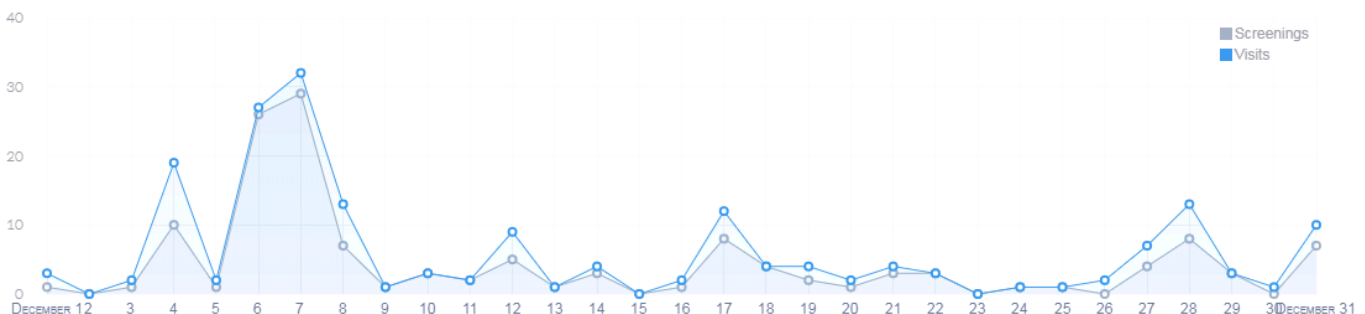


Online Screening Results for December 2017

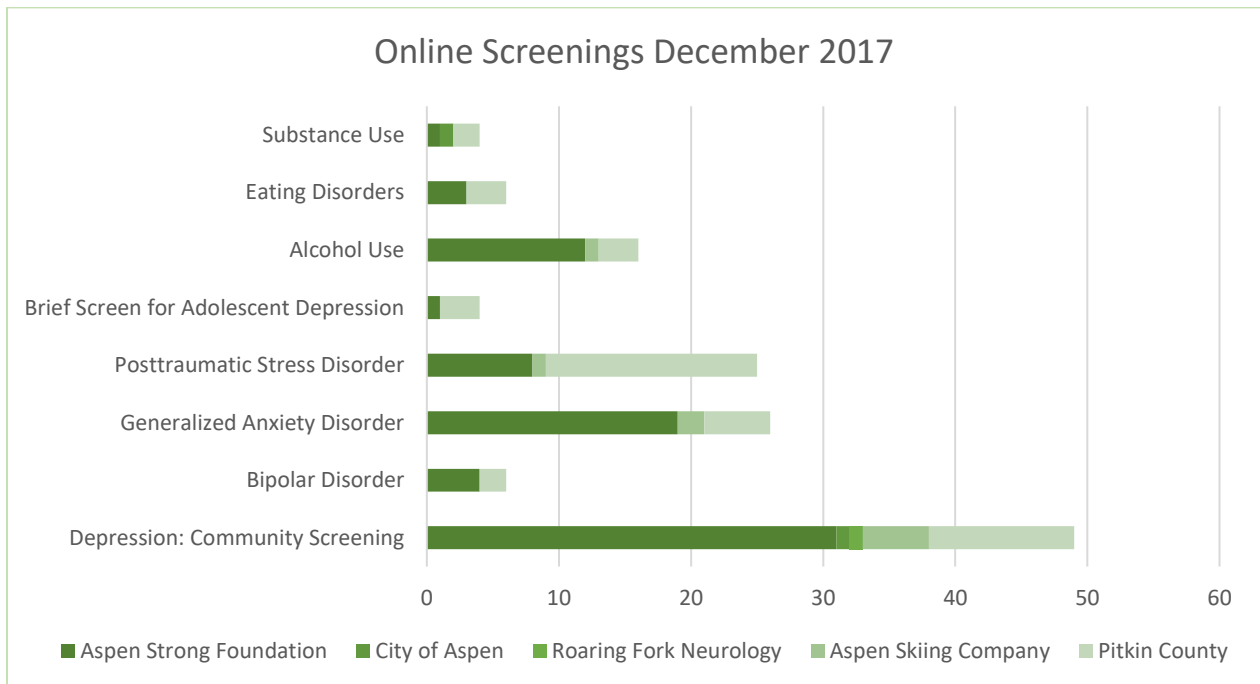
Number of Online Screenings Taken from 12/1/2017 – 12/31/2017		Online Screenings that Scored Positive for Symptoms of the Disorder	
Depression: Community Screening	49	Depression: Community Screening	47%
Bipolar Disorder	6	Bipolar Disorder	33%
Generalized Anxiety Disorder	26	Generalized Anxiety Disorder	58%
Posttraumatic Stress Disorder	25	Posttraumatic Stress Disorder	32%
Brief Screen for Adolescent Depression	4	Brief Screen for Adolescent Depression	75%
Alcohol Use	16	Alcohol Use	69%
Eating Disorders	6	Eating Disorders	34%
Substance Use	4	Substance Use	75%
TOTAL:	136	Total Number:	67
TOTAL Online Screenings YTD:	1,567		
TOTAL Online Screenings:	3,395		

