

CDRC | Center for Depression Research and Clinical Care

YAM Impact

Presented by Dr. Madhukar H. Trivedi

Madhukar.Trivedi@utsouthwestern.edu



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[Depression Affects Almost 1 in 10 Americans](#)

[Depression Has Skyrocketed During COVID-19 Pandemic, Study Says](#)

[Surgeon General Warns of Youth Mental Health](#)

[Trends in U.S. Depression Prevalence from 2015 to 2020: The Widening Treatment Gap](#)

[Depression and Anxiety Are on the Rise Globally](#)

Depression is a Global Health Epidemic

[Depression as a disease of modernity: explanations for increasing prevalence](#)

[COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide \(who.int\)](#)

[An epidemic of depression or the medicalization of distress?](#)



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Depression in Texas

- For the second year in a row, Forbes has listed Texas as the worst state for mental health care in the country
- 429,000 youth in Texas experienced a major depressive episode last year

74.9%

of youth with major depression did not receive any mental health services in 2023

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Suicide as a Cause of Death

In 2022, suicide was among the top 5 causes of death for individuals aged 18-65

INDIVIDUALS AGED 18-65



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Data obtained from WISQARS CDC: "10 Leading Causes of Death, United States, 2022"

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Suicide Among Youth

In 2022, suicide was the 3rd leading cause of death among youth 10-24 years old.

3rd leading cause of death among youth 10-24 years old.



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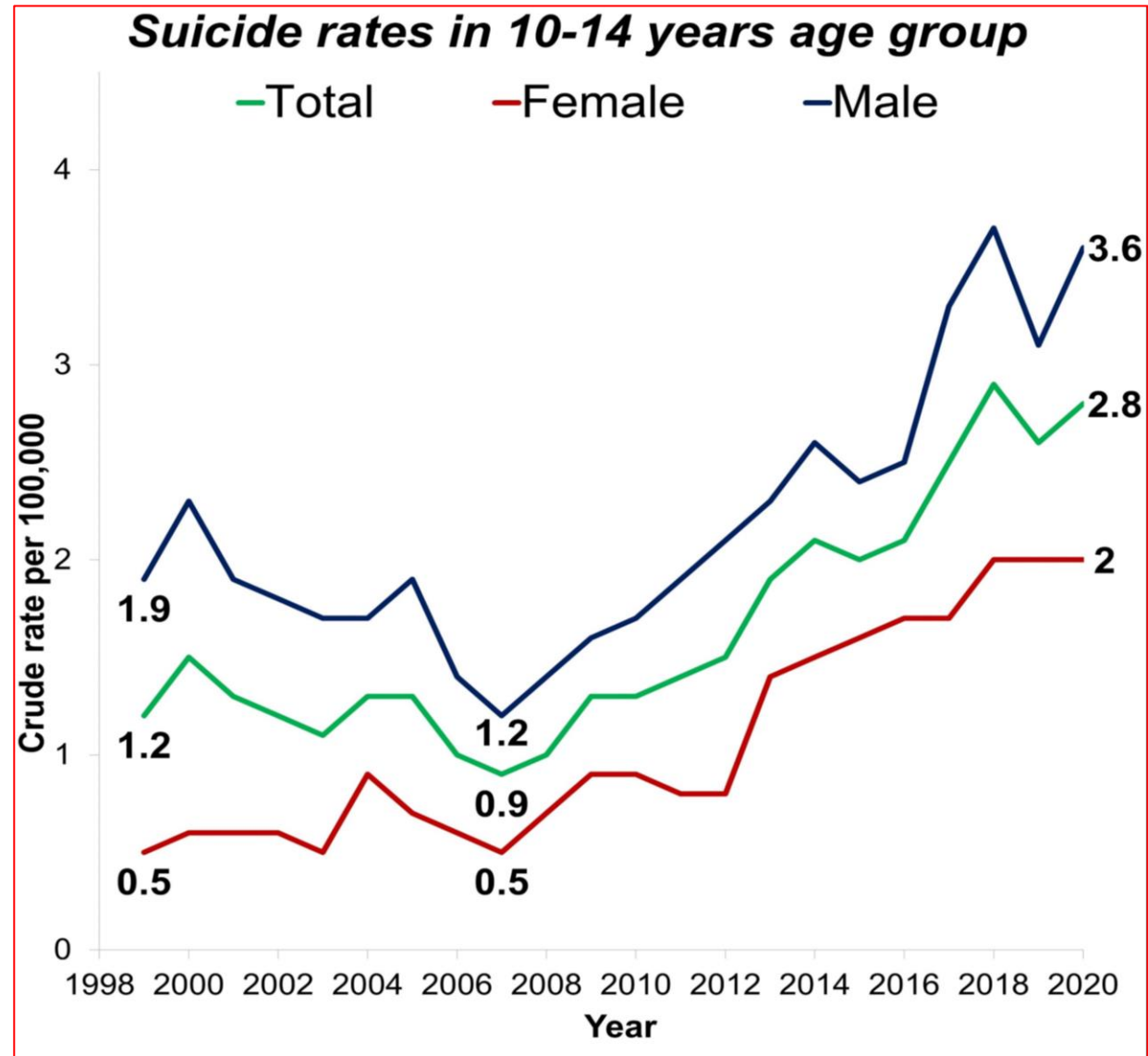
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Data obtained from WISQARS CDC: "10 Leading Causes of Death, United States, 2022"

