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## ABOUT THE SWENSRUD DEPRESSION PREVENTION INITIATIVE

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The Swensrud Depression Prevention Initiative is a program that combines consultation from mental health clinicians with innovative tools to promote awareness of depression and suicide.

### **Program Priorities**

- ◆ Increase awareness of depression and suicide
- ◆ Promote mechanisms for early identification and treatment
- ◆ Reduce stigma associated with mental illness

### **Program Model**

- ◆ To assist schools & families develop tools to increase access to mental health services for children
- ◆ Working collaboratively with school staff, community leaders, parents, students & organizations to develop & implement systemic change that promotes mental health & wellness

### **Program Activities**

#### **Training and Professional Development**

The SDPI offers training seminars for school staff (adjustment and guidance counselors, mental health providers, nurses, teachers, administrators) focusing on up to date information about depression and suicide among children and adolescents. Each workshop is specifically tailored to meet the needs of individual schools.

#### **Student and Parent Workshops**

SDPI offers prevention workshops for parents whose children are in grades 7-12. Focus is on adolescent development, enhancing communication, building resilience and understanding of depression and suicide. Prevention workshops are also offered for students. Topics include depression and suicide, bullying, harassment/prejudice, or can be designed specifically to address the needs of the particular student population.

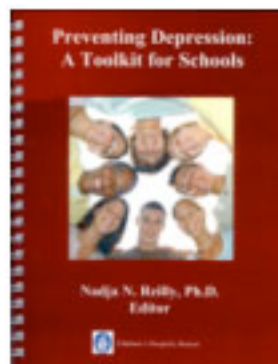
**Prevention Tools:** For use in schools

***An Adolescent Mental Health and Wellness Curriculum:  
A Starter Kit for Schools***



(DeMaso DR, Gold J (Eds.) Children's Hospital  
and McLean Hospital Collaboration, 2005)

***Preventing Depression: A Toolkit for Schools***



(Reilly NN (Ed.), 1st Edition  
Children's Hospital Boston, 2006)