

Review Date: 4/8/13

Name/Title: Real Teenagers Talking about Adolescent Depression video and video-based study guide

Author: Erika's Lighthouse

Media Type: (Book, CD, Flyer, Poster, Website, etc) video, accompanying study guide, website

Publisher/Supplier: Erika's Lighthouse

Publication Date: 2011

Re-order Source: <http://www.erikaslighthouse.org/StudyGuide/>

Language: English

Usefulness Rating:

1. Excellent
2. Good XX
3. Fair
4. Poor
5. Rated by: (CSSRC staff member) Alice
6. Comments:
 - a. This is a video and study guide intended to work together as a 1-hour universal intervention for 8th-10th grade students. The developers recommend it be part of an overall school health and wellness program. The program is not yet evidence-based; it is listed on the Suicide Prevention Best Practices Registry in Section III, Adherence to Standards. The purpose of the video and study guide is to increase student knowledge about depression, reduce stigma surrounding depression and increase the likelihood that students with depression will receive help.
 - b. The study guide recommends team teaching this program with a school mental health professional who can help answer questions the teacher may not know. Team teaching is also a convenient way to introduce students to the school mental health services.
 - c. Students can relate to the adolescents in the video talking to them, instead of just hearing an adult describe symptoms of depression. One concern is that the video does not emphasize the importance of telling a trusted adult about concerns about self or friends. Students are encouraged to reach out to someone and to help their friends, but telling a parent or school employee is not mentioned. Telling an adult is discussed in the overall training materials and study guide.
 - d. The video and study guide integrate with a website for students, parents, and educators. More resources, symptoms, provider locators, and information are provided on the website.



- e. Information in the video, study guide, and website is not referenced. The audience does not know about the primary sources for the information provided; does not know about reliability and trustworthiness of information.

Category: (Prevention, Preparedness, Response, Recovery, Promotional Item) Prevention, Response

Topic: (Bullying, Substance Abuse, Threat Assessment, etc) Depression, Mental Health, Suicide

Audience: (Administrators, Counselors/Psychologists/Social Workers, Emergency Responders, Health Professionals/Nurses, Law Enforcement/SROs/Security, Parents, Teachers, Other School Personnel)
Teachers, Nurses, Counselors/Psychologists/Social Workers

Intended Age Group: (pre-K, elementary, middle, high, higher education) 8th-10th grade

Cost: N/A

Additional Comments: There are other programs on NREPP that are evidence-based that are universal depression awareness interventions. However, this program is free and others, like LEADS for Youth (Linking Education and Adolescent Depression and Suicide) that provides a similar curriculum, cost money. This is a free intervention that adheres to the best practices standards.

