

COVID-19 Community Mental Health Impact Survey

Board of Supervisors
March 1, 2022



one
COUNTY
one
FUTURE

DEPARTMENT OF
BEHAVIORAL
WELLNESS
A SYSTEM OF CARE AND RECOVERY

Agenda

- Review of ARPA Funding Goals
- Update on Final Survey Results
- Recommendation Highlights
- Next Steps

ARPA Goals and Objectives

Take Our Survey

County Seeks Community Input to Assess Potential Mental Health Impacts of COVID-19 Pandemic

recoverybc.org/covidrecovery/

Goal

Address the increased mental health needs due to the pandemic impact, including the vulnerability of targeted populations

Objectives

- Guide anyone who needs mental health support to know where to find assistance and how to access support
- Teach how to recognize signs of mental illness and risks of self-harm
- Expand mental health services through community partnerships and grants
- Enhance rapid response and services to meet immediate needs of individuals

Survey Design

- Questions from 2019 Cottage Population Health Survey and previous children's mental health surveys to allow baseline data
- 10-15 minutes to complete
- Questions: demographics, Adverse Childhood Experiences (ACEs), mental health impacts including assessing traumatic stress and other forms of stress, both before and after COVID-19, and questions related to forms of resilience and coping.



Over 35 Collaborating Agencies Joined to Develop and Distribute the Survey

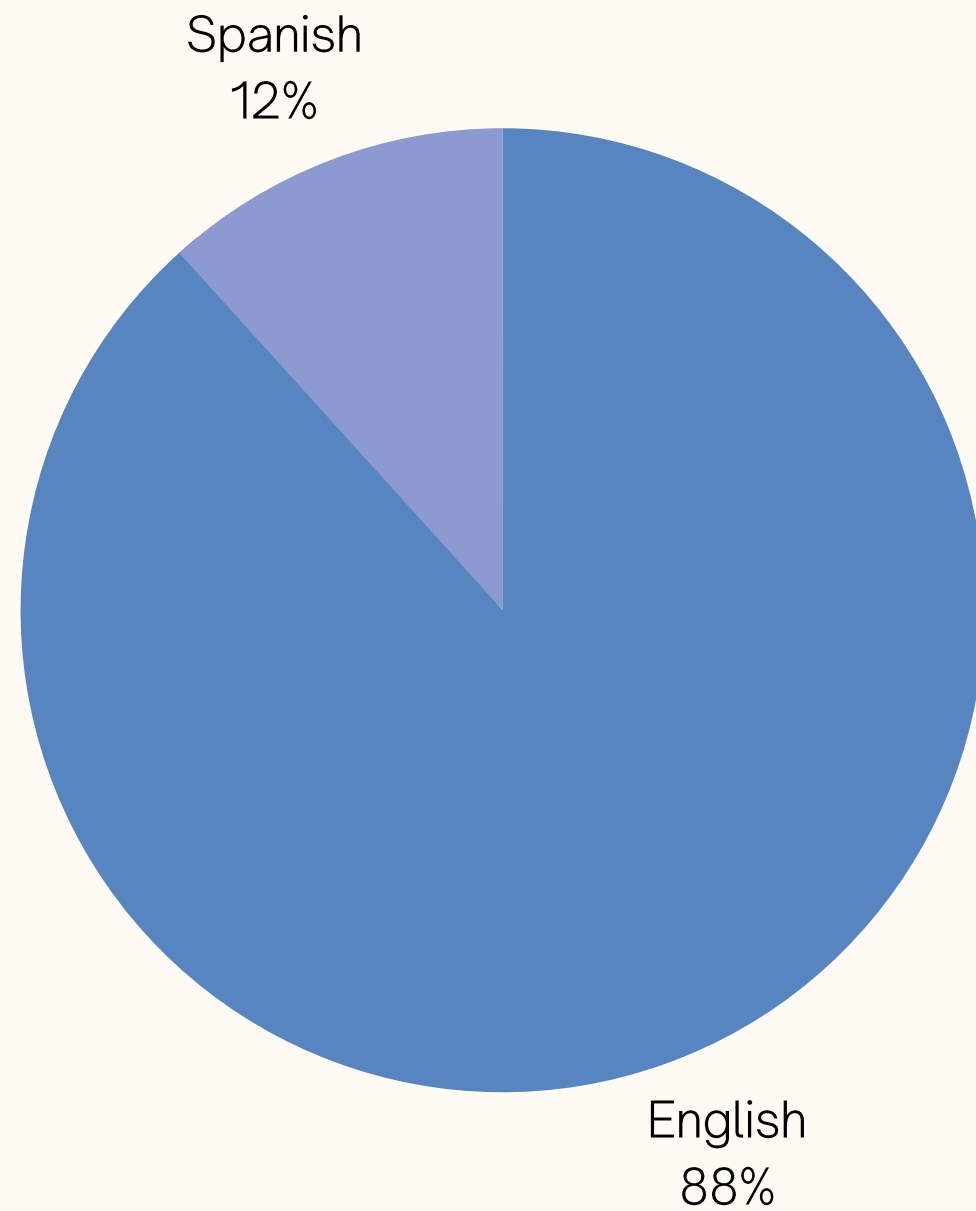
COMMUNITY WELLNESS TEAM

- American Red Cross
- County of Santa Barbara Department of Behavioral Wellness
- County of Santa Barbara Sheriff's Department Behavioral Sciences Unit
- Cottage Health
- Hospice of Santa Barbara
- Institute for Collective Trauma and Growth
- Jewish Foundation of Santa Barbara
- Mental Wellness Center
- Santa Barbara County Psychological Association
- Santa Barbara Foundation
- Santa Barbara Response Network
- Santa Barbara Unified School District

