

# Evaluating Awareness, Attendance, Barriers, and Interest in UC San Diego's Tritons Flourish Programs



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## Background

Campus-prevention programs, including those that aim to prevent mental health problems through educational methods, are one of many ways that health concerns can be addressed through school programs. Those that are designed to target college students can be particularly important for numerous reasons including:

- Addresses the high rates of mental health problems, like depression and anxiety, prevalent among college students
- Gives students an opportunity to learn healthy coping mechanisms and create a community

Making it imperative that these programs are as engaging and as effective as they can possibly be.

At the University of California, San Diego (UCSD), the Counseling and Psychological Services (CAPS) office has an initiative, Tritons Flourish, which offers mental health preventative programs including the:

- Community Forums (CF)
- Daily Drop-In Workshops (DDW)

To address and help prevent mental health issues among students and improve their well-being.

## Purpose

Unfortunately, many prevention programs, including the CFs and the DDWs offered by the Tritons Flourish initiative are often under-utilized, as reflected by continual low attendance rates. The purpose of this project was to:

- Identify the primary barriers reported by UCSD students in participating in the CFs and DDWs
- Identify the ways in which student outreach has been effective thus far
- Identify the topics and forum identities students most attended and are currently interested in
- Relay student data and feedback to CAPS personnel so they can address identified barriers and student concerns

## Methodology

Data collection method was an anonymous online survey designed through Google Forms.

Survey distribution method was through social media platforms that were UCSD-related (Instagram and Facebook). Survey was designed to reach two different populations at UCSD to maximize student input on the programs:

- Students who had previously attended the CFs/DDWs
- Students who had not attended the CFs/DDWs.

## Conclusion

- Survey showed that the majority of UCSD students were not aware of the Triton Flourish resources available to them prior to the survey.
- Primary barriers to participation are unawareness, time constraints due to busy schedules, and zoom burn-out.
- The CF that UCSD students are most likely to attend is Yoga for Wellness
- The DDW that UCSD students are most likely to attend is Relaxation Skills
- Majority of students are likely or very likely to attend one of the CFs/ DDWs in the future
- Social media and College/Department Newsletters are the most effective methods for student outreach.

## Results

### Research Participants Demographics (n=54)

Year	%
First Year	7.4
Second Year	7.4
Third Year	14.8
Fourth Year	37
Transfer Student	25.9
Graduate/Professional Student	5.6
Other	1.9
College	%
Revelle	11.1
Muir	31.5
Marshall	24.1
Warren	7.4
Roosevelt	11.1
Sixth	7.4
Seventh	1.9
Graduate/Professional Student	5.6
Gender	%
Man	18.5
Woman	75.9
Non-binary/Genderqueer	7.4
Race/Ethnicity	%
White	14.8
Black/African American	1.9
Asian	42.6
Hispanic/Latino	42.6
Multi-racial	5.6
Prefer not to answer	1.9
Participation patterns: Have you ever attended a CF/DDW?	%
Yes	7.4
No	92.6

### Which DDWs (Spring 21') have you attended before or are likely to attend?

Foundations of Well-Being	3
Resiliency Building Toolkit	2
Mindful Wellness Wednesdays	3
Wellness Thursdays	1
Relaxation Skills	3

### Which CF (Spring 21') have you attended before or are likely to attend?

Students with dependents	1
APIMEDA (Asian Pacific Island Middle Eastern Desi American) Students	1
COVID Connection: Support for Students in Isolation Quarantine	1
Black Women's Collective	1

## Limitations

- Survey distribution method: survey was distributed solely through social media platforms leaving students without social media access to participate
- Sample population size: collected 54 responses while UCSD's student population is ~30,000 students
- Inaccurate demographical representation from survey respondents and UCSD's student population: high response rate from older class levels and women

## Prior to this survey, have you ever heard about the CFs/DDWs?

Yes	No
11 (22%)	39 (78%)

