

OUTCOMES REPORT FOR D&E COUNSELING CENTER'S  
DEPRESSION AWARENESS AND SUICIDE PREVENTION PROGRAM  
"LINKAGES"  
FOR  
SCHOOL YEAR 2010-2011

1. Project Need :

The Surgeon General's Report on Mental Health indicates "approximately one in five children and adolescents experience the signs and symptoms of DSM-IV disorder during the course of a year" and "a majority of youth (ages 9-17) with a specific emotional or behavioral disorder, do not receive treatment".

Statistics reported by the Columbia University Teen Screen Program and the Red Flags program point to the need for a community behavioral health care system to increase their efforts to identify and engage children into mental health treatment.

- 7-12 million youth suffer from a mental illness, but 2/3 do not receive treatment
- 1 million youth suffer from depression, but 60-80% of these receive no treatment
- 63% of youth who die by suicide exhibit psychiatric symptoms for more than a year before suicide, 76% in the three months prior to completion
- Half of all 10-16 year old boys and girls with high levels of aggression are depressed.

As our community's demographics for poverty, divorce rates, unemployment, school failure, violence and most other negative social factors impacting a child's emotional and psychological development exists at higher levels than that of other communities throughout the nation, these statistics have even more relevancy for Mahoning County.

The provision of programming onsite for school age children continues to be a stated goal of the Mental Health Board in their latest strategic plan, specifically in the area of suicide prevention/intervention. In addition, the Mahoning County Mental Health Board's 2009 Mental Health Plan submitted to the Ohio Department of Mental Health sets as a high priority the goal of increasing access to high quality mental health services for children and families and outlines strategies to accomplish this goal. These strategies as listed below include:

1. Provide school based mental health liaison services in all Youngstown City Schools.
2. Utilize Columbia University TeenScreen, and Red Flags, both best practices in mental health liaison serviced schools.
3. Conduct ongoing community wide mental health awareness campaigns to educate them (students/families) on child mental health issues and decrease stigma of accessing services by families.

The School Based Depression Awareness and Suicide Prevention Program (LINKAGES) directly target all the above Mental Health Board strategies and goals.

Locally, the Safe & Supportive Schools Initiative, in conjunction with the Mahoning County Family First Council, surveyed over 3,000 7<sup>th</sup> and 10<sup>th</sup> grade students to get a baseline of the number of health related issues in Mahoning County; these students represented urban/suburban and rural schools. When asked "In the last 12 months have you had a period of at least two

weeks of depression?” 45% of the students responded “yes”. Of these students, 12% admitted to having thoughts of death or killing themselves. With such high percentages, the Family First Council has decided to make those areas priorities to address. The Center was asked to spearhead a local workgroup to promote strategies to address this problem. From an educational standpoint, we have been requested to serve on several workshops and conferences focusing on childhood depression education and suicide screening. In the past we have been asked to present at National Webinars to TeenScreen participants on the same issue. We were also cited in TeenScreens 2009 Report “Guide to Obtaining Teen Consent” for our above average rates on return of parental consent.

## 2. Project Objectives.

1. To sustain education and/or screening services in 26 schools, serving approximately 3,500 per year.

Outcome: Twenty six schools were served this year. Students educated were 3427.

Those schools include:

- Austintown Fitch High School
- Austintown Middle School
- Boardman Center Middle School
- Boardman High School
- Campbell Memorial Middle School
- Campbell Memorial High School
- Canfield Village Middle School
- Chaney High School
- East High School
- Life Skills
- Lowellville School
- PACE
- Poland High School
- Poland Middle School
- Sebring High School
- South Range High School
- South Range Middle School
- St. Joseph the Provider
- St. Luke
- Struthers High School
- Struthers Middle School
- Volney Rogers Middle School
- UPLC
- West Branch Middle School
- Western Reserve Middle School
- Youngstown Christian School

2. To have 75% of the buildings that receive Liaison services have a sustainability plan to continue education and screening services.

Outcome: All of those schools listed in number 1 above have agreed to sustain the program and schedule continued services with us.

3. To engage 100% of students and their families who have been identified by screening as positive for depression/suicide risk in post-screening follow-up conferences.

