

# Assessing mental health and psychological well-being within a community for policy and social service planning

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# Healthy Community Council

## HCC Mission

- Community-based organization composed of representatives from nearly 70 entities
- Enhancing the **quality of life** for the community through **collaborative efforts of individuals, agencies, and institutions.**



# HCC Vision

- Assess community needs
- Identify areas of priority
- Help plan and coordinate initiatives
- Evaluate



# Overview

- Formed HCC Assessment committee
- Established goals and objectives
- Gathered and reviewed community assessments
- Reviewed HCC 2001 Assessment
  - Integrated process (adults and seniors)



# Getting Started...

- Developed assessment categories and indicators
- Obtained feedback on indicators at a HCC quarterly meeting
- Identify indicators as survey items or existing data items
- Generated assessment survey items
- Pilot tested assessment instrument



# Assessment Categories

- Economic Vitality
- Community Infrastructure
- Environmental Quality
- Health and Wellness
- Social Welfare
- Education
- Youth



# Methodology

- Obtained Institutional Review Board approval
- JMU Health Science students call potential participants
- Two methods
  - English-speaking population
  - Latino population



# Sampling

- Purchased random sample from Survey Sampling International, Inc. (SSI)
- Used stratified random sampling techniques based on zip code
  - 1,645 packets mailed
  - 684 returned
  - Sampling error = 3.8% (Dillman)
  - Response rate = 42%





# Data Analysis

- Scanned surveys into SPSS 13.0
- Conducted descriptive analysis
  - Frequencies and cross tabulations
- Disseminated data to action team members to review and interpret
- Hired technical writer to finalize report



# Latino Assessment

- Purchased 1,000 names
- Conducted assessment via telephone
- Utilized Spanish-speaking callers (script)
- Used modified version of English-speaking assessment
- Entered and analyzed data in SPSS 14.0
- N=266 completed surveys



# Demographics

## Adult (64 and younger) English

- Age
  - $\leq 24$  years = 1%
  - 25-44 = 23%
  - 45-64 = 46%
- 46% are male
- 78% are married
- 11% incomes below \$25,000
- 17% incomes between \$35,000-50,000



# Demographics

## Senior (65+) English

- Age 65+ = 29% of all survey participants
- 41% are male
- 59% are married
- 36% live alone
- 16% incomes below \$15,000
- 17% incomes between \$15,000-25,000



# Demographics Latino Population

- Age
  - $\leq 24$  years = 15%
  - 25-44 years = 68%
  - 45-64 = 15%
  - 65+ = 2%
- 38% are male
- 59% are married
- 34% had incomes below \$15,000
- 36% had incomes between \$15,000 and \$25,000



# Serious Psychological Distress

- Depression:
  - **Adults = 11.3%** compared to 6.6% in 2001; significantly higher than 2006 NHIS (2.9%)
  - **Seniors = 3%** compared to 4.4% in 2001; slightly higher than 2006 NHIS (2.3%)
  - **Latinos = 24.7%** compared to 17 in 2001



# Treatment for Psychological Distress

- Medication
  - Adults = 15%
  - Seniors = 14%
- Counseling
  - Adults = 12%
  - Seniors = 5%



# Substance Abuse

- Did not assess drug usage
- Acute drinking
  - Adults = 19%
  - Seniors = 5%
  - Four or more for females or five or more males
- Alcohol consumption
  - Adults = 57%
  - Seniors = 32% compared to 11% in 2001
  - \*\*\*Wording of question was misleading





# Assistance with Substance Abuse

- Assistance with alcohol abuse
  - Adults = 2%
  - Seniors = 1%
- Assistance with drug abuse
  - Adults = 2%
  - Seniors = 0%



# Effect on self and/or family

- Alcohol
  - Adults = 8%
  - Seniors = 5%
- Drug
  - Adults = 6%
  - Seniors = 6%



# Support Systems

- Adults
  - Family = 71%
  - Friends = 53%
  - Church = 38%
- Seniors
  - Family = 69%
  - Church = 37%
  - Doctor = 31%



# Care Giving

- 22% of all respondents are caregivers
- Highest among individuals 45-54 years
- 31% of 65-84 years old
- 92% receive no assistance
- 35% disruption in employment activities
- 62% had to make an adjustment to work life
- 16% missed 5-10 hours/week of work



# Conclusions

More emphasis on...

- Mental health care within the community especially for the Latino population
- Substance abuse
- Support for caregivers



# Outcomes

- Grant dollars brought into the community:  
**\$8,754,660**
- Grant dollars from local sources:  
**\$2,631,177**
- Total of combined dollars:  
**\$11,385,837**
- Community Resource Center
- Generations Crossing



# Limitations

- Use of landlines (cellular telephones)
- Access to those with low literacy levels, mobility issues, and vision problems
- Longitudinal limitations
  - Changed wording of certain survey assessment questions



# HCC Assessment Subcommittee

- Andree Gitchell
- Betsy Hay
- Todd Hedinger
- Jane Hubbell
- Nancy Lantz
- Susannah Lepley
- Kristi Lewis
- Stacey Morris
- Ann Myers
- Elizabeth Phelps
- David Sallee
- John Taylor
- Judith Trumbo
- Marilyn Turner
- John Whitfield





# Questions?

Please visit our web site at  
[www.healthycommunitycouncil.org](http://www.healthycommunitycouncil.org)

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