



Appspirin

Managing student
mental health

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This Presentation



Problem

Evolution

Findings

Video

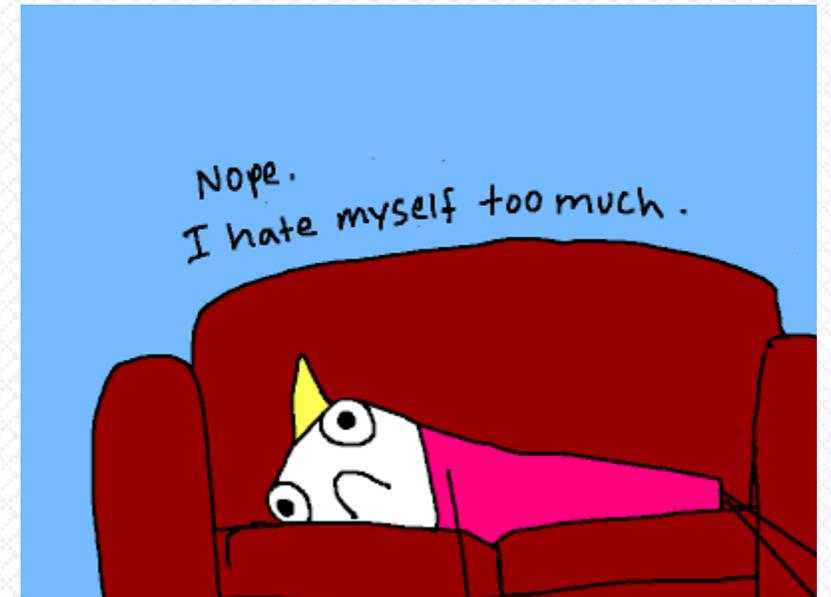
Future work



Problem



Depression & Intertemporal choice



Problem

Counseling

Underuse



Most Days

Overuse



Finals Week

Mental Health Stigma



“Now, let's see what your problem is...”



“Try some pills and see which ones won't turn you into an addict.”



“Just shut up and deal with it.”

Our goal

Problem: Mental health care is serious and scary

Solution: Make it as simple as taking an aspirin



Evolution



Scope 1:
Get more people
into counseling



- Streamline appointment process
- Improve Tang Center resources

Tang Center

UNIVERSITY HEALTH SERVICES *Tang Center*
@ Berkeley

SEARCH

- About Us
- Appointments
- Medical
- Counseling
- Health Promotion
- Insurance
- Faculty/Staff Services
- Health Resources
- Campus Campaigns

eTang
anywhere, anytime

LOG IN HERE

Schedule appointments
Receive lab results
Complete forms online
Select Primary Care Provider
Secure message:

- Primary Care Provider
- Advice Nurse
- Counselors
- Student health insurance
- Medical records

Pet Hugs @ Tang 2007

QUICK LINKS

- Emergency/Crisis
- Online Scheduling**
- Online Screenings
- Hours
- Sample Fees
- Meet the Staff
- Patient Handouts

You Tube Facebook Twitter GO TANG!

Tweets Follow

Tang Center at Cal 5m
@TangCenterCal
RT @SmokefreeUs: Don't be discouraged if you #slp & smoke. Find the trigger: smokefree.gov/slips?utm_sour... pic.twitter.com/vrGF1pF9Ds #BreatheBerkeley

The master has failed more
Tweet to @TangCenterCal

NEWS AND HIGHLIGHTS

- Virtual Pet Hugs!**
View the Album
- SUMMER BREAK REMINDERS**
Helpful check list of things to do at Tang to prepare for the break
- Tang Named LGBT Health Equality Leader**
LEADER 2014
LGBT HEALTHCARE EQUALITY HEALTHCARE EQUALITY INDEX
- Refresh for Finals!**
#BeWellCal

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Tang Center



- Home
- Profile
- Appointments
- Messages
- Forms
- Survey Forms
- Medical Records
- Immunizations

Home

You last logged in 3/3/2015 5:35:39 PM

- You have 1 unread secure message.
[\[Go to Messages\]](#)

You Can Receive Text Message Appointment Reminders: [Enable Text Messages](#)

Welcome to eTang, your online patient portal

Most popular links:

- Make appointments [here](#).
- Manage your profile (update phone, change Primary Care Provider) [here](#).
- Refill prescriptions by sending a new message to Pharmacy [here](#).
- Order your own STI and Pregnancy test by sending a new message to the lab [here](#).
- See your lab results in Medical Records [here](#).

