

Let's talk !

**By : Jasiah Washington,
Stephanie Pedroza, and
Tyrell Simmons**

What is Let's Talk
&
Why?

Inspiration:



- Concern for those that feel misunderstood
- Concern for those that feel alone
- Suicides in neighborhoods/schools
- Desire to help others connect
- Desire to help others feel supported

Background:

- The Let's Talk Program was founded to help promote overall health awareness
 - the creation of meaningful bonds to help improve mental health
- Goals:
 - Better the participants' mental health
 - Allowing understanding between two people
 - Promoting mental health awareness
 - General overall health



Outline:

- Big Picture-
 - Large group of people volunteered to take a mental health survey
 - Survey was used as a basis to represent the mental health of the target population: teens and young adults
- Experimental Scale-
 - Each team member recommended two people to talk to one another about similar issues or milestones
 - At the end, the team member consulted with the pair
 - Results of the pairing were recorded and examined

* All pairs were given contact information incase issues arose

Sample Survey Questions:



- How important is mental health to you? Please rate its importance from 1, being the least important, to 10, being of greatest importance.
- How would you rate your mental health? (1 being the worst, and 10 being the best it has ever been.)
- In what areas would you like to receive or give guidance in?

Spreading Awareness

- Before the experiment was conducted, a website was created to help spread awareness about general health
 - Link: <https://healthyallaround.wixsite.com/website>
 - Link to Let's Talk pairing survey/Pen Pal Match
 - <https://www.mysurveygizmo.com/s3/5413591/Pen-Pal-Match>

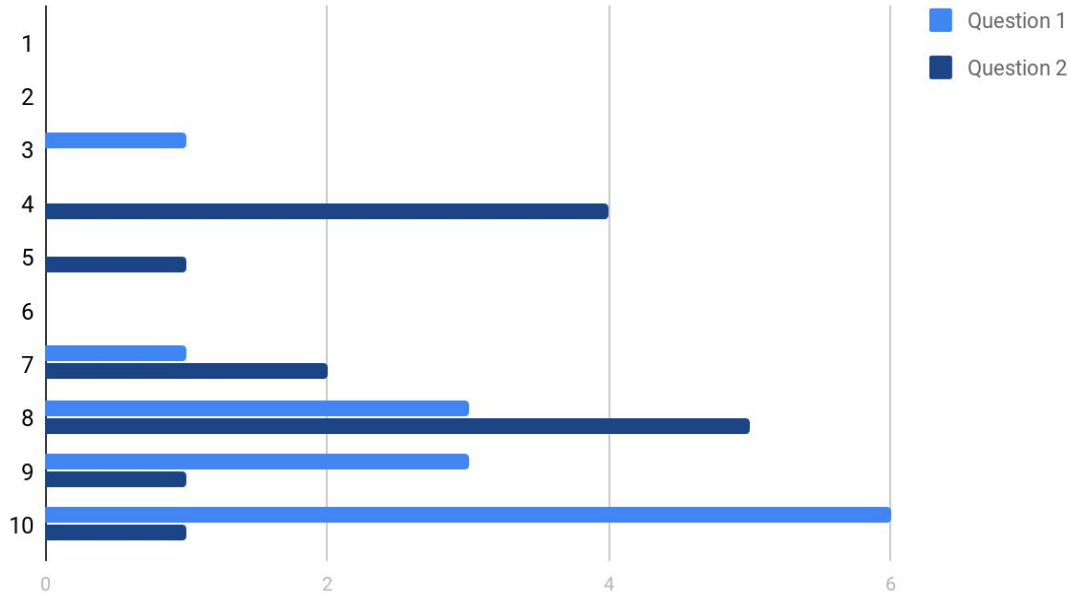
HEALTHY ALL
AROUND





Target Population Survey Results:

Mental Health Survey Results



Question 1:

How important is your mental health? Please rate from 1 (not important) to 10 (very important).

Question 2:

How would you rate your mental health?

Target Population Survey Results Breakdown

- Majority of participants believed that mental health is important
 - Mean of the Data: 8.6
- Majority of participants believed to have “okay” mental health
 - Mean of the Data: 6.7
- The target population values mental health
- The target population is believed to have decent mental health

Teen & Young Adult Statistics:

- “ About 3,000 youth die by suicide each year in the United States, making it the third leading cause of death in youth ages 10-24.”
- “Nearly 8 in 10 children (78.1%) aged 3-17 years with depression received treatment.”

