

# INTERESTED IN UNIVERSAL MENTAL HEALTH SCREENINGS?



**PennState**  
PRO Wellness



## WANT TO LEARN MORE?

We would request interested schools to commit to a six-session series delivered during the 2023-2024 academic year. Sessions will be led by your school peers who have successfully implemented universal depression screening, supported by experts. Following the training sessions, we would request you host a screening for one grade at your high school during the 2024-2025 academic year. Our team will provide technical assistance and will track metrics related to successful implementation. Our hope is that universal screening can be a realistic, sustainable process as we already know that it demonstrates proven benefits for our students.



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## BACKGROUND

We are all aware of the rising rates of adolescent depression (8.3% in 2008 up to 14.4% as of 2018). Suicide is the second leading cause of adolescent death.

## PROJECT SHIELD

The Screening in High Schools to Identify, Evaluate and Lower Depression (SHIELD) study was conducted by Penn State PRO Wellness with 14 Pennsylvania public high schools from 2018-2020. Results demonstrated that students who received a depression screener were six times more likely to be identified with depressive symptoms and twice as likely to start treatment.

## OUR PROPOSAL

Recognizing that universal depression screening is an evidence-based practice, proven to be effective in schools, we are proposing an implementation grant to support interested schools to realize this practice.