



YAM Texas Program Overview and Logic Model

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Texas Child Mental
Health Care Consortium



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Youth Aware of Mental Health (YAM)

An interactive, experiential mental health promotion program that builds awareness, resilience, and problem-solving skills through open conversation.

WHO

Grades 8–12

- Students
- Certified YAM instructor and helper

WHAT

Five sessions

- A 5-hour, evidence-based interactive program
- 45–60 minutes each
- Available in English and Spanish

WHERE

In the classroom

- Regularly scheduled class time
- 20-25 students, on average

WHEN

Over 3–5 weeks

- Five sessions delivered during this period



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YAM Texas Timeline

2010

SEYLE Study

Randomized Controlled Trial published in *Lancet*, identifies YAM as the most effective method for implementing Suicide Prevention efforts in schools compared to other interventions.

2019

UTSW YAM Feasibility Study

Promising results show that YAM helps improve protective factors against suicide.

2020

UTSW conducts joint study

UTSW and MSU jointly conduct the first US study to evaluate implementation and acceptability of YAM in the U.S.

2022

YAM Effect Studies

UTSW publishes results from a study in 29 North Texas schools, finding an improvement in depression, anxiety and help seeking.

2022

Statewide Expansion

Through the Texas Child Mental Health Care Consortium (TCMHCC), we expand statewide, establishing YAM partnerships with 8 HRIs and school districts across Texas.

2025

YAM Translated

UTSW pilots a fully Spanish-translated YAM program in select schools across DFW, now available to all HRIs.

2026

New Partnerships

As of September 2026, YAM has been delivered to over 85,500 students in 4,200 classes. In partnership with TCMHCC, we are continuously looking to partner with other HRIs around Texas to impact students from 8th-12th grades.



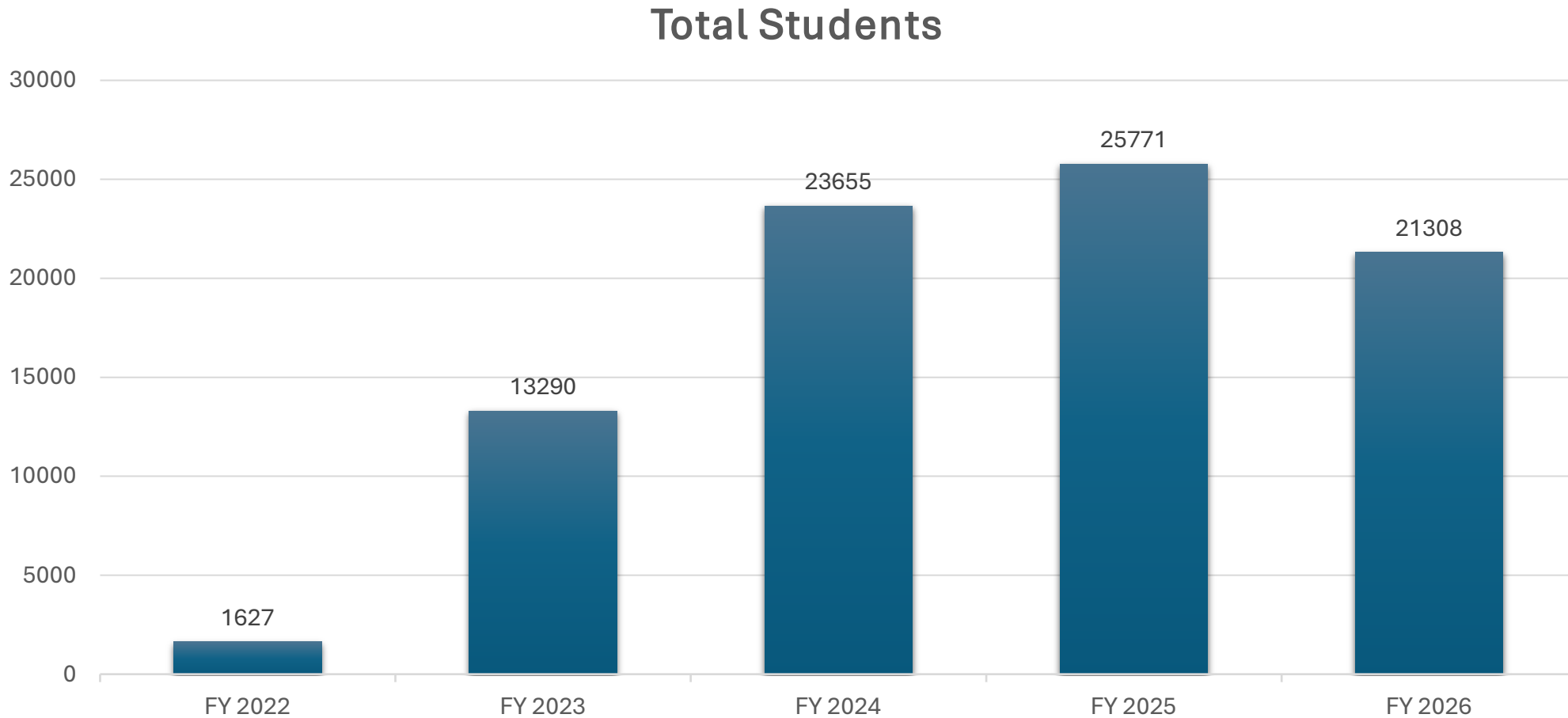
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YAM Student Reach

N = 85,521 Students Reached as of September 2026



UTSW & Texas Tech started implementation in Spring 2022 (FY 22), the additional HRIs joined the effort in Fall 2022 (FY 23).

