YAM Project Updates

Madhukar Trivedi, MD
Center for Depression Research and Clinical Care
UT Southwestern Medical Center
HRI Leads

Tobi Fuller, PhD, MSN, RN
UTSW
Educational Psychologist
Risk and Resilience Network Manager

Kim Gushanas, PhD
UTMB
Licensed Psychologist
Assistant Professor

Brittney Nichols, MBA, LPC-S
UTHSCT
Director, Department of Psychiatry and Behavioral Medicine
CPAN and TCHATT

Reena Pardiwala, MSPA, PA-C
UTHSCSA
Clinical Director, TCHATT

Puja Patel
UT Dell
Pediatric Psychologist
Assistant Director SB1

Jennifer Rojas-McWhinney, PhD, CFLE
TTUHSC
Managing Director
Campus Alliance for Telehealth Resources, TCHATT, and CPAN

Kelly Sopchak
TAMUHSC
Manager, TCHATT

Cesar Soutullo, MD, PhD
UTHSCH
Vice Chair and Chief of Child and Adolescent Psychiatry and Behavioral Sciences
YAM Train-the-Trainer

4 UTSW YAM Facilitators certified as Trainers by YAM Developers
YAM Train-the-Facilitator Sessions: HRI Representation

- **March 2022**
  - TTUHSC
  - UTSA
  - UTSW

- **July 2022**
  - TAMU
  - Dell
  - UT Tyler
  - UTSW

- **July 2022**
  - TTUHSC
  - Dell
  - UT Houston
  - UTSA
  - UTSW
YAM Train-the-Facilitator Sessions: HRI Representation

August 2022
UTSA
UTMB
UTSW
UT Houston

Sept 2022
TAMU
TTUHSC
UT Houston
UTSA
UT Tyler
UTSW

Oct 2022
TAMU
Dell
TTUHSC
UT Houston
UTSA
UT Tyler
UTSW
YAM Train-the-Facilitator Sessions: HRI Representation

December 2022
TTUHSC
UTMB
UTSW
UT Houston
UTSA

January 2023
TAMU
TTUHSC
UT Houston
UTSA
UT Tyler
UTSW

March 2023
Progress: 150 Instructors Trained

TTUHSC - Lubbock:
19

UTSW:
68

UTHSC - Tyler:
7

TAMU:
11

UTHSC - Houston:
11

UTMB - Galveston:
4

Dell:
13

- Texas Tech University Health Sciences Center Lubbock
- UT Southwestern Medical School
- UT Health Tyler
- The University of Texas Health Science Center at San Antonio
- UT Health Austin
- Texas A&M Health Science Center
- Baylor College of Medicine/UT Health Houston
- The University of Texas Medical Branch

Tcmhcc
Texas Child Mental Health Care Consortium
Schools / Districts Engaged by HRIs

* = YAM already delivered / currently being delivered
YAM Student Reach

Spring 2022
1,800

Fall 2022
4,077

January 2023
600

Projected Total Reach
End of 2022-2023 SY
10,000
YAM Student Classes

Spring 2022
98

Fall 2022
207

January 2023
28

Projected **Total** Classes
End of 2022-2023 SY
750
Evaluations Completed by Month

Pre- Evaluations
n = 4,597

Post-Evaluations
n = 3,371
Grade Level Student Reach

Pre-Evaluations
n = 4,575

Post-Evaluations
n = 3,305
Gender Student Reach

Pre-Evaluations
n = 4,126

Post-Evaluations
n = 2,884
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

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
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</thead>
<tbody>
<tr>
<td>Completely agree</td>
<td>576</td>
<td>897</td>
</tr>
<tr>
<td>Agree somewhat</td>
<td>588</td>
<td>868</td>
</tr>
<tr>
<td>Disagree somewhat</td>
<td>63</td>
<td>124</td>
</tr>
<tr>
<td>Completely disagree</td>
<td>50</td>
<td>55</td>
</tr>
</tbody>
</table>

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

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<tbody>
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<td>Completely agree</td>
<td>678</td>
<td>882</td>
</tr>
<tr>
<td>Agree somewhat</td>
<td>694</td>
<td>575</td>
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<tr>
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<td>177</td>
<td>69</td>
</tr>
<tr>
<td>Completely disagree</td>
<td>78</td>
<td>63</td>
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</table>
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.
46.2% report at least some difficulty with depressed mood; 17.2% report significant difficulty with depression.

58.3% of students report at least some difficulty with anhedonia (loss of interest/pleasure); 23.2% report significant difficulty with anhedonia.
Anxiety Symptoms

60.1% report at least some difficulty with anxiety; 27.4% report significant difficulty with anxiety.

52.0% report at least some difficulty with worrying; 21.8% report significant difficulty with worrying.
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?

<table>
<thead>
<tr>
<th></th>
<th>Everyday</th>
<th>≥ 4 times a week</th>
<th>2-3 times a week</th>
<th>Once</th>
<th>Never</th>
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<tbody>
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<td>360</td>
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<tr>
<td>Post</td>
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<td>106</td>
<td>393</td>
<td>549</td>
<td>549</td>
</tr>
</tbody>
</table>

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

<table>
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<tbody>
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<tr>
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<td>106</td>
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What’s Next?

• Increase from 8 Nodes to 12 Nodes
• Expand the Training Academy
  • Wellness Ambassador Program
    • Train non-mental health professionals in schools to provide support to students in need.
    • The primary goals of the Wellness Ambassadors will be to:
      1. Identify students in need (focus on youth experiencing some depression or anxiety or who are struggling with significant daily stressors at home or school).
      2. Assist students and families in addressing acute needs.
      3. Identify possible resources to address mental health or environmental stressors.
      4. Ensure linkage to resources is successful.

• Mental Health trainings for school counselors
  • 94% of school counselors report wanting additional training on mental health
  • Training opportunities on assessment, brief interventions, and evidence-based treatments will be available.