Key Takeaways – Mental Health in Yellowstone County

- Among Yellowstone County adults:
  - 20.2% rate their overall mental health as “fair” or “poor”, a significant increase since 2005 and unfavorably higher than the US figure.
  - 38.5% have had symptoms of chronic depression (two or more years in their lives when they felt depressed or sad on most days, although they may have felt okay sometimes), and 32.2% have been diagnosed with a depressive disorder, both of which are a significant increase over time. This is unfavorable higher than the US and significantly more common among women and low-income residents.
  - 21.3% have considered suicide, a significant increase from 2005. Consideration of suicide was highest among adults with a diagnosed depressive disorder (50%) and lower-income residents (36.1%).
  - 23.2% feel they lack the social and emotional support they need.
  - 26.6% experience feelings of social isolation “some of the time”, while 11.9% “often” feel isolated.
- Between 2015 and 2017, Yellowstone County residents died by suicide at a rate of 25.3 deaths per 100,000 residents, an increase over time. This is lower than Montana, but higher than the US.
- Mental Health Providers - Yellowstone County serves as a medical hub for the region, routinely providing a variety of health care services, including mental health care, to patients for a five state region. In 2017, there were 317.7 mental health providers per 100,000 Yellowstone County residents, however, this does not reflect the wider geographic area served.
Self-Reported Mental Health Status
(Yellowstone County, 2020)

- Excellent: 22.2%
- Very Good: 27.5%
- Good: 30.1%
- Fair: 16.6%
- Poor: 3.6%

Sources:
- 2020 PRC Community Health Survey, PRC, Inc. [Item 99]

Notes:
- Asked of all respondents.

Experience “Fair” or “Poor” Mental Health

2005: 6.9%
2010: 10.1%
2014: 10.6%
2017: 13.4%
2020: 20.2%

Sources:
- 2020 PRC Community Health Survey, PRC, Inc. [Item 99]
- 2017 PRC National Health Survey, PRC, Inc.

Notes:
- Asked of all respondents.
Have Been Diagnosed With a Depressive Disorder

Yellowstone County

- 32.2%
- 21.9%
- 21.6%

MT

US

2014 2017 2020

21.2% 25.3% 32.2%

Sources:
- 2020 PRC Community Health Survey, PRC, Inc. [Item 102]

Notes:
- Asked of all respondents.
- Depressive disorders include depression, major depression, dysthymia, or minor depression.

Have Experienced Symptoms of Chronic Depression

Yellowstone County

- 38.5%
- 31.4%

US


25.7% 26.0% 26.9% 31.6% 38.5%

Sources:
- 2020 PRC Community Health Survey, PRC, Inc. [Item 100]
- 2017 PRC National Health Survey, PRC, Inc.

Notes:
- Asked of all respondents.
- Chronic depression includes periods of two or more years during which the respondent felt depressed or sad on most days, even if (s)he felt okay sometimes.
Low-income residents and those who identify as women are more likely to experience symptoms of chronic depression.
Community Feedback:

Select Key Informant Survey Responses

Lack of access and stigma. Especially lack of access for people of limited means and homeless people who may be homeless because of a mental illness. Suicide prevention programs and education are needed to help with our high suicide rates in Montana. – Business Leader

Supportive housing. Supported employment. Social isolation. Lack of easy access to professional care. – Community Leader
1 in 5 Yellowstone County residents have considered suicide.
Community Feedback:
Select Key Informant Survey Responses

Undiagnosed mental health issues. Depression, suicide, inconsistent treatment philosophies. Shame associated with mental health issues. Therapeutic limitations with time and money. – Community Leader

Overall stress in today’s lifestyles is high and we are just now realizing the immense impact stress plays on one’s health. – Public Health Representative
Community Feedback:
Select Key Informant Survey Responses

No stable support system. To see a psychiatrist to get medications can take three to four months. Limited interventions in jail and in the community. No long-term solutions, especially with co-occurring disorders.
— Public Health Representative

Lack of mental health providers and a broad sense of shame and lack of awareness around mental health issues. Also, a wealth disparity leaves many people lacking funds unable to seek out mental healthcare.
— Community Leader
Unable to Get Mental Health Services
When Needed in the Past Year

Yellowstone County

Among the small sample of those reporting difficulties, cost and availability were predominant reasons given.

- Yellowstone County: 5.1%
- US: 6.8%
- 2017: 3.5%
- 2020: 5.1%

Sources:
- 2020 PRC Community Health Survey, PRC, Inc. [Item 105, 106]
- 2017 PRC National Health Survey, PRC, Inc.

