The Dangers of Teen Depression

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Causes of depression | Why is this an issue
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Family history | 20 to 50% of teens suffering from depression have a family member with depression or mental disorder
Social Media | Teenagers who spend the most time on social media have a 13-66% chance of developing depression
Substance Abuse | Adolescents who abuse drugs are 3.3 times more likely to have a history of Major Depressive Disorder (MDD)

Problem

Over 50% of teen suicides are caused by depression
20 States do not require Guidance Counselors in school.
NY and VA are the only states that require mental health education
High School teens are more at risk for depression
Case Study: Burncoat High in Worcester, MA.

Existing Resources in Worcester
Support Groups, rehabilitation

Existing Nationwide Programs
More than Sad
Adolescent Depression Awareness Program (ADAP)

Proposed Solution
Connect current resources within Worcester to Burncoat High by creating a program similar to listed nationwide programs where guidance counselors run a frequent informational program to educate teachers.

Lesson Plan Concepts
- Expert comes to speak about Depression
- Updated list of resources produced
- Discuss Warning signs
- Discuss Stigma
- Discuss how to take action

Implementation
1. Create lesson
2. Evaluate lesson plan with experts
3. Conduct lesson
4. Gauge effectiveness
5. Revise lesson
6. Ensure long-term implementation

Acknowledgments
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