



LIVE WELL
SAN DIEGO

2022 CHECK YOUR MOOD ANNUAL IMPACT REPORT



**CHECK
YOUR MOOD
DAY**

*Good mental health starts
with you. How are you feeling?*

INTRODUCTION

Check Your Mood Day was held on October 6, 2022, in conjunction with National Depression Screening Day. The purpose of this annual event is to engage and encourage San Diego County residents to monitor and assess their emotional well-being and to help raise awareness of the importance of good mental health. Through the collective efforts of the County of San Diego and community partners, **355** digital and in-person depression screenings were conducted at **43** sites in **10** different languages.

According to a [California Health Care Foundation report](#), mental illnesses are among the most common health conditions faced by Californians. **Nearly 1 in 7** California adults experiences a mental illness, and **1 in 26** has a serious mental illness that makes it difficult to carry out daily activities. In 2021, San Diego County Behavioral Health Services provided mental health services to 42,614 adults; **21% of these adults were diagnosed with depression.**

Getting screened for depression is an important part of any healthcare checkup, much like getting your blood pressure checked to screen for hypertension or heart disease. It is a good way to spot the first signs of a serious illness and potentially reach people who might not actively seek help.

The PHQ-9 and PHQ-2 are Patient Health Questionnaires that offer a quick depression screening that rely on patient self-report to determine a patient's depression severity from Minimal Depression to Severe Depression. The PHQ-9 questionnaire asks about a person's sleeping, eating, and energy patterns, as well as their interest in doing things or concentrating and how difficult these things have made it for the person to do their work, take care of things at home, or get along with others. The PHQ-2 questionnaire is a shortened version of the PHQ-9 and only includes the first two items of the PHQ-9. People who screen positive for PHQ-2 should be further evaluated with the PHQ-9. Patient's screened using these questionnaires are reminded that they are not a professional diagnosis and are encouraged to seek professional help if they screen positive.

BY THE NUMBERS

43

Check Your Mood Day Sites

12,436

Social Media Impressions

181

Digital Screening Tool (PHQ-9)
Accessed

48

Participating Community
Organizations

174

In-Person Screenings (PHQ-2)
Conducted



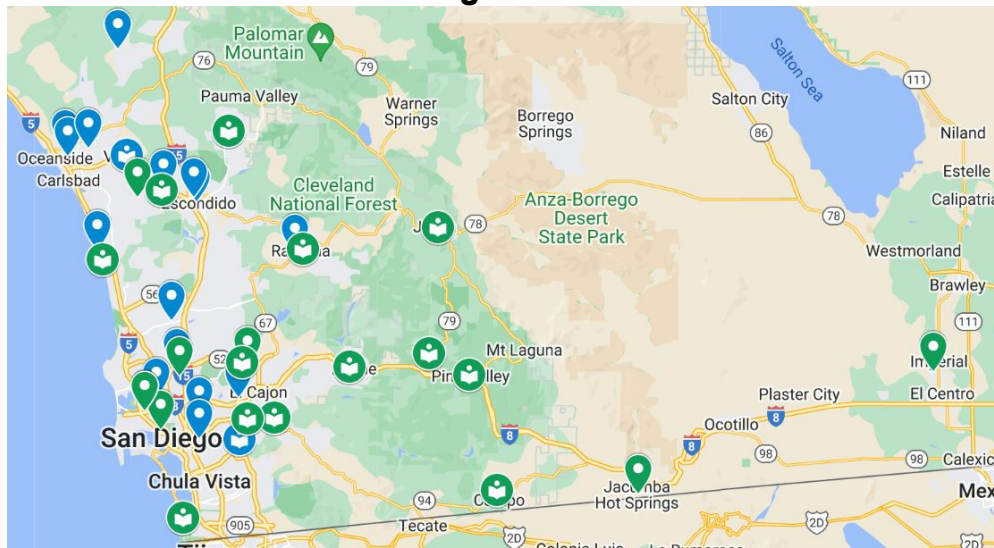
EVENT HIGHLIGHTS

Out of an abundance of safety due to the continuing concern around COVID-19, Check Your Mood event partners maintained a hybrid approach to depression screenings, by offering online and in-person opportunities for completing the PHQ-9 and PHQ-2 self-assessments. An online form on CheckYourMoodSD.org allowed for self-screenings to be completed and submitted from home. In-person depression screenings were hosted at **43** locations across the county at sites accessible to residents, including **19** County libraries.

The hybrid event generated a lot of online engagement. CheckYourMoodSD.org was accessed **3,273** times from September 1st through October 15th, resulting in 181 digital depression screenings and 88 downloads of the social media toolkit. During this same time period, social media posts generated **12,436** social media impressions (total number of people who saw a post).

