



2023 DTL

Detroit Team 4:

Phase 1

Mental Health Epidemic Amongst Adolescents

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Why this Topic?

Mental Health Epidemic Amongst Adolescents

DET4

Our team knows mental health issues are very common in teens:

- As a team, we felt as though this would be a topic we could relate to, and one that is specifically prominent currently, especially following the spike in reportings of mental health issues following the COVID-19 pandemic
 - We were interested in learning about this issue more in-depth, so we chose to further pursue it
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Key Insights from Research

Most of our research was via studies found on the internet.

We continue to reach out to other stakeholders

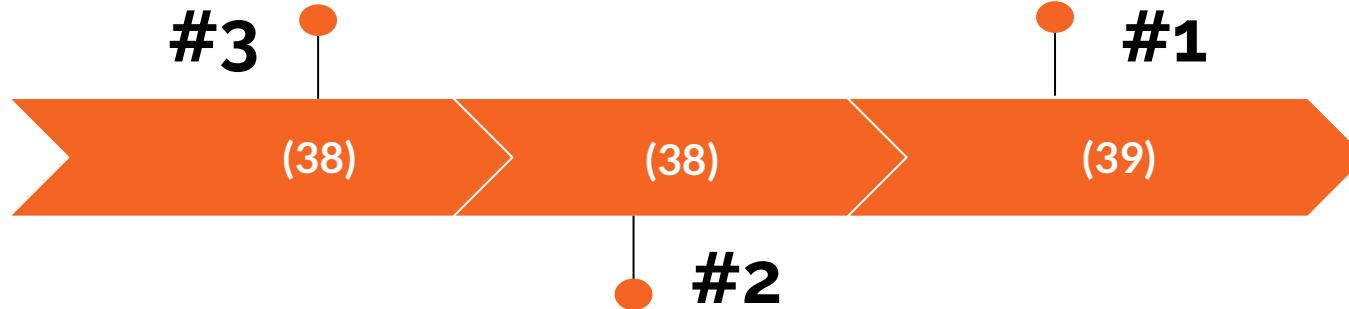
Insights

- Mental health issues in teens have increased post-COVID, including the instances of teen suicides
- Mental health issues have negative effects on other aspects of life
- There was a significant drop in grades from pre-COVID to post
- Many teenagers feel as though there are no stable support systems in place for them

Top 3 Need Statements

A way to increase funding for online mental health services for Troy High School students in order to make the services more readily accessible by collecting \$1000 in a year.

A way to educate regarding the potential harm of high screen time on social media for Troy High School students in order to promote a healthy amount of nightly sleep for average 8 hours per night.



A way to educate regarding effective stress management for Troy High School students in order to improve academic performance by seeing a 5% increase in GPA.

Thank You!
