

2022-2023 Yellowstone County Community Health Needs Assessment

Data Packet: Mental Health

Recommended Citation: Professional Research Consultants, Inc.

2023 Community Health Needs Assessment Report: Yellowstone County, Montana

hbdyc.org/CHNA – Published January 4, 2023



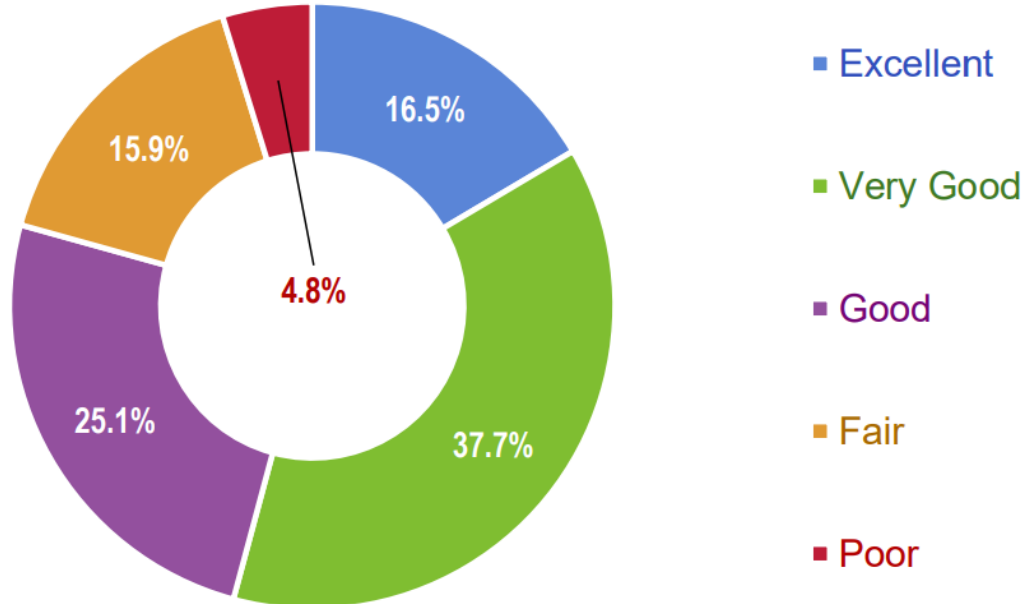
How to Use This Data Packet

The graphs, data points, trends, and other insights shared in this data packet can be utilized when seeking:

- Verified local data for data acquisition or utilization purposes such as grant applications, local and non-local trend tracking, etc.
- High resolution slides for use in presentations or educational materials.
- Accessible, accurate data to increase understanding of community health topics and health disparities.
- A condensed, topic-specific alternative to reading 200+ pages of data!

Key Takeaways – Mental Health

Self-Reported Mental Health Status (Yellowstone County, 2023)



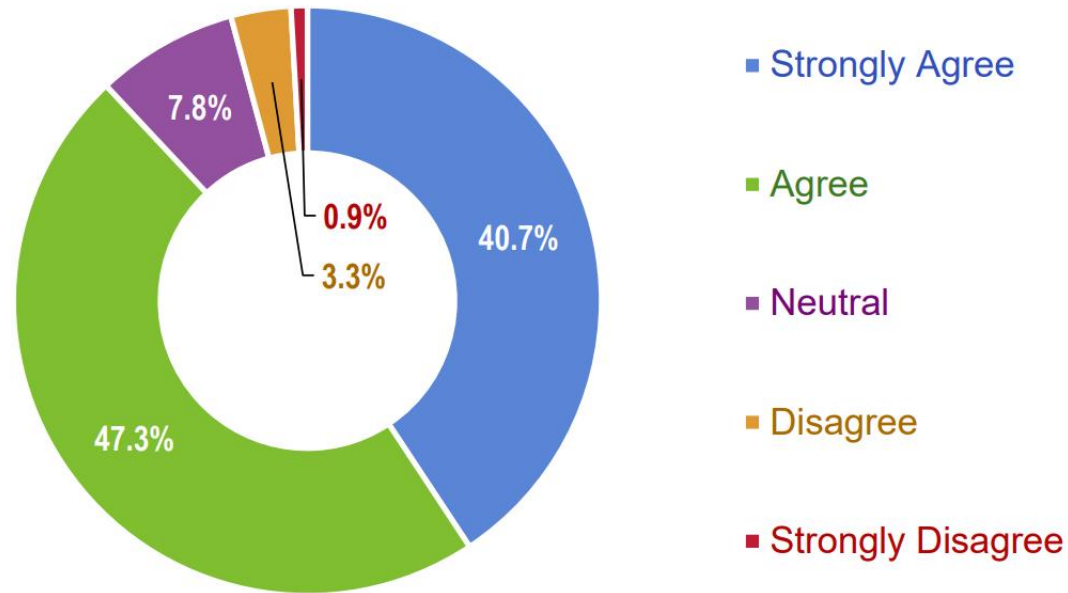
- 24.1% of YC adults have considered attempting suicide.
- 1 in 5 Yellowstone County (YC) adults rate their mental health as “fair,” or “poor.”
- 33.3% of YC adults have been diagnosed as having a depressive disorder, which has risen from 21.2% since 2014.

Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 90]

Notes: ● Asked of all respondents.

Progress within the Mental Health of Yellowstone County

Level of Agreement With the Statement: “I am confident in my ability to manage stress and work through life’s difficulties.”
(Yellowstone County, 2023)

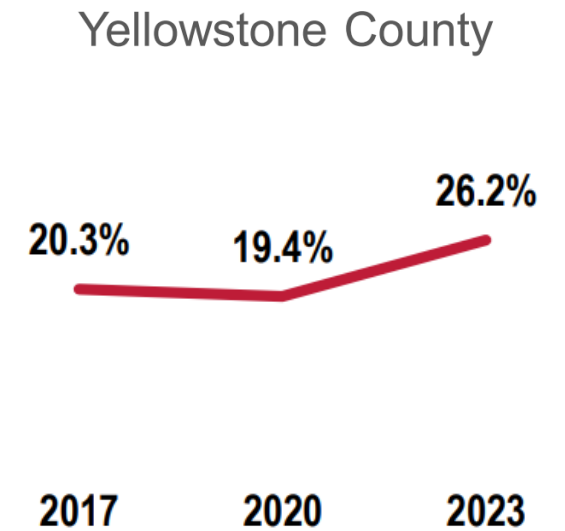
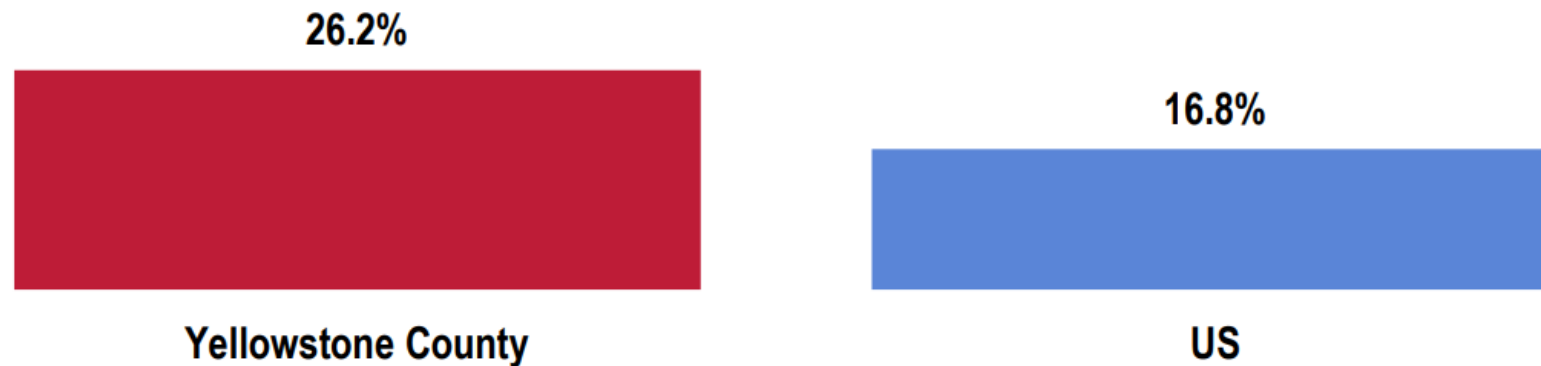