A total of **48** community partner organizations participated in the event and hosted **43** screening sites (see Figure 1) that resulted in **174** in-person screenings and **310** resources distributed, including self-care tip sheets and information about local available mental health services, alongside general resources from the County of San Diego Behavioral Health Services. To increase accessibility, the PHQ-2 self-assessment was made available in **4** additional languages (Chinese, Farsi, Pashto, and Korean) for a total of **10** different languages (Arabic, English, Tagalog, Somali, Spanish, Vietnamese). It is important to note that only 7 out of 43 sites returned a completed summary log of their site screening interactions, so these numbers are likely smaller than projected outcomes.

Figure 1.



EVENT FEEDBACK

An event evaluation was sent out to all participating community partners and received 35 responses.

- **94%** of respondents had an excellent or good overall experience with Check Your Mood Day
- **93%** agreed that Check Your Mood helped their organization raise awareness of mental health resources to the community they serve.

DEMOGRAPHICS

Of the 174 participants who completed in-person screenings across the Check Your Mood sites, 120 participants provided demographic information. The majority of Check Your Mood participants were female (72%, see Figure 2) and between the ages of 35 to 64 (52%, see Figure 3). The surveyed participants represented a diverse set of populations, with the majority of participants identifying as Hispanic (57%, see Figure 4), followed by Asian/Pacific Islander (18%) and Caucasian (13%). Additional significant identifiers included 21% who identified as a student, 10% who identified as a refugee, 8% who identified as veteran/active-duty military, 4% who identified as a caregiver, and 49% who identified as Other (figure not shown). Of the 120 participants, only 47% said they knew where to access mental health resources.

Figure 2.

Gender of CYM Participants

n = 120

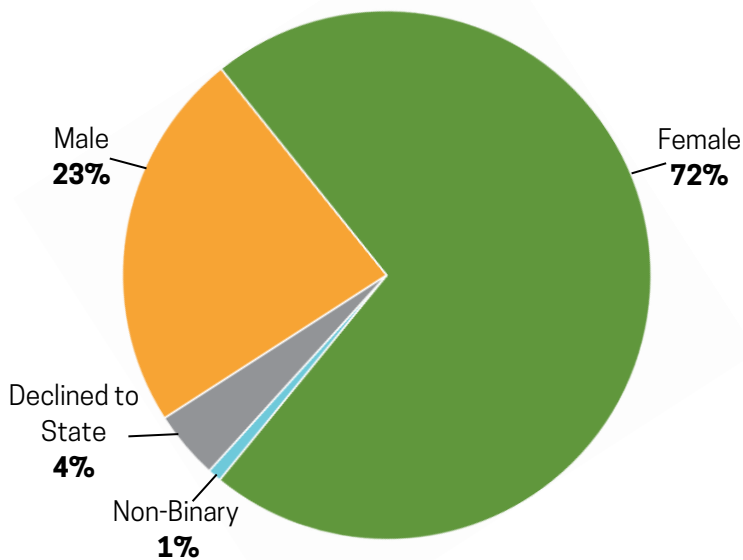


Figure 3.