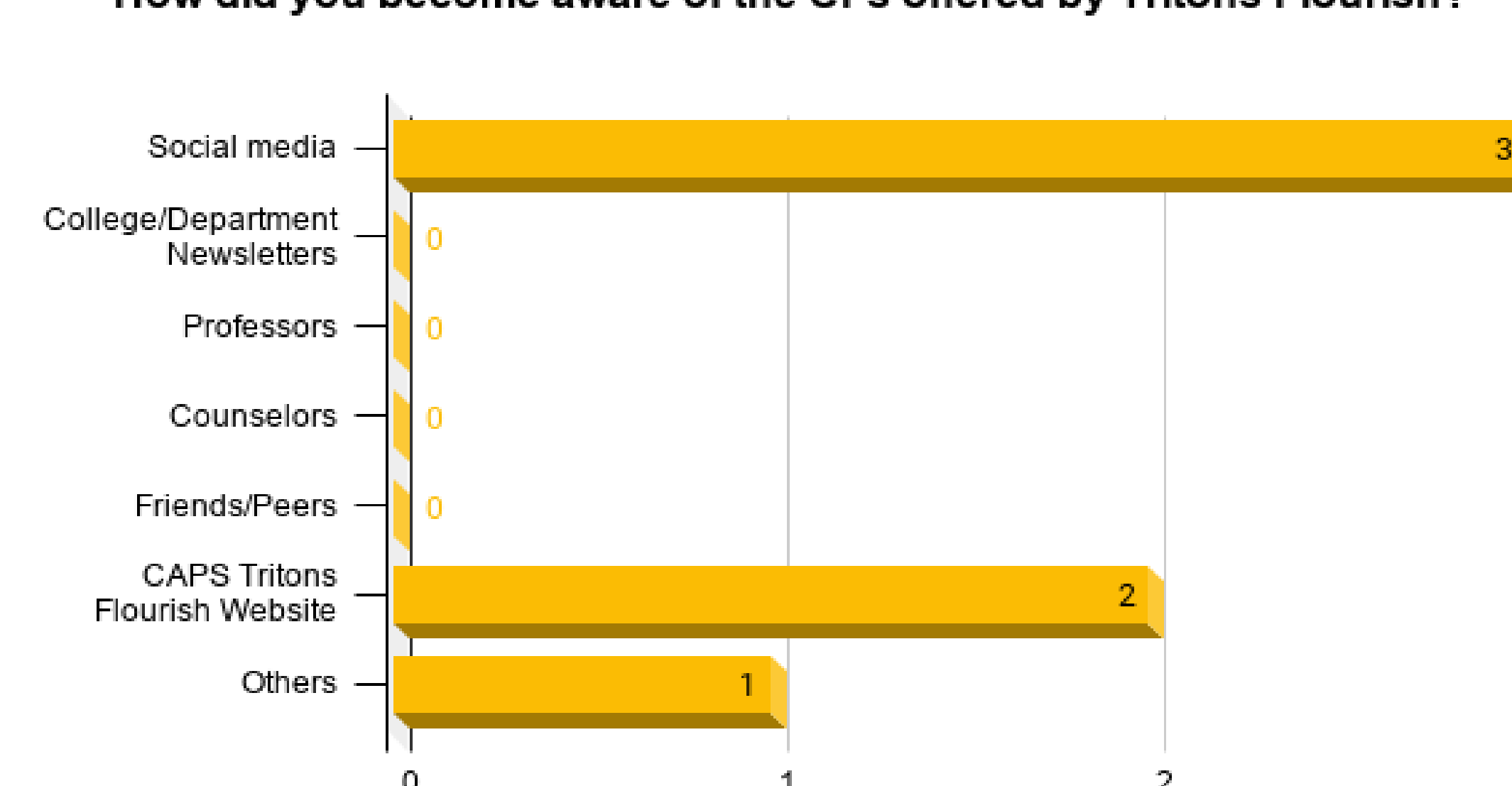
## Which CFs (Spring 21') you identify with and likely to attend?

