

# YAM Project Updates

*TCMHCC Executive Committee*

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Professor of Psychiatry

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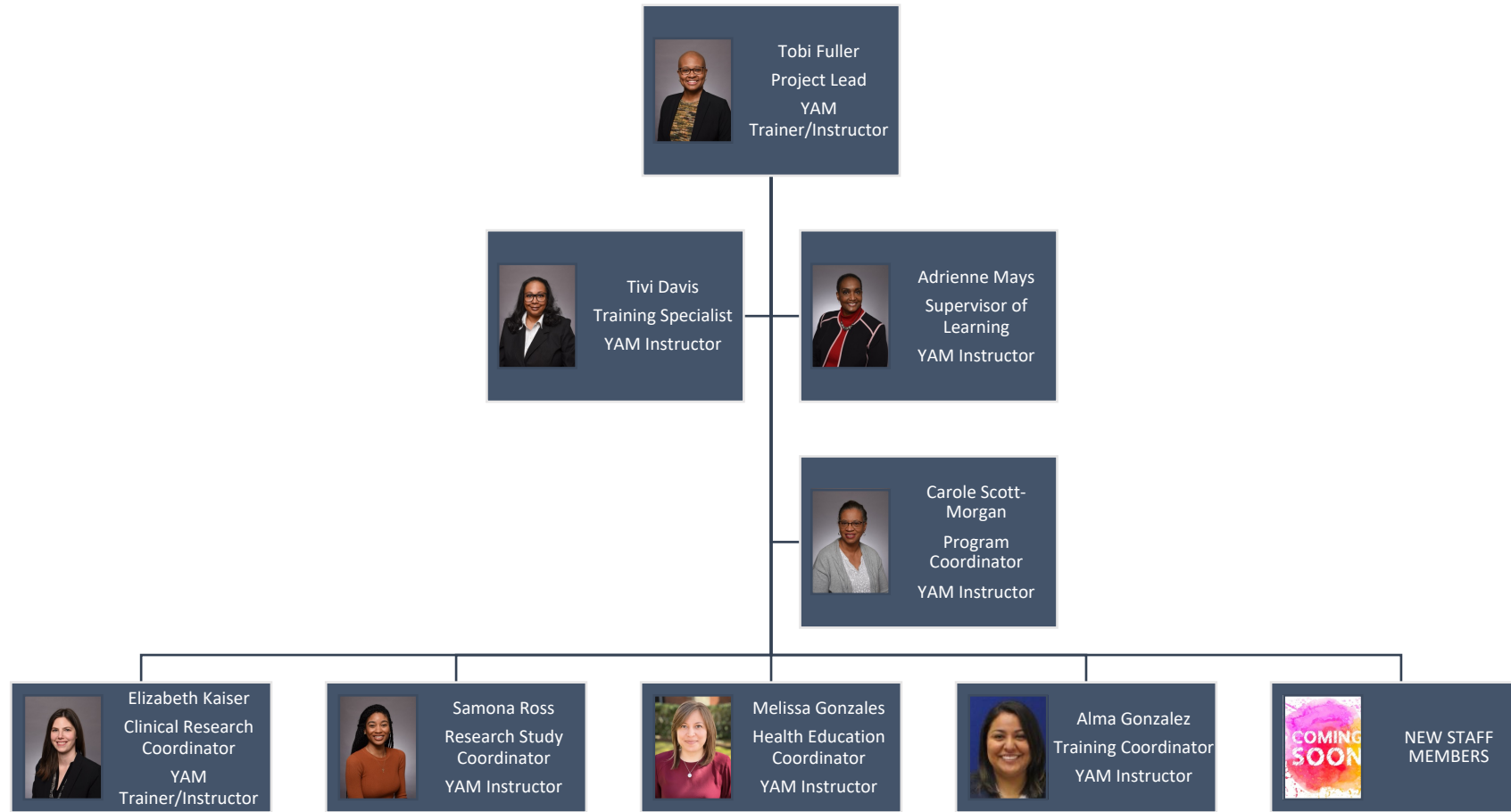
Founding Director, Center for Depression Research and Clinical Care

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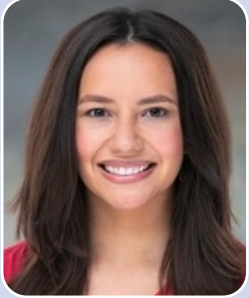
Dallas, Texas

# UTSW Coordinating Team

## Madhukar Trivedi



# HRI Leads



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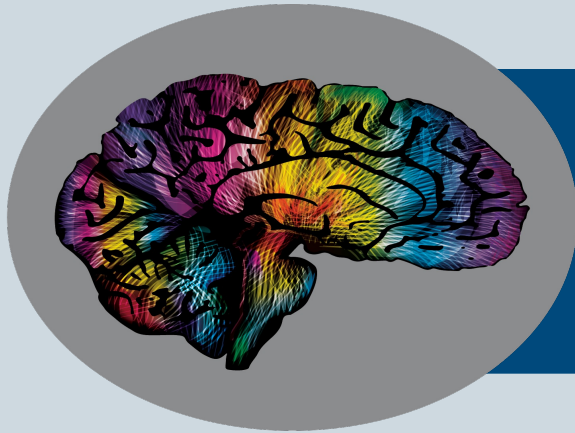


Cesar  
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# Youth Aware of Mental Health (YAM)

- **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

Wasserman et al. *BMC Public Health* 2010, **10**:192  
<http://www.biomedcentral.com/1471-2458/10/192>



STUDY PROTOCOL

Open Access

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

Danuta Wasserman<sup>\*†1</sup>, Vladimir Carli<sup>†1,13</sup>, Camilla Wasserman<sup>15</sup>, Alan Apter<sup>2</sup>, Judit Balazs<sup>3</sup>, Julia Bobes<sup>4</sup>, Renata Bracale<sup>13</sup>, Romuald Brunner<sup>5</sup>, Cendrine Bursztejn-Lipsicas<sup>2</sup>, Paul Corcoran<sup>6</sup>, Doina Cosman<sup>7</sup>, Tony Durkee<sup>1</sup>, Dana Feldman<sup>2</sup>, Julia Gadoros<sup>3</sup>, Francis Guillemin<sup>8</sup>, Christian Haring<sup>10</sup>, Jean-Pierre Kahn<sup>9</sup>, Michael Kaess<sup>5</sup>, Helen Keeley<sup>6</sup>, Dragan Marusic<sup>11</sup>, Bogdan Nemes<sup>7</sup>, Vita Postuvan<sup>11</sup>, Stella Reiter-Theil<sup>12</sup>, Franz Resch<sup>5</sup>, Pilar Sáiz<sup>4</sup>, Marco Sarchiapone<sup>13</sup>, Merike Sisask<sup>14</sup>, Airi Varnik<sup>14</sup> and Christina W Hoven<sup>15</sup>



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

Danuta Wasserman, Christina W Hoven, Camilla Wasserman, Melanie Wall, Ruth Eisenberg, Gergö Hadlaczky, Ian Kelleher, Marco Sarchiapone, Alan Apter, Judit Balazs, Julia Bobes, Romuald Brunner, Paul Corcoran, Doina Cosman, Francis Guillemin, Christian Haring, Miriam Iosue, Michael Kaess, Jean-Pierre Kahn, Helen Keeley, George J Musa, Bogdan Nemes, Vita Postuvan, Pilar Saiz, Stella Reiter-Theil, Airi Varnik, Peeter Varnik, Vladimir Carli

#### Summary

*Lancet* 2015; 385: 1536–44

Published Online  
January 9, 2015

**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

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- 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)

# YAM Research in Europe

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- 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



# YAM Research in Europe

- 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

	3 month follow-up				12 month follow-up			
	n	Cases (%)	OR (95% CI)	p value	n	Cases (%)	OR (95% CI)	p value
Question, persuade, and refer	2210	25 (1.13%)	0.69 (0.40–1.19)	0.182	1977	29 (1.47%)	0.95 (0.55–1.63)	0.856
Youth aware of mental health programme	2172	32 (1.47%)	0.88 (0.52–1.48)	0.629	1991	15 (0.75%)	0.50* (0.27–0.92)	0.025*
Screening by professionals	2203	27 (1.23%)	0.72 (0.42–1.23)	0.229	1962	22 (1.12%)	0.71 (0.40–1.25)	0.234
Controls	2365	35 (1.48%)	Reference	..	2261	31 (1.37%)	Reference	..

