

# REDgen



SCHOOLS



INTERFAITH



COMMUNITY  
HEALTH



Resiliency

Education

Determined to make a difference

IN THE HEALTH OF A NEW GENERATION

Our Mission  
to Advocate for Youth Mental Health  
and Well Being

Our Vision  
To Positively Impact a New Generation of Resilient  
Youth Who Embrace a Lifestyle of Balance and a  
Healthy Definition of Success.

# Why REDgen?

What are some of the reasons?

- Suicides of 2013
- Statistics showing need and reality of stress kids experience
- Narrow definition of success
- The need for 21st century skills

# Why REDgen?

## Statistics Showing Need

- 24.6% HIGH SCHOOL STUDENTS FELT SO SAD OR HOPELESS FOR 2 OR MORE WEEKS THEY STOPPED DOING THEIR USUAL ACTIVITIES
- 13.2% HIGH SCHOOL STUDENTS SERIOUSLY CONSIDERED ATTEMPTING SUICIDE
- 1 IN 3 COLLEGE STUDENTS TREATED FOR MENTAL HEALTH ISSUE
- 43% OF COLLEGE STUDENTS FELT THINGS WERE HOPELESS
- 64% OF YOUNG ADULTS WHO WERE NO LONGER IN COLLEGE LEFT FOR MENTAL HEALTH REASONS

# Why REDgen?

## How Do You Define Success?

- INTRINSIC QUALITIES SUCH AS EMPATHETIC, RESILIENT, HAPPY OR CONTENT, -JOB SATISFACTION, COLLABORATIVE, INNOVATIVE, TRAINABILITY, MAKING A DIFFERENCE IN SOCIETY
- EXTRINSIC QUALITIES SUCH AS GOOD GRADES, HIGH TEST SCORES, BEST COLLEGE ACCEPTANCE, HIGHEST SALARY

# Wellness Factors For Success

Nutrition, Exercise, Sleep,  
Positive Coping Skill Development

- SPECTRUM OF WELLNESS
- OFTEN WAIT UNTIL WE ARE SICK TO MAKE IT A PRIORITY.
- CREATE HEALTHY BEHAVIORS AND HABITS NOW TO MAINTAIN HEALTH IN FUTURE.
- IF STUDENTS TAKE OWNERSHIP FOR THEIR PHYSICAL AND EMOTIONAL WELLNESS, IT WILL CONTINUE TO BE A PRIORITY IN THEIR LIVES.

# Why REDgen?

## Need for 21st Century Skills

### 21ST CENTURY SKILL SET

COLLABORATIVE

AUTHENTIC

ADAPTABLE

INNOVATIVE

PROBLEM SOLVER

TEAM PLAYER

CRITICAL THINKER

GOOD COMMUNICATOR

FLEXIBLE

ENGAGED

INDEPENDENT LEARNER

RESILIENT

[WWW.REDDGEN.ORG](http://WWW.REDDGEN.ORG)

# Our Process

## Schools

Meetings across schools to discuss social/emotional learning

Programs for administrators and teachers

REDgen Student Groups

Programming for students and parents

## Interfaith

Host QPR Trainings

Organize youth activities, retreats and study days

Pray for our youth and families

Monthly meetings across different faith groups

Organize parent and youth programming

## Community Health

Programs for parents on topics related to mission

Help organize QPR trainings

Help with grant writing

Hold discussion groups

Meetings across the health community

*Year 3*

*Year 2*

*Year 1*

SINCE

2013

60 + Programs

Committed

Collaborative

Passionate

S C H O O L : A P U B L I C H E A L T H  
A P P R O A C H

**DSHA  
HIGH  
SCHOOL**

WHAT OUR STUDENTS  
WERE TELLING US:

93-96%

**stress** was affecting their quality of life  
freshmen through seniors  
steady for 7 years

# STUDENT PERCEPTION MEETS SCIENCE

- Jan. 2015: DSHA approached MU
- April 2015: preliminary data collection
- Summer 2015: DSHA Hansen Foundation Grant; MU College of Health Sciences grant
- Aug & Sept: Project WISH enrollment
- 2015-16: freshmen protocol & snapshot protocol

