



Successful Youth Mental Health Intervention: Ready for Scale-out Now

**Supporting Mental Health and Well-being for the 2030
Sustainable Development Agenda**

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PRIMARY INVESTMENT IN GLOBAL MENTAL HEALTH MUST BE IN YOUNG PEOPLE

- Mental disorders create the highest burden of illness in young people globally, even higher in low and middle income countries
- 70% mental disorders can be diagnosed prior to age 25
- Most are high volume/low intensity disorders of mild to moderate severity and thus respond well to treatment in **PRIMARY CARE**
- **Effective** interventions are available for **scale-out** that can be
When widely applied they can be expected to bring a substantial **ROI** – both at point of impact but extended over the life span
- Pay a **POPULATION DIVIDEND**: decrease early mortality; increase labour force participation; improve productivity; lower health care costs – direct and indirect (eg: diabetes, heart disease)





FARM RADIO
INTERNATIONAL
RADIO RURALES
INTERNATIONALES

Mental Health Care for Youth

Schools

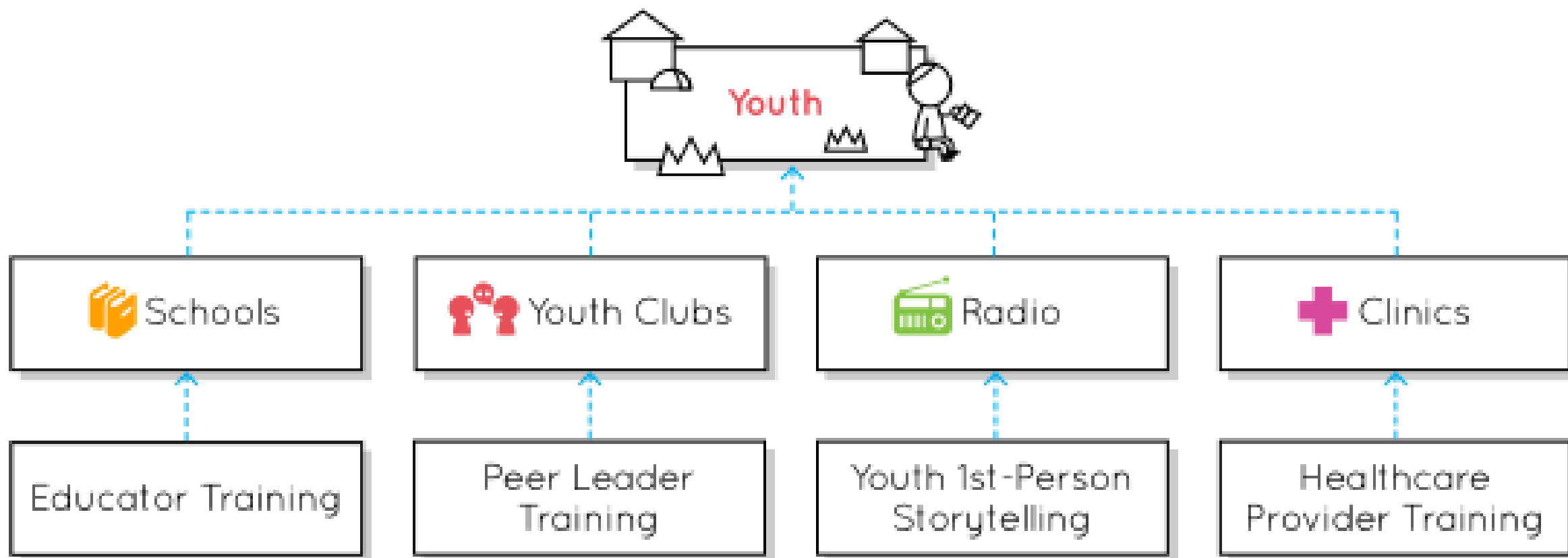
Radio

Clinics



DEPRESSION

will soon be the No.1 burden of disease in the world for young people





Solid, Substantial Significant Impacts

- Radio programs increases knowledge, decreases stigma, increases help-seeking for mental health care in young people
- School integrated mental health literacy: increases knowledge, decreases stigma, increases school success; increases identification of youth with a mental disorder; increases within school support for students; increases students directly sent to community clinics for mental health care; increases teachers self-care and that of their family members
- Community clinics: increases knowledge, decreases stigma; increases clinical confidence; increases diagnosis and provision of effective treatments, increases health providers self-care and that of their family members

Youth Depression in Malawi & Tanzania (Results to Date)

 12

"Master Facilitators" gain expertise in adolescent mental health training program delivery.

 40

Health workers develop competencies as adolescent mental health trainers.

 200+

Primary health providers able to identify and treat adolescent Depression in primary care settings.

 400+

Teachers demonstrate improved knowledge and attitudes as a result of mental health curriculum training.

 4

Radio stations air more than 200 hours of radio programming, reaching an estimated 500,000 youth.

 30k+

Youth participate in the radio program through mobile phones.

 1k+

Youth are treated for Depression with medication or effective helping.

 3k+

Youth talk to teachers about their mental health concerns or that of a friend or family member.

 15k+

Youth reached in their schools with information about mental health from their teachers.



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