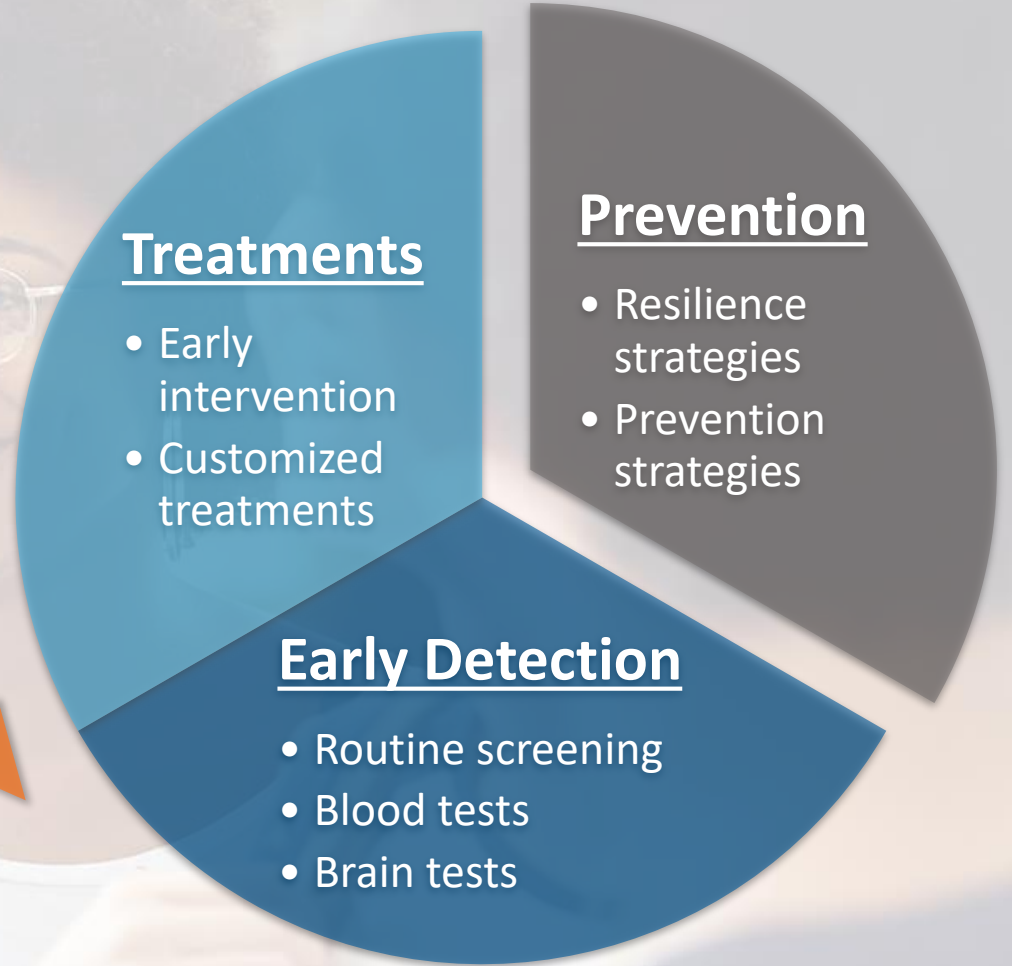
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Youth Suicide Rates in the US

Annual crude rates of suicide per 100,000 individuals were obtained from the CDC WONDER underlying cause of death database for 1999 to 2020.



The greatest strides in medicine have been accomplished through prevention and early detection.





Prevent Depression and Anxiety



Discover the Cause



Create Biosignatures



Study New Treatments



Implement Personalized Treatment



Our Goals



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Youth Pilot Programming

UT Southwestern is continually developing different mental health promotion programming and/or evaluating current mental health programming to improve its effectiveness and acceptability for youth.



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Youth Aware of Mental Health (YAM)



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What is **YAM** YOUTH AWARE OF MENTAL HEALTH ?

- An evidence-based program delivered by certified facilitators to students in the classroom setting
- Created by a group of researchers in public and community health, child and adolescent psychiatry, and anthropology, from the Sweden's Karolinska Institutet and Columbia University
- YAM was adapted for use in the U.S. by UT Southwestern (Hughes, Trivedi) and Montana State University (Lindow, Byerly) and successfully piloted with middle and high school students in 30 schools in North Texas

Saving and Empowering Young Lives in Europe (SEYLE)

Wasserman et al. *BMC Public Health* 2010, **10**:192
<http://www.biomedcentral.com/1471-2458/10/192>


BMC
Public Health

STUDY PROTOCOL **Open Access**

Saving and Empowering Young Lives in Europe (SEYLE): a randomized controlled trial

Danuta Wasserman^{*1}, Vladimir Carli^{1,13}, Camilla Wasserman¹⁵, Alan Apter², Judit Balazs³, Julia Bobes⁴, Renata Bracale¹³, Romuald Brunner⁵, Cendrine Bursztein-Lipsicas², Paul Corcoran⁶, Doina Cosman⁷, Tony Durkee¹, Dana Feldman², Julia Gadoros³, Francis Guillemin⁸, Christian Haring¹⁰, Jean-Pierre Kahn⁹, Michael Kaess⁵, Helen Keeley⁶, Dragan Marusic¹¹, Bogdan Nemes⁷, Vita Postuvan¹¹, Stella Reiter-Theil¹², Franz Resch⁵, Pilar Sáiz⁴, Marco Sarchiapone¹³, Merike Sisask¹⁴, Airi Varnik¹⁴ and Christina W Hoven¹⁵

- At 12-month follow-up, YAM associated with significant reductions in:
 - Incident suicide attempts
 - Severe suicidal ideation
 - Depressive symptoms

 **School-based suicide prevention programmes: the SEYLE cluster-randomised, controlled trial**

Danuta Wasserman, Christina W Hoven, Camilla Wasserman, Melanie Wall, Ruth Eisenberg, Gergo Hadlaczky, Ian Kelleher, Marco Sarchiapone, Alan Apter, Judit Balazs, Julia Bobes, Romuald Brunner, Paul Corcoran, Doina Cosman, Francis Guillemin, Christian Haring, Miriam Iosue, Michael Kaess, Jean-Pierre Kahn, Helen Keeley, George J Musa, Bogdan Nemes, Vita Postuvan, Pilar Saiz, Stella Reiter-Theil, Airi Varnik, Peeter Varnik, Vladimir Carli

Summary
Background Suicidal behaviours in adolescents are a major public health problem and evidence-based prevention programmes are greatly needed. We aimed to investigate the efficacy of school-based preventive interventions of suicidal behaviours.