- **Almost 90% of YC adults report confidence in their stress management abilities.**

Sources: • 2023 PRC Community Health Survey, PRC, Inc. [Item 317]
Notes: • Asked of all respondents.

Progress within the Mental Health of Yellowstone County

Currently Receiving Mental Health Treatment



Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 94]

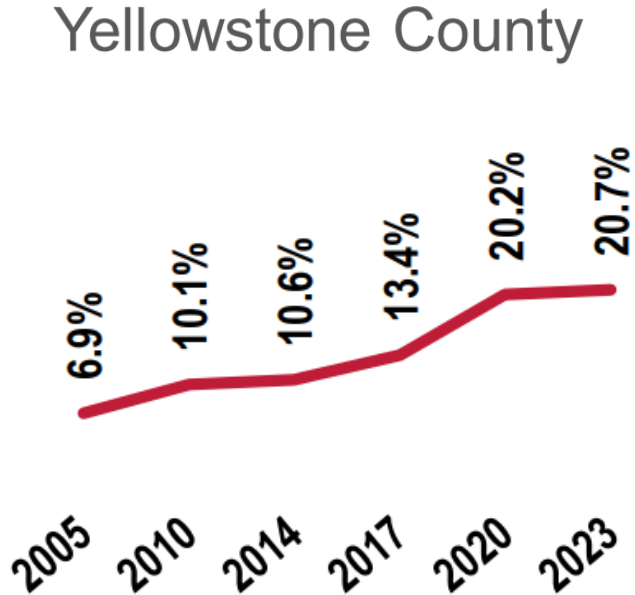
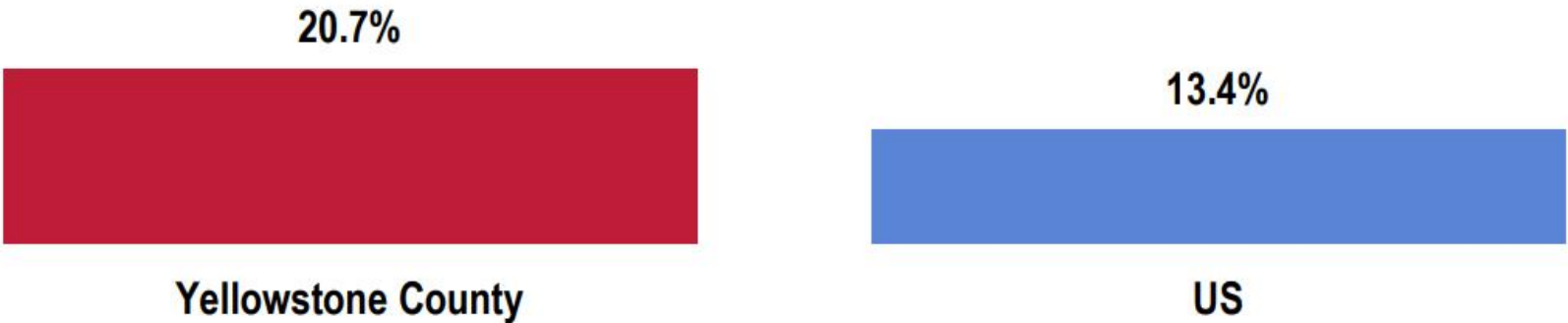
● 2020 PRC National Health Survey, PRC, Inc.

Notes: ● Asked of all respondents.

● "Treatment" can include taking medications for mental health.

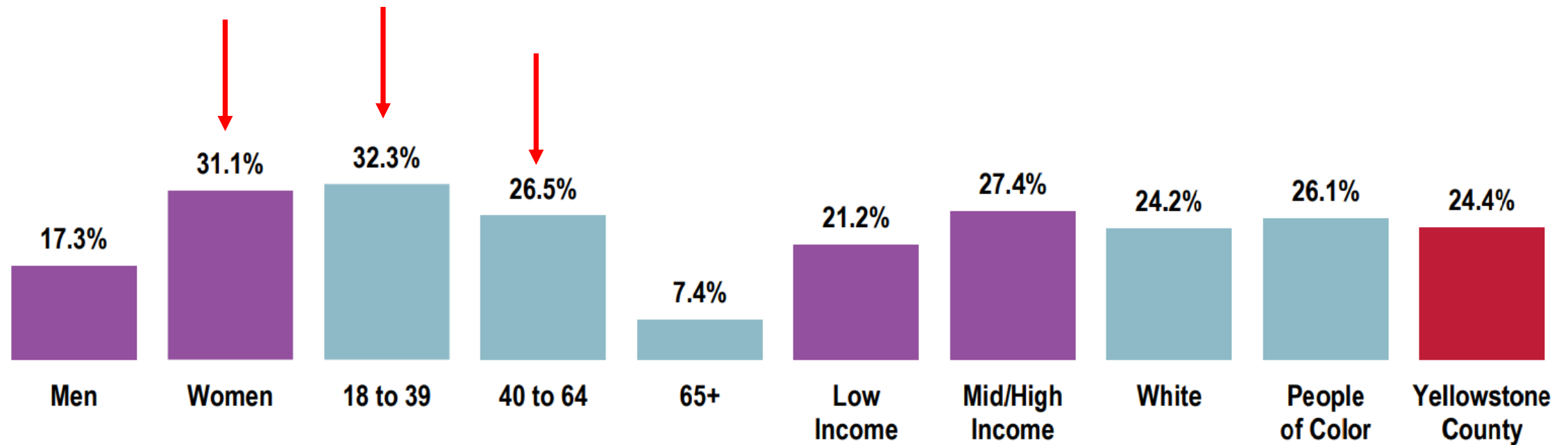
Experience “Fair” or “Poor” Mental Health

- In less than 20 years, the amount of YC adults who report their overall mental health is “fair” or “poor” has tripled.