Never been here before?

Start by filling out your ****REQUIRED Forms** - click [Forms](#).

Tang Tips

- Be prepared - see [five tips](#) to make the most of your medical visit.
 - Know your costs - check out our [sample fees list](#).

Tang Center



- Home
- About Us
- Appointments
- Medical
- Counseling**
- Health Promotion
- Insurance
- Faculty/Staff Services
- Health Resources
- Campus Campaigns



Tweets [Follow](#)

Be Well @ Cal @TangCenterCal 10m
RT @SmokefreeUs: Don't be discouraged if you #slip & smoke. Find the trigger: smokefree.gov/slips?utm_source=pic.twitter.com/vrGF1pF9Ds #BreatheBerkeley

The master has failed more

Tweet to @TangCenterCal



- Home**
- Individual Counseling
- Groups
- Satellite Offices
- Urgent Concerns
- Prevention, Education + Outreach
- Psychiatry
- Career Library
- Meet the Staff
- Self Help Resources
- Look for the Signs
- Helping a Student in Distress
- Be Well to Do Well
- Internships/Fellowship Program
- CARE Services for Faculty/Staff



GAME PLAN?

Center effort to encourage students to take care of their lives. The goal of Tang is not just to address illness but to support students in living balanced and fulfilled lives

Taking care of yourself translates to doing better in school. Merely working harder does not ensure doing better. In fact, we know that academic success is related to



Ha

Tang Center

1. MASTERING STRESS

UC Berkeley Students work hard and face high stress. Stress is here to stay: even though we wish it weren't so, it will always be a part of our lives. It's not about avoiding stress but knowing yourself (your limits and your strengths) and being proactive.

There are times when demands we face tax us to the point that we feel we cannot cope. We begin to feel overwhelmed, anxious, depressed, helpless and/or angry. Some of us have physical symptoms such as sleep and/or appetite disturbance, physical tension, or depleted energy. Others might experience intellectual roadblocks from stress such as test anxiety, procrastination, or lack of motivation. Stress can impact us socially as well, by causing us to withdraw, feel isolated, or even become aggressive.

Believe it or not, sometimes a little stress can be helpful, motivating us to prepare and perform. Finding the right balance and attitude towards stress helps. Take time to learn more about stress and how to manage it.

Resources:

1. Information on Stress management
 1. [Stress Management Techniques and Practices](#), About.Com: Stress Management
 2. [Stress Management](#), MayoClinic.com
 3. [Deep Breathing and Relaxation Exercises](#) from Dartmouth College
2. Articles
 1. [Finding Balance: Four Tips for Graduate Students](#)
 2. [Happy New Year: How do you want to spend it](#)
 3. [Facing Public Speaking and other things that make you anxious](#)
3. Tang Resources for Stress Management
 1. [CPS: Counseling appointments](#)
 2. [Health coaching appointments- Health Promotion](#)
 3. [Health and Wellness Groups](#)
 4. [Tang Stress Chair](#)
 5. [Pet Hugs!](#)

2. RESILIENCE

Stuff happens- Resilience is the process of adapting well in the face of significant sources of stress. Even if we aren't in control of stressors, what we are in control of how we choose to deal with it.

Factors associated with resilience include: making realistic plans and following through, having a positive view of yourself, communication and problem solving skills and management of strong feelings and emotions.