Lancet 2015; 385: 1536-44
Published Online
January 9, 2015



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YAM Basics

- Includes five one-hour sessions to be completed over three to five weeks
- Provides youth with a safe space where they can play out real-life situations and incorporate their own content

The six main themes of YAM are:

Awareness about mental health

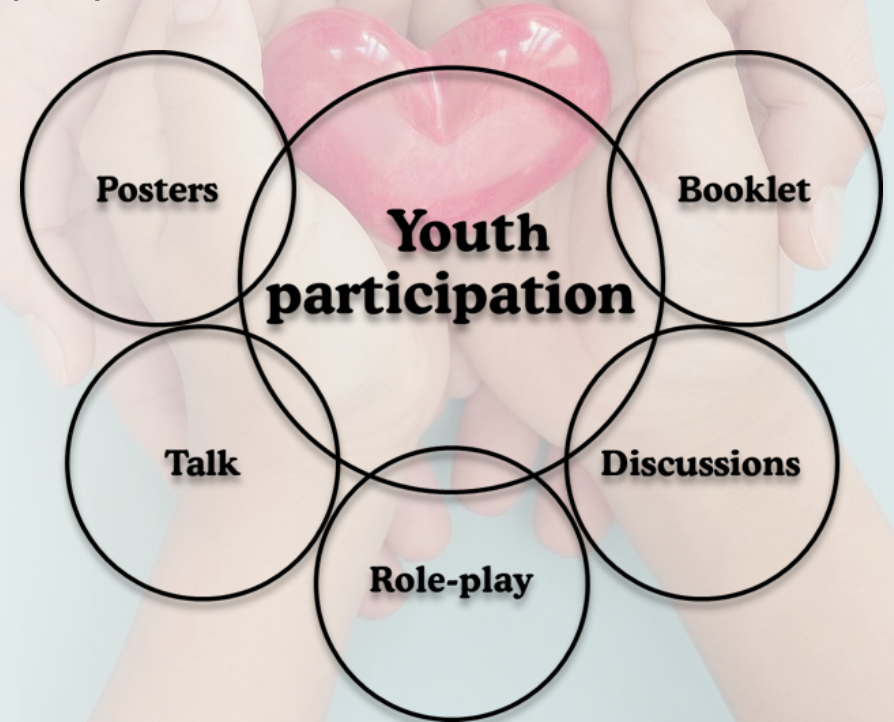
Self-help advice

Stress and crisis

Depression and suicidal thoughts

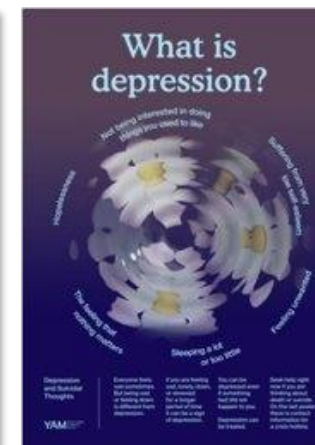
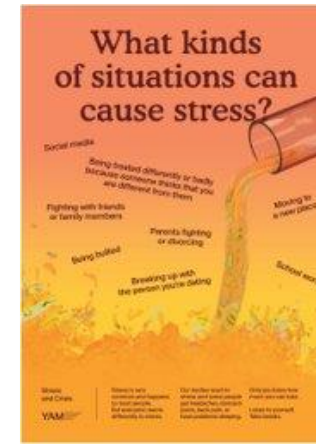
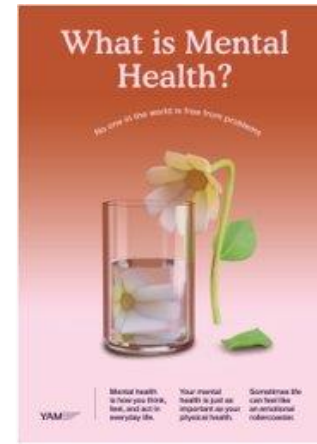
Helping a troubled friend

Getting advice: who to contact



YAM Materials

- Booklet for each student to keep
- Posters for duration of classroom sessions



YAM in the US: Pilot

KERA
Texas Standard

Doctors Are Going Inside North Texas Schools To Study, Treat Depression In Teenagers

KERA | By Justin Martin
Published May 16, 2018 at 2:43 PM CDT



▶ LISTEN • 5:16



UT Southwestern /


Dr. Jennifer Hughes of UT Southwestern is among researchers educating teenagers about depression and suicide.

Archives of Suicide Research, 24:269–284, 2020
© 2019 International Academy for Suicide Research
ISSN: 1381-1118 print/1543-6136 online
DOI: 10.1080/13811118.2019.1624667

 Routledge
Taylor & Francis Group



Feasibility and Acceptability of the Youth Aware of Mental Health (YAM) Intervention in US Adolescents

Janet C. Lindow , Jennifer L. Hughes, Charles South, Luis Gutierrez, Elizabeth Bannister, Madhukar H. Trivedi*, and Matthew J. Byerly*



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Lindow J, Hughes J, Trivedi MH, et al. (2020). The Youth Aware of Mental Health Intervention: Impact on help seeking, mental health knowledge, and stigma in US adolescents. *Journal of Adolescent Health*, 67(1), 101-107

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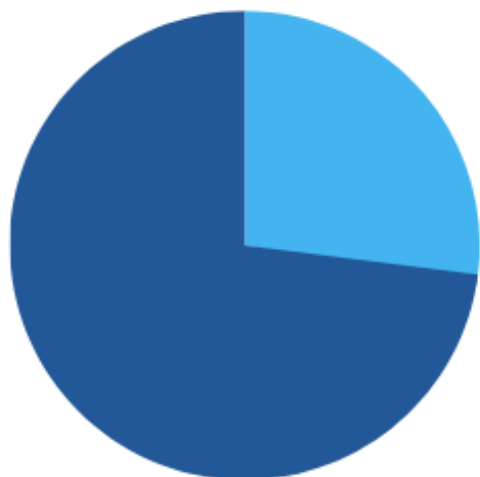
YAM in the US: Pilot

- 2016-2017 academic year: UT Southwestern CDRC and Montana State University
- Conducted in urban and rural schools in Montana and Texas
- **Significantly improved help-seeking behaviors with peers and school staff, reduced mental health stigma, improved mental health literacy**



