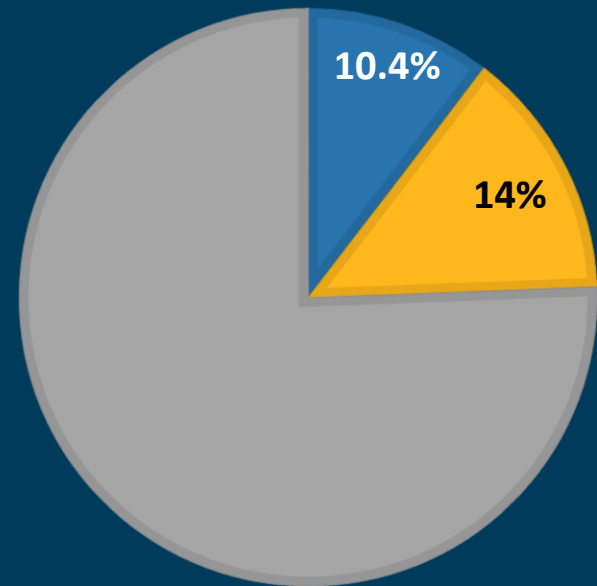


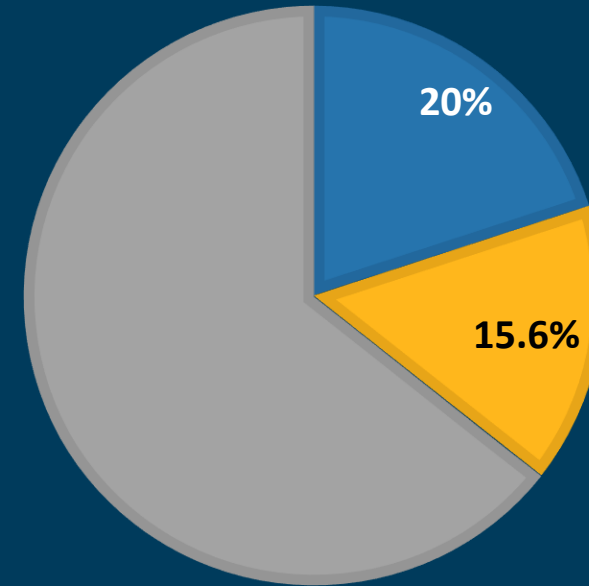
# UCLA Depression Grand Challenge Program to Screen for and Treat Anxiety & Depression (STAND) in CA Community Colleges

