



Elevate Your Mind

HOSA Mental Health Promotion 2024

Adlai E. Stevenson High School, Lincolnshire, IL
Chapter #20118 – Secondary Division
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Starting in November 2023, Derrick Lee, Rayaan Shaik, and Dustin Zhao decided to invest their efforts in a mental health social media campaign.

We noticed that raising awareness of mental health allowed more students to identify potential protective and risk factors and address them. Our main goal was to reduce the stigma around academic stress and its correlation with parental relationships and/or family dysfunction.

LINKS

INSTAGRAM: [Main Link](#)

FACEBOOK: [Link](#)

WEBSITE: [Link](#)

LINKTREE: [Link](#)

Table Of Contents

01

Timeline

02

Project Goals

03

Risk Factors +
Issues

04

Flyers/Webinars

05

Peer Feedback

06

Our Consultant

07

Next Steps

08

Be There

TIMELINE

- Reach out to partners and establish collaboration
- Create social media profiles to track progress and achievements

- Evaluate all factors and purpose of research
- Conduct surveys to further research



October

November

December

January

- Design an accessible mental health toolkit
- Research risk factors and issues

- Begin discussion groups
- Begin campaign on instagram

TIMELINE

- Prepare for online webinars by conducting availability surveys and reaching out to guest speakers
- Build website

- Weekly webinars will commence, along with surveys conducted during each session to assess understanding of mental health stigma.

Conclude campaign and ILC!!



February

March

April

May

June

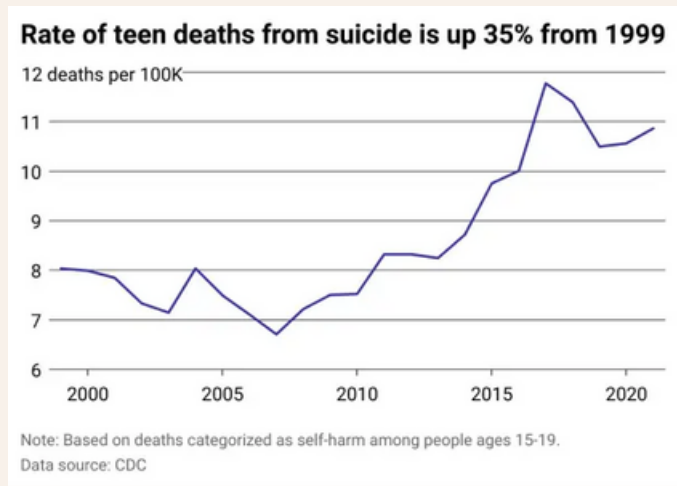
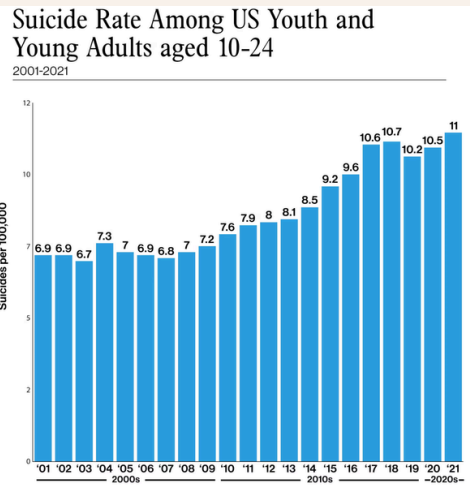
- Evaluate progress in discussion groups and make changes to current approaches
- Establish campaign on social media for state

- Performance evaluation will take place alongside seeking feedback from partners
- Progress from both interventions will be evaluated, facilitating adjustments to the curriculum

Why We Chose Our Topic

During the last two decades, youth suicide has increased significantly; suicide rates for Americans ages 10-24 rose 62% according to the CDC. After we did more research, we found that self-perceived academic performance was identified as a leading factor in suicide attempts and overall mental instability.

Last year, there was an unfortunate incident from a student at our own school, which led to grievance and personal connection to the topic. This only further incentivized us to educate our peers on poor stress management. Academic pressure may come from family expectations or the ambitious goals students set for themselves, but it has come at the expense of their social and emotional development.