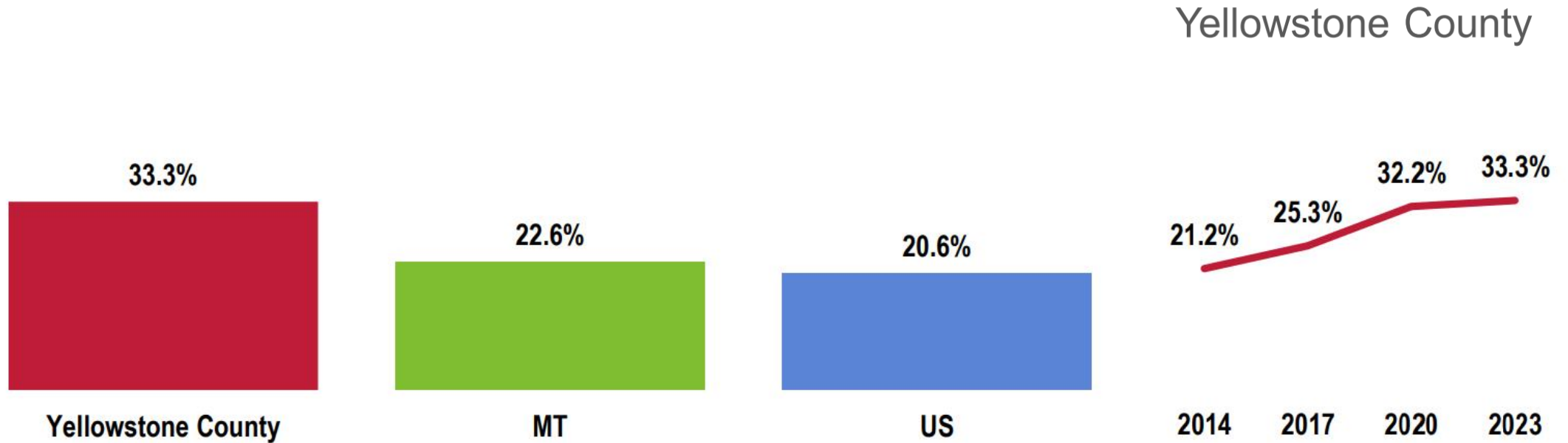
Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 90]
● 2020 PRC National Health Survey, PRC, Inc.
Notes: ● Asked of all respondents.

Mental Health Has Gotten Worse Since the Beginning of the Pandemic (Yellowstone County, 2023)



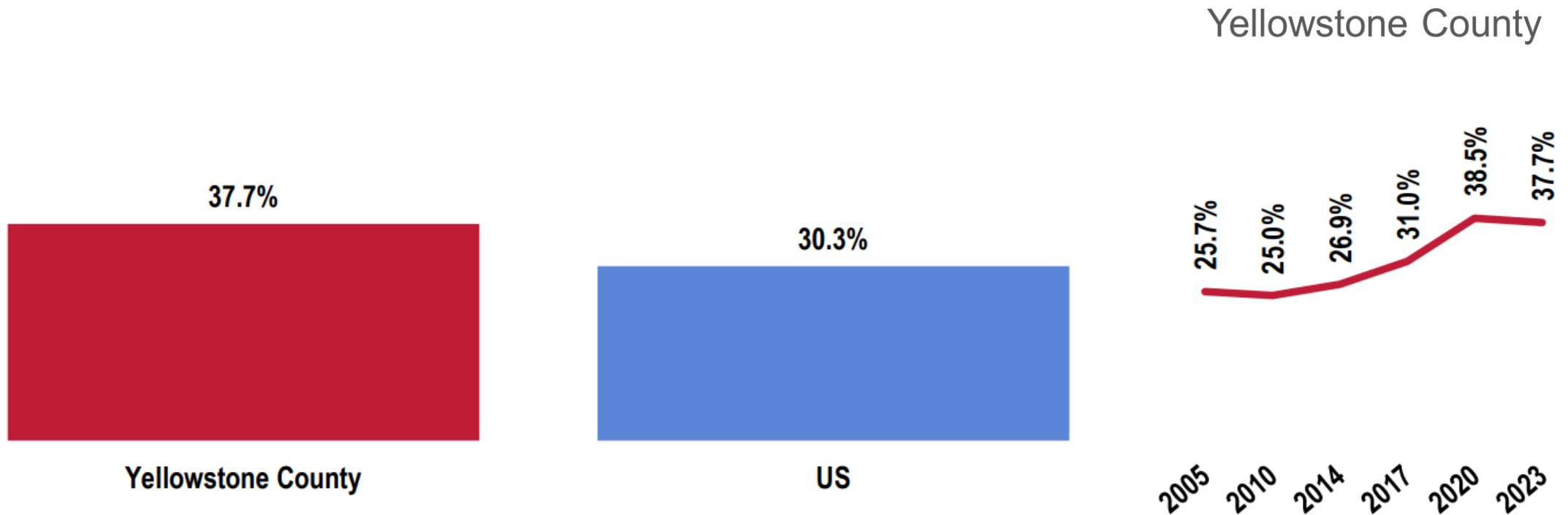
Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 330]
Notes: ● Asked of all respondents.
● Beginning of pandemic specified as March 2020.

Have Been Diagnosed With a Depressive Disorder



- Sources:
- 2023 PRC Community Health Survey, PRC, Inc. [Item 93]
 - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 Montana data.
 - 2020 PRC National Health Survey, PRC, Inc.
- Notes:
- Asked of all respondents.
 - Depressive disorders include depression, major depression, dysthymia, or minor depression.

Have Experienced Symptoms of Chronic Depression



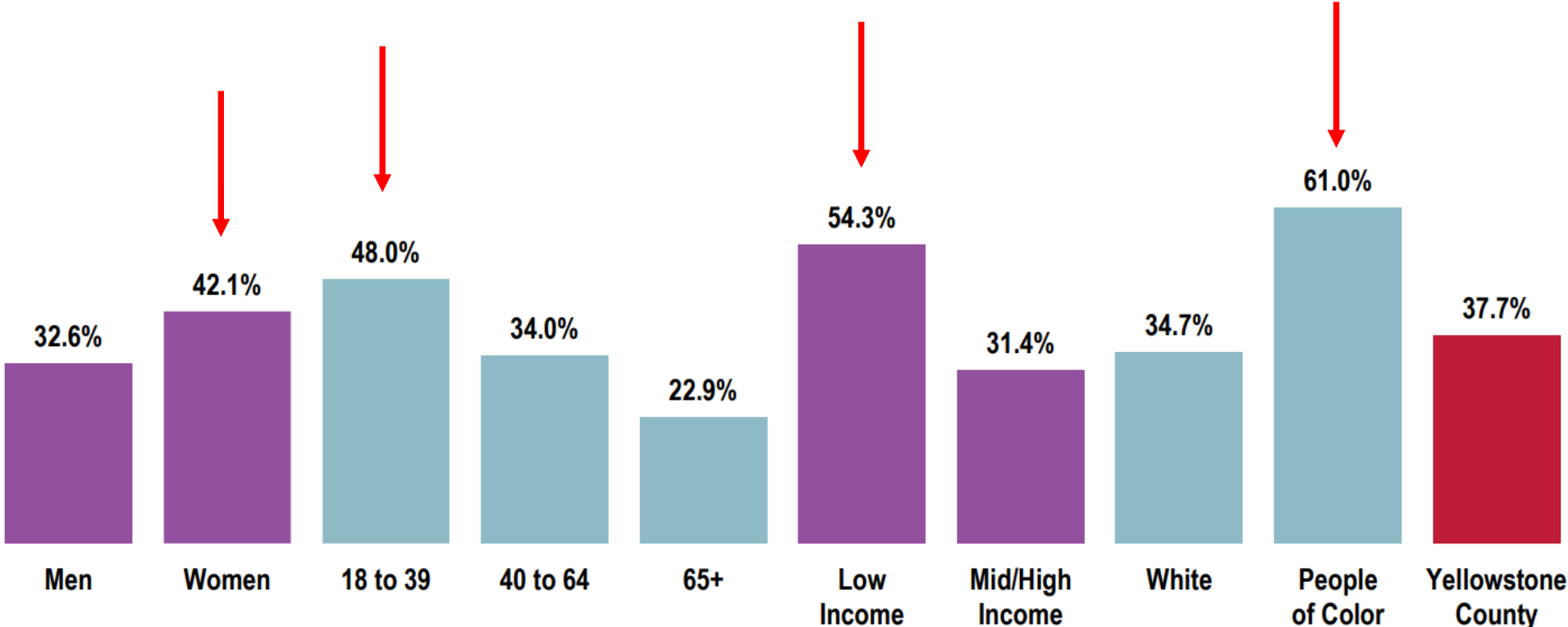
Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 91]

● 2020 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.

