



CHAMPIONS
= OF CHANGE =

PROBLEM:

YOUTH MENTAL HEALTH CRISIS

Compared with 2019, emergency room visits for suicide attempts rose 51 percent for adolescent girls in early 2021. Among boys, there was a four percentage point increase. Depression and anxiety doubled during the coronavirus pandemic, with 25 percent of youths experiencing depressive symptoms and 20 percent suffering anxiety symptoms.



According to the U.S. Surgeon General, Vivek H. Murphy, December 7, 2021.



OREGON SUICIDE RATES

1st Leading Ages 10-24

2nd Leading Ages 25-34

3rd Leading Ages 35-44

5th Leading Ages 45-54

8th Leading Ages 55-64

13th Leading Ages 65+

#SqueezeOutStigma

PROBLEM

Suicide is the leading cause of death among young people, ages 10-24 in Oregon.

PROGRAM OBJECTIVES



CHAMPIONS
= OF CHANGE =

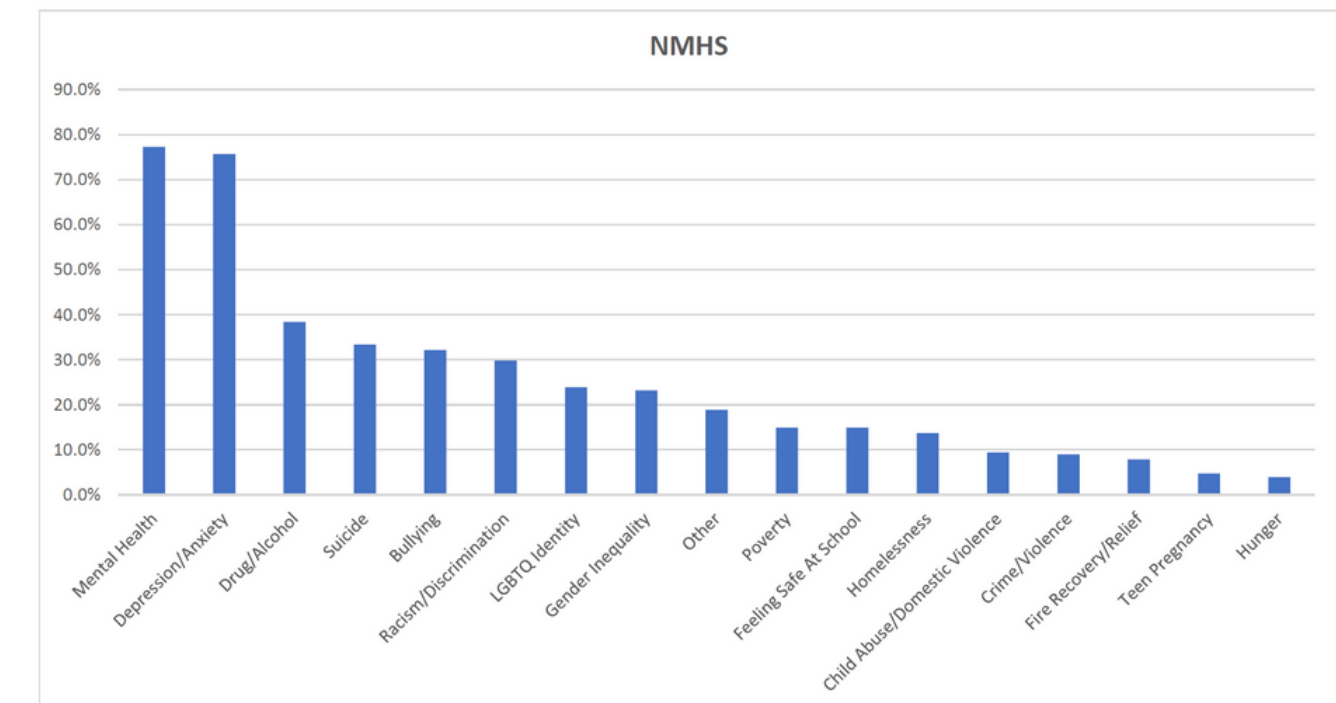
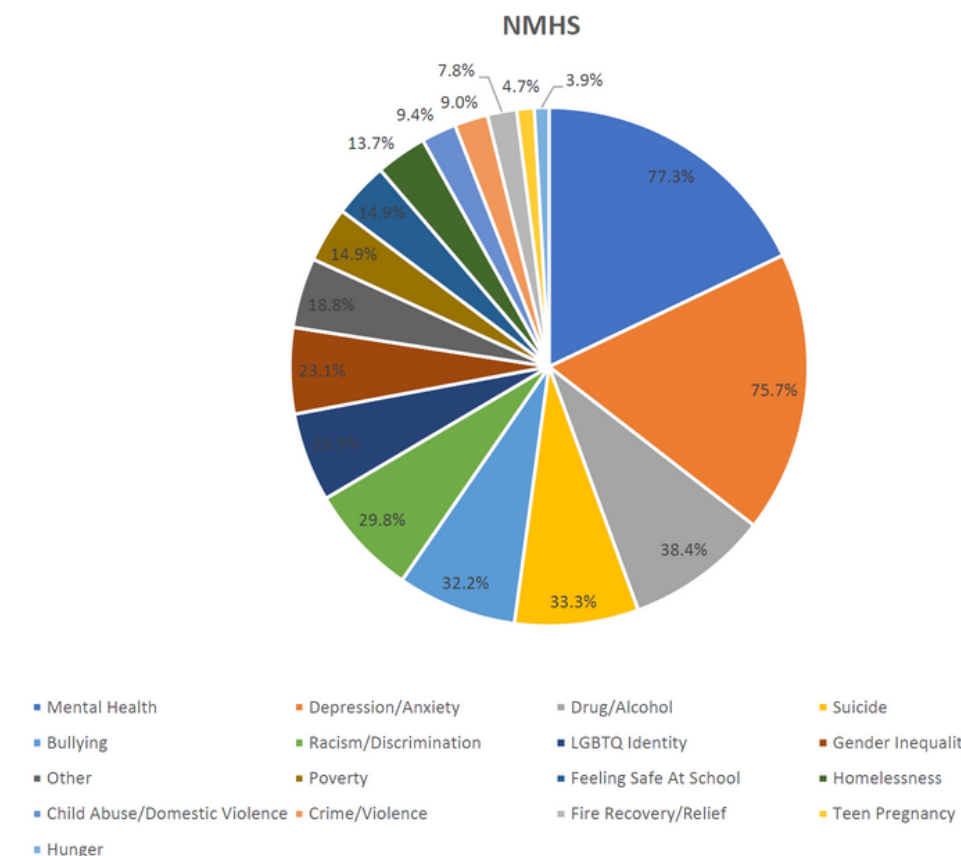
1. Measure and analyze top challenges of teens today.
2. Identify primary contributors of top three challenges.
3. Identify solutions to help mitigate challenges.
4. Develop and execute peer-to-peer program, event or action that aligns with solutions.

