Teaching Mental Health Literacy 24/7

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As many as 1 in 5 individuals has an impairing mental health difficulty or disorder of some kind.

Large studies suggest that as many as 50% of adult mental disorders begin before the age of 14 years, 75% by age 24 (Kessler et al., 2005)

Mental health difficulties are one of the main factors contributing to school absenteeism and drop out among students (Kessler et al., 2005)
Half of All Lifetime Cases of Diagnosable Mental Illness Begin Before Age 14, Three Fourths by Age 24

References for all findings referenced in the talk can be found in and downloaded at www.darcysantor.net


Current Strategies to address Mental Health Difficulties in schools

- school based health centres
- mass screening
- universal mental health interventions
Strategy 1: School based health centres.
What’s the chance of visiting the school health centre given that you have difficulty, or distress, or want help for a problem?

Santor, LeBlanc, Poulin, Kusumukar (2005b)
What proportion of young people with difficulties actually use school based health centres?

Less than 1/5 of young people with distress or mental health problems causing impairment visit school health centres

Santar, LeBlanc, Poulin, Kusumukar (2005b)
Strategy 2. Mass Screening

- **NDSD** National Depression Screening Day
- **NEDSP** National Eating Disorder Screening Program
- **NASD** National Alcohol Screening Day
The ultimate goal of the TeenScreen Program is to ensure that all youth are offered a mental health check-up before leaving high school. Our primary objective is to help communities establish permanent early identification programs through which youth are screened for mental disorders and suicide risk factors.”
Case Study: TeenScreen Program

Step 1. Information and Parental Consent
Step 2. Participants Complete Screening Tool
Step 3. Debriefing of Youth
▶ Step 4. Mental Health Assessment
Results

9th-12th grade students attending seven New York high schools \((N = 1,729)\).

28\% \((n = 489)\) of the students endorsed one of the items and therefore met criteria for being at risk of suicide.

The most balanced algorithm had a sensitivity of 0.75, a specificity of 0.83, and a positive predictive value ranging from \textbf{16-33\%} (p. 75).
School factors affecting screening

- 10% of student absent at any time,
- 10% drop out by year end.
- Young people who are absent and drop out tend to be young people experiencing difficulties, the very group you wish to screen.
Factors Affect Screening (3): Symptom Course
Strategy 3. School Based Programs

1. Universal – everybody participates
2. Selective – at risk
3. Indicated – early signs
Results:

The Prevention of Depressive Symptoms in Children and Adolescents: A Meta-Analytic Review

Jason L. Horowitz and Judy Garber
Vanderbilt University

Research on the prevention of depressive symptoms in children and adolescents was reviewed and synthesized with meta-analysis. When all 30 studies were included, selective prevention programs were found to be more effective than universal programs immediately following intervention. Both selective and indicated prevention programs were more effective than universal programs at follow-up, even when the 2 studies with college students were excluded. Effect sizes for selective and indicated prevention programs tended to be small to moderate, both immediately postintervention and at an average follow-up of 6 months. Most effective interventions are more accurately described as treatment rather than prevention. Suggestions for future research include testing potential moderators (e.g., age, gender, anxiety, parental depression) and mechanisms, designing programs that are developmentally appropriate and gender and culturally sensitive, including longer follow-ups, and using multiple measures and methods to assess both symptoms and diagnoses.

Keywords: depression, prevention, meta-analysis, adolescents, children

Universal Programs $\delta = 0.12$
Selective Prevention $\delta = 0.30$
Indicated Prevention $\delta = 0.23$
Summay: How do we improve the effectiveness of universal programs?

- improve knowledge up take
- monitor implementation continuously
- extend learning beyond the classroom
Maximizing the Impact, Uptake and Sustainability of School Based Health and Mental Health Initiatives with On-line resources

- school based health centres
- mass screening
- universal mental health interventions

Santor and Bagnell (2008)
Part 2: Internet as a delivery system

- Increasing the availability and accessibility.
- Improving engagement with multiple formats
- Extending knowledge uptake – beyond the classroom – through the use of interactive learning modules.
- Monitoring implementation, assessing knowledge uptake and evaluating program effectiveness.
- Monitor current and emerging health trends.
- Facilitating the identification of difficulties.
Is it a viable delivery system

- 75 percent of adolescents have used the internet to locate health information online, slightly more than the numbers downloading music and playing games.

