




# Mental Health

In addition to severe mental health disorders, mental health includes emotional, behavioral, and social well-being. Poor mental health, including the presence of chronic toxic stress or psychological conditions such as anxiety, depression or Post-Traumatic Stress Disorder (PTSD), has profound consequences on health behavior choices and physical health. While some mental health outcomes in San Joaquin County are similar to California benchmarks, mental health was a key concern among surveyed community members. Interviewees noted that the psychology of poverty, including living day-to-day and struggling to provide basic needs, can negatively impact one’s ability to make long-term plans, and can interfere with parenting abilities. In addition, poor mental health frequently co-occurs with substance use disorders. Youth, notably foster youth and lesbian, gay, bisexual, transgender and queer and/or questioning (LGBTQ) youth, and residents experiencing homelessness, were noted as particularly high risk populations for mental health concerns.

## Key Data

Indicators	Community Feedback
<p><b>Suicide Rate<sup>1</sup></b> <i>Age-adjusted; Rate per 100,000 population</i></p> <p>San Joaquin } 10.8 California } 9.8</p> <p><b>Mental Health Care Providers<sup>2</sup></b> <i>Rate of mental health providers per 100,000 population</i></p> <p>San Joaquin } 90.1 California } 157.0</p>	<p>“Mental health medications often don’t make someone feel better inside. They just address their outward behavior.” – Interviewee</p> <p>“In every family in America, there is someone struggling with mental health.” – Interviewee</p> <p><b>26.7%</b> of Community Survey respondents report that mental health is a top health concern in their community.</p>
Key Themes Expressed by Residents and Stakeholders	
<p><b>Access to mental health care</b></p> <ul style="list-style-type: none"> <li>- Limited resources</li> <li>- Need for culturally competent and linguistically appropriate care</li> </ul> <p><b>Toxic stress prevalence in community</b></p> <ul style="list-style-type: none"> <li>- Stress of poverty; racism/discrimination</li> <li>- Hopelessness</li> </ul> 	<p><b>Comorbidity: mental health and substance abuse</b></p> <ul style="list-style-type: none"> <li>- Self-medication</li> <li>- Life stress and substance abuse linked</li> </ul> <p><b>Trauma/PTSD as a result of violence</b></p> <ul style="list-style-type: none"> <li>- Family violence/individual adverse events</li> <li>- Community violence</li> </ul>



# Mental Health (continued)

## Additional Data

### Access to Mental Health Care

Adults Needing Treatment  
*% of adults reporting need for treatment for mental health, or use of alcohol /drug<sup>3</sup>*



"People with mental illness live **25 years less than the general population and die from the same causes** as the general population."

–Interviewee

The county's Psychiatric Health Facility was reduced in size a few years ago from 50 beds to the current size of 16 beds.

### Social Support and Stress

Social Support, Adult  
*% adults without adequate social / emotional support (age-adjusted)<sup>4</sup>*



**27.5%** of

Community Survey respondents indicated that life stress is a high concern in their community.

Bullying, Youth  
*% of 11th grade students reporting harassment or bullying on school property within the past 12 months for any reason<sup>5</sup>*



"Society says, 'Pull yourself up by your bootstraps.' This is not very empathetic."  
 –Interviewee

"Families do not provide the support that they used to. When this support is missing it is very hard to compensate for that through service providers."  
 –Interviewee

Exposure to Violence  
*Age-adjusted homicide mortality rate; per 100,000 population<sup>6, †</sup>*



Exposure to Poverty  
*% population with income at or below 200% Federal Poverty Line<sup>7, †</sup>*



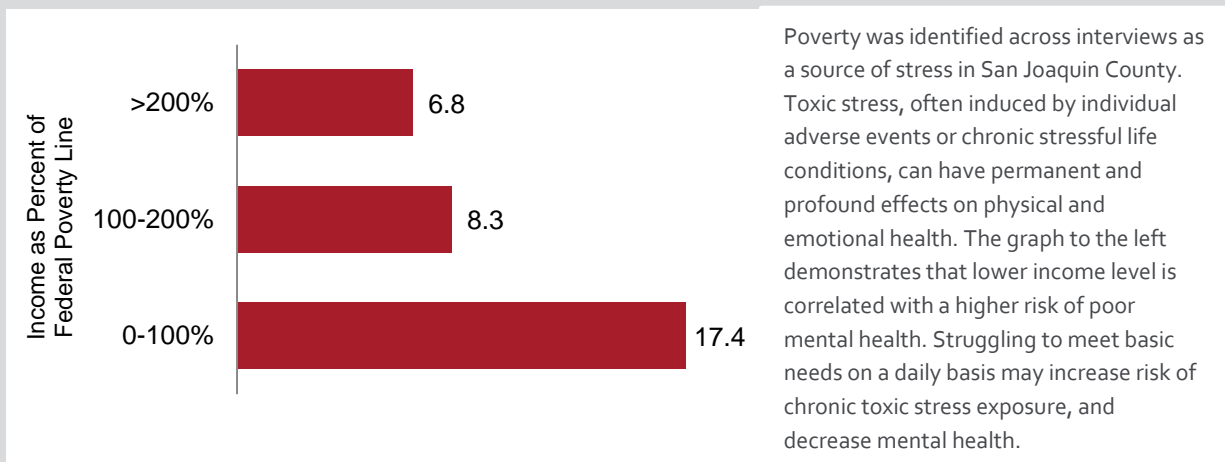
† Exposure to violence and poverty increases risk of poor mental health outcomes, including increased risk of depression. ("Adverse Childhood Experiences: Major Findings," Centers for Disease Control and Prevention, accessed November 2015, <http://www.cdc.gov/violenceprevention/acestudy/findings.html>.)



