



The Mental Health Coalition
of Goodhue County

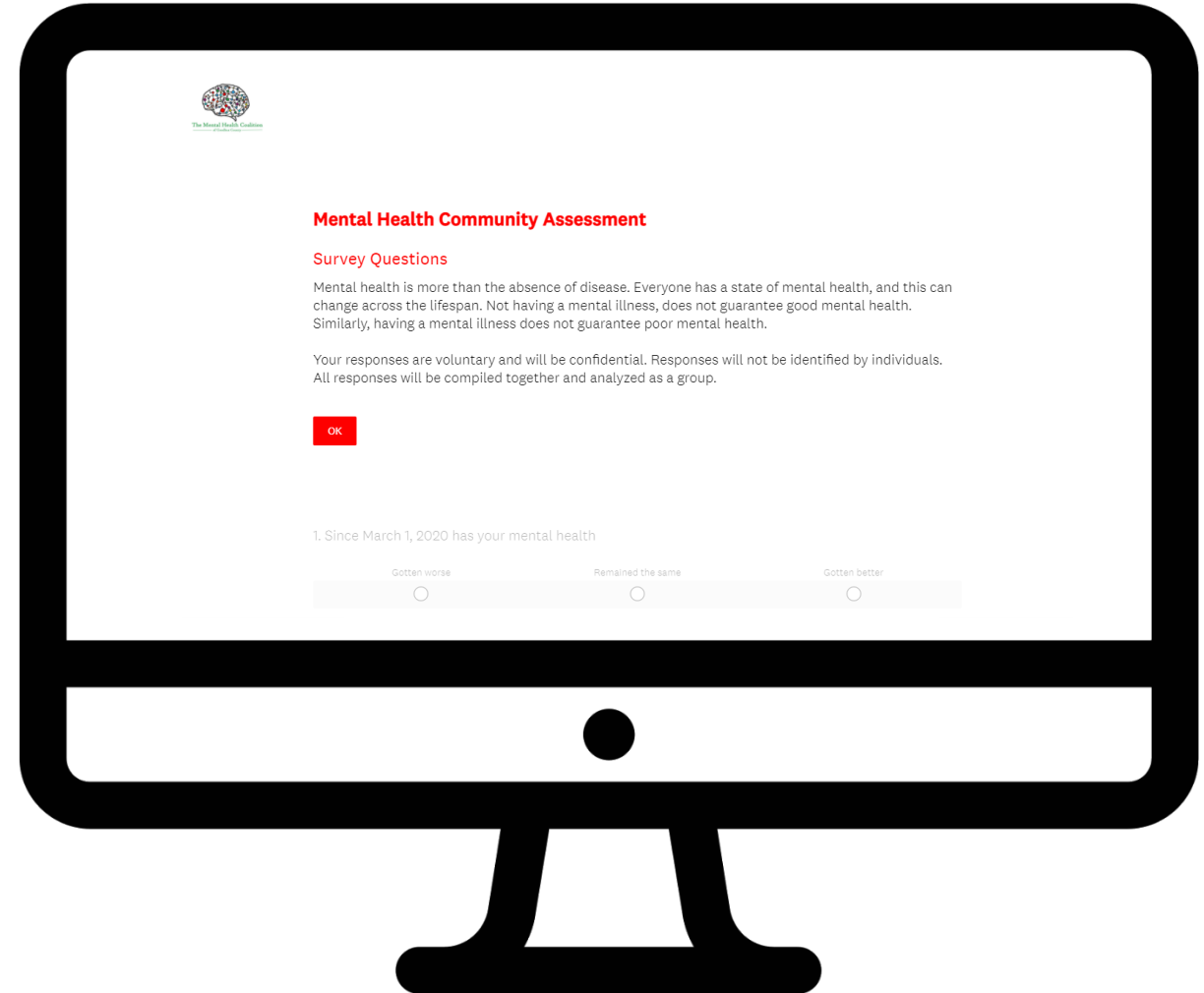
Mental Health Community Assessment



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The Survey

The Mental Health Coalition sent out an online survey in August 2021 to get a pulse on how the mental health of people who live and work in Goodhue County has been impacted since March 2020.





