

# CHECK YOUR MOOD

## 2019 Event Summary



### EXECUTIVE SUMMARY

In recognition of National Depression Screening Day, Check Your Mood (CYM) Day is an annual event to encourage San Diegans to assess and monitor their emotional well-being and engage in outreach activities. On October 10, 2019, organizations across the county provide free mental health resources, Check Your Mood screenings, and information to the community to help raise awareness of and reduce stigma related to mental health.

### 2019 Highlights

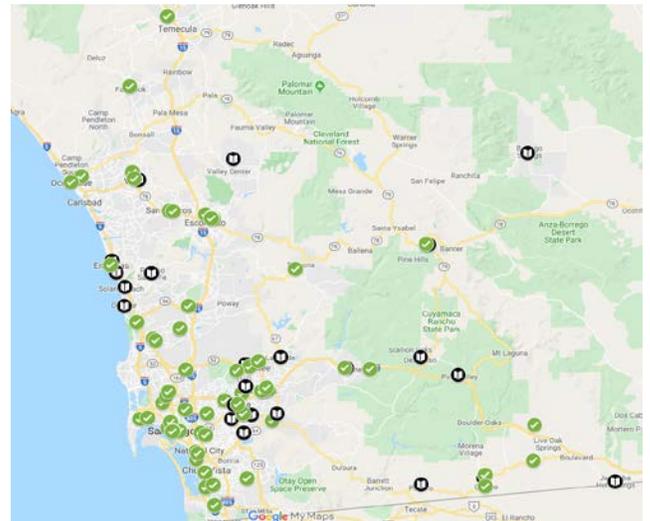
Enhanced community outreach was implemented in 2019 and resulted in increased partner participation:

- ✓ A total of **124 organizations** participated in Check Your Mood Day, doubling last year's participation. These organizations partook in multiple outreach methods including hosting 69 public screenings sites and 26 private screenings, 39 promoted Check Your Mood via social media, and 57 sites hosted information tables to provide mental health resources and to promote screenings.
- ✓ There was a significant **increase** in the number of participating County of San Diego libraries from last year to **29** branches in 2019. These libraries hosted resource tables and/or held a CYM public screening site.
- ✓ There were many new community partners (**89**) who participated in CYM this year. Participating organizations included Poway Unified School District, with multiple screening sites at middle and high schools; Sharp HealthCare conducted screenings to over 350 employees throughout their Spectrum campus and hospitals, and USO partnered with Civilian and the It's Up to Us campaign to provide resources and screeners to veterans and military families.

### Partner Organizations

#### 2019 Check Your Mood sites open to the public

- ✓ **74%** of people screened indicated they know where to access mental health services with **49%** of them identifying a primary care physician as a mental health resource.
- ✓ **77%** of registered community organizations hosted a resource table.
- ✓ **31%** of registered community organizations promoted the event through their social media channels.