- More than half of all young people may prefer to obtain health information online as opposed to other media.

- 99% of youth had access to the internet and that 79% of youth had internet access at home.
Part 2: Developing a Flexible internet-based delivery system
Content

**YooMagazine**  
Our flagship magazine focuses on a range of health, mental health and developmental topics, including nutrition and exercise, boys and girls health, injury prevention, bullying and relationships.

**Q&A**  
Each week, we answer new questions posted by youth.

**Q&A Archive**  
Browse or search our archive of over 2000 Q&As asked by students and answered by experts.

**Quizzes**  
Test your knowledge about development, health and sexuality.

**Questionnaires**  
Take standardized, interactive questionnaires on a range of topics.

**News Bulletins**  
We post new fact sheets on emerging trends each month on a range of health, development and well-being topics.

**Hot Topics**  
We showcase materials on critical topics each month, including bullying, STIs, self harm.

**Classroom Activities**  
Lesson plans and teaching modules on a range of health and mental health topics will be posted each month.
Food is Fuel!
Learn about nutrition. Test your food knowledge.

Stress Explained.
What is it? Do you have it? What to do about it.

De-STRESS
Learn the ABCs of Stress and Stress Relief.

SelfHarm & HelpSeeking?
Five things you need to know. How to get help.

GoFitness!
Get active. Walk to Moscow.

What's in the mix?
Drugs, alcohol and substances. How they affect you.

Mental Health.
Mental Health and Mental Illness. What's the difference?

Boys Health.
Owner's manual and body book.

Relationships

Sexual Decision Making.
Ready to do it. Doing it. Done it.

Summer Time
Beach Knowledge and Job Safety.

Girls Health.
Owner's manual and body book.

Fitting In | Meet Your Bully
Fitting-in. Bullying. Victimization
Can we increase the Availability and Accessibility of School Based Health Centre Resources by offering resources on-line?
How is the Resource Used by Young People?

Utilization Data (N = 500 – or one typical school)

Santor, LeBlanc, Poulin, Kusumukar (2005c)
How is the Resource Used Throughout the Day?

This group of young people scored higher on measures of depression and difficulties

Santor, LeBlanc, Poulin, Kusumukar (2005c)
How is the Resource Used Throughout the Year?

Mean number of visits

![Graph showing number of visits and number of visitors throughout the year.](image)

Number of visits

Number of visitors

Santor, LeBlanc, Poulin, Kusumukar (2005c)
eLearning

On-Line Tutorials
We will begin offering on-line tutorials on a range of topics including – help seeking, mood management and injury prevention.

On-Line Knowledge Tests
Knowledge tests can be coupled with tutorials to evaluate knowledge acquisition.

Module 1: Mood and Distress
Module 2: School Stress
Module 3: Bullying
Module 4: Resilience & Well Being
Evaluation

Screening Tools
Access and complete empirically validated screening tools for teachers on a range of topics including ADHD.

Stress Quiz
Our monthly stress quiz prompts students to complete a stress checklist monthly, allowing students to track changes in stress levels from month to month.

Health Survey
Conduct an annual on-line health survey of students in your school, and view results of the survey online.

Monthly Statistics
Local and regional staff can download usage statistics directly from our administrative website – allowing schools to track usage and evaluate trends.

Annual Health and Motivation for Learning Survey

School Climate Measure
Teaching Tools for Teachers

- YooMagazine
- Additional InfoSheets
- Weekly eNews Alerts
- Knowledge Uptake Quizzes
- Help Decision Making Tools
- Schools registered to implement YooMagazine Health and Mental Health Literacy Program

  Total Number of Schools:  250 +
  Total Number of Students with access:  100,000 +
Registering - Online

Create Your Group

In order to create your customized version of YooMagazine for your school or community group, we require the following information (including the contact information for any two individuals in your organization). Once the information is submitted, one of our staff members will contact you to confirm your group's interest and requirements and then activate your access to the site. Access to the site is only available after we have confirmed your group's interest. If you have any questions about registering your school or group for YooMagazine please contact admin@yoomagazine.net

- Group Name:
- Name of Your School Board or District:
- Address:
- City or Town:
- Province / State:
- Postal / Zip Code:

http://www.yoomagazine.net/registergroup.php
www.yoomagazine.net

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