



Healthier Minds; Optimizing Mental Health in High School Students Community Outreach Project

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Introduction

Presented COP on February 15th 2021.
Two classes; 8-9 and 9-10 AM.
Location: Knappa High School, virtually
Contact: Mr. Miller, Health Teacher

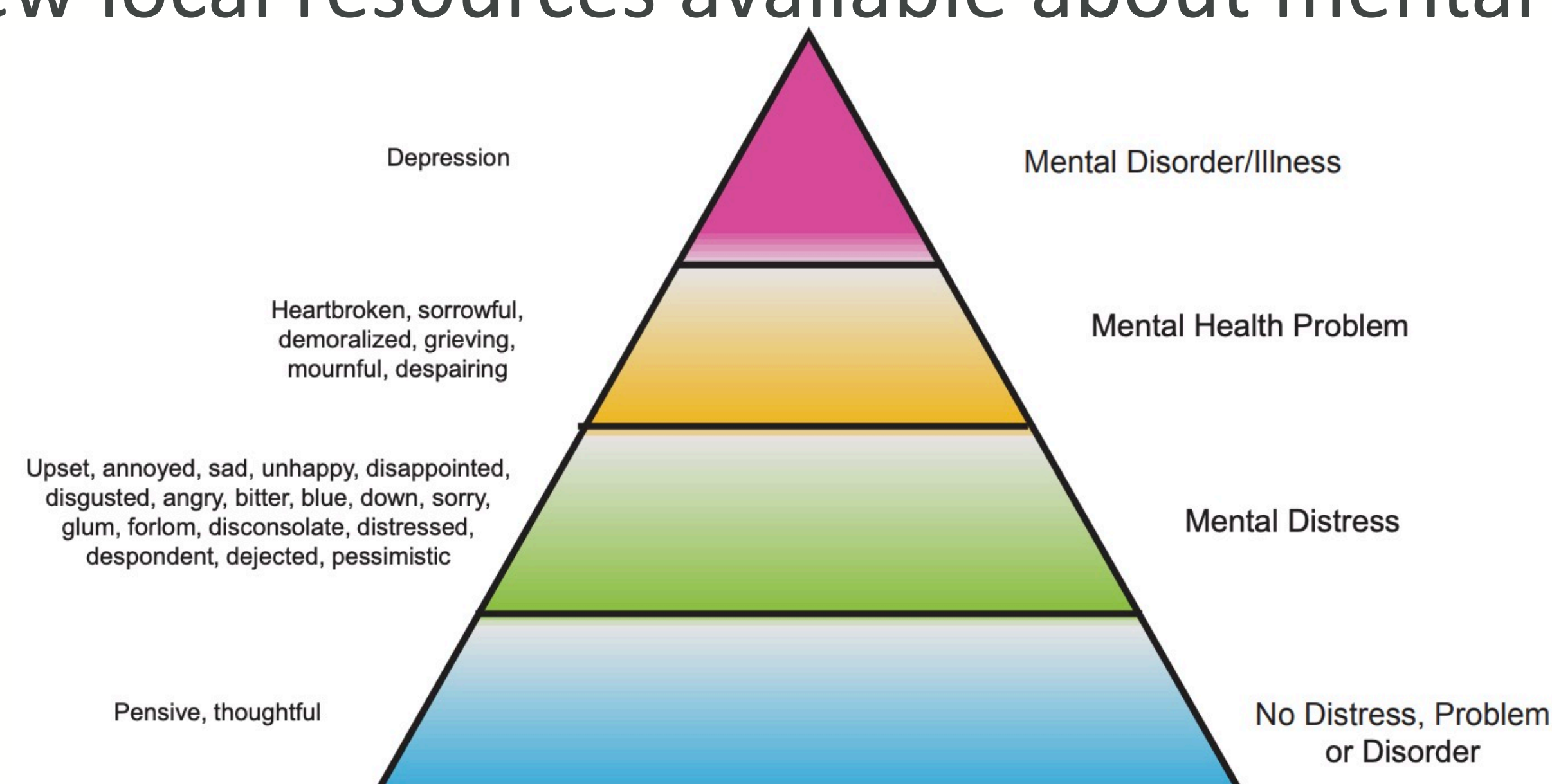
Target Audience: Adolescents 13-18.

- Total attendees: 34
- Demographic information:
 - Age range: 14-16
 - Average age: 15

Background

Learning Objectives:

1. Define mental health
2. Understand why there is stigma surrounding mental health
3. Identify warning signs someone might be struggling with their mental health
4. Understand how you can make a difference in someone's mental health
5. Review local resources available about mental health



Takeaways For Participants

- 2017 report showed that teens in Oregon have increasingly high rates of unmet mental health needs.
- 22% of 11th graders reported that they had unmet mental health needs.

