**The Blues Program**

Outcomes Summary for ENTER REPORTING PERIOD DATES

The Pennsylvania Commission on Crime and Delinquency (PCCD) provided funds to \_\_\_\_\_\_\_\_\_\_\_\_ to implement the Blues Program across a two-year time period (GRANT DATES). This Outcome Summary represents the initial data gathered for this project. \_\_\_\_\_\_\_\_ program staff were trained by the Blues Program Developer to implement the program. To date, the Blues Program was provided to youth across \_\_\_\_\_\_ school districts in \_\_\_\_\_\_\_\_\_\_\_\_ County: names of the three districts.

The Blues Program is a school-based prevention program for adolescents with depressive symptoms or adolescents who are at risk of onset of major depression. The program is delivered to groups of 4-8 adolescents, in one-hour sessions over 6 weeks with home practice assignments included. Group sessions include: building group rapport, increasing participant involvement in pleasant activities, learning and practicing cognitive restricting techniques, and developing response plans in future life stressors.

**Targeted Risk Factors:** The Blues Programaddresses negative cognitions and promotes increased engagement in pleasant activities in an effort to prevent the onset and persistence of depression in at-risk youth with depressive symptoms, which if left untreated can lead to:

* Increased severity of depressive symptoms
* Onset of Major Depression
* Risk, or increase, substance use

**The Blues Program**

Program Reach

Program Screening

Surveys are completed by youth during the first and last sessions. Out of the \_\_\_\_ youth who participated, \_\_\_ had completed Pre- and Post-Surveys.

Youth Demographics

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Number | Percentage |  | | Number | Percentage |
| **Gender** | Male |  |  | **Age** | 14 |  |  |
| Female |  |  | 15 |  |  |
| Other |  |  | 16 |  |  |
| **Race** | American Indian/Alaskan Native |  |  | 17 |  |  |
| Asian |  |  | 18 |  |  |
| Black or African American |  |  | 19 |  |  |
| Native Hawaiian or other Pacific Islander |  |  | 20 |  |  |
| White |  |  | 21 |  |  |
| Other |  |  | **Grade in School** | 9 |  |  |
| **Ethnicity- Hispanic** | Yes |  |  | 10 |  |  |
| No |  |  | 11 |  |  |
| **Demographic Information was collected from the \_\_\_\_\_\_ Youth Screened.** | | | | 12 |  |  |

Model Fidelity

**Why is Model Fidelity important?** Evidence-based programs are proven to get high quality outcomes for youth, families, and communities. However, these programs only predictably produce quality outcomes when they are implemented as they were designed by the researchers who developed them, with fidelity to the model.