

# Psychiatry Grand Rounds

WCM Department of Psychiatry  
Psychology CE Announcement  
Paulina Kernberg Memorial Lecture

## Scaling Single-Session Interventions to Bridge Gaps in Mental Health Ecosystems

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Wednesday, December 13<sup>th</sup>, 2023

11:00am – 12:30pm

<https://weillcornell.zoom.us/j/92812036154>

Meeting ID: 928 1203 6154

Password: 12345

1.5 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact Stephanie Harper at [wcmpsychiatryce@med.cornell.edu](mailto:wcmpsychiatryce@med.cornell.edu) for additional CE information

### SPEAKER:

Dr. Schleider has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Dr. Jessica Schleider is a clinical psychologist, intervention scientist, and Associate Professor of Medical Social Sciences and Psychology (secondary) at Northwestern University. She is the Founding Director of the Lab for Scalable Mental Health and an internationally recognized leader in research on single-session interventions for youth mental health. Her professional mission is to build, test, and disseminate scalable, evidence-based mental health solutions that bridge previously unfillable gaps in mental health ecosystems worldwide. In support of her work in this area, she has secured 6 million in federal (NIH, NSF, HRSA), foundation, and industry funding as PI or Project Lead. Dr. Schleider has been recognized via numerous national awards for research excellence and innovation, including the NIH Director's Early Independence Award. Her work has been featured in media outlets such as The Wall Street Journal and The Atlantic, and she was previously chosen as one of Forbes' 30 Under 30 in Healthcare. Dr. Schleider has published 100 articles and book chapters. She has created or co-created seven open-access, single-session mental health programs, which have reached 40,000 teens and adults to date. Based on these programs, Dr. Schleider and her colleagues wrote a self-help workbook, The Growth Mindset Workbook for Teens. She also co-edited the Oxford Guide to Brief and Low-Intensity Interventions for Children and Young People and wrote a nonfiction book, Little Treatments, Big Effects on how single-session interventions can transform mental health. To support individuals and institutions in scaling evidence-based SSIs, Dr. Schleider regularly consults for national health care organizations, digital health and social media companies, and providers across the globe. Dr. Schleider completed her PhD in Clinical Psychology at Harvard University in 2018, along with her Doctoral Internship in Clinical and Community Psychology at Yale School of Medicine.

### Abstract:

The discrepancy between need and access to mental health support is incontestable. This gap is particularly stark among adolescents: Up to 80% of youths with mental health needs go without services each year. Single-session interventions (SSIs) are well-positioned to rapidly increase access to evidence-based supports, precisely at moments of need. SSIs mitigate key treatment access-barriers: many are self-guided (offered online, requiring no therapist) or deliverable by lay health providers; completable from diverse locations; and 8-60 minutes in length, eliminating premature treatment dropout. SSIs are also effective. To date, 70 randomized trials have shown their capacity to reduce youth mental health problems, with sustained positive impacts up to 9 months later. In this talk, I will overview how my research lab, the Lab for Scalable Mental Health, has developed and evaluated a suite of free, evidence-based, online and lay provider-delivered SSIs for adolescents—and how we have leveraged social media, nonprofit, and government partnerships to disseminate our SSIs to 40,000 young people to date. Drawing on findings from large-scale randomized and open trials, I will highlight our approaches to designing SSIs that promote agency, strengthen hope, and overcome access barriers to deliver evidence-based support to teens least likely to access traditional mental health care (e.g., LGBTQ+ and racial/ethnic minority young people). I will also overview the lab's current and future scientific directions toward harnessing SSIs to bridge gaps within and beyond traditional health care ecosystems.

### Learning Objectives:

1. Describe advances in research on single-session interventions (SSIs) for youth mental health problems, including characteristics of effective SSIs that have shown positive effects.
2. Identify and implement components of evidence-based SSIs that can improve mental health and coping in youths and adults.
3. Discuss strategies for evaluating the effectiveness and implementation success of SSIs in clinical and/or research settings.

### References:

1. Schleider, J. L., Mullarkey, M. C., Fox, K., Dobias, M., Shroff, A., Hart, E. A., & Roulston, C. A. (2021). A randomized trial of online single-session interventions for adolescent depression during COVID-19. *Nature Human Behaviour*, 6(2), 258–268. <https://doi.org/10.1038/s41562-021-01235-0>
2. Dobias, M., Morris, R. R., & Schleider, J. L. (2022). Single-Session interventions embedded within Tumblr: Acceptability, feasibility, and utility study. *JMIR Formative Research*, 6(7), e39004. <https://doi.org/10.2196/39004>
3. Schleider, J. L., Dobias, M., Sung, J., & Mullarkey, M. C. (2019). Future directions in Single-Session Youth Mental Health interventions. *Journal of Clinical Child and Adolescent Psychology*, 49(2), 264–278. <https://doi.org/10.1080/15374416.2019.1683852>
4. Shen, J., Rubin, A., Cohen, K. E., Hart, E. A., Sung, J. E., McDanal, R., Roulston, C. A., Sotomayor, I., Fox, K., & Schleider, J. L. (2023). Randomized evaluation of an online single-session intervention for minority stress in LGBTQ+ adolescents. *Internet Interventions*, 33, 100633. <https://doi.org/10.1016/j.invent.2023.100633>
5. Sung, J., Bugatti, M., Vivian, D., & Schleider, J. L. (2023). Evaluating a telehealth single-session consultation service for clients on psychotherapy wait-lists. *Practice Innovations*, 8(2), 141–161. <https://doi.org/10.1037/pri0000207>