*WISH:*

Wellness Initiative for Student Health

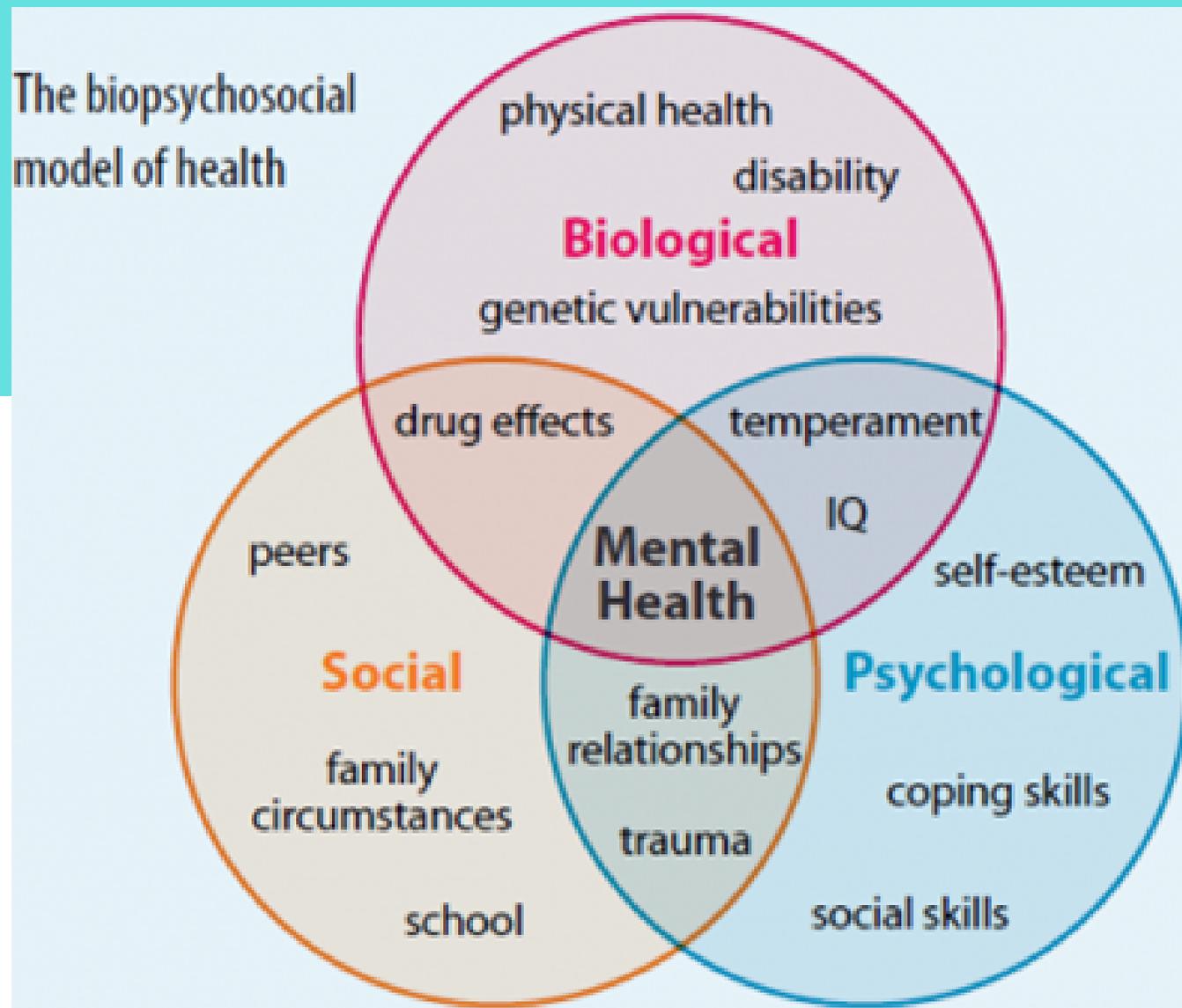
To develop a battery of standardized assessments of health and wellness to be used in secondary education

To document DSHA student health and wellness scores throughout the implementation of the wellness initiative at DSHA .

## Goals for Project WISH

*Working with **REDgen** on the Schools' Committee, we knew that what we faced was not uncommon. Could we develop & test a model that could work in other high schools?*

# biopsychosocial model of health



## Freshman Protocol:

To provide data on the wellness and health status of freshmen students during their first year experiencing the wellness initiative

	Participants	Student Self-Report Questionnaires	Fitness	Cortisol (Physiological assessment of stress)	Parent Questionnaires
Assessment Time Points		Demographics Sleep Quality of Life Stress Body Image	FitnessGram assessments in PE class  Physical Activity Questionnaire	2 samples collected over 24 hours	Student Stress Student Quality of Life
September 2015	Freshmen	X	X	X	X
October 2015	Freshmen	X		X	X
December 2015	Freshmen	X		X	
March 2016	Freshmen	X		X	
May 2016	Freshmen	X	X	X	X

# snapshot protocols

	Participants	Student Self-Report	Fitness	Cortisol (Physiological assessment of stress)	Health Status	Vitals	Physical Activity Monitors
		Demographics Sleep Quality of Life Stress Body Image	FitnessGram assessments in PE class September 2015  Physical Activity Questionnaire	2 samples collected over 24 hours	Fasting lipid and glucose panel via finger prick	Height, weight, & blood pressure	Watch-like device worn for 24 hours to measure activity and sleep
<b>November 2015</b>	50 freshmen 50 sophomores 50 juniors 50 seniors	X	X	X	X	X	X

# SNAPSHOT DATA

## preliminary results: biometrics

- weight status & body composition
- resting vitals
- risks for diabetes & heart disease
- cortisol
- physical fitness: strength & aerobic capacity

# SNAPSHOT DATA

## preliminary results: surveys

- sleep
- quality of life
- stress
- body image

# Putting the pieces together: combining biometric testing with psychosocial testing



**student perception  
meets science**

# INTERVENTION RESPONSES

- **sleep**
- **more deliberate skill-building**
- **deepening our integrated wellness**

Sleep:

Research!

Dr. Louella Amos, Children's Hospital of Wisconsin

Dr. David Plante, UW-Madison School of Medicine and

Public Health

# MORE SLEEP...

Parent Education: Dr. Amos

Partnership with UWM  
School of Nursing (public  
health clinical, second  
semester)

**THANK YOU**