

MONTANA STATE UNIVERSITY
CENTER FOR RESEARCH ON RURAL EDUCATION

Youth Aware of Mental Health

**Mental Health Promotion & Suicide Prevention in
Montana Schools**

 Mental Health in Mind AB

August 9, 2022

2:45– 4:15 p.m.

Jeremy Bullock Safe Schools Summit

Saving and Empowering Young Lives in Europe



YAM YOUTH AWARE
OF MENTAL
HEALTH

Evidence base

- Decrease in incidence suicide attempts
- Decrease in incidence suicidal thoughts/plans
- Decrease in incidence of depression
- Same in prevalence of depression

The observed reduction in incidence of suicide attempts was more than 50%

Practical Impact in a classroom of 25-30 Students:

01

At least one is likely to have previously attempted suicide

02

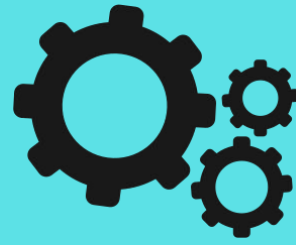
At least one is likely to have active severe suicidal ideation in the last two weeks

03

5 to 10 students have experienced some kind of suicidal ideation in their lifetime

YAM should be done with 91 youth in order to prevent one new suicide attempt or one new case of severe suicidal ideation.

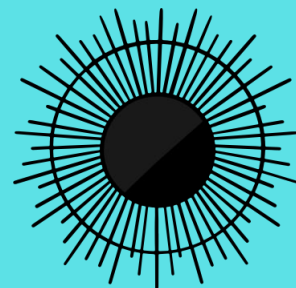
WHY IS YAM EFFECTIVE IN PREVENTING SUICIDE ATTEMPTS?



PROVIDES YOUTH WITH A SAFE
SPACE WHERE THEY CAN TRY
OUT REAL-LIFE SITUATIONS AND
BRING THEIR OWN CONTENT



INCREASES AWARENESS AND
KNOWLEDGE ABOUT MENTAL
HEALTH



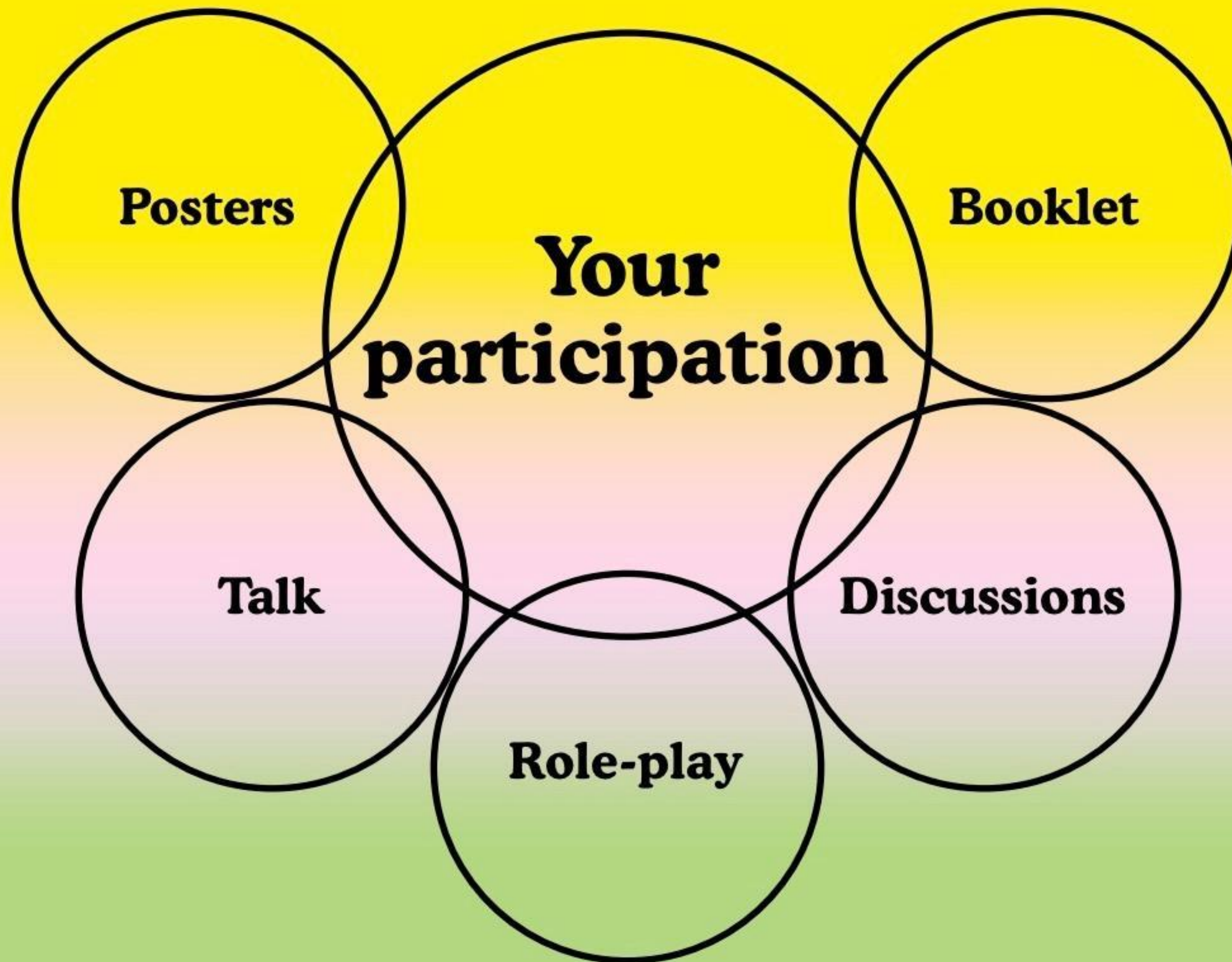
PROVIDES OPPORTUNITIES FOR
REFLECTION AND WORKING OUT
THEIR OWN BEST COPING
STRATEGIES