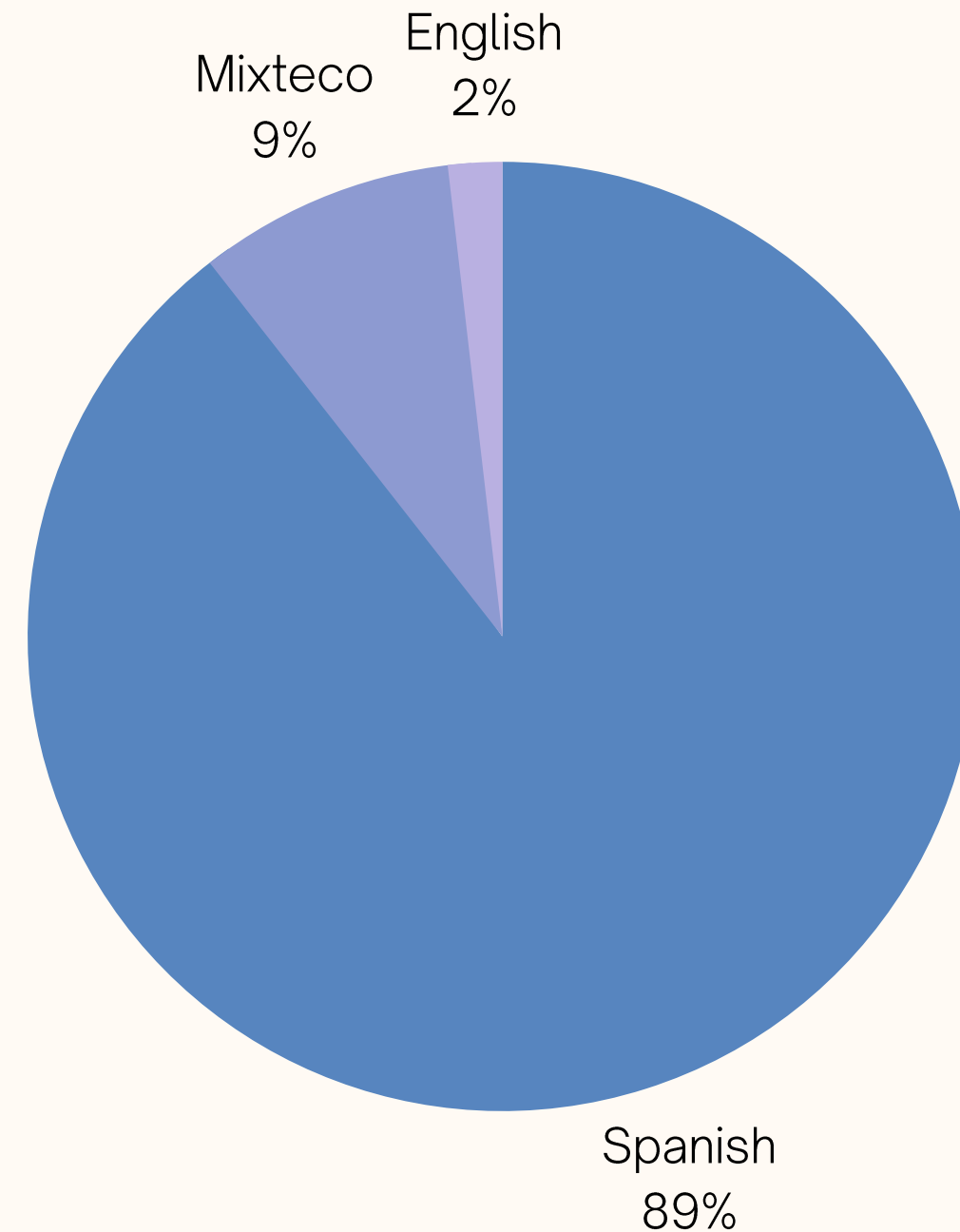
COUNTYWIDE MENTAL HEALTH AND ALCOHOL AND DRUG ADVOCATES AND PROVIDERS

- Bowers Foundation
- CALM
- Casa De La Raza
- Casa Pacifica
- CenCal Health
- Community Health Centers of the Central Coast
- Council on Alcoholism and Drug Abuse (CADA)
- County of Santa Barbara Department of Social Services
- Dignity Health CA Central Coast
- Family Service Agency
- Health Linkages/Santa Barbara County
- Healing Opportunities
- Promotores Network
- Lompoc Valley Community
- Healthcare Organization - Healthy Lompoc Coalition
- Planned Parenthood California Central Coast
- Romo and Associates
- Santa Barbara Cottage Hospital
- Santa Barbara County Education Office
- Santa Barbara Neighborhood Clinics
- Santa Barbara Unified School District
- Transitions Mental Health Association
- University of California, Santa Barbara

