



Adolescent Depression Awareness Program School-Based Instructor Training

Background: The Adolescent Depression Awareness Program (ADAP), based at Johns Hopkins in Baltimore, MD, is a program that educates high school students, teachers and parents about the illness of Depression. Through carefully developed educational tools and curricula, the program delivers the core message that Depression is a treatable medical illness and that concerned individuals should seek help.

Intended Audience: High school based educators and health clinicians who are interested in teaching the ADAP student curriculum in their school(s). These include (but are not limited to): teachers, counselors, nurses, and psychologists.

Training Objectives: (1) To increase participants' knowledge about adolescent Depression and Bipolar Disorder (2) To provide participants with the ADAP training and curriculum materials (3) To educate participants on the use of the materials in the classroom setting

Workshop Content: (1) Statistical and medical overview of Depression and Bipolar Disorder (2) A parent's perspective on adolescent Depression and suicide (3) ADAP curriculum content training (4) Opportunity for networking and discussion

Training Agreement: We ask that participants join us in collecting data on the effectiveness of the curriculum and the training program. The data collection will involve (1) administering a pre- and post-test to the high school students participating in the program and returning the tests to ADAP for analysis. All student testing is anonymous and no personal health information is elicited. ADAP will provide trainees with the results of the pre- and post-testing to determine if the program had the intended effect of improving knowledge and attitudes about Depression in each school setting. (2) We also ask that trainees complete a brief evaluation before and after the program to determine the effectiveness of our training efforts. All trainees must agree to use the materials as intended and not share the materials at this point in time.

Contact: For additional information or questions, please contact Katie Heley by phone, 410.502.3447, or e-mail, kheley1@jhmi.edu.