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Limitations



- Convenience sample
- Only 257 respondents
- The demographics of respondents are not representative of Goodhue County.



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Change in Mental Health



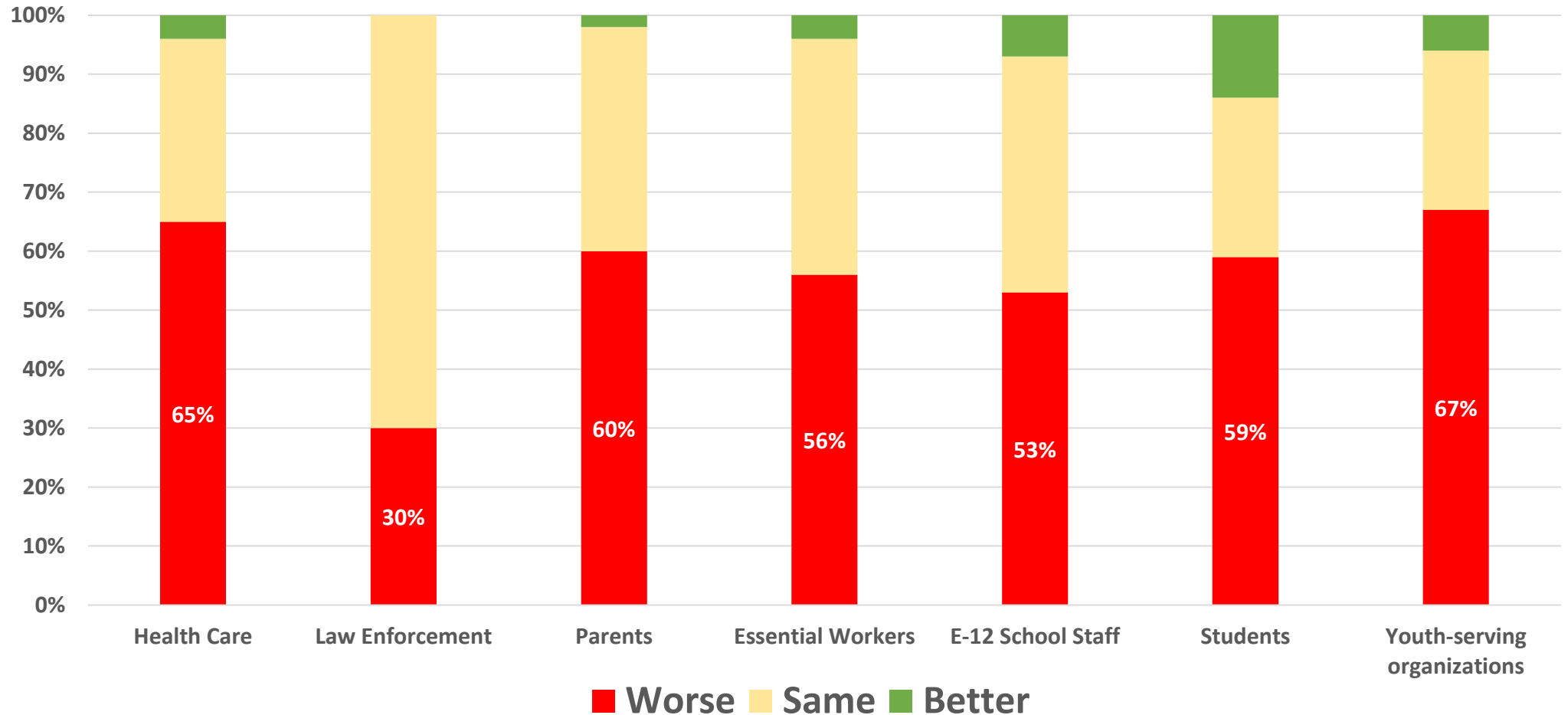
51%

*of respondents reported their
mental health is worse since
March 1, 2020*



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Change in Mental Health





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Change in Mental Health Symptoms



62%

experienced
an increase in
feelings of
anxiety.



53%

experienced
an increase in
feelings of
isolation.



44%

experienced
an increase in
feelings of
depression.



11%

experienced
an increase
of **substance**
use.



