

Teen Mental Health, Stigma, and Bring Change to Mind

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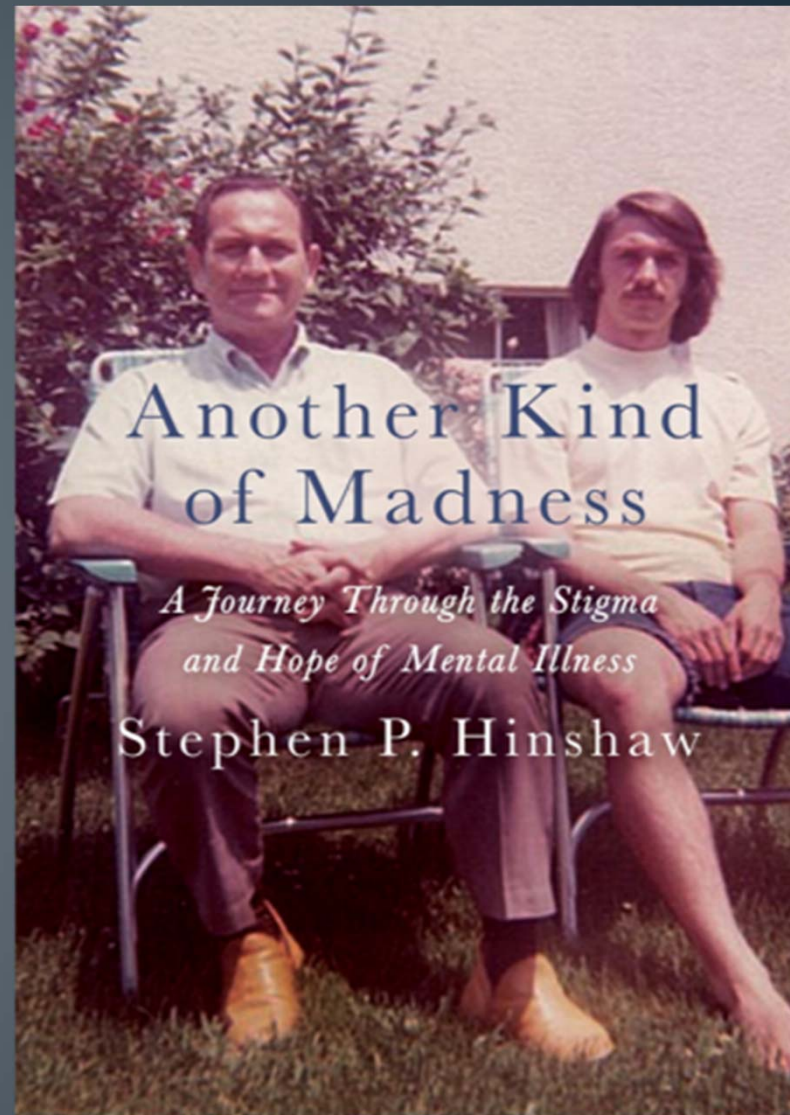
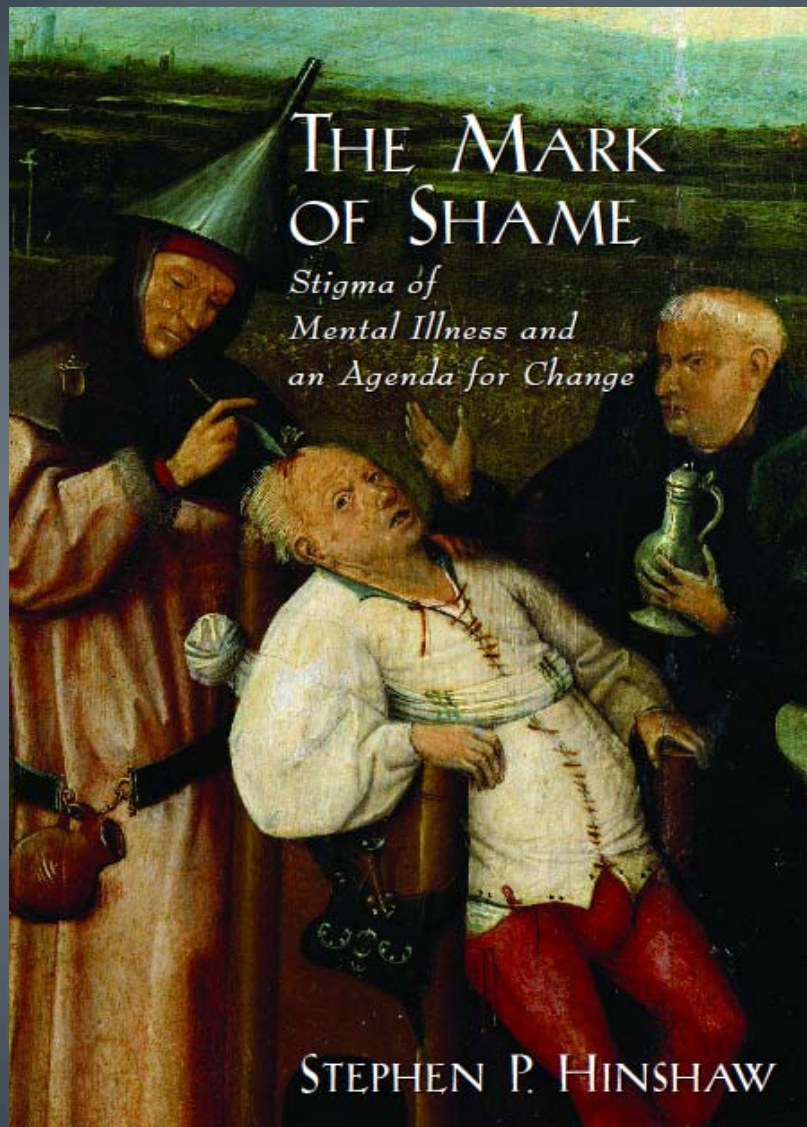
Pamela Harrington