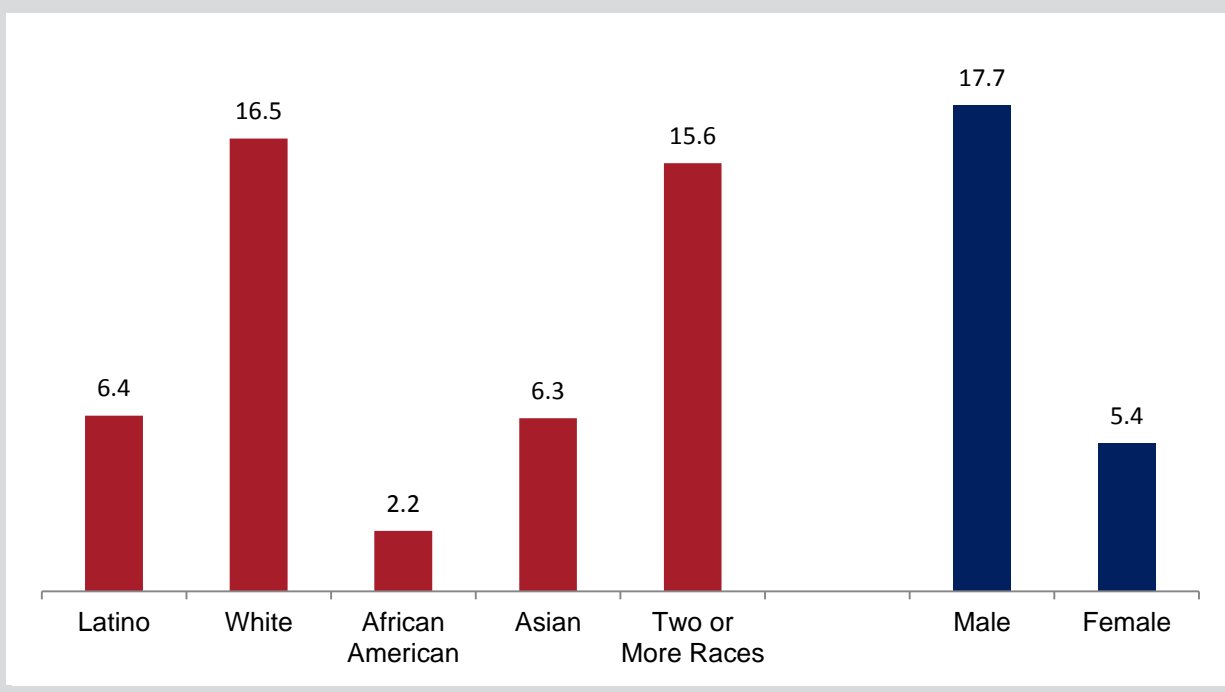
# Mental Health (continued)

## Salient Disparities

**Percent of Adult Population in San Joaquin County Who Reported Experiencing Serious Psychological Distress in Past Year, by Income<sup>8</sup>**



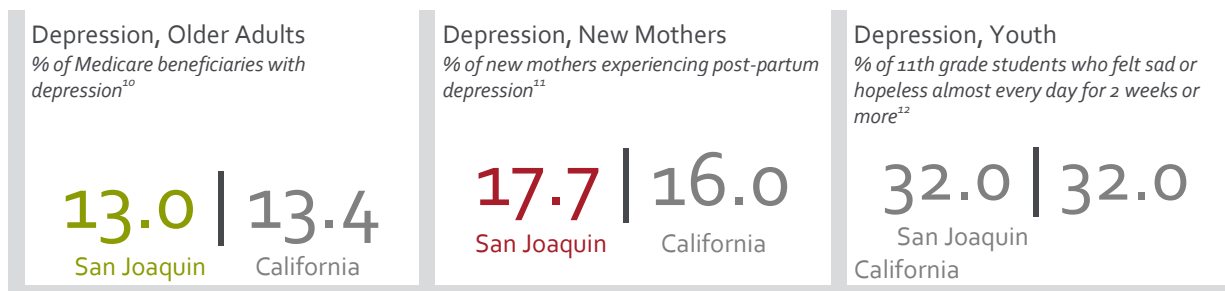
**Suicide Rate Per 100,000 Residents in San Joaquin County, by Race/Ethnicity and Gender<sup>9</sup>**





# Mental Health (continued)

## Salient Disparities



## Assets



<sup>†</sup> Assets excerpted from qualitative data and San Joaquin CHNA Core Planning Group. For a comprehensive list of county assets and resources, reference <http://www.211sj.org/>.

<sup>1</sup> University of Missouri, Center for Applied Research and Environmental Systems. California Department of Public Health, CDPH - Death Public Use Data, 2010-12.

<sup>2</sup> University of Wisconsin Population Health Institute, County Health Rankings, 2014.

<sup>3</sup> California Health Interview Survey, 2014.

<sup>4</sup> Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via the U.S. Department of Health & Human Services, Health Indicators Warehouse, 2006-12.

<sup>5</sup> California Healthy Kids Survey, 2009-11.

<sup>6</sup> University of Missouri, Center for Applied Research and Environmental Systems. California Department of Public Health, CDPH - Death Public Use Data, 2010-12.

<sup>7</sup> US Census Bureau, American Community Survey, 2009-13.

<sup>8</sup> California Health Interview Survey, 2012-14.

<sup>9</sup> State of California, Department of Public Health, 2013 Death Records. Population denominator from State of California, Department of Finance, Race/Ethnic Population with Age and Sex Detail, 2010-60. Sacramento, CA, December 2014.

<sup>10</sup> Centers for Medicare and Medicaid Services, 2012.

<sup>11</sup> Maternal and Infant Health Assessment, 2012.

<sup>12</sup> California Healthy Kids Survey, 2009-11.