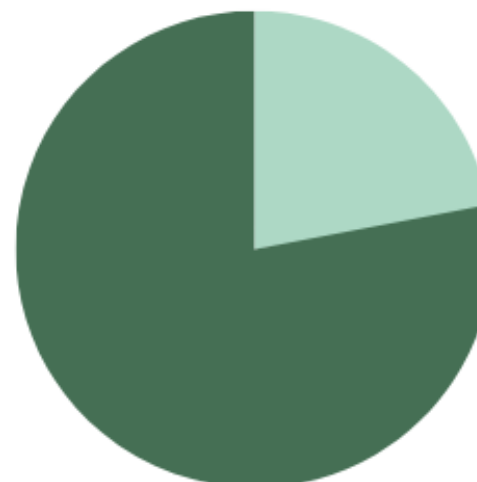


Depression Severity at Study Entry



27% experiencing moderate-to-severe depression

Anxiety Severity at Study Entry

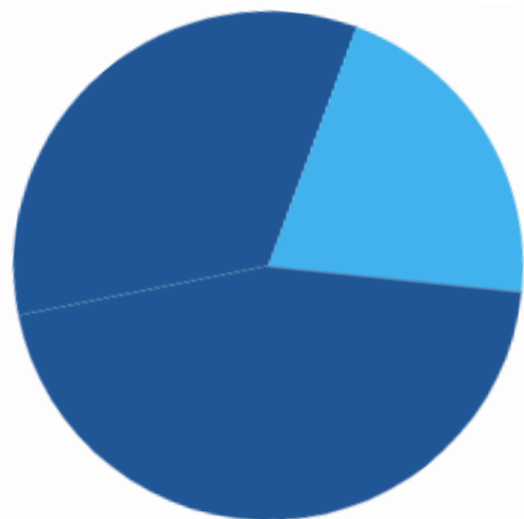


22% experiencing moderate-to-severe anxiety



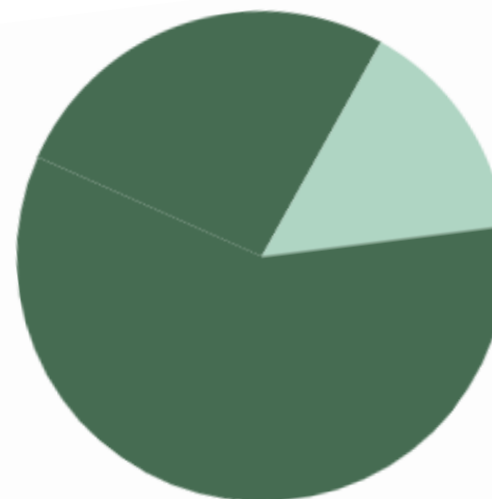


Depression Severity at Study Exit



21% experiencing moderate-to-severe depression

Anxiety Severity at Study Exit



15% experiencing moderate-to-severe depression





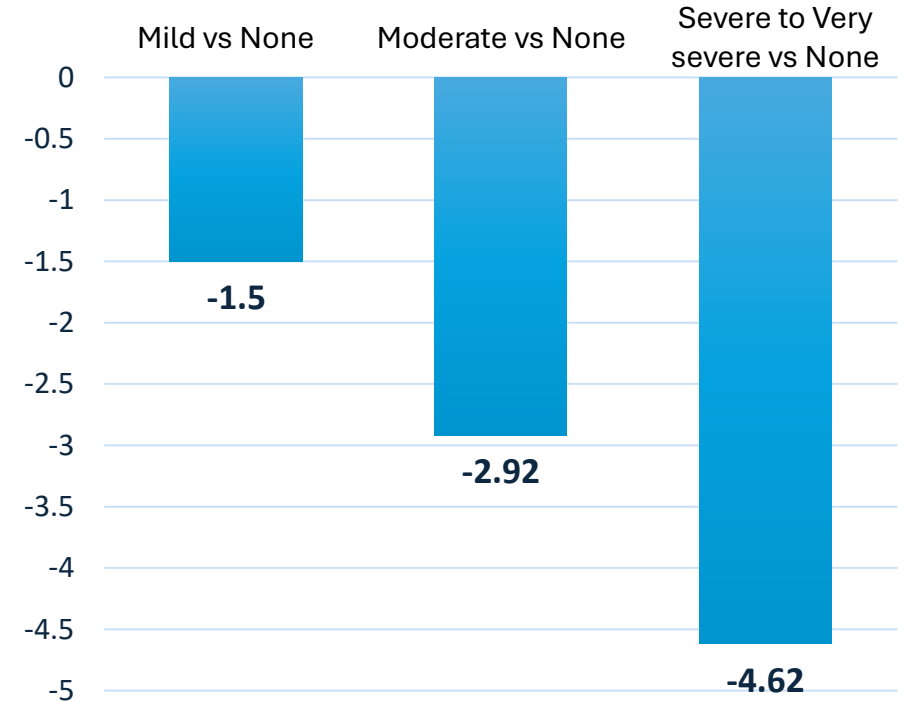
Results:

YAM implementation decreased severity at follow-up across all levels.



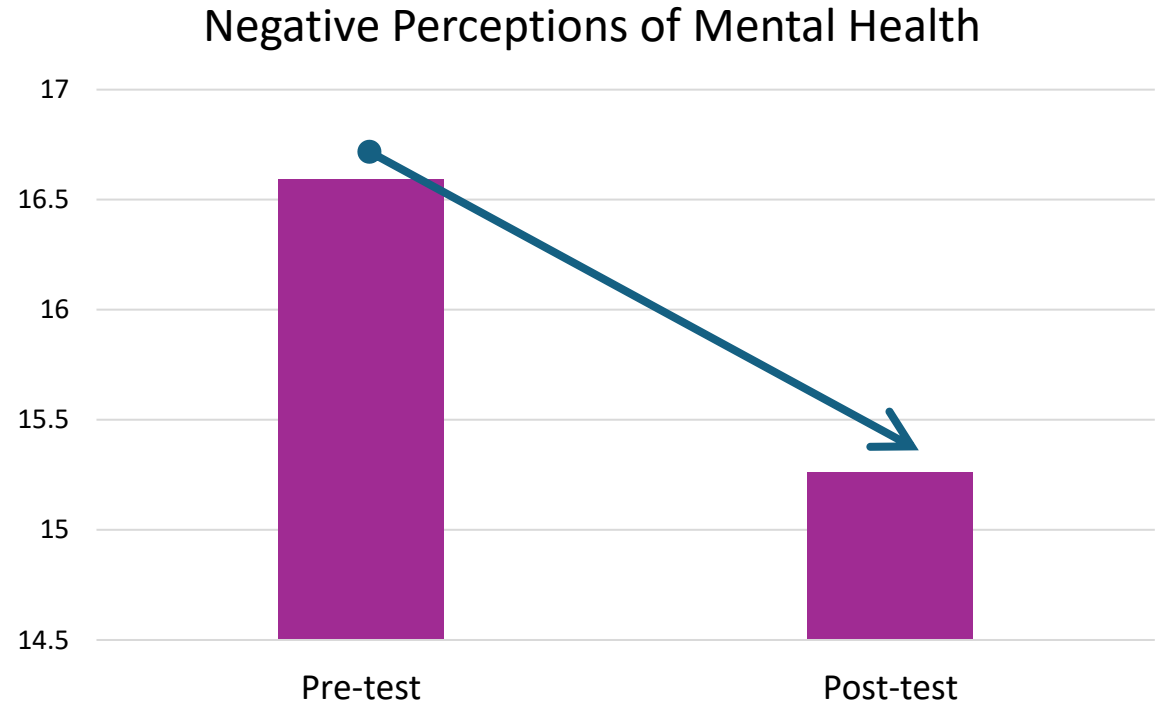
YAM is a promising intervention that can improve symptoms of depression and anxiety.