ENHANCES EMPATHY AND
CLASSROOM CLIMATE



PROMOTES DIFFERENT KINDS OF
HELP-SEEKING INCLUDING PEER
HELP AND SUPPORT





WEEK ONE

OPENING SESSION

DILEMMA EXERCISE

WEEK TWO

ROLE PLAYS: STRESS & CRISIS

ROLE PLAYS: DEPRESSION & SUICIDE

WEEK THREE

CLOSING SESSION

YAM IS 3 WEEKS/5 SESSIONS

What is Mental Health?

No one in the world is free from problems



YAM

Mental health is how you think, feel, and act every day.

What can make me feel better?



Self-help Advice

Feelings are not right or wrong, take your feelings seriously and be kind to yourself.

There is no one-size-fits-all solution. It takes time to understand what makes you feel better.

Asking for support can be hard, but speaking to someone about your problems can help you feel better.

What kinds of situations can cause stress?

Social media

Being treated differently because someone thinks you are different from them

Fighting with friends or family members

Being bullied

Parents or divorce

Breaking up with the person you love

Stress and Crisis

YAM

Stress is very common and happens to most people. But everyone reacts differently to stress.

What is depression?



Depression and Suicidal Thoughts

Everyone feels sad sometimes. But being sad or feeling down is different from depression.

If you are feeling sad, lonely, down, or stressed for a longer period of time it can be a sign of depression.

You can be depressed even if something bad did not happen to you.

Depression can be treated.

Seek help right now if you are thinking about death or suicide. On the last poster there is contact information for a crisis hotline.

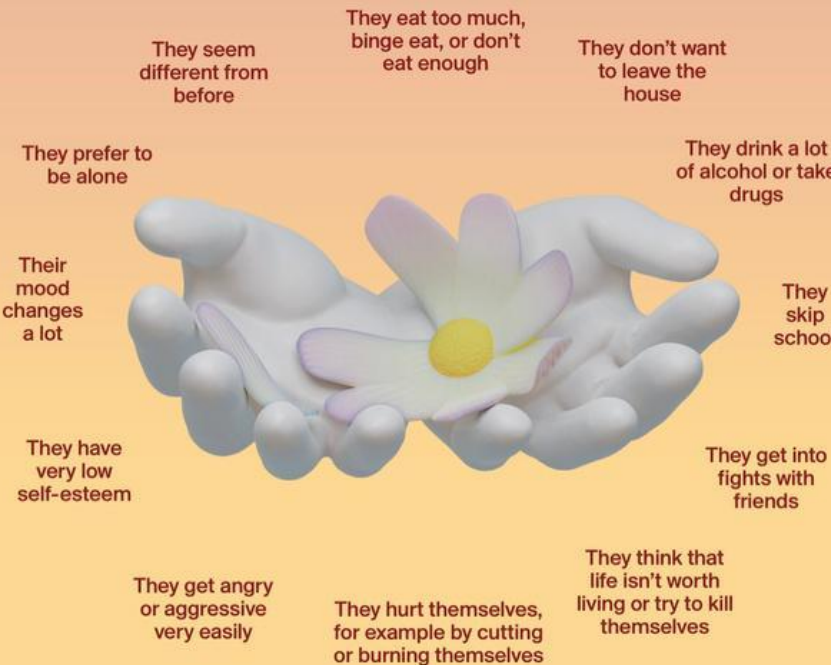
Who can I ask for advice?

