In 2015 UCLA launched the Depression Grand Challenge (DGC):

to cut the global burden of depression in half by 2050

Long-term objectives of the DGC

Find causes of depression

Elucidate the biology underlying depression

Identify biomarkers for depression course and treatment response

Prevent and treat depression

End stigma

UCLA Depression Grand Challenge

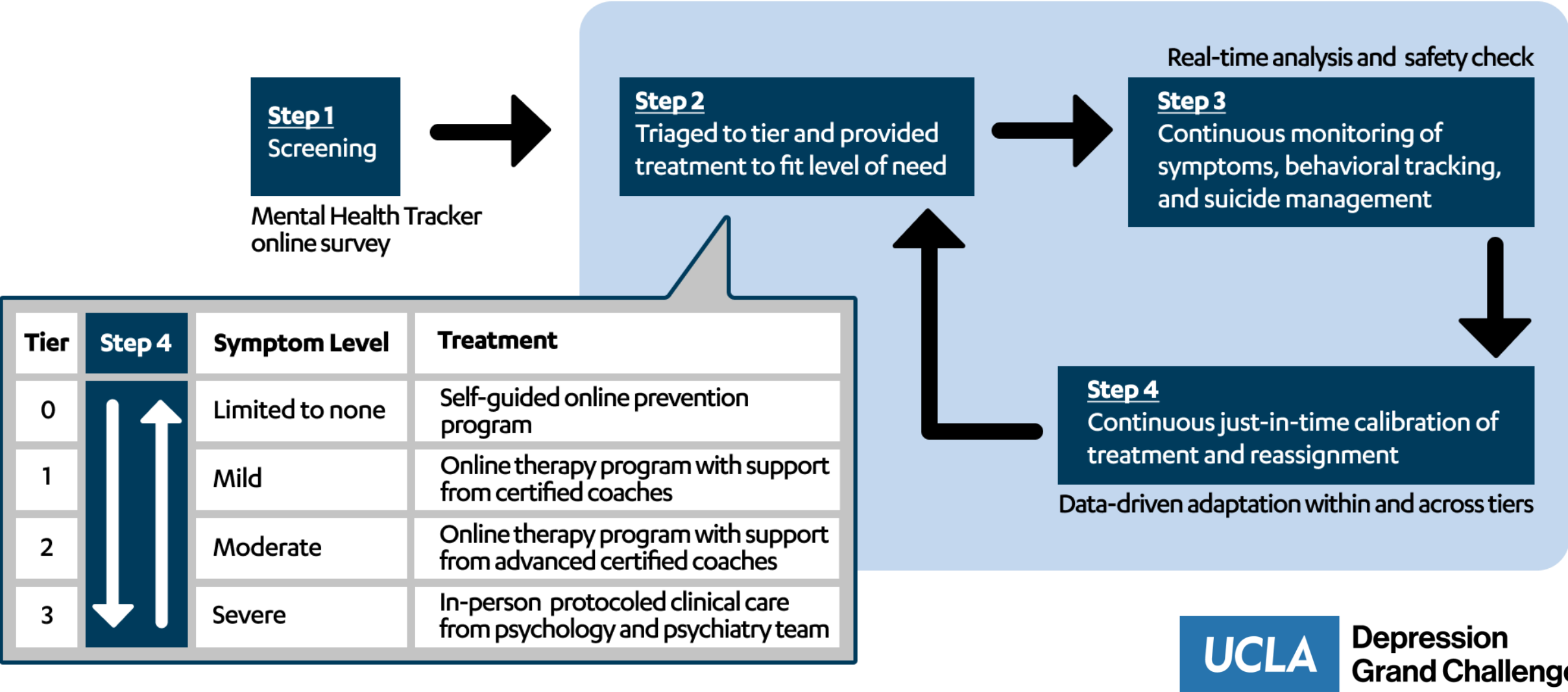# Organization of the Depression Grand Challenge

