

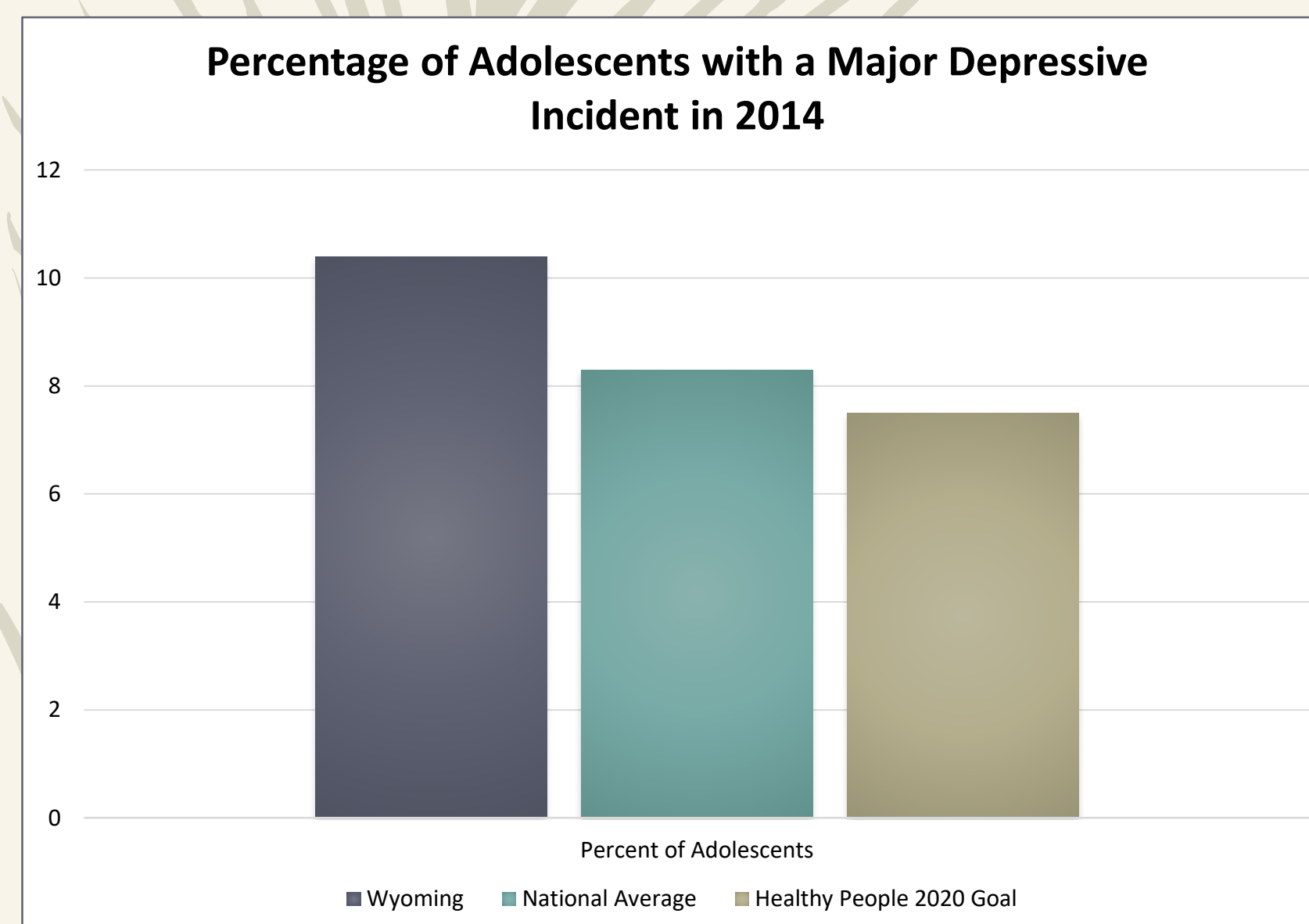
Writing Away Depression

Decreasing Depression in the Adolescents of Gillette, Wyoming

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Purpose

The goal of this program is to decrease the incident of depression in Gillette, Wyoming's high school students through a journaling phone application.