Undergraduate ADHD Support Forum	9
Graduate/Professional ADHD Support Forum	3
Students with Dependents Forum	1
Undergraduate Grief and Loss Support Forum	5
Graduate/Professional Grief and Loss Support Forum	2
Yoga for Wellness Forum	27
APIMEDA Community Forum	7
Coming Out Group	5
Burn Bring, Not Out Support Forum	10
WISE: Graduate Women in Science and Engineering	5
COVID Connection	15
First Generation Support Forum	17
More Than Dreams Support Group	0
Black Women's Collective	1
Outside the Box Forum	8
LGBTQ Community Forum	4
Latinx/Chicanx Cafecito Hour	18
None of the above	1

## Which DDWs (Spring 21') interest you?

Foundations of Well-Being	27
Resiliency-Building Toolkit	21
Mindful Wellness Wednesdays	27
Wellness Thursdays	16
Relaxation Skills	28
None of the above	3

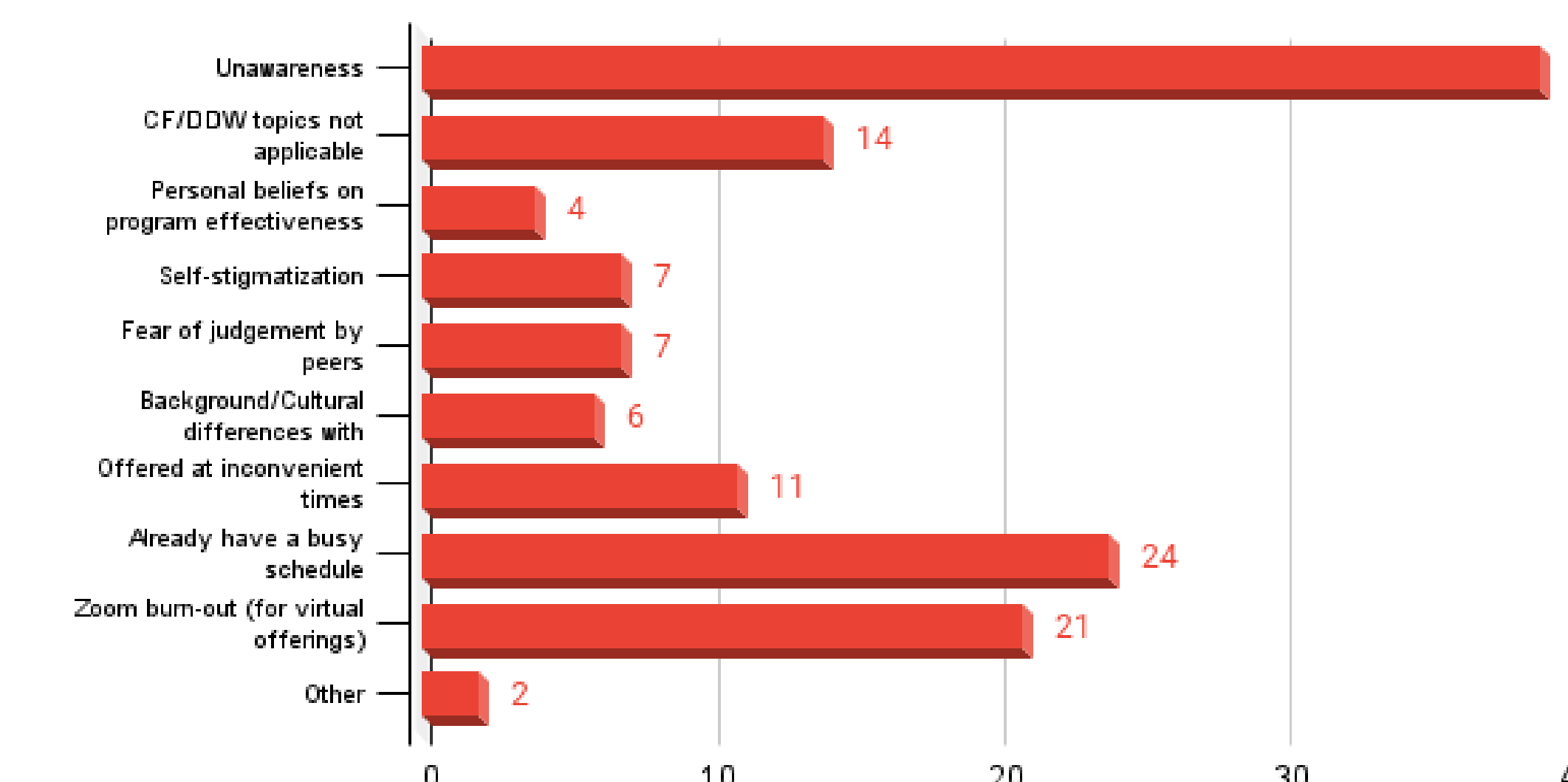
## How did you become aware of the CFs offered by Tritons Flourish?



