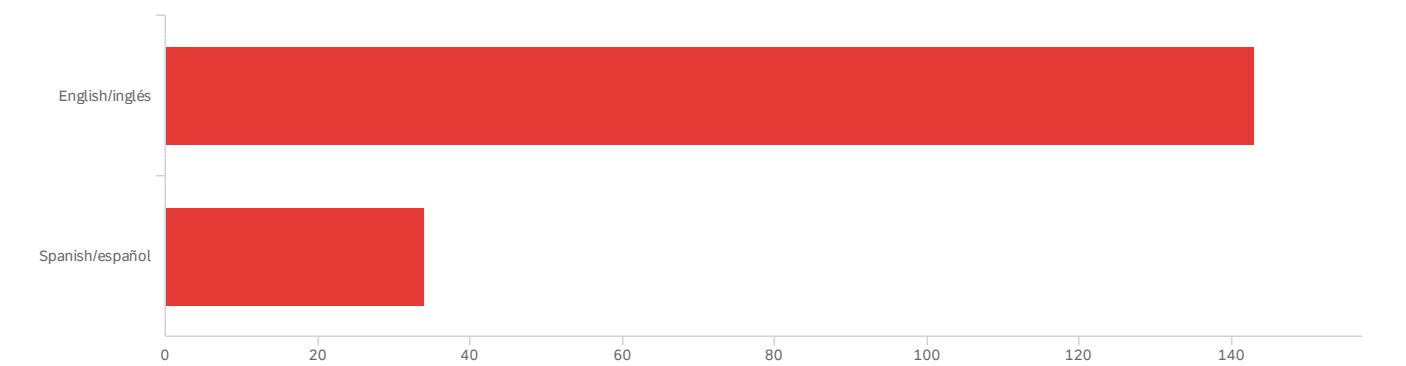


Default Report

Goodhue County Unmet Mental Health Needs Survey

September 9, 2026 9:48 AM MDT

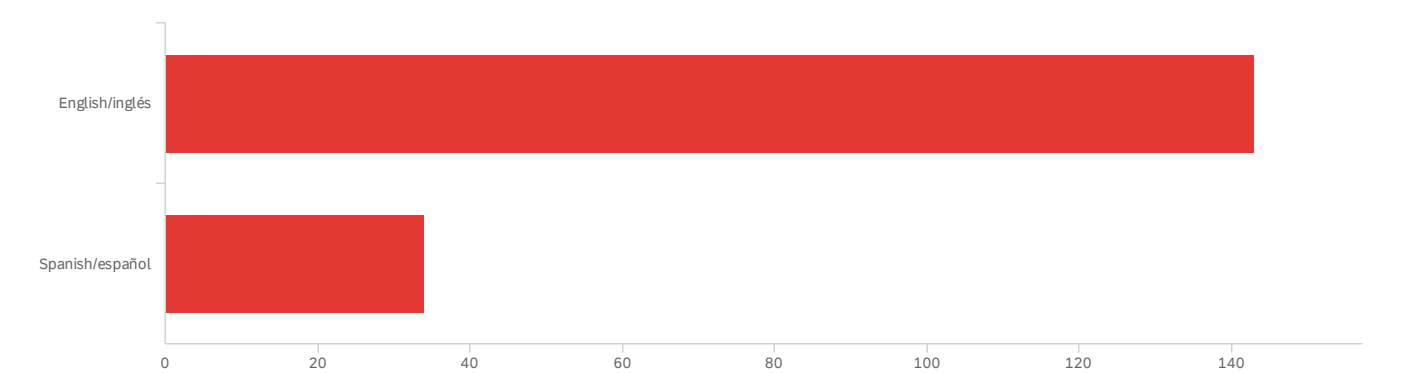
Q1 - Do you need this survey in English or Spanish? ¿Se necesita este encuesta en el inglés o español?



