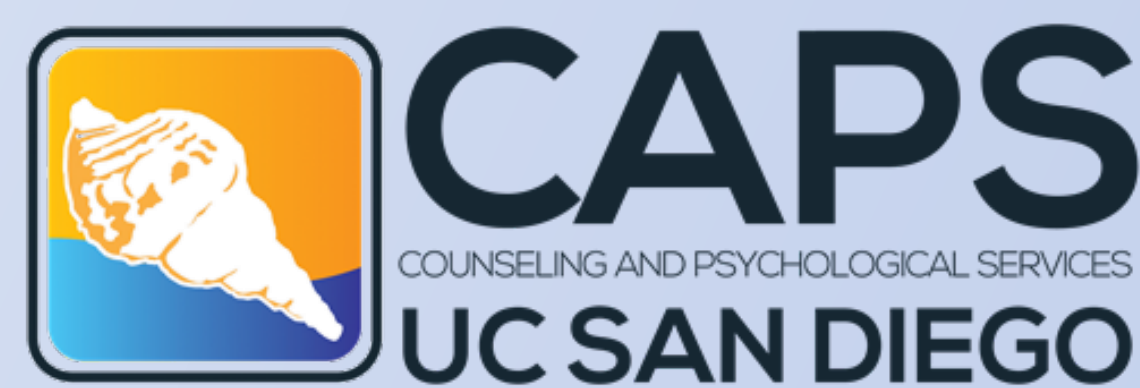
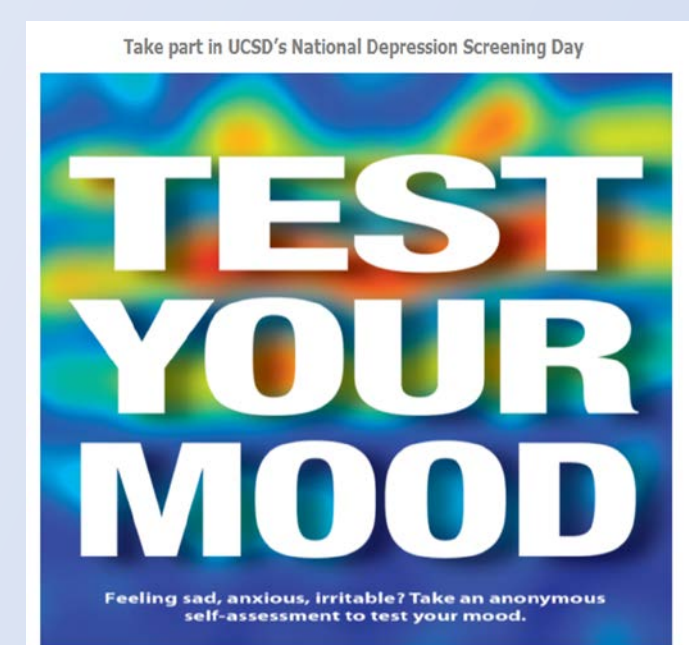


Tiffany O'Meara, Ph.D.

What is National Depression Screening Day



- Annual event held every October on Thursday of Mental Health Awareness Week
- NDSD is a part of College Response, a program of Screening for Mental Health, Inc.
- Participants receive free screening for Depression, Anxiety, Bipolar, and PTSD
- UCSD's Program Featured in 2006 article "UC San Diego's NDSD Event: The Power of Peer Education" in Screening for Mental Health Newsletter
- In 2013, NDSD funded by Student Mental Health Initiative grant, screened record 370 students in 4 hours

