



The Dibble Institute

Resources for Teaching Relationship Skills
to Teens and Young Adults

Teen Pregnancy Prevention

Mental Health Center Case Study

Organization:	University of Utah-Adolescent Services, Salt Lake City, UT
URL:	http://healthcare.utah.edu/pediatrics/services/general/teen-health.php http://healthcare.utah.edu/pediatrics/services/general/teen-mother.php
Program Name:	South Main Clinic - <u>PREP class</u> at Mental Health Center
Funding:	PREP
Curricula used:	Love Notes
Curricula benefits:	<ul style="list-style-type: none"> • <i>Love Notes</i> works well as a supplement to the required PREP materials. • <i>Love Notes</i> activities allow for easy adaptations to engage youth. • Student journals provide opportunities for goal setting writing. • PPT graphics and pictures are easily modified to tailor for the audience. • <i>Love Notes</i> is flexible when students become highly engaged in a specific topic.
Target Audience:	The target audience 14-19 year old male and female youth at Mental Health Clinic.
Audience Demographics:	Gender: Teen males and females who need mental health services Primary Ethnicity: Mix of ethnicity with more Hispanic (because of area) split with Caucasian.



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Class size:	Ten to twelve youth.
Location of instruction:	<i>Love Notes</i> is offered Mental Health Center for in-patient and daily outpatients.
Length of instruction (number of sessions and hours per session):	<i>Love Notes</i> is offered at mental health center for 2 hours a week for 10 weeks.
Utilization of teacher and student materials:	<p>South Main Clinic has one facilitator teaching at this time. She occasionally gets nursing students or volunteers to co-facilitate. They are given upcoming lesson to read and prepare.</p> <p>The facilitator uses <i>Love Notes</i> instructor manual. Students use student journals for in-service mental health sessions and outpatient service sessions.</p> <p>For in-service sessions the student journals are kept on site, and the journals are available whenever they want them. Building a relationship with center and staff is key to this workbook negotiation.</p> <p>At Mental Heath Center “the self tree activity” becomes a 3-D group project. Each student makes his/her own tree and then adds to a collaborative class tree. This is very powerful because they self-identify and identify with each other.</p> <p><i>Love Notes</i> is required as part of day program at the Mental Health Center.</p>
Outcomes:	Outcomes over the 3 years of using <i>Love Notes</i> were gathered from pre/post tests. These tests demonstrate an improvement in communication and conflict resolution skills, the ability to identify healthy and safe relationships, implementing effective



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	<p>goal setting skills for education and relationships, and the ability to participate in sharing what they've learned.</p> <p>In working with teens at an in-day treatment mental health center we have seen a notable change in many teens and this one in particular.</p> <p>“A girl with attitude about everything said and presented seemed to make a change in her attitude. When we completed the “Dangerous Love” lesson she went to talk to therapist. Other teens have similar changes in view of self and relationships at different points of the program.”</p>
Challenges:	<p>Classroom management can be challenging.</p> <p>Participation was challenging but by implementing incentives in the sessions, there is better participation with the challenging students.</p>
Tips:	<p>Getting to know your community, the administration and staff of a facility is needed for success in program and support. They are an asset to you, the youth and the program.</p> <p>Make sure you have co-facilitator for better class management. Suggestions for co-facilitators include involving local colleges, community centers and interns.</p> <p>Incentives are an effective method for participation in sessions and to encourage worksheets and journal exercises to be completed. Youth can earn monopoly money. This can be cashed in every couple of weeks for items like: candy, ramen noodles, makeup, and sticky notes. The incentives were paid for via the grant.</p> <p>Watch Up Your Game! Strengthen Your PREP Adult Preparation Topics Using Proven, Adaptable Materials (Free Webinar)</p>