Bring Change to Mind

4/24/20

Goals

- 1. Teen Mental Health: How are we doing?
- 2. Stigma: What is it and why is it so persistent?
- 3. High-school Club Model
 - Origins
 - Nature
 - Evaluations
 - Findings
- 4. Scale-up and next steps



1. Teen Mental Health

- **Paradox: adolescence = healthiest <and> riskiest era**
- **Over 25 years, *growing* rates of key mental health concerns...**
 - Depression/anxiety
 - Binge eating
 - Cutting (NSSI) and suicide attempts
 - ACE/trauma-related issues
- **Most 'adult' m.h. issues have precursors in youth**
 - And most youth m.h. issues persist into adulthood
- **At same time, this generation of teens more open/accepting...**

2. Stigma

- **Literally, a physical brand/mark**
 - Today, usually psychological—inferred
- **Improvement in racial/ethnic/religious stigma?**
 - Yes, but highly uneven?
 - What about adoption or left-handedness?
 - Cancer?
- **Still today, ‘bottom 3’ for stigmatizing responses are...**
 - Mental disorder (neurodevelopmental disorder)
 - Substance use disorders
 - Homelessness

MI Stigma is Decreasing, Right??

- Public knowledge of MI far greater than 50-60 years ago
- But no fundamental change in stigma levels from 1995 -2005
 - Social distance measures haven't yet budged
 - ▣ Greater knowledge does not necessarily translate to greater empathy
- Actually, *higher* rates of violence beliefs in 2005 than 1955
 - US public 2.5 times more likely to believe that MI linked to violence
 - Involuntary commitment laws: 'danger' to self/others; public homelessness
- Why?
 - Deinstitutionalization, commitment laws ('danger'), gun violence ascribed to mental illness per se