#	Field	Choice Count
1	English/inglés	80.79% 143
2	Spanish/español	19.21% 34

177

Showing rows 1 - 3 of 3



End of Report

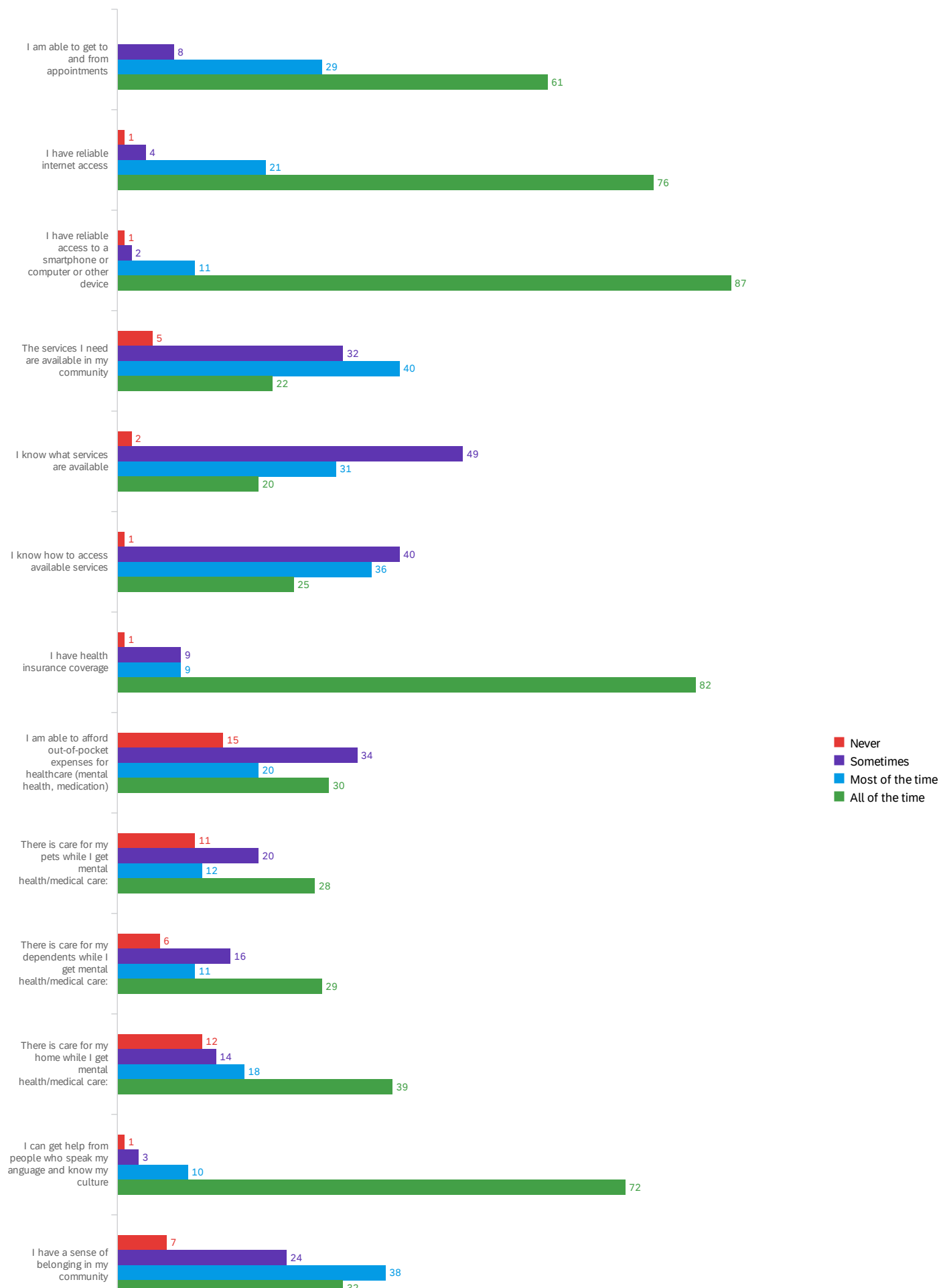
Default Report

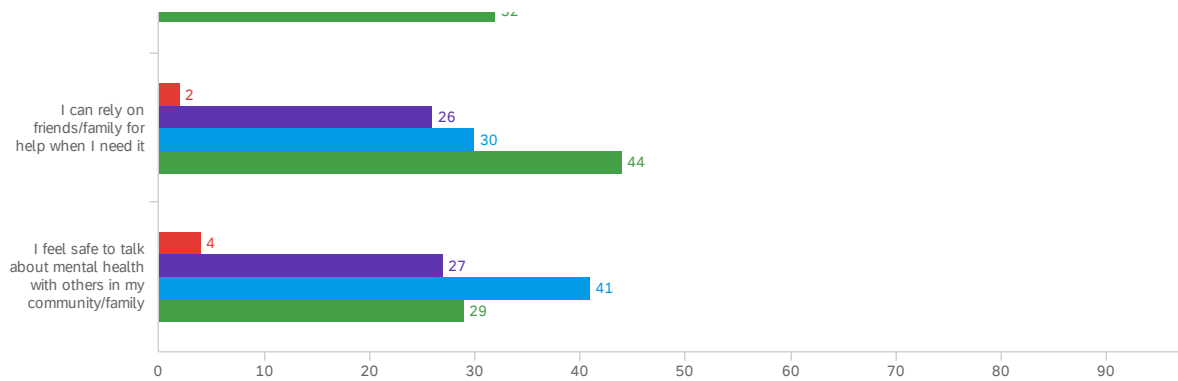
Goodhue County Unmet Mental Health Needs Survey

July 15, 2026 2:10 PM CDT

Q3 - For the following questions, use the scale: Never, Sometimes, Most of the time, All

