

# PIP Creative Problem Solving

Why is this important?



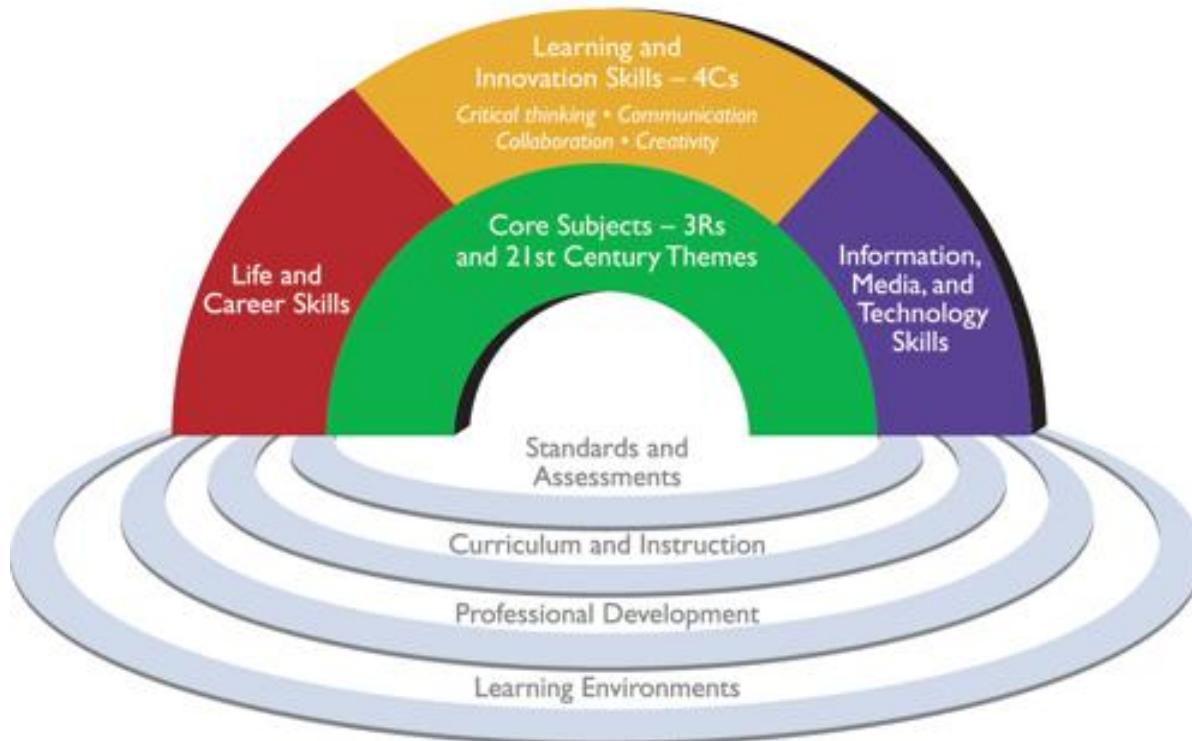


# Agenda

- Introductions and objectives
- Skills and knowledge of adolescent wellness can be taught and practiced routinely
- Creative problem solving is an important element of adolescent wellness
- There is a new tool that simplifies and accelerates creative problem solving
- Learning the tool and solving a problem
- Results
- Debrief and evaluation

# 21<sup>st</sup> Century Learning requires social and emotional (SEL) skills and knowledge

21st Century Student Outcomes  
and Support Systems



The four C's added to the 3 R's are:

- Critical thinking
- Communication
- Collaboration
- Creativity

# Life's Balancing Act

...balancing the weight of life's worries with the relief of skills and knowledge

**Relief**



**Worries**



- Problem solving
- Self-awareness
- Connectedness
- Communication
- Flexibility
- Humor
- Optimism

