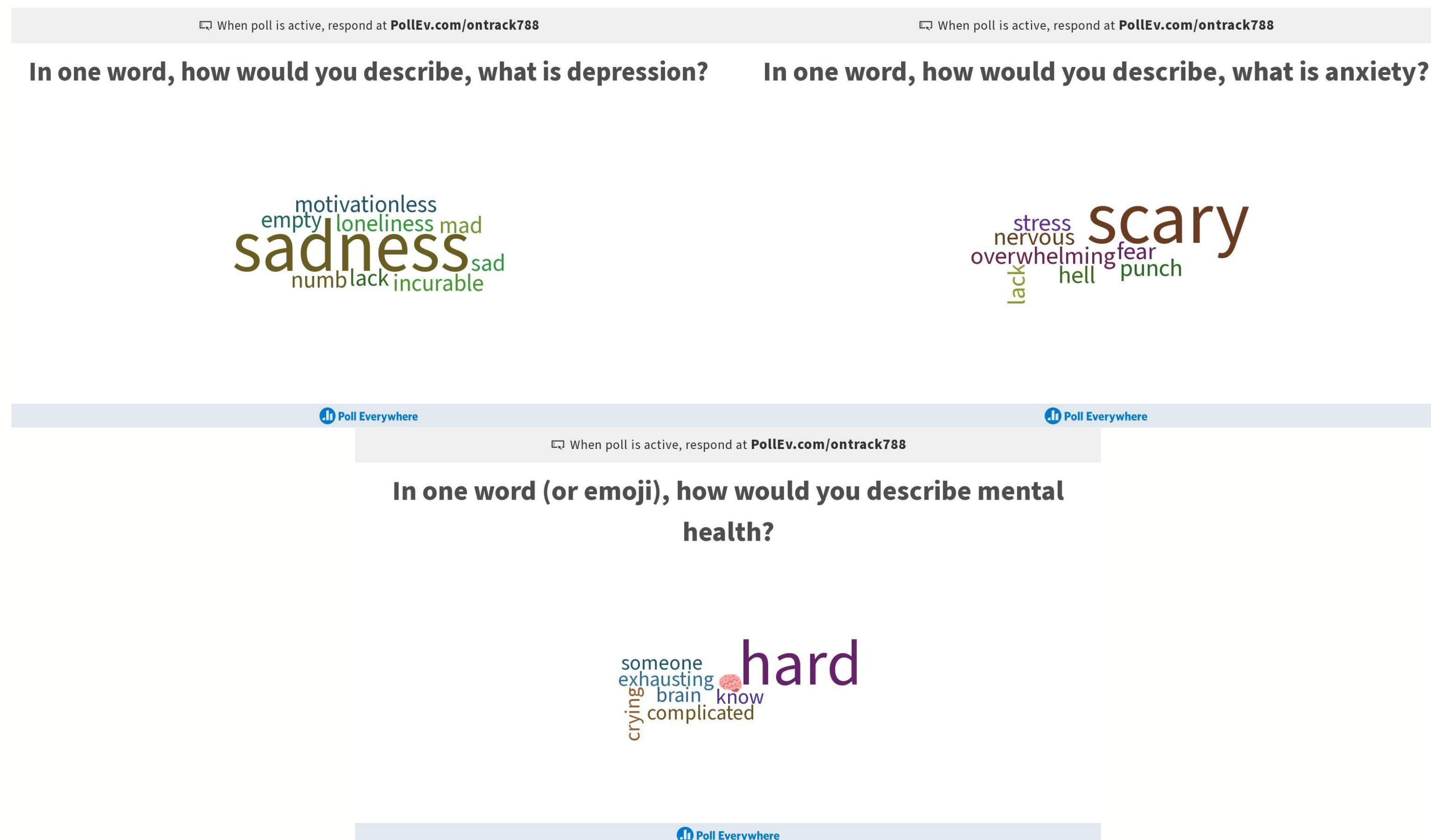
1. Define the characteristics of depression and anxiety
2. Define how clinician’s approach depression and anxiety
3. Define tools and habits that can be formed in order to combat potential depression and anxiety
4. Identify resources that are useful in situations of depression and anxiety
5. Apply mental health knowledge in simulated scenarios with the goal of anticipating potential decision-making processes

Special thank you to Katie Lenahan, Raeann Thompson and Jefferson High School for helping provide the opportunity to give this talk!

Takeaways

- A&D is caused by chemical imbalances in the brain and can be driven by many factors – not from being mentally weak²
- Clinicians have specific criteria to look for to diagnose A&D (DSM V)³
- Habits that have been shown to be protective from A&D include healthy diet, physical activity, adequate sleep and a balanced amount of social media⁴
- Digital apps focused on mental health have been shown to be effective at mitigating A&D^{5,6}

Student interaction



Discussion

Biggest Challenges:

- Delivering potentially triggering and sensitive content in a virtual format without having the ability to connect face-to-face
- Getting buy-in for personal change from students

Highlights

- A ton of student participation between PollEverywhere and chat box discussion
- Of the 15 evaluations received, over half said that the presentation effectively addressed the learning objectives, and the content was effectively taught

Conclusion

What did you learn from this project?

- I learned and grew a lot as a public speaker in this project, especially teaching on what can be an incredibly sensitive topic for some

Strengths/limitations of the project

- Strength: I feel I was able to effectively start a discussion with adolescents about MH
- Limitation: Being virtual, I wasn’t entirely able to connect with the group as I would have hoped to

References

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