

Intergenerational Activities Program (iGAP): Promoting mental health in adolescents and older adults in Thermopolis, Wyoming

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Hypothesis: Participation in an intergenerational activities program will improve mental health in adolescents and older adults



Billiards room at HSC Senior Citizen's Center

Community Health Project Plan

- Partnership between Hot Springs County (HSC) High School and Hot Springs County Senior Citizen's Center
- Adolescents will be partnered with an older adult
- Pairs will meet twice monthly at the HSC Senior Citizen's Center for planned activities, accompanied by a faculty member from HSC High School or Lights On Afterschool Program



Reading room at HSC Senior Citizen's Center

Background

- Thermopolis, Wyoming has a population of 2,937 people, over 24% of whom are over the age of 65
- The town has many programs to support young children and older adults, but few to support adolescents
- Many community members noted adolescent mental health as an area of need in the community

Literature Review

- Many successful intergenerational programs have been implemented across the United States
- Intergenerational activities are shown to improve mental health and well-being in adolescents and older adults



Hot Springs County Senior Citizen's Center (left), Hot Springs County High School (right)

Deliverables

- Shared Demographic Analysis and Literature Review with community partners
- Developed an iGAP Program Guide containing an implementation plan, personality assessment, and mental health assessment

Next Steps

- Facilitate an organizational meeting for community partners
- Identify a faculty mentor from HSC High School or Lights On Afterschool Program
- Identify funding opportunities

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