Mission of ITN

- Prevent and treat depression:
  - scaling evidence-based strategies
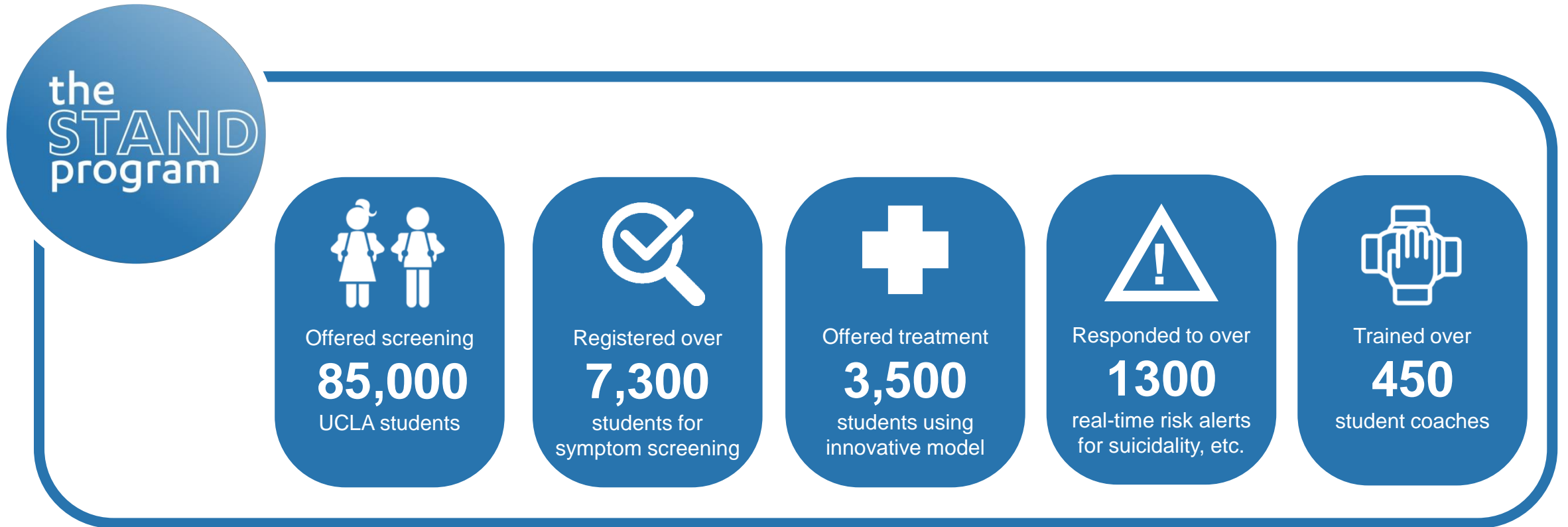 - developing and implementing new ones

STAND (Screening and Treatment for Anxiety & Depression) Program

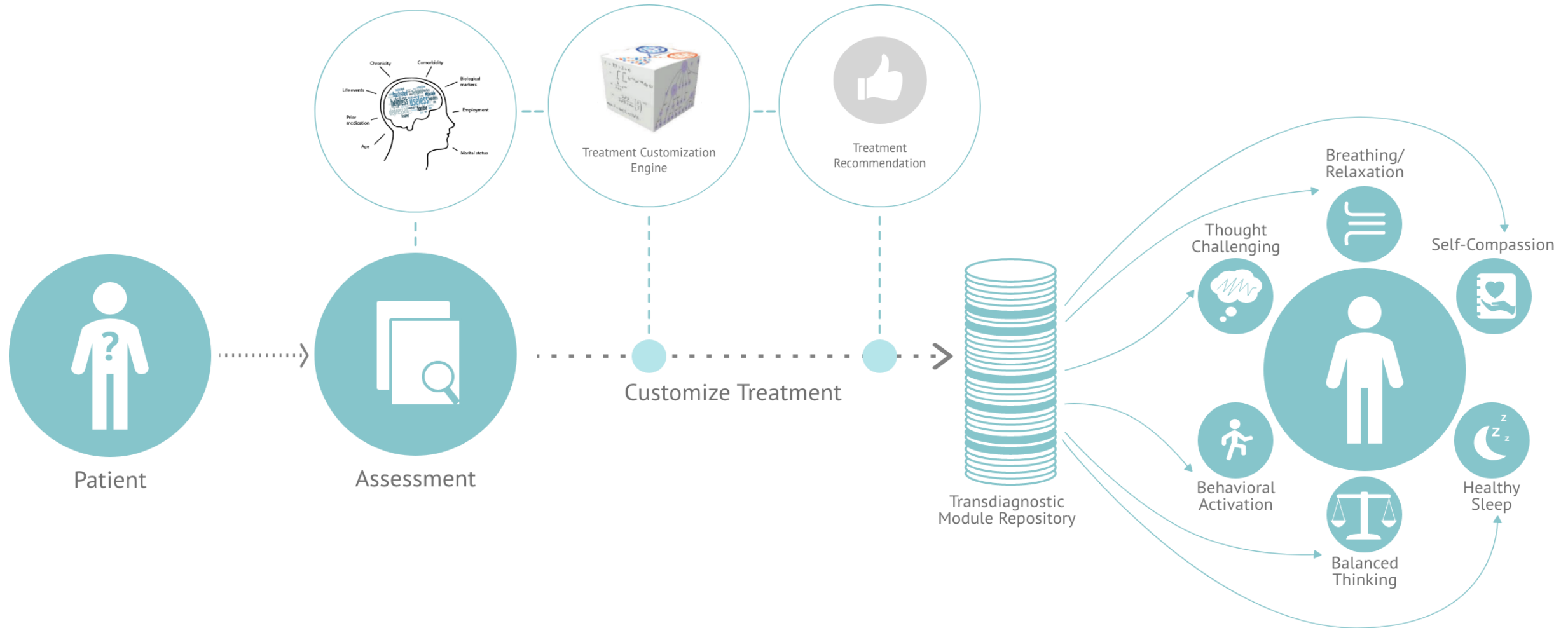- launched for UCLA students (Fall 2017)
- developing for CA Community Colleges