ORs and 95% CI were generated from generalised linear mixed models with a logistic link, adjusted for age, sex, baseline Strengths and Difficulties Questionnaire total score, not being born in the country of residence, parental job loss in the previous year, not living with both biological parents, and country of residence. Missing covariates were included through use of multiple imputation. OR=odds ratio. \*Significant at  $p<0.05$ .

Table 3: Incident severe suicidal ideation at 3 and 12 month follow-up



# YAM Program Description

# Prevention: Youth Aware of Mental Health Program

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*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)

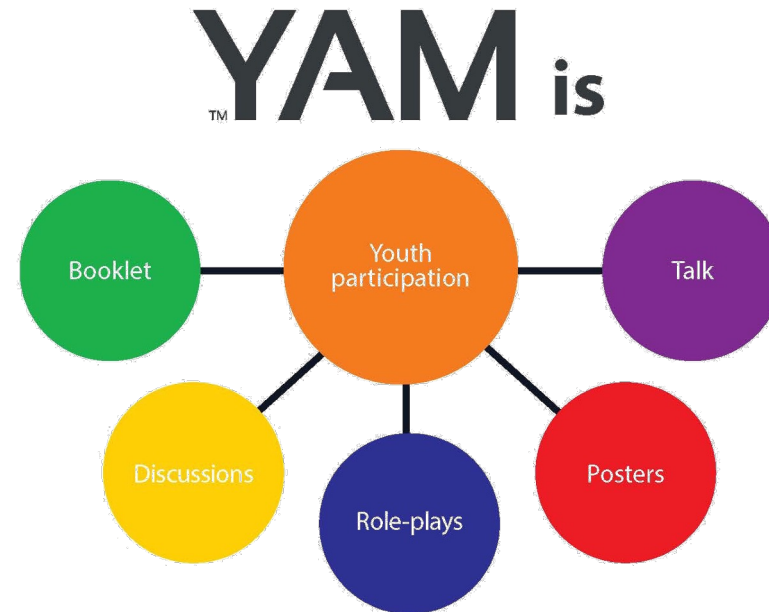
# YAM Content

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- 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?



## What is Mental Health?

**Mental health** is how you **think, feel, and act** in everyday life.

Your **mental health is just as important as your physical health.**

Your mental health influences **how you handle stress, make decisions and relate to people.**

**No one in the world is free from problems.**



**YAM** YOUTH AWARE OF MENTAL HEALTH

## Self-help Advice

**What can make me feel better?**



Try to have fun and laugh.



Don't drink alcohol or use drugs to try to forget about your problems.



Eat healthy, exercise and get enough sleep.



Spend time with people that you like.



Make sure you find time to do things you love doing every day. For example, listen to music, read a book, play a video game, watch a film, write down your thoughts or simply relax.



Look at your problems for what they are and try to think about how to solve them.

- Some things are out of your control and you can't count on life to always treat you right. But you can make it a habit to treat yourself right!

**Be kind to yourself!**

- **Think about the decisions you make in everyday life** and how they affect you and others around you.

- Telling others how you feel usually makes problems seem smaller and easier to solve. **Speaking to someone else can actually help you feel better.**

- **You can't solve all your problems by yourself.** By getting to know yourself better you will learn when you need help from others and to ask the right people for help.

**YAM** YOUTH AWARE OF MENTAL HEALTH

## Stress and Crisis

**These are some situations that can cause stress:**



- Stress affects everyone but different people have different limits.

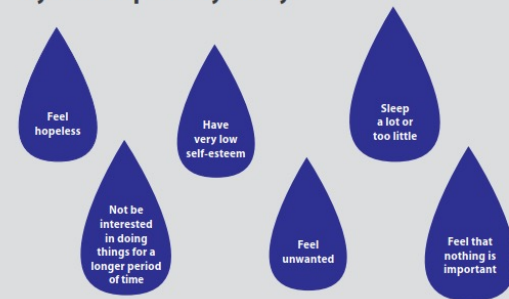
**Only you know your own limit.**

- **Your body reacts to stress** and some people will get headaches, stomach pains, back pain, problems sleeping or other physical signs of stress.

**YAM** YOUTH AWARE OF MENTAL HEALTH

# Depression and Suicidal Thoughts

If you are depressed you may:



- 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:



- 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.**



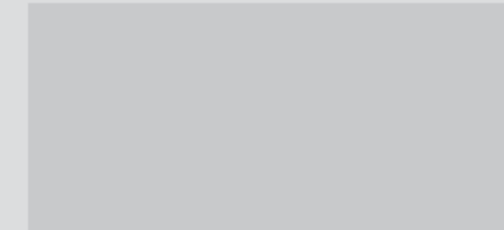
# Who can I ask for advice?

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!**



# HRI Progress At-a-Glance

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

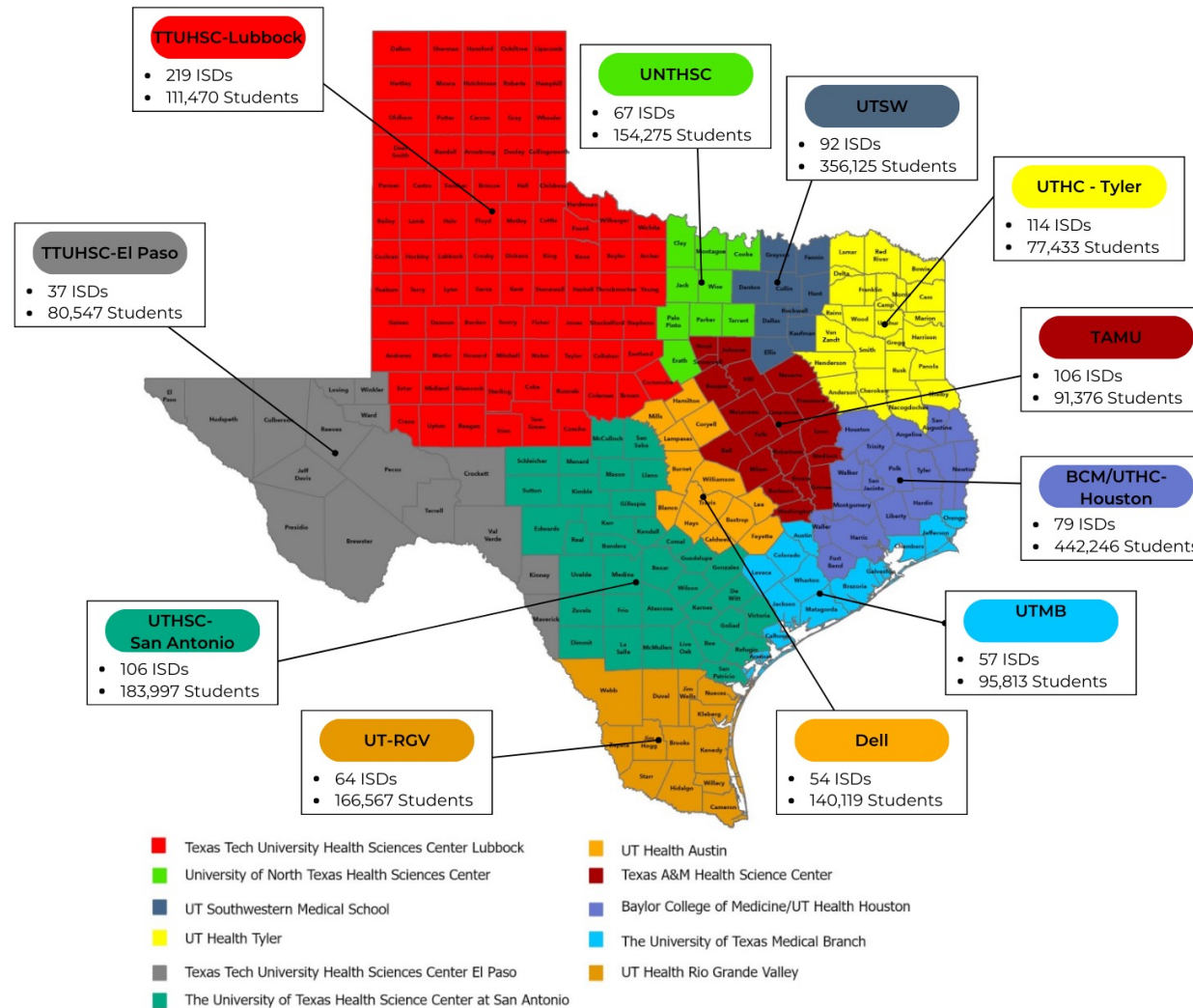
- HRI Status Updates
- Structure/hiring of teams → Potential dates for training
- School engagement