Your problems can be very real and painful. Take your feelings seriously and ask for help. You can contact the healthcare services and organisations close to you listed here.



If you do not know the contacts I you know and

How do you know that your friend needs help?



Helping a friend in need

If one of your friends is going through a difficult period, ask them how they are doing and listen to their problems.

A friend who isn't feeling well usually needs someone to just listen to them without judging them.

If your friend has a serious problem you may need to involve a trusted adult or professional to help make the situation better.

You are eating lunch in school with your friends. It's your favourite food so you make sure to take a lot.

After having eaten for a while you realise that all the others have finished. They talk about going outside to hang out and leave you alone at the table.

▼
**THIS IS HOW
YOU FEEL**

▼
**THIS IS WHAT
YOU DO**

▼
**WHAT COULD
HAPPEN NEXT?**

For a while now, you have been checking out someone you think is cute. You have not yet talked to each other but you decided to say something to them at lunch.

Just when you approach the person to say "hi," one of their friends starts laughing hysterically pointing at your pants zipper, which is unzipped.

▼
**THIS IS HOW
YOU FEEL**

▼
**THIS IS WHAT
YOU DO**

▼
**WHAT COULD
HAPPEN NEXT?**

It's Tuesday night and you just got home from a friend's house. You had fun and now it's a little late. You are relaxing in front of the TV.

Suddenly you realise that you have forgotten to prepare for your exam tomorrow. Now is the time you would usually go to bed.

