

## 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

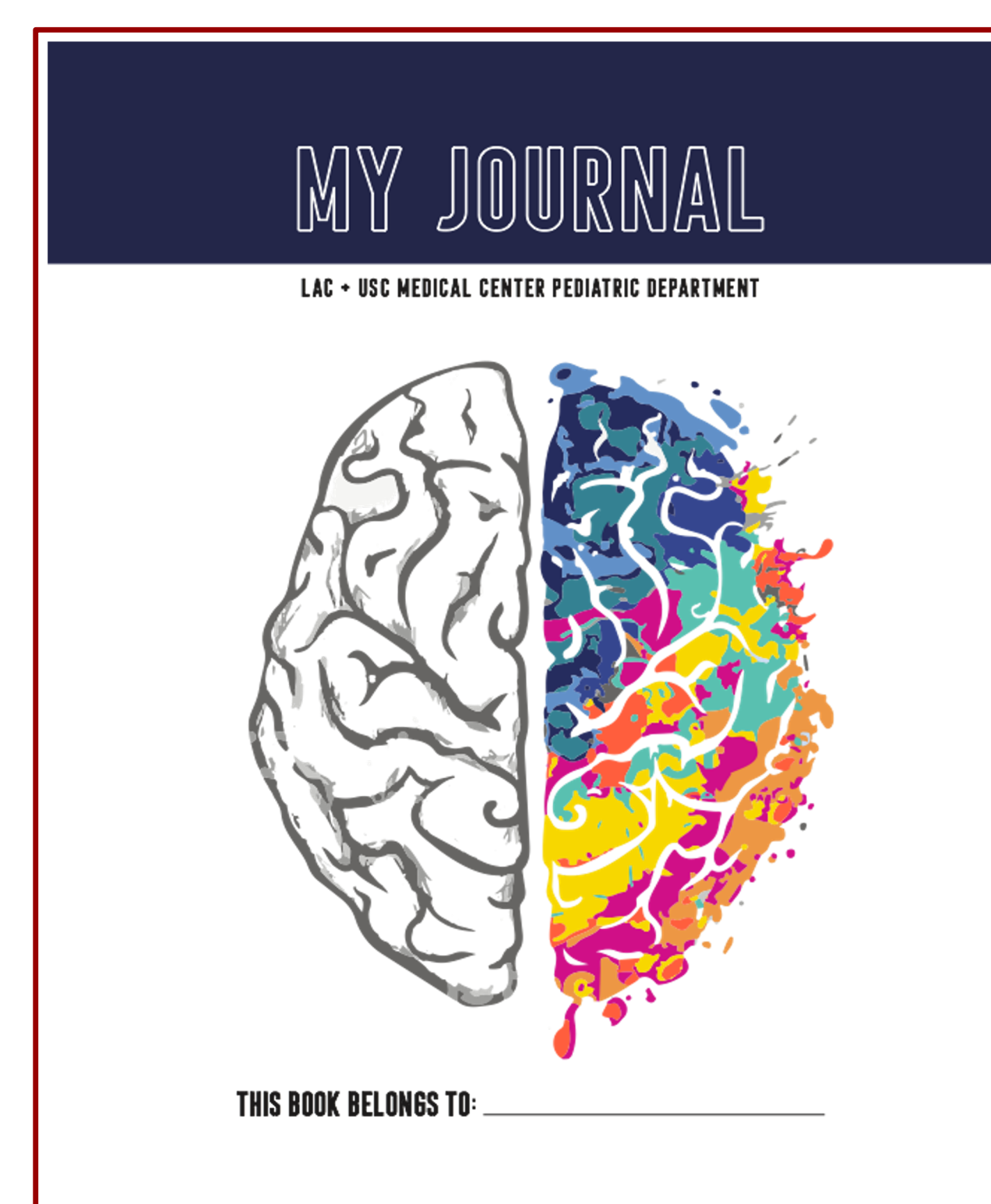
Number of Completed Survey Sets	11
Male	5
Female	6
Mean Age	13
children who completed the surveys	8
% children who found the journal helpful	<b>87.5</b>

