

Project Cerebral

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Problem Statement

Self diagnosis is an extremely harmful and misleading process that many adults in the U.S. (ages 18-29) partake in. Harvard medical experts in numerous studies have studied the perceived illnesses people diagnose from themselves versus the actual issues that people have. This issue isn't limited to just physical ailments. Incorrect self-diagnosis is most common in mental health situations, with only a 34% rate of correct analysis.



Justification

The resources that already exist and are ready to be utilized reduce the total cost by a significant margin, but we still need to sink in time and effort in order to make sure those resources are willing to cooperate with our ideas. The size of the target market, as discussed previously, is the student body (of both local high schools and local colleges). In a more realistic view, we think if our project reaches at least a quarter of Santa Monica High School's student population, it will have helped enough to be counted as a success. Our preliminary plan to accomplish this, however, is still in the works. We plan to release a survey that gauges interest within the student body for a more accurate and easy mental health resource. Currently, many students feel reluctant to do so (based off of a small sample size collected by our team's individuals) due to the amount of effort needed to actually gain assistance with mental health ailments.

Similar Solutions

Similar Solutions to ours that are currently in place are Teen Line, which is communication service in which people can talk to other students. The Youth Mental Health Plan focuses on talking to the parents rather than teens/children, but still focuses on them. Better Help is a online counselor service that brings help in form of a one on one with a patient for a fee.



Design Criteria

Due to the special circumstances of our solution, testing certain criterias on materials is not necessary as the cerebral project has no physical solution at the moment.

However we can still input criterias for questions as well as how well the survey is being circulated. Our group wants to justify why a solution is better kept ethereal then physical at the present moment. In short mental health as well as misdiagnosis require heaps of data to analyze in order to accurately sum a physical solution, in most cases an individual person's reflection with help from a therapist and others is the best solution. For us we are working on a physical representation of this process through the data being continuously collected with our surveys.

Design Process

3/23/2021 9:22:11	Yes	Yes			Sometimes	At home with family or in	Yes	Yes	No
3/23/2021 9:22:21	Yes	Yes			Sometimes	When I am in a setting w	Yes	Yes	No
3/23/2021 9:23:17	No	Yes			Sometimes	When I'm alone or with p	Yes	Yes	No
4/29/2021 16:47:18	Yes	Yes			Often	my room	Yes	No	No
4/29/2021 16:49:41	Yes	Yes			Sometimes	With my friends is when I	Yes	Yes	No
4/29/2021 16:50:19	Yes	No	No		Sometimes	with my friends	No	not getting scammed by	Yes
4/29/2021 16:53:42	No	No	No		Never	I never feel this way	No	not be forced to play mut	Yes
4/29/2021 16:54:26	Yes	Yes			Often	I feel I can be myself in n	Yes	No	No
4/29/2021 16:59:44	Yes	Yes			Sometimes	When I'm talking to my fr	No	I haven't been able to pu	Yes
4/29/2021 16:59:54	Yes	Yes			Never	When I'm dueling in duel	Yes	No	No
4/29/2021 17:01:08	No	No	No		Sometimes	I can't think of anywhere	Yes	No	No
4/29/2021 17:01:13	No	No	No		Sometimes	When im at home with m	Yes	No	No
4/29/2021 17:03:05	Yes	Yes			Often	When I hang out with my	Yes	No	No
4/29/2021 17:05:12	Yes	Yes			Sometimes	I feel I can be myself aro	Yes	No	No
4/29/2021 17:09:34	No	Yes			Sometimes	with my mom	Yes	Yes	Yes
4/29/2021 18:23:35	Yes	Yes			Never	With friends and in privat	No	Get a job and learn a ski	Yes
4/29/2021 18:33:57	Yes	Yes			Never	Any time, home	Yes	Yes	No
4/29/2021 18:39:26	Yes	Yes			Never	At home	Yes	Yes	No
4/29/2021 18:49:22	Yes	Yes			Sometimes	With my parents	Yes	Yes	Skip
4/29/2021 18:51:29	No	No	No		Never	never	No	nothing	Yes
4/29/2021 18:51:39	Yes	Yes			Often	With my friends	Yes	Yes	Skip
4/29/2021 18:51:40	Yes	Yes			Often	When I am alone	No	I feel like I could open u	Yes
4/29/2021 18:52:32	Yes	Yes			Often	Almost anywhere	Yes	No	No
4/29/2021 18:52:38	No	No	No		Never	By myself	No	I don't know	Yes
4/29/2021 19:01:55	No	Yes	No		Sometimes	At home	No	pick up hobbies, and spe	Yes
4/29/2021 19:06:59	No	Yes			Sometimes	I always have someone,	No	I think having a passion i	Yes
4/30/2021 9:19:27	Yes	Yes			Never	Almost never and nowhe	No	If I were to get a "fresh st	Yes
4/30/2021 9:23:31	No	Yes			Sometimes	Late night at discord cha	Yes	Yes	No
4/30/2021 9:47:45	No	Yes			Often	At night time out in nati	No	Get over my issues that	Yes
4/30/2021 11:14:17	No	Yes			Sometimes	Late night at discord cha	Yes	Yes	No
4/30/2021 13:04:32	Yes	Yes			Sometimes	Outside in an area far an	Yes	Yes	No

