

activ8

Behavioral Activation Intervention for Teens with Depression

What is Activ8?

- 8-week telehealth program for teens and their caregiver
- Focused on improving teen depression
- Led by trained interventionist

How does behavioral activation work?

A skill-building approach to break the cycle of depression. Based on research and focused on setting goals to increase behaviors that match with personal values.

Who can participate?

- ✓ Ages 12-18
- ✓ Enrolled in TX-YDSRN
- ✓ Willing participation from caregiver and teen

Contact Your Study
Coordinator for More
Information

