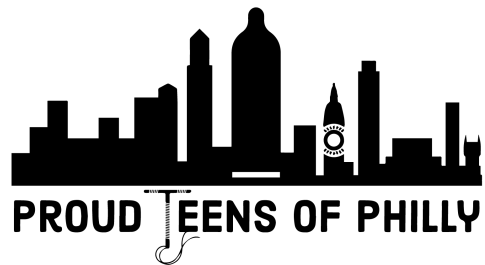

- + • **ASSESSMENT OF PSYCHOSOCIAL
WELL-BEING OF PHILADELPHIA
YOUTH**

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About the Proud Teens of Philly Program



Proud Teens of Philly (PTOP) is a Teen Pregnancy Prevention (TPP) program funded by the Office of Population Affairs (OPA)

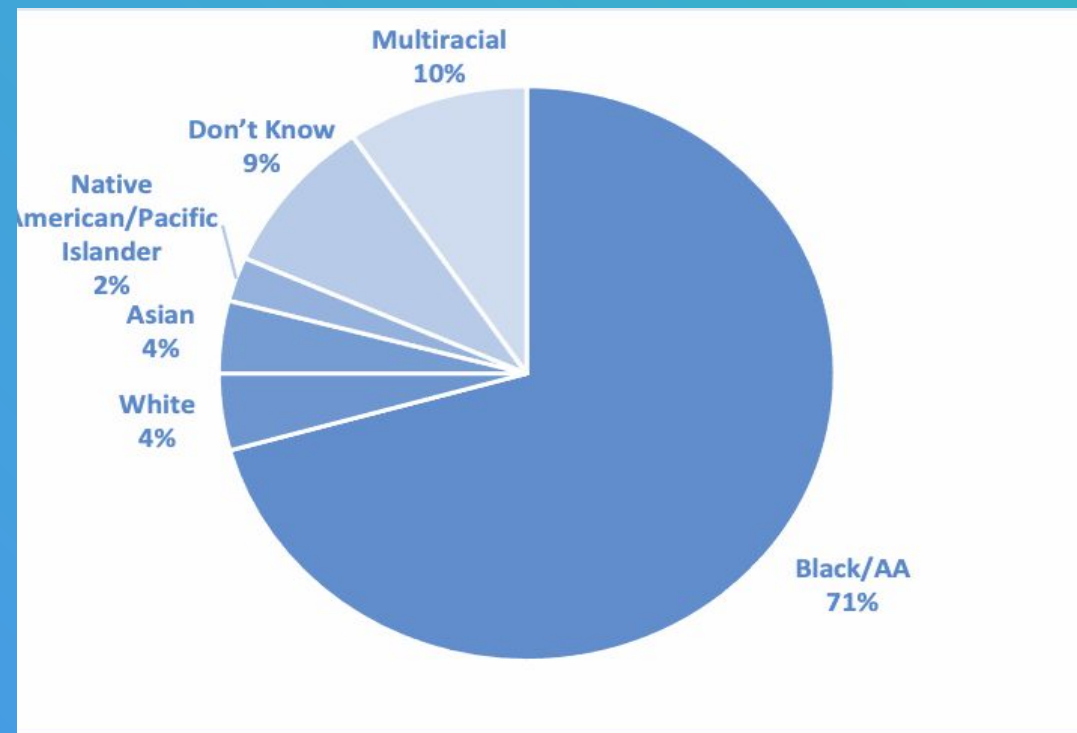


Provides sexual health education to youth ages 12-19 in high-risk Philadelphia communities.



Over 1500 youth reached in 3 years

ETHNICITY AND RACE OF Y2 PARTICIPANTS



Y2- July 1st 2021-June 30th 2022



Stressors for Youth

- Youth face many stressors. Some include but are not limited to:
 - Community violence
 - Loss of a loved one due to death
 - Divorcing parents
 - Substance abuse in the home
 - School related pressure
- COVID-19 Pandemic

Social-Emotional Wellbeing Assessment

Conducted a SEW assessment for 83 PTOB participants to better understand participant needs

- Participants were given the assessment on the last implementation session of the program

-Assessment consisted of items from:

The Generalized Anxiety Disorder 7-item assessment

The Adverse Childhood Experiences questionnaire

The Kutcher Adolescent Depression Scale

Types of Questions Asked

GAD 7: "Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge?"

- -0= "Not at all" 3="Nearly every day".

ACES questionnaires: "Prior to your 18th birthday was a biological parent ever lost to you through a divorce, abandonment, or other reasons?"

- -"Yes" or "No" responses

Kutcher Adolescent Depression Scale: "Over the last week, how have you been "on average" or "usually" regarding feeling worried, nervous, panicky, tense, keyed up, anxious?"

- -0="Hardly ever" 3="All of the time"

Social Emotional Wellbeing Assessment Cont.

Sample included both middle and high school (8th and 10th grade) students from Y2 of program

Students submitted the assessment completely anonymously and were allowed to skip any item they did not wish to answer

- Scores for each assessment were calculated according to assessment scoring guidelines

Results

55.4% (n=46) of students reported dealing with depression

68.7% (n=57) of the students reported having mild to severe anxiety

Anxiety (75th percentile=33.7%) was more prevalent among this sample compared to depression (75th percentile=25.3%)

National Data

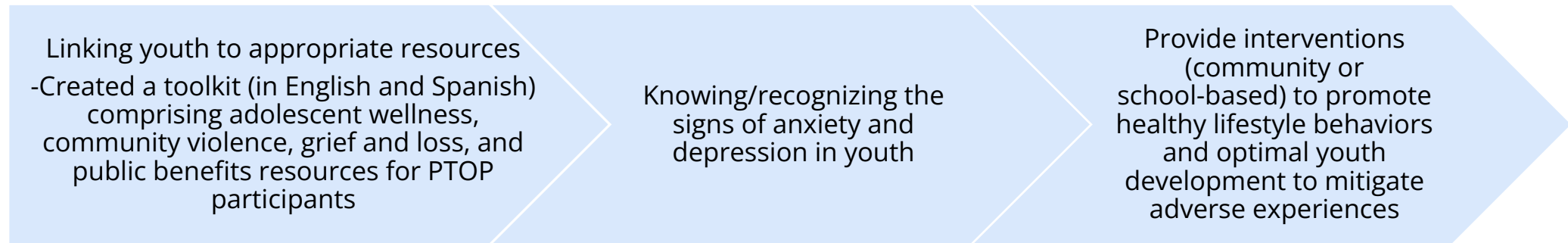
9.4% (5.8 million) of children (3-17 years old) reported being diagnosed with anxiety between 2016-2019

4.4% (2.7 million) of children (3-17 years old) reported being diagnosed with depression between 2016-2019

Since 2007 the percentage has increased for both anxiety and depression

(CDC, 2023)

Next Steps



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School-based Interventions

- School-based interventions such as in-school screening, use of community consultants, and parent outreach can improve mental health outcomes in youth and support family access to mental health services.

Further Research



- There are other issues youth face:
- Relationships
- Bullying
- Social isolation
- Gender and sexual identities
- Exposure to gun violence/ community violence, etc.
- Special attention needs to be given to these topics to better understand the social emotional needs of today's youth

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