Risk Factors Addressed

1. **Parent–Child Conflict**

- Strained interactions and disagreements between parents and children

2. **Familial Dysfunction**

- Unhealthy family dynamics, such as lack of communication or emotional support

3. **Poor Academic Achievement**

- Struggles in school performance

4. **Peer Rejection**

- Social isolation or exclusion by peers, affecting self-worth and increasing vulnerability

5. **Poor Parental Supervision**

- Lack of guidance and oversight from parents

6. **Traumatic Event**

- Exposure to events that are extremely stressful or disturbing

7. **Anticipatory Anxiety/Future Worries**

- Excessive fear or anxiety about potential future events

Issues We Addressed

Self-Criticism

When one harshly judges themselves negatively, often leading to feelings of inadequacy, worthlessness, and a sense of hopelessness and despair.

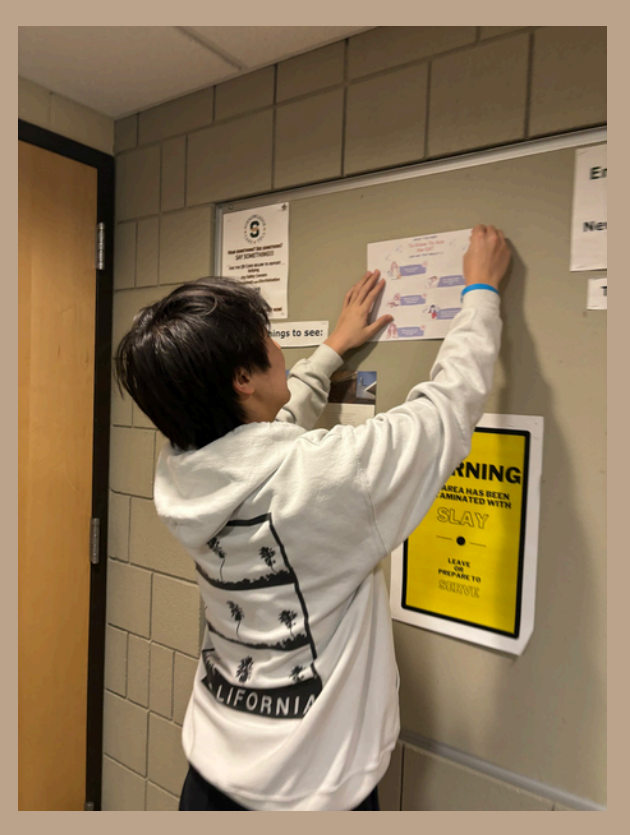
Isolationism

Withdrawing from social interactions and physical contact with others, often resulting in feelings of loneliness, disconnection, and melancholy as it creates feelings of alienation and solitude.