Solution

PLTW Capstone Wellness Survey

PLTW Capstone Wellness Survey

This is an Engineering PLTW Capstone Project. As you complete this survey please be honest and know that the information you provide will be treated with confidentiality and may be submitted anonymously, unless you request a referral. The information that you provide will be extremely helpful to school personnel in designing programs and outreach for your peers.

* Required

Do you feel the amount of socializing you have done since March of last year has been enough for you? *

☐ Yes

☐ No

Next

PLTW Capstone Wellness Survey

* Required

PLTW Capstone Wellness Survey

When and where do you feel you can be the most open and true to yourself and others? *

Your answer

PLTW Capstone Wellness Survey

* Required

PLTW Capstone Wellness Survey

Are you happy with the way things are in your life? *

☐ Yes

☐ No

Back

Next

PLTW Capstone Wellness Survey

PLTW Capstone Wellness Survey

Since you are not happy what changes do you think could improve your life?

Your answer

Back

Next

Testing Procedures

The best way to get data from a test is to have people take the survey and record our findings and see it's value. The test would be a series of questions with free form responses to get the best answers from the ones taking the test. Depending on what we get out of the survey we will know what we need to change and improve. What we would need in order to do the test is four things. First is a select population, this would be willing participants from the student body. Second would be to deliver an invitation in the form of a link so those willing could take the survey. Third would be to set a deadline for the survey. Finally we would need to collect data and aggregate the results. This would include a summary of what the results have told us about the survey itself as well as the people who took it. I feel it would be best for it to all remain anonymous so that the answers we get are genuine and helpful, for both the survey and the students.

Mentor Feedback

Hi there,

Gaining data through survey is always a great way to assess needs. There are definitely challenges around it but it's a good starting point. I am going to cc our district mental health coordinator, Shuli Lotan. I think she should be your go to as someone who has a lot of data on Samohi mental health. Thank you!

Best,
Emily Ferro (she/her/hers), ASW, MPH, PPSC
Samohi School Site Coordinator/Mental Health Clinician
Family Service of Santa Monica
AD511, ext. 71521

Thanks for the connection, Emily.

Samuel, I would be happy to talk further about this, we did do a "Wellness Survey" 3 years ago across the district to try to get better data about mental health – but we weren't able to use class time so only got about a 12% return rate that wasn't representative of the student body.

I'm actually meeting next Monday with the assistant superintendent in charge of Ed services, some of the district funding is dependent on having better measures (Screening for MH challenges, usage and outcome data, etc) so I am hopeful that we can start moving things in that direction!

But yes, any data you can collect is better than NO data...let me know if you want to talk more!

Shuli Lotan, LCSW, PPSC
Mental Health Counseling Coordinator
(310) 395-3204 ext. 71519

Conclusion

We feel as if our project was successful, and will be attempting to provide this information to the school. Hopefully, this will encourage them to make some changes to the mental health services on campus.