Change in Depression Post-YAM



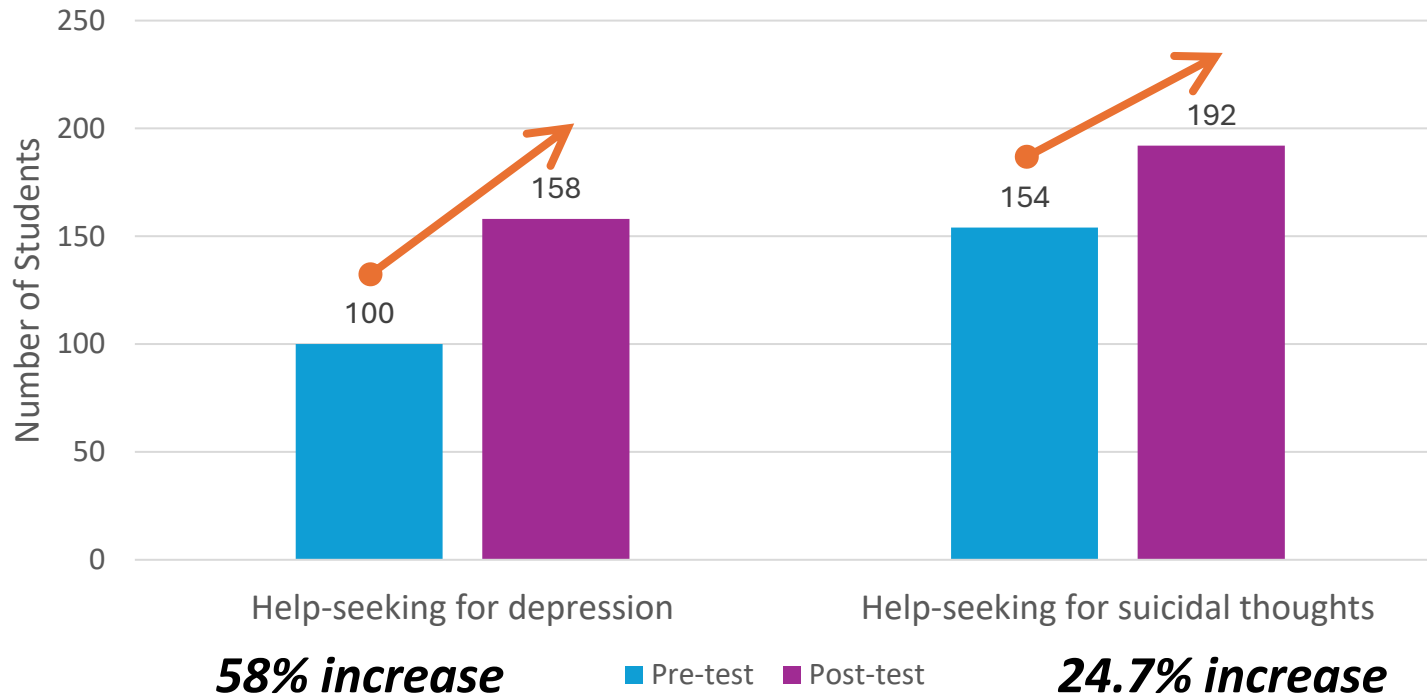
Reducing Stigma in Youth

In an evaluation of the effect of Youth Aware of Mental Health programming on stigma, students experienced significant reductions in stigma towards mental health



Protecting Against Suicide

Changes in Help-Seeking Behaviors Before and After Intervention



Among the 436 participants, significant increases were found pre- to post-intervention in help-seeking behaviors, along with improved mental health literacy, and decreased mental health-related stigma



YAM Impact

Prevention of **1** New Suicide Attempt
can be accomplished through YAM for **91 Youth (3 Classrooms)**

