Survey Panel Results

The Wellbeing Partners

August 2020

Background

Each month, The Public Good Projects conducts rapid polling to understand community attitudes toward certain health topics. Data from panel surveys are intended to provide quick information that can be easily applied to programs. All survey data are reported anonymously. Analysis of the survey results was conducted using IBM SPSS Statistics software.

For August 2020, the survey evaluated mental health stigma, access to services, self-care options, and needed supports with in the community . Respondents were required to be currently living in Nebraska or Iowa, and surveys were targeted toward those living in the specific counties identified by TWP in the Omaha/ Council Bluffs metropolitan area.

Demographics

There were a total of 379 responses from selected counties. A majority of respondents were from Douglas County (66%). A majority of respondents were white, female, and over the age of 35 years old. Half of respondents also reporting working full time, with 18% reported being unemployed, 13% retired, and 12% employed part time.

Demographic		
Female		60.8%
Male		38.1%
Other nonconforming		0.8%
Age Groups (in years)	18-24	17.7%
	25-34	22.0%
	35-44	25.9%
	45-54	11.6%
	55+	22.8%
Hispanic		7.1%
White		84.7%
Black/ African American		10.1%
Asian		2.9%
American Indian/Alaska Native		1.9%
Hawaiian Native/ Other Pacific Islander		0.8%
Other		1.6%

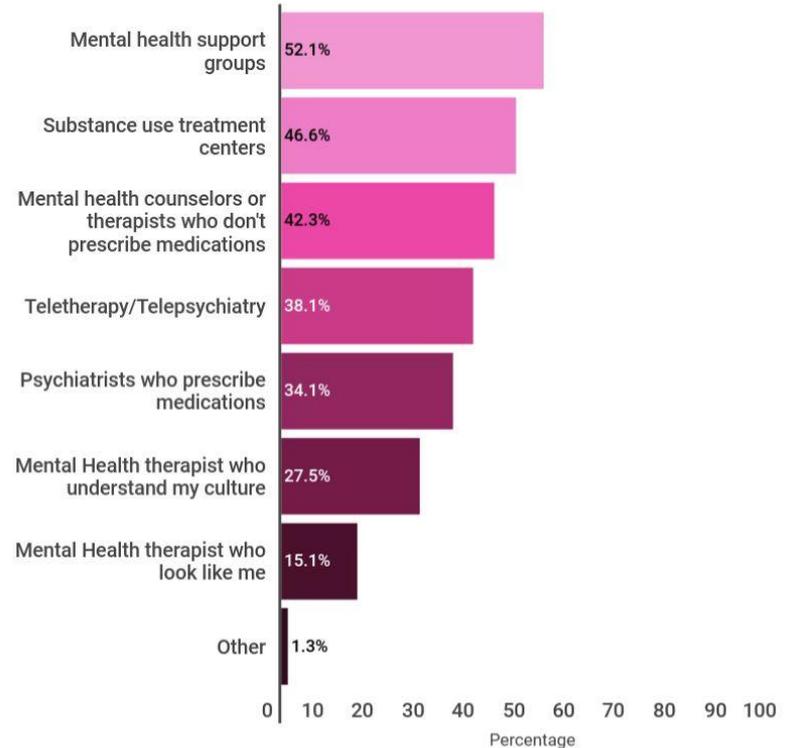| Demographic	
Cass County	3.2%
Douglas County	66.1%
Pottawattamie County	12.2%
Sarpy County	18.5%
Employed Full Time	50.0%
Employed Part Time	12.4%
Student	11.1%
Retired	13.2%
Unemployed	17.5%

Mental Health Stigma

To gauge stigma toward mental health, respondents were presented with following statements and asked how much they agreed or disagreed with them. Results showed that most respondents do not show stigmatizing views toward therapy/ counseling (87%) and treatment (84%). However, less than 50% of respondents believed that those with severe mental health conditions can full recover, and only 37% believed that employers are willing to hire a person who has received treatment.

Statement	% Agreement*
Therapy and counseling can be an effective treatment for people with mental health conditions.	86.8%
Medication can be an effective treatment for people with mental health conditions.	83.3%
People with severe mental health conditions can fully recover	48.4%
Most employers are willing to hire a person who has received treatment for a mental health condition	37.8%

Percentages show those who "Strongly Agreed" or "Agreed" with responses

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Access to Services

Respondents were asked to choose which mental health services they feel need to be more accessible within their communities. A majority of respondents felt their community needed more accessible mental health support groups (52%), followed by substance use treatment centers (47%), counselors or therapists who don't prescribe medications (42%), and teletherapy / telepsychiatry options (38%).

Service	Percentage
Mental health support groups	52.1%
Substance use treatment centers	46.6%
Mental health counselors or therapists who don't prescribe medications	42.3%
Teletherapy/Telepsychiatry	38.1%
Psychiatrists who prescribe medications	34.1%
Mental Health therapist who understand my culture	27.5%
Mental Health therapist who look like me	15.1%
Other	1.3%

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Self-care Options

Respondents were asked which self-care activities they engage in on a weekly basis (at right), as well as barriers preventing them from participating in self-care activities. Most people reported connecting with family and friends (61%), followed by spending time outside (56%). Most respondents felt that lack of energy (48%) and time (43%) were the biggest barriers to self-care.

Barrier	%
Lack of Energy	48.2%
Lack of Time	42.7%
Cost	39.1%
Unsure how to get started	17.5%

CONNECTING WITH FRIENDS/ FAMILY: 60.8%

SPENDING TIME OUTSIDE: 56.1%

TAKING PART IN A HOBBY: 53.7%

EXERCISING: 46.5%

SLEEPING AT LEAST 8 HOURS A NIGHT: 43.2%

EATING A BALANCED DIET: 34.9%

SPEND TIME OFF/ AWAY FROM COMPUTERS, PHONES, ETC: 34.7%

MEDITATION, SITTING ALONE IN SILENCE: 30.2%

WRITING, JOURNALING, BLOGGING: 18.3%

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Mental Health Support Needs

In an open response question, respondents were asked how their community could better support their mental health needs. 18% of respondents expressed a need for more resources while 13% requested more affordable care, 11% wanted the community to be more supportive, 9% requested more education and outreach, and 5% requested more social or group events.

Theme	%
Increased access to resources: More access to treatment, facilities, providers, available appointments. *"I live in a rural area where there is no doctors office, so I have to drive 30 minutes for any mental health"*	18%
Affordable treatment: Free or less-expensive mental health services. *"Low cost therapy"*	13%
Community support: Members of the community being more supportive or less judgmental *"Be more open minded and less judgemental," "More support"*	11%
More education and outreach: More advertisements of services, mental health education for the community, or reducing stigma. *"Train police officers to understand mental illness better." "Provide more info on available resources"*	9%
More social or group events: More group activities, including peer and support groups *"Offer more social opportunities, clubs, support groups."*	5%

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Thank you