Total Surveys



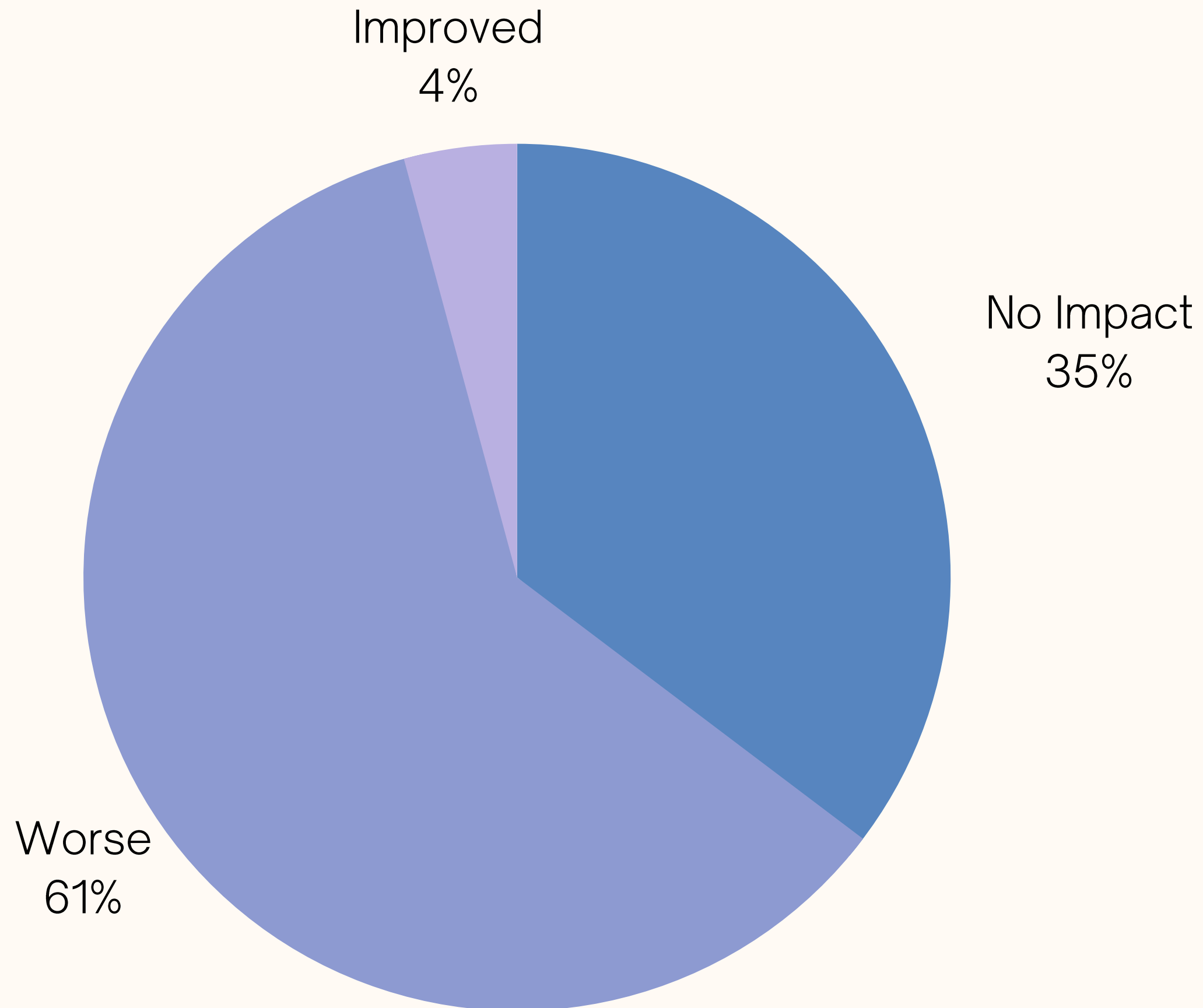
Paper Surveys



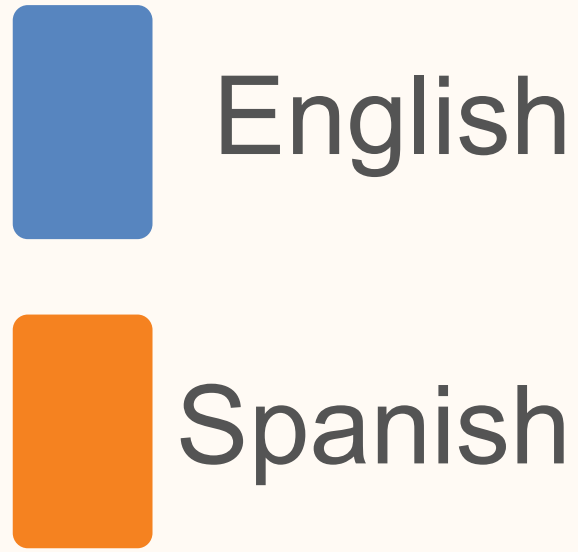
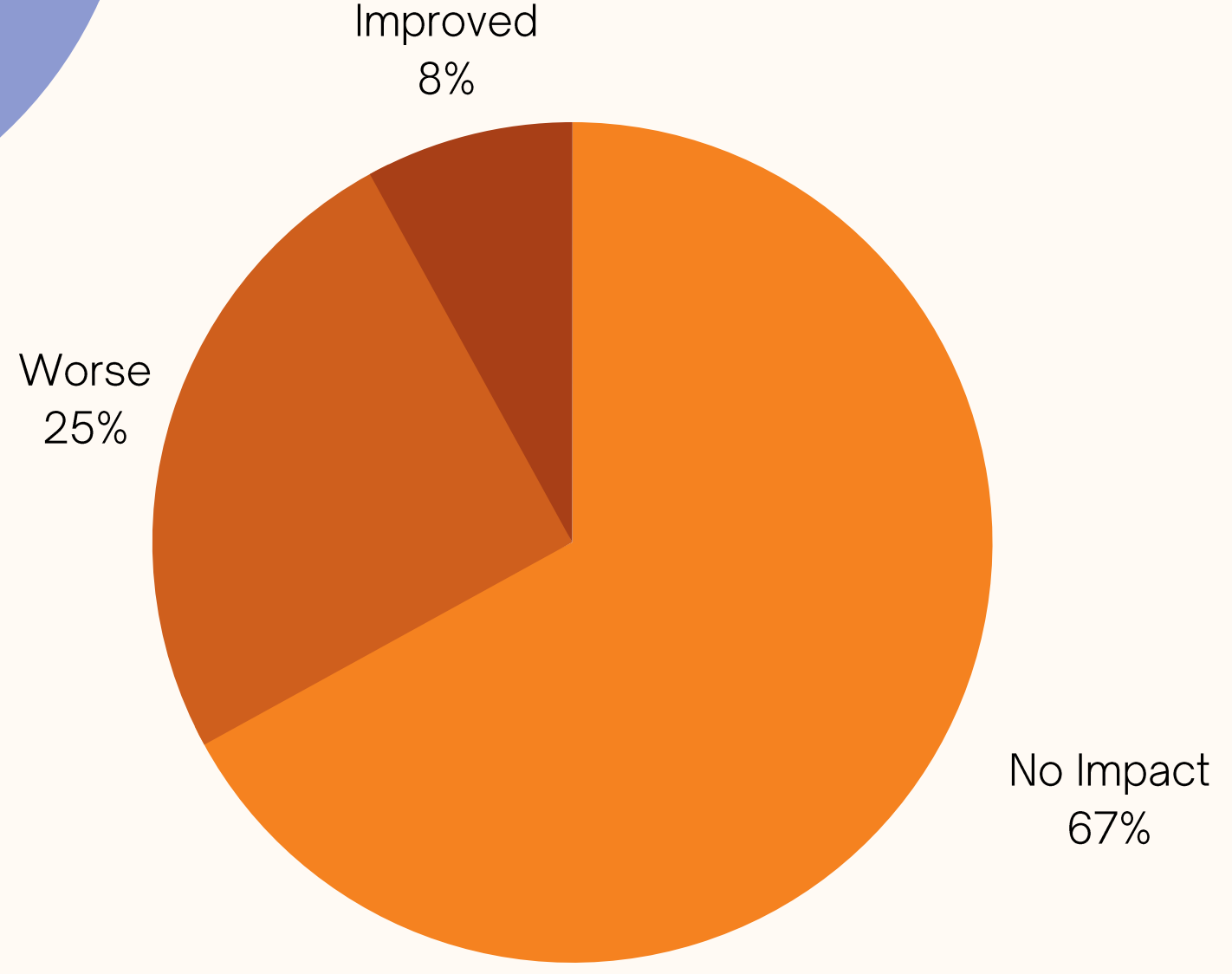
