YAM Project Updates

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Youth Aware of Mental Health (YAM)

- **Evidence-based program** that ensures youth participation
- Delivered by certified facilitators to students in the classroom setting
- 5-hour interactive mental health promotion program
  - Delivered over 3 – 5 weeks
  - Encourages
    - Discussion and Participation
    - Increases knowledge about mental health
    - Develops problem-solving skills and emotional intelligence
YAM Program History
YAM Research in Europe

STUDY PROTOCOL

Saving and Empowering Young Lives in Europe (SEYLE): a randomized controlled trial

Danuta Wasserman1, Vladimir Carli1,2, Camilla Wasserman1, Alan Apter3, Judit Balazs3, Julia Bobes3, Renata Bracale3, Romuald Brunner3, Cendrine Burszttein-Lipsicas3, Paul Corcoran4, Doina Cosman4, Tony Durkee1, Dana Feldman5, Julia Gadoros5, Francis Guillemin5, Christian Haring6, Jean-Pierre Kahn6, Michael Kaess6, Helen Keesey6, Dragan Marusic7, Bogdan Nemes7, Vita Postuvan7, Stella Reiter-Theil8, Franz Resch8, Pilar Sáiz8, Marco Sarchiapone9, Merike Sisask10, Air Varnik10 and Christina W Hoven11

School-based suicide prevention programmes: the SEYLE cluster-randomised, controlled trial

Danuta Wasserman, Christina W Hoven, Camilla Wasserman, Melanie Wall, Ruth Eisenberg, Gergo Hadlaczky, Ian Kelleher, Marco Sarchiapone, Alan Apter, Judit Balazs, Julia Bobes, Romuald Brunner, Paul Corcoran, Doina Cosman, Francis Guillemin, Christian Haring, Minimiro Issac, Michael Keesey, Jean-Pierre Kahn, Helen Keesey, George J Musa, Bogdan Nemes, Vita Postuvan, Pilar Sáiz, Stella Reiter-Theil, Air Varnik

Summary

Background Suicidal behaviours in adolescents are a major public health problem and evidence-based prevention programmes are greatly needed. We aimed to investigate the efficacy of school-based preventive interventions of suicidal behaviours.
YAM Research in Europe

• Developed and tested in two studies

  • Initially developed with adolescents from 9 countries on 5 continents, in study (Hoven et al., 2009) sponsored by World Psychiatric Association (WPA), World Health Organization (WHO), and International Association of Child and Adolescent Psychiatry and Allied Professions (IACAPAP)

  • Later tested in the Saving and Empowering Young Lives in Europe (SEYLE; Wasserman et al., 2010, 2015; Carli et al., 2013)
SEYLE study compared 3 preventive interventions and a control group:

• Question, Persuade, and Refer (QPR), designed for at teachers and school staff

• ProfScreen, designed for mental health professionals

• Youth Aware of Mental Health (YAM), designed for students

• 11,110 students (mean age=15)

• Evaluated at baseline, 3 months, and 12 months

• 168 schools in 10 European countries
• No significant differences at 3-month follow-up

• At 12-month follow-up, YAM associated with significant reductions in:
  • Incident suicide attempts
  • Severe suicidal ideation
  • Depressive symptoms
A 5-hour* interactive mental health promotion program, encouraging increased discussion and knowledge about mental health and the development of problem-solving skills and emotional intelligence.

*Delivered over 3 to 5 weeks with 2 additional days (pre and post assessment days)
YAM Content

• Opening Session Lecture, Student Booklet, and Posters

• Themes
  • What is mental health?
  • Self-help advice
  • Stress and crisis
  • Depression and suicidal thoughts
  • Helping a friend in need
  • Who can I ask for advice?
**Depression and Suicidal Thoughts**

If you are depressed you may:

- Feel sad
- Feel low
- Feel hopeless
- Feel lonely
- Feel tired
- Feel like crying
- Not have an appetite
- Have trouble sleeping
- Not enjoy activities you normally enjoy
- Not listen to music
- Think about death or suicide
- Feel guilty
- Feel angry

- Everyone feels sad sometimes, but there is a difference between feeling down or sad and being depressed.
- Feeling down or ordinary sadness usually goes away when something fun happens or when you do something that you like.
- You can be depressed even if something bad did not happen to you.
- Like with any other illness, you can get help to recover from depression.
- If you think about death or suicide you should seek professional help as soon as possible.