of the time, not applicable





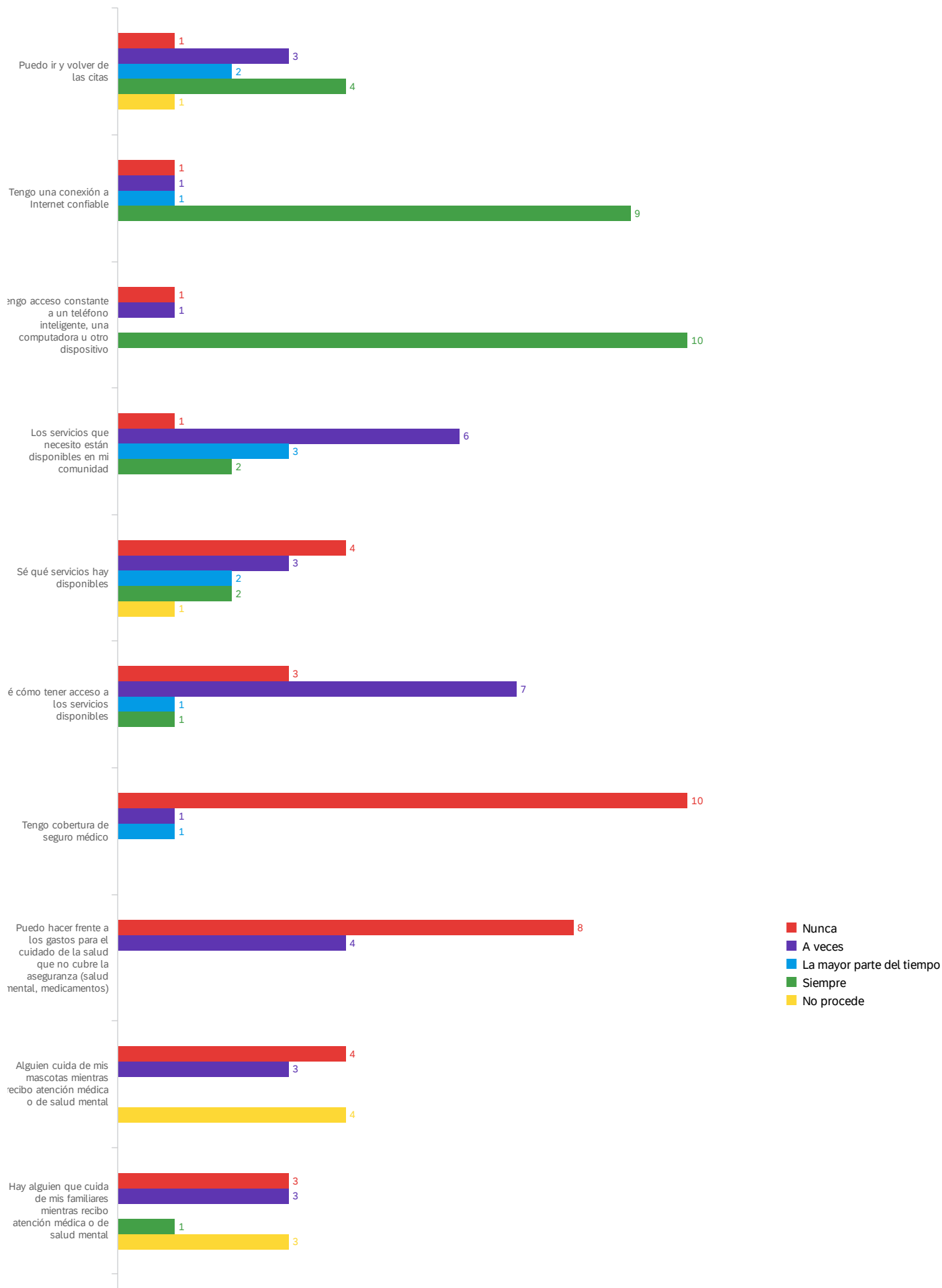
End of Report

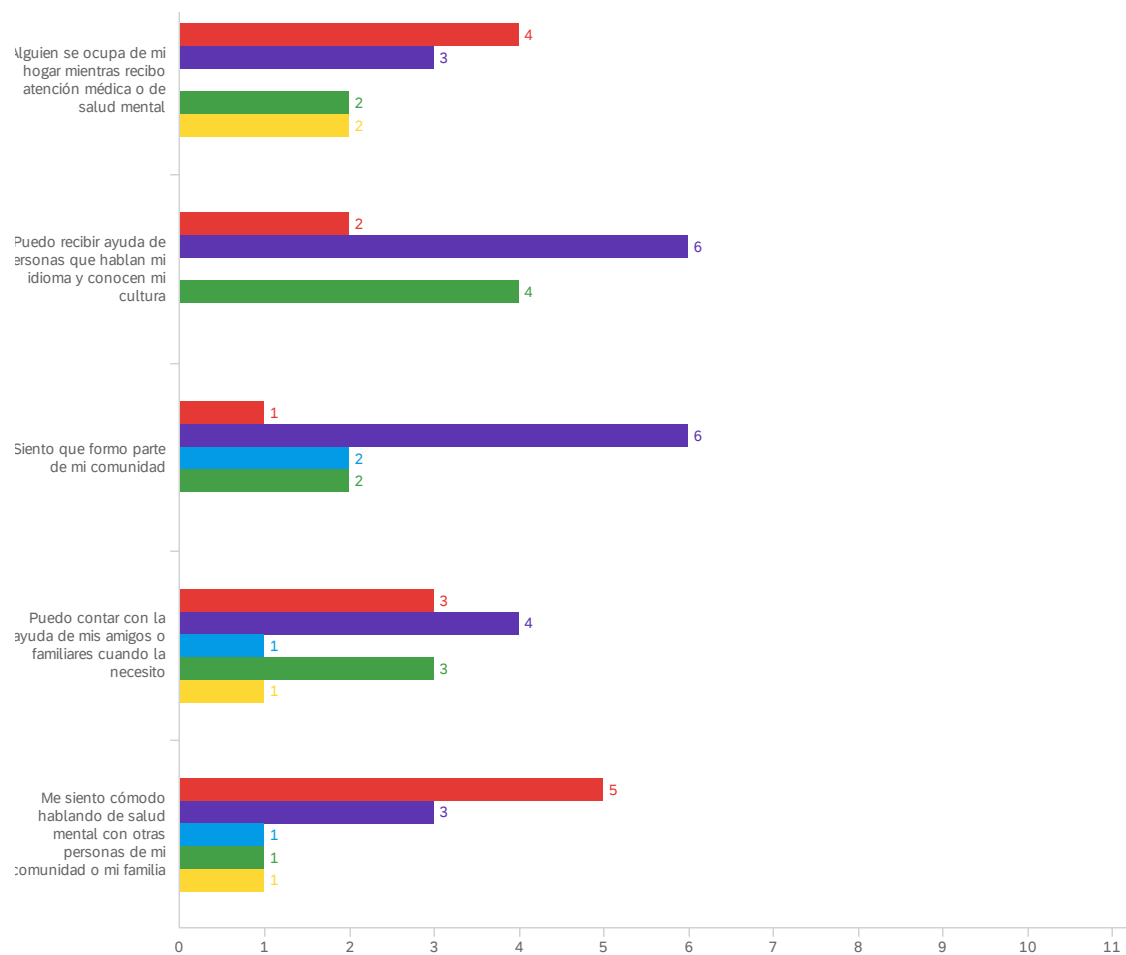
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Goodhue County Unmet Mental Health Needs Survey

