



Recognizing and Destigmatizing Depression in College Aged Adults Community Outreach Project

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Introduction

April 11, 2022, at 11:00am
Location: Portland Community College
Contact: Professor Karina Bjork

Target Audience: College aged adults

- 25 students
- Demographics
 - Age range: 19-33
 - Median age: 25

Background/Content

Learning Objectives

1. Students should be able to recognize the signs and symptoms of depression.
2. Students will be able to discuss ways as individuals and organizations can destigmatize depression.
3. Students will be able explain the different treatments of depression (psychotherapy, pharmacologic, and lifestyle changes).
4. After my presentation, students will be able to identify available mental health resources.
5. Students will be able to identify barriers to accessing mental health resources.

Thank you, Karina Bjork for providing me the space to speak on a topic I am passionate on educating about!

Take Away Points

- Depression has lasting effects if left untreated.¹
- There is multiple ways to treat depression that often work best when combined.²
- Provided the students with tools for destigmatizing mental health on an individual level and ways to communicate with a peer if they are concerned about their mental health³
- Provided local and national mental health resources.

Discussion

Challenges

- Triggering topic presented in a virtual space provided a less than adequate platform to create face-to-face connection with the students

Opportunities

- While topic was triggering, the zoom platform allowed students the chance to leave if feeling triggered
- Had great quiz participations with students during knowledge check ins

Evaluation

- 90% strongly agreed learning objectives were addressed

Things learned

- Available mental health resources and hot lines
- The truths about the stigma surrounding depression

Conclusion

What did you learn from this project?

- Teaching techniques that provided equitable learning
- Improved public speaking skills

Strengths

- My clinical experience working with depression allowed me to confidently discuss treatment and treatment outcomes.

Limitations

- COVID limitations removed ability to interact directly with the participants

Impact

- 60% of participants were likely or very likely to change their behaviors based on the presentation

References

1. Nirmita Panchal RK. The implications of COVID-19 for mental health and substance use – issue brief – 9440-03. KFF. <https://www.kff.org/report-section/the-implications-of-covid-19-for-mental-health-and-substance-use-issue-brief/>. Published July 20, 2021. Accessed January 13, 2022.
2. Adams SM, Miller KE, Zylstra RG. Pharmacologic management of Adult Depression. American Family Physician. <https://www.aafp.org/afp/2008/0315/p785.html>. Published March 15, 2008. Accessed January 15, 2022.
3. Mental health lesson plans - can we talk. Can We Talk? <https://canwetalk.ca/wp-content/uploads/2016/03/COOR-79I-2016-03-CWT-lesson-plans.pdf>. Published 2016. Accessed April 7, 2022.