



“GET YOUR CHECK UP FROM THE NECK UP”

2019 Wellness Month Summary - Southwest CT

“Wellness Month” is a month-long community awareness and early detection initiative developed by the former Southwest Regional Mental Health Board (now part of The Hub) as a strengths-based outgrowth of National Depression Screening Day. Each October we offer wellness activities, mental health and substance use information and resources, and free behavioral health screenings at community events throughout the region, in collaboration with many volunteers and community partners.

In 2019, we had “Check Up from the Neck Up” events in 10 towns (out of 14 in our region).

# events:	12
# people engaged, picking up info & asking questions:	817
# individuals taking a screening:	224 (27% of those engaged)
<i>Of those screened, # scoring at risk & offered a referral...</i>	
...for mental health only (depression, anxiety or PTSD):	110 (49% of those screened)
...for substance use only (alcohol or other drugs):	20 (9% of those screened)
...for both a mental health & substance use issue:	16 (7% of those screened)
...for nicotine use:	15 (7% of those screened)
...for problem gambling:	13 (6% of those screened)
...for another behavior that is hard to control:	20 (9% of those screened)
...for possible partner violence:	0

Many thanks to the volunteers and support from: ADAP, American Foundation for Suicide Prevention, Catchment Area Councils, Coastal Connecticut Counseling, Darien Depot, Department of Mental Health and Addiction Services, Fairfield Cares, Greenwich Department of Human Services, Human Services Council, LifeBridge Community Services, National Alliance on Mental Illness (NAMI), New Canaan Cares, Norwalk Community College, Optimus Health Care, Silver Hill Hospital, St. Vincent’s Medical Center, Wilton Social Services, UConn-Stamford.