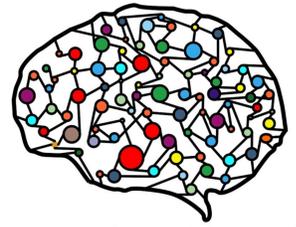


# Goodhue County Community Mental Health Assessment



The Mental Health Coalition  
of Goodhue County

## The Findings: Fast Facts

# 51%

of respondents reported their  
mental health has declined  
since March 1, 2020



# 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 in  
substance use

# 65%

of respondents reported youth  
mental health has declined  
since March 1, 2020

## Community Mental Health Issues

### Not enough providers

### Economic Factors

### Stress Management

### Too many barriers

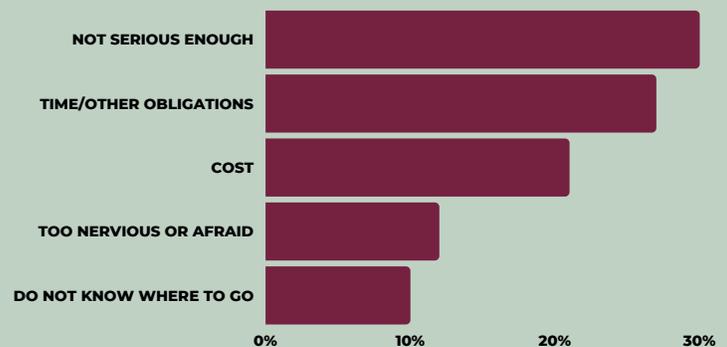
### Lack of Community Connections & Social Emotional Support

### Stigma

### Mental Health Education

### System Navigation

## Barriers to meeting mental health needs



# Supports Needed

- In the convenience sample, survey respondents said they were most likely to use the following mental health supports: physical activity, free or low-cost books, tips on stress management, mindfulness and/or gratitude activities and classes, social group activities, in-person wellness classes, in-person therapy, and teletherapy
- Respondents said they were less likely to use support groups or online classes
- Respondents wanted to see the following supports for youth: enhanced relationships with caring adults, more activities, greater opportunities to seek help, support for parents, and increased mental health education in schools

## Youth & School Staff Focus Groups: Key Takeaways

- Youth were most interested in in-person therapy but felt the waitlist for services inside and outside the school made this option inaccessible.
- Youth want to see more mental health support in school.
- Youth want to be able to talk to trusted adults in confidence.
- Youth feel overwhelmed, frustrated by high expectations, and invalidated.
- School staff need support that they can do both inside and outside the school setting.
- Programs for school staff need to be convenient, scheduled, easily accessible, and something that staff doesn't have to initiate, but can choose to participate in.
- School staff feel that if students' mental health improves, so will theirs.

The Goodhue County Community Mental Health Assessment consisted of a convenience sample survey that was promoted on social media in August 2021 and several focus groups held throughout Fall 2021-Spring 2022.



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