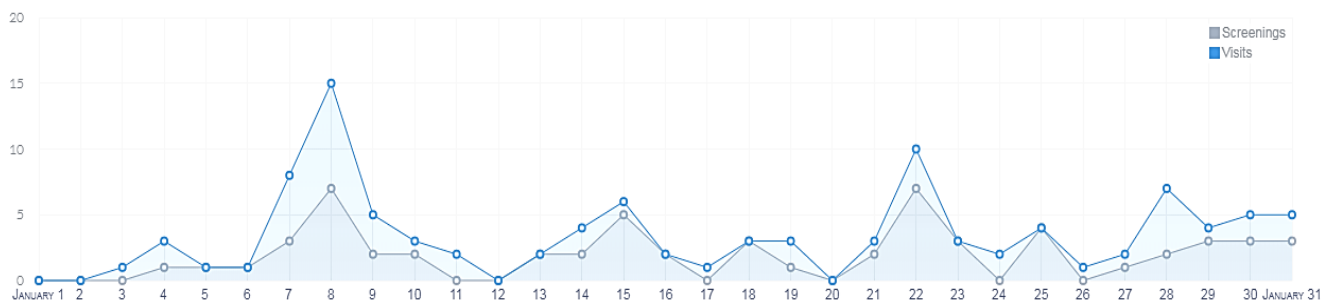


Online Screening Results for January 2018

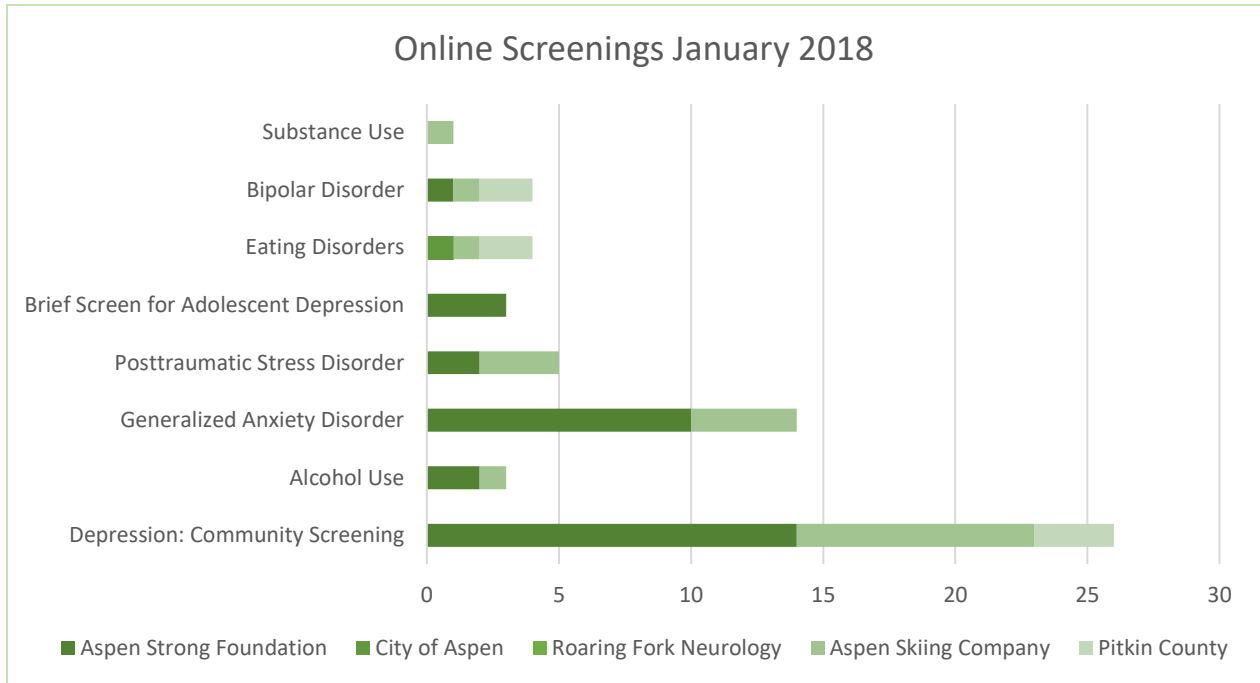
Number of Online Screenings Taken from 1/1/2018 – 1/31/2018		Online Screenings that Scored Positive for Symptoms of the Disorder	
Depression: Community Screening	26	Depression: Community Screening	54%
Alcohol Use	3	Alcohol Use	66%
Generalized Anxiety Disorder	14	Generalized Anxiety Disorder	64%
Posttraumatic Stress Disorder	5	Posttraumatic Stress Disorder	80%
Brief Screen for Adolescent Depression	3	Brief Screen for Adolescent Depression	100%
Eating Disorders	4	Eating Disorders	100%
Bipolar Disorder	4	Bipolar Disorder	75%
Substance Use	1	Substance Use	100%
TOTAL:	60	Total Number:	40
TOTAL Online Screenings YTD:	60		
TOTAL Online Screenings:	3,455		