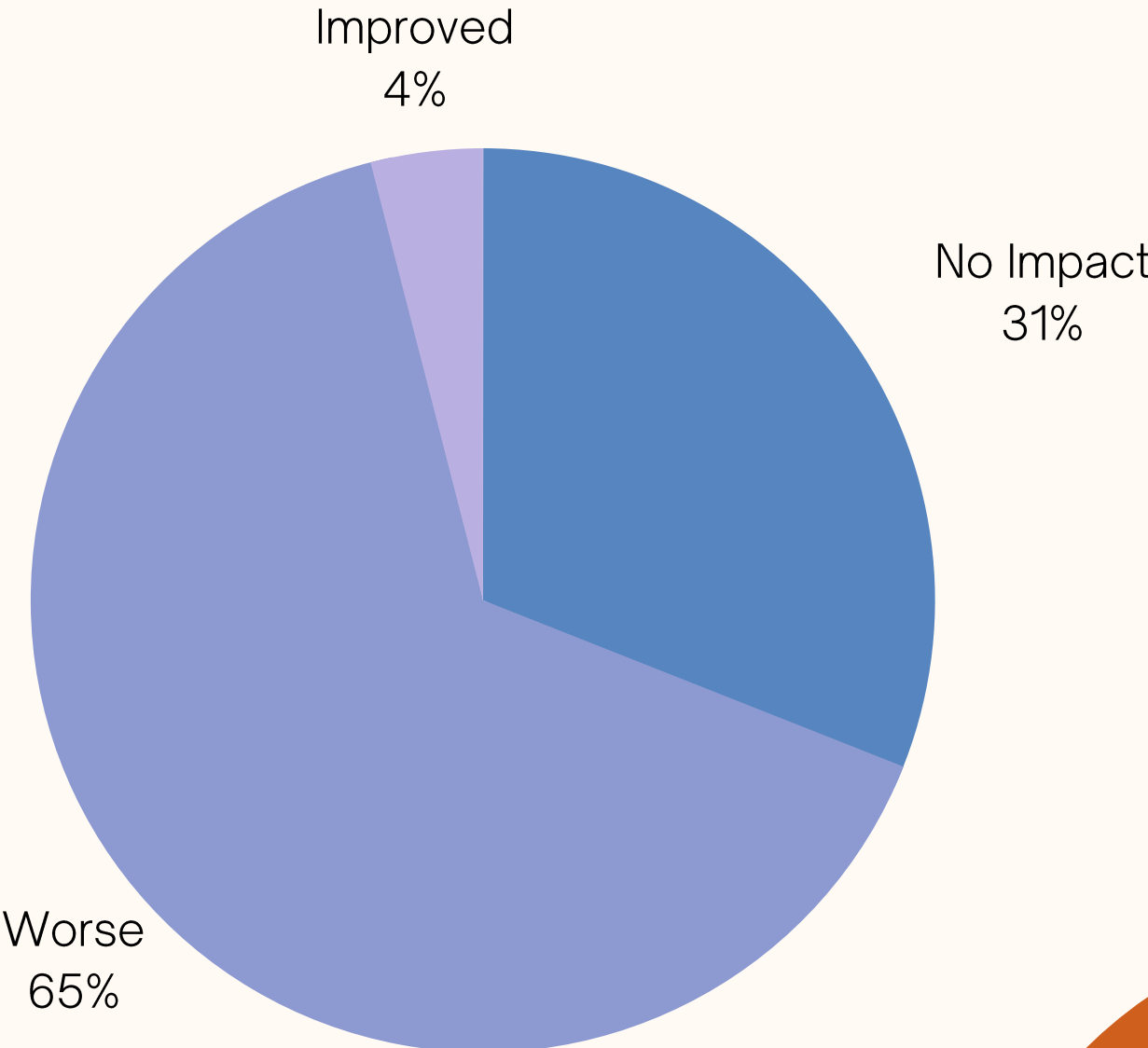
- Over 4,731 surveys completed
- 435 surveys completed in paper form through field outreach