Notes:
- Asked of all respondents.

Unable to Get Mental Health Services
When Needed in the Past Year
(Yellowstone County, 2020)

- Men: 0.8%
- Women: 9.1%
- 18 to 39: 6.2%
- 40 to 64: 5.7%
- 65+: 1.7%
- Low Income: 9.4%
- Mid/High Income: 3.7%
- Yellowstone County: 5.1%

Sources:
- 2020 PRC Community Health Survey, PRC, Inc. [Item 105]

Notes:
- Asked of all respondents.
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. "Low Income" includes households with incomes up to 200% of the federal poverty level; "Mid/High Income" includes households with incomes at 200% or more of the federal poverty level.
Community Feedback:

Select Streetwyze Responses

[This House of Books is] an independent bookstore with a great tea selection. They can order in almost any book you need. They also have a range of board games and regular gaming nights. Great for socializing.  
– Streetwyze Participant
Frequency of Feeling Isolated
(Yellowstone County, 2020)

- Often 11.9%
- Some of the Time 26.6%
- Hardly Ever 61.5%

Sources:
- 2020 PRC Community Health Survey, PRC, Inc. [Item 320]

Notes:
- Asked of all respondents.

“Often” Experience Feelings of Isolation
(Yellowstone County, 2020)

- Men: 12.3%
- Women: 11.6%
- 18 to 39: 12.5%
- 40 to 64: 12.8%
- 65+: 9.3%
- Low Income: 16.6%
- Mid/High Income: 11.4%
- Yellowstone County: 11.9%

Sources:
- 2020 PRC Community Health Survey, Professional Research Consultants, Inc. [Item 320]

Notes:
- Asked of all respondents.
- Income categories reflect respondent’s household income as a ratio to the federal poverty level (FPL) for their household size. “Low Income” includes households with incomes up to 200% of the federal poverty level. “Mid/High Income” includes households with incomes at 200% or more of the federal poverty level.
Perceptions of Mental Health as a Problem in the Community
(Key Informants, 2020)

- Major Problem
- Moderate Problem
- Minor Problem
- No Problem At All

80.4% 16.9%

Community Feedback:
Top concerns of Key Informants

- Access to Care/Services
- Contributing Factors
- Access to Providers
- Denial/Stigma
- Homelessness
- Funding
- Suicide
- Awareness/Education
- Affordable Care/Services
- Vulnerable Populations
- Co-Occurrances
- Diagnosis/Treatment
<table>
<thead>
<tr>
<th>Mental Health &amp; Mental Disorders</th>
<th>Yellowstone County</th>
<th>Yellowstone vs. Benchmarks</th>
<th>Yellowstone County Trends</th>
</tr>
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<tbody>
<tr>
<td>% &quot;Fair/Poor&quot; Mental Health</td>
<td>20.2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>% Diagnosed Depression</td>
<td>32.2</td>
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<td></td>
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<tr>
<td>% Symptoms of Chronic Depression (2+ Years)</td>
<td>38.5</td>
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<tr>
<td>% Have Considered Suicide</td>
<td>21.3</td>
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<tr>
<td>% &quot;Always/Usually&quot; Have Social and Emotional Support</td>
<td>76.8</td>
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<td></td>
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<tr>
<td>% &quot;Often&quot; Experience Feelings of Isolation</td>
<td>11.9</td>
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<td></td>
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<tr>
<td>Suicide (Age-Adjusted Death Rate)</td>
<td>25.3</td>
<td>26.7</td>
<td>13.6</td>
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<tr>
<td>% Have Ever Sought Help for Mental Health</td>
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<tr>
<td>% [Those With Diagnosed Depression] Seeking Help</td>
<td>90.3</td>
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<tr>
<td>Mental Health Providers per 100,000</td>
<td>317.7</td>
<td>285.5</td>
<td>202.8</td>
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<tr>
<td>% Taking Rx/Receiving Mental Health Trtmt</td>
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<tr>
<td>% Unable to Get Mental Health Svcs in Past Yr</td>
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<tr>
<td>% Typical Day Is &quot;Extremely/Very&quot; Stressful</td>
<td>13.6</td>
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<td></td>
</tr>
</tbody>
</table>

- Better: Indicates improvement over time.
- Similar: Indicates stability between years.
- Worse: Indicates deterioration over time.

* For survey indicators, this represents baseline findings (earliest year available) vs. 2020 (current findings). For secondary data indicators (those marked with a "*"), data years can vary but typically represent a span of 7 to 10 years.