# Community colleges have higher rates of depression and other mental disorders than 4-year colleges

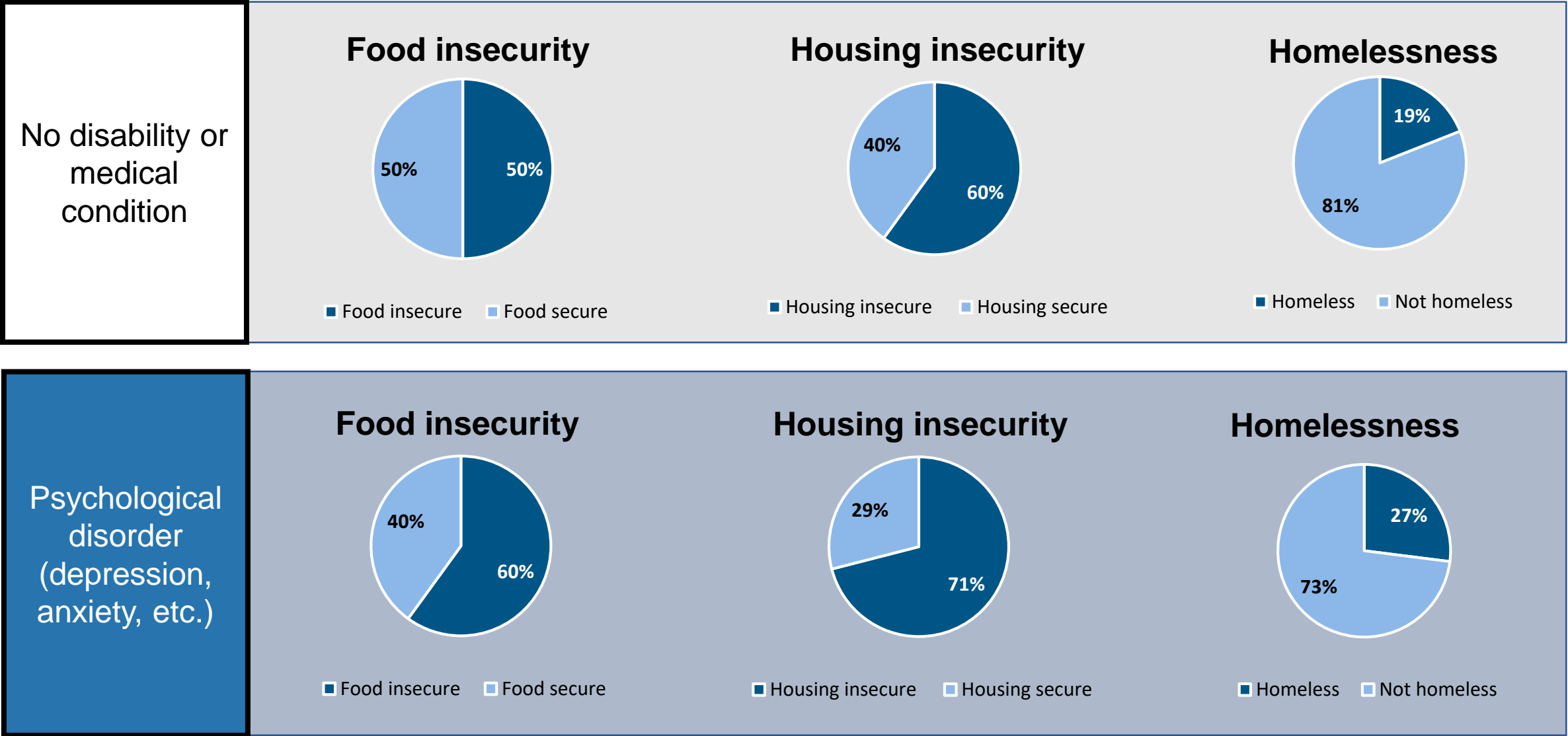
## FOUR YEAR COLLEGES



## COMMUNITY COLLEGES



# California CC students with mental disorders also often face food/housing insecurity and homelessness



# California CCs often lack the resources or the tools to treat large populations of students with mental disorders

## Service levels at CCCs

- Of 114 California community colleges, **at least 19 colleges appear to have no mental health services**
- Of campuses that have mental health care, **services are often limited to a handful of clinicians**

## Common problems in campus mental health provider systems

- **Difficulty allocating treatment resources** to highest needs individuals
- **Limited treatment scalability** – particularly for individuals with mild or moderate symptoms
- **Insufficient suicidality response** – no proactive support for individuals with suicidal ideation
- **Inability to address additional social problems** beyond mental health (e.g., housing, food)
- **Imprecise diagnostic and treatment decisions**, especially across time

# UCLA Depression Grand Challenge developed STAND to address this growing mental health crisis



Delivers scalable, gold standard treatment by personalizing type and level of care to patient needs