July 15, 2026 2:13 PM CDT

Q18 - Para las próximas preguntas, usa la escala: Nunca, A veces, La mayor parte del tiempo, Siempre, No procede





End of Report

Default Report

Goodhue County Unmet Mental Health Needs Survey
July 15th 2026, 12:08 pm CDT

Q5 - What kind of wait times have you experienced for mental health services? (ie: days, weeks, months)

What kind of wait times have you experienced for mental health services? (ie: days, weeks, months)

Weeks

days or weeks to get into necessary programs

weeks

weeks and months

sometimes a month

Time

weeks

4 years

Weeks

Many hours

Weeks to get in for evaluation

Months

Weeks

Months

Weeks

months

Weeks

3 Months

Weeks

Weeks

Thankfully just weeks

Months

Weeks, months

I have been able to find and pursue my own service needs. I know many people who struggle.

Months

Weeks

Weeks & Months

Months

Weeks

Months

Just to get a therapist it took 6 months. Now she's booked out about a month so I have to pre book appointments way in advance so I can get it appropriately

Weeks

It has been 3-4 weeks before there is appointment availability.

12 months or more

Months

3 weeks wait once, "unable to fit me in" the next time.

Weeks

Months

For myself, 1 week; for clients, months

For counseling.. its a 4-5 week wait

Weeks

A few months to find open therapists

Weeks

Months

months

months

Weeks

Months. Limited Resources in this area especially for children- CTSS is years wait sometimes

2 months

Months

Weeks

Default Report

Goodhue County Unmet Mental Health Needs Survey

September 9, 2026 8:36 AM MDT

Q20 - ¿Qué tipo de tiempos de espera ha experimentado para recibir servicios de salud mental? (Por ejemplo: días, semanas, meses)

¿Qué tipo de tiempos de espera ha experimentado para recibir servicios de s...

Meses

Meses

Hace tiempo no te go platica con una persona profesional en el tema

Nunca es recibido servicio de salud mental, debido a mi estatus migratorio

Varios meses

End of Report

Default Report

Goodhue County Unmet Mental Health Needs Survey
July 15th 2026, 12:07 pm CDT

Q6 - What mental health service were you waiting for? (ie: therapy, day treatment, psychiatry etc)

What mental health service were you waiting for? (ie: therapy, day treatment, psychiatry etc)

Treatments and Evaluations

day treatment

arms

therapy

therapy

therapy

Psychiatry

day treatment

Art Therapy, Group Therapy

Therapy

Psychiatrist

Depression, anxiety, and ADHD testing

Psychiatry psychiatry

Therapy

Therapy, psychiatry, family services

Therapy

Therapy and skills

Therapy

Therapy

Therapy

Therapy

Initial therapy, psychiatry

Therapy

Social services, day treatment, intake, assessment.