Mental Health Impact

The majority of people reported their mental health was worse due to the pandemic

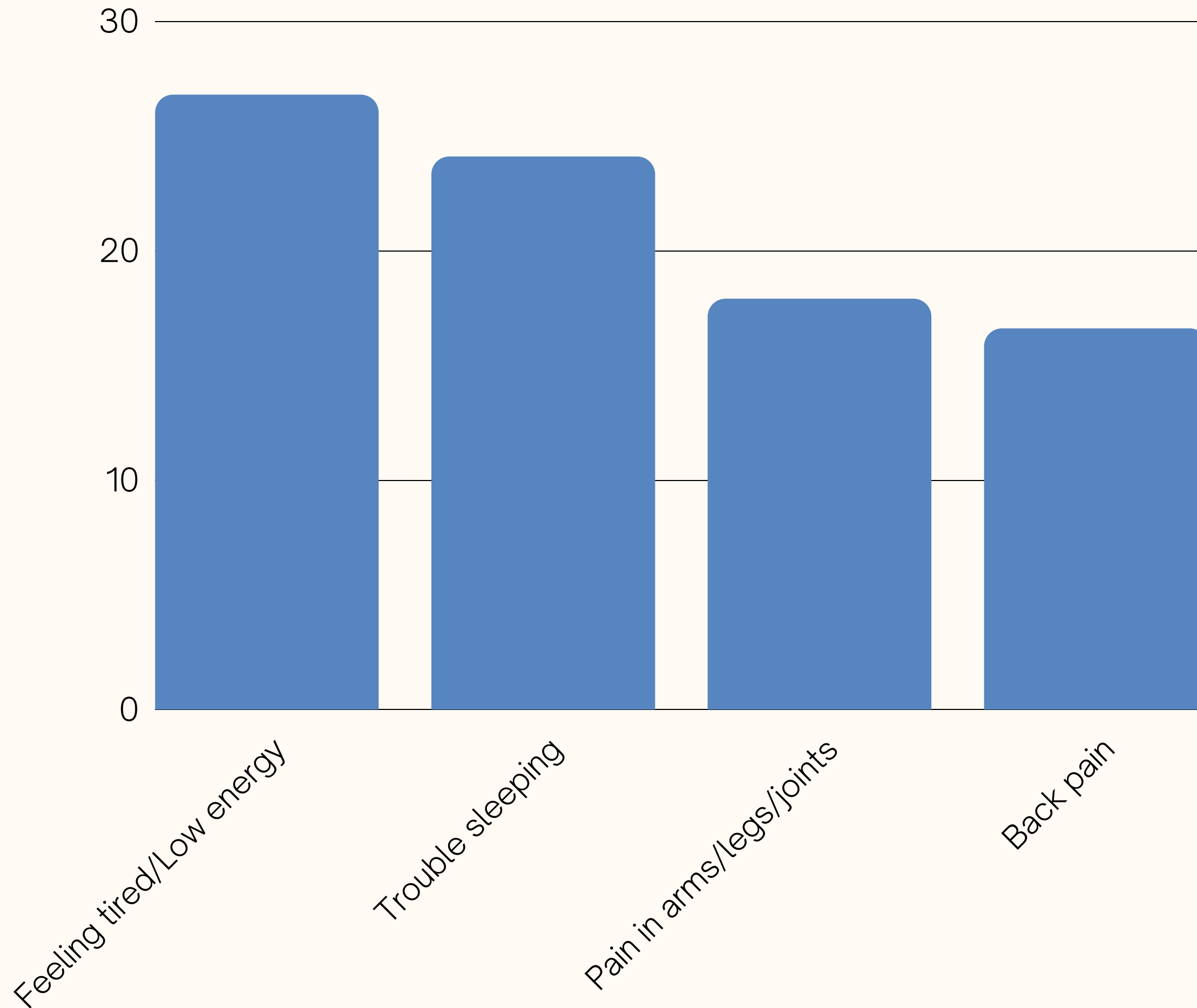