1. MEASURE TOP CHALLENGES OF TEENS TODAY

A. Develop and implement peer survey to measure current teen challenges.

B. Collect, analyze and report on data.

EXAMPLE - NMHS



CHAMPIONS
= OF CHANGE =

2. IDENTIFY TOP CONTRIBUTORS TO TEEN CHALLENGES



CHAMPIONS
= OF CHANGE =

EXAMPLE - CASCADE CHRISTIAN HIGH SCHOOL'S TOP DISCUSSION POINTS

- A. Don't understand mental illness and don't have the tools to navigate it.
- B. Pressure and expectations to be perfect by parents, teachers, peers, social media.
- C. Feelings of anxiety and depression are minimized and shamed.

3. IDENTIFY SOLUTIONS TO HELP MITIGATE CHALLENGES



CHAMPIONS
= OF CHANGE =

EXAMPLE - CASCADE CHRISTIAN HIGH SCHOOL'S SOLUTIONS

A. Develop tools:

- Education at schools through curriculum to include mental health.
- Create outlets to connect and support.

B. Empower perspective: create change in mental health comments and reactions.

C. Address deeper issues not superficial comment; create opportunities to connect.

4. DEVELOP AND EXECUTE PEER- TO-PEER PROGRAM OR ACTIVITY



CHAMPIONS
= OF CHANGE =

EXAMPLE - CASCADE CHRISTIAN HIGH SCHOOL'S ACTIONS

A. Post messages of inspiration around school, on social media, in classrooms.

B. Actively practice random acts of kindness for a day or week.

C. Create and execute connection event.

D. Develop summer connection opportunities with lead peers.

PROGRAM BENEFITS & OUTCOMES



1.

INCREASES AWARENESS OF
TEEN CHALLENGES.

2.

TEACHES DEVELOPMENT OF
SURVEY INSTRUMENTS,
ANALYSIS AND REPORTING.

3.

ALLOWS A SAFE FORUM TO
DISCUSS TEEN CHALLENGES
AND DEVELOP SOLUTIONS.

4.

PROBLEM SOLVING IS
HEIGHTENED THROUGH
ACTIVITY DEVELOPMENT &
EXECUTION.

5.

TEENS CREATE OWNERSHIP
OF SOLUTIONS TO SOCIAL
ISSUES.

THANK YOU!

Contact Andrea Childreth to get started!
541-944-2591
andrea@spotlightmkg.com



CHAMPIONS
= OF CHANGE =

CHAMPIONS OF CHANGE 2021



Cascade Christian High School Leadership Class