- [Resilience quiz](#)
- [Authentic happiness](#) (University of Pennsylvania site which includes multiple self-assessments)

napping (PDF)



Positive Thinking (PDF)



Social Support (PDF)



Spiritual Wellness (PDF)

Scope 2:

Surprise!

You have mental health!



- Increase awareness
- Break down barriers to seeking help

Final Scope:

Stress tracking and stress-reduction techniques

- Check-in with stress levels
- Suggests strategies



Findings



People are concerned about overmedication

- Don't want to become dependent
- Dislike idea of drugs

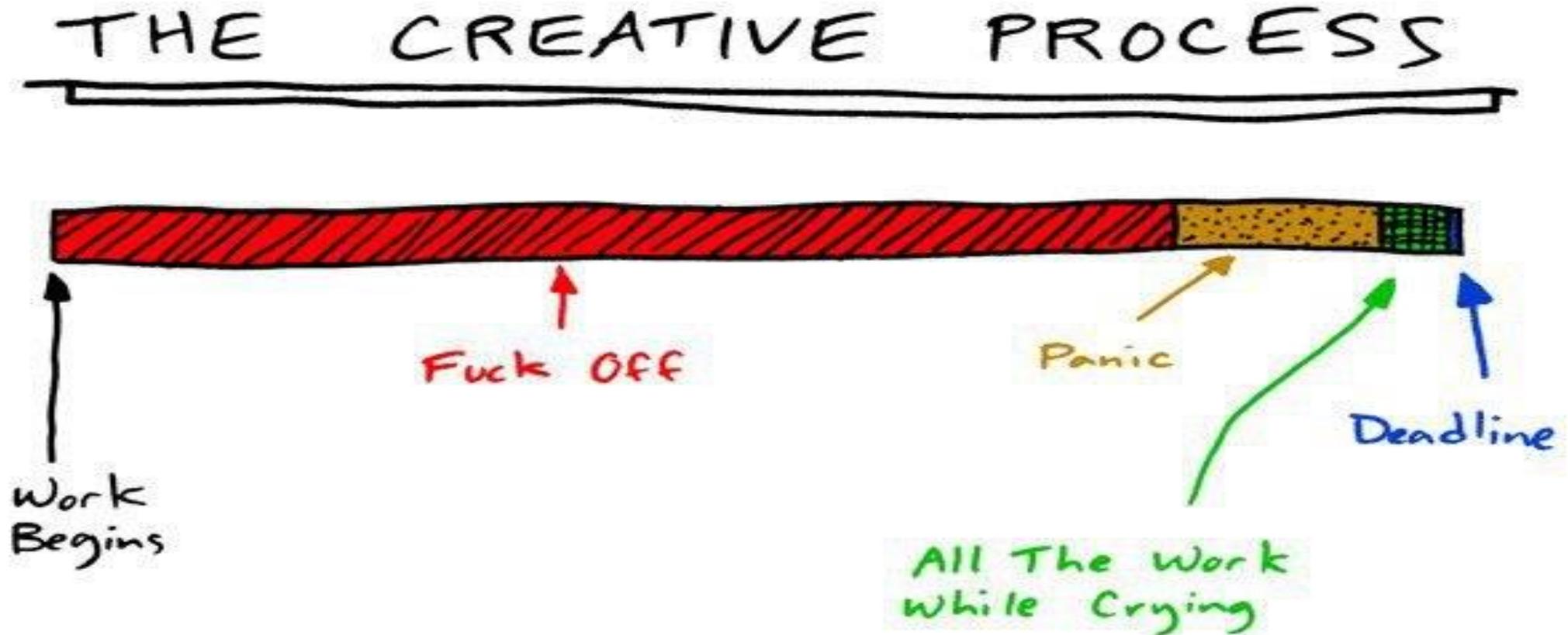
People use entertainment to de-stress

- Watching videos , etc
- Different people have different coping methods
- Not very beneficial, but...

