



Community Grant Outcome Report

Name: Planning a Multicultural Women's Education Program to Eliminate the Stigma of Depression

Grantee: Wisconsin United for Mental Health

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Academic Partner: Linda Denise Oakley, PhD, RN, Professor, School of Nursing, UW-Madison

Program: Development

Grant Duration: 03/01/2007 to 08/31/2008 (18 months)

Expenditures: \$47,817 of \$48,336 (99% expended)

Use of Funds: Needs assessment/plan

► **Description:** The goal of this project was to (1) increase knowledge of how mental illness and stigma impact the lives of depressed reproductive-age women and (2) translate this knowledge into targeted multicultural anti-stigma education and awareness programming.

► **Results:** Project staff conducted focus groups with 49 women recruited from five public health service sites in Superior, Stevens Point, Milwaukee, and Madison. Most participants had mild to moderate symptoms of depression. Data analysis was ongoing at the end of the grant period. Preliminary findings from the focus groups indicate that, compared with less depressed women, women who were more depressed had more general concerns about stigma and more concerns with secrecy. Participants (black and Latina as well as white women) also perceived significant gender-based stigma regarding depression. Findings were used to put together an implementation plan to develop and test targeted anti-stigma educational

efforts.

► **Met Objectives:** Project completed

► **Baseline Progress on State Health Plan Objectives:** Not measured

► **Academic Partner Role:** Lead on research elements of project, including focus group design, IRB, and compilation/analysis of data.

► **Matched Dollars (cash or in-kind):** \$66,844

► **Dissemination:**

- Results were shared with research sites
- Reports were made to the Wisconsin United for Mental Health Board and the grant Advisory Board
- There will be further presentations and manuscript submissions when the data analysis is complete

► **Sustained:** Partners are pursuing funding from the National Institute for Mental Health for implementation.