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Stress Triggers

COVID restrictions & shutdowns



Worrying about loved ones getting sick



Missing friends and family



2020 Election



Missing events and/or milestones



Civil unrest

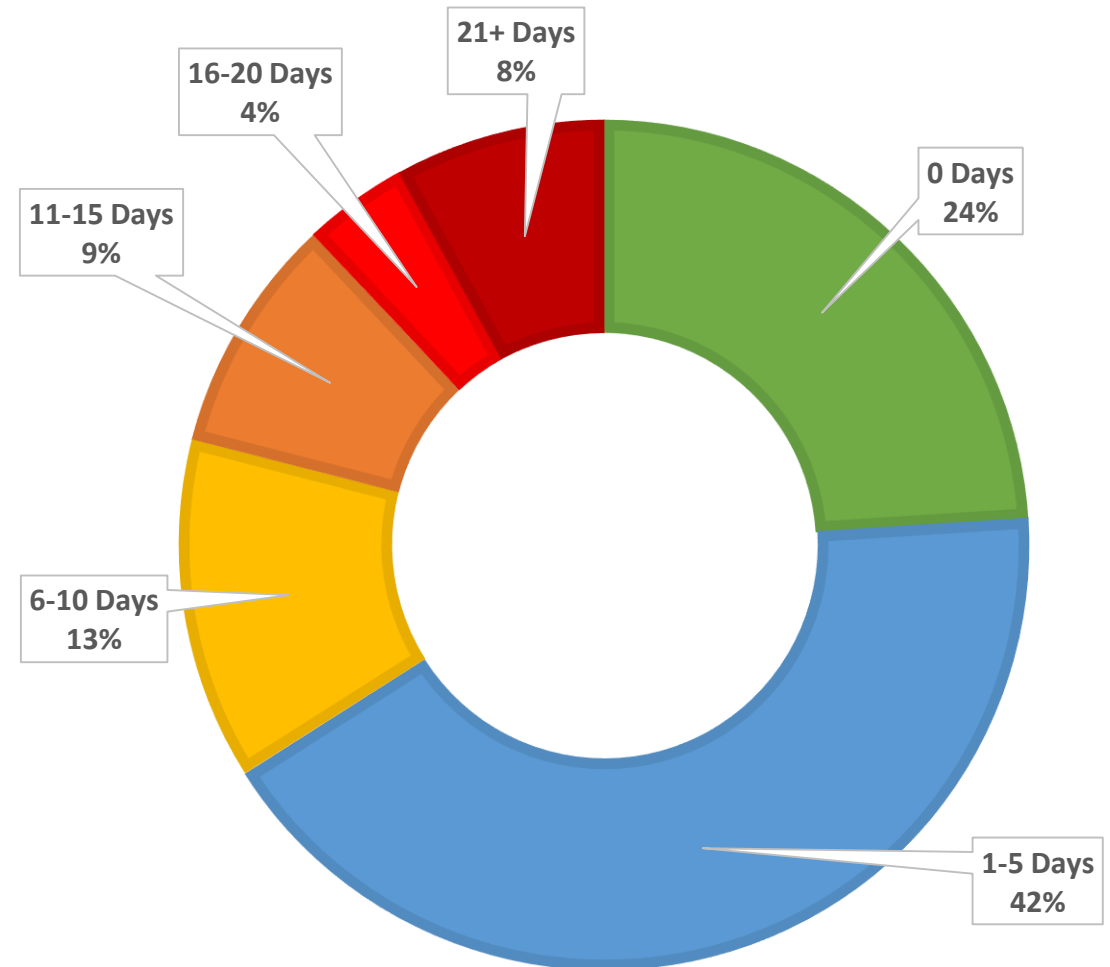




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Poor Mental Health Days

