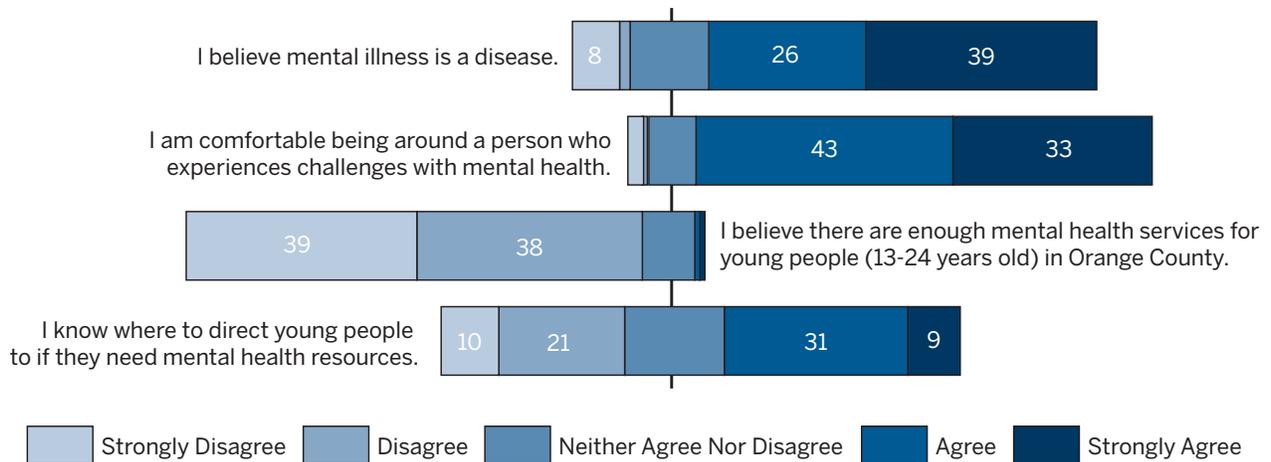


ORANGE COUNTY YOUTH MENTAL HEALTH 2020 NEEDS ASSESSMENT SNAPSHOT

ABOUT THE ASSESSMENT

Following the completion of the 2018 community health needs assessment by IU Health Paoli Hospital, the 2019 Community Health Improvement Plan process identified mental health and access to care as key priorities. In collaboration with the Orange County Systems of Care coordinator, an Indiana University School of Public Health team launched an evaluation to measure community knowledge of mental health resources and community perceptions of barriers to care. In total, 103 surveys were received between May 14 and June 19, 2020.

COMMUNITY BELIEFS ABOUT MENTAL HEALTH



COMMUNITY PERCEPTIONS OF SOURCES OF MENTAL HEALTH SUPPORT OF YOUTH

Respondents were then asked to identify individuals with whom a young person might feel comfortable sharing their mental health concerns. Overall, participants felt that young people would be less likely to share information with older relatives and more likely to share with people within their own age group, such as siblings and friends.

MOST LIKELY TO SHARE CONCERNS WITH



BEST FRIEND



SIBLING



PEERS, COUNSELORS, AND COACHES

LEAST LIKELY TO SHARE CONCERNS WITH



PRINCIPAL



DOCTOR

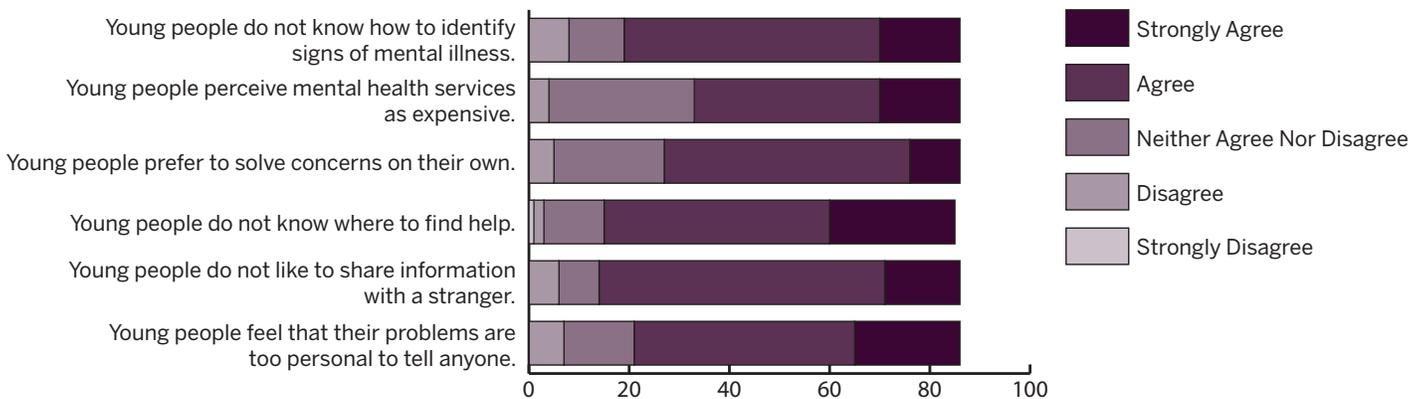


GRANDPARENTS



PERCEIVED BARRIERS TO MENTAL HEALTH SERVICES FOR YOUTH

Respondents were asked about barriers they may perceive to mental health services for youth. Respondents were asked to rate their level of agreement with a series of statements regarding what young people may believe about mental health and related services.



FACTORS AND SOLUTIONS THAT YOUNG PEOPLE MAY POSITIVELY RESPOND TO

Respondents were asked to rate how positively young people might respond to a number of potential interventions regarding mental health. Interestingly, the proposed solutions each received a 39 percent or greater vote of Likely or Very Likely in terms of how receptive youth might be toward these facilitators. This may speak to the need for increased mental health resources, as well as visibility of those resources, in Orange County. The factors and solutions, in order of highest ranking, included:

- Positive encouragement from peers
- Stories from young people who are living with mental health challenges
- Positive encouragement from family members
- Positive local role models
- Positive messaging in the community about mental health wellbeing
- Trust in mental health professional not sharing information with family members
- Positive messaging in schools about mental wellbeing
- Online social groups led by youth ambassadors
- Trust in family doctor not sharing information with family members

SURVEY NOTES

The majority of respondents, including those who did not complete the survey beyond the demographics section, were non-Hispanic (97 percent) whites (96 percent). They were mostly females (86 percent) over the age of 18. The youngest respondent was 15, and the oldest 75. The average age of respondents was 44. Just three individuals between 13–24 years of age (ages 15, 16, and 23 years) completed the survey, while a fourth person in that age range began the survey but did not provide any information beyond the demographics section. Racial demographics are consistent with the overall makeup of the Orange County population, which was estimated at 96 percent non-Hispanic white as of July 2019 (United State Census Bureau, 2019).

This survey snapshot was prepared from a July 2020 report entitled *Orange County Needs Assessment Regarding Youth Mental Health* by Dr. Priscilla Barnes, Deena Alkhamis, Anmol Brar, Rossina Sandoval Monsivais, and Ana Maria Velasco in partnership with the Indiana University Center for Rural Engagement.