Outcome: During the year there have been 91 positive screenings and 760 negative screenings completed. 100% of those screened positive received follow-up conferences/clinical interviews. Additionally, 100% of those negatively screened received brief post screen interviews as well.

4. To refer 100% of students/families receiving post follow-up screening, who are in need of outpatient or school based counseling.

Outcome: After positive post screening interviews, 91 students were found to be positives and 100% of them were referred for further assessment and service, with the exception of those already in treatment.

5. To engage 100% of referred youth into outpatient school and/or community based counseling.

Outcome: Of the 91 positive screenings, 68 are engaged in treatment, 18 are in the process of setting up treatment, 5 are not interested in treatment.

### 3. Mental Health Services provided.

1. Number of schools that were contacted and offered, or requested depression education/awareness and suicide risk screening program.  
Thirty one (31 ) schools were offered or requested services during the 2010-2011 school year.

2. Number of educational training sessions with staff or students.  
Two hundred and thirty-six (236) educational sessions were completed during the year.

3. Number of educational training sessions with staff or adults.  
In addition to the above, seven (7) adult specific educational sessions were completed with 225 adults. We provided educational services to the following adults/staff : Campbell Memorial Middle School Staff (3), ON TASC Workshop-Identification of Mental Health Issues (13), Austintown Fitch Alternative School staff (2), Youngstown Christian School (1), St. Nicholas School (1), Ohio Department of Health Regional School Nurse Conference (200), and Canfield High School Guidance Counselors (5).

4. Number of education training presentations evaluated as informative and of value to students and/or staff.  
For all sessions listed in numbers 2 and 3 above:  
The majority of students reported favorable impressions of the Thick and Thin, SOS, and Red Flags educational presentations. Fifty-nine (59) percent of the students reported the Agency developed 1-2-3 Down Game was the best part of the educational process, in those classrooms where the game was utilized. The game was developed as a fun and innovative way to encourage classroom participation as well as to highlight and clarify the depression information provided. SOS thirty-eight (38) percent and Red Flags DVD's two (2) percent were cited in student responses as the best part of the program.

**Student Evaluations: Best part of program**

School	Game	Signs of Suicide	Red Flags	Other
St. Luke	61%	39%		
West Branch MS	56%	40%	3%	1%
Western Res MS	67%	33%		
Average	59%	38%	2%	1%

5. Outcome measures as outlined in Red Flags Training.  
 The following percentages are from the student pre and post-tests for Red Flags:  
 The percentages reflect changes in learning on depression/suicide education through the use of the same test being administered before the program begins and again at the end of the program's completion. Percentage improved reflects an increase of knowledge between the pre and post-test, percentage same reflects neither an increase nor a decrease of knowledge between the pre and post-test, percentage decreased reflects a decrease of knowledge between the pre and post-test, and the percentage with only one test reflects being present for only the pre or post-test.

School	% Improved	% Same	% Decreased
Poland HS	61%	34%	5%
Poland MS	69%	22%	9%
West Branch MS	62%	23%	15%
Total	64%	27%	9%

6. Number of students completing screening surveys/screenings.  
 Eight hundred fifty-one (851) students completed screenings.

4. **Project Activities.**

The services and activities provided are described in item #3 (Mental Health Services Provided). The procedures followed in meeting the objectives in item #2 (Project Objectives) involved the routine weekly and monthly collecting, tracking, and collating of data relevant to each step of our program. Specifically these include: education, screening, debriefing, clinical interviewing, parental contact and referral, and follow-up.

5. **Demographic/Descriptive Information.** Population offered screening = 1511; All consents returned (yes and no consents) =1070 (71%); Parents giving permission 882 (58%); Screened 851 (56%)

Total males screened 393 (46%); Total females screened 458 (54%).

Of the total screened: White 644 (76%), African American 88 (10%), Multi Racial 64 (8%), Hispanic 41 (5%), Asian 10 (1%), American Indian 4 (.4%)

Population receiving program depression awareness education = 3,427

1706 male (50%), 1721 female (50%)

Of the total educated: White 2632 (76.8%), African American 542 (15.7%), Multi Racial 158 (4.5%), Hispanic 69 (2%), Asian 22 (.6%), American Indian 4 (.1%)

Schools where project programs have been or will be implemented have the following characteristics:

Urban Inner City = 9

Rural = 5

Suburban = 12