



THE SCHOOL DISTRICT OF  
PALM BEACH COUNTY, FLORIDA

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September 6, 2012  
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**CONTACT:**  
Judy Thomas, PX 48456

<b>ACTION BY:</b> October 19, 2012
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**TO:** High School Principals

**FROM:** Janis Andrews, Ed.D.   
Chief Academic Officer

**SUBJECT: ADOLESCENT DEPRESSION AWARENESS PROGRAM (ADAP)**

The Department of Single School Culture © Initiatives is providing the Adolescent Depression Awareness Program (ADAP) training on Friday, October 19, 2012 for high school administrators, school counselors, and teachers. This training is offered in collaboration with Johns Hopkins University and The Ryan Licht Sang Bipolar Foundation. The one-day training will be held at The Benjamin School, 11000 Ellison Road, North Palm Beach, Florida, 33408 from 8:30 a.m.-2:30 p.m.

The Adolescent Depression Awareness Program (ADAP), based at Johns Hopkins, is a program that educates high school students, teachers and parents about the illness of depression. The objectives of this training are:

- To increase participants' knowledge about adolescent depression and bipolar disorder.
- To provide participants with an overview of the ADAP program and curriculum and to educate participants on the use of materials in the classroom setting.

For high schools that plan to teach the student curriculum, a school counselor as well as the school-based teachers who plan to teach the curriculum must attend the training. The ADAP student curriculum is designed for grades 9-12, and will only be provided to high school based educators who are interested in teaching the ADAP curriculum in their

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schools. Participants will receive Continuing Education Credit (CEUs) from Johns Hopkins University.

See the attached training and curriculum overviews for more details. Participants must register via Course Registration at <http://coursereregistration.palmbeach.k12.fl.us/>.

Johns Hopkins will also provide a complimentary parent session at 7:00 p.m. on Thursday, October 18. Please see the attached flyer for additional information. Registration is not required to attend the evening session.

If you have questions, please contact Judy Thomas, Program Planner, at (561) 434-8456, PX 48456 or [judy.thomas@palmbeachschools.org](mailto:judy.thomas@palmbeachschools.org).

EWG:JA:KO:NR:jt

Attachments



Approved: \_\_\_\_\_

E. Wayne Gent, Superintendent



# ADAP Curriculum Overview

The ADAP student curriculum is three hours long and typically taught in three consecutive 45-60 minute classes, though it can also be taught in two 90 minute classes. We recommend the curriculum be taught in health class, though other settings can be considered. All instructors are provided high quality training DVDs depicting the full length curriculum.

## ***Day 1 of 3 (50 minutes)***

- ✚ Welcome, introductions and brief introduction of ADAP
- ✚ Students complete pre-test survey (ADKQ)
- ✚ Review learning objectives
- ✚ Differentiate between the feeling of sadness and the illness of Depression
- ✚ Explore the process of diagnosing an illness, using example of pneumonia
- ✚ Learn the symptoms of Depression
- ✚ Learn how the diagnosis of Depression is made
- ✚ Discuss stigma
- ✚ Discuss what to do if you have concerns
- ✚ Handout homework assignment and symptom list

## ***Day 2 of 3 (50 minutes)***

- ✚ Welcome and reintroduction of program
- ✚ Review learning objectives
- ✚ Review homework
- ✚ Watch video, *Day for Night, Recognizing Teenage Depression*, which portrays real teens with mood disorders discussing various aspects of the illness
- ✚ Review video assignment, exploring descriptions of depressive and manic symptoms
- ✚ Explain how we know Depression is an illness
- ✚ Review of what to do if you have concerns

## ***Day 3 of 3 (50 minutes)***

- ✚ Welcome and reintroduction of program
- ✚ Review learning objectives
- ✚ Watch video, *Psychiatry 101: Psychiatry One on One*, which shows an actor being interviewed by a psychiatrist, demonstrating three different mood states
- ✚ Discussion of differences between the illness of Depression and having a rough time
- ✚ Learn the symptoms of Mania
- ✚ Review of Bipolar Disorder and how the diagnosis is made
- ✚ Create a mood graph to visualize normal variations in mood, Bipolar Disorder, and Major Depression
- ✚ Review the treatments for mood disorders
- ✚ Discuss behaviors commonly seen with mood disorders
- ✚ Students break into smaller groups and work on brief assignments to present to the class
- ✚ Review of what to do if you have concerns



**School-Based Instructor Training**  
**Palm Beach County**  
**October 19, 2012**



**Background:** The Adolescent Depression Awareness Program (ADAP), based at Johns Hopkins, is a program that educates high school students, teachers and parents about the illness of depression. Through carefully developed educational tools and curricula, the program delivers the core message that depression is a treatable medical illness and that concerned individuals should seek help.

**Intended Audience:** All interested counselors, educators, and school-based professionals are invited to attend the one-day training to learn more about adolescent depression. Past trainings have included teachers, counselors, social workers, psychologists, and administrators. While the ADAP training is open to any interested educators, the ADAP student curriculum will only be provided to high school based educators and health clinicians who are interested in teaching the ADAP curriculum in their school(s) as the curriculum is designed for high school students (ninth grade and older).

**Training Objectives:** (1) To increase participants' knowledge about adolescent depression and bipolar disorder (2) To provide participants with an overview of the ADAP program and curriculum and to educate participants on the use of the materials in the classroom setting.

**Workshop Content:** (1) Statistical and medical overview of depression and bipolar disorder (2) A parent's perspective on adolescent depression and suicide (3) A film where young people living with mood disorders share their experiences (4) ADAP overview and curriculum content training (5) Opportunity for networking and discussion.

**Cost & Training Agreement:** There is no fee for the training or the materials thanks to the generous support of The Ryan Licht Sang Bipolar Foundation. Continuing education credit is available. We ask that participants join us in collecting data on the effectiveness of the curriculum and the training program. Data collection involves (1) administering a pre and post-test to the high school students participating in the program and returning the tests to ADAP for analysis. Student testing is anonymous and no personal health information is elicited. ADAP will provide trainees with the results of the pre and post-testing to determine if the program had the intended effect of improving knowledge and attitudes about depression in each school setting. We also ask that trainees (2) complete a self-evaluation before and after the program to determine the effectiveness of our training efforts. All trainees must agree to use the materials as intended and to not share the materials at this point in time.

**Location & Contact:** The training will be held at The Benjamin School in North Palm Beach, FL. For additional information please contact Judy Thomas, Program Planner, Department of Safe Schools Phone: 561.434.8456, E-mail: [judy.thomas@palmbeachschools.org](mailto:judy.thomas@palmbeachschools.org).



# Mood and Anxiety Disorders in Children and Adolescents

Please join us for a program about adolescent mood and anxiety disorders, presented by the Johns Hopkins' Adolescent Depression Awareness Program (ADAP) and The Ryan Licht Sang Bipolar Foundation.

Dr. Karen Swartz, a mood disorders specialist from Johns Hopkins will discuss and answer questions about child and adolescent Bipolar Disorder, Depression, and Anxiety Disorders. Topics covered will include characteristics, symptoms, prevalence, and treatment.

#### **Date & Time**

Thursday October 18, 2012  
7:00 – 8:00 pm

#### **Location**

Barker Center for the Performing Arts  
The Benjamin School  
11000 Ellison Wilson Road  
North Palm Beach, FL 33408  
561.655.1188

#### **Contact**

Phone: 410.502.3447  
Email: [adap@jhmi.edu](mailto:adap@jhmi.edu)

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Please note: All parents and adults are welcome. The program is not appropriate for children or adolescents.