### By the Numbers

# 124

**Organizations participated countywide**

# 712

**Participants screened and submitted demographic data**

# 2,093

**Visitors to the Check Your Mood website from 9/12 – 10/11**

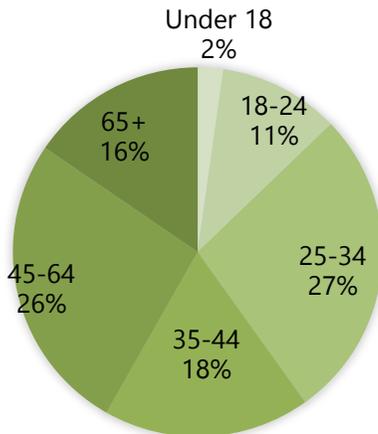
# 11,999

**Public Service Announcement (PSA) Facebook post reach**

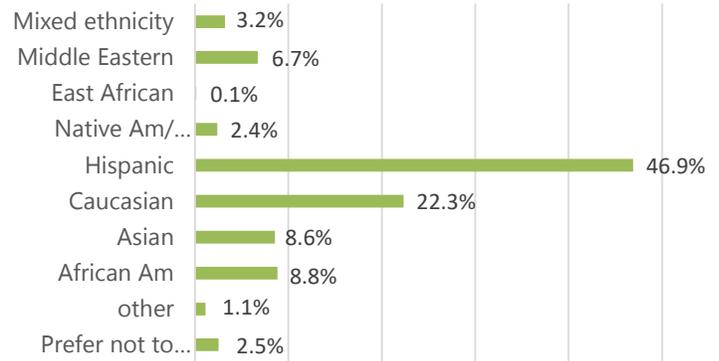
## Participant Demographics

- ✓ **712\*** individuals completed Check Your Mood screenings at **95** screening sites on October 10.
- ✓ Of the 95 sites, **73%** were open to the public and **27%** screening sites for internal customers or staff.
- ✓ Of the participants who completed demographic surveys, **66%** of respondents in Central and South Regions, **83%** of respondents in East and North Central, and **73%** of respondents in North Regions indicated they know where to access mental health resources.

### Age of Participants Screened - All Regions



### Ethnicity of Participants Screened - All Regions



**\*Note:** n=712, Demographic data was collected on a voluntary basis, therefore the numbers of individuals receiving resources and completing the screening is higher than shown.

## Why Check Your Mood? Participant's and organizations' comments

*"My biggest reward was when an elderly man sat with me for about 15 minutes and as we conversed his face changed and before he left, he said, 'My mood got so much better after our conversation and thank you for that.' Our elderly community can be neglected and are just as important as our teens."*

*"Many patients of ours stopped by the information tables and asked great questions about resources, and for our organization it was really wonderful to participate in this county effort to increase the accessibility of mental health care. Thank you!"*

*"Staff came over because they had someone in their family that needed help, and many appreciated that we were normalizing the conversation around mental health at work."*

*"We identified a number of students on campus who counselors followed up with regarding depression, stress, anxiety, etc. Students taught their peers how to KNOW THE SIGNS and quizzed them."*

*"We really appreciate all the great materials provided for this event. They are so useful, simple and helpful for our students!"*

## Recommendations for 2020

- ✓ Open online registration process earlier to increase lengthen timeframe for participation.
- ✓ Increase promotion of the Check Your Mood video public service announcement ad on social media.
- ✓ Promote use of social media graphics and include more diverse populations in images.
- ✓ Provide more orientation dates to educate partners on the screening tools and materials.
- ✓ Create an online orientation guide for partners who were unable to attend in-person training.
- ✓ Indicate that the demographic survey is voluntary or remove the demographic data collection.
- ✓ Revisit the use of a mobile application for data collection and/or streamline data collection.
- ✓ Provide more promotional items of pens and stickers for partner organizations to give away.
- ✓ Continue to work with Behavioral Health Services on updating, revising, and printing materials.

## Partners & Sites – Check Your Mood Day 2019

Access Inc  
Alvarado Parkway Institute  
AirCare Ambulance  
AIS Feeling Fit Club Oceanside  
Bayside Community Center  
Border View Family YMCA  
Boys and Girls Club of Carlsbad  
California State University San Marcos  
City of Carlsbad Senior Center  
City of Chula Vista  
City of La Mesa  
City of San Diego - Valencia Park/Malcolm X Library  
City of Santee - Santee Teen Center  
City of Santee - Walker Preserve  
Community Health Improvement Partners  
Community Housing Works  
Community Research Foundation Jane Westin Center/Areta Crowell Center  
County of San Diego - County Administration Center  
County of San Diego - Emerging Workforce Association  
County of San Diego - Registrar of Voters  
County of San Diego - HHSA/Aging and Independence Services  
County of San Diego - Southeast FRC  
Deaf Community Services of San Diego  
Davis Family YMCA  
Douglas Young Wellness Recovery Center  
Education to Career Network  
El Camino High School  
Fallbrook Chamber of Commerce  
Feeding San Diego  
Hannah's House  
HR360/North County Serenity House  
Insperity  
International Rescue Committee (IRC)  
Jackie Robinson Family YMCA  
Jewish Family Services  
La Mirada Academy  
License to Freedom  
McGrath Family YMCA  
Miramar College  
Neighborhood Healthcare  
Neighborhood House Association Geriatric Specialty Program  
New Alternatives TBS  
Mountain Health and Community Services  
NAMI San Diego  
North County Health Services  
North County Lifeline  
North Inland Live Well Center

