

Mental Health Affects Teens Academically

*Multiple studies have found that mental health conditions greatly affect academic achievement and educational outcomes:

- Depression
- Lower levels of school performance
- High scholastic anxiety
- Poor peer and teacher relationships
- Anxiety disorders
- Reduced likelihood of attending college
- Abuse/dependence of substances
- Suicidal behavior
- Lower levels of school concentration

Based upon literature review of the following:
Fosterling & Binser (2002), Masi et al (2001),
Marmostein (2001), Woodard et al (2001), Stap et al
(2001), Alatorre & de Los Reyes (1999), Chen et al
(1995), Reinherz et al. (1993).

Funding for the Pickerington Schools TeenScreen
Project for the 2005 -2006 school year is provided

by:



Alcohol of Fairfield County
Board



Fairfield County
Drug and Mental Health



TeenScreen

A program offered to
Pickerington Locals
Schools

grades 7-12

Pickerington Area
Counseling Services
437 Hill Rd. North
Pickerington, OH 43147
614-834-1919

1592 Granville Pike
Lancaster, OH 43130
740-687-0835

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.



Facts About Teen Depression

- In 2002, suicide was the 2nd leading cause of death of youth ages 10-19 in Ohio.

National Center for Health Statistics & Vital Statistics System, CDC

- 90% of teens who die by suicide suffered from a diagnosable mental illness at their time of death.

Source: Shaffer et al. 1996

- Suicides begin to significantly increase after the age 15.

CDC 2003 (WISQARS, last revised 3/11/03)

- Mental illness is treatable and suicide can be prevented

- Boys complete suicide 4 times more often than girls

Source: Shaffer et al. 1996

- Girls attempt suicide 4 times more often than boys

Source: Shaffer et al. 1996

- Risk factors for suicide:

For boys: Mood disorder (i.e. depression)

Substance abuse

Past suicide attempt(s)

For girls: Mood disorder (i.e. depression)

Past suicide attempt(s)

Source: Shaffer et al. 1996

Columbia University TeenScreen Program

TeenScreen is a 10-15 minute computer-based survey that helps to identify students who are at-risk for a mental illness and/or suicide risk. It is neither a diagnostic test nor does the program aim to recommend treatment. It simply tries to find at-risk students and link them with community resources to obtain a more in-depth mental health evaluation. TeenScreen is a best-practice mental health program developed by Columbia University that is being used with teens across the United States.

Some Warning Signs of Depression/Suicidality

- Change in personality-becoming sad, withdrawn, irritable, tired
- Change in behavior
- Change in sleep pattern
- Loss of interest in things that were previously enjoyed
- Fear of losing control, "going crazy"
- No hope for the future
- Drug or alcohol abuse
- Recent loss of loved one-through death, divorce, break-up
- Suicidal impulses, statements, plans, giving away favorite things
- Suicide attempts or gestures
- Agitation, hyperactivity, restlessness may indicate masked depression

Source NAMIfacts:

www.nami.org



*If you or someone you know is severely