People have mixed feelings about therapy

- Would support someone they knew in therapy
- Reluctant to let others know if they personally had therapy

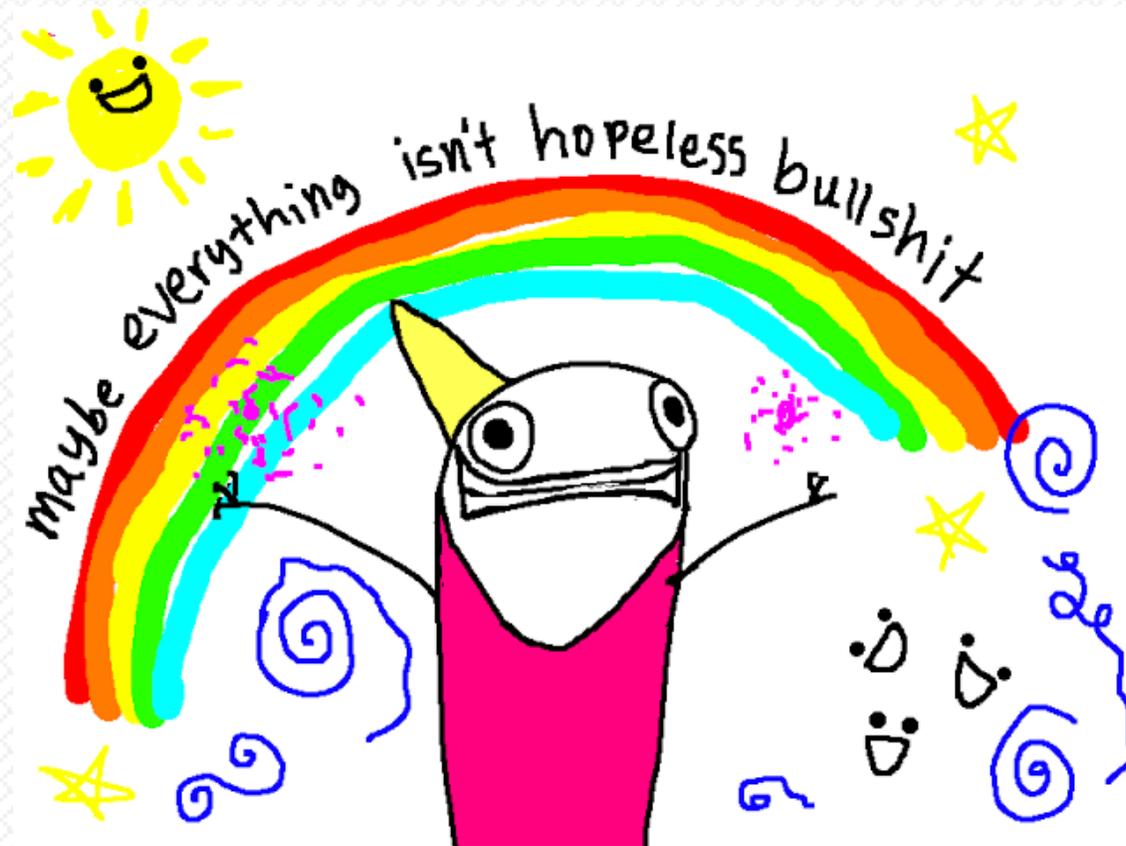
Stress is 'normal'