Mental Health Impact

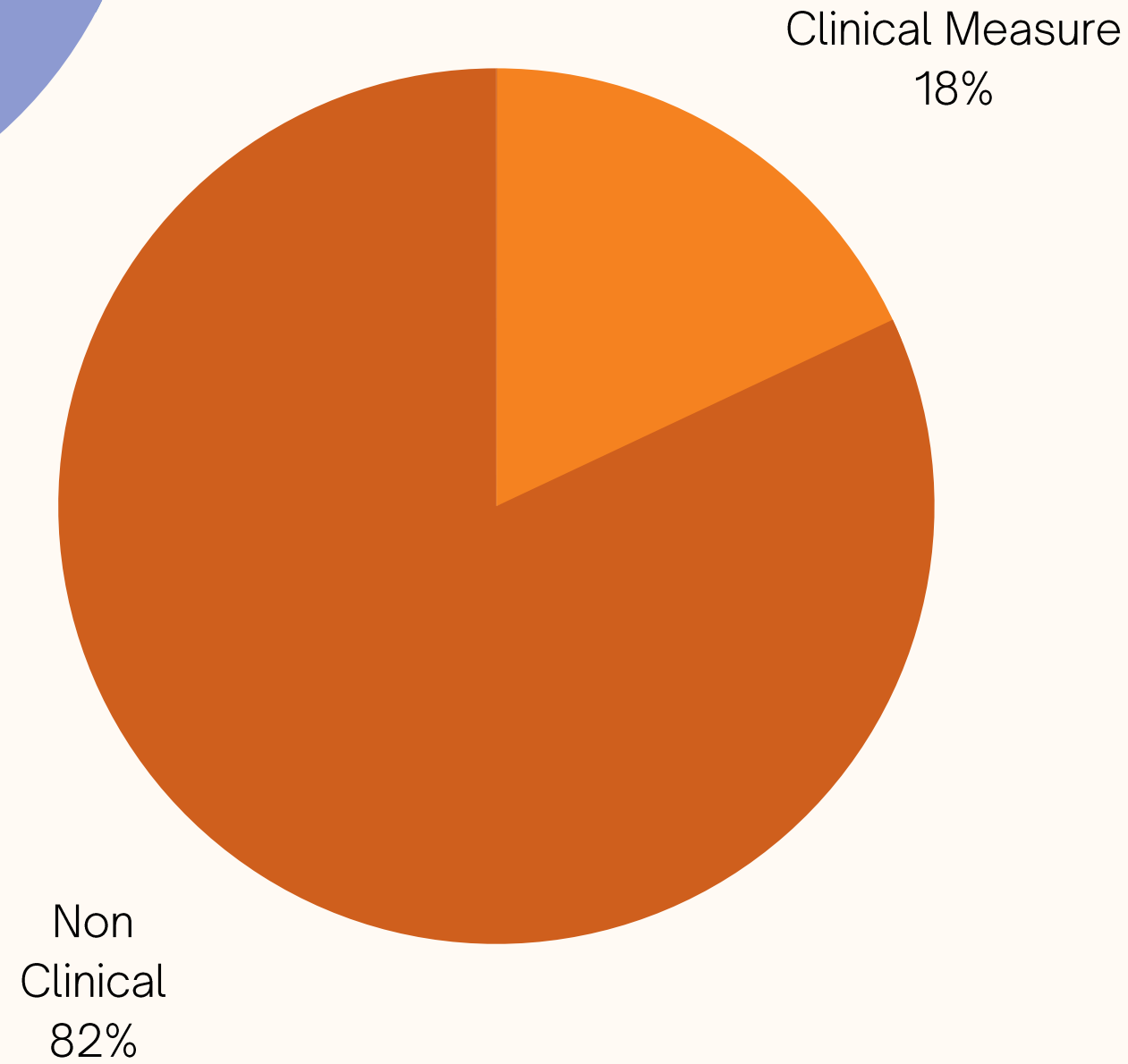
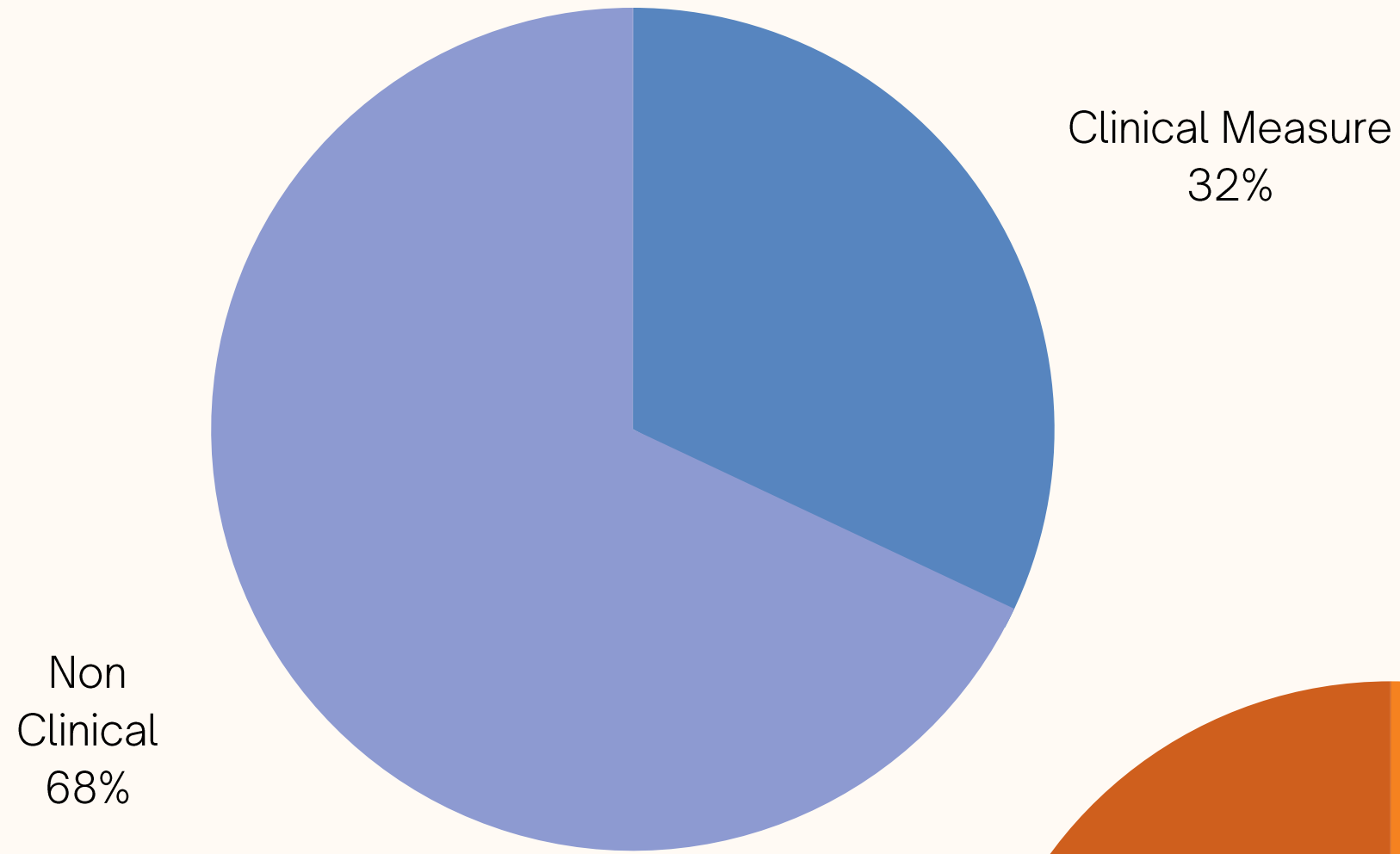


