

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.REDGEN.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

WWW.REDCEN.ORG

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

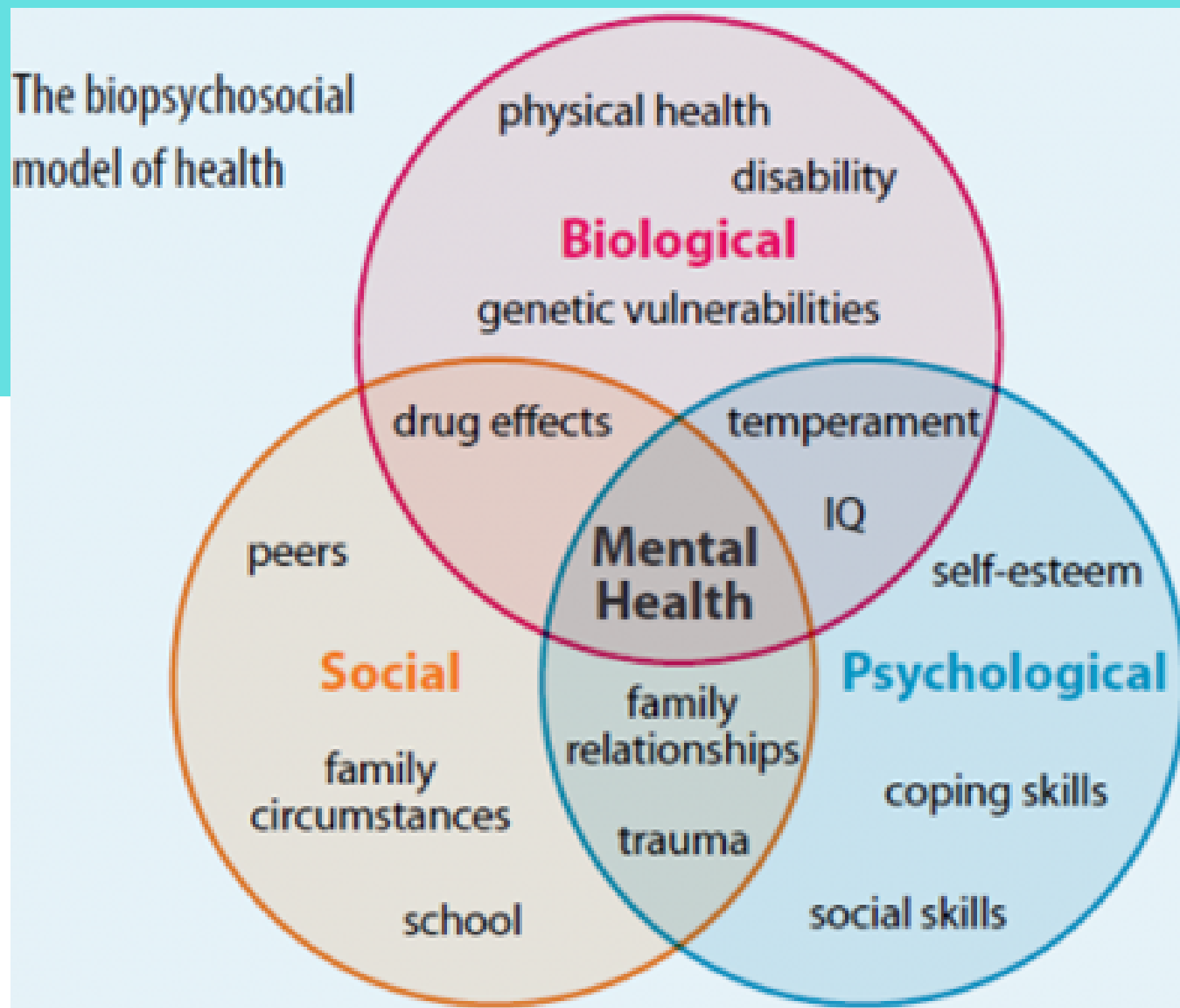
To develop a battery of
standardized assessments of
health and wellness to be used
in secondary education

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
November 2015	50 freshmen 50 sophomores 50 juniors 50 seniors	X	X	X	X	X	X

S N A P S H O T D A T A

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