Therapy

Diagnostic assessment

Therapy, appt for medication

Therapy

Therapy, psychiatry

Therapy

Therapy

Therapy

Doctor's visits to adjust my medications

Therapy

Therapy

Treatment, appointments

Therapy

Therapy

Therapy

therapy for myself, but clients were psychiatry and therapy

Therapy

Initial appt with primary care provider

therapy

Therapy, medication appointment

Day Treatment, Psychiatric

psychiatry

therapy

therapy

CTSS

therapy

therapy, AHRMS, social security

DBT

Default Report

Goodhue County Unmet Mental Health Needs Survey

September 9, 2026 8:38 AM MDT

Q21 - ¿Qué servicio de salud mental estaba esperando? (Por ejemplo: terapia, tratamiento diurno, psiquiatría, etc.)

¿Qué servicio de salud mental estaba esperando? (Por ejemplo: terapia, trat...

Terapia individual y terapia de pareja

Terapia

Terapia

Terapia

Terapia

End of Report

Default Report

Goodhue County Unmet Mental Health Needs Survey
July 15th 2026, 12:06 pm CDT

Q8 - What transportation services do you use? What transportation challenges have you faced?

What transportation services do you use? What transportation challenges have you faced?

Own vehicle
Faith in Action, South Country
typically drive myself
walk
I do video chat with therapy
Red Wing Mobility
car
my arms worker and the cops
RW bus = Hiawatha Valley Transportation
south country, transit
n/a
On time
friends
Hiawathaland Transit & Amtrak I often am without a vehicle
my vehicle
My vehicle
I have a car. None.
My own car & family
N/A
My car
My own car
No public transportation available in our town or rurally.

My own car
None
I own a car
No challenges good transportation
My own car. No transportation challenges.
Car
We own our vehicles.
Car
I use my car
Personal vehicle
Car
My car. No challenges
No transportation
Na
Car, none
Self/family
Car
Family
Car. Cost of gas and other expenses.
I have my own car and have volunteered to take others sometimes.
Personal car. None.
Own vehicle
I have my own car, however I may not always be able to drive myself to or from and have no one to help
Own transportation
Personal car
Own a car
N/A
Have own car
My car - if my car isn't working
My car. Rising gas prices, no where to park near where my clinic

None
Car. None
None
Own vehicle
My own vehicle
Self
personal vehicle - time to travel to appts
My own vehicle
have my own car; for clients, med-rides
Personal vehicle
Private
I'd call 911 & use an ambulance in a crisis.
My own vehicle
Car, none
don't have money for transportation-unable to drive due to disability-bus is unreliable or not available at all.
Car. When my car was not working I went months relying on my daughter.
My own vehicle
my own vehicle
Car. Fuel prices
vehicle I own
I drove myself
Family has provided transportation. If that were not available would be a huge challenge.
Own car. Challenges-high gas prices
I have my own vehicle. I've had broken down vehicles and live in the country so no option for busses or public transportation

Default Report

Goodhue County Unmet Mental Health Needs Survey

September 9, 2026 9:11 AM MDT

Q23 - ¿Qué servicios de transporte utiliza? ¿Qué dificultades de transporte ha tenido?

¿Qué servicios de transporte utiliza? ¿Qué dificultades de transporte ha te...

Automóvil particular

Carro a veces

Auto

Carro

Transporte propio

solo rides de amigos

Mitralpolte

My car

End of Report

Default Report

Goodhue County Unmet Mental Health Needs Survey

July 15th 2026, 12:01 pm CDT

Q9 - What are some ideas/suggestions for improving mental health services in your community?

What are some ideas/suggestions for improving mental health services in your community?

Helping with the stigma that seems to often times accompany mental health issues.