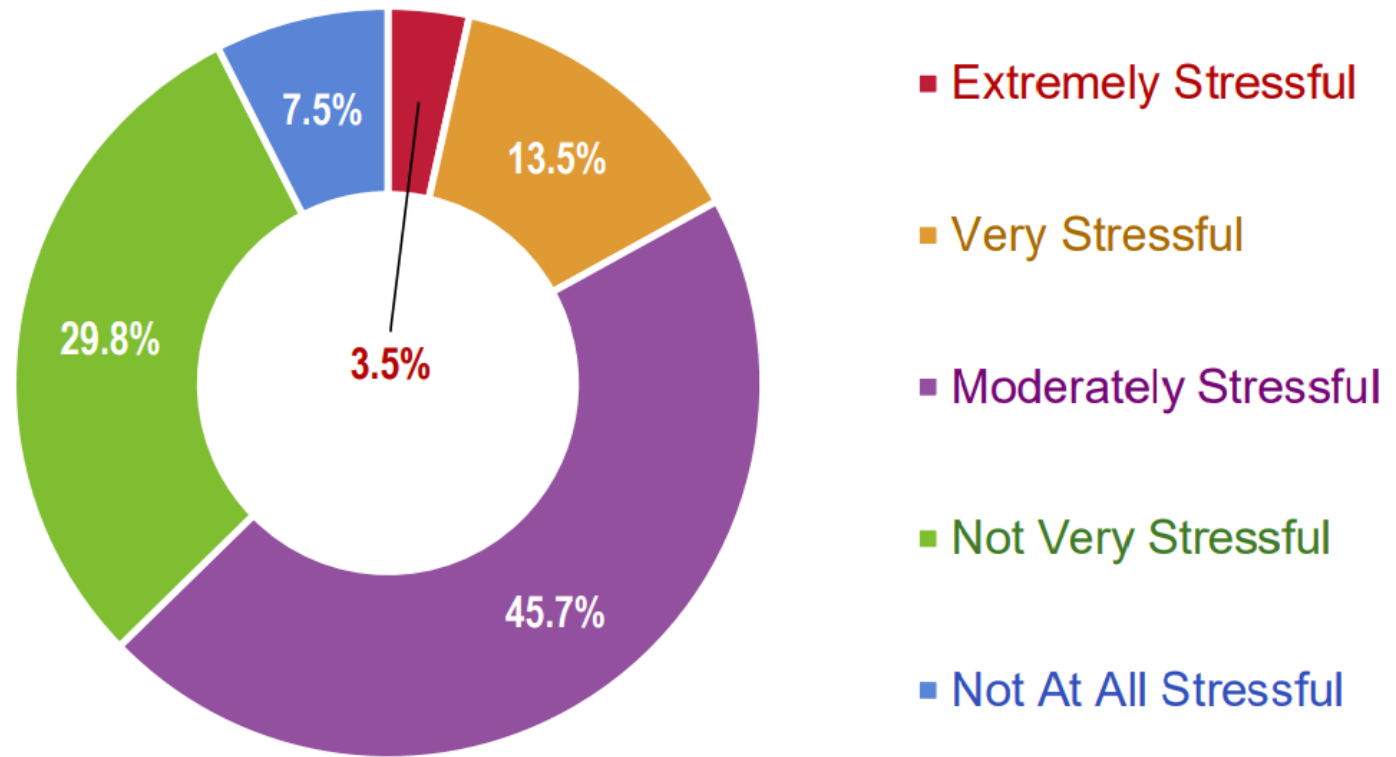
Have Experienced Symptoms of Chronic Depression (Yellowstone County, 2023)



Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 91]

- 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.

Perceived Level of Stress On a Typical Day (Yellowstone County, 2023)

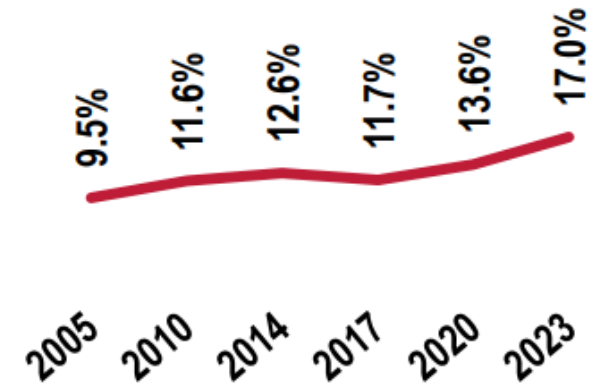
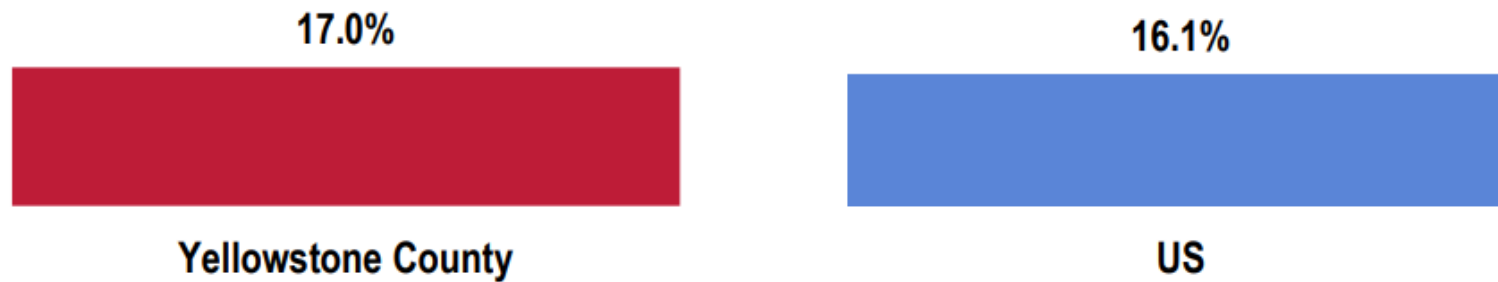


Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 92]

Notes: ● Asked of all respondents.

