

EVIDENCE-BASED RISK REDUCTION PROGRAMS IN MONTANA

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MONTANA SUICIDE PREVENTION CONFERENCE – JULY 2018

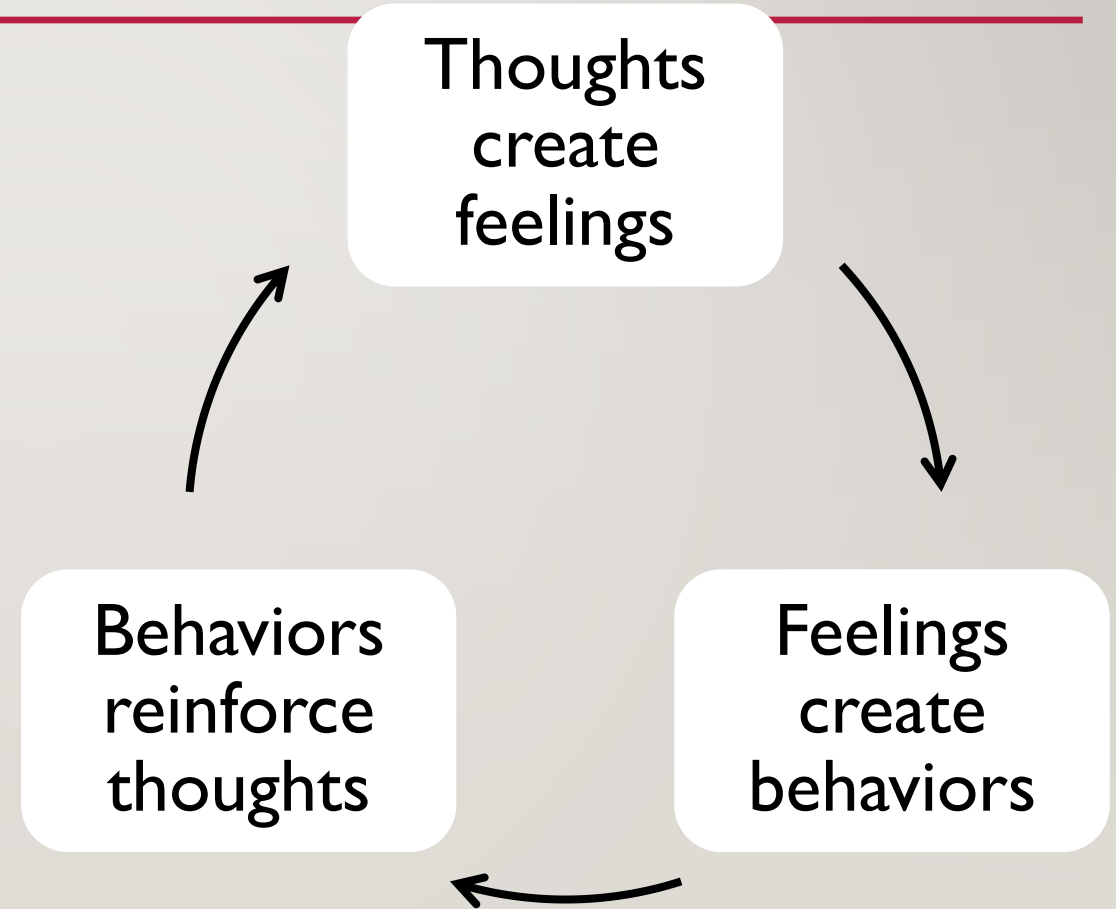


A scenic landscape featuring a paved road winding through a valley. In the foreground, a rustic wooden fence runs across the frame. Three cyclists are riding on the road. The middle ground is filled with dense evergreen forests on rolling hills. In the background, majestic mountains rise under a blue sky with scattered white clouds. A white graphic of the state of Oklahoma is overlaid on the center of the image, containing the text 'thrive' and 'feel better, sooner'.

thrive
feel better, sooner

COGNITIVE BEHAVIOR THERAPY

Focus on changing thought patterns and behaviors.
Feelings will follow.





