Identifying Influences & Promoting Well-Being

Adolescent Mental Health: Identifying Influences & Promoting Well-Being

2020 Summer Institute in Adolescent Health

July 27 - 29, 2020
July 30th (graduate students only)
St. Paul, Minnesota

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School of Nursing, University of Minnesota

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While a variety of adolescent health indicators – teen pregnancy, violence, alcohol use – suggest we are moving towards healthier outcomes for our youth, trends in adolescent mental health tell a different story. The percentage of high school students who have experienced persistent feelings of sadness and hopelessness as well as those who have seriously considered suicide have increased significantly over the past decade, in both Minnesota and the U.S. In today’s fast-paced world, adolescents increasingly struggle with mental well-being. Caring adults are coming to understand that a myriad of strategies are required to address the complex array of influences on adolescent mental health.

Effective strategies and best practices exist for supporting the mental health and well-being of adolescents, and for preventing poor mental health outcomes. During the 2020 Summer Institute, explore trends and patterns in adolescent mental health, as well as psychosocial and cultural influences on mental well-being. Delve into the everyday issues that affect the mental well-being of our youth: sleep, social media, identity development, and school pressures. Strategize with caring adults – health and social service providers, mental health professionals, counselors, juvenile justice professionals, teachers – who help young people sustain and reclaim their mental well-being. Develop strategies for public health initiatives and policies, as well as for mental health promotion, prevention and treatment efforts that best serve adolescents.