**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.

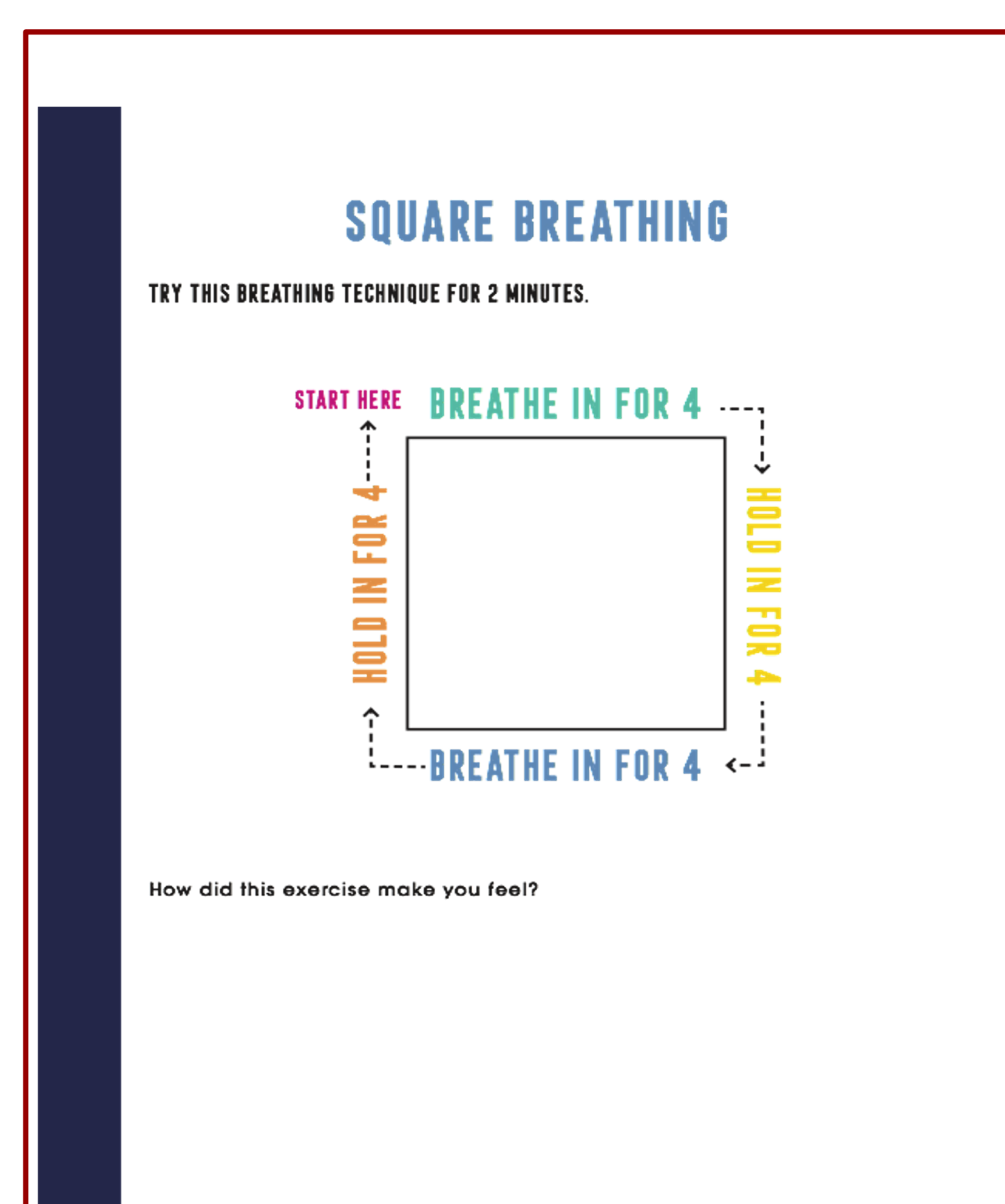
## "My Journal"