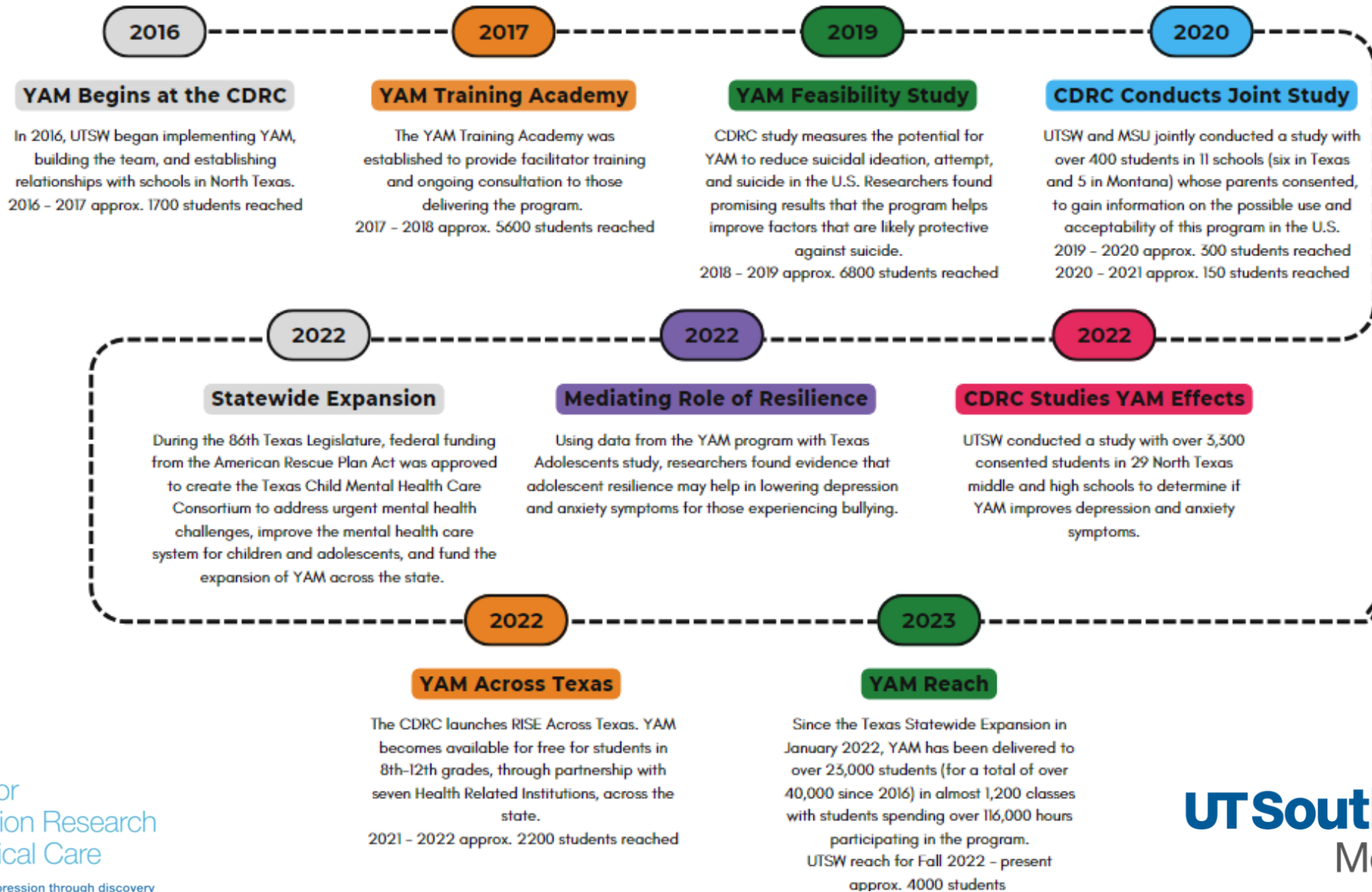


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YAM at the CDRC



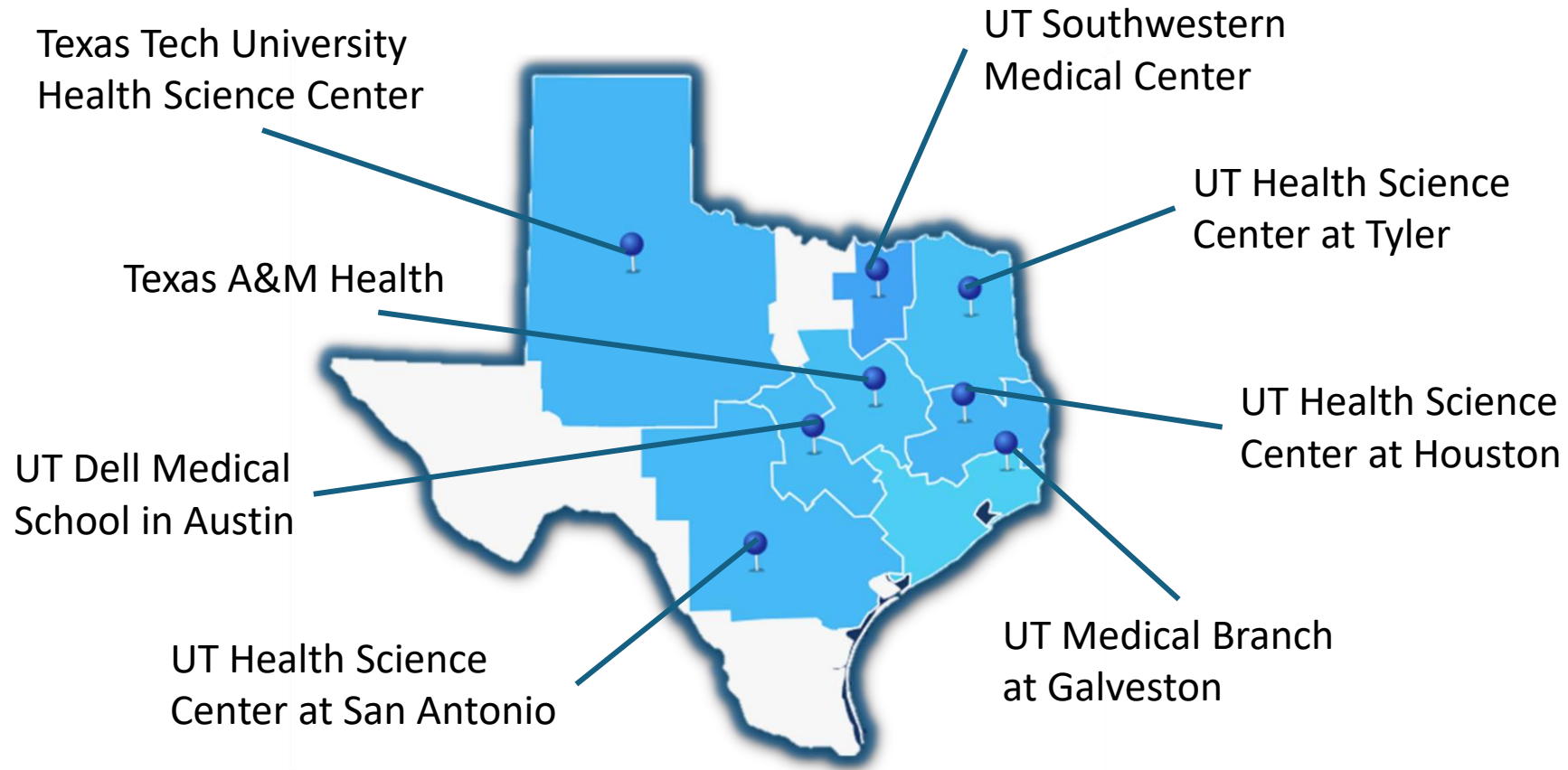
Expanding Our Reach: Statewide Partnerships with Health Related Institutions (HRIs)



tcmhcc

UTSW partnered with the Texas Child Mental Health Care Consortium (TCMHCC), created by the 86th Texas Legislature, and charged with improving mental health care, systems of care, and research on behavioral health for the children and adolescents in Texas.

