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***Prevention and Detection of Depression and
related Eating Disorder Risks in College-Age
Students***

Attention: Keith Humphrey, Ph.D.
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Abstract

We propose that CAPS would be empowered to address, in a direct way, issues related to depression and eating disorders as they occur in college-age students if supported by available funding to promote adjunct services.

Proposal

We propose to partner with student groups to provide new levels of information that support access to mental health information and services. Specifically, our target is to increase prevention and detection, and to improve management of the risks of depression, stress, and related eating disorders in our campus populations.

Managing risks associated with depression and eating disorders requires an active response. Eating Disorders, often a result of depression and anxiety, have the highest mortality rate of any psychiatric illness. A presence on campus that enables students to ask questions in a safe environment, to identify specific problems, and to seek appropriate support is an essential component of detection, prevention, and risk management. Large numbers of varied campus populations can access helpful information through **campus events**, on the mall and at the Student Union. **Screening events**, at various campus locations and available through students on-line access, as well as **awareness activities** can ensure that students become aware of potential problem areas and resources available to address concerns.

This broad plan, in an attempt to maximize numbers of students informed and supported, requires supplementary resources to enable CAPS staff to implement this goal. Experienced **presenters** can enlighten and encourage both students and staff. The success of a **speaker event** is dependent upon appropriate **advertising and education**. Serving **food** is a bonus attraction; an invitation to a friendly environment supportive of learning more about issues that are difficult to discuss. These challenges include detection, risk management, and prevention of mood and eating disorders. Providing lunches for student volunteers may serve as an incentive that encourages peer support reaching out to many other students.

At the University of Arizona between 9/21/2006 and 9/21/2007 using CAPS' online screening tool provided by *Screening for Mental Health Inc.*, 71.92% of participants screened positive for eating disorders. During this same time frame, 86.42% of participants screened positive for depression.

We propose to fund multiple broad-stroke campus events that will promote health and enrich well-being of our campus population, and increase safety in the learning environment.

CAPS (Counseling and Psychological Services), a section of the Campus Health Service, provides counseling to students for a variety of mental health issues. In addition, CAPS provides outreach to various campus programs to help the student population achieve academic and personal success. Two of our outreach programs are **National Depression Screening Day** and the **National Eating Disorders Screening Program/National Eating Disorders Awareness Day**.

We request funds in the amount of \$10,000 to increase awareness and to promote these vital programs on a more wide-reaching scale.

National Depression Screening Day® (NDS) has expanded in recent years to offer both in-person and online screening for four of the most common and frequently co-occurring mental disorders: depression, bipolar disorder, generalized anxiety disorder and post-traumatic stress disorder. NDS began fifteen years ago as the first nationwide, community-based mental health-screening program. Today it is the largest provider of mental health screening services in the country through its partnership with thousands of community-based, college and primary care screening sites.

NDS Mental Health Screening is designed to call attention to mood and anxiety disorders, to educate the public and clinicians about the symptoms and effective treatments, to offer individuals the opportunity to be screened for the disorders, and to connect those in need of treatment to CAPS. Each fall, thousands of health care providers throughout the country conduct NDS events that reach roughly 200,000 individuals with educational resources, and screen more than 100,000 people for mood and anxiety disorders. In addition, more than 350,000 mood and anxiety disorder screenings will be conducted this year through the year-round, interactive screening programs.

The **National Eating Disorders Screening Program (NEDSP)** focuses on three main types of eating disorders - anorexia nervosa, bulimia nervosa and binge eating disorder. The goal of the program is to both raise the level of awareness about eating disorders and to encourage people who may be suffering from eating disorders to seek support and treatment. Through participation in NEDSP, CAPS personnel partner with Health Promotion and Preventive Services staff, national and international organizations (NEDA, IAEDP), state organizations, community parents and groups as well as networking with various U of A departments creating liaisons that can be utilized throughout the year. In this way, NEDSP serves as a catalyst for ongoing outreach and service for eating disorders and other related illnesses such as depression and anxiety.

Proposed budget:

- Advertising for CAPS Healthy Body and Healthy Mind group
- Advertising for CAPS Depression Issues Group
- Advertising other CAPS services in the campus newspaper, The Arizona Daily Wildcat (advertising total 10%)
- Printing of informational flyers (5%)
- Purchase of posters/Awareness Cards (10%)
- Mounting and laminating costs (5%)
- Funding for professional speakers to address risk management and preventative measures (40%)
- Funding to provide lunches for student volunteers, i.e. **SHAC** (Student Health Advisory Council), **Greek Life Health Advocates**, **NAMI** (National Alliance on Mental Illness) of Southern Arizona, and the **Women's Resource Center** during screening days (5%)
- Provision for food for participants at screenings and at speaker events (25%)

Measures

The intended outcome is to heighten safety and well being of U of A students as well as to increase awareness of prevention and detection of depression and eating disorder risks in college-age students. Accountability measures will include counting frequency of online screenings and in-person screenings completed on National Depression Screening Day, Eating Disorder Screenings, participation in Mental Illness Awareness Week, and participation in Eating Disorder Awareness Day. Data collected will be assessed and analyzed. Referrals made to CAPS and/or other professional support personnel on campus or in the community will be tracked.

When our proposal is funded, we will recognize the **Parents' and Family Association** by including such statements as '*Funded through the Parents and Family Association at the University of Arizona*' or '*Sponsored by the Parents' and Family Association at the University of Arizona*' on any publications, banners, and printed materials.

We thank you for your consideration in funding this essential increase in services. The result will increase safety and well-being for countless U of A students. This investment will make a difference for a life-time.