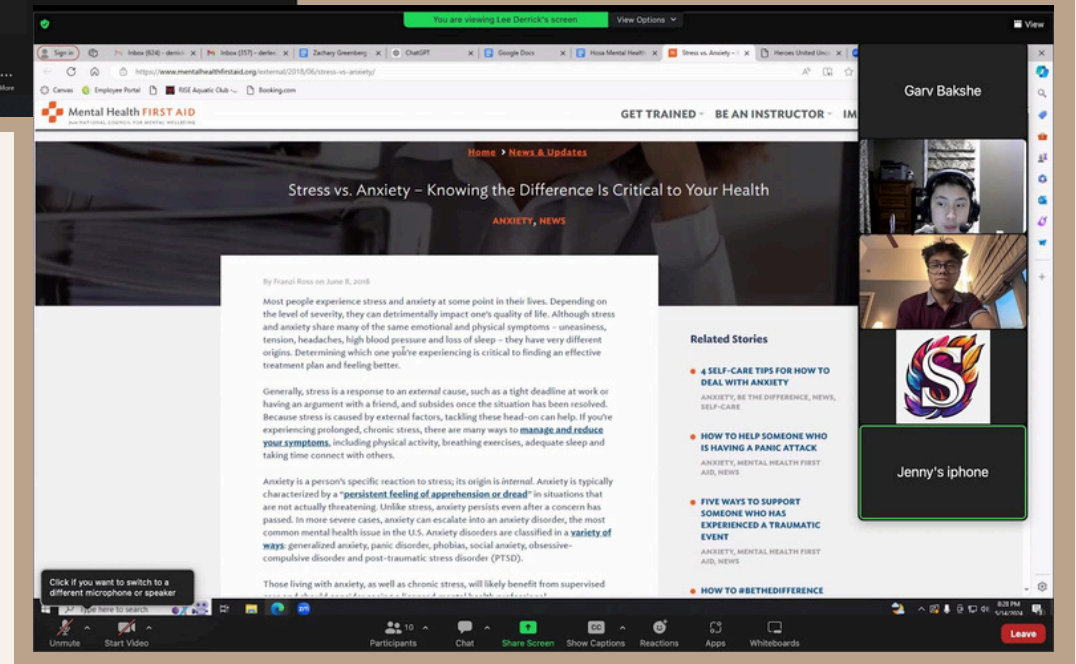
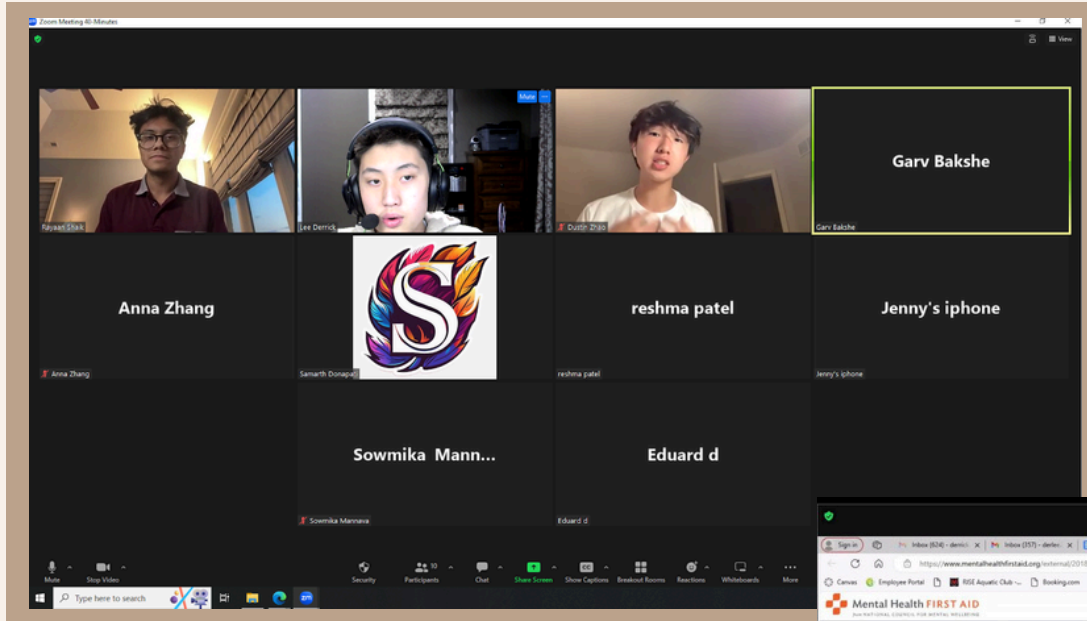
Loneliness

A perceived feeling of emptiness and isolation stemming from a perceived lack of meaningful connections with others, often accompanied by a profound sense of sadness and longing for companionship.

Monthly Flyers



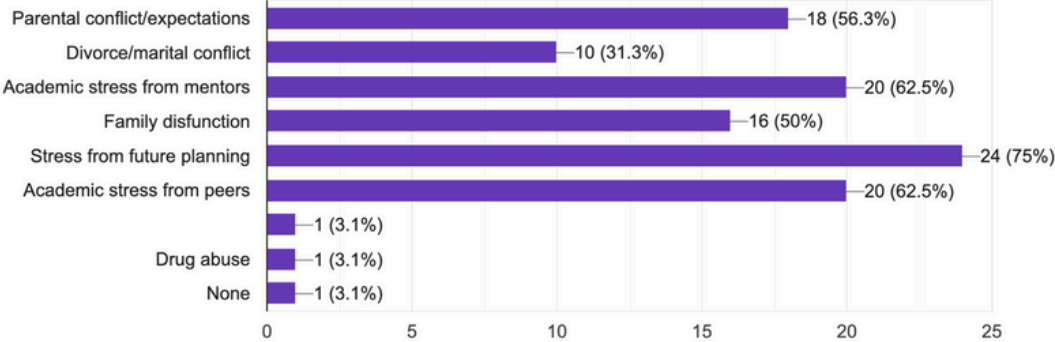
Webinars



Peer Feedback and Input

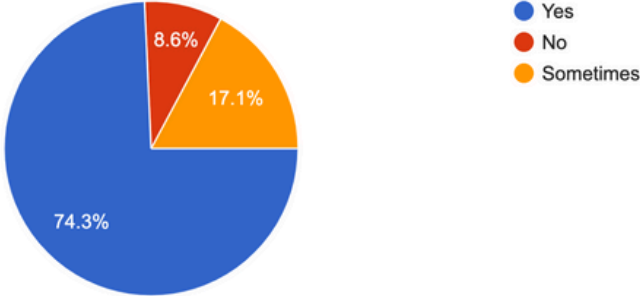
Are you effected by any factors below?