## Partners & Sites – Check Your Mood Day 2019

Optum  
Palomar College Student Health Services  
Palomar Family YMCA  
Point Loma Community Presbyterian Church  
Poway Unified - Bernardo Heights Middle School Save Promise Club  
Poway Unified - Del Norte High School  
Poway Unified - District Office  
Poway Unified - Mesa Verde Middle School  
Poway Unified - Mt. Carmel High School  
Poway Unified - Rancho Bernardo High School Divergent Club  
Poway Unified - Twin Peaks Middle School  
Poway Unified - Westview High School  
Rancho Family YMCA  
Samahan Health Centers  
San Diego City College  
San Diego Continuing Education  
San Diego Cooperative Charter School - Linda Vista  
San Diego Cooperative Charter School - Mountain View  
San Diego County Library - Alpine Branch  
San Diego County Library - Bonita/Sunnyside Branch  
San Diego County Library - Borrego Springs Branch  
San Diego County Library - Campo Branch  
San Diego County Library - Cardiff Branch  
San Diego County Library - Casa de Oro Branch  
San Diego County Library - Del Mar Branch  
San Diego County Library - Descanso Branch  
San Diego County Library - El Cajon Branch  
San Diego County Library - Encinitas Branch  
San Diego County Library - Fallbrook Branch  
San Diego County Library – Fletcher Hills Branch  
San Diego County Library - Jacumba Branch  
San Diego County Library - Julian Branch  
San Diego County Library - La Mesa Branch  
San Diego County Library - Lakeside Branch  
San Diego County Library - Lemon Grove Branch  
San Diego County Library - North Mobile Branch  
San Diego County Library - Pine Valley Branch  
San Diego County Library - Potrero Branch  
San Diego County Library - Ramona Branch  
San Diego County Library - Rancho San Diego Branch  
San Diego County Library - Rancho Santa Fe Branch  
San Diego County Library - San Marcos Branch  
San Diego County Library - Santee Branch  
San Diego County Library - Solana Beach Branch  
San Diego County Library - Spring Valley Branch  
San Diego County Library - Valley Center Branch  
San Diego County Library - Vista Branch

## Partners & Sites – Check Your Mood Day 2019

San Diego County Office of Education  
San Diego Silvercrest of Salvation Army  
San Diego Youth Services  
San Marcos Senior Activity Center  
Santee United Methodist Church  
Scripps Memorial Hospital La Jolla – Trauma Service  
SDC Functional Neurology  
Sharp Chula Vista  
Sharp Coronado  
Sharp Corporate Offices  
Sharp Grossmont  
Sharp Mary Birch  
Sharp Memorial  
Sharp Mesa Vista  
Sharp Outpatient Pavilion  
Sharp Rehab Center  
Serving Seniors  
SoCal Day of Hope  
Southern Caregiver Resource Center  
Southern Indian Health Council, Inc. Kumeeyaay Family Services  
St. Paul's Senior Services  
St. Paul's Senior Services St. Paul's Plaza  
The Meeting Place Clubhouse, Inc  
The Salvation Army Silvercrest  
Thriving at Work Mental Health in the Workplace  
UCSD Regional Trauma Center  
UCSD CPNP  
UCSD Health Services Research Center  
United Pan Asian Communities, Inc  
UPAC / EMASS  
USO  
Vista Hill Smart Care  
Windward Life Care  
YMCA of San Diego County, Youth and Family Services

## County of San Diego Health & Human Services Check Your Mood Liaisons

**Aging & Independence Services:** Hazel Quinones, MSW · Hazel.Quinones@sdcounty.ca.gov  
**Central & South Regions:** Jayne Reinhardt, MPH · Jayne.Reinhardt@sdcounty.ca.gov  
**East & North Central Regions:** Katie Anderson, MPH · Katie.Anderson@sdcounty.ca.gov  
**North County Regions:** Muquxi La, MPH · Muquxi.La@sdcounty.ca.gov



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