

The UCLA Mental Health Forecasting Community Action Group

Formed under auspices of the UniHealth Foundation funded project:

Forecasting the Population Health Burden of Mental Disorders and Scenarios for Prevention and Treatment in Los Angeles County

Project Aims: *To support the efforts of non-profit hospitals and community organizations working on mental health issues in Los Angeles County by:*

- Sharing innovative, community-centered approaches for preventing and treating depression in Los County.
- Integrating demographic and health data and the newest research to forecast the prevalence of major depression through the year 2050 in Los Angeles County.
- Assessing the potential impact of different community-based treatment and prevention programs.

What is the UCLA Mental Health Forecasting Community Action Group (MHFC Action Group)?

- Health care providers, partners from different sectors (e.g. public health, schools, community and senior services) and community-based organizations interested in promoting community-centered, public health approaches to addressing mental health in their communities.

How can you be involved? *Become a member of the UCLA MHFC Action Group!*

- Tell us about depression trends in your communities – shifts in prevalence, severity and affected groups.
- Identify vulnerable groups in your community that would benefit from additional support.
- Identify what works and what doesn't to help prevent and treat depression and ways communities can get involved.
- Utilize project results to inform your community about current and future burden of depression and what can be done to both prevent and manage this condition.

Participating organizations receive:

- Tailored forecasts of major depression and chronic physical health conditions in their community or service area through the year 2050.
- An assessment of the relative impact of interventions that are of interest to their community.
- Complimentary technical assistance and guidance translating model results to their community.
- Acknowledgment in UCLA publications outlining their contribution to the project.

Expectations:

- Participate in occasional conference calls with our team (should be less than 30 minutes per month)
- Attend two annual 2-hour meetings through July 2018 to get project updates and share ideas with other participating community groups and hospitals working to address mental health issues in Los Angeles County (meetings will typically be held in downtown Los Angeles).

Questions? Contact Kara MacLeod, Project Manager (Kara.M@UCLA.edu , 310-206-1141)