Adaptation and Pilot of *Youth Aware of Mental Health*, a Universal School-based Suicide Prevention Program, in two Baltimore City Public Middle Schools

Holly C. Wilcox, PhD  
Department of Mental Health, Johns Hopkins Bloomberg School of Public Health  
Department of Psychiatry and Behavioral Sciences, Johns Hopkins Medicine
Suicide rates are increasing in the United States
The magnitude of the increases vary by age

Girls and women

Boys and men

Teenage depression is increasing especially among girls, as indicated by at Least One Major Depressive Episode (MDE) with Severe Impairment in Past Year, ages 12-17 years.

Saving and Empowering Young Lives in Europe (SEYLE)

STUDY PROTOCOL

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

Danuta Wasserman1,1, Vladimir Carić1,1, Camilla Wasserman15, Alan Apted2, Judit Baláz3, Julia Bobes4, Renata Bracale4,7, Romuald Brunner8, Cendrine Burzstein-Lipsicas9, Paul Corcoran9, Doina Cosman10, Tony Durkee1, Dana Feldman2, Julia Gadorost11, Francis Guillemin12, Christian Haring10, Jean-Pierre Kahn10, Michael Kaess5, Helen Keeley9, Dragan Marusic3, Bogdan Nemes2, Vita Postuvan11, Stella Reiter-Theil12, Franz Resch9, Pilar Sáiz5, Marco Sarchiapone6, Merike Sisask14, Ari Varnik14 and Christina W Hoven12

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

Danuta Wasserman, Christina W Hoven, Camilla Wasserman, Melanie Wolf, Ruth Ettinger, Georgi Hoddick, Jan Kellner, Marco Sarchiapone, Alan Apted, Judit Baláz, Julia Bobes, Romuald Brunner, Paul Corcoran, Doina Cosman, Tony Durkee, Dana Feldman, Jean-Pierre Kahn, Michael Kaess, Helen Keeley, George J Musa, Bogdan Nemes, Vita Postuvan, Pilar Sáiz, Stella Reiter-Theil, Ari Varnik, Peter Varnik, Vladimir Carić

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.

Lanset 2015; 395: 2359-44
Published Online January 8, 2015
SEYLE YAM Outcomes

YAM developed and tested using an RCT in European high school students

- 11,110 students (median age: 15) from 168 schools in 10 European countries (Austria, Estonia, France, Germany, Hungary, Ireland, Italy, Romania, Slovenia, Spain, Sweden)

RCT to evaluate and compare effectiveness of different interventions for mental health promotion, suicide prevention, and help-seeking behavior

- Youth Aware of Mental Health (YAM)
- Question, Persuade, Refer (QPR)
- Professional Screening
- Minimal intervention as control (YAM posters only)
Components of YAM

• Five Interactive Sessions

• Delivered over 3 to 5 weeks
SEYLE Outcomes

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

![Suicide Attempts](chart1.png)

![Suicidal Thoughts](chart2.png)
Needs to address this domain

- Widespread dissemination of YAM and other EBPs has not been achieved, many EBPs are not sustained
  - Resources and support are needed for implementation and sustainability (Champions)
  - Schools need to see impact and value to sustain EBP
- Ideal to embed YAM into health education class?
  - Will examine the alignment of YAM to the indicators in the revised health education framework
Layered, developmentally timed, and coordinated approach to build skills to support student mental health
Natalie Miller, LMSW
Mental Health Promotion Coordinator
MDH - Behavioral Health Administration

Indu Radhakrishnan
Suicide Prevention Training Specialist
MDH - Behavioral Health Administration
Thank you

• Holly Wilcox
• hwilcox1@jh.edu
• 410 502 0629