

OPEN ACCESS RESOURCES

PROGRAM IMPLEMENTATION AT UC DAVIS

PARTNERS

A team of clinicians, researchers, and stakeholders reviewed each resource posted on the website for accuracy and applicability. Website user suggestions have also been implemented, including the development of resources lists that include emergency resources as well as community and campus resources. In addition, users of the website encouraged making information available in a variety of modalities with the reminder that some users prefer information in article format.

CONTACT

Professor Carolyn S. Dewa
MPH, PhD
csdewa@ucdavis.edu

For more information, visit
<https://healthy.sf.ucdavis.edu/mental-emotional-wellbeing>

The screenshot shows the website's navigation menu with options: ABOUT US, FOOD & NUTRITION, MENTAL & EMOTIONAL WELL-BEING, PHYSICAL ACTIVITY, and SMOKE & TOBACCO FREE. The main heading is 'General Emotional and Mental Well-being'. Below it is a breadcrumb trail: Home > Mental & Emotional Well-being > Open Access Resource Center > General Emotional and Mental Well-being. There are three main content areas: 1. 'Find Support' with a person icon. 2. 'Open Access Resources' with an image of a bookshelf. 3. 'Tools to Promote Emotional and Mental Well-being and Resilience' with an image of yellow tulips. A 'Quick Links' button is in the top right, and a 'Feedback' button is on the right side.

OVERVIEW

The Open Access Mental and Emotional Well-being Resource program created a 130 page library of online resources for the UC Davis community that includes apps, podcasts, videos, fact sheets, and websites on mental and emotional well-being. The resources are divided into five main focus areas:

1. Tools to Promote Emotional and Mental Well-being and Resilience
2. Common Mental Health Issues
3. Relationships, Family, and Life Transitions
4. Belonging and Community Building
5. Environmental Stress

PROJECT DETAILS

Initially, identifying existing material that had already been created by experts in the field was prioritized. A set of criteria were developed with which to evaluate potential material for the resource page. All posted materials were reviewed by two or more reviewers. Based on community feedback, a plan for the types of information to be offered was also developed. Recognizing the diversity of the UC Davis community, one of the goals was to offer resources in multiple languages. Original materials based on scientific evidence were developed when there was a gap in existing resources.

DATA SNAPSHOT

Since its development in January 2018, over 9,000 people have accessed these pages. This represents 53% of all web traffic on the Healthy UC Davis site. The most frequently visited pages were:

- Tools to Promote Emotional and Mental Well-being and Resilience
- Common Mental Health Issues
- Relationships, Family, and Life Transitions
- Environmental Stress

Feedback that has been has been positive, including, “There are a lot of wonderful links on your page -- keep them coming!” and “The Mental Health resources page is really awesome! Excellent information, friendly display of info!”

RESOURCES

- UC Davis Mental and Emotional Wellbeing Open Access resources: <https://healthy.sf.ucdavis.edu/mental-emotional-wellbeing/open-access-resources>
- UC Davis community resources: <https://healthy.sf.ucdavis.edu/mental-emotional-wellbeing/support>

PROCESS CHALLENGES

Three primary challenges remain:

- The first is the marketing of the website. It has been difficult for people to understand what it is and how it fills a UC Davis community need. To address this, a resource card that contained a list of campus resources for all sectors of the community was developed. The paper cards also contain the open access resource web address and the categories of topics covered. Over 1,000 cards have been requested and distributed by the Office of Student Support and Judicial Affairs, Aggie Compass, and Student Housing. The card has also been distributed to the 800 staff and faculty who have attended UC Davis Gatekeeper mental health training sessions.
- The second challenge is that there have been several requests to post material from organizations outside the UC Davis community. The scientific basis of the material has not been consistent. Further, the majority of the requests have come from commercial organizations. Since a policy about advertising on the website has yet to be developed, these materials have not been posted.
- The third challenge is that the website content must constantly be reviewed. For example, even the phone numbers on the contact list for campus resources change during the course of an academic quarter. Thus, the accuracy of the information must constantly be checked. In addition, to avoid overwhelming users with duplicative content, the content is systematically re-reviewed to ensure that it represents the most up-to-date information.

PROCESS INSIGHT

Given the number of people who have accessed the website, it seems this resource is meeting a campus need. Inclusion of a mechanism through which users can rate resources should be developed. In previous focus groups of UC Davis students, participants indicated that they value insights from the UC Davis community. This would be a way of providing such insights.

It is anticipated this project will create training opportunities for students from the Masters of Public Health program and for students interested in developing skills to make scientific evidence accessible to the general population. The resources are gradually being used in the UC Davis student run medical clinics. As more clinics have experience with the site, the goal is to use their feedback to make the resources available in the languages of the populations that the various clinics serve. As the project continues to unfold, there is potential to improve coordination with community partners such as the National Alliance on Mental Illness (NAMI) and expand the available resources to the general community. Thus, the webpages not only support the UC Davis community but the communities to which UC Davis belongs as well.