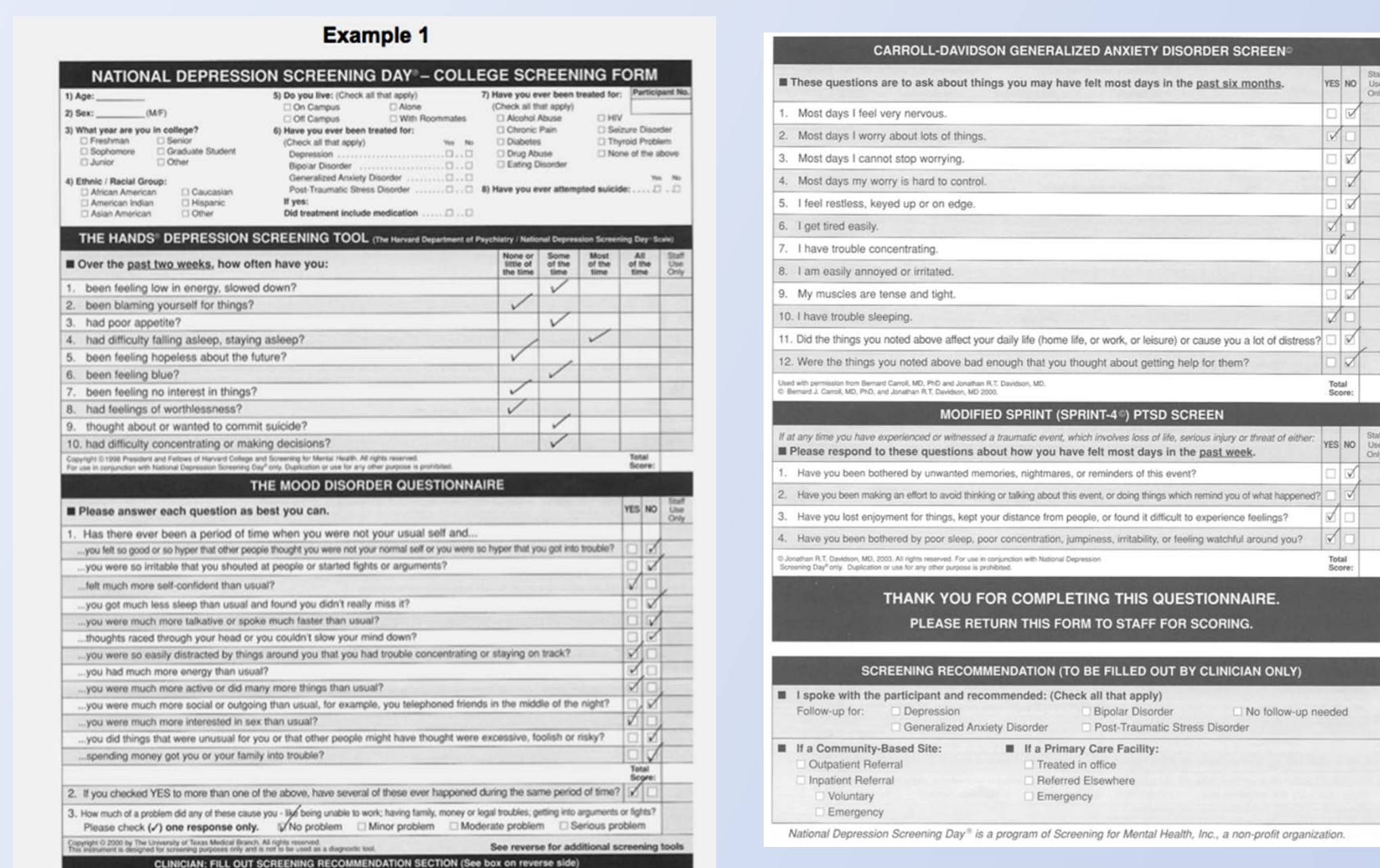


Peer to Peer Approach

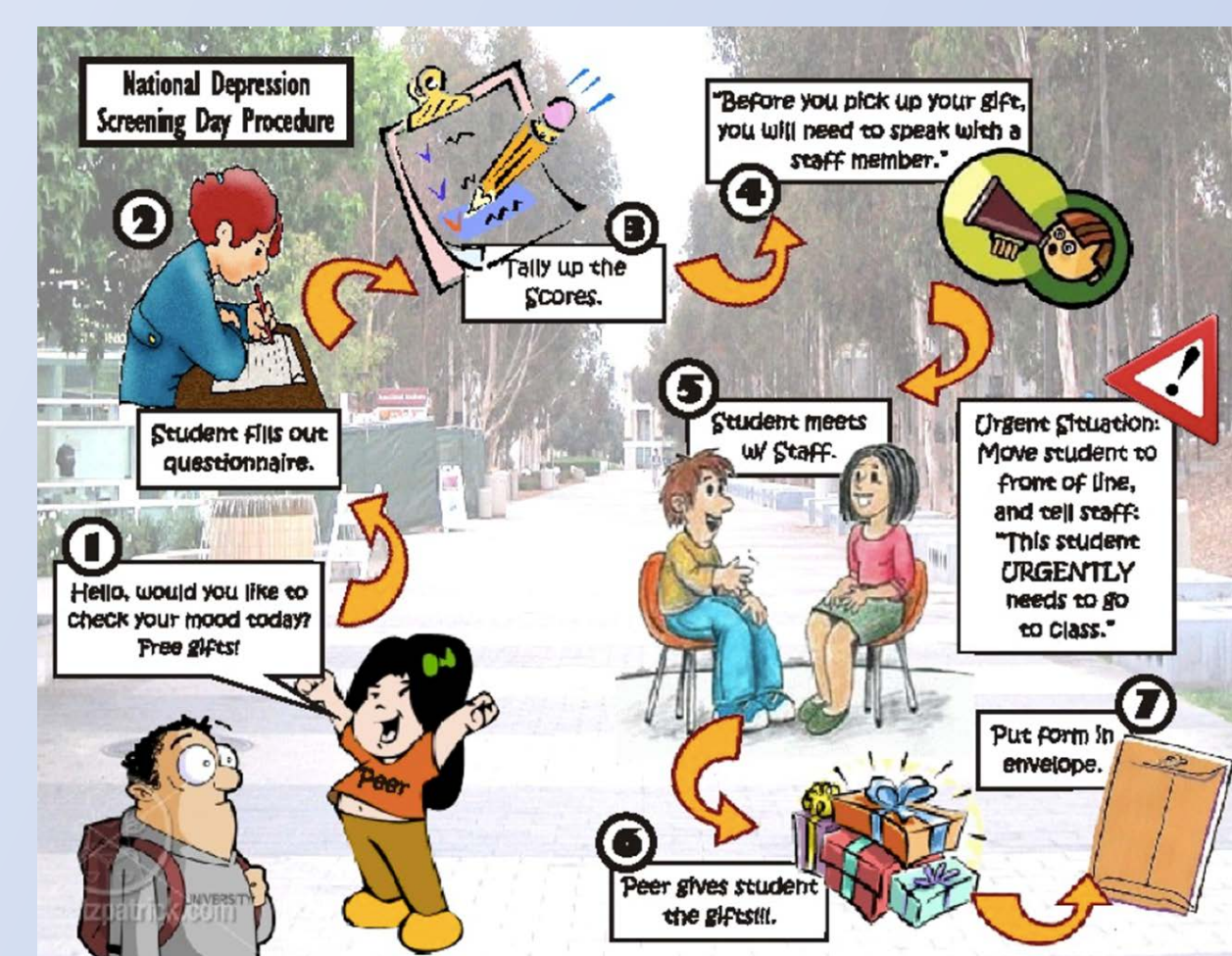
- UCSD CAPS Wellness Peer Educators have hosted this event for past 12 years
- Peer Educators help to reduce stigma
- A diverse group of peer educators helps to reach a diverse group of student participants
- Peer Educators encourage students to participate, administer and score surveys, introduce students to counseling staff

Procedure

Materials



Implementation



- Peer Educators trained with implementation of screening tool
- Peer Educators encourage students to "test their mood"
- Peer Educators implement and score surveys

- Students meet one-on-one with CAPS staff to discuss results
- Students provided resources according to survey results
- Students receive their incentive for participation
- Students with higher risk triaged to services



