

ASI Funded PCS Projects for 05-06

Mental Health Awareness and Screening

A project aimed at increasing students' awareness of their mental health needs and promoting their seeking help before a crisis or significant impairment results. This will be done in part via participating in three of the national mental health screening days and providing on-line screening available through a website. The screenings will be for depression and anxiety, alcohol problems and eating disorders.

Structured screening tools, online screening and educational materials: \$ 560.
Refreshments for screening events: \$150

www.mentalhealthscreening.org/college/index.aspx

Screening for Mental Health's College Response Program provides

- 24/7 online screening for depression, bipolar disorder, anxiety, post-traumatic stress disorder, eating disorders, and alcohol problems. Directs CSUCI users back to PCS and any other resources we specify. Provides screening forms and returns data on our site's response and other sites
- **Screening event** materials for
 - National Depression Screening Day, covering depression, bipolar disorder, anxiety, post-traumatic stress disorder
 - National Eating Disorders Screening Program (NEDSP)
 - National Alcohol Screening Day (NASD)
- **SOS Suicide Prevention Program component:** a video, discussion guide and educational material that can be presented by Residence Life Staff, PSC staff or others at any time throughout the year
- **Healthcare/Primary Care component:** Health center screenings that can be conducted on a regular basis for students seen for medical problems.

www.nationaleatingdisorders.org provides the National Eating Disorders Awareness Week education and screening materials. Kit has informational brochures and posters on eating disorders, body image, dieting, etc. to share with Health Center, Housing.

Screenings can be jointly sponsored by PCS and other campus groups such as the Student Programming Board, Greek organizations, RHA, etc., as they desire. On site screenings can take place at various locations on campus, bringing assistance to students where they are; online screening is available 24/7 and directs students to services here at PCS and to other appropriate resources in the community.

Next steps:

- order materials, online screening is dependant on availability of PCS or other webpage to serve as a portal
- screening and awareness events can be done jointly with PCS staff and New Beginnings Counseling Center (Susan Richter, MFT)
- involve Student Health and other student clubs or organizations – recruit students to help organize, set up, publicize – outreach in classes