Of those who scored positive for symptoms, what percent of people plan to seek help? *		
Depression: Community Screening	3 scored positive, 3 of whom plan to seek help	100%
Bipolar Disorder	1 scored positive, 1 of whom plans to seek help	100%
Generalized Anxiety Disorder	1 scored positive, 1 of whom plans to seek help	100%
Posttraumatic Stress Disorder	2 scored positive, 1 of whom plans to seek help	50%
Brief Screen for Adolescent Depression	1 scored positive, 1 of whom plans to seek help	100%
Alcohol Use	2 scored positive, 1 of whom plans to seek help	50%
Eating Disorders	N/A	N/A
Substance Use	N/A	N/A
Totals:	10 scored positive, 8 of whom plan to seek help	80%
<i>* based only on those who opted into this question</i>		

Screenings by Day



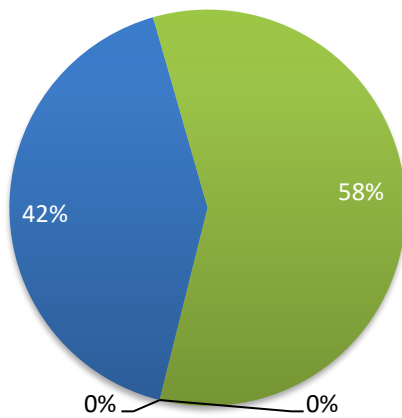
Partner Site Screening Breakdown



Demographic Information

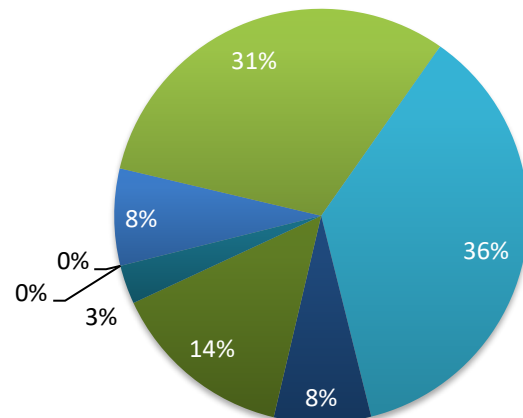
Gender Identity

Female Male Transgender Other



Age

18-24 25-34 35-44 45-54
55-64 65-74 75-84 85+



Community Events

December 4th Ski CO-Cloud 9 Orientation

- 10 online screenings took place the day of the event (7% of screenings for the month)

December 5th Laura Hadar Presentation

- 1 online screening took place the day of the event (>1% of screenings for the month)

77 online screenings occurred during December 4th-10th, the week of and following the above events. The week of these two community events accounted for 57% of December screenings.

Promotional Language

Winter is here, and with it comes the prevalence of Seasonal Affective Disorder (SAD). SAD is a depressive disorder that comes and goes with the seasons, typically beginning in the fall and continuing on through the end of winter. **This December, depression was the most screened-for mental health issue in the Roaring Fork Valley, with nearly 50% of users displaying symptoms of the disorder.** It is important to consider SAD's potential impact on these numbers, as well as on your own health. If you feel low in energy and/or high in anxiety, surround yourself with bright lights and make the effort to spend more time outside. You can also take a free, brief screening at <http://screening.mentalhealthscreening.org/aspenstrong>.

Of those people who took a mental health screening this December, **approximately 50% indicated that they were experiencing symptoms of the disorder they screened for.** Online screening is only a first step on the path to mental fitness: If you have taken a screening and are concerned about your results, contact a health professional to learn what you can do to support your mental well-being. Local resources can help you take care of both your body and your mind.

Of the 67 people who scored positive for a mental health disorder this month, 10 answered the optional question "Do you plan to seek help?" Of those 10 who responded, 8 reported that they did indeed intend to seek help.
