

# MindKare<sup>®</sup>

A program of Screening for Mental Health, Inc.

## Mental Health in the U.S.

Currently, one in four Americans have a diagnosable behavioral health condition in the United States yet the vast majority (70%) do not seek treatment. One of the leading deterrents for seeking treatment for those living with these conditions is fear and stigma.

## How Does the Kiosk Work?

MindKare Behavioral Health Kiosks are designed for use in public spaces, and aim to reduce stigma by making learning about and screening for treatable conditions like depression or anxiety as commonplace as a blood pressure screening. The kiosk is a free-standing structure that uses an interactive touch display screen to provide users with a seamless experience while they navigate through educational information about behavioral health conditions, a screening assessment, and local treatment resources. The screening component provides a quick, anonymous way for people to check in on their behavioral health.



## How Can MindKare Kiosks Change the Face of Behavioral Health?

- **Mental illness is a serious issue but it's often an invisible one.** Unlike many physical health issues, there's no cast or scar to serve as a visible reminder of the pain and suffering. The MindKare kiosks serve as thought provokers, conversation starters, and most importantly, signs of hope and help for those living with these conditions.
- **Treating mental health with the same gravity as physical health.** When you are sick it's common to make an appointment with your doctor but making time for your mental health can often fall low on your priority list. Our kiosks are designed to reach people during their daily routines. Mental illness and substance use don't rest when you're doing your errands, grabbing a bite to eat or doing any day-to-day task. Why not bring resources to the community?
- **Promoting early detection and intervention is key.** The behavioral health kiosk allows users to assess their mental health or substance abuse in a matter of minutes, letting them know if their symptoms are consistent with a mental health disorder or substance abuse and connecting them with local resources. This one-stop behavioral health shop provides users with the information they need to take the next step toward getting treatment.

## Learn More

To learn more about implementing a MindKare kiosk to promote wellness on your campus or in your community, please reach us at (781)239-0071 or [MindKare@MentalHealthScreening.org](mailto:MindKare@MentalHealthScreening.org).

# Kiosk Readiness Review

## Why Consider Hosting a Kiosk?

Hosting a mental health screening kiosk allows you and your organization to connect with your community – whether your community is a college campus, the workplace, or in your retail setting – and provide an innovative resource to promote wellness. As an early adopter of this programming, your organization will also play a key role in stigma reduction by placing this technology in a public setting.

## What are some points for consideration before opting into a program like this?

### STAFFING

- Identify point person(s) and key team members to lead kiosk initiative
  - Who can check on it daily?
  - Who can help with promotion?
  - Who will schedule trainings?
- Connecting with partners and funders
  - Who will be responsible for updates?
  - Can this person be on regular (i.e. monthly) calls?

### LOCATION

- Utilization
  - Can you find an area with high foot traffic?
  - Is this highly visible? Or do people need to search for it?
  - What else is in the surrounding area? (i.e. do you have neighbors that need to be invested in this process?)
- Logistics
  - Do you have wireless internet? Or would it need to be hard-routed?
  - What are the hours of operation where this kiosk will be located?
  - Is there an electrical outlet to plug this into nearby?

### LAUNCH

- Plan
  - Do you have a launch date identified?
  - Is your staff ready?
- Prepare
  - Do you know where you would refer people at the end of the screening?
  - If someone needs immediate help, does your staff know what to do?
- Promote
  - Start early
  - Work to cross-promote
  - Consider active (i.e. newsletter articles, PSAs) and passive (i.e. social media posts, hanging posters) ways of promotion