300 + VIDEOS

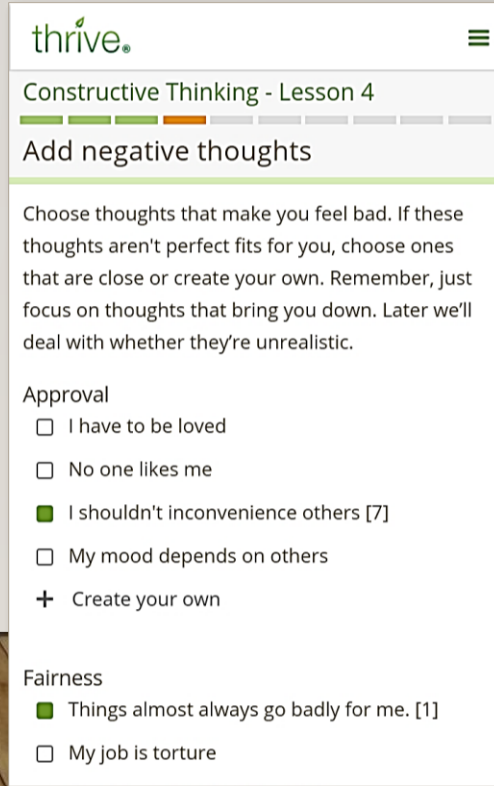
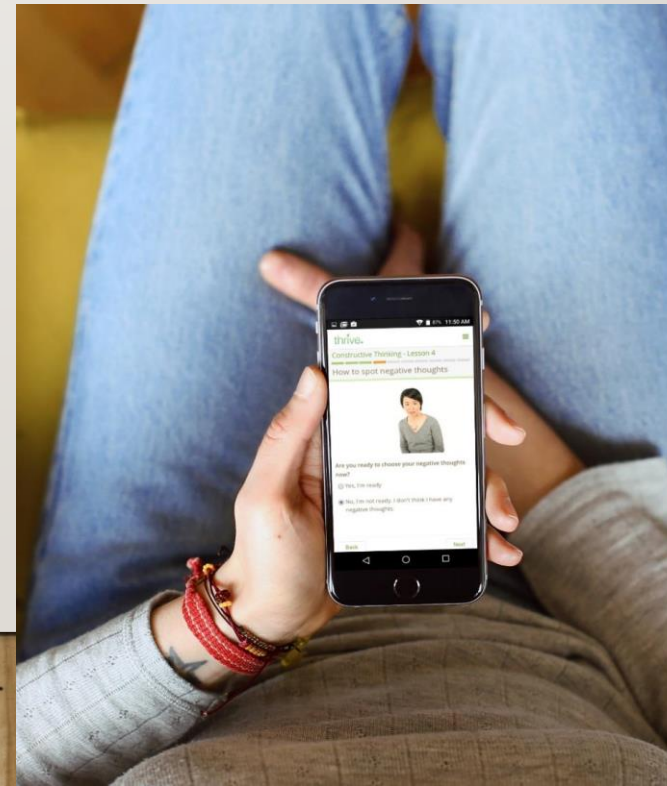
100+ INTERACTIVE ELEMENTS AND ALGORITHMS

