

MENTAL HEALTH 101

An outreach program serving middle and high schools in Tennessee.



53 Schools
19 counties
16,559 students (2013-2014)

Why is mental health for teens important?



- 6 students in every classroom will develop a mental health disorder.
- 50% of mental illnesses begin by age 14.

- Treatment delay (average = 10-12 years) can lead to:
 - School dropout
 - Suicide
 - Homelessness
 - Incarceration

The importance of prevention and early intervention



- MH101 helps prevent 133 teen suicide attempts annually.
- \$19,000 is saved in hospital costs and work loss per prevented suicide attempt.
- Knox County saves a total of \$2,527,000 annually.

- Prevention and early intervention programs for youth have the greatest long-term economic impact through:
 - Increased earnings
 - Decreased criminal activity
 - Decreased hospitalizations

Mental Health 101 works!

The youth suicide rate in counties served by Mental Health 101 has decreased 24% since 2003 while the youth suicide rate has increased 48% Tennessee-wide.

What the teachers are saying:

“We have used this program over the past several years and it is a valuable part of our mental health unit.”

What teens are saying:

“I think someone close to me has mental health problems. I will tell my parents so we can have an intervention. I couldn’t have done it without you.”

Outcomes	Pre-Test	Post-Test	Percent Change
Percent of students who can correctly identify signs of mental illness	42%	84%	103%
Percent of students who can correctly identify a warning sign of suicide	32%	86%	168%



Knox County High School Statistics

Students meeting depressive symptoms : -13%
Students attempting suicide: -57%
0 suicides among children under 18