

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

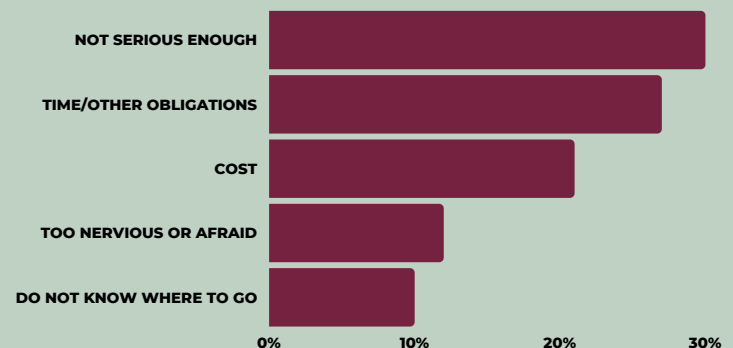
Lack of Community Connections & Social Emotional Support

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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