Perceive Most Days As “Extremely” or “Very” Stressful

Yellowstone County

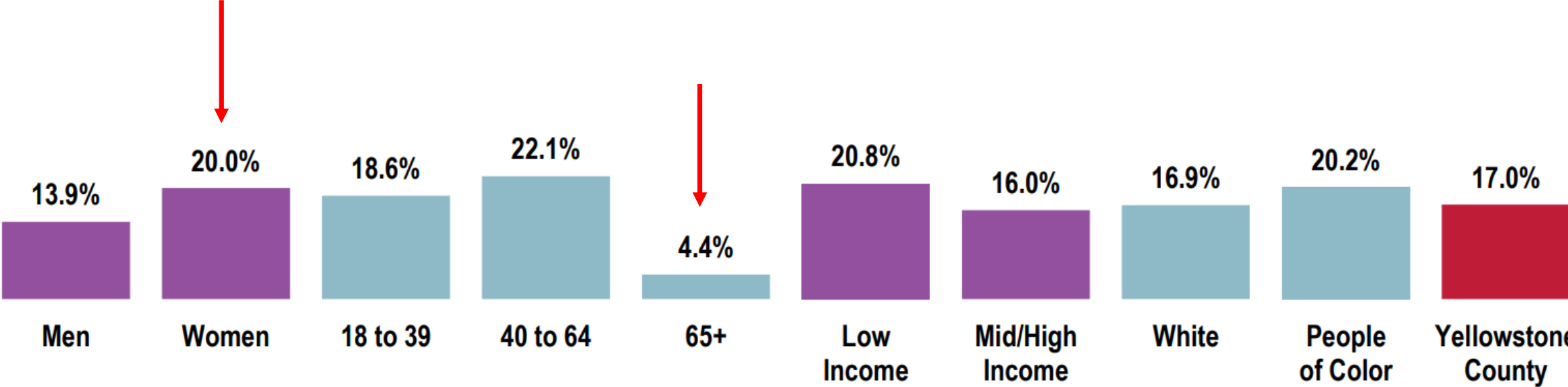


Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 92]

● 2020 PRC National Health Survey, PRC, Inc.

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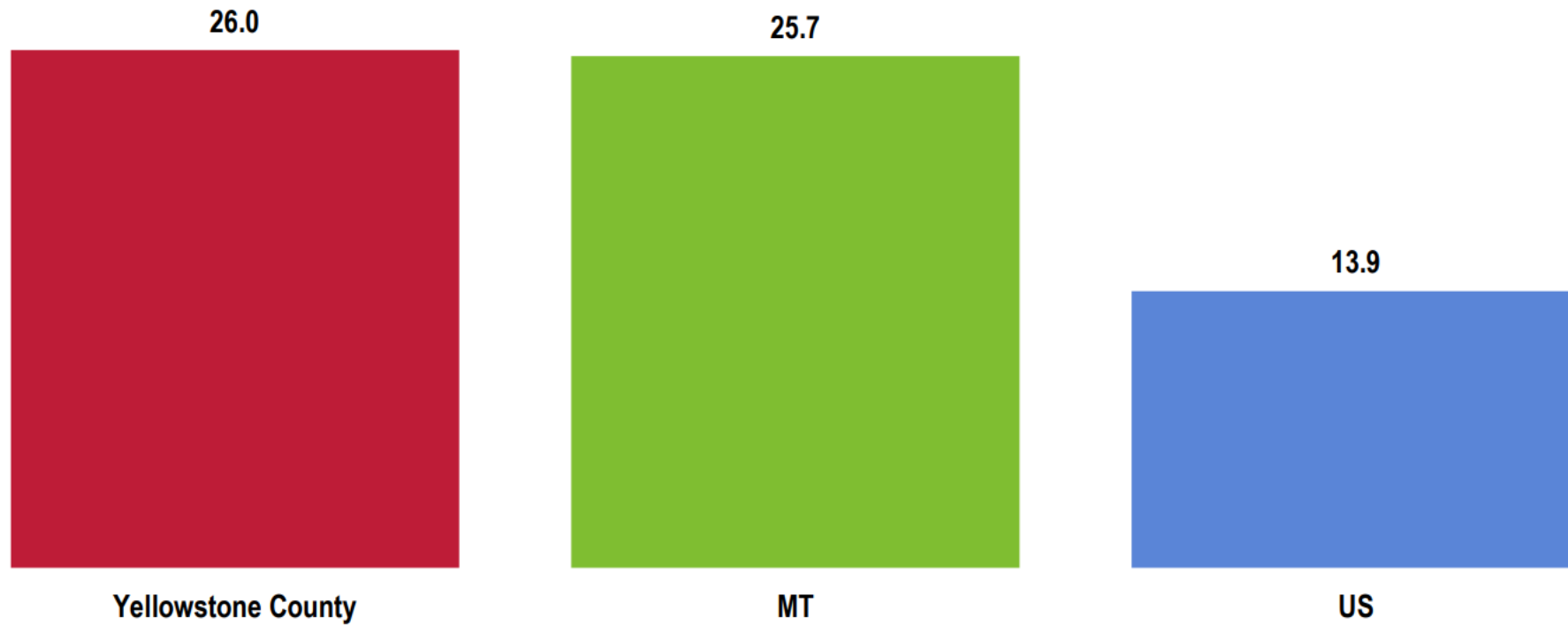
Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 92]

Notes: ● Asked of all respondents.

Suicide: Age-Adjusted Mortality

(2018-2020 Annual Average Deaths per 100,000 Population)

Healthy People 2030 = 12.8 or Lower

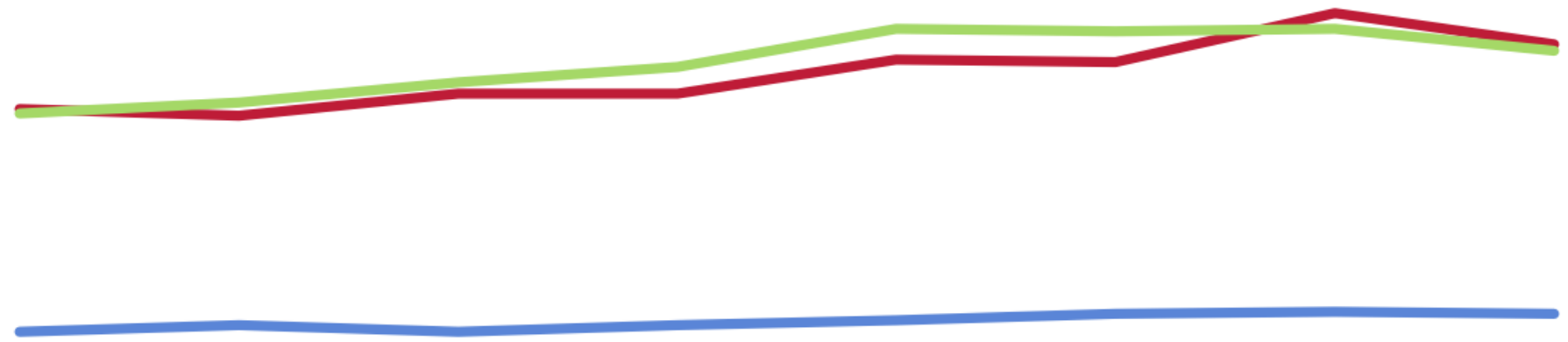


- Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2022.
 - US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Suicide: Age-Adjusted Mortality Trends

(Annual Average Deaths per 100,000 Population)

