

Reference: Pg. 21 in the textbook

1. Identify the problem and target population

a. Be sure to use international, **national**, state data. Incidence and prevalence rates related to the health issue

-The problem is that college students around the country are experiencing a high rate of mental health illnesses. According to the American Psychological Association, ninety-five percent of college counseling directors surveyed stated that the number of students with psychological problems is a growing concern on campus or in their counseling centers (2013). The American Psychological Association also stated that directors believed mental health issues have increased at least seventy percent in the last year (2013). Approximately forty-one percent of students suffer from anxiety which makes it the most common mental health issue in college students followed by depression at approximately thirty-six percent (2013). The American Psychological Association also stated twenty one percent of students present severe mental health problems and forty percent present mild mental health issues (2013).

2. Narrow the health problem by showing the relationship to the proposed priority population

-Mental illnesses in college students is a national problem. About forty- six percent of young adults aged from 18-24 are enrolled in college (Blanco, 2008). With that almost half of college students have had a psychiatric disorder in the past year. If almost half of the young aged adults attend college, than that means that almost half of those students experience mental health problems. With mental health issues becoming so severe in our nation getting more awareness is needed.

3. State a proposed solution to the problem.

a. Include the name and purpose of the proposed health promotion program, and a general overview of what the program may include. Be

sure to explain what would happen to the target population if the proposed program isn't implemented.

-Program: This program, Known as "Sleep & Peace", will consist of a one day program that consists of giving out information and events supporting mental health issues among the college student population. -This program will consist of being able to give out information about the start of our designated program and the issues across mental health among college students. There will be a table set up in the common area of the university where there will be information given out. The information will involve mental health issues among college students, statistics, ways to prevent these issues involving a free stress environment, and resources if needed. We will conduct an event that will involve students to be able to come and make a pillow and be able to draw the things that make them happy and stress free on the pillow. While doing so there will be basic counselors that will attend this event and provide students insight on the deals of stress that can turn into worse scenarios like depression, anxiety, and worsening symptoms. After the participants complete the program we will provide a small secondary survey that contains four questions that provide an insight on how well they like the program, was it useful, how much they knew before the program, and do they have any feedback they will like to share. This small survey will gather results on if this program really had an effect on the participants.

-The result of not implemented: If this program is not implemented, the students will continue to have a lack of knowledge and resources.

4. State why the program will be successful.

The goal of the program will be to make sure that college students are getting information about mental health illnesses.

- It allows students to become aware of the different types of mental health issues and receive resources if necessary.

- It also allow students to receive advice on how to overcome increase levels of stress.

- a. Use the results of evidence-based practice to support the rationale.

5. Provide references

College students' mental health is a growing concern survey finds.

(2013, June). Retrieved October 16, 2018, from <https://www.apa.org/monitor/2013/06/college-students.aspx>

Blanco, C. (2008, December 01). Mental Health of College Students and Their Non–College-Attending Peers. Retrieved from <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/482915>