

# SUBSTANCE USE AND MENTAL HEALTH

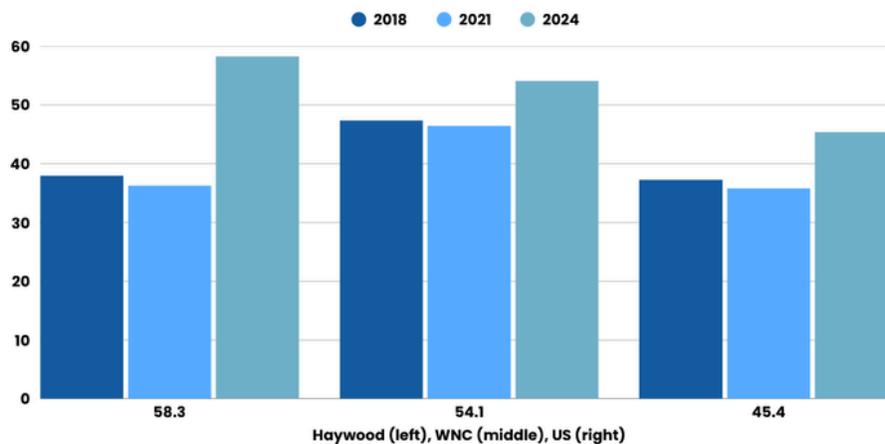


## Community Health Assessment–Priority Setting Data Summary

A large list of primary (newly collected) and secondary (existing) data was reviewed internally by Haywood County public health staff with support from WNC Health Network partners. This allowed the team to arrive at a ‘short list.’

## THE NUMBERS

Life Has Been Negatively Affected  
by Substance Use (by Self or Someone Else),  
(By County)



## WHAT THIS MEANS FOR HAYWOOD COUNTY

- Binge drinking- 17.2% (increase)
- Drug poisoning death rate- 60 per 100,000 residents (increase)
- Don't know where to go or where to refer someone for substance use/mental health treatment- 40% (single-year point)
- More than seven days of poor mental health in the past month- 25.2% (increase)
- Sources: NC State Center for Health Statistics and WNC Health Network, 2024



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## WHAT'S HELPING?

- Medication-Assisted Treatment and Medicaid expansion
- Anti-stigma campaign
- Local involvement of Vaya Health
- Variety of community organizations
- Multiple community resources available
- Access to online mental health resources
- 988 awareness

## WHAT'S HURTING?

- Mental health challenges
- Decreased access to basic needs
- Poverty
- Adverse Childhood Experiences/Trauma/Pain/Flood aftermath
- Generational domestic violence patterns
- Long wait and costs for counseling
- Stigma, negative attitudes, shame
- Lack of long-term rehab facilities and child/youth programs

## WHO'S MOST IMPACTED?

- People facing poverty, homelessness, chronic illnesses without treatment, increased mental illnesses, with limited funds and transportation, lack of knowledge/resources.
- High anxiety/depression rates in school age children/youth substance use
- Incarcerated individuals
- Health care workers
- Law enforcement

## WHAT ELSE DO WE KNOW?

- We need to share more resource information with the general public.
- Substance Use Disorder and Mental Health [challenges] are often co-occurring
- Peer support is critical
- Underage people easily access substances like tobacco, vapes, and CBD.

## HOW ARE WE SUPPORTING?

- Inpatient and outpatient treatment providers
- Peer support programs
- Crisis support, such as Behavioral Health Urgent Care
- Naloxone and lock boxes
- National Alliance on Mental Illness and Alcoholics Anonymous programs in the detention center
- 988 Suicide and Crisis Lifeline Awareness Campaign

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