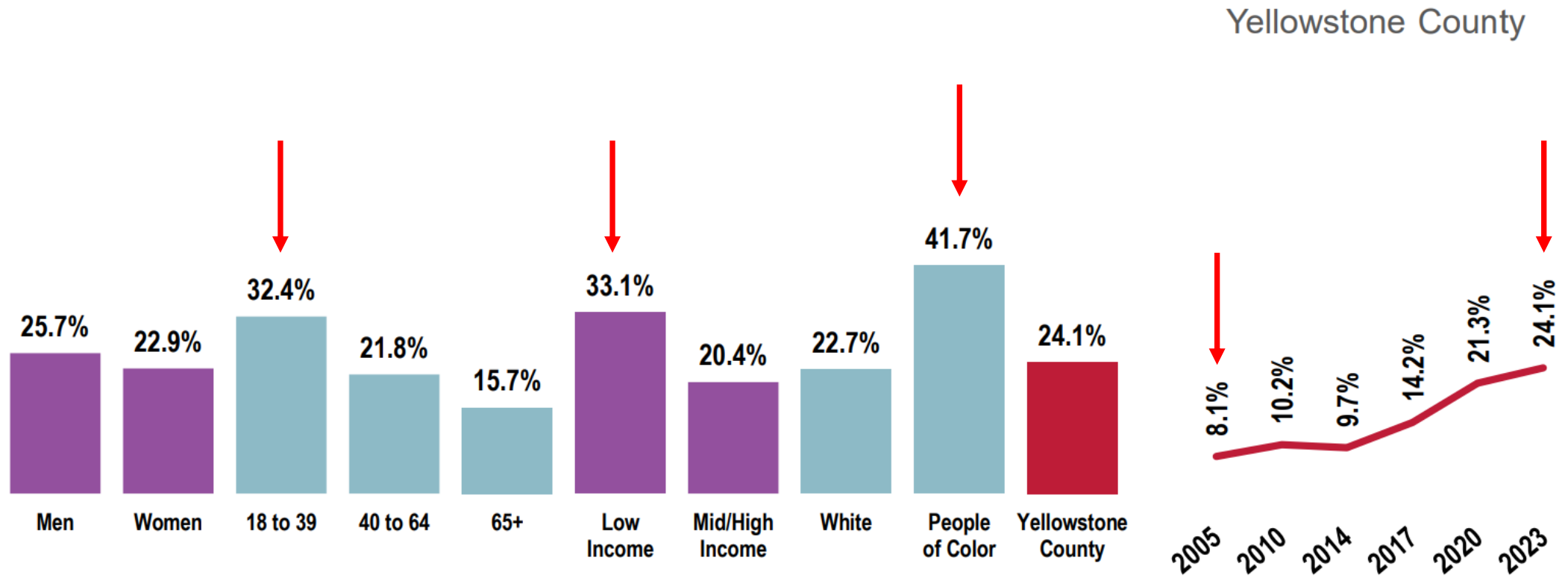
Healthy People 2030 = 12.8 or Lower



	2011-2013	2012-2014	2013-2015	2014-2016	2015-2017	2016-2018	2017-2019	2018-2020
Yellowstone County	23.1	22.8	23.8	23.8	25.3	25.2	27.4	26.0
MT	22.9	23.4	24.3	25.0	26.7	26.6	26.7	25.7
US	13.1	13.4	13.1	13.4	13.6	13.9	14.0	13.9

- Sources:
- CDC WONDER Online Query System. Centers for Disease Control and Prevention, Epidemiology Program Office, Division of Public Health Surveillance and Informatics. Data extracted July 2022.
 - US Department of Health and Human Services. Healthy People 2030. August 2020. <http://www.healthypeople.gov>

Ever Have Considered Attempting Suicide (Yellowstone County, 2023)

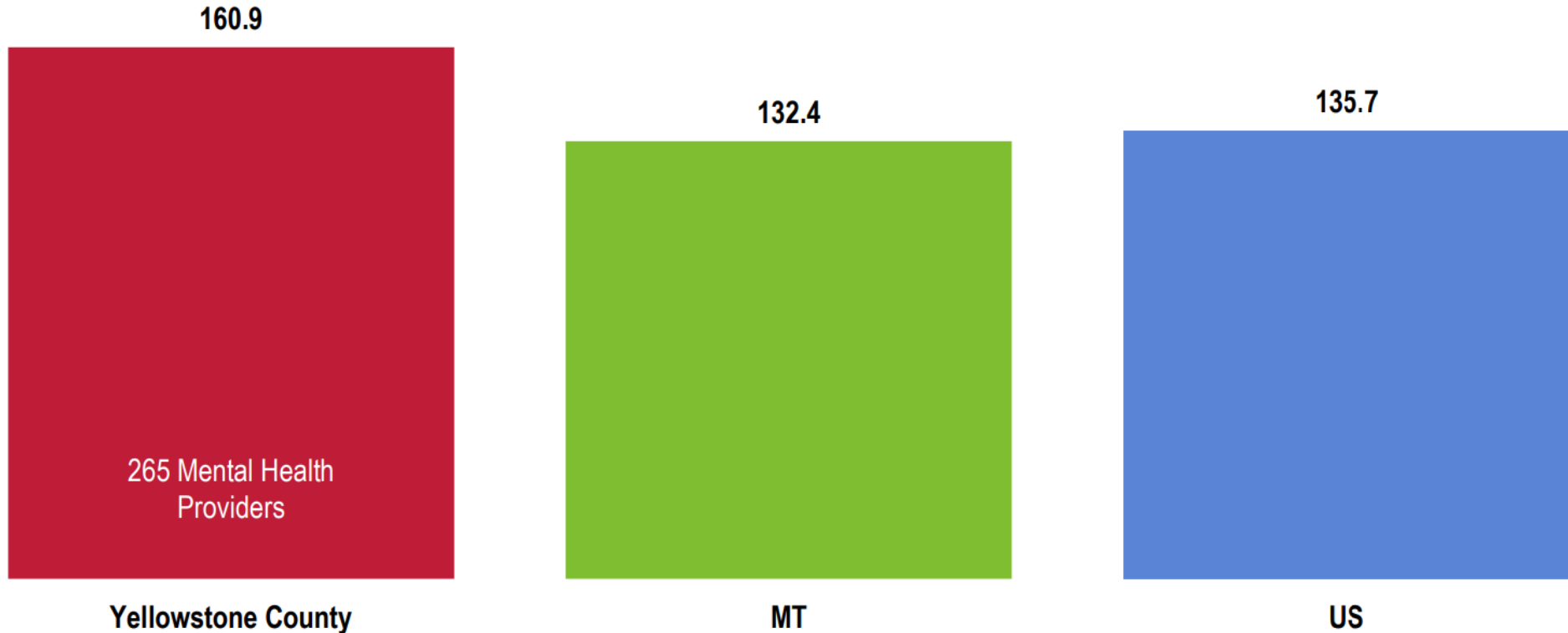


Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 327]

Notes: ● Asked of all respondents.

Access to Mental Health Providers

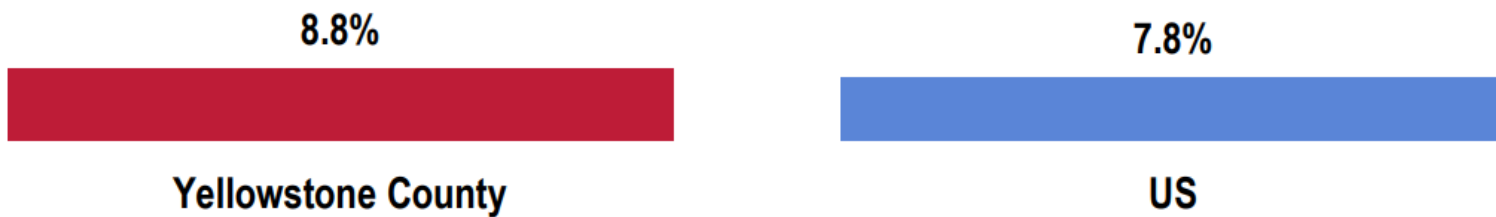
(Number of Mental Health Providers per 100,000 Population, 2022)



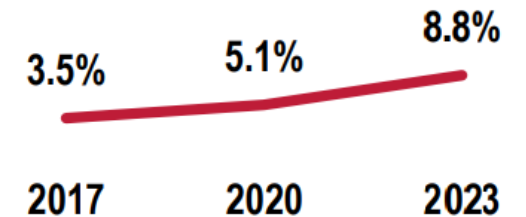
- Sources:
- University of Wisconsin Population Health Institute, County Health Rankings.
 - Center for Applied Research and Engagement Systems (CARES), University of Missouri Extension. Retrieved July 2022 via SparkMap (sparkmap.org).
- Notes:
- This indicator reports the rate of the county population to the number of mental health providers including psychiatrists, psychologists, clinical social workers, and counsellors that specialize in mental health care.