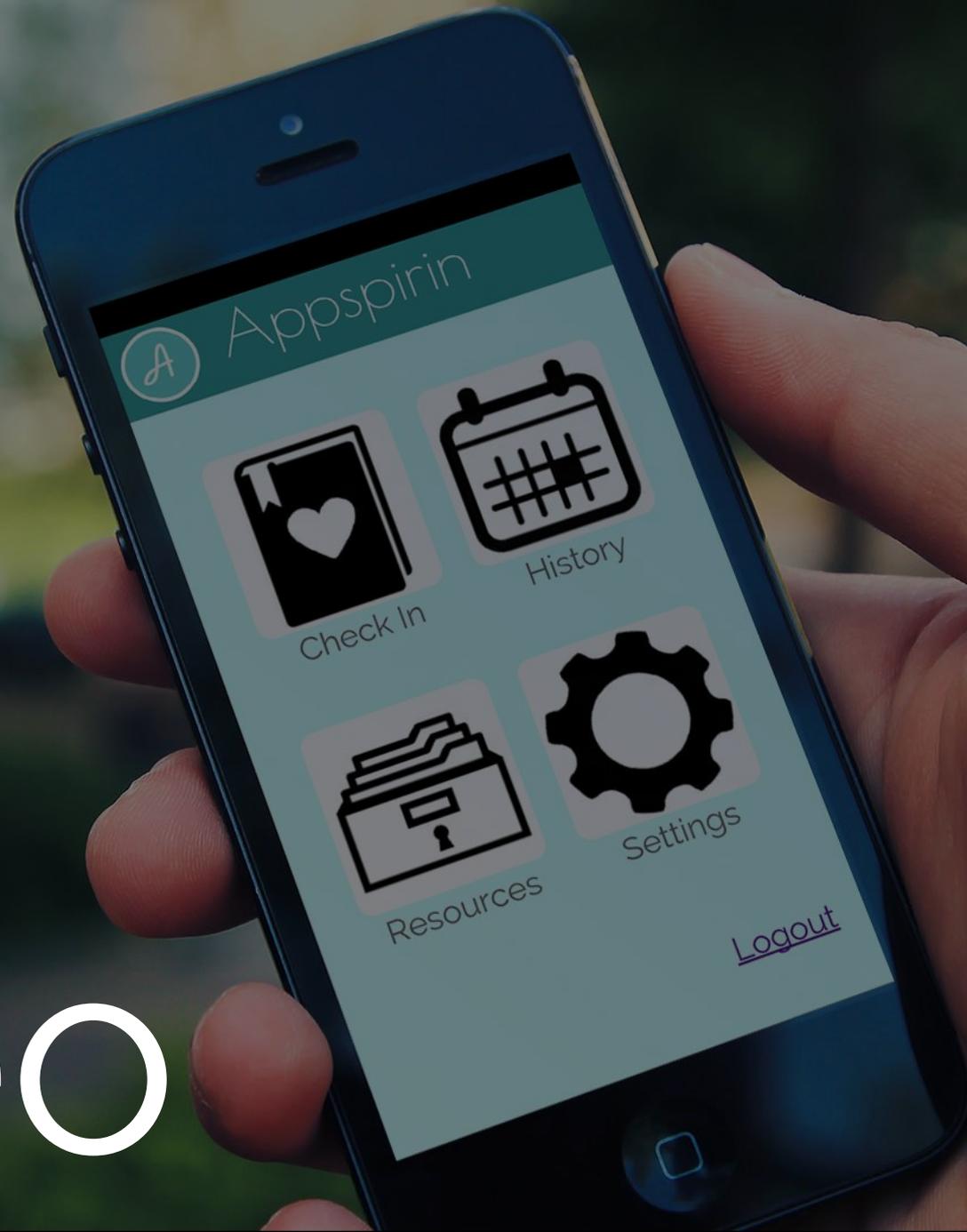
People aren't sure what therapy entails

- "There's lots of talking?"
- "I guess they help you solve your problems."

People value mental health



Video



New Message



Jen <1 810 689 4778>



Hey, want to catch a movie today?

126/1



i'm

|

i'll



1

2

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4

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6

7

8

9

0



Future



Build out the app

- Actual phone app, not web-based
- Fully-functional, all features
- Scalable for large populations

Extend to other universities

- For now focus on college; may extend to high school

Frequent updates: instill healthy habits

- Reduce drop-out rate
- Add new content such as strategies, information/resources

Easing in users

- Start with familiar activities
- Suggest more therapeutic strategies

Pilot test

Have a group of students use app for at least a month, then gather results of how well it actually works

Context Awareness & Wearables

- Catch you on the way down
- Warn you in precarious situations

Questions?