Ages (Years) of CYM Participants

n = 120

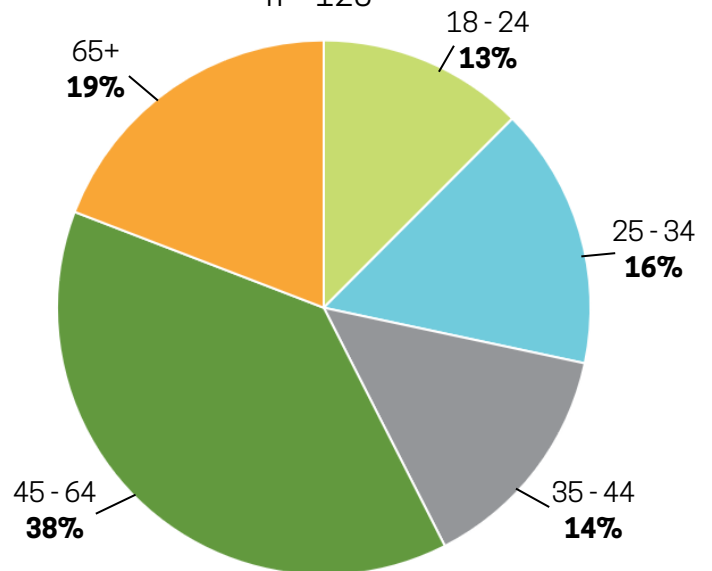
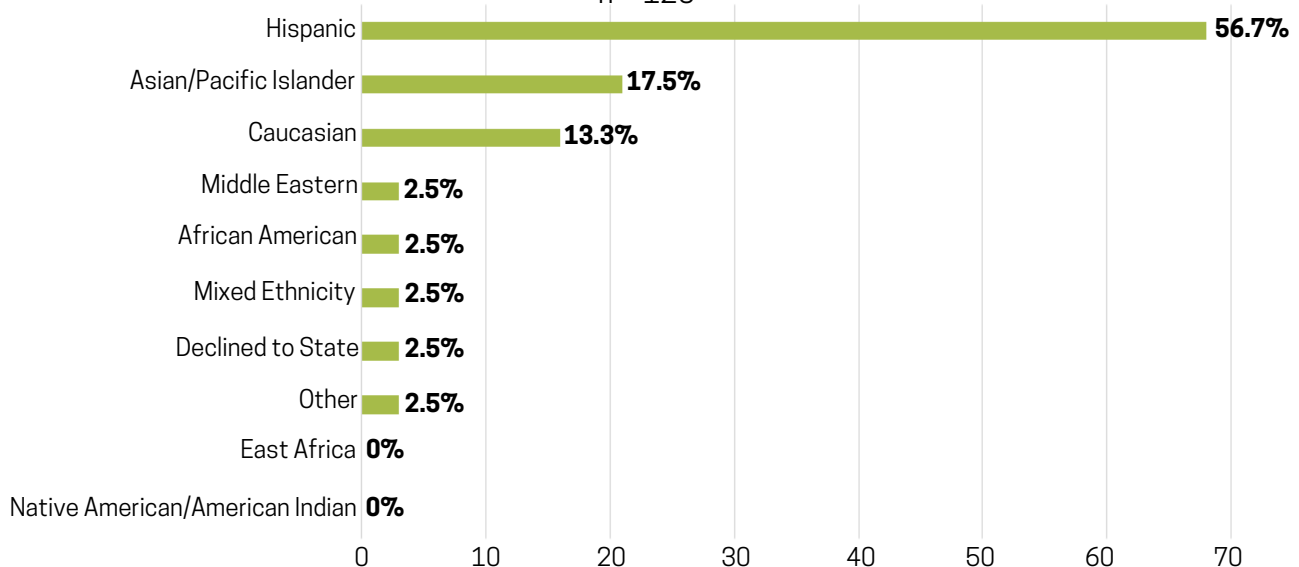


Figure 4. Ethnicity of CYM Participants

n = 120



THANK YOU TO OUR PARTNERS!

On behalf of the County of San Diego Check Your Mood Committee, we would like to thank the following registered partner organizations for their support of 2022 Check Your Mood Day.

Black Mountain Middle School - Poway USD
California Senior Legislature
Central Region Public Health Center
CRF - Douglas Young
Del Mar Community Connections
Del Norte High School
East Corner Clubhouse, CRF Behavioral Health
El Camino High School
Equus Workforce Solutions
Fallbrook Chamber of Commerce
Grossmont Healthcare
Institute for Public Strategies
Julian Pathways
Mental Health America of San Diego County
Mt Carmel High School - Poway USD
North County Lifeline
Poway High School
San Diego American Indian Health Center
San Diego County Library - Alpine Branch
San Diego County Library - Campo-Morena Village Branch
San Diego County Library - Cardiff by the Sea 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 - Imperial Beach Branch
San Diego County Library - Jacumba Branch
San Diego County Library - Julian Branch
San Diego County Library - Library Head Quarters
San Diego County Library - Pine Valley Branch
San Diego County Library - Ramona Branch
San Diego County Library - Rancho 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 - Spring Valley Branch
San Diego County Library - Valley Center Branch
San Diego County Library - Vista Branch
San Diego County Office of Education
San Diego Regional Center
San Diego Zoo
San Diego Zoo Wildlife Alliance
San Ysidro Health
The Salvation Army El Cajon Silvercrest Senior Residences
TrueCare
Union of Pan-Asian Communities
Villa De Vida
Windward Life Care
YMCA of San Diego County

County of San Diego, HHSa Check Your Mood Day Liaisons

Behavioral Health Services: Romalyn Watson - Romalyn.Watson@sdcounty.ca.gov

Central & South Regions: Valerie Leal, MPH, CHES, CPH - Valerie.Leal@sdcounty.ca.gov
Holden Kong, MPH, CHES - Holden.Kong@sdcounty.ca.gov

North County Regions: Erica Calderon- Vargas, MPH - Erica.Calderon-Vargas@sdcounty.ca.gov

East & North Central Regions: Vivian Hidalgo, MPH - Vivian.Hidalgo@sdcounty.ca.gov