Results

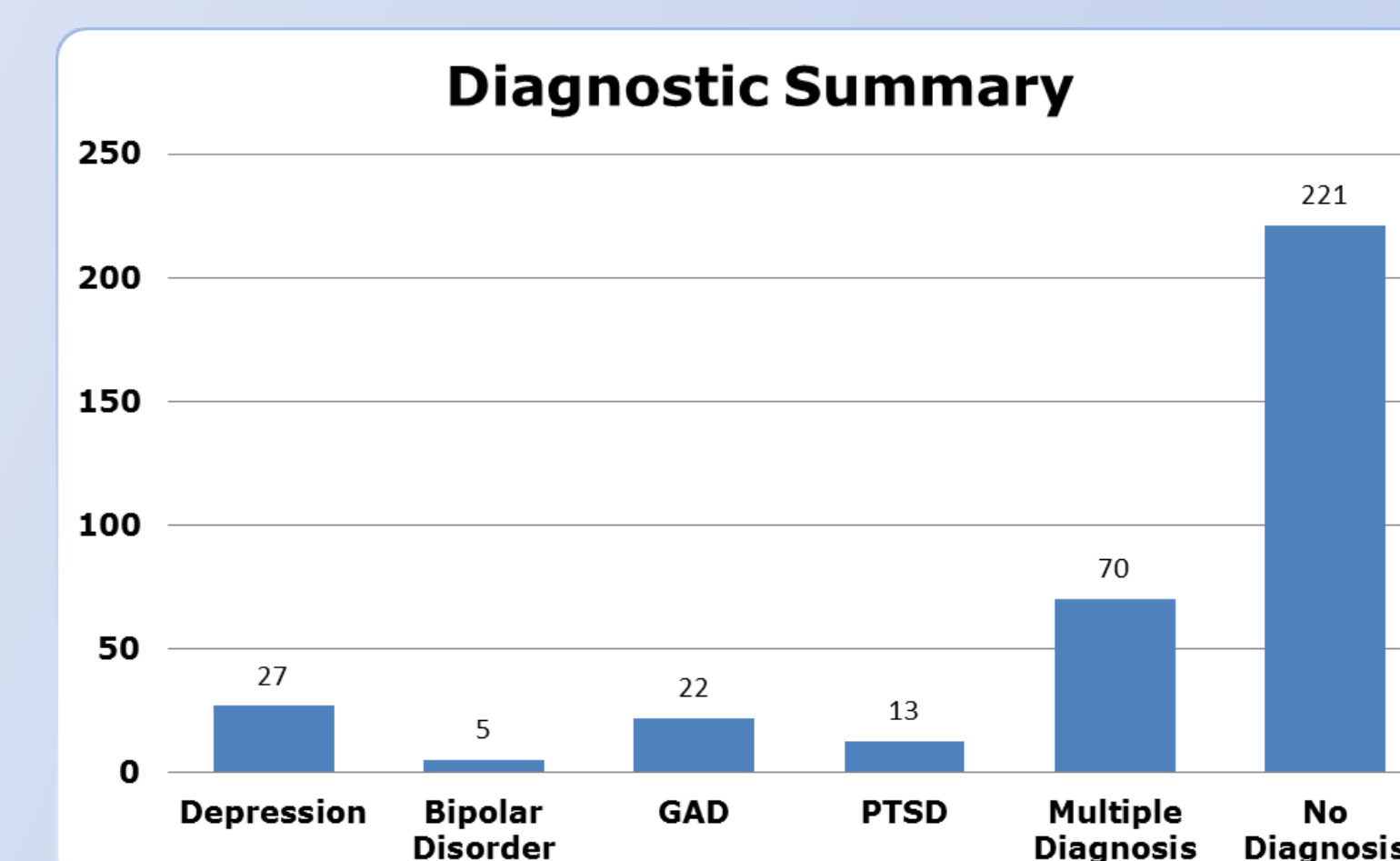
- In 2013, NDSD funding by SMHI grant, screened record 370 students in 4 hours

Costs

Item	Purpose	Estimated Cost	Actual Cost
Screening Kit and extra Surveys	Assessment	\$345	\$345
Samsonite White Chairs	One-to-One meetings with CAPS clinicians	\$55.48	\$55.48
Krispy Kreme Donuts	Incentive	\$155	\$155
Manila Envelopes	Supplies	\$15.00	\$11.59
Pens			
Napkins			
Imprints (Depression fact sheet)	Resources	\$50.00	\$7.35
CAPS brochures	Resources	\$321.00	\$321.00
TOTAL:			\$895.42

Data

- Students were placed in diagnostic categories based on cut-off scores



Conclusion

A NDSD Event Helps:

- **Reduce stigma** of mental illness
- Reach students who may not otherwise come into counseling center
- Identify at-risk students
- Introduce students to counseling services on campus
- Encourages students to address mental health

A Successful NDSD Day Event Includes:

- Preparation is key
- Location reservations
- Gathering supplies and incentives
- Creating a budget and securing funding
- Recruit staffing
- Prepare advertisement materials
- Hold a training in advance for students and staff
- Select a high traffic location
- Be prepared with lots of pens and clipboards, number screening forms in advance and have them continually restocked
- One-on-One Consultation with Staff: every participant meets with a counseling center staff to review survey results
- Find an area away from "hustle and bustle" of screening, where staff can meet with students one-on-one
- Have resources grouped by category (e.g., Depression, Anxiety, etc), so that staff can easily grab the specific brochures that match with the student's results
- Have incentives that will draw a crowd (e.g., Krispy Kreme donuts, snow cones, stress balls)