- Family
- Friends
- School
- Work
- Future

# Adolescent wellness skills & knowledge also prevent mood becoming depression

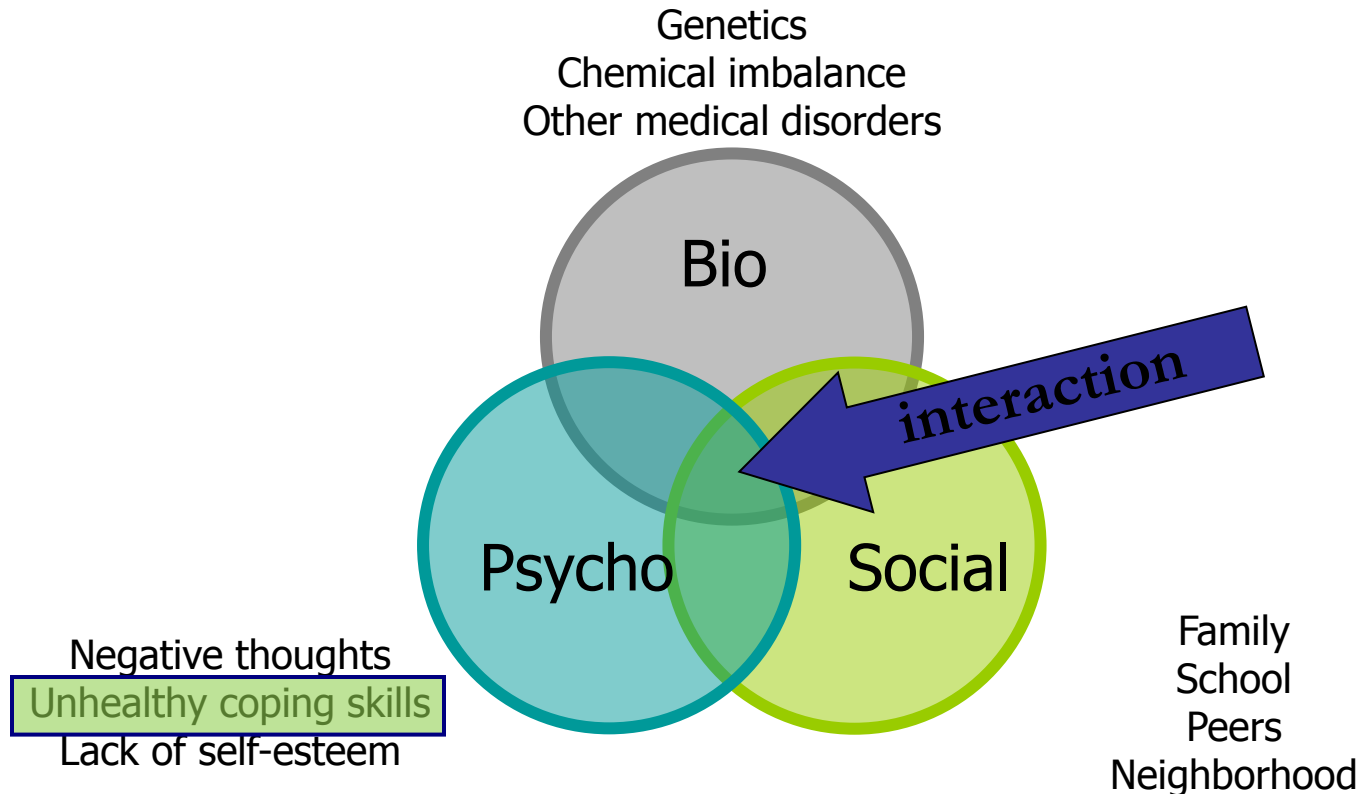
**sad/angry/stressed**

...across all interests,  
over two weeks, with  
profound depth

**clinical depression**



# Biopsychosocial Model of Depression



# Acknowledgement of PIP creators

## Break Free From Depression



Children's Hospital Boston

### CHAPTER FOUR

#### Supplementary Activities for Coping Skills Building

##### Activity: Learning the PIP! (Problem, Ideas and Plan)

Estimated Time: 30 minutes (time may be added for practice individually or in groups)

Description of Activity: This activity presents a brief and accessible model for problem solving. Research findings indicate that deficits in problem solving ability are related to the development and maintenance of depressive disorders in adolescents. Therefore, a problem solving approach is an important strategy for prevention and skill building.

##### Materials Needed:

1. PIP Handout for Students (two pages)
2. Optional: journals for each student. Journals can be helpful tools for students to use, both for the therapeutic effect of journaling, as well as to record their progress with various coping skills/techniques.

We are grateful to Russ Schoen and Gloria Rapport for their assistance in the creation of this activity. For information on creative problem solving, see [www.creativeyouthleadership.org](http://www.creativeyouthleadership.org)

