

MENTAL HEALTH SERVICES AND SCHOOLS: THE MORE YOU KNOW



DESIGNED FOR SCHOOLS OR THE CLINICAL SETTING?

Dialectical Behavior Therapy (DBT), which many school-based mental health programs utilize, was created for use with **adults** in the **clinical setting**. **There is little research to support universal mental health intervention in a school-based setting.**

- One study out of Australia (pre-pandemic) found that teens who completed an eight-session therapy skills training had **worse outcomes** than those who did not have the intervention.¹
- This same study also noted when DBT was used with parent/guardian involvement at home, more positive outcomes were achieved; however, DBT when universally adapted for the school setting, parents were left out of the equation, resulting in lower outcomes.¹

- Another study showed that 11-13 year olds who learned mindfulness techniques in school scored slightly worse on wellbeing than those who did not learn the techniques.² One possible explanation is that the students did not yet have the cognitive skills needed to benefit from this approach.

Scan for more information about school-based mental health



SUPPORT CHILDHOOD

Foundational Reforms to Support An Anxious Generation

Author, professor, researcher, and social psychologist Jonathan Haidt recommends the following changes we can make now in his book *The Anxious Generation*.³

1. No smartphones before high school and no social media before 16
2. Phone-free schools
3. More unsupervised play & childhood independence

Cleaning up ingredients in food to reduce toxins would also play a role. Bipartisan solutions like **HB 2116 & HB 2117** are essential.

Support bills like
**HB2116, HB2117,
SB913, & HB2043**



PENNSYLVANIA COALITION
FOR INFORMED CONSENT

Resources:

1. <https://www.sciencedirect.com/science/article/pii/S0005796723001560#bbib7>
2. <https://mentalhealth.bmj.com/content/25/3/117>
3. <https://jonathanhaidt.com/anxious-generation/>

www.InformedConsentPA.org