



# Bullitt County Public Schools

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## Memo

TO: Jesse Bacon, Superintendent

FROM: Sarah Smith, Director of Safe Schools and Mental Health Services SS  
Stephanie Warner, Project Director, AWARE II Grant SW

DATE: January 12, 2022

RE: Path2Purpose

This is a request for Board approval for Bullitt Lick Middle School and Bullitt Central High School to participate in the Path2Purpose program through the University of Louisville and The University of Illinois School of Medicine. Path2 Purpose is a free, voluntary depression prevention program for teenagers who want to improve their mood and learn coping skills to manage difficult situations. Pioneered by leading universities, the P2P study is a research project that will determine how best to help teens build healthy lifestyles and prevent feeling down. The PHQ-9 is a 9 question screener given to all students to assist the research team in identifying students for the project. The two schools will administer the screener and the rest of the process will be completed by the research team after school hours. Students and parents will be compensated for their time through a reloadable debit card. A copy of the screener and basic information of the program is attached to this request.

cc: Adrienne Usher, Assistant Superintendent  
Tom Brillhart, Chief Operations Officer

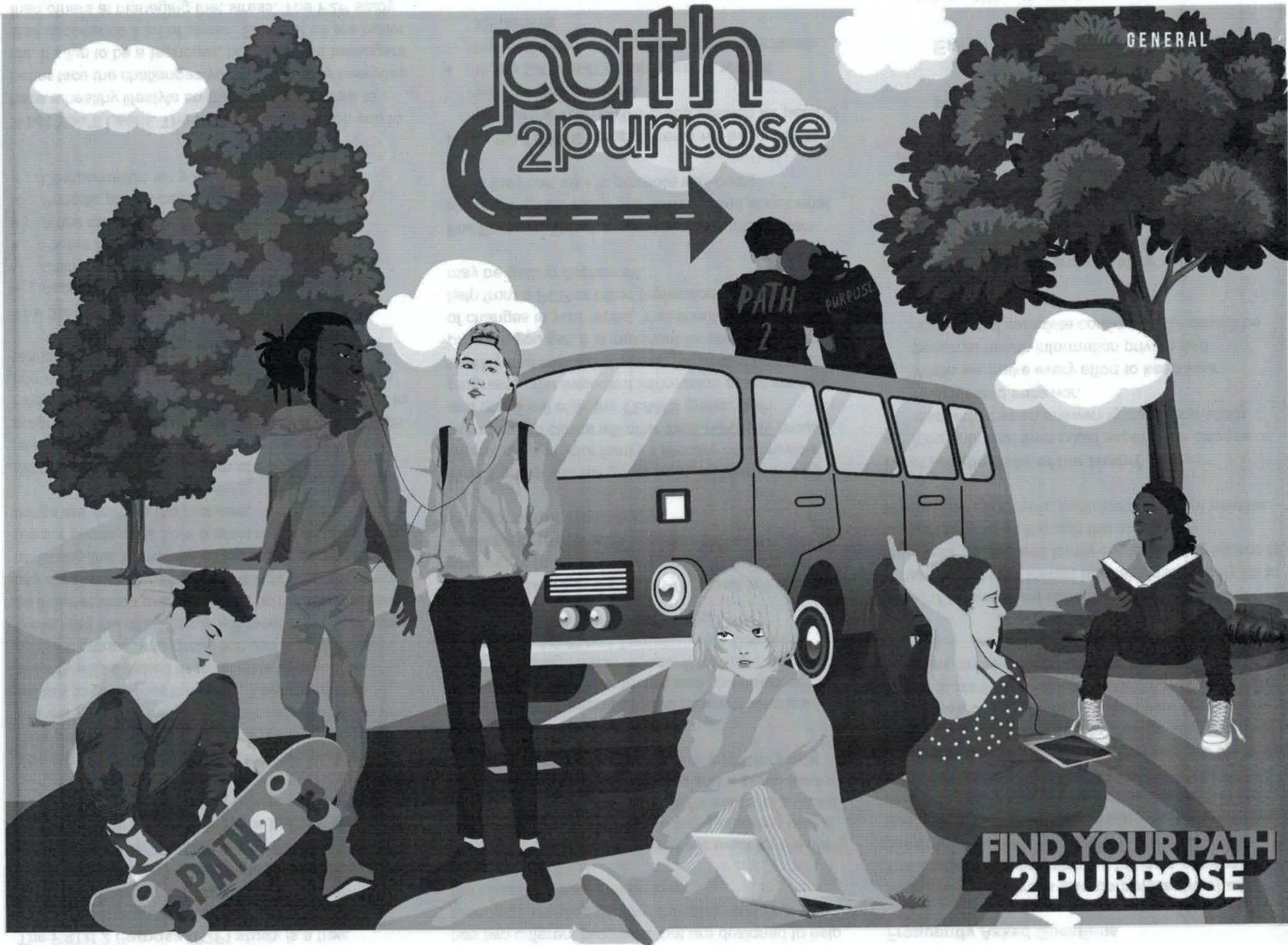
Equal Education and Employment Institution

SW  
1.18.22



# path 2purpose

GENERAL



**FIND YOUR PATH  
2 PURPOSE**



**The PATH 2 Purpose (P2P) study** is a free, voluntary program for teenagers who want to improve their mood and learn coping skills to manage difficult situations. Pioneered by leading universities, the P2P study is a clinical trial that will determine how best to help teens build healthy lifestyles and prevent feeling down.