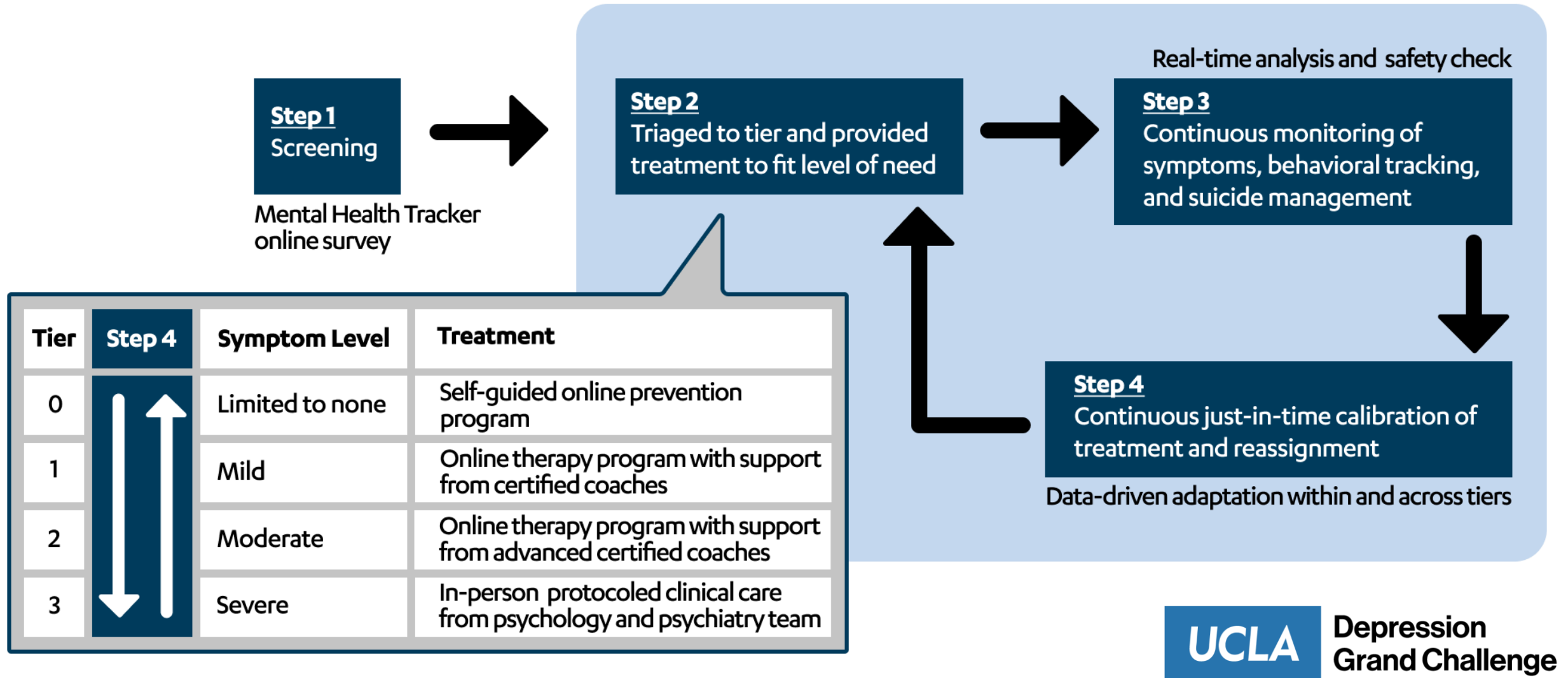


Proactively identifies and responds to urgent student needs – suicidality, food insecurity, homelessness



Continuously monitors patient symptoms and adjusts treatment to support condition improvement

# STAND identifies and routes suffering students to an evidence-based treatment tailored to their needs



# STAND incorporates critical features to serve as a complete system of care



Screens, tracks (depression, anxiety, and suicidality) & treats across multiple tiers of severity



Instant assessment and seamless routing to appropriate level of treatment



Proactive outreach to those exhibiting signs of suicide risk



Continuous tracking of symptoms & behaviors to adapt treatment just-in-time



Evidence-based digital therapy modules



Ongoing evaluation and updating of system of care



Workforce development as a core principle



Unique model for training, supervising & utilizing certified coaches

# STAND has supported UCLA students for 3 years

Metrics at UCLA since 2017

the  
STAND  
program



Offered screening  
to **57,000**  
UCLA students



Registered over  
**6,600**  
students for  
symptom screening



Offered treatment  
to  
**3,000**  
students using  
innovative model



Responded to over  
**1000**  
real-time risk alerts  
for suicidality, etc.



Trained  
**450**  
coaches

**UCLA**

**Depression  
Grand Challenge**

# Now developing pilot for East Los Angeles College, STAND-ELAC (with LAC DMH)



## Planning is ongoing

- STAND-ELAC product adaptation with input from ELAC students through focus groups and user testing
- Incorporation of STAND-ELAC into ELAC support services
- Recruitment and training of ELAC students to become coaches
- Participation campaign developed with student council support

## Project timetable

- Beta test of digital program (Spring 2020)
- Test of core program elements (Summer 2020)
- Pilot implementation with 700 students (Fall 2020)

# UCLA + UCSF have proposed a statewide STAND expansion to CCCs, beginning at 10 campuses



University of California  
San Francisco

## Anticipated impact of STAND at California CCs

- **Evidence-based treatment offered to thousands** of high needs, low-income individuals
- **Improvement of real-world indices of student functioning** (e.g. academic performance)
- **Positive impact on other social problems in CA** through regularly screening student social needs (housing, food) and guiding students to resources
- **Workforce development** through training of community college students to become certified coaches, and upskilling community mental health providers
- **Refinement of STAND treatment** for future expansions to other campuses and into our health systems