

The Blues Program



WHAT IT IS

The Blues Program is an evidence based, depression prevention / intervention class for teens who have demonstrated symptoms of depression. The goal is to reduce stress and promote emotional "well-being".

Six one-hour long classes that combine educational information, interactive discussion, pleasant activities and exercise that encourage member participation and group rapport building, and homework assignments.

Classes consist of single-gender identifying groups of 4 - 8 teens, as this helps to facilitate cohesion. Mixed gender groups are possible if there are equal members of each sex attending. Weekly classes are scheduled on the school premises, typically at the end of the school day, with a licensed social worker as the facilitator. These classes should not interfere with regular school activities.

WHO CAN BENEFIT

Any teen (age 15 - 18) who is experiencing signs of anxiety, depression, generalized disinterest, fatigue, and stress. Teens who are known to have major depression, suicidal ideation, or high levels of substance abuse need to be referred to other services for appropriate treatment.

Parents need to sign a consent form / release of liability for the teen to attend the program.

For more information or to schedule The Blues Program for your school, contact Lucy Flowers, Director, School-Based Prevention Programs & Services at 419-549-8530 ext. 103 or email lflowers@passaah.org.