

FAQ

HOW DOES A SCHOOL ENGAGE?

Any principal, counselor, teacher, staff member, parent, community member or student can contact their YAM-providing institution to start the process of bringing YAM to their ISD or school. Once contact is made, we strongly encourage information sessions be held and attended for all stakeholders to ensure all questions about the program are addressed.

HOW MUCH MONEY AND TIME WILL YAM COST MY SCHOOL?

Investment: The program is offered at no cost to public and charter schools/districts in Texas and the estimated value of this program is incalculable when considering its correlation with healthy adolescent development, depression prevention through fostering resilience, and increased mental health literacy and help-seeking behaviors.

Time: Please work with your YAM provider to create a YAM class schedule that works best for your school and students. YAM is often provided in two and a half 90-minute sessions or five 45-60-minute sessions.

CONTACT INFORMATION

YAM is funded through the Texas Child Mental Health Care Consortium with statewide implementation support from the UT Southwestern Center for Depression Research and Clinical Care (Director, Madhukar Trivedi, MD).

For more information, please contact:

YAM@uttyler.edu

or visit our website



YAM Texas

YOUTH AWARE OF MENTAL HEALTH (YAM)



ABOUT THE PROGRAM

Youth Aware of Mental Health (YAM; www.y-a-m.org) is a five-session evidence-based program promoting increased knowledge and awareness of mental health in adolescents. Students build problem-solving skills and emotional intelligence through lectures, discussions, and role-plays.

When compared to other similar programs, YAM was proven to be more effective in improving adolescent mental health and is associated with significant reductions in suicide attempts and severe suicidal ideation.

YAM is



WHO PARTICIPATES IN YAM?

The program is appropriate for 8th through 12th graders. YAM is a universal evidence-based program that promotes mental health in youth, meaning all students within a grade should participate in the program, not just a subset of students. As in keeping with fidelity of the program, students can participate as much or as little as they want.



WHO WORKS WITH STUDENTS?

A certified YAM facilitator and helper will work with students. All facilitators:

- Have prior experience working with groups of youth as teachers, social workers, counselors, school psychologists, or youth workers.
- Are completely vetted and screened.

YAM focuses on Six MAIN THEMES:



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WHAT IS MENTAL HEALTH?

02

SELF-HELP ADVICE



03

STRESS AND CRISIS



04

DEPRESSION AND SUICIDAL THOUGHTS



05

HELPING A FRIEND IN NEED



06

WHO CAN I ASK FOR ADVICE?

