



UNIVERSITY of MARYLAND
SCHOOL OF NURSING

Supporting Adolescent Mental Health in West Baltimore

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Funding

- Supported by grant number R24HS022135 from the Agency for Healthcare Research and Quality.
- The content is solely the responsibility of the authors and does not necessarily represent the official views of the Agency for Healthcare Research and Quality.

Objectives

1. Describe innovative research being done in West Baltimore and outcomes
2. Articulate successes and challenges of conducting the research study
3. Identify Maryland initiatives that helped support this research

Background

Stressors in urban communities are detrimental to adolescents' psychological health. Key factors for success are a **community-academic partnership** with researchers and stakeholders in the community **working together** on program development and research practices.

Purpose

- This study elicited students', parents', and teachers' perceived needs for psychological well-being in urban dwelling adolescents.

William Pinderhughes School



Methods

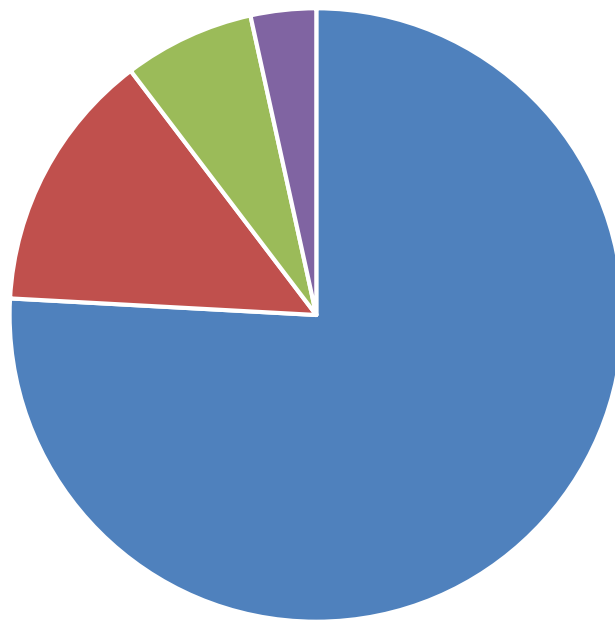
- Focus groups: **teachers, family members** and **students** at William Pinderhughes Elementary/Middle School.
- Dialogue was recorded, transcribed verbatim, and underwent content analysis for key themes. Two investigators independently reviewed and coded the data with a third expert available if there was disagreement.

Results

- Six focus groups, two from each stakeholder group
- Twenty- nine participants
- Approximately 70% of participants were female, ranging from 11 to 68 years

Demographics

Self-Reported Race



■ African American ■ Multi-Racial ■ Caucasian ■ Latino

West Baltimore

- Successes
- Challenges
- Community Based Participatory Research

Results

- Emergent themes:
 - educational support
 - social skills
 - community landscape

Discussion

- Participants identified **gaps** and **approaches**
 - Education
 - clinical care
 - strengthening social skills
 - changing the community landscape
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Conclusions: So What?

- Effective targets for future interventions
- Direct application to healthcare providers
- Implications for School Mental Health Programs

Maryland Initiatives

- Support from:
- Maryland Higher Education Commission
NSP II Recipient
 - New Faculty Nurse Fellowship (2011)
 - Nurse Educator Doctoral Grant (2016)

Questions?



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