Unable to Get Mental Health Services When Needed in the Past Year

- In less than 10 years, the number of YC adults reporting the inability to access necessary mental health services has more than doubled.



Yellowstone County

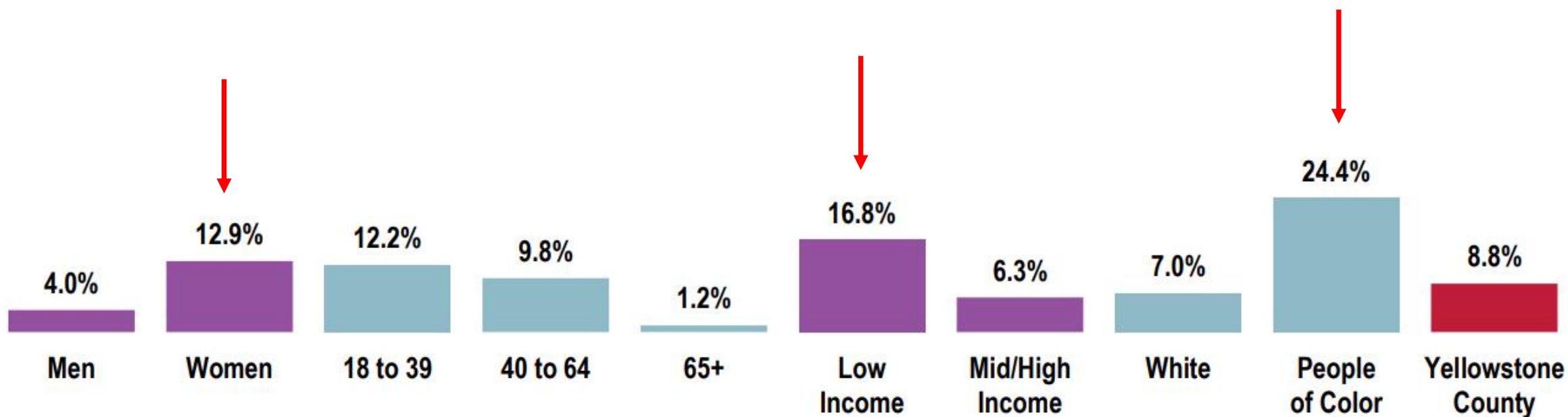


Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 95]

● 2020 PRC National Health Survey, PRC, Inc.

Notes: ● Asked of all respondents.

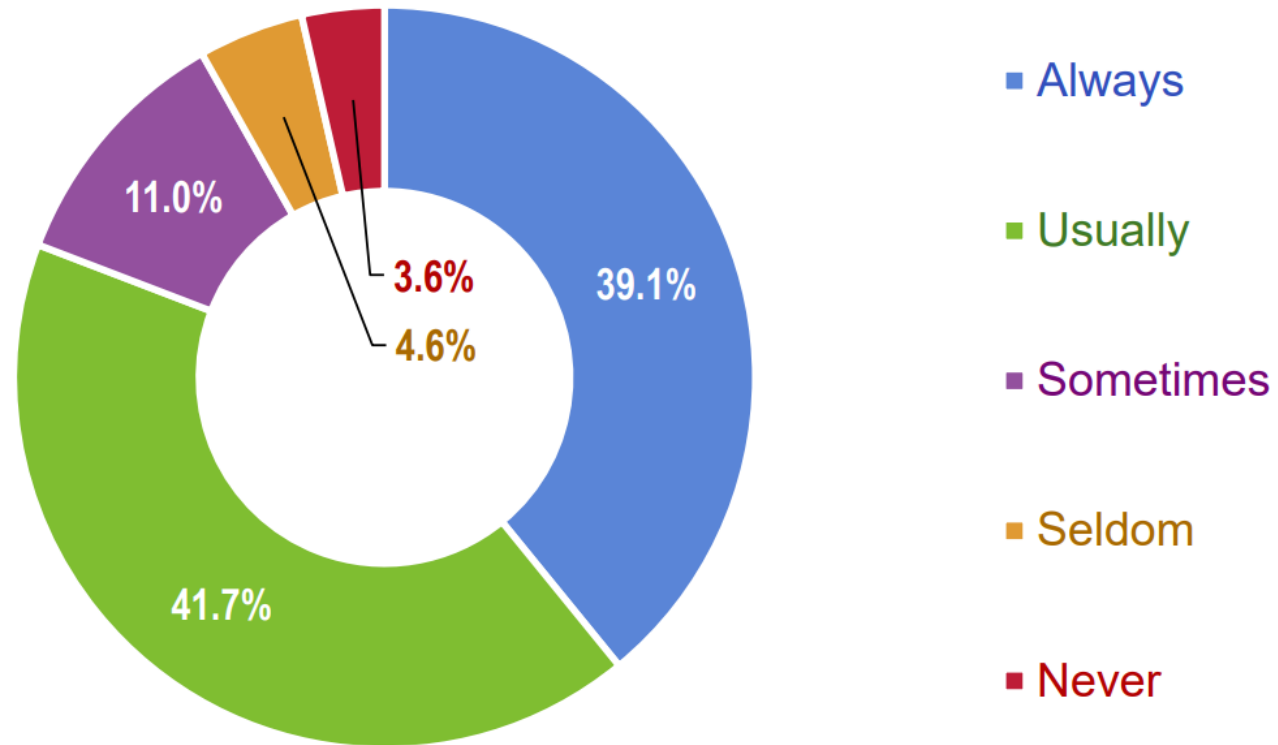
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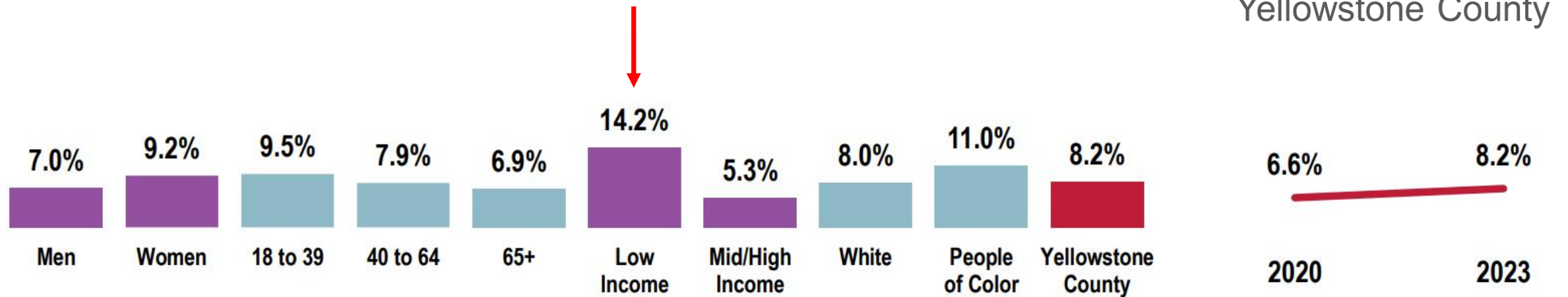
Frequency of Having Social and Emotional Support (Yellowstone County, 2023)



Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 325]

Notes: ● Asked of all respondents.

