

Mental Health

Community Health Assessment – Priority Setting
Data Summary



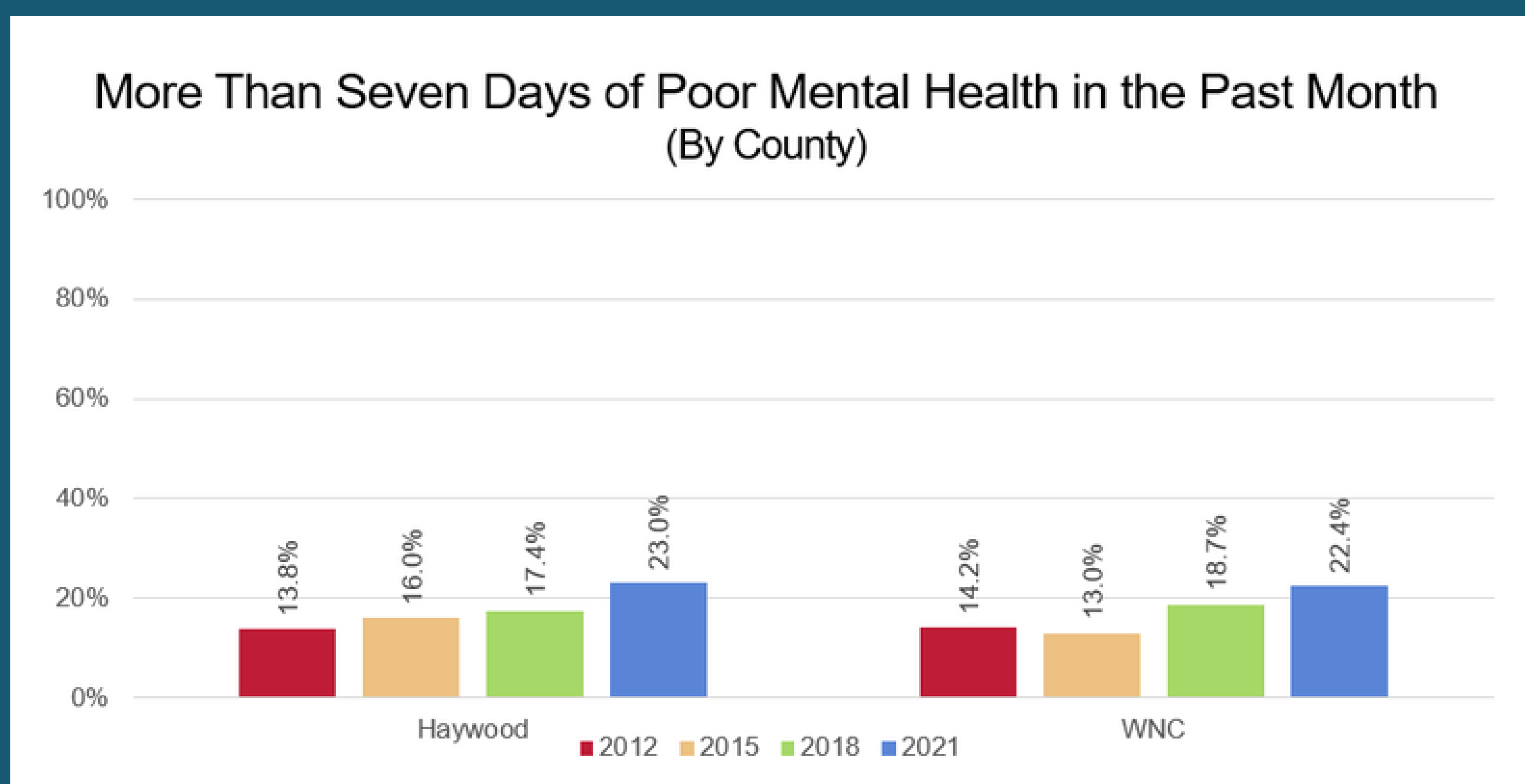
Haywood County



Mental Health

Data points reviewed for this area addressed areas including; suicide, poor mental health days, social and emotional support, and mental health care. Following internal data review by public health staff, a data team of community partners helped shorten the list. The final data was presented to community partners during two priority-setting meetings. A regional telephone/internet survey, Online Key informant Survey, and secondary data were included in the review process.

WHAT THE NUMBERS SAY:



MORE INFORMATION:

- >17% of Haywood County adults report that they experienced more than 7 days of poor mental health in the past month
- >9% of adults did not seek mental health treatment when they needed it



Mental Health

WHO'S IMPACTED?

- Individuals affected by 4 or more ACEs
- Individuals with significant barriers to care

WHAT'S HURTING?

- Lack of priority/focus in school
- Lack of community awareness/resources
- Difficult to break the cycle
- Significant stigma around mental health

CURRENT ACTION

- Vaya Health covering/funding regional catchment area; Meridian Behavioral Health and Appalachian Community Services (ACS) offer a range of treatment and outreach services; new 24-hour Behavioral Health Urgent Care at ACS; expanded geriatric BHU at hospital; National Alliance for Mental Illness (NAMI) services and support groups returned to the county in 2017-18
- Resilience-focused programming at Head Start, Smart Start, Mountain Projects, Pigeon Center; mental health first aid training; infant mental health work through CDSA
- Schools: Additional staff to be added to school system for crisis intervention; Bridges program at WMS

WHAT'S HELPING?

- Community partnerships/task forces
- More trauma-informed treatment, training in resilient skill-building
- Mental health awareness, specifically around suicide

CONSEQUENCES

- National costs associated with serious mental illness are estimated to be in excess of \$300 billion (National Alliance on Mental Health, 2021).
- The direct links between trauma in childhood (ACES) and substance abuse, mental health and behavioral issues, risky behaviors and chronic health problems is well established and intergenerational (Centers for Disease Control and Prevention, 2021).

Source: Unless otherwise noted, data is attributed to WNC Health Network, 2021 and Online Key Informant Survey, 2021.