

THE STORY OF



JOHN + SHARDAE

and how they reduced the stigma associated with adolescent mental health issues.

A Digital Media Presentation of a Societal Change Campaign.

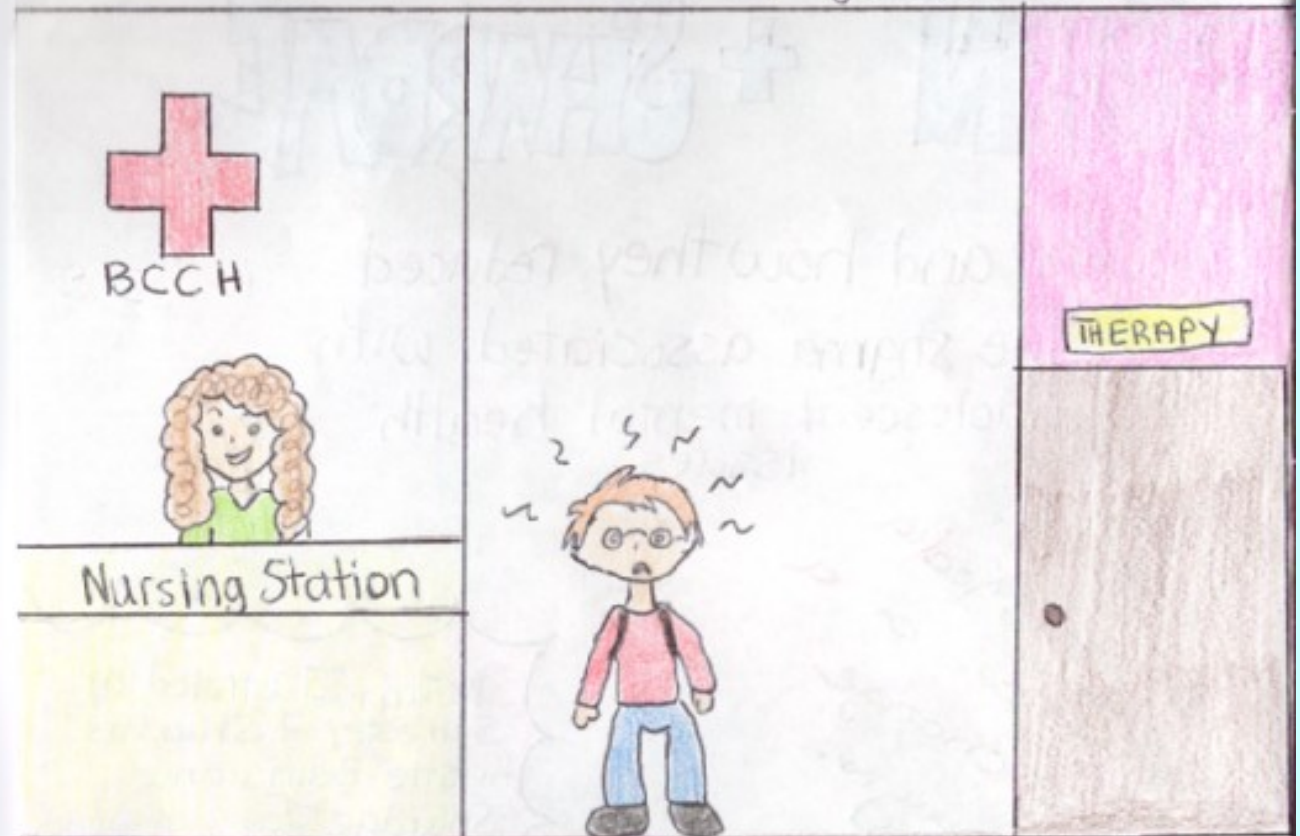
Written + Illustrated by Semester 7 Students: Kristie Burns and Shardae Joy



2008



Meet John! He is a highschool student. Sometimes John gets anxiety when he is at school. This makes him nervous and he doesn't know how to tell his friends. He is afraid they might make fun of him!



John was scared to go to BCCH. But he was surprised to find out that it was a fun place where he could relate to other teens. They helped him control his anxiety, so he can cope better at school.



John wasn't prepared for the pop quiz! He started to get very anxious. He started sweating, shaking and crying. When other kids started to laugh he began to yell and scream. John ran out of the class in a hurry!!!



John is home now, with the advice of Nurses & Doctors from BCCH, John feels ready to confront his peers.



John's Friends Do not understand John's Anxiety and have no understanding about treatment or how they are adding to the Negative stigma which affects John



John explains how awful his first day back at school was and Shordae has an idea to help him.



In hospital John learned to confront his fears and explain his condition to peers. Yet his peers lack education and do not believe that Mental illness is Normal

Nurses Influencing Change: Pro Group 5

KWANTLEN Polytechnic University



Shardae, Michelle + Kristie are 4th year Nursing working on a societal change campaign. John's story is perfect for their change Project.

Lewin's Change Theory : Stage I, Unfreezing

Group interviews with youth currently at BeCH.

Open House at BeCH

Recognize the Need and Want for change

Focus Groups with youths in the community who suffer from bullying

4th year BSN students Applying Stage I of Lewin's change theory to their change project.
Reducing the Negative stigma of mental illness.

Lewin's change Theory : Stage III, Refreezing

Past patients provide support to current patients ie) Mentorship

Helping to make the transition from hospital to community easier

Continue with the promotion of mental health in the media.

Accept those with mental illness.

4th year BSN students, creating change. using Lewin's Change Model.

Lewin's Change Theory Stage II: Moving Forward



4th year BSN Students applying Stage II of Lewin's Change Theory to their Change project... Reducing the negative stigma of mental illness in Adolescents.

In the near future ...



John is so happy that the bullying has stopped! Thanks to his sisters help in implementing change, he can now play with all of his friend

THE END