“Seldom/Never” Have Social and Emotional Support (Yellowstone County, 2023)

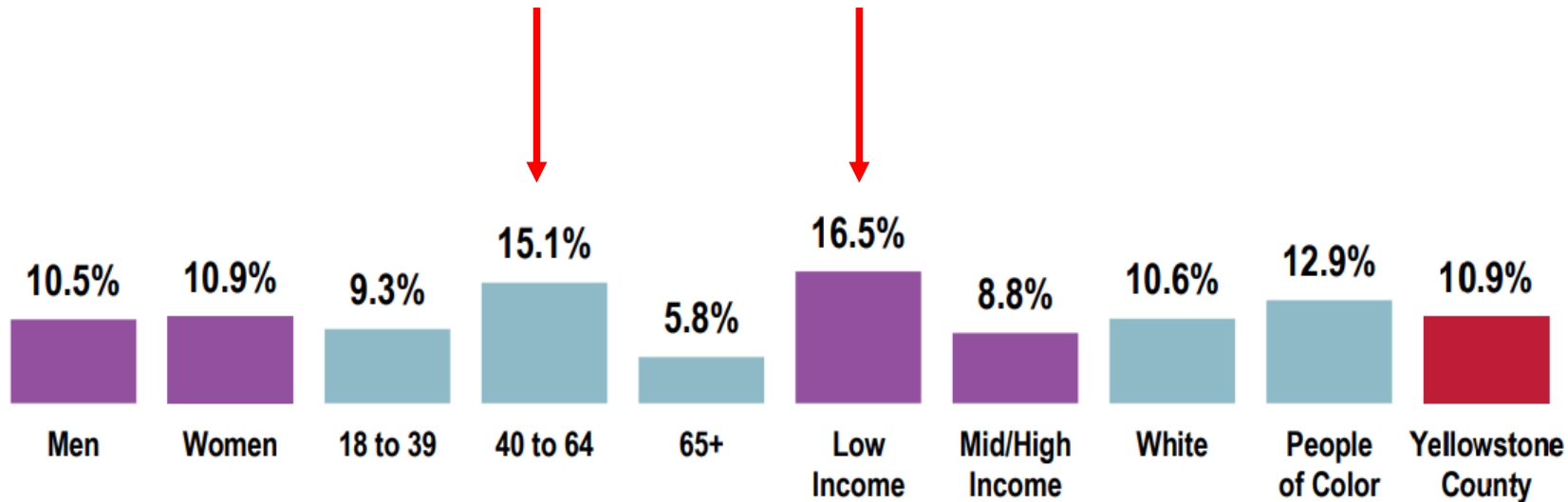


Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 325]

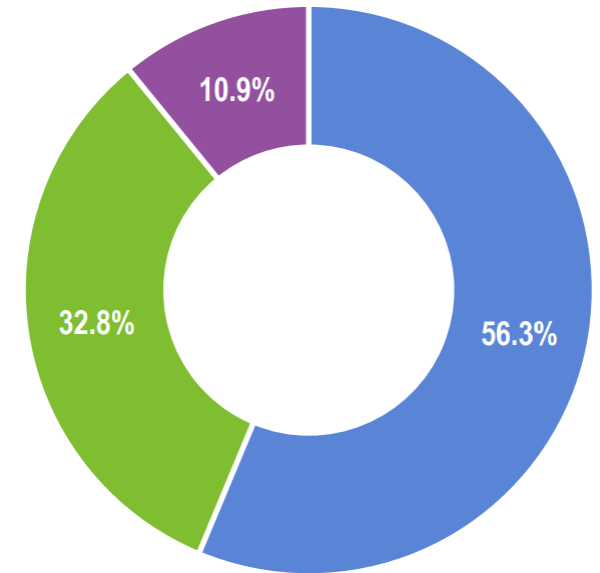
Notes: ● Asked of all respondents.

Social Support and Isolation

“Often” Experience Feelings of Isolation (Yellowstone County, 2023)



Frequency of Feeling Isolated (Yellowstone County, 2023)



Sources: ● 2023 PRC Community Health Survey, PRC, Inc. [Item 326]
Notes: ● Asked of all respondents.

- Hardly Ever
- Some of the Time
- Often

Key Informant Input

Perceptions of Mental Health as a Problem in the Community (Key Informants, 2023)

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



Sources: ● PRC Online Key Informant Survey, PRC, Inc.
Notes: ● Asked of all respondents.

Key Informant Input















Key informants highlighted topics such as:










- Access to Services, with focuses on a **lack of providers/services**, and accessing preventative, timely, affordable, “whole patient” care.
- **Stigma and hesitancies** when considering or seeking care.
- Desire for **more educational/awareness** efforts to discuss individual and community-level issues, impacts, and strategies for progress.

“**There is a major lack of access to mental health services for both adults and children.** The good thing is that mental health is becoming so much more accepted and talked about in U.S. communities. Due to COVID-19, the need for mental health specialists is continuing to increase however, **the amount of people in these occupations is not high enough** to take care of the community's needs.” – Community Leader

“There is not “whole patient care” in our medical facilities and **not good coordination between the medical facilities and mental health services.**” – Community Leader

Health Forecast

MENTAL HEALTH	Yellowstone County	vs. MT	vs. US	vs. HP2030	TREND
% "Fair/Poor" Mental Health	20.7		 13.4		 6.9
% Mental Health Has Gotten Worse Since Pandemic Began	24.4				
% Diagnosed Depression	33.3	 22.6	 20.6		 21.2
% Symptoms of Chronic Depression (2+ Years)	37.7		 30.3		 25.7
% Typical Day Is "Extremely/Very" Stressful	17.0		 16.1		 9.5
% Not Confident in Ability to Manage Stress	4.2				
Suicide (Age-Adjusted Death Rate)	26.0	 25.7	 13.9	 12.8	 23.1
% Ever Have Considered Attempting Suicide	24.1				 8.1

MENTAL HEALTH	Yellowstone County	vs. MT	vs. US	vs. HP2030	TREND
% "Seldom/Never" Have Social and Emotional Support	8.2				 6.6
% "Often" Experience Feelings of Isolation	10.9				 11.9
Mental Health Providers per 100,000	160.9	 132.4	 135.7		
% Have Ever Sought Help for Mental Health	49.6		 30.0		 24.1
% Taking Rx/Receiving Mental Health Trtmt	26.2		 16.8		 20.3
% Unable to Get Mental Health Svcs in Past Yr	8.8		 7.8		 3.5

Published Community Health Needs Assessment at: www.hbdyc.org

*Visit the website to contact Healthy By Design
for additional information regarding the coalition or next steps*

Contact: Amy Queen, Community Health Improvement Manager
406.247.3223 amy@hbdyc.org