32 responses



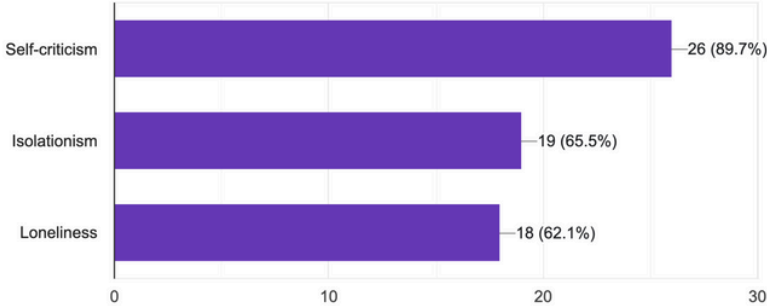
Do you find our posts helpful and interesting?

35 responses



Have you experienced any of the factors below?

29 responses



Mental Health Consultant



Our Mental Health consultant is one of our school's Psychologists, Mrs. Burja. We have met with her outside school hours, and have used her guidance and resources, along with her insightful feedback to help inform our peers.

Mental Health Promotion: Mental Health Consultation Form

Competitor's Names: Raydon Jhnik, Dusti Zhou, Denack Ly
 School: Adlai E. Stevenson HS HOSA Advisor Name: Jill Lipman
 Mental Health Consultant: Claire Burja Title: psychologist

Date(s) of Consultation:	Total Time Spent Meeting with Consultant:	Topic(s) Discussed	Consultant Signature:
11/2/23	15 min	School resources	<i>Claire Burja</i>
1/20/24	35 min	Action plan	<i>Claire Burja</i>
3/15/24	20 min	Presentation and artwork	<i>Claire Burja</i>
4/3/24	30 min	Submit results and plans	<i>Claire Burja</i>

Thank you for taking this time to consult with HOSA-Future Health Professionals Competitors! Please help them improve by providing the following feedback. HOSA members are responsible for this form as part of their event requirements, so please return it to them at the end of their learning experience.

Objectives to Evaluate	Exceeds Expectation	Met Expectation	Needs Improvement
Competitors effectively explained HOSA to Mental Health Consultant		✓	
The team exhibited sufficient background knowledge of their school/community needs to support engaging conversations	✓		
The team exhibited sufficient background knowledge of mental health to support engaging conversations		✓	
Competitors contributed effective ideas and were receptive to suggestions regarding how, when and where to seek additional help	✓		
Competitor conducted themselves professionally at all times	✓		
Additional Information (optional advice for these future health professionals)	Have fun and good luck at nationals!		

Next Steps/Implementation

1. Develop a strategy for sustaining the campaign's momentum beyond its initial timeline and create a detailed roadmap for ongoing mental health initiatives and interventions.
2. Broaden our digital presence to encompass a compelling in-person educational program (hosting public forums, initiating mental health advisory committees)
3. Establish a research project endeavor accompanied by a publishable, erudite literature paper that cites influences from personal experiences and professional stakeholders.

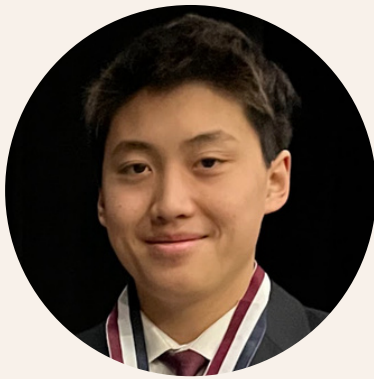
Be There Certificates

To further our knowledge, we've decided to complete a course on mental health training. From completing the six interactive lessons, we have truly harnessed not only a deeper understanding of Be There's 5 Golden Rules, but an opportunity of reflection on how we currently engage with friends and whether or not we are doing the best of our ability to lead conversations on mental health. We have also used this as a tool to educate others on recognition and support.



Our Team

Our Mental Health Promotion team consists of Juniors from Adlai E Stevenson High School, from which we aim to educate our peers on the stated risk factors and Issues.



Derrick Lee



Rayaan Shaik



Dustin Zhao

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The image features a light beige background with decorative geometric shapes in the corners. These shapes are composed of overlapping triangles and rectangles in shades of brown, tan, and dark grey. The shapes are positioned in the top-right and bottom-left corners, creating a modern, abstract frame.

Thank You

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