

PROGRAM 1

Staff In-Service

It's Time! Adults Addressing Youth and Teen Depression

Through this in-service, teachers explore how to have a positive impact on children's and teens' emotional health and learning within professional boundaries. This compelling in-service includes video stories of diverse youth, informative slides, art, and interactive learning. The teens' stories provide examples of specific ways that teachers have offered effective support in the school environment. The program gives school staff, adults in youth-serving organizations, coaches, and others, ideas of how to interact with youth and families. Outcomes include increased identification, support, intervention, and referral skills.

This timely program [the staff in-service] is so well done.

I highly recommend its use for adults who work with our nation's youth. The content is very relevant for the classroom teacher and vital for helping all students succeed.

—Dr. Michael Dietz, President, National Middle School Association

PROGRAM 2

Peer Education

It's Time! Teens Supporting Teens

The development of the peer education program was motivated by teachers consistently requesting use of the powerful youth stories to educate teens about depression-related issues. The two-session interactive program for 8th-12th grade students is designed to be taught by high school students. Teens prioritized the objectives of the program to focus on building their ability to recognize and support troubled friends.

The *It's Time* program had a profound effect on my perception of depression and what it looks like in the school setting. It increased my ability to communicate with students, teachers, and parents. Our staff gained awareness and changed how they look at student struggles and challenges. Thank you for this opportunity to change.

—School Counselor, Glen Hills Middle School

In-service staff participants will acquire, demonstrate, or increase:

- ⊗ Awareness and understanding of youth depression and the important role of adults to identify and support mental health concerns
- ⊗ Ability to identify and refer youth who are dealing with mental health concerns
- ⊗ Ability to effectively connect with and support like troubled youth
- ⊗ Ability to empower depressed youth to engage in learning and health-positive behaviors
- ⊗ Ability to involve parents as partners

In-service evaluation findings include:

82% increased their use of strategies to create positive connections with students who seemed to be struggling with emotional / mental health problems

66% increased their conversations with other school staff about how to better understand student behavior and connect with students

42% increased their contacts with parents about how to best understand and connect with their child

PROGRAM 3

Parent Support

It's Time! Parents Addressing Teen Depression

This program responds to the need for effective resources to address parental denial and the reluctance to seek professional help for their children's mental health problems. The 20-minute DVD program is given to parents by school mental health professionals to open a dialogue. It contains a collection of stories by parents who have faced the needs of their children, sought assistance and have experienced the benefits of effective mental health interventions.

It's Time! was created by In-Health W. In-Health creates innovative programs in response to community needs. Using video story-telling, multi-media, art and music, In-Health's professional development programs have been implemented in schools throughout the nation.