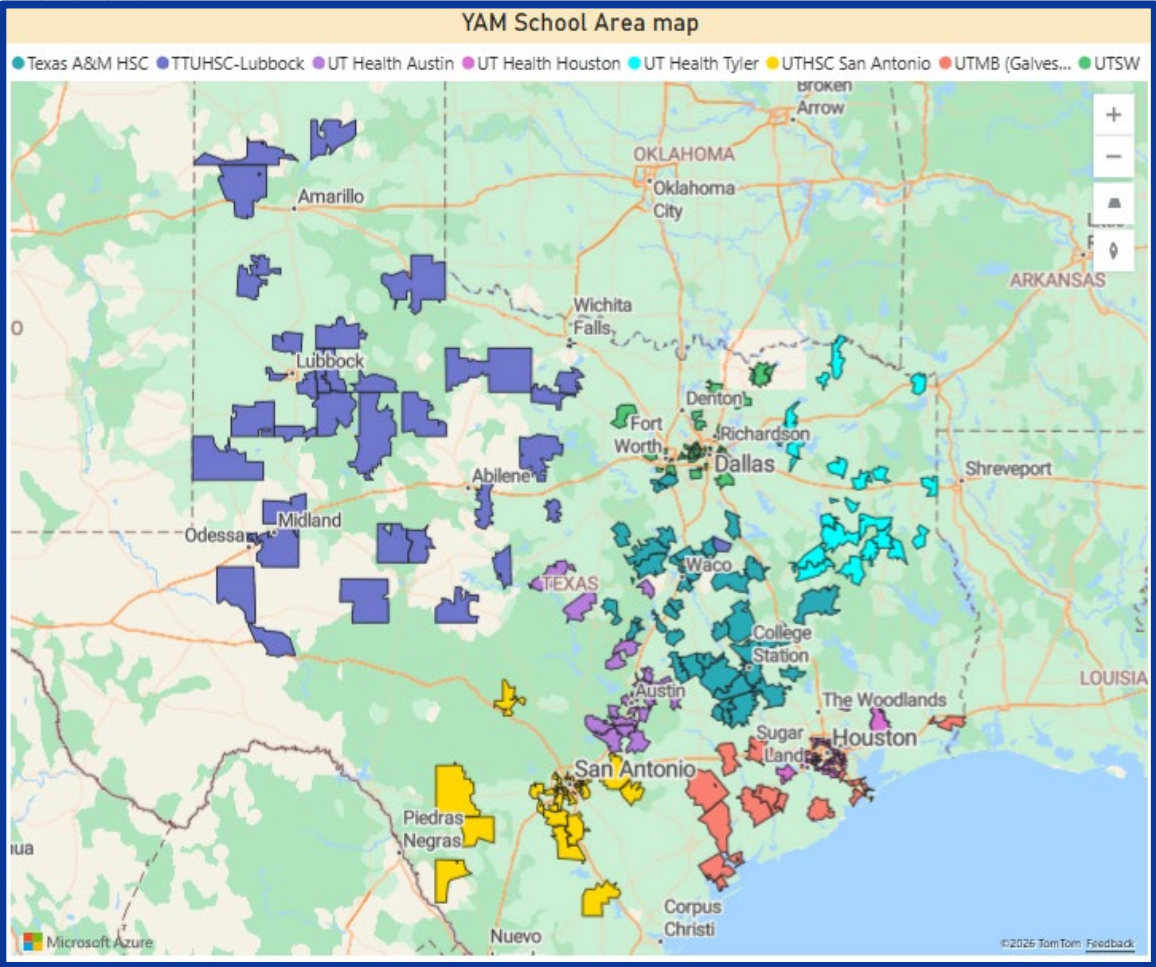


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YAM Texas Footprint



- Texas implementation reach across all HRIs as of September 2026

Texas A&M HSC	Texas Tech - Lubbock
UT Health – Austin	UT Health – Houston
UT Health – Tyler	UT Health – San Antonio
UTMB – Galveston	UTSW
Texas Tech - El Paso <i>TBD</i>	



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Figure 2: YAM Intervention & Implementation Logic Model

**Indicates data are currently collected for the corresponding output or outcome; however, some data collection methods or metrics may require improvement or greater consistency across HRIs.*