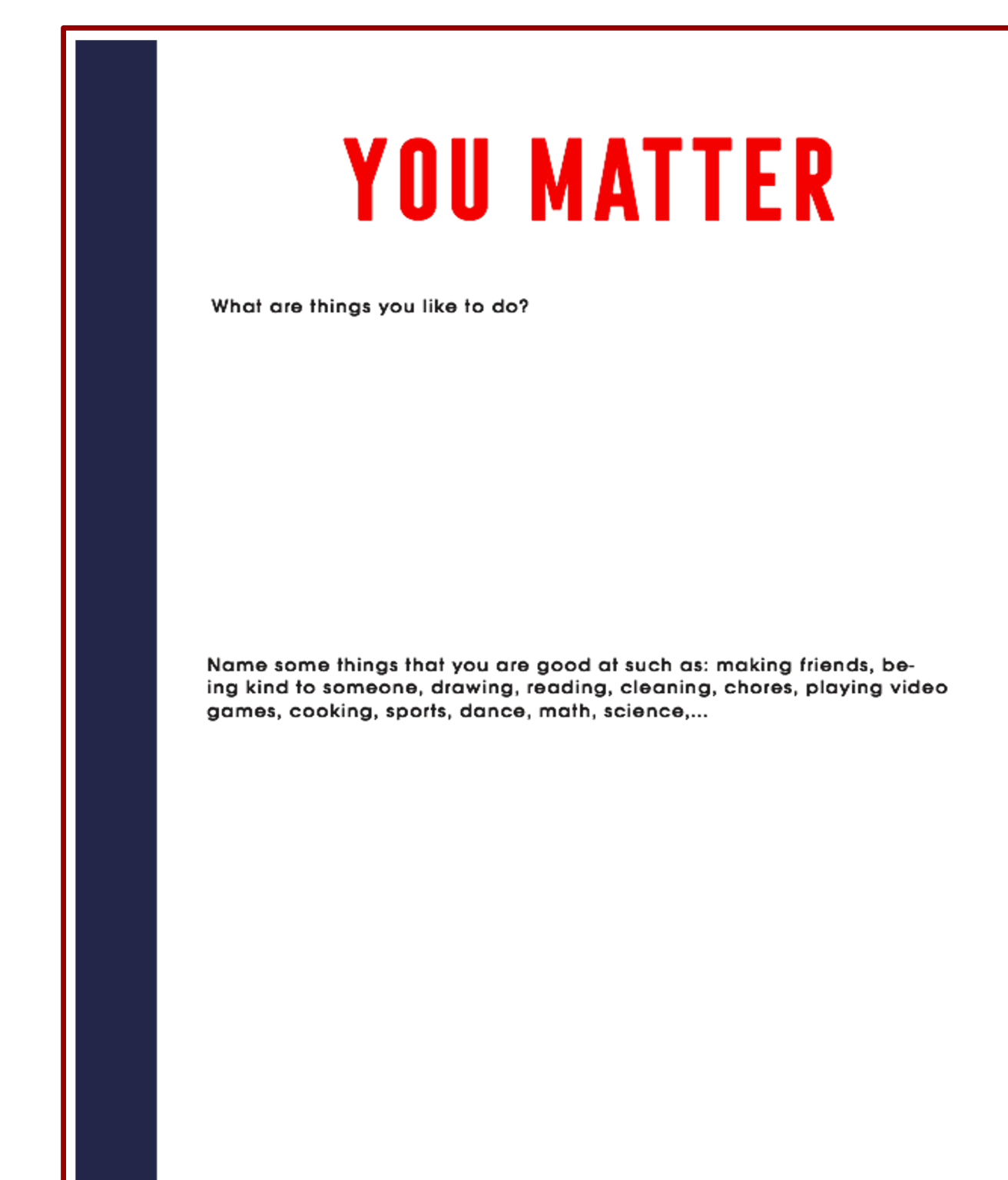
**Image 1:** "My Journal" front page.



**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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