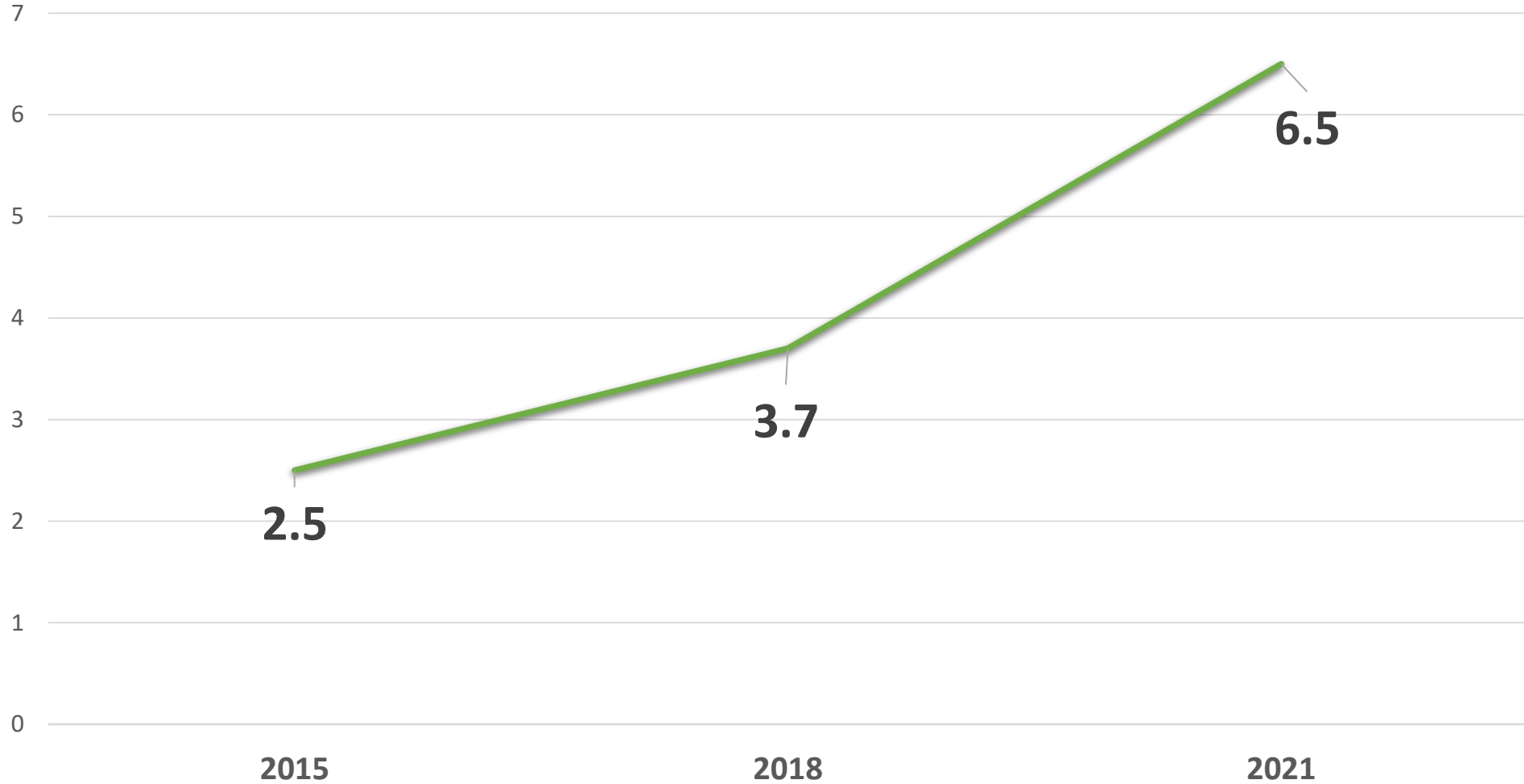
The average number of mentally unhealthy days was 6.5 of the last 30 days.





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Poor Mental Health Days





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Barriers to Meeting Mental Health Needs

