

The Community Health Action Coalition (CHAC) Presents: "Depression...Share the Secret"

1) I was knowledgeable about symptoms of depression BEFORE this event.

	Strongly Agree	Agree	Neutral/Neither Agree nor Disagree	Disagree	Strongly Disagree	Responses	Total
Other	17.65%	67.65%	14.71%	0%	0%	34	100%

Show values

2) I am knowledgeable about symptoms of depression AFTER this event.

	Response (%)	Responses
Strongly Agree	39.39	13
Agree	51.52	17
Neutral/Neither Agree nor Disagree	9.09	3
Disagree	0.00	0
Strongly Disagree	0.00	0
Answered Question		33
Skipped Question		2

3) From this event, I learned about new resources, referral systems or other ways to help address depression or stigma that I personally can use or integrate, or that I can share with colleagues or clients. (This can include handouts, information from speakers, etc.) Please explain your answer in "Other."

	Response (%)	Responses
Strongly Agree	9.38	3
Agree	84.38	27
Neutral/Neither Agree nor Disagree	6.25	2
Disagree	0.00	0
Strongly Disagree	0.00	0
Answered Question		32
Skipped Question		3

4) From this event, I have a deeper understanding of the stigma surrounding depression.

	Response (%)	Responses
Strongly Agree	5.88	2
Agree	70.59	24
Neutral	20.59	7
Disagree	2.94	1
Strongly Disagree	0.00	0
Answered Question		34
Skipped Question		1

5) From this event, I have a deeper understanding of how sadness and/or depression can be normal phases of life.

	Response (%)	Responses
Strongly Agree	0.00	0
Agree	76.47	26
Neutral	20.59	7
Disagree	2.94	1
Strongly Disagree	0.00	0
Answered Question		34
Skipped Question		1

6) PRIOR to this event, were you familiar with the Community Health Action Coalition (CHAC)? (You may have previously recognized this group as the "Citizens Health Advisory Council"--this is the same "CHAC.")

		Response (%)	Responses
No, I was not aware of CHAC before this event.		50.00	17
Yes, I was aware of CHAC.		44.12	15
Maybe/unsure		5.88	2
		Answered Question	34
		Skipped Question	1

7) If you have previously heard of CHAC, please indicate your level of knowledge or participation (check ALL that apply):

		Response (%)	Responses
This is my first CHAC-sponsored event (if YES, please tell us why you attended today in the comment box for "Other"!)		37.14	13
I am on the listserv		5.71	2
I have attended at least one coalition meeting		8.57	3
I have attended at least one summit or mini-summit/educational event		11.43	4
I have participated in at least one committee/team		5.71	2
I consider myself a CHAC member with "regular involvement" or participation		2.86	1
I am on the CHAC Board of Directors		2.86	1
I have heard of CHAC, but have not participated in any of the above		5.71	2
N/A: I had not heard of or participated with CHAC before this event		14.29	5
Other: (Please explain in comment box)		5.71	2
		Answered Question	25
		Skipped Question	10

I was discussing what to do about depression when friend saw email and suggested it

Wanted to learn more about depression for elderly. Did not get that info per se

passionate about destigmatization of mental health

8) How did you learn about this event? (Select ALL that apply.)

		Response (%)	Responses
Friend or colleague		37.50	12
CHAC outreach (list serv, meeting, etc.)		18.75	6
Flyer/public posting (please tell us where!)		28.12	9
Email/listserv (please tell us which one)		15.62	5
		Answered Question	34
		Skipped Question	1

9) Select the category that best describes your background with health-related careers or information (check ALL that apply):

		Response (%)	Responses
I am a student in a health-related field		3.12	1
I am a student but NOT in a health-related field		0.00	0
I am currently working in a health-related field		56.25	18
I am currently working but NOT in a health-related field		18.75	6
I am retired from a health-related field		9.38	3
I am retired but NOT from a health-related field		9.38	3
I am not in the workforce		3.12	1
		Answered Question	31
		Skipped Question	4

10) What is the highest level of school you have completed or the highest degree you have received?

		Response (%)	Responses
Less than high school degree		0.00	0
High school degree or equivalent (GED)		2.94	1
Some college but no degree		11.76	4
Associate degree		8.82	3
Bachelor degree		26.47	9
Graduate degree/Professional Degree		50.00	17
		Answered Question	34
		Skipped Question	1

11) What is your age?

		Response (%)	Responses
17 or younger		0.00	0
18-22		0.00	0
23-29		8.82	3
30-39		29.41	10
40-49		11.76	4
50-59		20.59	7
60-69		14.71	5
70 or older		14.71	5
		Answered Question	34
		Skipped Question	1

12) What is the most useful information or message from this event?

committing to what works for you

depression is not sadness & grief

The attempts of this community to be proactive in addressing stigma and mental health through education and social/emotional learning and mindfulness in schools

The community is invested in education and promoting wellness

Dr. F-C's info

Different viewpoints on depression, treatments, and reaching out being key to prevention and treatment

The community dialogue was the most interesting

Wonderful panelists! I think the message I'm taking away from this most is that it is important to look at depression *holistically*...looking at 8 Dimensions of Wellness, genetic vulnerability with other factors, etc.

some stories and also the idea of writing own owner's manual to one's self when my life is not working how would it work best?

I was able to put faces to names in the community.

Wow, it was awesome - I found value in hearing from the spectrum of providers - naturopath to psych & the consistent messaging of mental health is whole person health.

The Eight Dimensions of Wellness Wheel, the fact that social stigma plays a huge role in preventing and treating depression

People really are open to reducing stigma around mental health

That there is hope - because of integration in the community that is happening.

professionals in Durango to seek for further info

13) Please use the space below to share any comments, feedback, or questions with us.

great community conversation

Thanks so much for the food and the putting together of this event

Appreciate you existing

Loved the discussion on stigma - I firmly believe that is the biggest barrier to receiving mental health help

Please be mindful to avoid language that supports stigma, i.e. regarding the video saying "wouldn't it be nice if we could go back to 'normal?'" Depression is normal. Being mindful of language is a huge part of destigmatizing! Also...thanks for sharing the resources...but I'd like to see more affordable and accessible resources. Not everyone can afford Janet Curry's 8 week group...

Hooray for the Wellness Wheel - it's a great SAMSA product and great that our community is working with it!

Definition of how Dr. St. Mary as a naturopath works with clients as a complete person

There are many alternate modalities that are helpful with depression

Thank you so very much. Wonderful program.

Thank you

Nicola had a gentle and compassionate approach; was important to differentiate sadness and grief from depression

There is NO WAY that I would share my experiences with mental health issues in this setting! (Room of total strangers, small community, no "safety" established)

Thanks for the info