YAM Train-the-Facilitator Sessions: HRI Regions



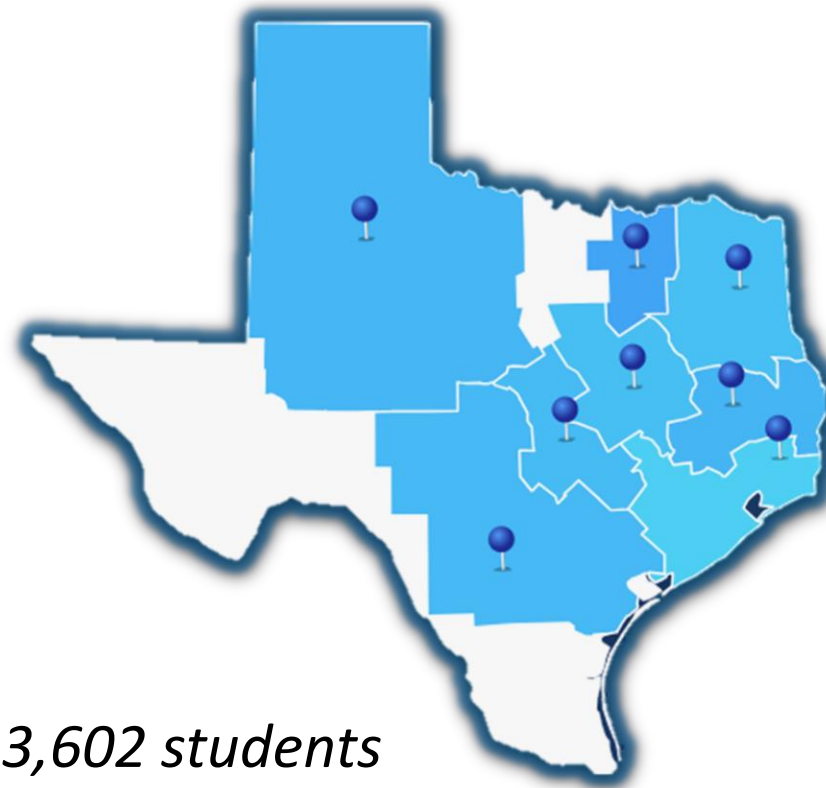


YAM YOUTH AWARE
OF MENTAL
HEALTH

HEALTH
OF MENTAL



**YAM is expanding
across the state**



*Fall 2016 to present: 23,602 students
received YAM intervention in North Texas*



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Exponential Growth: CDRC Training Academy

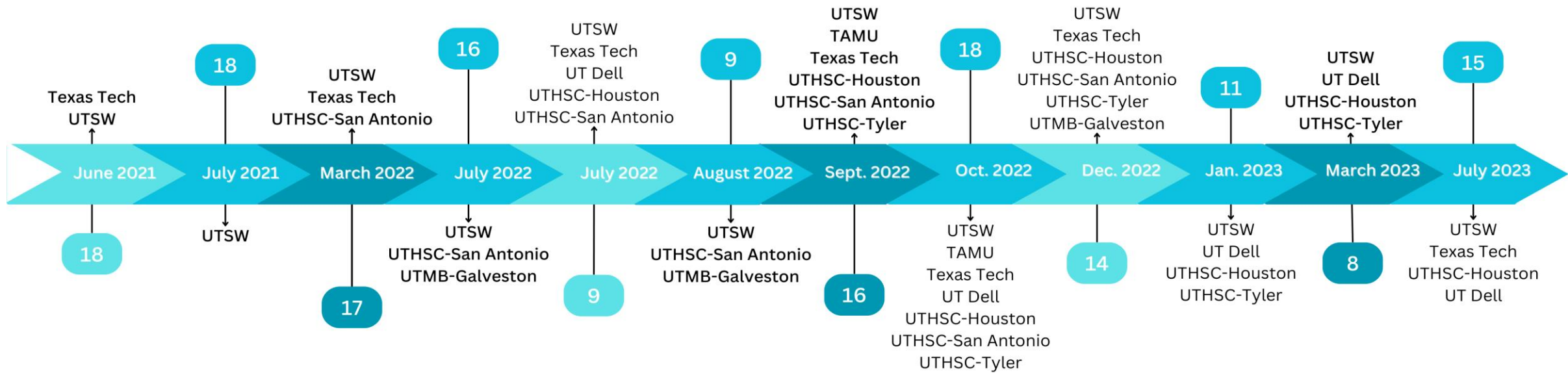
- Increase the number of certified YAM facilitators to reach more students
- Utilize HRIs to direct local efforts
- Create sustainable programming throughout Texas that is regionally relevant



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YAM Statewide Expansion: Results Thus Far



230 facilitators trained across Texas
since implementation



4 certified facilitator trainers
at UT Southwestern



Over **32,000** students in Texas
have completed YAM



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From Summer 2022 – July 2024

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The Future of Youth Depression Prevention, Detection, and Treatment

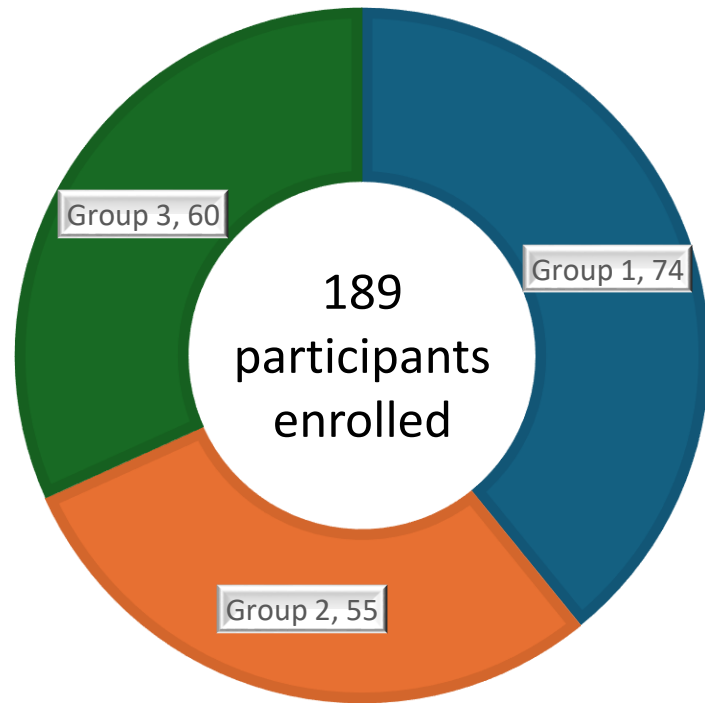


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AFSP: American Foundation for Suicide Prevention



109 participants have completed the study as of July 2024

Group 1: Recent suicide attempt/increased ideation

Group 2: At-risk for developing depression

Group 3: Healthy control



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We Still Need to Find Treatments That Work

TASK: Using Ketamine for Suicidality in Adolescents

Participants will receive either four ketamine or midazolam infusions over the course of a two-week period.

