## Podcast- Mental health education in schools

In class on Wednesday we completed a worksheet outlining the topics we’ll cover in the podcast, points of argument, and people/ institutions that may play a role. The question(s)/ topic(s) assigned to each group member are what we’ll individually focus on for our research and media content throughout the entire project, unless we need to make adjustments.

I guess we can separate whatever we’re putting on here with the horizontal line feature that can be found under insert → horizontal line. That way we will be somewhat organized. **Should we just post our work for the annotated bibliography and media assignment due Monday? Maybe that’ll be helpful so we can double check that we’re all gathering research in line with our topics and make corrections as needed.** It would also be SUPER helpful to share research that you come across that may be useful for another member of the group. That’s just a suggestion.

* NATALIA- Should we implement mental health education into school curricula?
  + Pros/ cons (funding, maturity, effectiveness, regulation)
  + Logistics (people/institutions affected- teachers/ school counselors, school administration, students, local government, families, psychiatrists. etc.)
* GENA- How should mental health be taught, and at what age?
  + Content of curriculum (educational vs preventative)
  + Age groups
  + Execution of curriculum
* JURNEE- How has mental health education been approached in the past?
  + Legislation (NY, etc.)
  + History of mental health education
* JULIA- Why is it crucial to mandate mental health education in schools? What are the trends in mental illness among adolescents and teens in recent years?
  + Statistics (suicide, depression, anxiety, etc.)
  + Reasons (social media, significance of emotional intelligence (versus IQ), difficult for people to ask for help etc.)
  + Link statistics/ reasons to topic of mental health education

## Julia:

### Research:

Twenge J, Cooper A, Joiner T, Duffy M, Binau S. Age, period, and cohort trends in

mood disorder indicators and suicide-related outcomes in a nationally

representative dataset, 2005-2017 [published online March 14, 2019]. *J*

*Abnorm Psychol*. doi: 10.1037/abn0000410.

* **Question**: What are some of the statistics of teens and adolescents that battle with mental health problems? Has there been an increase over the past 10 years?
* **Quote**: “Rates of major depressive episode in the last year increased 52% 2005-2017 (from 8.7% to 13.2%) among adolescents aged 12 to 17 and 63% 2009-2017 (from 8.1% to 13.2%) among young adults 18-25.”

Barile, N. (2018, October 24). The importance of mental health awareness in schools.

Retrieved July 7, 2019, from https://www.wgu.edu/heyteach/article/importance-mental-health-awareness-schools1810.html

* **Question:** Should schools add mental health into their curriculum? Why?
* **Quote:** “Because teens spend most of their day at school, it just makes sense to have mental health awareness and education become part of the curriculum. When we empower students with knowledge, and encourage dialogue, students will be able to get the help they need.”

*Mental Health Facts : Children and Teens*[PDF]. (n.d.). NAMI.

This document cites statistics provided by the National Institute of Mental Health. www.nimh.nih.gov

* <https://www.nami.org/getattachment/learn-more/mental-health-by-the-numbers/childrenmhfacts.pdf>
* **Question:** What are some of the statistics of teens and adolescents that battle with mental health problems?
* **Quote:** “50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24”

Mental Health In Schools: Where NAMI Stands. (n.d.). Retrieved from

<https://www.nami.org/Learn-More/Public-Policy/Mental-Health-in-Schools>

* **Question:** Should schools add mental health into their curriculum? Why?
* **Quote:** “NAMI advocates for the services and supports that schools need to provide school-based mental health services. These programs bring trained community mental health professionals into schools to provide mental health care or to link families to resources in the community.”

Hurley, K. (2019, March 7). Social media and teens: how does social media affect mental

health? Retrieved from https://www.psycom.net/social-media-teen-mental-health

* **Question:** Does social media use have a correlation to mental health?
* **Quote:** “Those who had spent more time on social media had 2.2 times the risk of reporting eating and body image concerns, compared to their peers who spent less time on social media.”

### Media:

Teens and mental health: Mayo Clinic Radio [Audio blog interview]. (2018, August 14). Retrieved from https://www.youtube.com/watch?v=E1Zj31nHGdo

* <https://www.youtube.com/watch?v=E1Zj31nHGdo>
* 1:19-1:58
* Rates of suicide (much among teens)

Shinnick, M. (n.d.). *The truth about teen depression*. Lecture presented at TEDx. Retrieved from <https://www.youtube.com/watch?v=txJGm6zhiBA>

* 1:40-2:20
* Advocate for programs in schools, teens posting on social media about hurting themselves stat

Smith, W. (n.d.). *Mental health literacy can be taught in grade school.*Lecture presented at TEDTalk in Lincoln Square. Retrieved from https://www.youtube.com/watch?v=6d2\_\_\_WYApw

* 5:06-5:23
* “Wendy Smith is an early interventionist. By sharing with us what a mental health literate world could look like, she gives us hope that we can find a way to prevent the ongoing suffering of our loved ones.