Method

- A literature review revealed that students who engage in journal writings based in Cognitive Behavioral Therapy (CBT) noted a decrease in depressive incidents and an increase in self-awareness.
 - These results were similar if the students wrote by hand or by keyboard.
- As many teens prefer to use their phone, a program was developed to utilize a phone CBT journaling application.

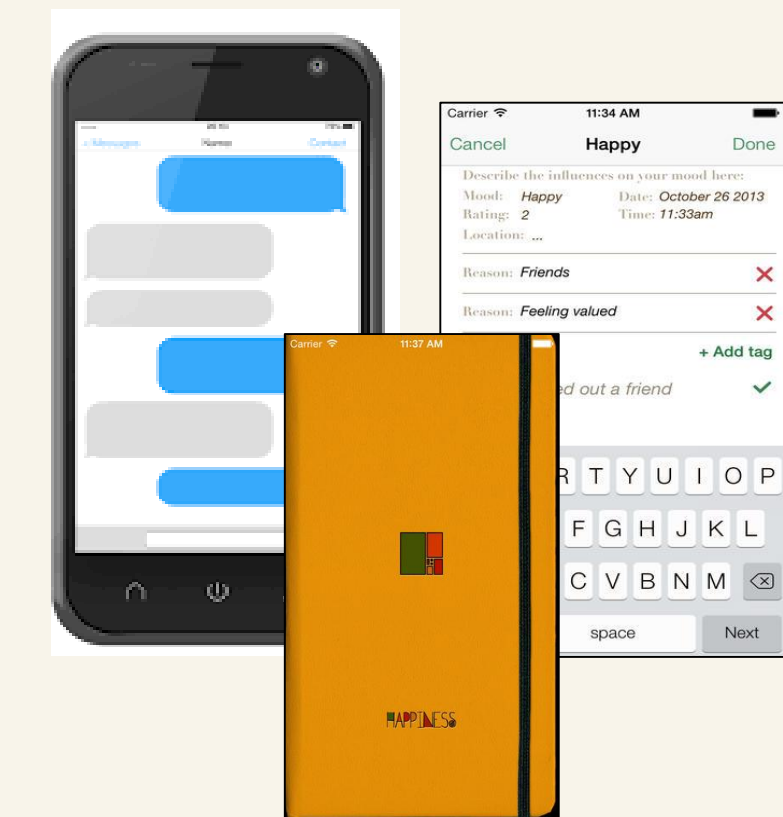
Background

- Gillette, Wyoming has a population of 32,649 people as of 2015. It is the second youngest county in the state with 28% of its people under the age of 18.
- 1 in every 10 of its residents work in one of the 12 coal mines that surround the city. Coal is the main industry of the region. Unfortunately, there has been an industrial depression and many of the mine's employees have been laid off. This economic unrest coupled with the city's history of high teen suicide rates has public health officials and community members concerned about the mental health of their youth.
- 11.4% of students ages 13-18 suffer from depression nationally. This percentage peaks to 15% at the age of 17.
- Campbell County High School currently hosts a support group for students who struggle with depression and is searching for additional programming.



Results

- The plan and project were discussed and agreed on by the public health nurse.
 - The nurse was provided a project design and proposal to present for approval at the next Coalition meeting.
- With approval by the Coalition and the support group's adult mentors the program would be implemented the beginning of the 2016 fall school year.
- The plan included:
 - A set of apps which students could choose from for their journaling
 - A set of surveys for the students to observe changes
 - A consent form for the students and adults about the journal



Discussion

- Funding could be a concern as not all the applications are free.
- As there is already a support group with adult mentors established the program has a good base to begin in and grow.