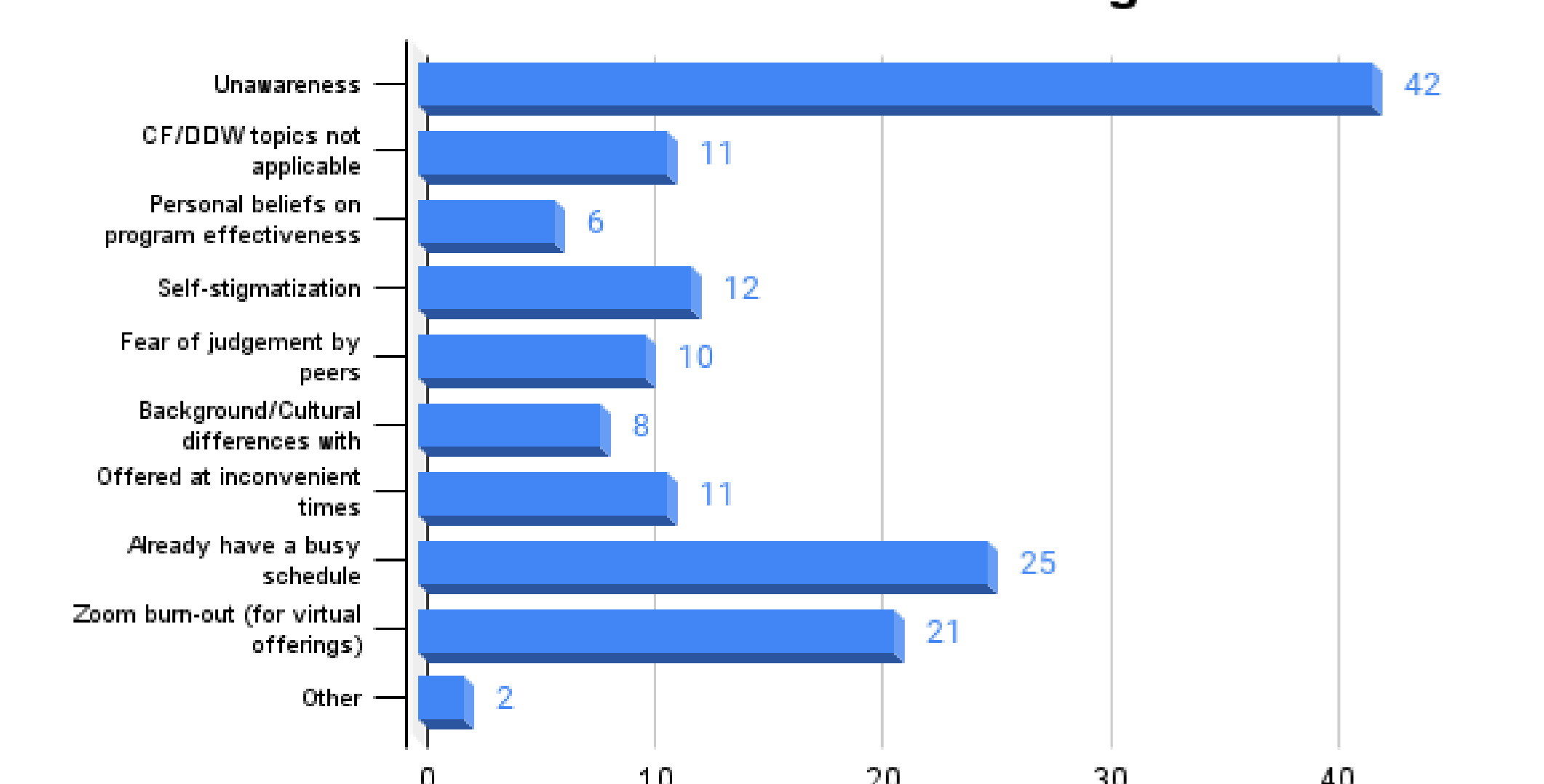
## Public Health Relevance

Increasing student attendance for workshops like the CFs and the DDWs can have a substantial impact on student's mental health and well-being. Mental health problems can be improved, or even prevented, by providing them with safe spaces, professional guidance, and healthy coping skills which can have an overall positive impact on their lives during and after college.

