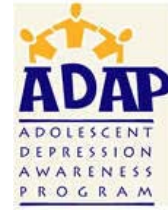




# Youth Philanthropy Initiative / ADAP Fact Sheet



## Adolescent Depression

The statistics on teen depression are sobering. Depression affects approximately 5% of today's teens.<sup>1</sup> Of these, a mere 30% receive any sort of intervention or treatment, even though studies show treatments of depression in adolescents can be effective. The impact of adolescent depression in teenagers has been found to significantly increase the risk of major depression and anxiety disorders, social dysfunction, nicotine dependence, alcohol dependence and abuse, educational underachievement, unemployment, early parenthood, suicide attempts and completed suicide.<sup>2</sup> In the U.S., suicide is the third leading cause of death among young people ages 15 to 24.<sup>3</sup>

## Adolescent Depression Awareness Program

The Adolescent Depression Awareness Program (ADAP) seeks to educate adolescents about the facts of depression, teaches them to recognize the symptoms, and provides information about possible treatment options. Started at Johns Hopkins University School of Medicine in Baltimore, Maryland by Dr. Karen L. Swartz, ADAP educates students, teachers, and parents about teenage depression. Using a three hour curriculum the program is presented in schools by trained medical personnel. Through depression education and awareness, ADAP hopes to decrease the number of teenagers who suffer without treatment from this disabling and potentially life threatening illness.

## Youth Philanthropy Initiative

Youth Philanthropy Initiative (YPI) is a youth-led organization made up of a diverse group of high school students from Tulsa, Oklahoma and the surrounding areas. Started in the fall of 2005, the program is funded by the Charles and Lynn Schusterman Family Foundation and has since teamed up with OU-Tulsa. The participants were given the task of making a difference in the teen community in Tulsa. The teens from year one have chosen to focus on teen depression.

## References

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2. Fergusson, D.M., & Woodward, L.J. (2002). Mental health, educational, and social role outcomes of adolescents with depression. *Archives of General Psychiatry*, 59(3), 225-31.
3. Centers for Disease Control and Prevention. Web-based Injury Statistics Query and Reporting System (WISQARS) (2003). National Center for Injury Prevention (producer). Available from: URL: [www.cdc.gov/ncipc/wisqars](http://www.cdc.gov/ncipc/wisqars). [Online] [2004, March, 25]

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