Anxiety and Depression Association of America (ADAA)
Request for Proposals for a Contract
Deadline: December 27, 2016

Purpose: Request for Interested Members to Apply for $1,700 Grant

Eligibility Requirements: Membership in ADAA (Open to graduate students or post-doctoral fellows)

Contract Amount: $1,700

Length of Contract: January 2, 2017 to on/about July 20, 2017

Send resume: Mary Gies at Mgies@adaa.org by December 27, 2016

Background: Pedestal Foods is a contract food services company with clients in higher education, assisted living, and K-12*. They are deepening their focus on K-12 and want to build a value proposition that will resonate with their customers and help address their needs.

ADAA is non-profit organization located in Silver Spring, Maryland. ADAA members are clinicians, researches, academics and other professionals dedicated to the prevention, treatment, and cure of anxiety, depression, and related disorders field.

Pedestal Foods and their customers have identified student wellness, specifically in the area of anxiety, depression, and suicide as a major challenge and opportunity. Pedestal Foods and their customers understand that this is a national issue with today's children and would like to offer solutions through the schools' food experiences.

Project: ADAA will create an evidence-based protocol for the company by which they will train their staff and create experiences in the dining areas that promote student mental wellness.

The project is named *Project Thrive* and will be piloted at Father Ryan High School in Nashville, Tennessee.

The protocol will have three components:

1. Guidelines for establishing an environment that promotes student mental wellness and meaningful community. Concepts to be included are
    a) Cultivating good humor-which has been shown to improve problem solving, rapidly lift mood by increasing levels of dopamine, improve creativity and foster shared positive experience that leads to improved community
    b) Cultivating gratitude –which has been shown to increase cognitive flexibility, improve problem solving ability, prevents and lifts depressed mood and improve ability to be accepting and forgiving
    c) Building community through exercising non-verbal and verbal prosocial skills that enhances overall social support that in turn buffers people from the experience of anxiety and depression

    d) Normalize stress-which counters the millennial culture shown by research that misperceives stressors as being bad and something to be avoided as opposed to the resilience-enhancing attitude of viewing stressors as a normal part of life and as a signal for coping

    e) Cultivating self-care strategies by enhancing awareness of community resources and self-care strategies

2. Learning guidelines for identifying students at-risk for anxiety and depression and action steps to assist students in need.

3. Evaluation of program effectiveness at increasing the aforementioned behaviors and employee and customer satisfaction

Data Analysis: The pilot program will validate that providing programs that promote student mental wellness and identifying students at-risk of anxiety and depression positively impact Pedestal Foods employees and the school community.

ADAA will provide statistical analysis and provide interpretation of the data to Pedestal Foods.

Duties:
1. Work closely with Karen Cassiday, ADAA President, to review and finalize pre- and post-test instruments
2. Mount the surveys on Survey Monkey and collect raw data for data analysis.
3. Conduct statistical analysis of the pre-test data
4. Prepare an interim report that details the intervention and pre-test data. Include PowerPoint slides that depict outcome data in easy to understand graphs, histograms, or other visual representations of data suitable for presentation
5. Conduct statistical analysis of the post-test data
6. Prepare a final report with accompanying PowerPoint slides that depict outcome data in easy to understand graphs, histograms, or other visual representations of data suitable for presentation