Physical Health

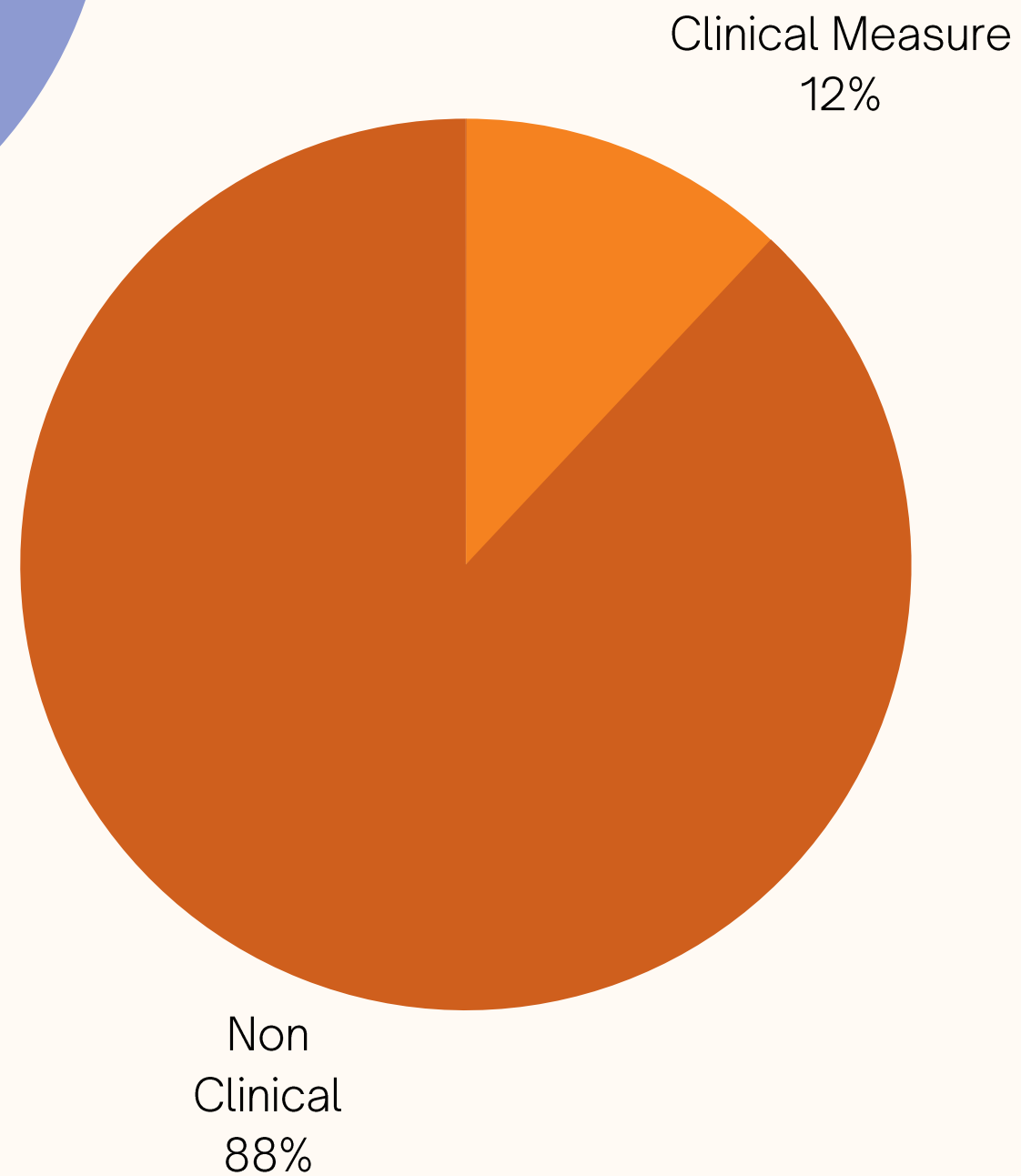
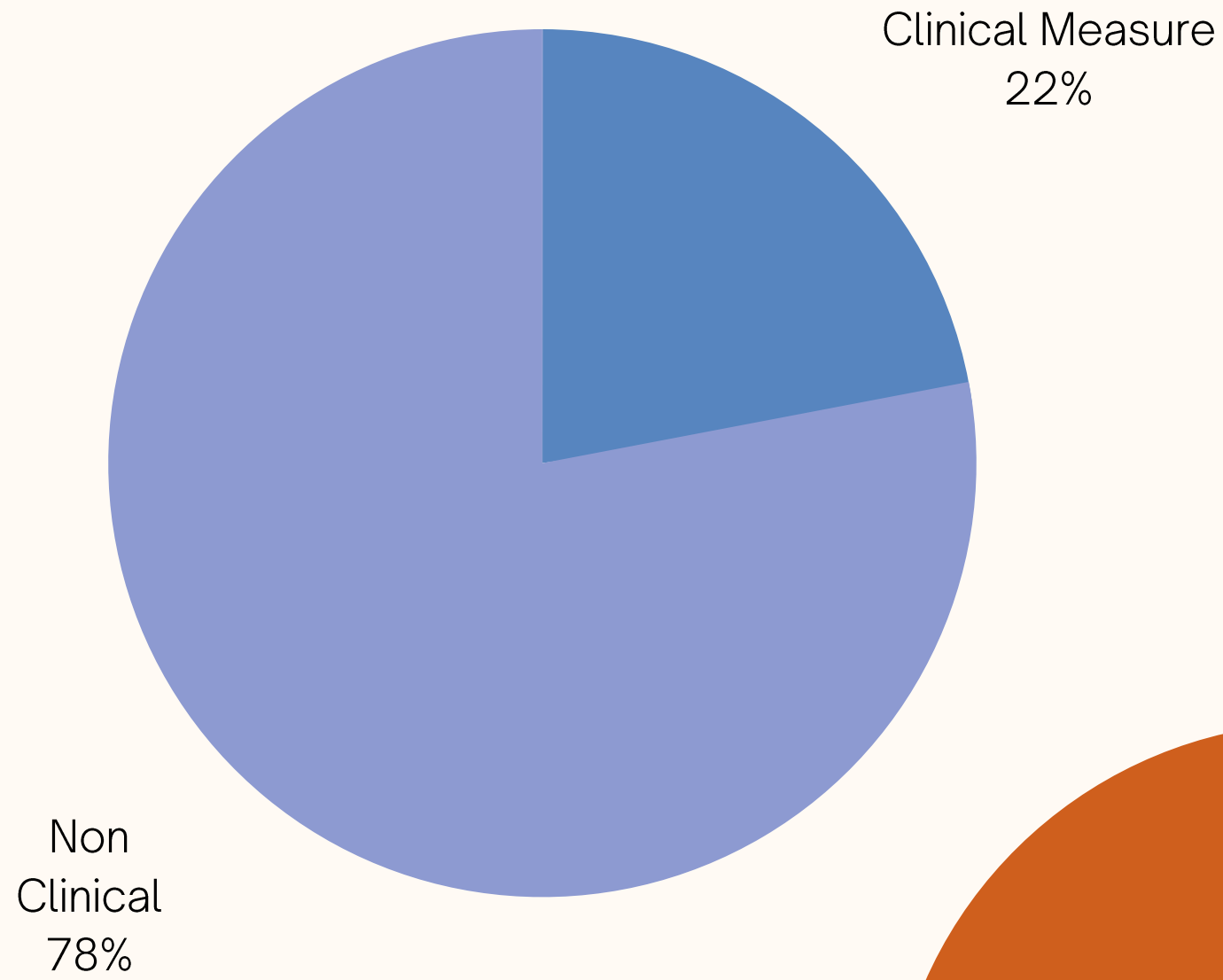
Highest symptoms that bothered people were feeling tired and having trouble sleeping