Of those who scored positive for symptoms, what percent of people plan to seek help? *		
Depression: Community Screening	4 scored positive, 3 of whom plan to seek help	75%
Alcohol Use	1 scored positive, 0 of whom plan to seek help	0%
Generalized Anxiety Disorder	N/A	N/A
Posttraumatic Stress Disorder	2 scored positive, 1 of whom plans to seek help	50%
Brief Screen for Adolescent Depression	N/A	N/A
Eating Disorders	2 scored positive, 1 of whom plans to seek help	50%
Bipolar Disorder	1 scored positive, 0 of whom plan to seek help	0%
Substance Use	1 scored positive, 0 of whom plan to seek help	0%
Totals:	11 scored positive, 5 of whom plan to seek help	45%
* based only on those who opted into this question		

Screenings by Day



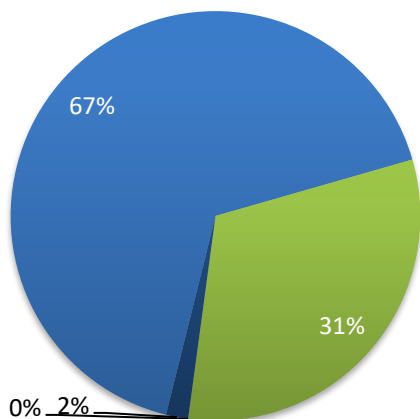
Partner Site Screening Breakdown



Demographic Information

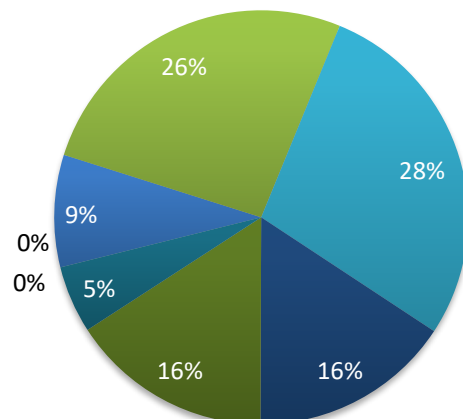
Gender Identity

Female Male Transgender Other



Age

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



Community Events

January 25th Rag & Bone Sip and Shop - 15% proceeds to AS

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

January 31st Aspen Hope Center: Dan Siegel & Tina Payne Bryson

- 3 online screenings took place the day of the event (5% of screenings for the month)

These two community events accounted for 12% of January screenings.

Promotional Language

A new year is the perfect opportunity to kick your mental fitness journey into high gear. However, resolutions can be tricky to stick to. As part of a new year of self-care, remind yourself that setbacks are a natural part of any process. Go slow. Pace yourself. And, most importantly, be kind to yourself when you do experience setbacks – that is actually *part of* managing your mental fitness. **60 online mental health screenings were taken during January 2018**, but this is only the beginning of a long, healthy year for Roaring Fork Valley. Add to the process by taking a free screening at <http://screening.mentalhealthscreening.org/aspenstrong>.

Nearly half (43%) of the screenings taken on the Aspen Strong screening platform were for Depression. Of these, approximately half (54%) reported symptoms indicative of the disorder. The next step is to seek help from a behavioral health professional and discover local resources.

Of the 40 people who scored positive for a mental health disorder this month, 11 answered the optional question “Do you plan to seek help?” Of those 11 who responded, 5 reported that they did indeed intend to seek help.