I feel their needs to be a larger concern for the homeless in this town. Most are facing issues that need to be addressed.

more awareness of it

video

Can't think of any at this time

continue to get work out

idk, there doing good!

accessibility

food benefits, etc. host meals for the community

More open communication.

Not sure

Better help

More awareness. More mental health providers

Making information for families easier to find

Better sharing of information about what is available locally and county wide. Small towns don't get the attention that the larger towns do, but have just as many or more people who need the information.

It needs to start with the kids in school. Teachers don't take the kids serious

More local access in small townS

Na

Many people with mental illness also seem to have poor memories and live in the moment, so planning, scheduling appointments, scheduling transportation 3 days in advance, then remembering the appointment are barriers to accessing mental health services. Each agency has their own system now, including creating Online accounts with each provider, and people with a SPMI have a very difficult time trying to navigate all of the systems. It is another barrier to services, especially for those living in poverty, as each agency for financial assistance also has their own

system to follow. With low-income, it is a challenge to pay for a cell phone and Internet every month in order to keep up with all of the systems.

More help for mental health services

Make mental health services listings easier to find and available in many different forms.

Affordable health coverage to minimize out of pocket expenses.

Insurance is the main issue- therapy is so expensive and insurance rarely covers it

We need more providers willing to go to people's homes

Supporting with other services such as childcare and cleaning. It's not just the poor that have the problem the pressures and cost for even medium earners is too much

Shorter wait times and closer access other than driving to Rochester or Cities area

More info about how to get help

Need to normalize conversations but also look at root causes like our SAD diets that lack nutrients like Vitamins B, D and zinc which impact mood. Along with gut health. Mental health is not a silo and not just a brain issue when serotonin is made in the gut.

More therapy in school programs and churches

Education on how and where to get services. Community meetings/events for all ages.

Recruit more providers

Crisis resources more readily available and transparent to the public

Recovery homes

More information on the services available, the process for accessing and assistance in navigating.

Putting together a list which is available in a variety of locations which lists fees (including those who do sliding fees) numbers of providers and keeping up on who has openings.

More county parks/places to get outside in nature that are more "wild" than RW city parks

Mobile crisis unit access. Paired provider with police/ambulance. Assessment capabilities. Childcare options.

Support groups for specific things. Examples being alcoholic, depression/anxiety/si, eating disorders, or other things a variety of people may struggle with and could benefit from a support group whether virtual or inperson.

Accessibility, punctual timing/appointments, continued education, nearby services in rural communities without needing to travel many miles, school based education/prevention/ de-escalation techniques/etc. Better wrap around services after trauma in school/communities.

More support and community understanding

Not much available and many do not accept insurance. Help with psychiatric care and medication management is rare if available at all in person.

More community events and somehow getting awareness out there of the support groups available

Having it more affordable and available

Get some mental health professionals in there. About one person dies by suicide each year from my town.

More providers, more services

More telehealth therapy

Availability, Cost, On-going care.

More access to affordable therapy. Availability of appointments and cost before deductible is met are two large barriers for me.

Advertise services more

Communicate with community and have a local resource center for people to get information from in town

Not sure

need more prescribing doctors

More providers

Continued outreach in school systems - more often.

Create more awareness of therapists within a 45 minute radius who have openings and what specifically they do.

Having immediate mobile crisis counseling available for families post suicide of a loved one, having an urgent care clinic for mental health crises

More available for adolescent

more providers or more resources to complete telehealth visits

I don't know

More volunteer drivers

Resources available being made known to the public whenever possible

Improve bilingual services for students during the school day and Centralized services do not guarantee equitable access.

immediate help

Getting more Providers that serve locally instead of just virtual.

increase in person and virtual therapy access in connection with insurance carriers,

More local resources throughout all areas of the county.

Have more than talk therapy available. That does not work for many people. Have better coverage from insurance companies and not such high out-of-pocket costs. More options for early morning, evening or weekends.

Make it more widely known and possibly even more cost effective for those that do not or cannot afford it or the medications

Default Report

Goodhue County Unmet Mental Health Needs Survey

September 9, 2026 8:40 AM MDT

Q24 - ¿Qué ideas o sugerencias tiene para mejorar los servicios de salud mental en su comunidad?

