Mental Health

Stress
Self-care
Trauma
Isolation
Resiliency
Support System
Addictions
Emotional
Dental Health
Access to Care
Wellness Activities
Proper Diet
Stable Housing
Schizophrenia
Self-Destruction
Autism
Worry
Physical Pain
Depression
Quality of Life
Coping
ADHD
PTSD
Panic
Developmental
Eating Disorder
Resources

Chronic Illness
Behavioral
Sadness
Anxiety
Advocacy
Suicide
Stigma
Bipolar
ADD
OCD
Fear
Therapy

Community Health Priority: Mental Health

Community Health Importance and Impact

Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with challenges. Mental health is essential to personal well-being, family and interpersonal relationships, and the ability to contribute to community or society.

Mental illness affects every aspect of a person's and their family's life, as it impacts the former's ability to fulfill family, home, community and work roles. For many, mental illness continues to be associated with stigma that prevent discussion of the symptoms and may prevent seeking or receiving appropriate and needed health care services. For those who are chronically mentally ill, this can also disrupt having a home and a sense of any community.

People with both acute and chronic mental health conditions are often under recognized and under treated, leaving them with a significant burden. People with chronic mental illnesses have a shortened life span, a lower rate of full-time and steady employment, and higher rates of homelessness. Mental health problems in children and adolescents have both short term and potentially long term consequences. Long term, children and adolescents with emotional, developmental or behavioral problems are less likely to attend college or trade school, less likely to hold full-time jobs, and more likely to spend time incarcerated. The costs of care for these problems are significant and insurance coverage is often limited.

Mental Health in Olmsted County

Recent data reports over **10%** of all Olmsted County adolescents feel sad on all or most days. Regardless of grade in school, the magnitude and trend of self-reported depression continues to increase throughout the past several years.

Over 1 in 10 adolescents report feeling sad on all or most days

Adult mental health status and the frequency of visiting mental health providers were assessed during the 2013 Community Health Needs Assessment Survey. Key findings illustrated that: **57%** of adults have felt worried, tense or anxious at least one day during the last 30 days; 31% of adults have felt their mental health has not been good for at least one day during the last 30 days, and; 13% of adults report seeing a mental health provider about their own personal health during the last year – of those that did not see a mental health provider (87%), 5% believe they should have seen a health professional.

Almost 6 in 10 adults felt worried, tense, or anxious at least 1 day in last 30 days

Community Health Priority:
Mental Health

Goal
➢ Promote a culture of mental health wellness and resilience

Outcome Objective
➢ By 2016, complete the foundational work necessary to develop a set of mental health strategies for Olmsted County

Community Strengths
Children's Mental Health Collaborative
Faith Communities
Family Services Rochester
Law Enforcement
Legal Services
Mayo Clinic
NAMI SE Minnesota
Olmsted County Community Services
Olmsted County Public Health Services
Olmsted Medical Center
Private and Public School Districts
Private Providers in Prevention and Treatment
Zumbro Valley Mental Health

Strategy 1:
Develop a framework to improve mental health for all populations

➢ By 2016, assure the completed framework encompasses current gaps and challenges from prevention to treatment, including:
- ❖ Improving data collection, dissemination, coordination and reporting
- ❖ Promoting positive mental health and resiliency
- ❖ Enhancing strategies for the prevention and early identification of mental illness
- ❖ Facilitating access to mental health resources
- ❖ Addressing premature mortality of people with serious and persistent mental illness
- ❖ Recognizing unique needs of certain populations such as military veterans, cultural groups, refugees, and jail inmates

Strategy 2:
Engage collaboratives to enhance and connect current and future strategies within the framework developed

➢ By 2016, identify strategies that align with the framework for the 2018-2020 Community Health Improvement Plan

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