5.2022

- Weekly status update meetings begin

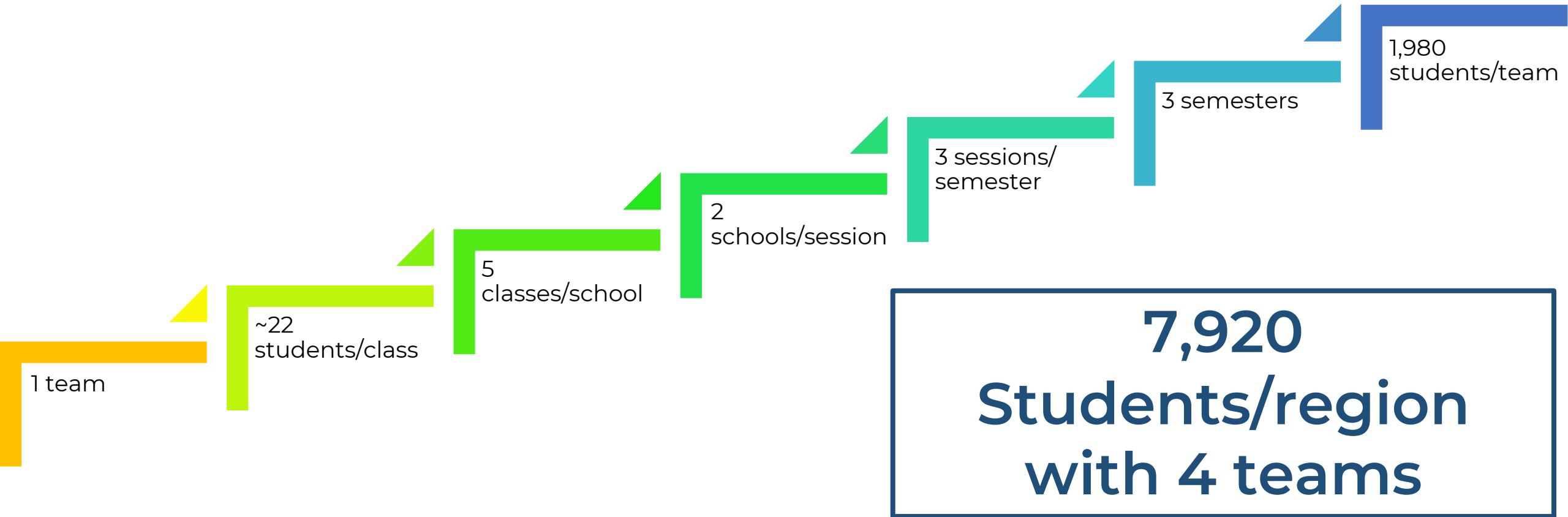


# # of ISDs/Students per HRI Region





# Sample Student Reach per Region



# Sample One-Pagers

## FAQ FOR SCHOOL LEADERSHIP:

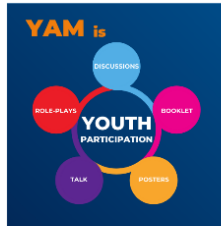
### YOUTH AWARE OF MENTAL HEALTH

Youth Aware of Mental Health (YAM; [www.y-a-m.org](http://www.y-a-m.org)) is a 5-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 proven to be more effective in improving adolescent mental health and is associated with significant reductions in suicide attempts and severe suicidal ideation.



#### 01. 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 incalculable when considering its correlation with healthy child development and depression prevention through fostering resilience.

**Time** Depending on your school's class schedule, YAM can be delivered as follows:

- using two and a half 90-minute classes or
- five 45-60-minute classes.

#### 02. Who participates in YAM?

The program is appropriate for 8th through 10th 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:

- (1) subjects in which students are used to participation-based learning, and
- (2) teachers who will encourage student engagement with their enthusiastic endorsement of YAM and its goal of mental health awareness.

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#### 03. 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.

#### 04. 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 communication;
- (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.

#### 05. 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.

Facilitators will inform the appropriate school personnel if they are concerned, at any time, for a student's safety.

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 begins to let them know what is going on and how to best support the student during YAM.

#### 06. Is parent consent required to participate in YAM?

Whether or not parental consent is required is a campus/district decision.

#### Contact Information

YAM is offered with the Risk and Resilience Network at the UT Southwestern Center for Depression Research and Clinical Care (Director, Madhukar Trivedi, MD).

For more information, please contact:

**Tobi Fuller, PhD, MSN, RN**  
YAM@UTSouthwestern.edu  
214.645.4672



**UTSouthwestern**  
Medical Center  
Page 2

## FAQ FOR TEACHERS: YOUTH AWARE OF MENTAL HEALTH

Youth Aware of Mental Health (YAM; [www.y-a-m.org](http://www.y-a-m.org)) is a 5-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 proven to be more effective in improving adolescent mental health and is associated with significant reductions in suicide attempts and severe suicidal ideation.



#### Why is my school participating 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 information about 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 facilitators:

- 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?

(1) 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.