# How Might... teens improve resiliency with Creative Problem Solving?

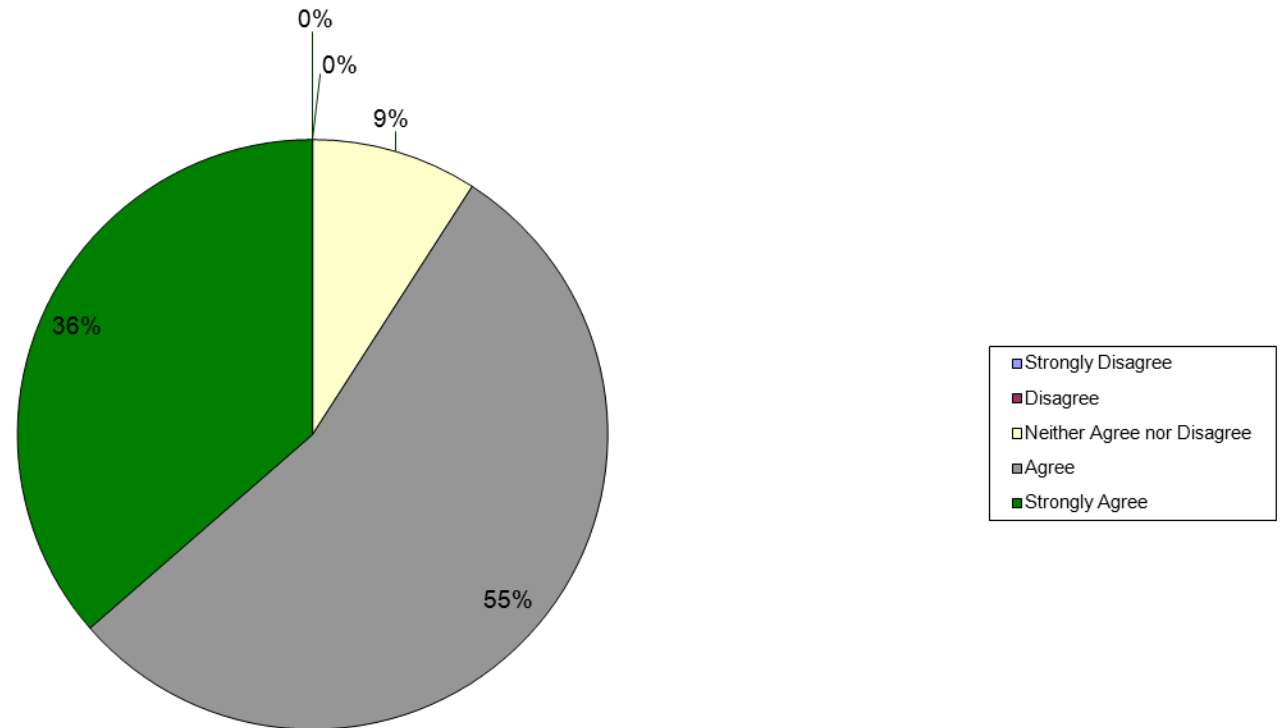
- Risk factors associated with mental illness include poor problem solving skills, inability to generate alternative solutions, elevated levels of stress & poor coping skills
- Adolescents suffering from depression view the environment as overwhelming, with obstacles that cannot be overcome, and as continually resulting in failure or loss
- Teens can learn how to frame problems, create more options and become better problem solvers using Creative Problem Solving (CPS). Teens can recall this as a coping skill by asking oneself, 'What has helped me feel more hopeful or successful?'
- What's Stopping Us...
  - is how to teach CPS to groups of 50 or more
  - in one class period of less than an hour!
- *Russ and Gloria...?*



**Start the 45 minute clock!**

# The teens said....

I learned something new ...



**91% learned something new!!**

# What did teens say was most helpful from Problem/Ideas/Plan?



- PIP problem solving considered to be a worthwhile and important topic
- Felt like they learned something new and useful-
  - breaking large problems into smaller pieces
  - acting within 24 hours as essential
  - enlisting others' help
- Liked that group was open and accepting (deferring judgment!)
- Learned how to use the skills and apply them to real life situations
- 79% felt that they would use it in the future!

# What did adults say was most helpful from Problem/Ideas/Plan?



News! Social and emotional learning yields 11 point gain in academic achievement.  
- CASEL July 2010

- Convergent/Divergent steps, deferring judgment (11)
- Importance of positive energy, creativity, collaboration in group setting (4)
- PIP tool/worksheet, concrete process, nominal process (3)
- Like the post it brainstorm and voting to choose ideas/stress-less choices (3)
- Idea generation, concept of saying ideas aloud plus writing (2)
- Using creative problem solving with large groups (2)
- Breaking down goals into tasks that students can utilize
- Decision making

# Acknowledgement of PIP Collaborators

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[www.warmlines.org](http://www.warmlines.org)



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[www.breakfreefromdepression.com](http://www.breakfreefromdepression.com)



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Youth Health Connection  
South Shore Hospital  
[www.southshorehospital.org/yhc](http://www.southshorehospital.org/yhc)



# Debrief and evaluation



For information on using PIP CPS to build the skills and knowledge of adolescent wellness, visit [www.AdolescentWellness.org](http://www.AdolescentWellness.org)