

Background

- Suicide is the **2nd leading cause of death** in teenagers.
- Emergency Department (ED) visits and hospital admissions for mental health issues are increasing.
- There are limited therapeutic resources to offer these kids.
- "My Journal" - a self-guided mindfulness workbook - was created to provide therapeutic intervention to children admitted to the hospital with symptoms of depression.
- The journal contains: mindfulness coloring, deep breathing exercises, motivational interviewing questions, muscle relaxation techniques, suicide hotline resources, and relaxation smart phone applications.

Methods

- Inclusion Criteria: 11-17 year-olds presenting to the hospital with depression, suicidal ideation, or suicidal attempt.
- Exclusion Criteria: age, acute psychosis, altered mental status, and non-English speaking.
- We collected a pre-journal and post-journal survey to assess the effectiveness of the journal.

Results

Number of Completed Survey Sets	11
Male	5
Female	6
Mean Age	13
children who completed the surveys	8
% children who found the journal helpful	87.5

Table 1. Study results.

Question	Answer
With support, what changes would you like to see in your life?	"Be a better person, more happy, good at sport, more good."
How do you relax?	"Music, finger-board, both same time, hit baseball, yell in bed."
If you can make one wish, what would it be?	"I wish I can be happy."
What thoughts are you thinking?	"Why me? I wan't to be happy!!! I wan't to be smart like other kids. What's my reason to be alive? Does god care?"

Table 2: Patient's answers to questions from "My Journal." Patients were encouraged to take their journal home, but one child left the journal at the hospital.

"My Journal"

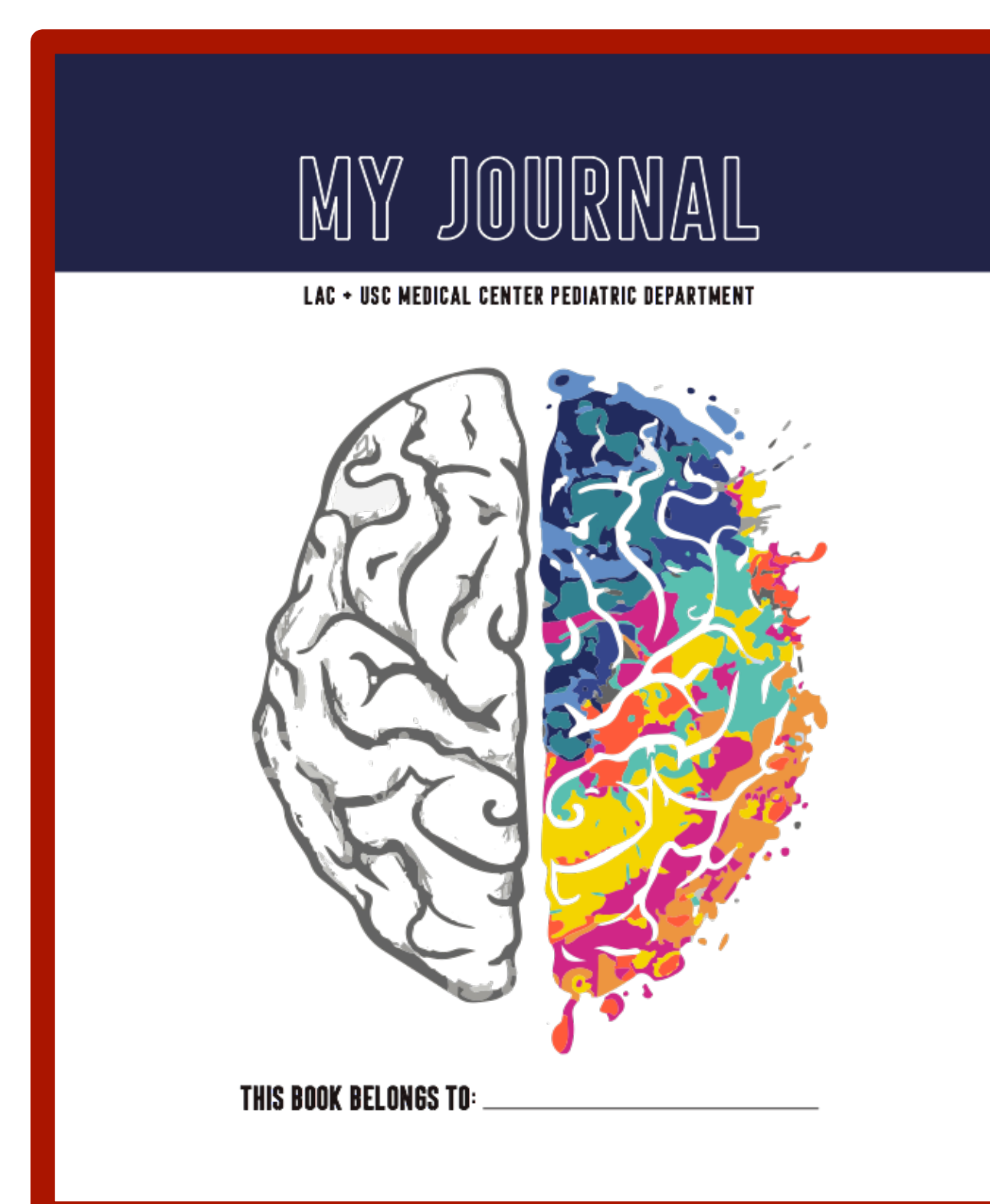


Image 1: "My Journal" front page.