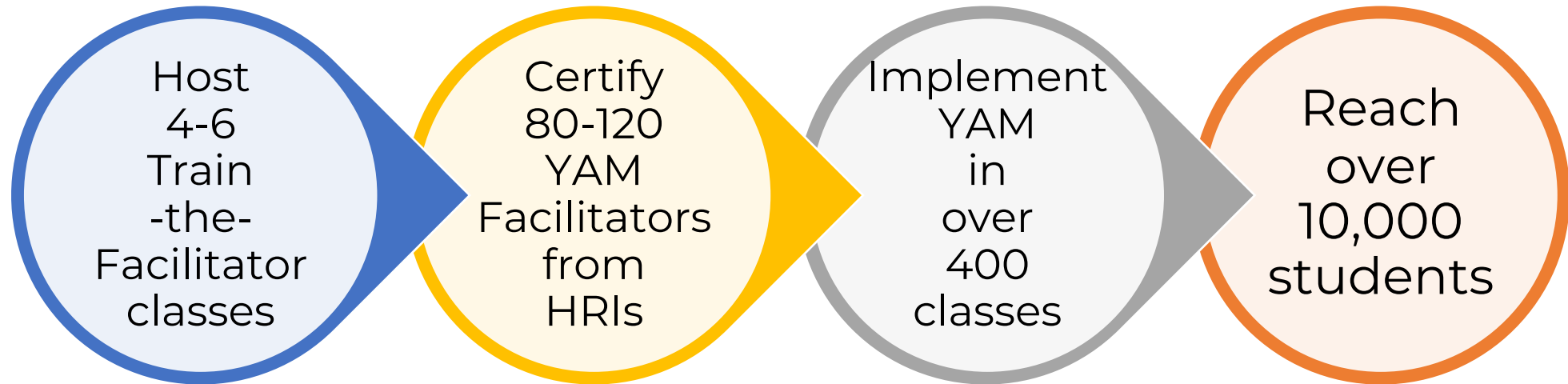
(3) Support and encourage student participation with your enthusiastic endorsement!

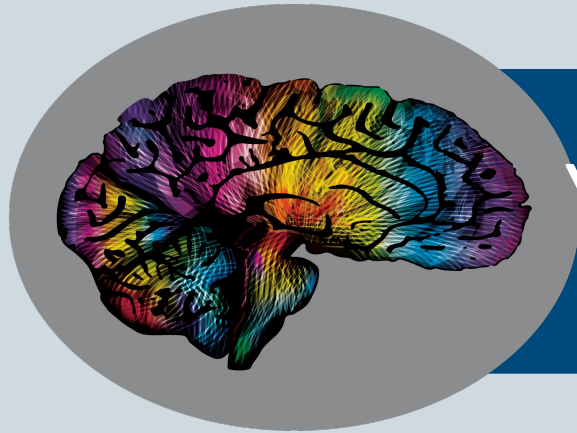


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Medical Center

# Summer and Fall 2022



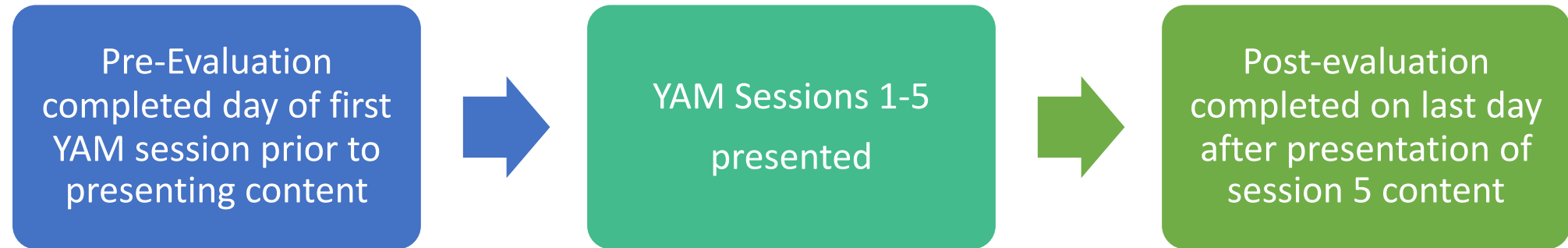


# YAM Program Evaluation

# 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)

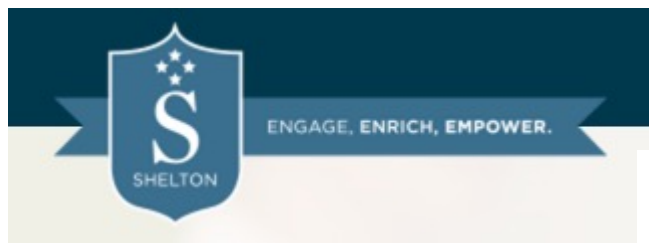
# Methods





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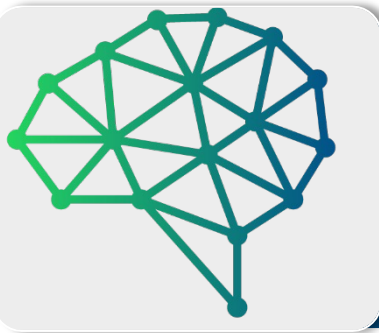
# Participating Schools







