



Emerging Topics in Prevention Science Media Series

Preventing Adolescent Depression: Introduction to the Blues Program in the Context of COVID-19

DATE AND TIMES

April 29, 2021 10:00 am – 11:30 am Alaska
11:00 am – 12:30 pm Pacific
12:00 pm – 1:30 pm Mountain

AUDIENCE

Community and state-level prevention practitioners, allied health partners and community members working to prevent substance misuse in the Northwest Region (Alaska, Idaho, Oregon, and Washington).

WEBINAR DESCRIPTION and OBJECTIVES

Adolescent depression has been of great concern to prevention practitioners especially given the challenges presented by the pandemic and the stress it has put on young people. This webinar will introduce the research base for adolescent depression prevention interventions. Dr. Paul Rohde will provide an overview of one intervention, the *Blues Program*, which applies a cognitive-behavioral approach to preventing adolescent depression. The webinar will also highlight how this program can be applied to individual settings.

By the end of the webinar, participants will:

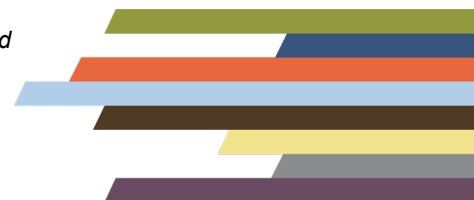
1. Gain an understanding of the research base for adolescent depression prevention interventions.
2. Obtain a solid introduction to a cognitive-behavioral indicated prevention depression group intervention (Blues Program).
3. Consider how they can apply this intervention or components of the program to their specific settings.

PRESENTER



Dr. Paul Rohde is a Senior Research Scientist at Oregon Research Institute (ORI) and has over 30 years of experience as a research scientist with a focus on the etiology, treatment, and prevention of adolescent and young adult depression, eating disorders, and obesity. He has managed 8 federally funded research projects and been the Co-Investigator on an additional 20 federally funded studies. Most of these studies have been randomized controlled trials (RCTs) evaluating prevention or treatment interventions in young people. He has published over 165 peer-reviewed articles, chapters, and books and has served on several journal and federal grant review boards. Dr. Rohde has been a licensed clinical psychologist in Oregon since 1990.

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REGISTRATION

[Register for the Webinar – Preventing Adolescent Depression: Introduction to the Blues Program in the Context of COVID-19](#)

CERTIFICATES

Participants will receive a certificate of attendance for 1.5 hours for this live webinar event.

QUESTIONS?

Please contact Clarissa Lam Yuen (clamyuen@casat.org) for any questions related to registration. For any other questions, please contact Janet Porter (jporter@casat.org).