Discussion

Listeners Learned:

- Ways to reduce stress and improve mental health (5 of 21)
- Importance of mental health (3 of 21)
- How to respond to a friend or family member that may be struggling with their mental health. One student wrote "being there to help somebody through a hard time is the most effective thing you as a partner or friend can do". (4 of 21).
- Others wrote how physical health impacts mental health (5 of 21).
- **Constructive feedback:** Thought the presentation was long and sorta boring (1)

Challenges:

- Keeping attention and students and engaged in active learning material of presentation.

My Reflection of Presentation:

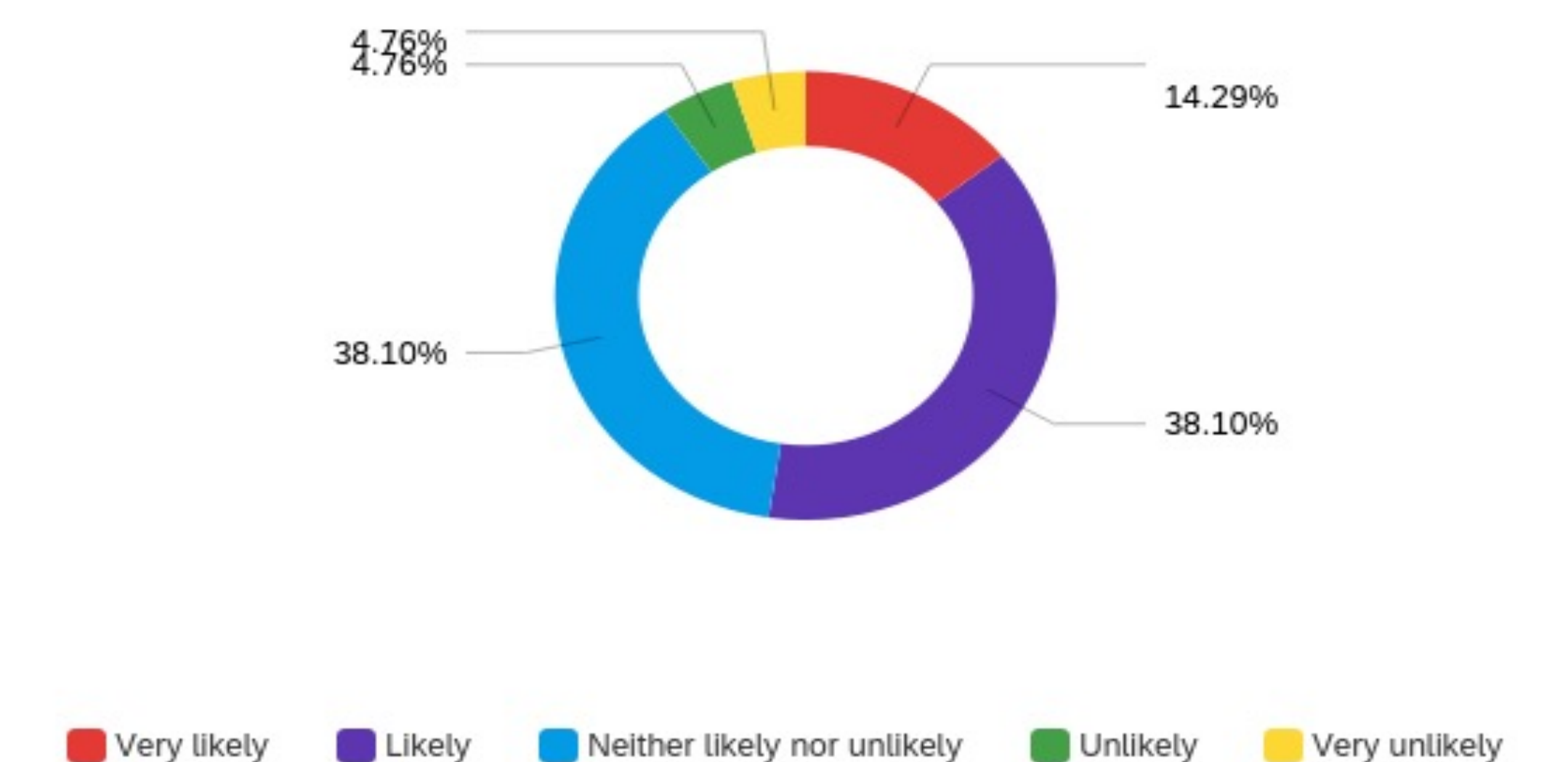
- Many students responded that they learned new information about mental health and how to seek help if needed. This was a rewarding process and I am glad I was able to present to my Alma Mater and give back to the community!

Conclusion

- More space needs to be created for talking about mental health and resources provided for high school students in rural environments.

>50% of high school students reported they felt the presentation was effective, possible one step closer to accessing care for mental health.

Effectiveness of Presentation



References/ Acknowledgements

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