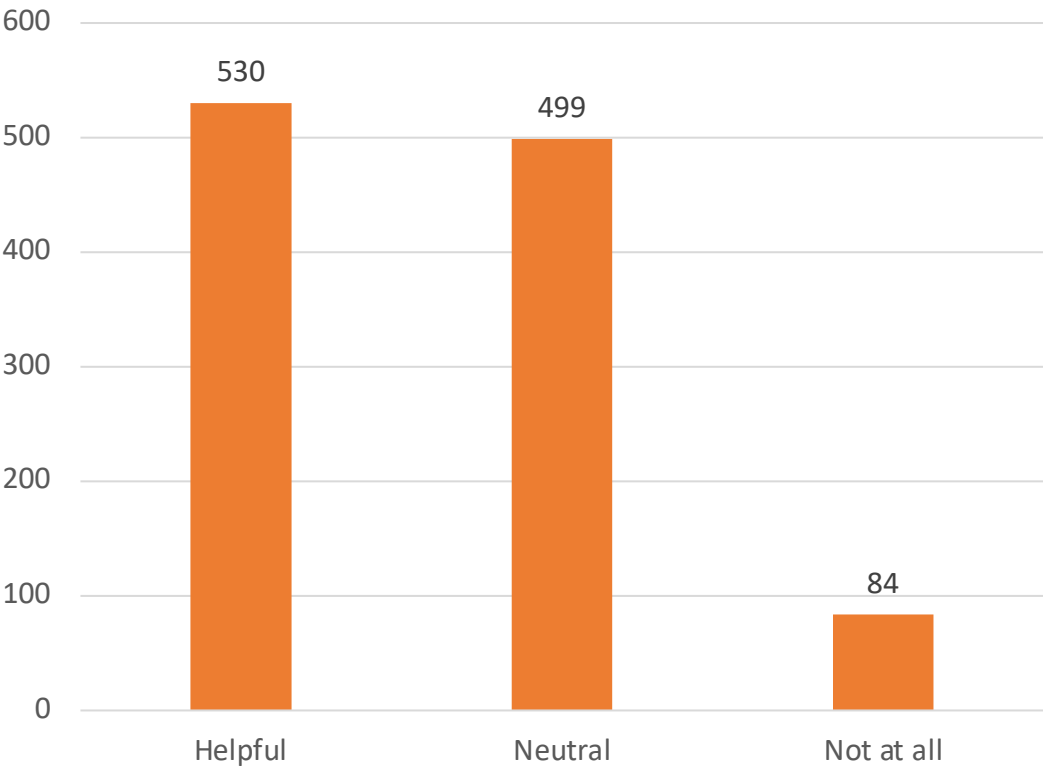




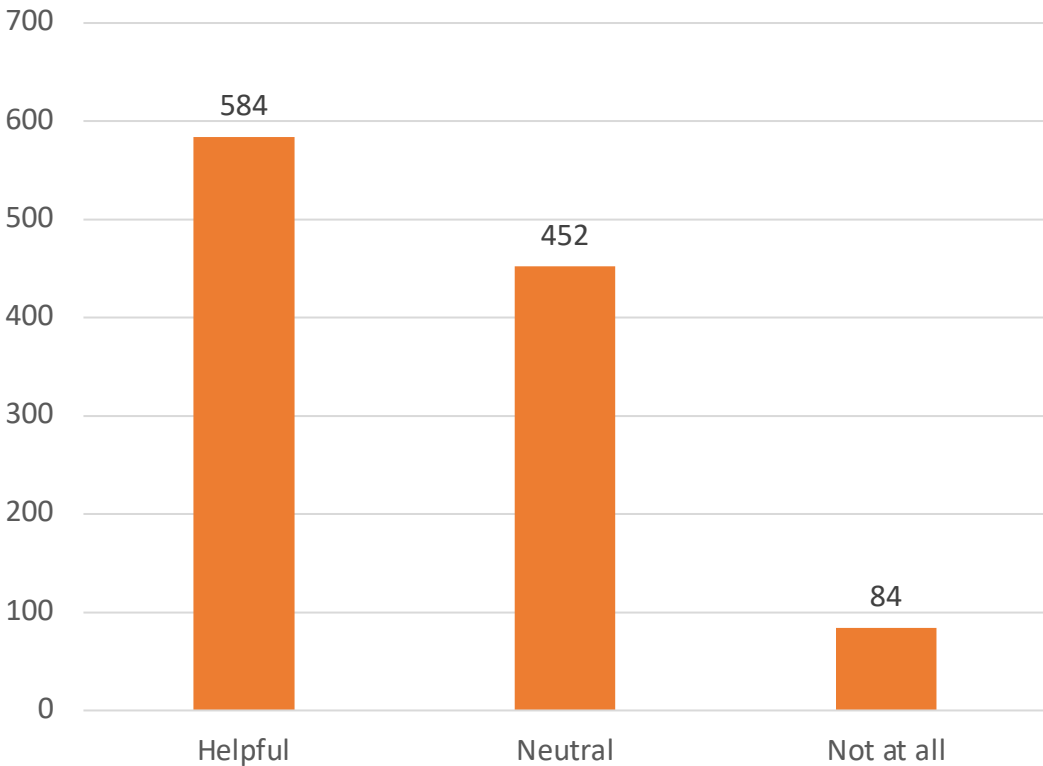
# Satisfaction with YAM

# Perceptions at the end of the program

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

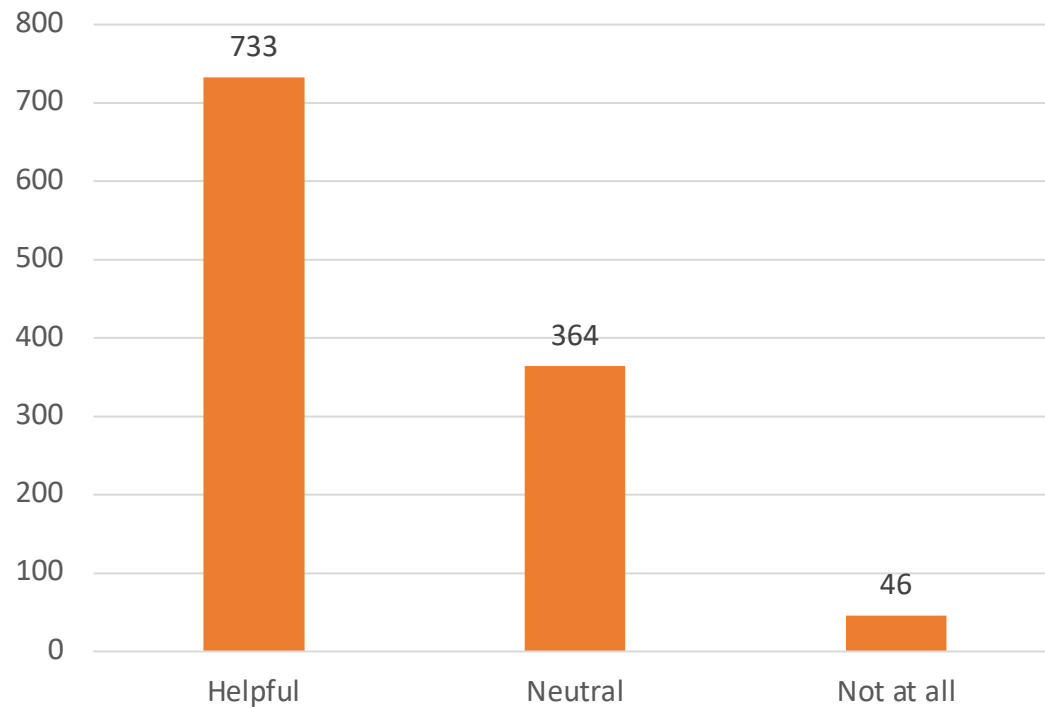


The YAM program gave me knowledge and skills I can use

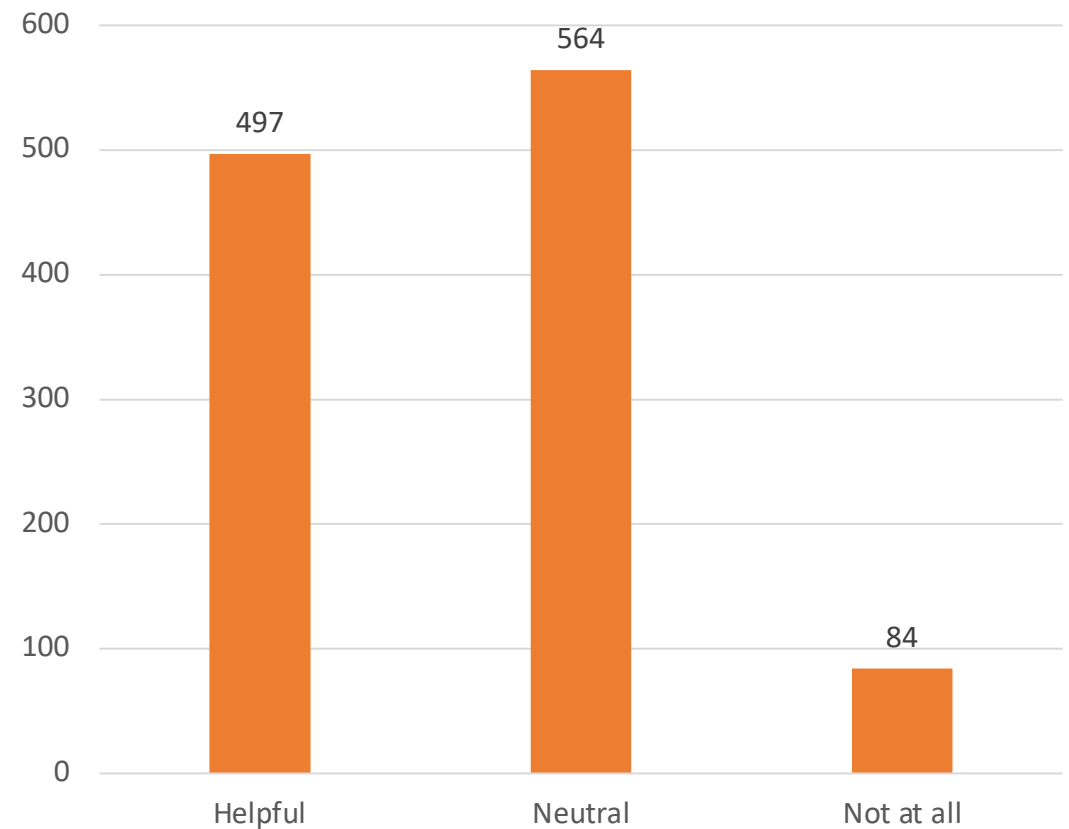


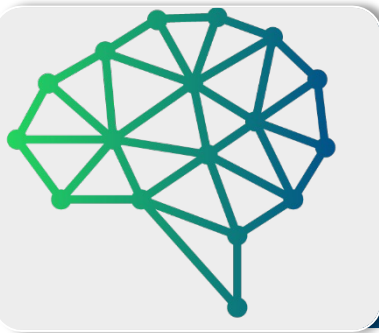
# Perceptions at the end of the program

The YAM instructor was skilled at presenting topics and answering questions



Overall, I think YAM was...



