



JOHNS HOPKINS

BLOOMBERG SCHOOL
of PUBLIC HEALTH

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

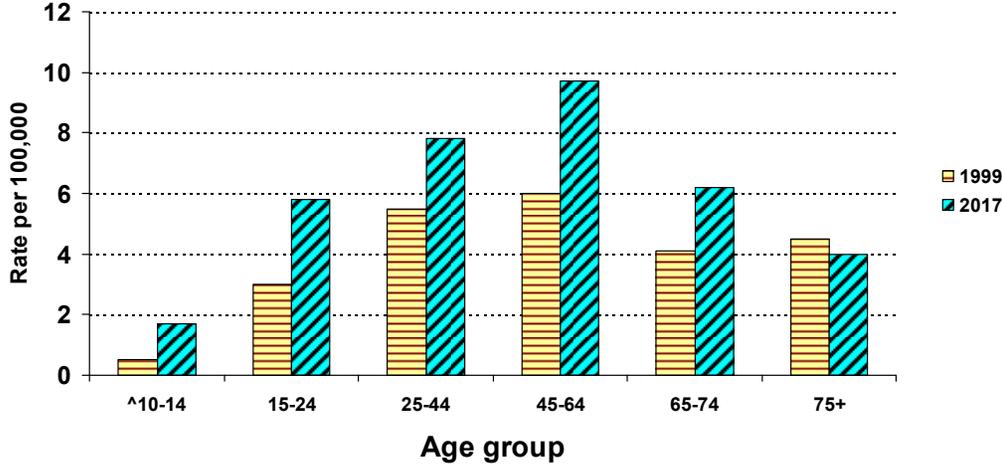
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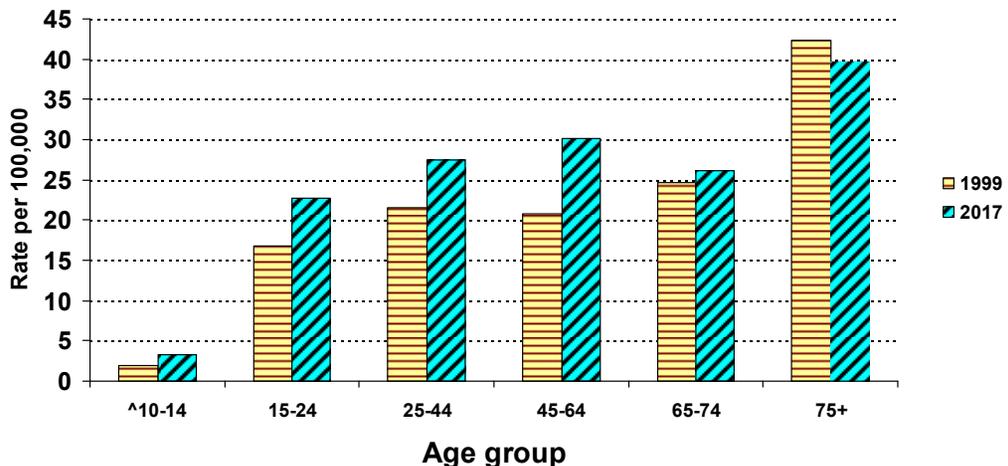
Suicide rates are increasing in the United States

The magnitude of the increases vary by age

Girls and women



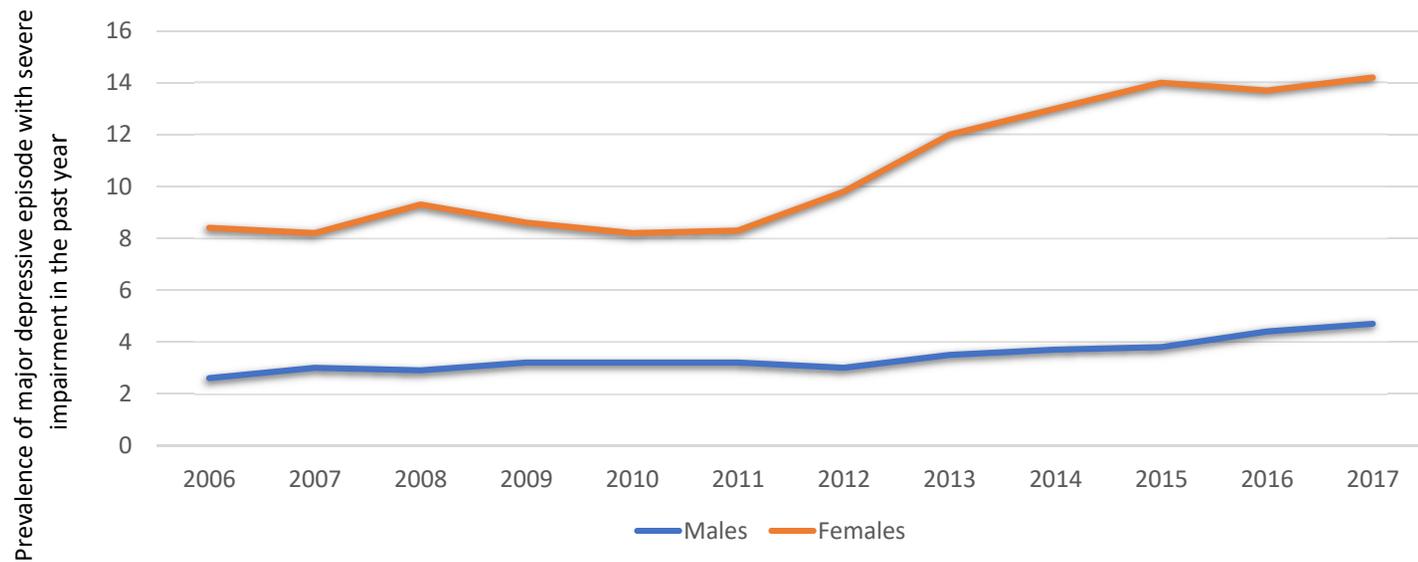
Boys and men



Hedegaard H, Curtin SC, Warner M. Suicide mortality in the United States, 1999–2017. NCHS Data Brief, no 330. Hyattsville, MD: National Center for Health Statistics. 2018.