**Helping a friend in need**

How do you know if your friend needs help?

A friend who is not feeling well and needs help may:

- Cry or be sad.
- Change their eating habits and lose or gain weight.
- Sleep too much or too little.
- Not listen to music.
- Not enjoy activities they normally enjoy.
- Not listen to music.
- Have trouble sleeping or sleeping more than normal.
- Talk about death or animals they don't like.
- Drink too much alcohol or take too much of drugs.
- Feel angry or sad.
- Feel isolated.

- Helping a friend does not mean that you will solve their problems or advise them exactly on how to get better. The most important thing is to listen!
- If your friend has a serious problem, keeping silent doesn't help. Sometimes really helping a friend means that you will have to tell an adult about their problem.

**Who can I ask for advice?**

Your problems can be very real and painful.

- If they are, you can get in touch with people who can help you.

These are some healthcare services and organizations close to you that can be of help:

- [ ]
- [ ]

If for any reason you are not happy with the help you get contact another person - but don't give up!
<table>
<thead>
<tr>
<th>Date</th>
<th>Topics</th>
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</table>
| 1.2022 | • Implementation Discussions  
|        |   • Scope of project  
|        |   • Budget preparation/information                                   |
| 2.2022 | • YAM In-depth  
|        |   • Nuts and bolts of YAM  
|        |   • Q & A of YAM                                                     |
| 4.2022 | • HRI Status Updates  
|        |   • Structure/hiring of teams → Potential dates for training         
|        |   • School engagement                                                |
| 5.2022 | • Weekly status update meetings begin                                 |
# of ISDs/Students per HRI Region
Sample Student Reach per Region

1 team

~22 students/class

5 classes/school

2 schools/session

3 sessions/semester

3 semesters

1,980 students/team

7,920 Students/region with 4 teams
**Sample One-Pagers**

**FAQ FOR SCHOOL LEADERSHIP**

**YOUTH AWARE OF MENTAL HEALTH**

YAM is a school-based program promoting increased knowledge and awareness of mental health in adolescents. Students build problem solving skills and emotional intelligence through lectures, discussions, and role plays.

YAM focuses on six main themes:
1. What is Mental Health?
2. Self-Help Advice
3. Stress and Crisis
4. Depression and Suicidal Thoughts
5. Helping a friend in Need
6. Who Can I Ask For Advice?

When compared to other similar interventions, YAM is shown to be more effective in improving adolescent mental health and is associated with significant reductions in suicide attempts and severe suicidal ideation.

**How much money and time will YAM cost my school?**

- **Investment**: The cost will vary depending on the size of the implementation. However, the estimated value of this program is insurciable when considering its correlation with healthy child development and decreased suicide prevention through better resilience.

- **Time**: Depending on your school’s class schedules, YAM can be delivered as follows:
  - Using two 90-minute classes or
  - Three 50-minute classes.

**Who participates in YAM?**

The program is appropriate for 8th through 12th graders. YAM is a universal prevention program meaning all students within a grade should receive the intervention, not just a subset of students.

When considering which class is best for YAM, please consider:
- G students in which students are used to participation based learning,
- G students who will encourage student engagement with their enthusiastic endorsement of YAM and its goal of mental health awareness.

**Who leads YAM?**

A certified YAM facilitator and a trained helper will work with your students. All instructors have prior experience working with groups of youth as teachers, social workers, counselors, school psychologists, or youth workers.

Our facilitators and helpers are fully vetted and screened to allow them to work with your students without school staff present.

**What is my role in YAM?**

We ask for your help in the planning stages to:
1. Identify the grade level, teacher, and class where YAM can be delivered most effectively.
2. Designate a point of contact to take the lead on logistics and communications.
3. Identify who should be trained as a Certified YAM Facilitator and
4. Plan a safety protocol in the event of an emergency during YAM delivery.

**Why aren’t teachers or school staff allowed in the room during YAM?**

A key objective of YAM is to provide students with a safe space in which facilitator/student confidentiality is assured, where they can openly discuss any issue they want, which can include topics that some students might not feel comfortable discussing in front of teachers or school staff.