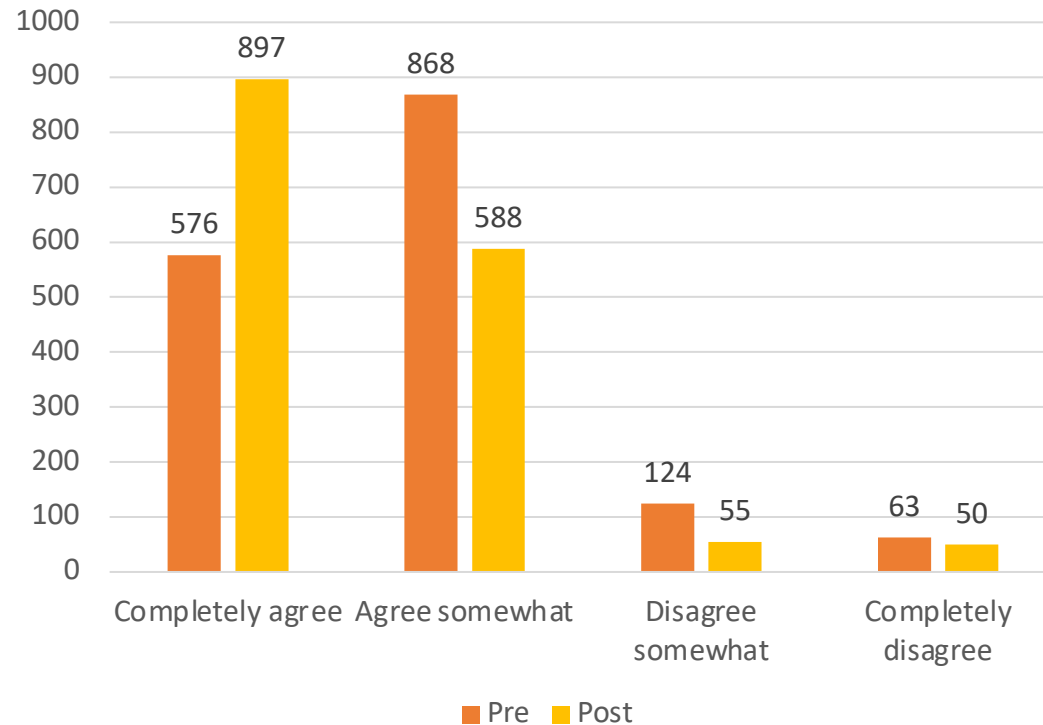


# Mental Health Literacy

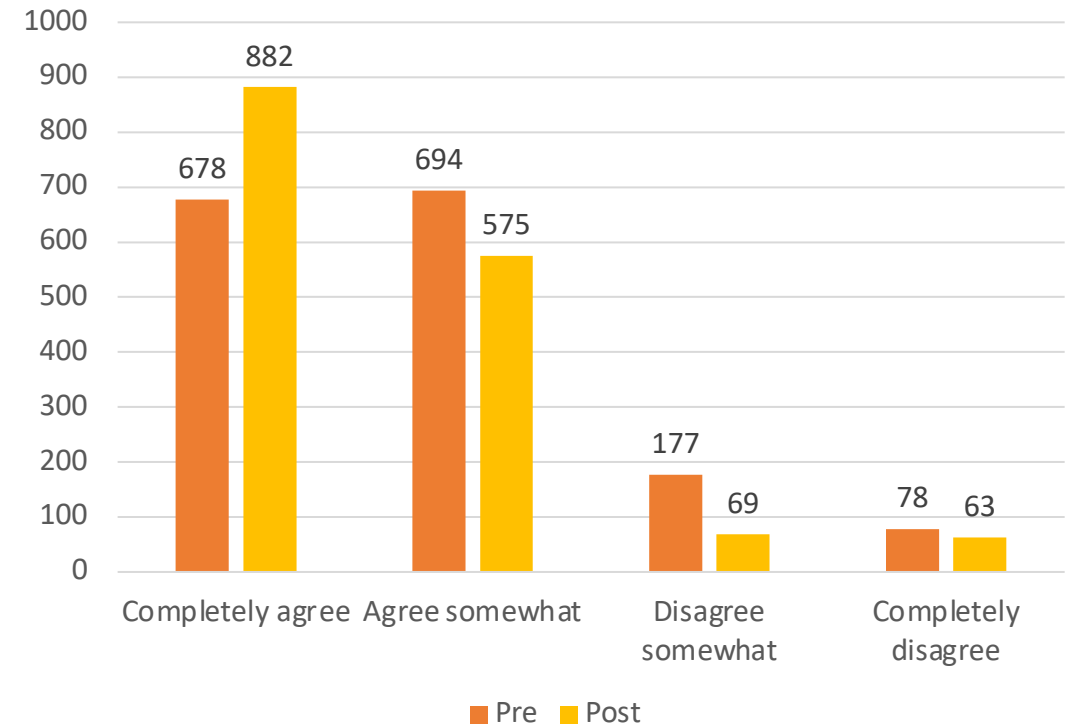
# Mental Health Literacy

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

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



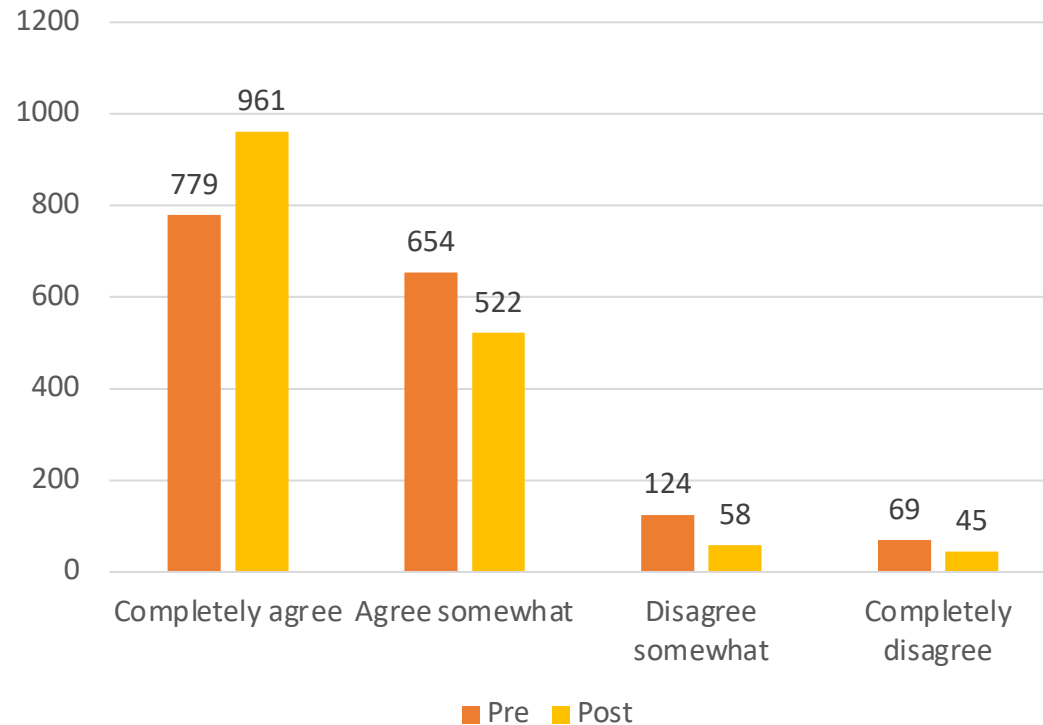
I believe I know where to get help if I ever experience mental health problems



