
THE RISE

THE HAMILTON LAB AT RUTGERS **TEAM**

WHO ARE WE?

- The RISE Team is a youth advisory board that operates under the Hamilton Lab at Rutgers University
- The lab is directed by **Dr. Jessica L. Hamilton**, an Assistant Professor in the Department of Psychology and the Clinical Psychology PhD program at Rutgers. Several research assistants and graduate students help Dr. Hamilton lead the RISE team
- The Hamilton Lab's research focuses on **identifying and modifying risk and protective factors in the development and worsening of depression and suicidal thoughts and behaviors among adolescents**. Find out more about our research and team here: <http://thehamiltonlab.org/>



RISE TEAM GOALS

- The goals of the RISE Team are to:
 - Learn from teens to improve Hamilton Lab research on teen mental health
 - Help teens increase awareness of adolescent mental health in their schools and communities
 - Help teens gain professional skills and further develop their passion for psychology research

WHAT DOES THE RISE TEAM DO?

- The RISE Team works directly with researchers and students in the Hamilton Lab to both inform the research we do and help improve mental health awareness in their schools and community

ACTIVITIES INCLUDE:

- Learning about & discussion of mental health topics
- Reviewing & providing feedback on ideas, resources, and materials related to our research (e.g., recruitment ads, study measures, mental health resources)
- Participation in seminars related to mental health and professional development (e.g., how to write a CV)

WHAT WILL TEENS TAKE AWAY?

- Teens will learn about research and the scientific process
- Expand knowledge of mental health
- Further professional development and/or career skills
- Lifelong connections with other RISE members and our lab
 - This opportunity would allow members to build professional relationships with Rutgers faculty and students, as well as other high school students around New Jersey



WHAT IS THE TIME COMMITMENT & RESPONSIBILITIES?

- Students should expect about 1-2 hours per week of RISE Team activities
- Every month (September through June), we will have one team meeting on Zoom to discuss RISE Team activities
- Regularly check and communicate using Slack
 - It is crucial for members to attend Zoom meetings and comfortably communicate on Slack to stay connected with our RISE Team initiatives
- In the future, we hope to invite RISE members to join us for a day in the Hamilton Lab!

HOW CAN TEENS JOIN THE RISE TEAM?

- We are looking for hard-working, curious, and passionate students who have an interest in mental health research and outreach
- Only 1 student from each high school are invited to join the RISE Team, which helps fuel ideas and supports confidentiality
- For more information, please visit our website:
 - <https://www.thehamiltonlab.org/join-our-lab>
- Or email us at:
 - join-hamiltonlab@psych.rutgers.edu