Inside the Minds of Adolescents
Comprehensive School Health
Jessie Dean, Alycia Patenaude, Emilia Smith, Kelsea Tippett, Sherin Varghese, BSN 3

Who are we?
We are a group of third year nursing students working with Public Health Nurses and the Nanaimo School District to integrate health promotion initiatives in local high schools. Our focus is on adolescent mental health and wellness.

Literature
Adolescents want social media to be utilized in mental health education (O’Reilly et al., 2018).

School connectedness decreases substance use, promotes mental health, and increases school completion rates (Monahan, 2010).

Approximately 10-20% of adolescents in Canada are affected by a mental illness (Mental Health Commission of Canada, 2013).

ADPIE
Impaired Decision Making
Through meeting with stakeholders we have determined that our role will include creating a program directed at mental wellness, researching, and delivering content for adolescents.

Risk Taking (Dumontheil, 2016)

Methodology
Our Question:
How does one engage adolescents in education regarding mental health and well-being?

We have chosen to use feminism as our methodology. We can use this methodology to address the unique learning needs of each individual.

Comprehensive School Health Framework:
Encompasses the four pillars to facilitate a holistic approach.

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Instructors: Piera Jung, RN, BScN, MALT, CCNE & Mary-Anne Moloney, RN, BScN, MN