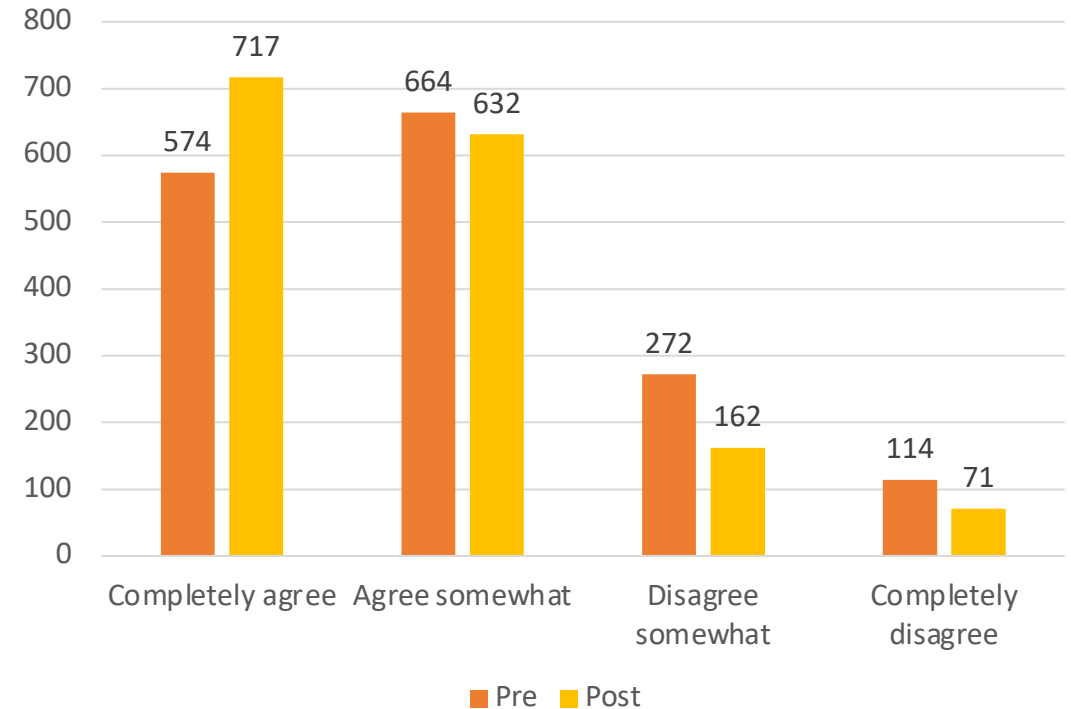
# Mental Health Literacy

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

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



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



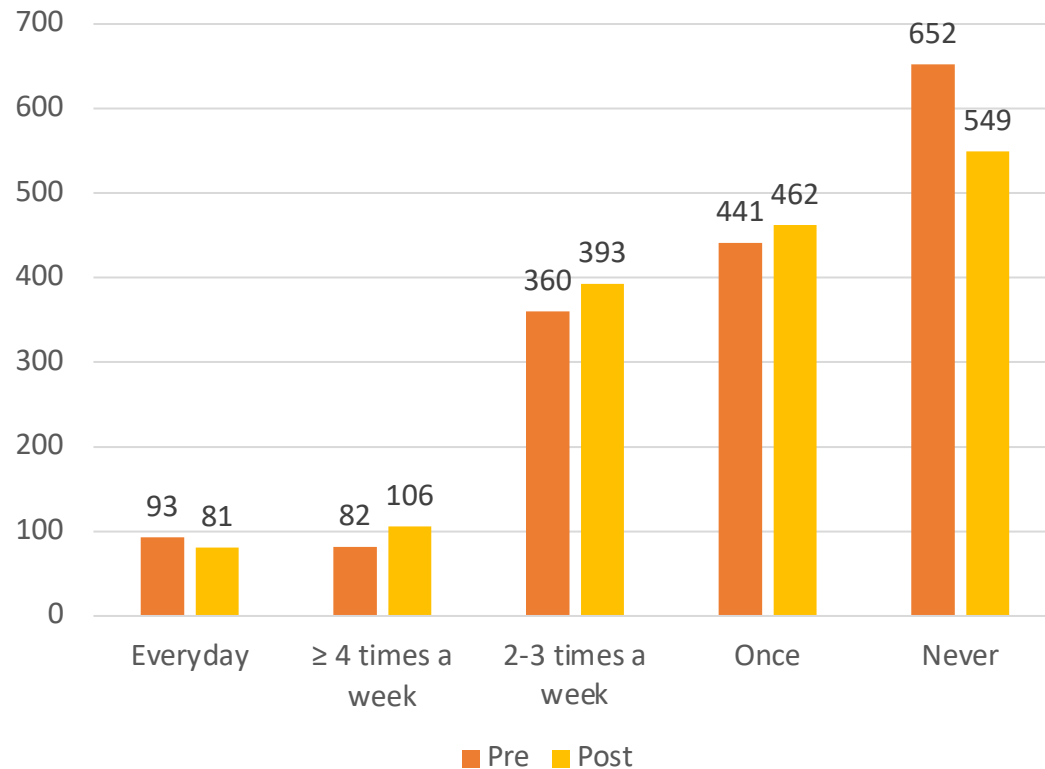


# Mental Health Help-Seeking Behaviors

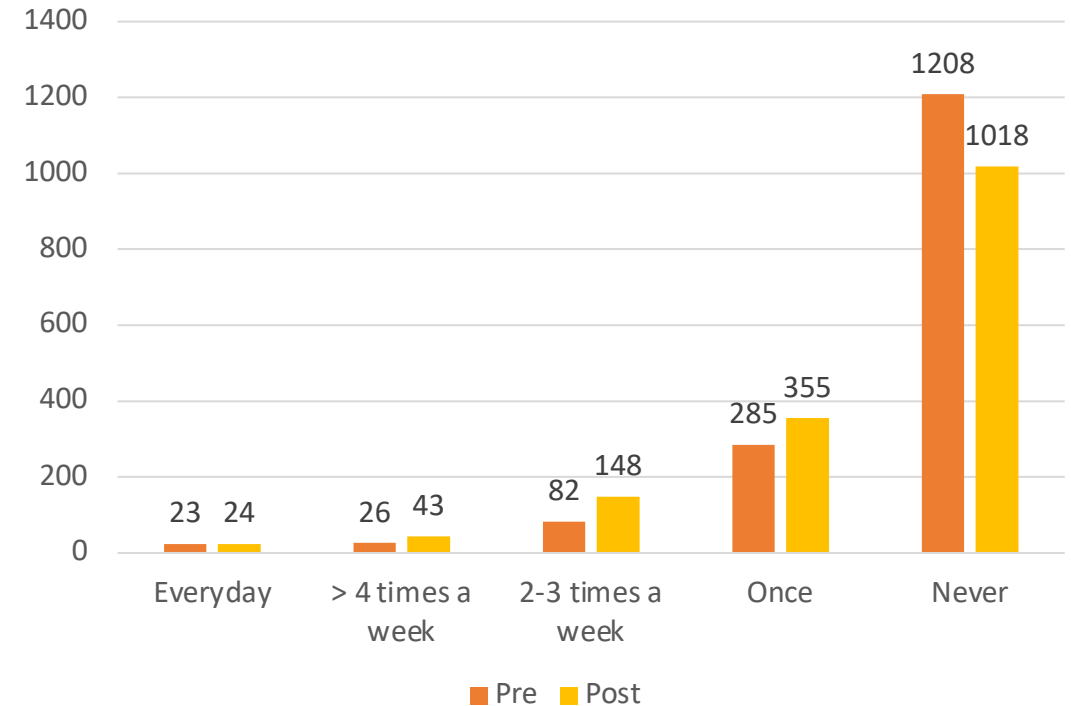
# Mental Health Help-Seeking Behaviors

*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?