STAND system of care

Step 1
Screening

Mental Health Tracker online survey

Step 2
Triaged to tier and provided treatment to fit level of need

Real-time analysis and safety check

Step 3
Continuous monitoring of symptoms, behavioral tracking, and suicide management

Step 4
Continuous just-in-time calibration of treatment and reassignment

Data-driven adaptation within and across tiers

Tier	Step 4	Symptom Level	Treatment
0		Limited to none	Self-guided online prevention program
1		Mild	Online therapy program with support from certified coaches
2		Moderate	Online therapy program with support from advanced certified coaches
3		Severe	In-person protocoled clinical care from psychology and psychiatry team

UCLA **Depression Grand Challenge**

STAND Program: Metrics since 2017

the STAND program

Offered screening
85,000
UCLA students

Registered over
7,300
students for symptom screening

Offered treatment
3,500
students using innovative model

Responded to over
1300
real-time risk alerts for suicidality, etc.

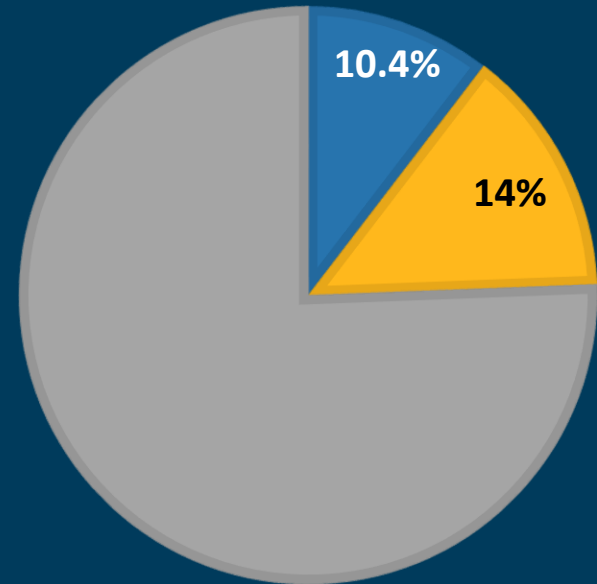Trained over
450
student coaches

UCLA Depression Grand Challenge

Next Step: Data-Driven Online Therapy Personalization

Need for treatment is even greater in community colleges

FOUR YEAR COLLEGES

10.4%
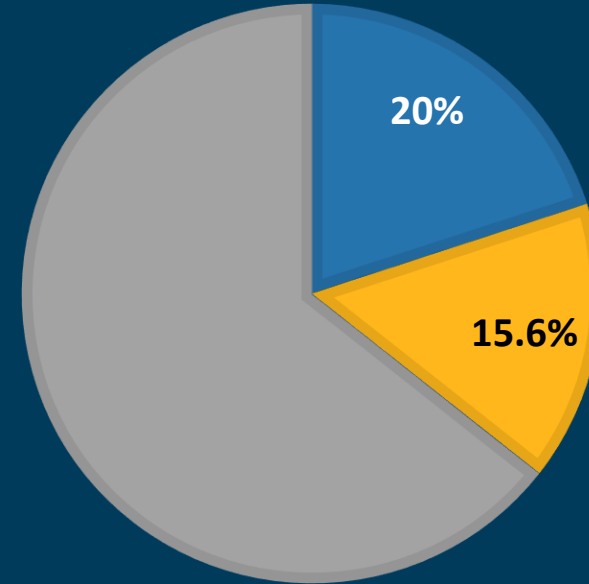14%

COMMUNITY COLLEGES

20%
15.6%

■ Severe depression ■ Moderate depression ■ No depression

Eisenberg et al. 2016

UCLA Depression Grand Challenge

California CC students frequently face food/housing insecurity or homelessness, especially those with mental disorders

No disability or medical condition

Food insecurity

42% Food insecure
58% Food secure

■ Food insecure ■ Food secure

Housing insecurity

57% Housing insecure
43% Housing secure

■ Housing insecure ■ Housing secure

Homelessness

15% Homeless
85% Not homeless

■ Homeless ■ Not homeless

Psychological disorder (depression, anxiety, etc)

Food insecurity

60% Food insecure
40% Food secure

■ Food insecure ■ Food secure

Housing insecurity

71% Housing insecure
29% Housing secure

■ Housing insecure ■ Housing secure

Homelessness

27% Homeless
73% Not homeless

■ Homeless ■ Not homeless

California's community colleges need additional resources to address the rise in student mental health issues

- Of 114 California community colleges, **at least 19 colleges appear to have no mental health services**

- Of campuses that have mental health care, **services often limited**

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 **Depression Grand Challenge**

Thank you!