**Can school personnel be present in the room during YAM?**

If there is a student who requires a paraprofessional to be with them during YAM, that is perfectly fine. The YAM instructor will spend a few minutes before the first session helping to let them know what is going on and how to best support the student during YAM.

**Is parent consent required to participate in YAM?**

Whether or not parent consent is required is decided at the school level.

**Contact Information**

YAM is offered through the Research and Resilience Network at the UT Southwestern Medical Center and the Center for Disease Research.

For more information, please contact:

Tobi Fuller, PhD, MPH, RN

Tobi.Fuller@utsouthwestern.edu (tobifuller@utsouthwestern.edu)

**FAQ FOR TEACHERS: YOUTH AWARE OF MENTAL HEALTH**

YAM (YOUTH AWARE OF MENTAL HEALTH) is a 6-session research-based program promoting increased knowledge and awareness of mental health in adolescents. Students build problem solving skills and emotional intelligence through lectures, discussions, and role plays.

YAM focuses on six main themes:

1. What is Mental Health?
2. Self Help Advice
3. Stress and Crisis
4. Depression and Suicidal Thoughts
5. Helping a friend in Need
6. Who Can I Ask For Advice?

When compared to other similar interventions, YAM is shown to be more effective in improving adolescent mental health and is associated with significant reductions in suicide attempts and severe suicidal ideation.

**Who is my school participating with in this program?**

Leadership believes that students would benefit from the mental health awareness and knowledge provided by the YAM program.

Students are also provided with local resources for physical and mental health care options, as well as youth serving organizations in their community.

**Who is working with my students?**

A certified YAM facilitator and helper will work with your students. All instructors:

- Have prior experience working with groups of youth as teachers, social workers, counselors, school psychologists, or youth workers.
- Are completely vetted and screened.

**What is my role in YAM?**

Enjoy some time for a well deserved break or a chance to catch up on work.

2. Please let your facilitator know where they can reach you in case of emergency.

3. Support and encourage student participation with your enthusiastic environment.
Summer and Fall 2022

- Host 4-6 Train-the-Facilitator classes
- Certify 80-120 YAM Facilitators from HRIs
- Implement YAM in over 400 classes
- Reach over 10,000 students
Measures

- Connor-Davidson Resilience Scale- (CD-RISC-10)
- Grit
- Stigma
- Mental Health Literacy
- Mental Health Help Seeking
- Patient Health Questionnaire- (PHQ-9)
- Generalized Anxiety Disorder-(GAD-7)
- Concise Rating of Irritability (CAST-IRR-10)
Methods

- Pre-Evaluation completed day of first YAM session prior to presenting content
- YAM Sessions 1-5 presented
- Post-evaluation completed on last day after presentation of session 5 content
Participating Schools

uplifteducation

ARMSTRONG MIDDLE SCHOOL

LORENZO INDEPENDENT SCHOOL DISTRICT
HOME OF THE HORNETS

BOWMAN MIDDLE SCHOOL
RAiders

WILLIAMS HIGH SCHOOL
WARRIORS

New Deal ISD

Lamar High School

LCP Lubbock-Cooper ISD
...building the future one student at a time!

CD RC TRAINING ACADEMY

UT Southwestern Medical Center
Satisfaction with YAM
Perceptions at the end of the program

I believe the YAM program added to my understanding of mental health

<table>
<thead>
<tr>
<th>Response</th>
<th>Count</th>
</tr>
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<tbody>
<tr>
<td>Helpful</td>
<td>530</td>
</tr>
<tr>
<td>Neutral</td>
<td>499</td>
</tr>
<tr>
<td>Not at all</td>
<td>84</td>
</tr>
</tbody>
</table>

The YAM program gave me knowledge and skills I can use

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<td>452</td>
</tr>
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<td>Not at all</td>
<td>84</td>
</tr>
</tbody>
</table>
Perceptions at the end of the program

The YAM instructor was skilled at presenting topics and answering questions

Overall, I think YAM was...
Mental Health Literacy
Mental Health Literacy

Read each statement and choose how much it applies to you.