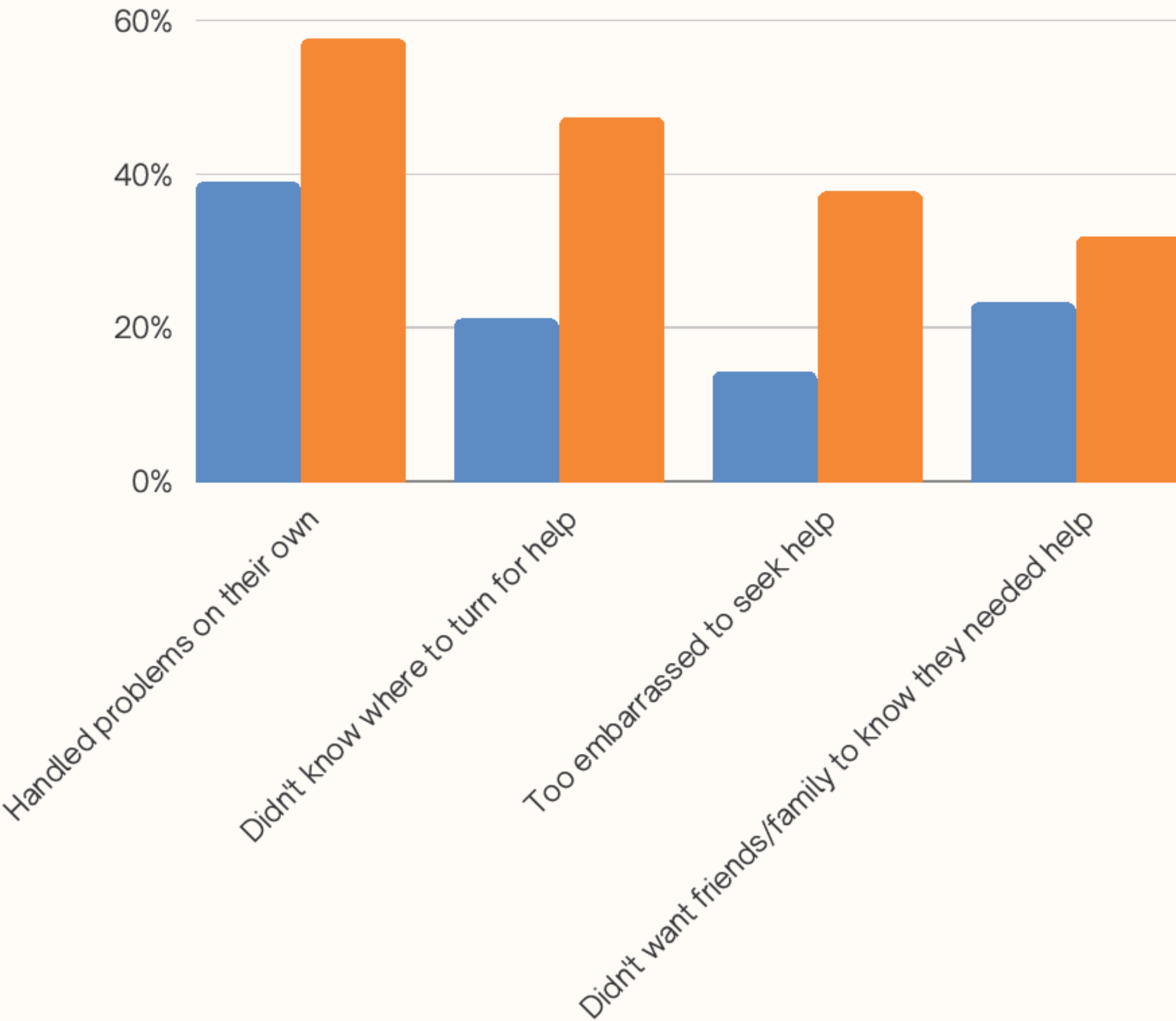
Anxiety measurement



Depression measurement



Help seeking behavior



How did COVID-19 impact your wellbeing?

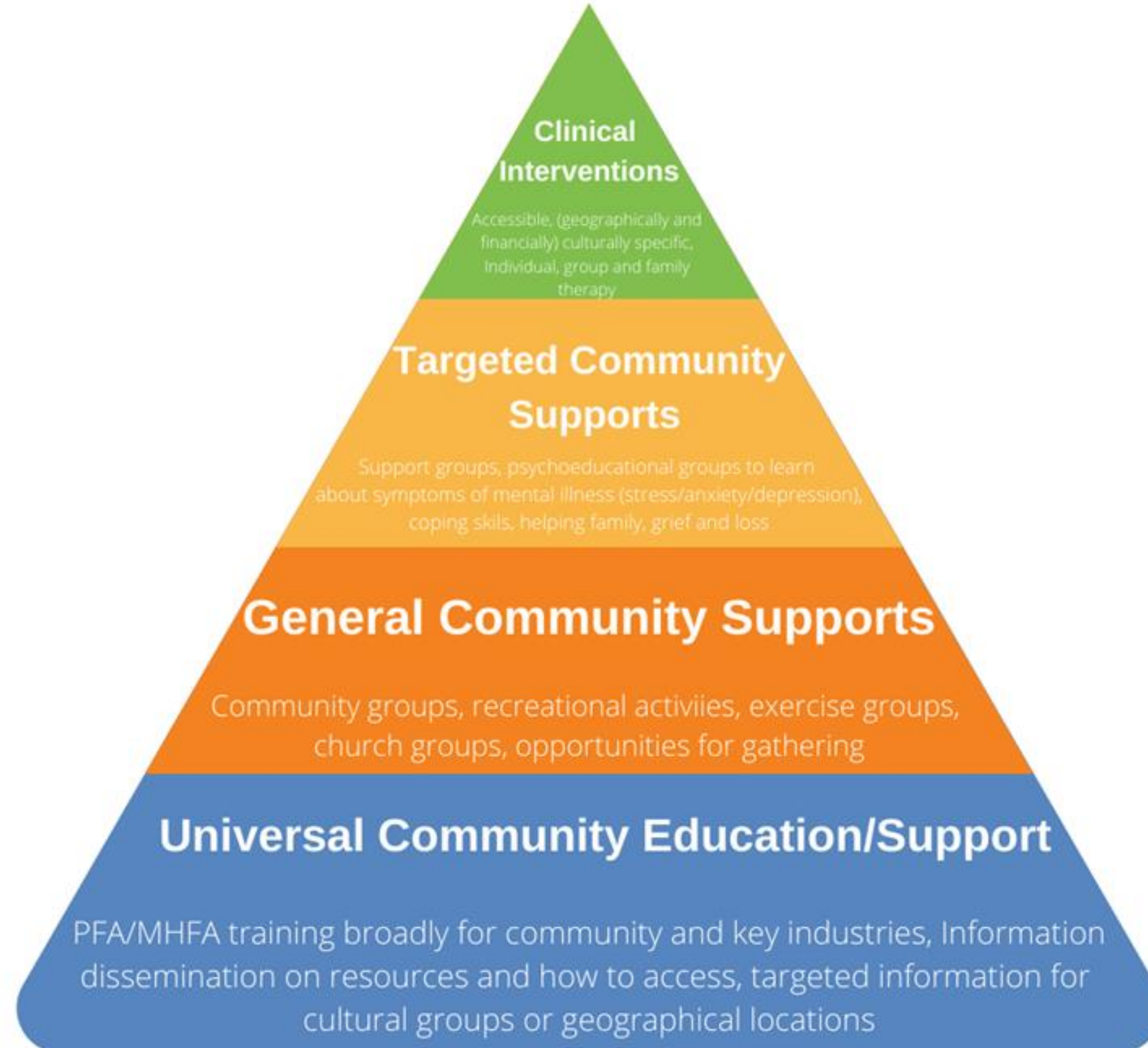
English

- Work
- Isolation
- Daily activities
- Sense of control
- Job stress
- Finances
- Fatigue
- Feeling worthless
- Stress/anxiety
- Worry about getting sick
- Current mental health symptoms worse
- Depression
- Loneliness

Spanish

- Anxiety
- Family
- Finances
- Getting COVID-19
- Isolation
- Stress
- Fear
- Loss of work

Santa Barbara County Tiered System of Care



Focus Group Themes

Social Connection Opportunities

Easy ways to interact with people (groups, activities). Opportunities to share stories.

Accessibility to Resources

Easy and quick access to mental health services and supports.

Education and Stigma Reduction

Education on symptoms, coping strategies, and how to access services in a way that reduces stigma.

Variety of Accessible Services & Supports

Range of therapy, groups, activities, faith based supports and community members trained to talk to people and know about resources.

Ideas

Community Social Engagement and Mental Health Resources App

Link to real time resources by geography, population, language, culture

Broadly Train Community Gatekeepers

PFA/MHFA/Resources (app) training for key industries and community members (ex: businesses, hairdressers, restaurant, pharmacists, primary care, surgery centers, etc.). Incentive training skill set for businesses.

Included in RFP

Social Connection Opportunities

Easy ways to interact with people (groups, activities)

Included in RFP

Community Connection Campaign

Sticker (805 Safe Space) campaign. Incentive skill set for businesses. Natural community connections. De-Stigmatizing support. Training on App and resource linkage.

Next Steps

- Proposals Awarded for Services
- Stakeholder Partnership Steering Committee to Continue
- Publication of Results