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

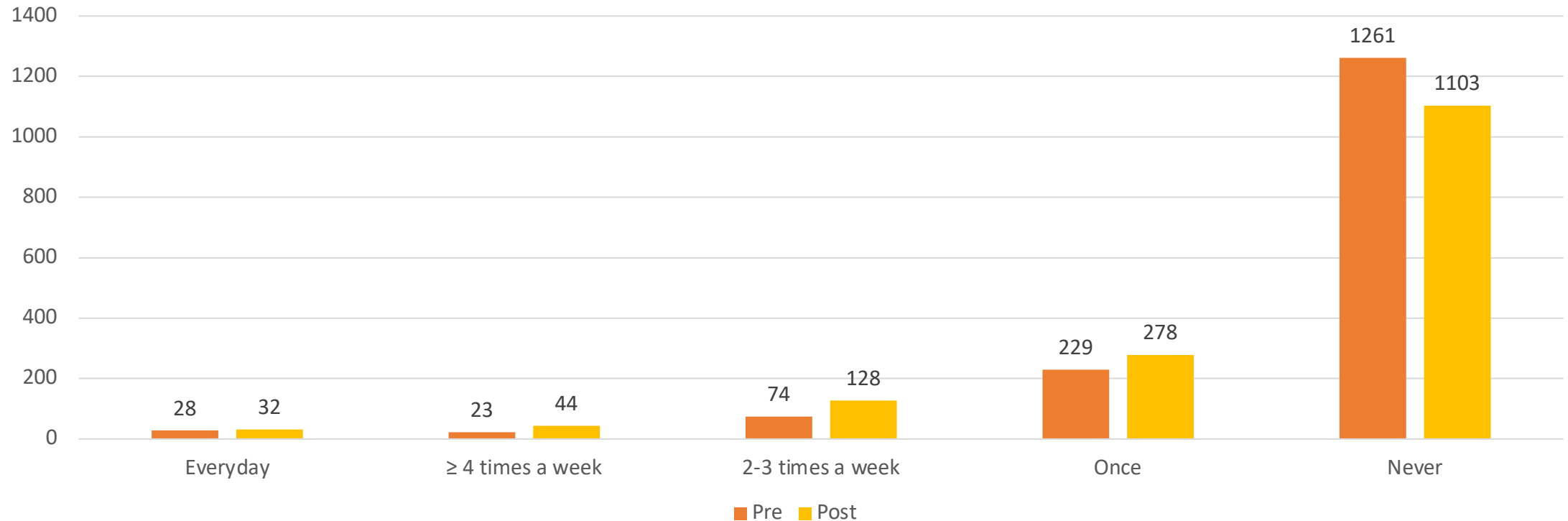


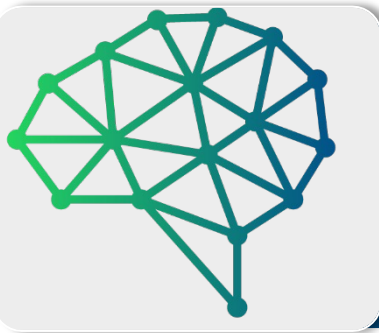


# Mental Health Help-Seeking Behaviors

*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?

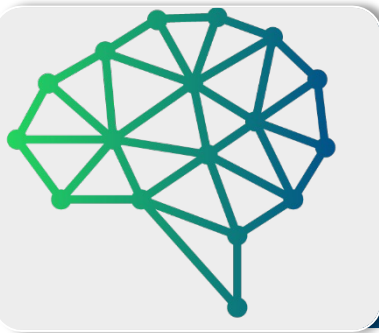




# YAM Publications

# YAM Publications

- Anderson, J. R., Mayes, T. L., Fuller, A., Hughes, J. L., Minhajuddin, A., & Trivedi, M. (2022). Experiencing bullying's impact on adolescent depression and anxiety: Mediating role of adolescent resilience. *J Affect Disord*.
- Trivedi, M.H., Nandy, K., Mayes, T.L., Wang, M., Forbes, K., Anderson, J., Fuller, A., Hughes, J.L. (In Press). Youth Aware of Mental Health (YAM) Program with Texas Adolescents: Depression, Anxiety, and Substance Use Outcomes. *Journal of Clinical Psychiatry*.
- Anderson, J. R., Hughes, J. L., & Trivedi, M. H. (2021). School Personnel and Parents' Concerns Related to COVID-19 Pandemic's Impact Related to Schools. *School Psychology Review*, 50(4), 519-529.
- Lindow, J. C., Hughes, J. L., South, C., Gutierrez, L., Bannister, E., Trivedi, M. H., & Byerly, M. J. (2020). Feasibility and Acceptability of the Youth Aware of Mental Health (YAM) Intervention in US Adolescents. *Arch Suicide Res*, 24(2), 269-284.
- Lindow, J. C., Hughes, J. L., South, C., Minhajuddin, A., Gutierrez, L., Bannister, E., Trivedi, M. H., & Byerly, M. J. (2020). The Youth Aware of Mental Health Intervention: Impact on Help Seeking, Mental Health Knowledge, and Stigma in U.S. Adolescents. *Journal of Adolescent Health*, 67(1), 101-107.
- Anderson, J. R., Nandy, K., Fuller, A., Mayes, T. L., Spinelli, S., Brann, S., Padilla, F., Hughes, J. L., & Trivedi, M. H. (In preparation). Effects Of Mental Illness Exposure from Parents and Friends on Adolescent Mental Health and Wellbeing.
- 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 Aware of Mental Health (YAM) program with Texas adolescents.



# CDRC Training Academy

# 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

DAY	TRAINING OBJECTIVES
Monday	<ul style="list-style-type: none"> <li>• Introduction to the YAM course and objectives</li> <li>• Group activities to mirror youth experience in YAM</li> <li>• Review YAM theory, pedagogy, and evidence-base</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• YAM content and structure overview</li> <li>• Workshops on planning YAM with schools and adolescent development</li> <li>• Opening session demo and practice</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• Role-Play demo and practice</li> <li>• Workshops on difficult situations and youth mental health promotion</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• Opening session presentations by prospective facilitators</li> <li>• Role-play practice</li> </ul>
Friday	<ul style="list-style-type: none"> <li>• Advice for YAM facilitators</li> <li>• Closing session demo</li> <li>• Wrap-up</li> </ul>

# 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

Demographics	Belongingness	General Life Satisfaction	General Well-being
Mental Health Resilience	Depressive symptoms	Anxiety Symptoms	Grit
Substance Use	Mental Health Literacy	Awareness of Mental Health Resources	Help-seeking Behaviors
Bullying	Empathy	Classroom/School Climate	Peer Relationship Quality
Stigmatizing Attitudes	Coping Strategies	Exposure to Mental Illness in Friends/Family	Truancy