Image 2: "My Journal" page 5.

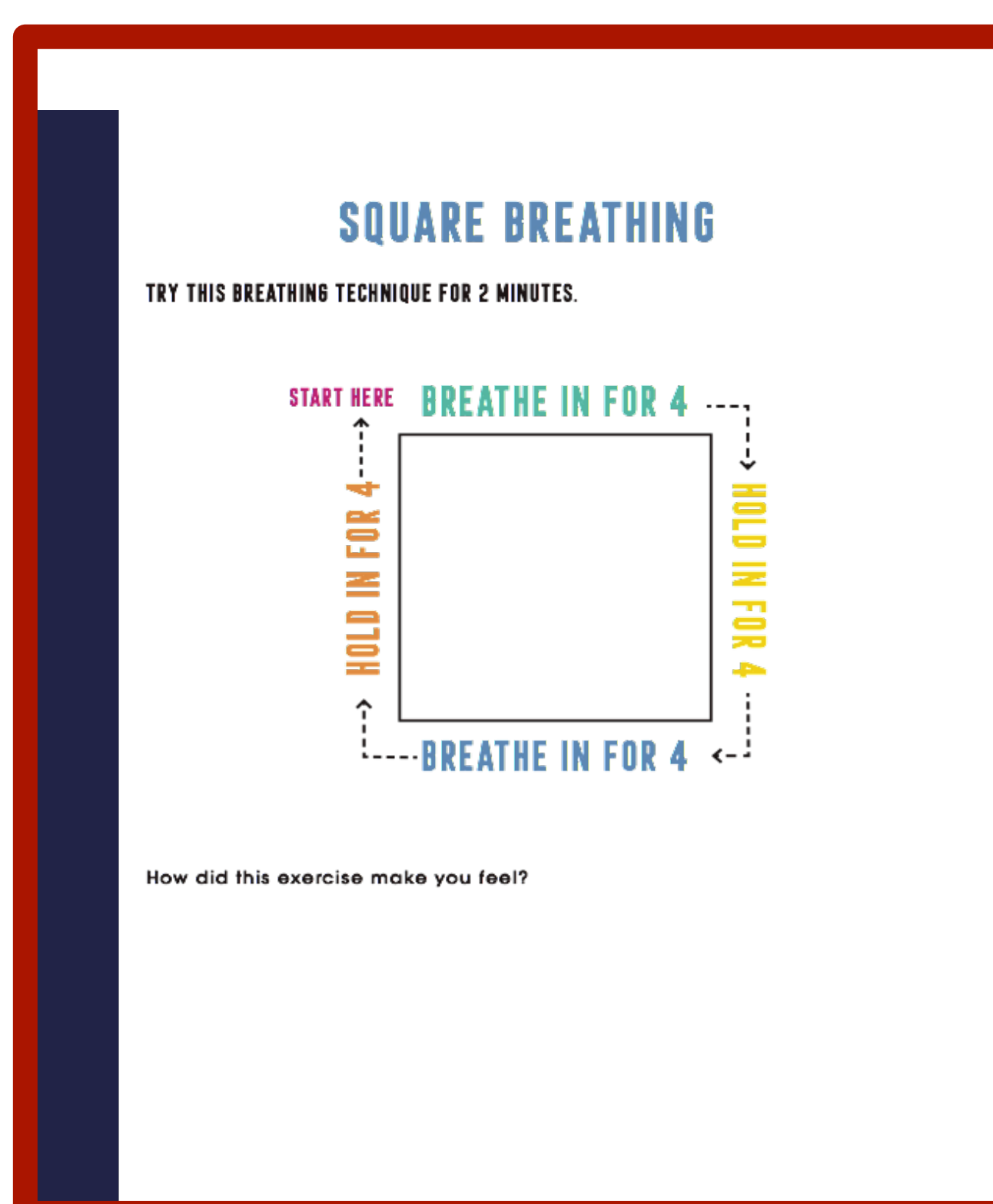


Image 3: "My Journal" page 8.



Image 4: "My Journal" page 10.

Conclusions

- "My Journal" could provide therapeutic intervention to children admitted to the hospital with symptoms of depression.
- By teaching coping and problem-solving skills, "My Journal" could **reduce suicide risk** & hospital readmission rates.

Acknowledgements

Dr. Tobi Fishel, a clinical psychologist, and Alexis Jones, a graphic designer, for helping to create the journal.

Future Plans

IRB pending for qualitative research project to further explore the therapeutic impact of the workbook on patients admitted to the hospital with symptoms of depression.

References

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