

Social Media Impact on Adolescents Mental Health in Staten Island

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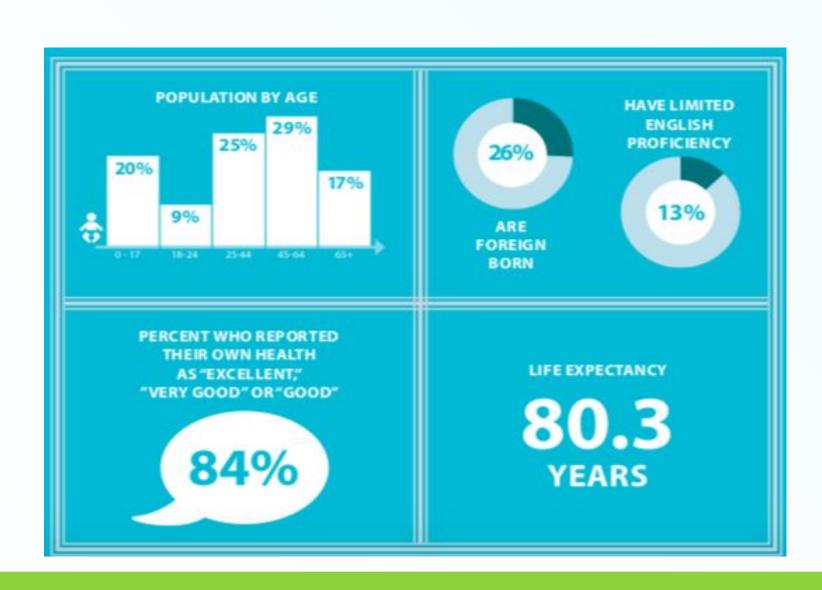


Introduction

- Studies have shown that social media harms adolescents' mental health which has a significant effect on Staten Island.
- Adolescents spend a significant amount of time online and typically communicate via text messaging and social media multiple times per day. 1
- Prolonged use of social media such as Instagram, Facebook and/or
 Twitter is positively associated with mental health problems such as stress, anxiety, depression, and social phobia.
- Depression and other mental health disorders are major risk factors for suicide and suicide is the second leading cause of death for 15 to 24 year-olds. 2
- Dr. Aruna Agni, a child psychiatrist and medical director of the Staten Island Mental Health Division of Richmond University Medical Center stated, "texting and posting also allow kids and adolescents to be unkind without being face-to-face. All these things can lead to depression, a lot of bullying goes on on social media. Bullying leads to depression." 3

Community Assessment and Analysis

- Tumarkin and Bowles, stated that "the share of white non-Hispanic residents has fallen from 80 percent in 1990 to 68 percent in 2010, while the share of residents who are Black, Hispanic and Asian has increased." 4
- In Staten Island, 25 percent are obese, 8 percent have diabetes, and 25 percent have hypertension. ,NYC gov "that adults and children have at least 150 minutes of exercise a day. Physically active people are more likely to have healthier lives and live longer," exercising boosts energy and helps decrease a person's risk for developing certain diseases. 5



Proposed Solution

NATIONAL SUICIDE PREVENTION LIFELINE - 1800- 273- 8255

1. Primary Prevention:

• We will be doing health promotion by going to different schools on Staten Island and give an assembly on the acronym O-N-L-I-N-E which will encourage the students to take part in healthy habits with social media and one another.

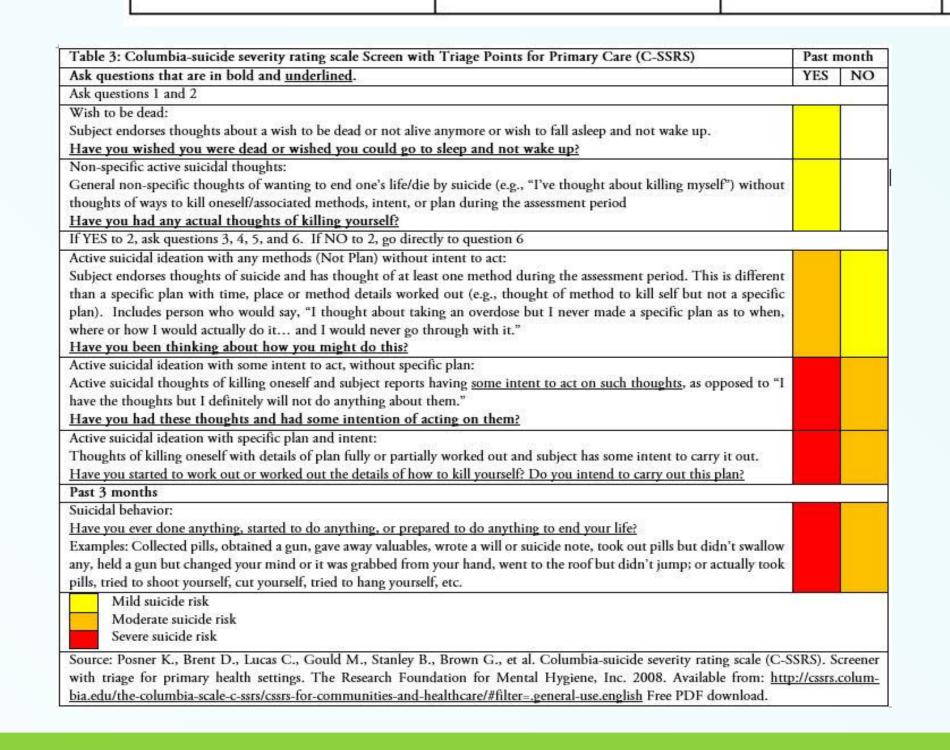
2. Secondary Prevention:

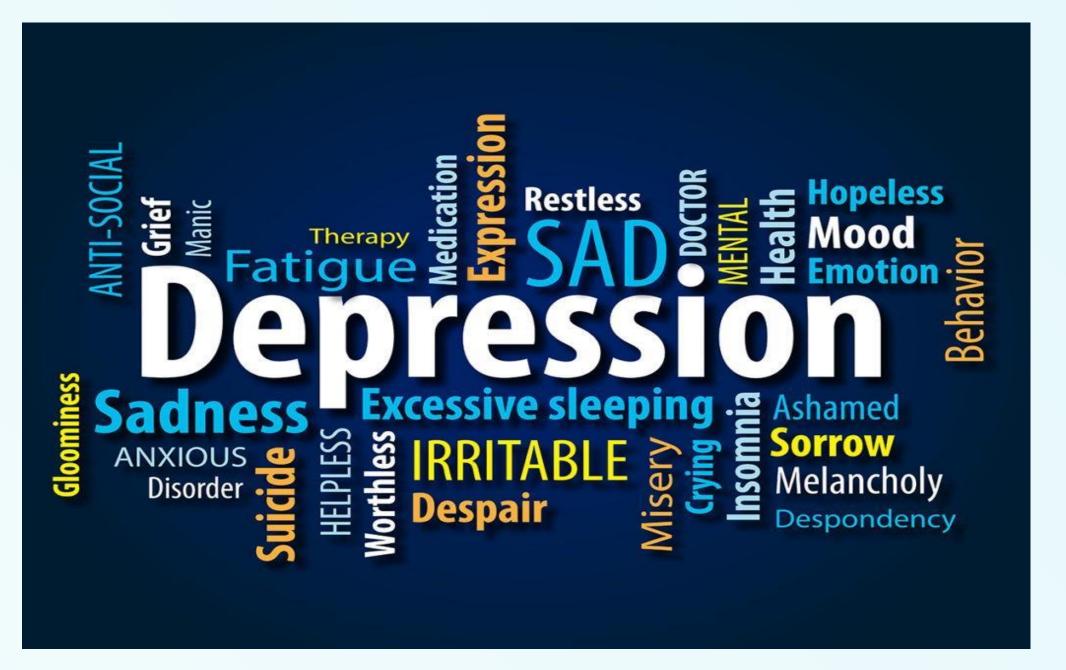
The school nurses will use The Columbia Suicide Severity Rating Scale (C-SSRS) as a screening tool. It measures to identify and assess individuals at risk for suicide. Questions are phrased for use in an interview format, but can be completed as a self-report measure if necessary. The C-SSRS measures four constructs: the severity of ideation, the intensity of ideation, behavior and lethality. It includes "stem questions," which if endorsed, prompt additional follow-up questions to obtain more information.

3. <u>Tertiary Prevention</u>:

• The school nurse will refer to a social worker and help set arrangements for the adolescents to receive the appropriate treatment to receive the best care possible. Options such as mental health treatment and the reassignment of schooling will be available.

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OFFER HELP	NO NEGATIVITY	LIMIT	I WILL NOT	NEVER	EMPOWER
		USAGE	CYBERBULLY	GIVE UP	OTHERS
Helping others	A negative	Social	it is	It is	When people
can make a big	attitude can	media can	important	important	feel empowered,
impact in both	affect yours and	make you	to treat	to have	they believe in
your life and the	others daily	less social in	others the	self-	themselves and
person you are	mindset.	daily life.	way you	confidence	their ability to
helping life. It	Positive thinking	Limiting	would like	and to	do things.
can help reduce	helps with	hours can	to be	always	Empowering
stress, improve	stress	help your	treated	believe in	others promotes
your emotional	management	overall		yourself,	optimism and a
wellbeing and	and can even	mental		your	"can-do"
even benefit your	improve your	health.		strength	attitude.
physical health.	health.			and your	
				capabilities.	
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Problem in the Community

- "The concept of 'Facebook depression' was first developed in 2011 and is defined as depression that begins with an extreme amount of social media usage and subsequent development of the classic symptoms of depression." 6
- Mental health conditions account for 16% of the global burden of disease and injury in people aged 10–19 years. 7
- "College/university students who report being cyberbullied are more likely to experience depression and generalized anxiety compared to their peer." 8
- The consequences of not addressing adolescent mental health conditions
 extend to adulthood, impairing both physical and mental health and limiting
 opportunities to lead fulfilling lives as adults. 7
- As for mental illnesses, it is increasing more in Staten Island, Community District
 1 inpatient psychiatric units are the highest among the city .5
- High psychiatric hospitalization rates likely reflect the challenged residents in under-resourced neighborhoods, including difficulty accessing preventive services and early care, greater exposure to stressors and interruptions in health insurance coverage. 5

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