3. High School Club Model

- **Prosocial and stigmatizing attitudes consolidate in teens**
 - High-schoolers: natural activism and empathy
- **Form clubs (no professionals)—sign up during club week**
 - Guidebook: Suggested activities, but each club decides its 'order'
 - NOT facts about various mental disorders/NDDs...
 - Fact based programs increase knowledge but also increase stigma
 - Instead, contact/compassion/support/humanization
 - Instead, actions to increase conversation...and to engage others in the community
- **Important: 'high-touch'—need support from central/regional**
 - And refer kids disclosing mental health concerns

Changes

Effect size, as a function of club participation

Murman, Buckingham, Fontilela, Villanueva, Leventhal, & Hinshaw (2014)



Newer Steps

- **Randomized trial in 48 Northern Calif high schools**
 - Same essential pattern, but even at baseline, attitudes better...
- **Scale-up to > 200 clubs in multiple states**
 - Desire for school-wide surveys, not just of club members
 - Evaluation to spread to adults in community, to social structure of high schools, etc.
 - Deeper dive into effects on teens' own mental health, and career trajectories....
- **Social distancing--what we want to *reduce* via programs**
 - In COVID era, maybe call it 'physical distancing'?

ABOUT BC2M HIGH SCHOOL PROGRAM



Bring Change to Mind (BC2M) is a national non-profit with the mission of ending the stigma and discrimination surrounding mental illness. BC2M launched its high school club initiative in fall 2015, in an effort to provide an evidence-based resource for teens in the school environment.

BC2M's approach works from the teen perspective up. Through student-led high school clubs, we provide a platform for teens to voice their opinions and suggestions. With educated conversation around mental illness, we can change perceptions early on and demystify a topic that affects so many young individuals, either directly through their own experience or indirectly through a family member's or friend's experience.



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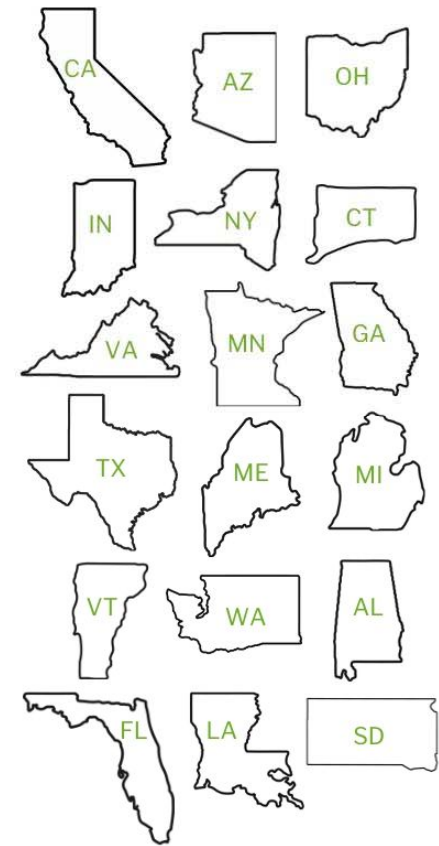


OUR IMPACT

As we move into Year Six of the BC2M High School program, we would like to thank all those that have made this initiative not only possible, but the huge success that it has become.

Since its launch in the Fall of 2015, the BC2M High School Program:

- Has grown from **25** high schools in Year One to **400** schools in this Fall.
- Partnered with schools across **18 states**
- Been implemented in public, private, charter and continuation schools alike
- Will work with **10,000** active high school club members across the US this Fall.
- Has seven major hubs within the program: Bay Area, Southern California, Phoenix, New York (Tri-State area), Indiana, Cincinnati, and Columbus.
- Has a **waitlist of 180 schools** from across the country.





Implementation Case Study: Ohio Partners



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BC2M'S COVID-19 RESPONSE



- Virtual Transition



- National Club Calls



- QuarantEEN Tip Series



THANK YOU!



For more information about the BC2M High School Program, contact Leanne Loughran at leanne.l@bringchange2mind.org.