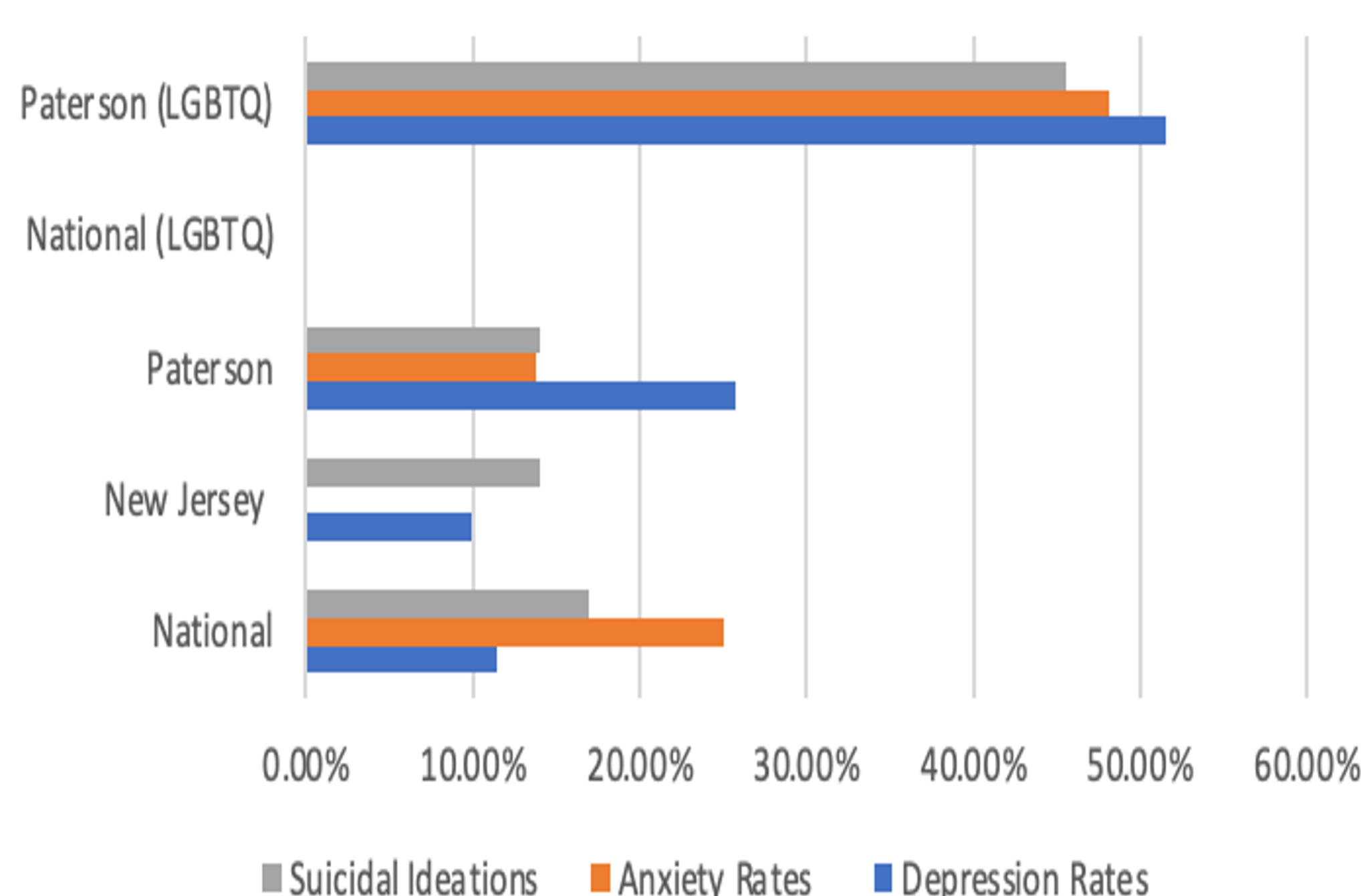




Introduction

- Depressive disorders are among the many public health challenges in adolescents.
- In Paterson, New Jersey there has been an increase in Depression and mental illness, due to the low-income rates and high poverty rates [1].
- The innovation of a health care clinic in Paterson, New Jersey will help to focus on the community's needs.
- What interventions can we propose in Paterson, New Jersey that will decrease depression and create a positive environment in the community?

Mental Health Rates Nationally, State of New Jersey and Paterson



References

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3. Depression among adolescent students in South India: How ... [Internet]. [cited 2021Mar30]. Available from: <https://www.indianjpsychiatry.org/article.asp?issn=0019-5545;year=2016;volume=58;issue=3;page=349;epage=350;aulast=Trivedi>

Community Assessment

- Paterson, New Jersey has a population of 145,000 people. Paterson is made up of mostly Hispanics and African Americans. 35.5% of the populations are Hispanics, 24.9% are African Americans, 9.16% are white, and 3.73% are Asian[1]
- In 2019, universities in Paterson, NJ awarded 1,557 degrees.
- Males in New Jersey have an average income that is 1.38 times higher than the average income of females, which is 61,412. Paterson median income is \$40,000 while New Jersey as a whole is \$84,632.[1]

There are many mental health and addiction resources, detox clinics, adult residential treatments, halfway houses, and intensive inpatient and outpatient services.

Resources available:

- In 2014, the Clinic partners with the Passaic Board of Education for the ACCESS After School Program. There are after school programs to help children with mental health.
- Passaic County Family Support Organization (FSO)
- Passaic County Care Management Organization (CMO)
- Guide to Mental Health Services in Passaic County.
- Outpatient mental health service, St. Joseph's Health which offers a full range of outpatient services[2].



Problem

The major problem that we are focused on is how depression affects adolescents. The strongest risk factors for depression in adolescents are:

- Family history of depression [3]
- Exposure of psychosocial stress [3]

The community that we focused on is adolescent in Paterson, New Jersey and how depression affects the population.

Rates of adolescent depression in * Patterson

- 25.8% & National (U.S): 11.4% [1]

Paterson female adolescent population affected: 32.8%
Paterson LGBTQ population affected: 51.5% [1]

The community in Paterson, NJ is affected by the prevalence of depression among adolescent, which has been leading to higher suicidal ideation rates.

- Paterson, NJ :14% [1]
- National rate:-17% [1]

Four Aspects that affect the adolescent population in Paterson, NJ is:

- Family cohesion [3]
- Social support [3]
- School importance [3]
- Neighborhood sense of community/attachment [3]



Solution

- Our proposed solution is to develop an innovative health program, We Care. We Care is a nursing clinic in the community that promotes self-esteem, healthy lifestyle and positive attitudes.
- The clinic will start by providing education in the schools and community regarding mental health in adolescents. This education will include the signs of depression, the types of stressors related to depression, and the destruction of the idea of mental health stigma in the community.

Goals:

- Adolescents will verbalize cues, triggers and symptoms of depression.
- Adolescents will demonstrate coping mechanisms to reduce depression.
- Adolescents will attend activities related to an individualized plan based on their stressors.

- For example, if a child is dealing with being overweight and not having many friends, then that child will receive an individualized plan to see a nutritionist, and the patient will be able to use the exercise equipment in the clinic and participate in activities.

- The possible activities of this clinic include forming a social club, playing games, introducing a nutritional spokesperson, having a movie night, exercise nights, family nights and dance nights.

- When the program starts to develop, a goal is to receive city funding and donations to create free health care in the community for the clinic, so it can be easier to seek help.

- We Care was inspired by the framework of Betty Neuman's Systems Model Theory. This theory shows that each person has a response to its environment.