



14 Extension Agents
trained to teach
YAM

PLUS

46 Community
members trained
to teach YAM

88%

said that mental
health should be
taught in their schools

11,000

Students have
participated
since 2016

36

Schools have
participated
since 2016

After completing YAM, youth reported

- Higher levels of *sharing feelings* and *collaborative problem-solving skills* (considered protective factors against suicide)
- Higher levels of *help-seeking behavior* and *emotional coping problem solving skills* (considered protective factors against suicide)

"It teaches us how to
cope and learn how
depression is hard, but
you can get through it."

"I am very glad our class had the
opportunity to learn about the
things we may have struggles
with and how to deal with them.
Especially if someone you know
is struggling, we now know what
things to talk about or do to help
them feel better."

"It makes us feel good
and safe that we can talk
about our problems."

<https://www.montana.edu/crre/youthawareofmentalhealth.html>