I have a clear understanding of what may cause mental health problems

I believe I know where to get help if I ever experience mental health problems
Mental Health Literacy

Read each statement and choose how much it applies to you.

---

I know that there are several ways to treat mental health problems

- Completely agree: Pre 779, Post 961
- Agree somewhat: Pre 654, Post 522
- Disagree somewhat: Pre 124, Post 58
- Completely disagree: Pre 69, Post 45

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I am able to recognize when a mental health problem becomes too big for me to handle on my own, and therefore seek help or support from others

- Completely agree: Pre 574, Post 717
- Agree somewhat: Pre 664, Post 632
- Disagree somewhat: Pre 272, Post 162
- Completely disagree: Pre 114, Post 71

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Pre | Post
Mental Health Help-Seeking Behaviors
Mental Health Help-Seeking Behaviors

*Read each statement and choose how much it applies to you. During the last 30 days...*

### How often have you talked with your friends about mental health problems?

- **Pre:** Everyday: 93, ≥ 4 times a week: 82, 2-3 times a week: 393, Once: 441, Never: 652
- **Post:** Everyday: 81, ≥ 4 times a week: 106, 2-3 times a week: 360, Once: 549, Never: 23

### How often have you talked to a teacher or other school staff about what to do when one is depressed?

- **Pre:** Everyday: 23, ≥ 4 times a week: 24, 2-3 times a week: 26, Once: 43, Never: 285
- **Post:** Everyday: 100, ≥ 4 times a week: 148, 2-3 times a week: 82, Once: 355, Never: 1208
Mental Health Help-Seeking Behaviors

Read each statement and choose how much it applies to you. During the last 30 days...

How often have you talked to a teacher or other school staff about what to do when someone has suicidal thoughts?

- Everyday: 28 Pre, 32 Post
- ≥ 4 times a week: 23 Pre, 44 Post
- 2-3 times a week: 74 Pre, 128 Post
- Once: 229 Pre, 278 Post
- Never: 1261 Pre, 1103 Post
YAM Publications


• Hughes, J. L., Gutierrez, Anderson, J. R., Kahalnik, F., Mayes, T. L., & Trivedi, M. H. (In preparation). Developing a school-based risk and resilience network to implement the Youth Awareness of Mental Health (YAM) program with Texas adolescents.
Train-the-Facilitator Model

• CDRC faculty work with school districts to help determine the most suitable candidates for the YAM training course:
  • Experience working with youth in groups
  • Open to challenging discussions without passing judgement

• Each 4.5-day training program can accommodate up to 20 facilitators

• The training assists facilitators in the development of school-specific procedures and resources to link students with care providers for mental health care needs
Sample 4.5-day YAM Facilitator Training

<table>
<thead>
<tr>
<th>DAY</th>
<th>TRAINING OBJECTIVES</th>
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</thead>
</table>
| Monday  | • Introduction to the YAM course and objectives  
           • Group activities to mirror youth experience in YAM  
           • Review YAM theory, pedagogy, and evidence-base                                                                                           |
| Tuesday | • YAM content and structure overview  
           • Workshops on planning YAM with schools and adolescent development  
           • Opening session demo and practice                                                                                                        |
| Wednesday | • Role-Play demo and practice  
               • Workshops on difficult situations and youth mental health promotion                                                                        |
| Thursday | • Opening session presentations by prospective facilitators  
               • Role-play practice                                                                                                                       |
| Friday  | • Advice for YAM facilitators  
               • Closing session demo  
               • Wrap-up                                                                                                                                     |
YAM Train-the-Facilitator

September 2017 → January 2020 → June 2021 → July 2021 → March 2022

5 YAM trainings certifying over 65 facilitators across Texas
YAM Train-the-Trainer
January 2022
4 YAM Facilitators certified as Trainers
Ongoing Consultation & Quality Assurance

- Facilitators...
  - Participate in a weekly YAM consultation call
  - Participate in a yearly YAM debrief, or “wrap-up” of the school year
  - Complete a self-rating YAM quality assurance measure

- Trainers observe newly certified facilitators, using a corresponding observer-rating YAM quality assurance measure to provide feedback

- Establishing a consortium of experienced facilitators that will provide ongoing consultation and quality assurance to subsequent cohorts of newly trained facilitators