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



Substance Abuse and Mental Health Services Administration. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health* (HHS Publication No. SMA 18-5068, NSDUH Series H-53).



Saving and Empowering Young Lives in Europe (SEYLE)

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

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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

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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.

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)

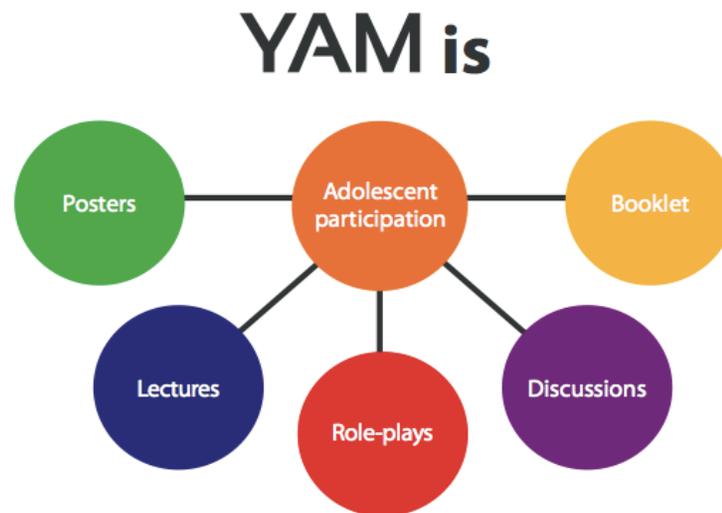
RCT to evaluate and compare effectiveness of different interventions for mental health promotion, suicide prevention, and help-seeking behavior

- 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



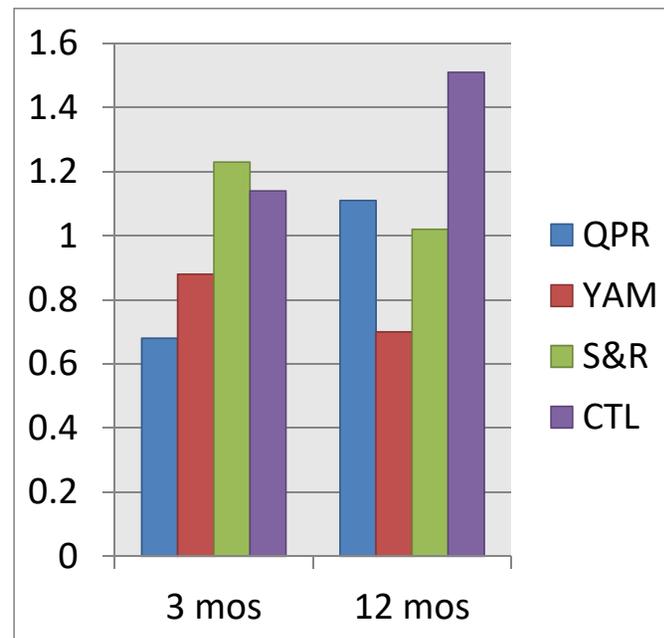
SEYLE Outcomes

No significant differences at 3-month follow-up

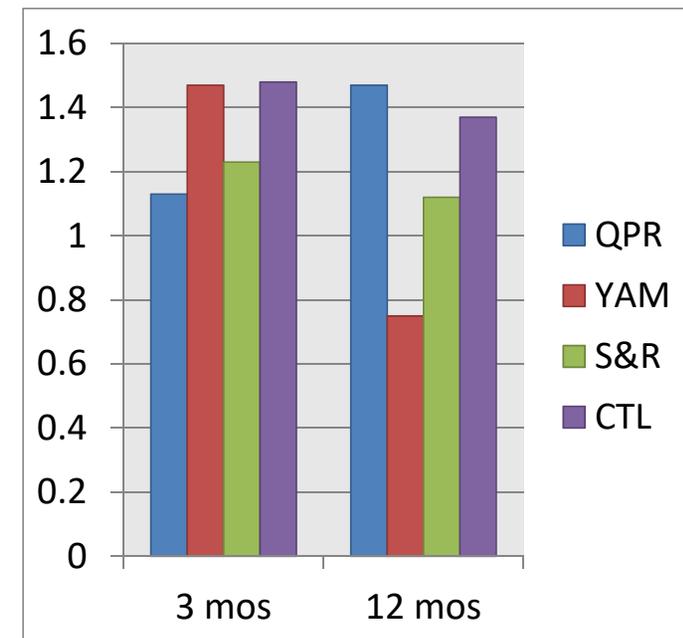
At 12-month follow-up, YAM associated with significant reductions in:

- Incident suicide attempts
- Severe suicidal ideation
- Depressive symptoms

Suicide Attempts



Suicidal Thoughts



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



1 of 9
In this Nov. 15, 2018 photo, students participate in a Youth Aware of Mental Health session at Uplift Hampton Preparatory School in Dallas. University of



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Thank you

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