



Announcing New Program: [Check-in with Yourself](#)

This free, online program is for 18-29 year olds in WA (though anyone 18 and older may take it), and provides tailored information designed to promote reflection on feelings, learn coping strategies, and improve health and well-being. It is anonymous and can be accessed 24/7 from any device with an internet browser. There are **no costs to you or anyone who accesses the program**, as the program is sponsored by the [WA State Health Care Authority](#).

Why the Check-in with Yourself Tool?

1. Young adults are in need:

- Young adults are experiencing many heightened emotions and many engage in poor or maladaptive coping strategies, including substance misuse.
- According to the [CDC](#), approximately 45% of 18-29 years old report experiencing symptoms of anxiety or depression in the past two weeks.
- Additionally, approximately one third of young adults drink alcohol in a way that exceeds low-risk drinking guidelines with a “binge drinking” occasion at least once in the past month ([SAMHSA, 2021](#)) and the [Monitoring the Future study](#) shows that past-year marijuana use prevalence is at a historic high.

2. Designed by behavioral and mental health experts:

- The Check-in tool draws from evidence-based strategies utilizing cognitive behavioral therapy, motivational enhancement, and personalized feedback
- Developed by behavioral and mental health experts from [Center for the Study of Health and Risk Behaviors](#) and the [Department of Psychiatry and Behavioral Sciences](#) at the [University of Washington](#) with over twenty years of experience developing and evaluating preventative interventions for substance use and co-occurring mood disorders
- Together, these experts have over 15 grants funded by the National Institutes of Health and published over 200 peer-reviewed articles on young adult mental health and substance use

3. Check-in with Yourself Tool focuses on increasing mental health and well-being:

- Can be used alone as a preventative tool or as an adjunct to counseling or intervention
- Includes 5 modules: Moods and Emotions, Optimism and Social Connections, Stress and Coping, Alcohol Use and Non-use, and Marijuana Use and Non-use
- Utilizes personalized feedback to encourage reflection of emotions and feelings
- Provides strategies for increasing optimism and social connections, important resilience factors
- Personalized normative feedback highlights alcohol and marijuana use compared to peers
- Contexts and motivations for alcohol and/or marijuana use are reviewed, if relevant
- Comprehensive resource list includes articles, videos, and local and national community organizations

4. There is no cost for using the program:

- The program is currently funded by the [WA State Health Care Authority](#).

You are welcome to review the program at [checkinwa.org](#), please note despite this program being developed for those between 18-29 years old, anyone 18 and older may take the program.

Please feel free to contact us at yacheekin@uw.edu.