28 participants have completed the study already (as of May 2024).

264 Adolescents will be recruited for this project, making it one of the largest studies to date looking at the potential impact of ketamine on adolescent suicidality.



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Unmet Need

- Overlapping symptoms of mood and anxiety disorders
 - Mismatched treatments
- Translating clinical research findings is challenging because clinical research does not represent the general population.

T-RAD Study Cohort

T-RAD is a longitudinal, naturalistic observational study of depressed adolescents or those at-risk of depression, and adults with a history of depression over the lifespan.

Texas Resilience Against Depression (T-RAD)

The T-RAD study aims to understand depression in a naturalist, real-world patient population.

Identifying risk and resilience factors and biomarkers of depression will inform how we prevent, diagnose, and treat this disease.

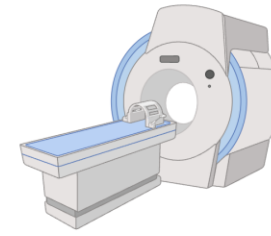


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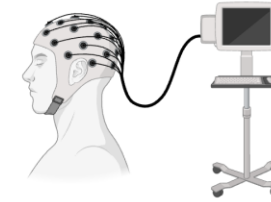
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Bench-to-Bedside

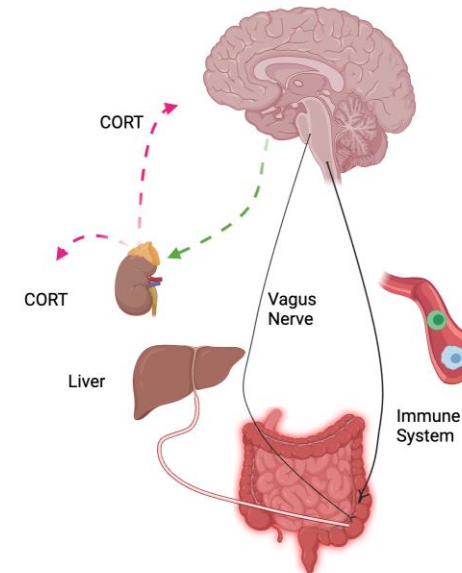


Magnetic Resonance Imaging (MRI)



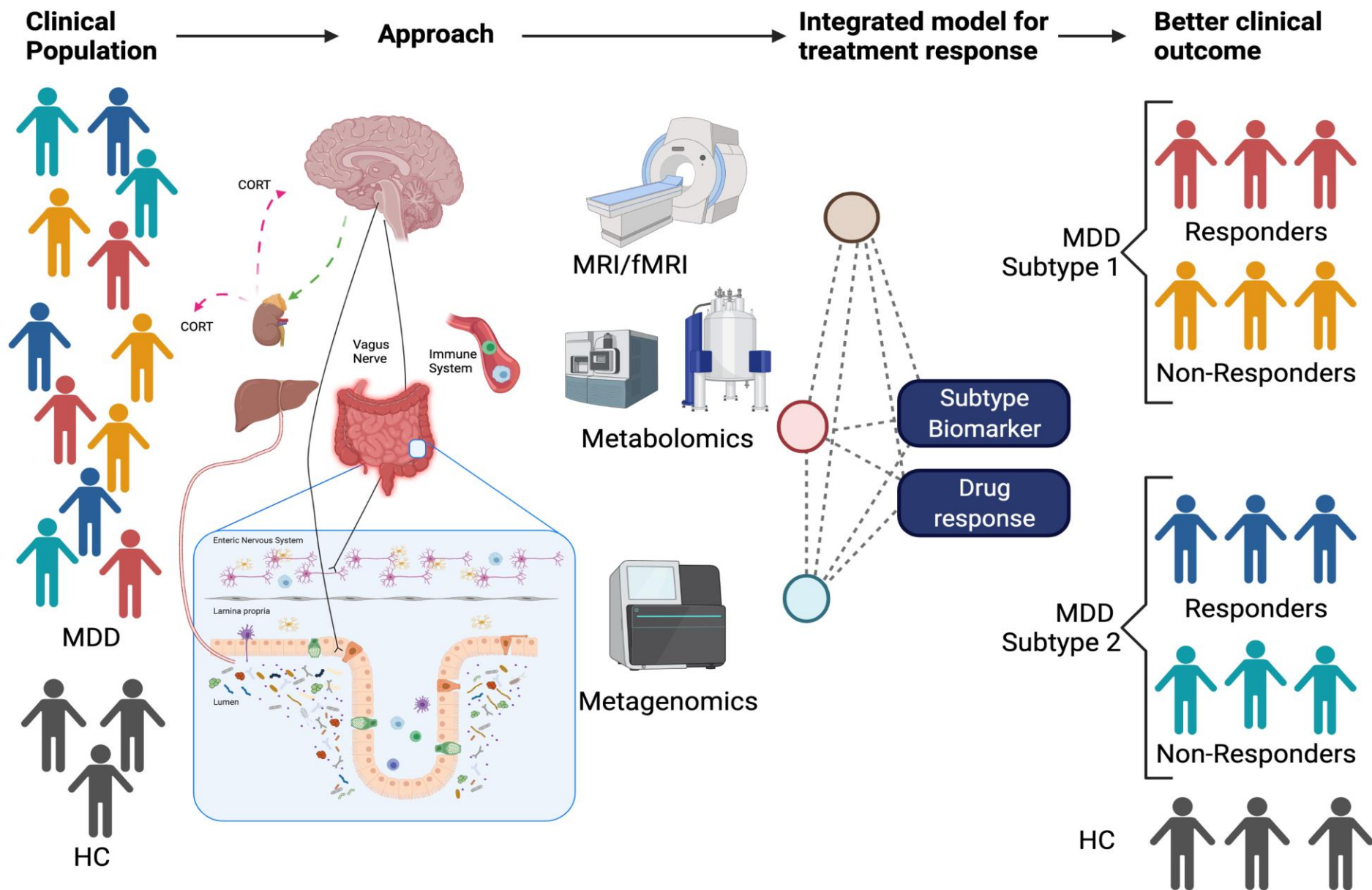
Electroencephalogram (EEG)

BRAIN CONNECTIVITY



Gut-brain Axis Biomarker Discovery

The Next 10 Years - Advancing Precision Medicine Approaches





Questions?



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