Can't get an appointment

Don't know where to go

Too nervous or afraid

Cost

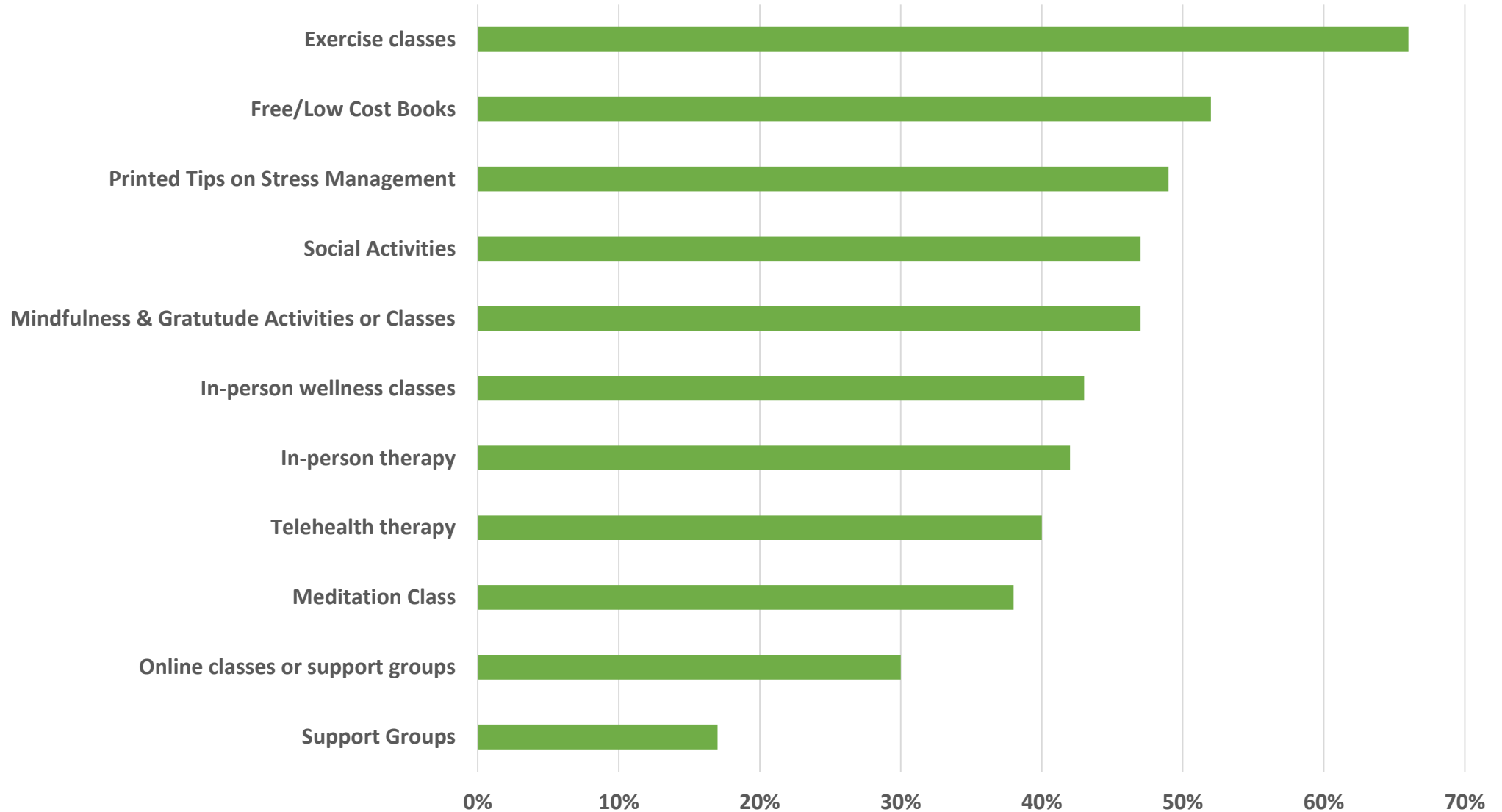
Time/ Other Obligations

Not serious enough



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Supports Most Likely to Use





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Community Mental Health Issues

Not enough providers

Economic factors

Stress
management

Too many
barriers

Work/life
balance

Stigma/
Mental health
education

Lack of
community
connections &
social support



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Change in Youth Mental Health



65%

of respondents feel like
youth mental health is
worse than it was on
March 1, 2021



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Supports For Youth Mental Health

Supportive and
caring adults

More activities
(non-Athletics)

More unstructured
time to spend with
family and friends

Support for parents

Job training

Youth/Community
Center

More mental
health education in
schools



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Next Steps

Focus Groups

Report to the
community what
we have learned

Use data to make
informed decisions
on how to use
resources to
support community
mental health and
well being.



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Questions?