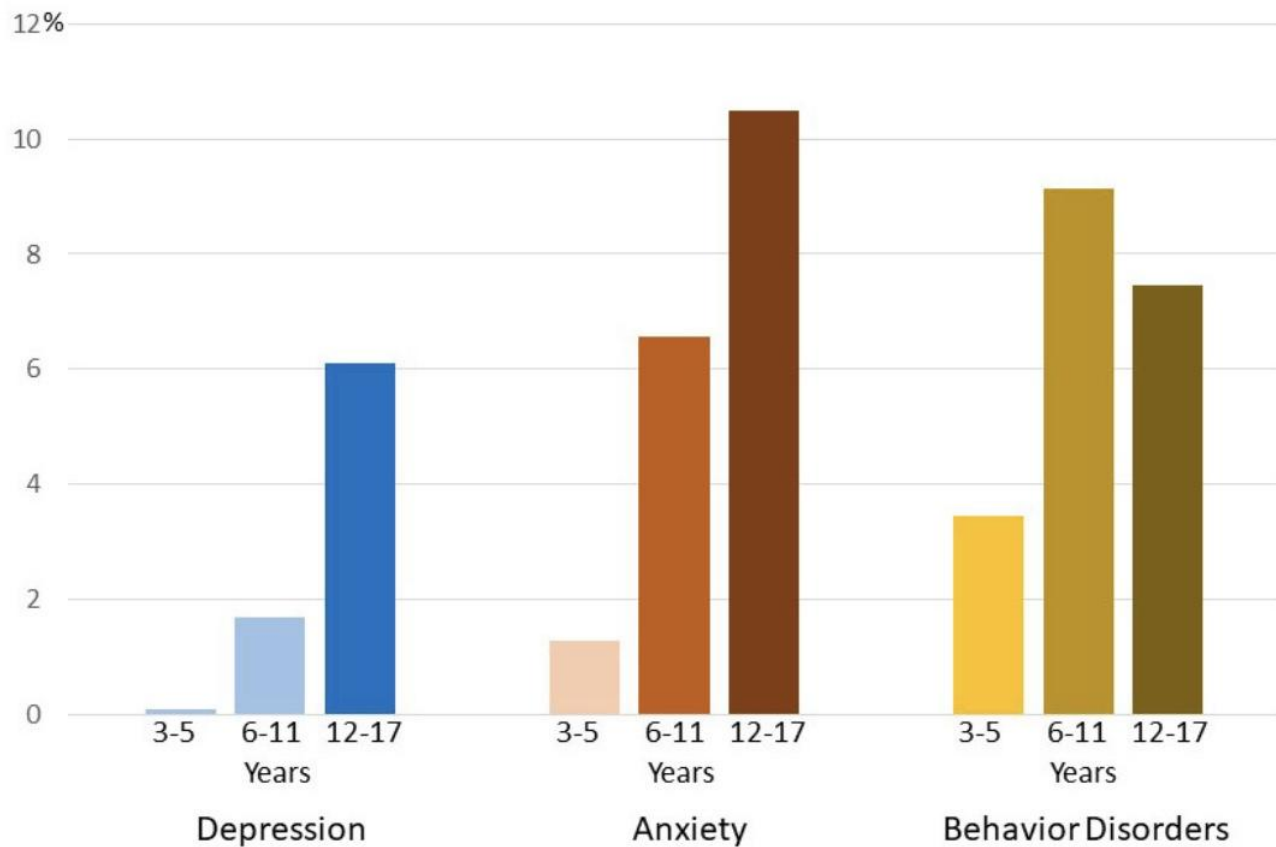
However:

- Age and poverty level affected the likelihood of children receiving treatment for anxiety, depression, or behavior problems.”<https://>

All information is from www.cdc.gov/childrensmentalhealth/data.html

32.4%
or
75 million
Americans suffer from
a mental disorder
every year.
PsychCentral

Depression, Anxiety, Behavior Disorders, by Age



-Outreach Outcome-

Group 1

Subject 1 (18) & Subject 2 (17)

- Subjects were recommended to discuss issues present in life due to
 - Knowing each other prior to recommendation
 - The discovery that both faced many of the same challenges in academic and personal life
 - Both faced similar milestones
 - Applying to college
 - Learning to drive
- Findings:
 - Subjects supported one another when facing challenges
 - Became closer
 - Reported feeling better overall



Group 2

Subject 3 (15) & Subject 4 (17)

- Subjects were able to connect on different levels because
 - They both played the same sport
 - Both were interested in the same rigor of classes
 - Both knew each other prior to the results
- Findings
 - Honesty about the life of a student athlete
 - Truth behind some rigor courses, and teachers when asking for scheduling tips
 - Held to accountability when asking for advice on how to handle certain teacher situations.

Group 3

Subject 5 (20) & Subject 6 (17)

Subjects were recommended to work together to aid in their own introspection and expel feelings such as

- Insecurity
- Role confusion
- Pressure from peers and society in regards to their actions

Findings

- Despite being in two different places socially, the two ended up finding more things in common than expected.
- Both parties were able to benefit from their consistently judgement free interactions

Limitations:



- Small survey turnout
 - 14 responses
- Possible biased due to being non-random
- Limited number of groups tested

Results:

- Based off of our results, we advise high school counselors to begin peer mentoring groups to help decrease the percentage of teenage loneliness
 - Give teenagers an open outlet away from home.
 - This should in turn help teenagers who are currently dealing with depression, and anxiety.

Thank you