¿Qué ideas o sugerencias tiene para mejorar los servicios de salud mental e...

Que sea más eficiente

Los servicios de salud mental son como las vacunas, deberían de ser casi gratuitos, ya que el no atenderlos tiene consecuencias no solo para el que padece de la salud mental sino de otros

Más ayuda para las personas lagunas que están empezando a llegar ,ya que la mayoría de veces,desgraciadamente ,no contamos con la ayuda de otros hispanos

Sería una excelente opción Que, los servicios de salud mental también fueran en español y que tuvieran un descuento para las personas que no tienen número de seguro social y que no pueden contratar un servicio de aseguranza

Más terapeutas que hablen español en la Care Clinic

Ninguna busquen de Dios

End of Report

Default Report

Goodhue County Unmet Mental Health Needs Survey

July 15th 2026, 12:10 pm CDT

Q10 - What else is important to help people with mental health in Goodhue County?

What else is important to help people with mental health in Goodhue County?

Support from peers/mentors in group setting may also be helpful.

others having knowledge of mental health challenges

Carolyn

Just to make sure they get the help they need

Education to avoid stigma

continue to talk openly about mental health to reduce stigma

have more therapist

Talking

resources

more present ads, flyers

Access for everyone

Having someone to talk to when in need.

Long term

Getting people outside. Support groups. Peer support services.

I think we also need to educate our judicial system to mental abuse is just as harmful as physical abuse if not even more so cause in the court systems it seems to get ignored cause there isn't always physical signs of the struggles

If you can help the kids they maybe be better adults

Easily accessed numbers and PSA posters around to know the numbers

Many people with a SPMI and living in poverty have a difficult time with completing paperwork and collecting needed verifications for all of the various financial assistance programs they need to keep going every month just to survive, which is also extremely stressful.

My social worker helps me out so much

We need more providers who do skills work

Church and God.

Make services available

We need more people. Not everyone needs a therapist but some people need connection points.

Availability for resources for kids and families going through any issues.

No available in patient services. Insurance is difficult to access with limited resources to navigate the process of obtaining.

Affordable housing options. Helping people understand that spiritual and physical health are essential also.

More obvious notifications of what resources are in Goodhue County for people to access

Lessen the stigma. Access to providers. My insurance covers some cost but still \$45/session/week; for many that is unrealistic.

More affordable mental health care

Lower costs?

Feeling comfortable talking about it.

Reword this question please.

Get the word out

Continued work in de-stigmatizing getting help or having a diagnosis attached to you.

Sharing the choices and options one has

Not sure

accessible, reliable services; not long wait times

Insurance

Stigma. It's important for people to be able to get help privately. It's also important for people to know what therapists are available within a 45 minute drive & what sort of mental health issues they treat.

Continually spread awareness of resources, reduce stigma of MH for rural farming communities

Availability

Good case managers and therapists

More providers, less wait times

More staffing to help with kids MH

Continued awareness and training - ensuring neighbors and friends understand mental health and how to offer support in a variety of ways

Give them support without judgements

Default Report

Goodhue County Unmet Mental Health Needs Survey

September 9, 2026 9:03 AM MDT

Q25 - ¿Qué otra cosa es importante para ayudar a las personas con problemas de salud mental en el condado de Goodhue?

¿Qué otra cosa es importante para ayudar a las personas con problemas de sa...

Proveer más información sobre salud .ental

Debería de haber programas para atenderlos sin ningún costo, todos lo dejan a la decidía por que es algo que no se ve y por el temor al que dirán

Tratar de comunicarse más con las escuelas en donde hayan hispanos ,trabajos o atraerlos a formar una comunidad en donde incluso las mujeres
amas de casa te han un tipo de escape y no estar siempre en casa

Hacer visible, las ayudas y los servicios que hay para todas las personas

Más información, tal vez a través de la escuela.

Paz

End of Report