**You may be referred to the study by your primary care provider (PCP).** If you choose to participate, you will visit with members of our research team who will talk to you about the study. Teens and their parents will be asked to participate in one of two different groups: one group will use a website at home, and the other group will meet up online using an internet video program. You do not have to take any medications or talk about things you don't want to. During the 18 months of the study, you'll get regular phone calls from a team member to see how things are going in the program.

**Who We Are.** We are a team of PCPs, psychologists, writers, researchers, and computer programmers at the UI Health/Advocate Health/KSB Hospital/University of Louisville. We work together to find a way to help promote health and well-being in teenagers.

#### **The Study Includes**

- Access to a computer-based program or an online group program for teens
- Parent interventions
- A few meetings with our research team
- Periodic phone calls from our research team
- Compensation for your time and efforts

**What You'll Learn.** The P2P study can teach you to have a healthy lifestyle so that you will be able to better face the challenges you meet in your everyday life. It's fun to be a teenager, but of course teenagers also experience a lot of stress. Some of us are better than others at managing that stress. The P2P study

has two different programs that are designed to help teenagers develop healthy life habits and deal with the stressful things in their lives.

**TEAMS** is an online group that will meet for 8 weekly sessions in a row, and then 6 more sessions over 6 months. Teenagers in the **TEAMS** will be in a group with about 6-10 other teenagers and a group leader. **TEAMS** stands for Teens Achieving Mastery over Stress.

The **CATCH-IT** internet-based program teaches teens how to deal with feeling sad and down, and ways to manage these moods. **CATCH-IT** stands for Competent Adulthood Transition with Cognitive-behavioral & Interpersonal Training.

**In both TEAMS and CATCH-IT, teens will learn strategies to cope with negative thoughts, to manage conflicts with friends and family, and to plan for major life changes.**

Which group you will get to be in is determined by where you see your family's primary care provider. Some health clinics will offer the **CATCH-IT** group and some will offer the **TEAMS** group. Both programs offer important information about staying healthy and managing stress. Regardless of which program you get, it is important for you to keep track of changes in your mood. You should always seek help from a PCP or other professional if you feel you may be getting depressed.

**For Parents.** This program helps parents to learn about what their teens are learning, and about what steps they can take to promote well-being.

- In the **TEAMS** group, parents will be invited to participate in an online group session for parents with the group leader.
- In the **CATCH-IT** group, parents will get instructions to visit the internet site specifically for parents.

## **Frequently Asked Questions**

### ***How much trouble is it to complete the study?***

The study has been designed to be as easy as possible. You don't have to take any pills, and you don't have to talk about anything you don't want to. And while you have to apply what you learn in the study in real life to get the most out of it, the P2P study isn't just like homework. You can use the skills you learn in the P2P study to change your life. Over the course of 18 months, you and your teen will be asked to participate either the **CATCH-IT** or **TEAMS** program, and be called for interviews every six months.

### ***What if I don't want other people to know?***

What you tell your friends and family is entirely up to you. Your friends and family could be a big source of support as you go through this study. Any information about your participation is kept **private**.

### ***What are the risks of the study?***

- You and your teen could experience distress or discomfort when answering questions about feelings and behavior.
- While we make every effort to keep your personal health information private and confidential complete confidentiality cannot be guaranteed.

If your teen is eligible, and you allow your teen to participate, you and your teen are free to withdraw from the study at any time.

How can I find out more about P2P?  
Contact our Call Center for more information.

**Phone: 1-877-268-PATH (7284)**

**Email: [path2purpose@uic.edu](mailto:path2purpose@uic.edu)**

**Web: <http://path2purpose.uic.edu>**



# Being a Teenager Can Be Stressful!



University of Louisville & other leading universities are participating in the PATH2Purpose (P2P) research study: A free, voluntary program for teenagers who want to improve mood and learn coping skills



We are inviting teens with fluctuating moods to complete a survey to see if they are eligible for the P2P study



Teens in the study will be asked to join one of two groups: One is an internet-based program (CATCH-IT) and the other is an online group (TEAMS) to learn strategies to cope with negative thoughts and the daily stresses of life



Parents will learn about what their teen is learning and what steps they can take to promote well-being



You may be able to take part in the study if you are:

- ☐ Currently living in Kentucky
- ☐ Between 13 & 18 years old AND frequently feel sad, worried, &/or nervous
- ☐ Not currently in therapy OR taking psychiatric medication
- ☐ Not currently diagnosed with depression, schizophrenia, substance use, or bipolar disorders OR if you have had a previous psychiatric hospitalization



What else do I need to know?

- ☐ Teens & parents will receive compensation for participation
- ☐ Participants are free to withdraw at any time
- ☐ Primary Care Providers (PCP) will be aware of participants' involvement in the study

If you have questions or want to schedule a screening, contact us by phone or email:

Phone: 1 (877) 268-7284 or (502) 625-5489

Email: [Jessica.Hatton@louisville.edu](mailto:Jessica.Hatton@louisville.edu)

Website: [path2purpose.uic.edu](http://path2purpose.uic.edu)

# PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)

Over the **last 2 weeks**, how often have you been bothered  
by any of the following problems?  
(Use "✓" to indicate your answer)

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING 0 +      +      +       
=Total Score:     

If you checked off any problems, how difficult have these problems made it for you to do your  
work, take care of things at home, or get along with other people?

Not difficult  
at all  
☐

Somewhat  
difficult  
☐

Very  
difficult  
☐

Extremely  
difficult  
☐