Apply skills

Select preferences

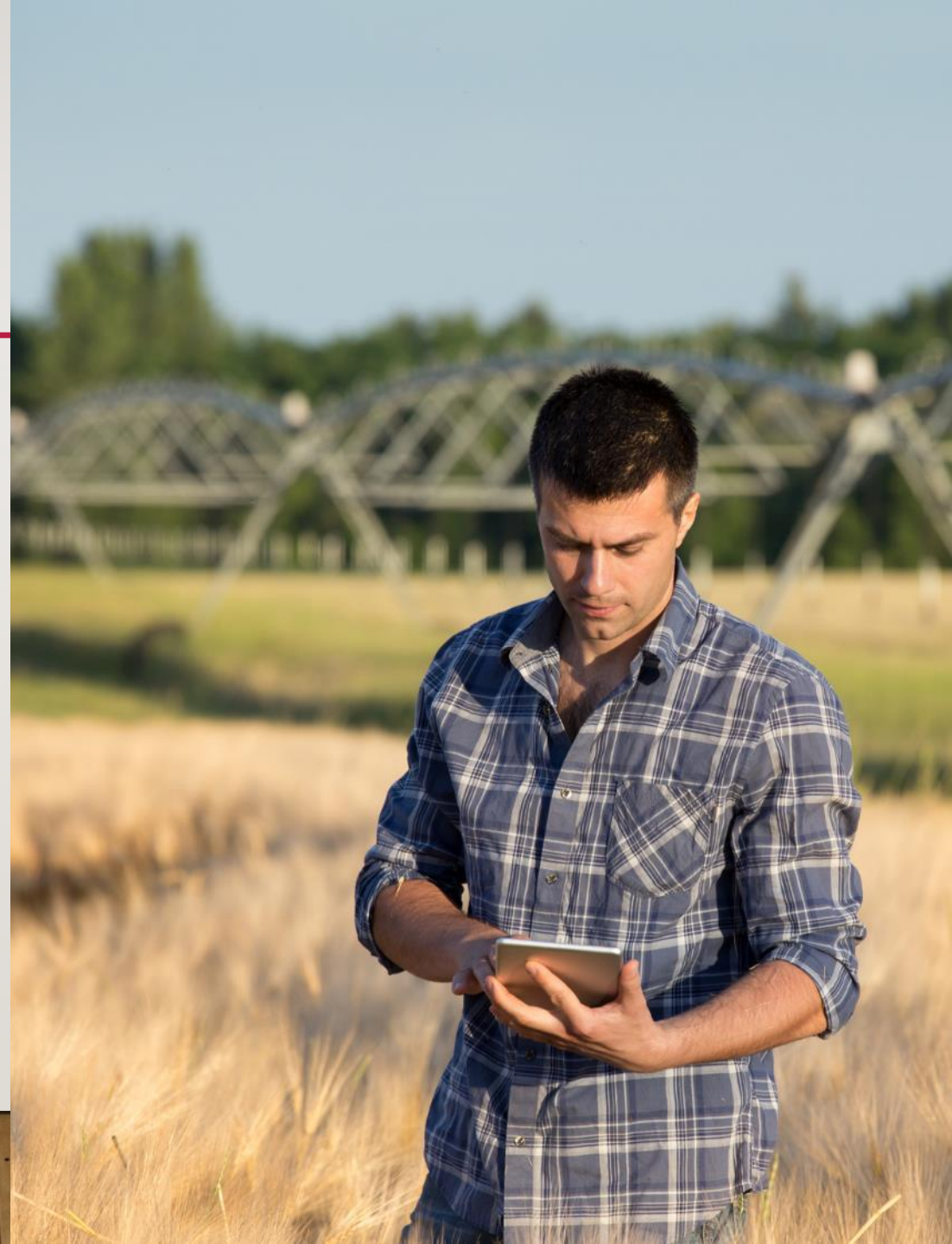
Report symptoms

Personalized for each user



BENEFITS FOR MONTANANS

- Evidence-based intervention
- Easy access via Internet on computer, tablet, and smart phone
- Confidential
- Cost Efficient





EVIDENCE FROM CURRENT TRIAL IN MONTANA

Observed short-term improvement in:

- Depression and anxiety symptoms
- Social functioning
- Resilience

UPCOMING TRIAL

- Recruiting 1,000 adult Montanans
- Assess suicidal ideation
- Determine Thrive's ability to reduce the risk of suicide

MSU EXTENSION'S ROLE IN MENTAL HEALTH: PROVIDING AN EDUCATIONAL INTERVENTION TO YOUTH

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YOUTH AWARE OF MENTAL HEALTH (YAM)



<http://www.y-a-m.org/>

- Program developed in Europe
- 14-17 year olds
- Coping/problem solving
- Collaboration with MSU-CMHRR
- Taught in rural schools by certified Extension Agents
- 14 schools (78% acceptance)
- 641 youth to date

SUMMARY

- 50.4% of youth participated in evaluation
- Significant increases in help-seeking **behaviors**
- Depression and anxiety symptom severity decreasing
- Improved mental health knowledge
- Students reported positive satisfaction with the YAM intervention taught by Extension Agents