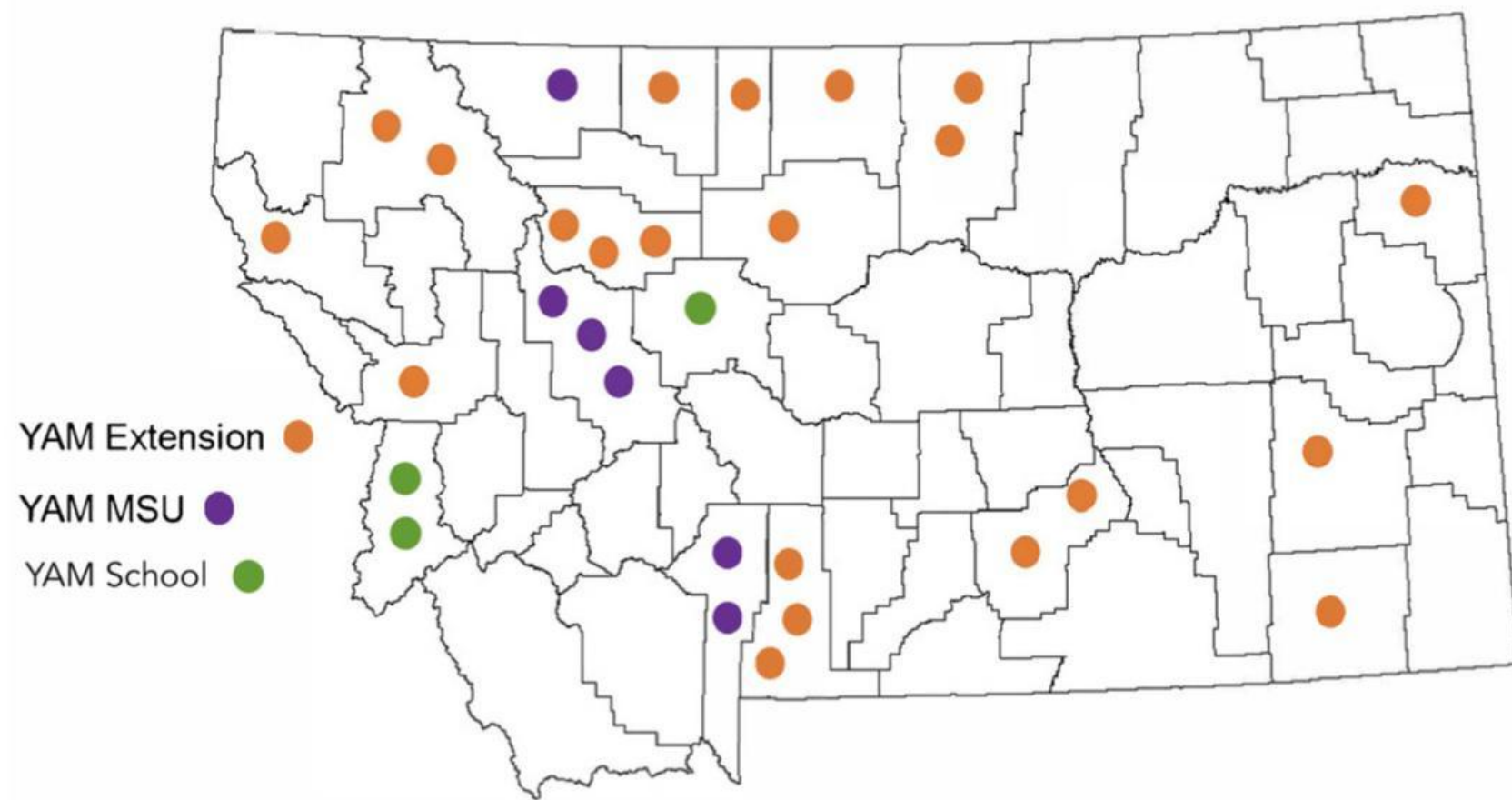
▼
**THIS IS HOW
YOU FEEL**

▼
**THIS IS WHAT
YOU DO**

▼
**WHAT COULD
HAPPEN NEXT?**

Dilemma cards

YAM in Montana



- 4 YAM-certified MT Trainers
- 55 YAM-certified Facilitators trained
- 30+ schools reached
- 2 cultural adaptations completed: 1 for mainstream American students and 1 for Blackfoot tribal students facilitated in conjunction with our Native American

**11,065 MT students have participated in
the YAM program to date.**

SUICIDE PREVENTION PROGRAMS IN MONTANA SCHOOLS

QPR Question, Persuade, Refer Ask A Question, Save A Life

- QPR is not a tool for mental health professionals
- QPR is not intended to be a form of counseling or treatment
- QPR is intended to offer hope through positive action

THE FIVE SOCIAL EMOTIONAL CORE COMPETENCIES



ASIST



ASIST is a two day, skills building workshop that prepares caregivers of all kinds to provide suicide first aid interventions. Professionals, Volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that increase their suicide safety.



YOUTH
MENTAL HEALTH FIRST AID

Mental Health First Aid is the help provided to a person developing a mental health problem or in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.



Resource Page

For more information about

YAM contact:

KELLEY EDWARDS

YAM PROGRAM MANAGER

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(406) 994-1606

Youth Aware of Mental Health: <https://www.y-a-m.org>

- 01 **School-based suicide prevention programmes: the SEYLE cluster-randomized, controlled trial**
- 02 **The Youth Aware of Mental Health Intervention: Impact on Help Seeking, Mental Health Knowledge, and Stigma in U.S. Adolescents**
Danuta Wasserman et al. Lancet. 2015
- 03 **Feasibility, acceptability, and fidelity: Extension agents teaching youth aware of mental health.**
Janet C. Lidlow et al. Journal of Adolescent Health. 2020 July.
- 04 **Blueprint for Youth Suicide Prevention: Strategies for Community and School Settings**
A joint initiative of the American Academy of Pediatrics and the American Foundation for Suicide Prevention, in collaboration with experts from the National Institute of Mental Health



About the Speaker

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Friends of YAM

Community Partners
without whom YAM could not
grow and thrive

- NAMI MONTANA
- MSU EXTENSION PROGRAM
- OPPORTUNITY BANK
- INTREPID CREDIT UNION
- BLACKFEET COMMUNITY COLLEGE
- CARTER COUNTY MUSEUM
- BOZEMAN HEALTH
- COUNTLESS INDIVIDUAL COMMUNITY MEMBERS ACROSS THE STATE THAT HAVE VOLUNTEERED THEIR TIME AS CLASSROOM ASSISTANTS

Participant Survey

