

Referral for Treatment

The Massachusetts Child Psychiatry Access Project (MCPAP) is available to every pediatrician in Massachusetts to provide treatment consulting and referral suggestions.



www.MCPAP.org

MCPAP is also being piloted with school nurses in several communities.

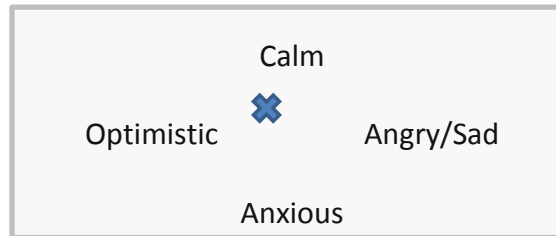
For help implementing these resources, contact:
Adolescent Wellness, Inc.

www.AdolescentWellness.org

(781) 727-8617

BobAnthony@AdolescentWellness.org

Coping skills to navigate the mood matrix



The *National Strategy for Suicide Prevention* identifies coping and problem solving skills as protective factors. After one hour learning these skills, teens said:

"I used to think..."

...there wasn't an easy way to solve worrying problems /organize thoughts when worrying."

...trying to help people not to worry was pretty hard and there were no good ways to help."

"Now I think..."

...making a plan is easy and helps organize thoughts."

...there are many ways to help people not to worry and they are so easy to teach people and tell them about."

Also see: MSPP INTERFACE Referral Service from the Massachusetts School of Professional Psychology (MSPP)

www.MSPPinterface.org

Also see: Collaborative for Academic, Social, and Emotional Learning (CASEL)

www.CASEL.org



Hot Topic Discussion Adolescent Mental Health: Coping & Prevention Strategies

Massachusetts has 1.4 million kids; 104,608 will experience depression if we do nothing differently.

22 healthy kids accessing better coping skills prevents 1 case of depression. Here are activities for kids to learn and exercise better coping skills and knowledge.

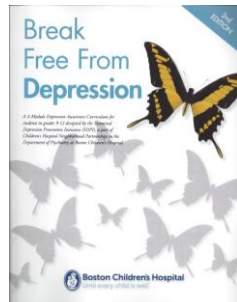
"The number needed to treat to prevent one case of depressive disorder was 22"

~Am J Psychiatry 2008; 165:1272–1280

Original article may be downloaded through the Google short url: <http://goo.gl/7bVNoY>

Resources for High School

Break Free From Depression
~Boston Children's Hospital, 2013



<http://goo.gl/JRI18G>

Chapter 3 - Four Module Curriculum
Chapter 4 - Supplementary Activities
for Building Coping Skills

Alternate curricula:

Signs of Suicide (SOS)

www.mentalhealthscreening.org

Adolescent Depression Awareness Program
~ Johns Hopkins

<http://goo.gl/iGN7On>

Resources for Middle grades

This virtual Wellness Center is accessed directly by students to learn creative problem solving and other coping skills.



[www. MSPP.whyville.net](http://www.MSPP.whyville.net)

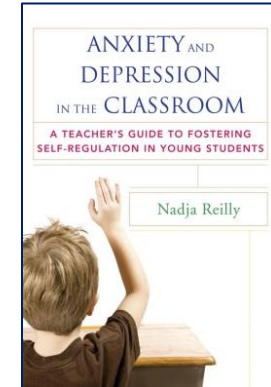
“The transition from middle school to high school was an overwhelming experience for me due to the increase in schoolwork and the immersion into a new environment.

After learning effective techniques for dealing with stress in these workshops, I decided to become a peer leader for this organization, for I wanted to pass on these coping mechanisms to other teens.”

Also, for Middle grades, download:
Break Free From Depression
Chapter 4 - Supplementary Activities
for Building Coping Skills
<http://goo.gl/c1aeSI>

Resources for Elementary grades

Anxiety and Depression in the Classroom
A Teacher's Guide to Fostering Self-regulation in Young Students



~Reilly, N., 2014 W.W. Norton & Co.

Also see activities in game format:

www.MSPP.Whyville.net



www.IfYouCan.org