## Potential Barriers for attending a DDW



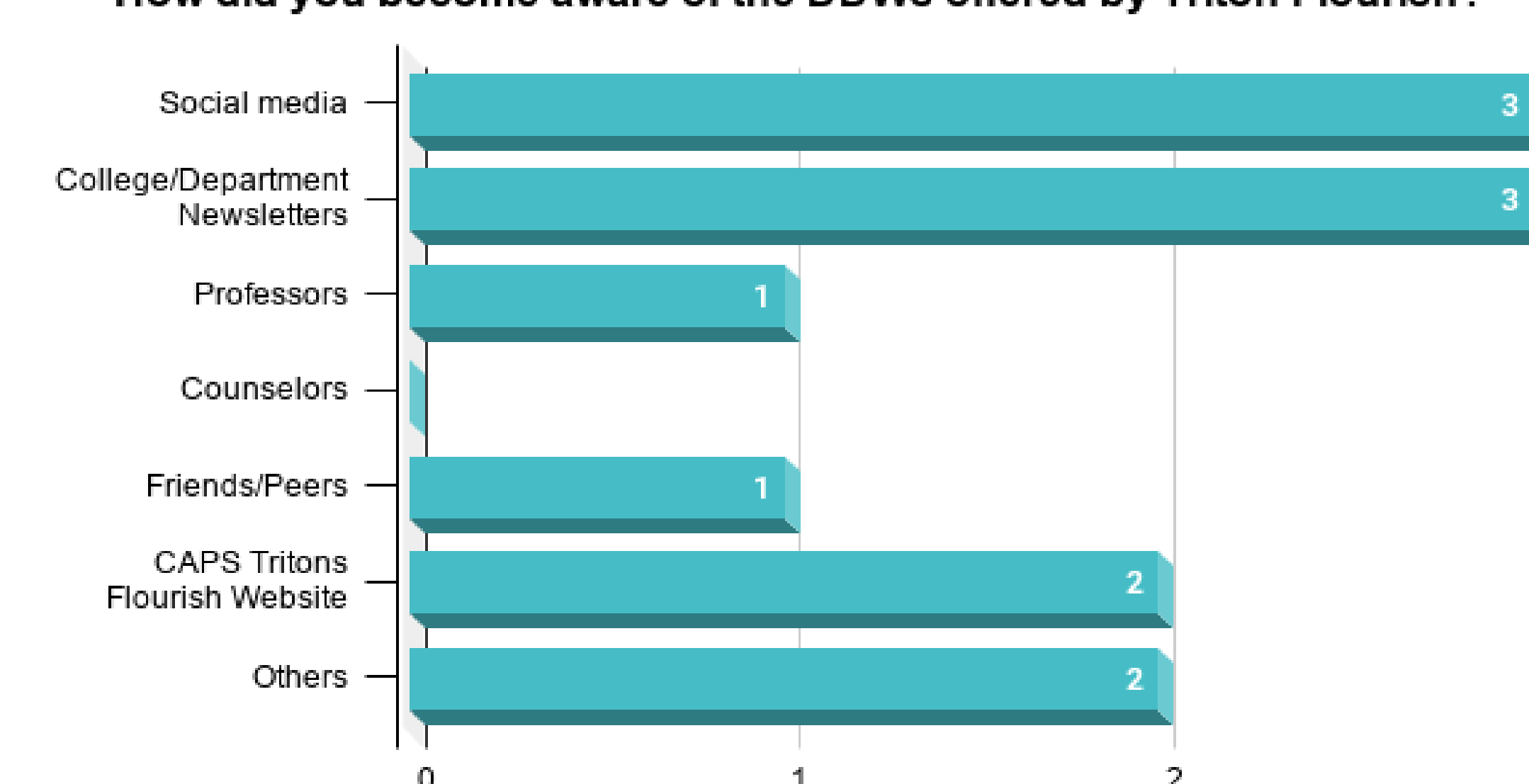
## Potential Barriers for attending a CF



## What would motivate you to attend a CF/DDW?

More convenient times to attend	23
More applicable topics	30
Diverse counselors	20
Peer only forums	7
Others	5

## How did you become aware of the DDWs offered by Triton Flourish?



## Acknowledgements

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