



# San Juan County Community Survey: Mental Health

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**EXTENSION**  
UtahStateUniversity.

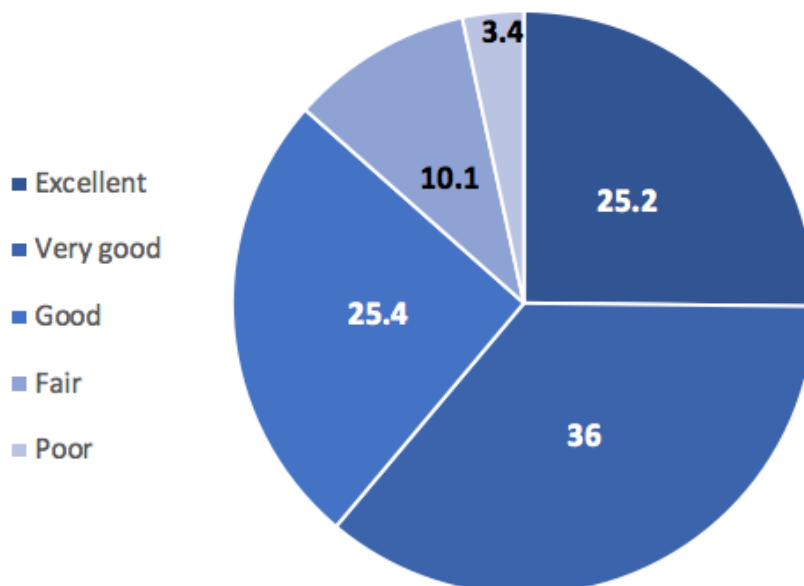
To understand the needs and priorities of San Juan county residents (n= 585), a partnership was formed by a Utah State University researcher the San Juan County Prevention Action Coalition collaboration (SJCPAC).

Through this effort, a 51-question survey was disseminated to county residents. Overall the survey asked about the needs and gaps in community services, substance abuse, mental health concerns, transportation needs, inner family/partner violence or abuse, and housing status. This report specifically highlights key findings on mental health within the San Juan County are.

## Resident Self-Reported Mental Health

Residents were asked to rate their mental health ranging from excellent to poor. if they have ever had concerns with their mental health. The figure below shows resident responses (n = 565).

**Self-Reported Mental Health (%)**



Overall, the most respondents reported that they either excellent (25.2%), very good (36%), or good (25.4%) mental health.

## Resident Mental Health Concerns

Residents were asked whether or not they have ever had a concern with their mental health.

### Resident Report of Mental Health Concern (%)



..... No Mental Health Concern ..... 52.1%



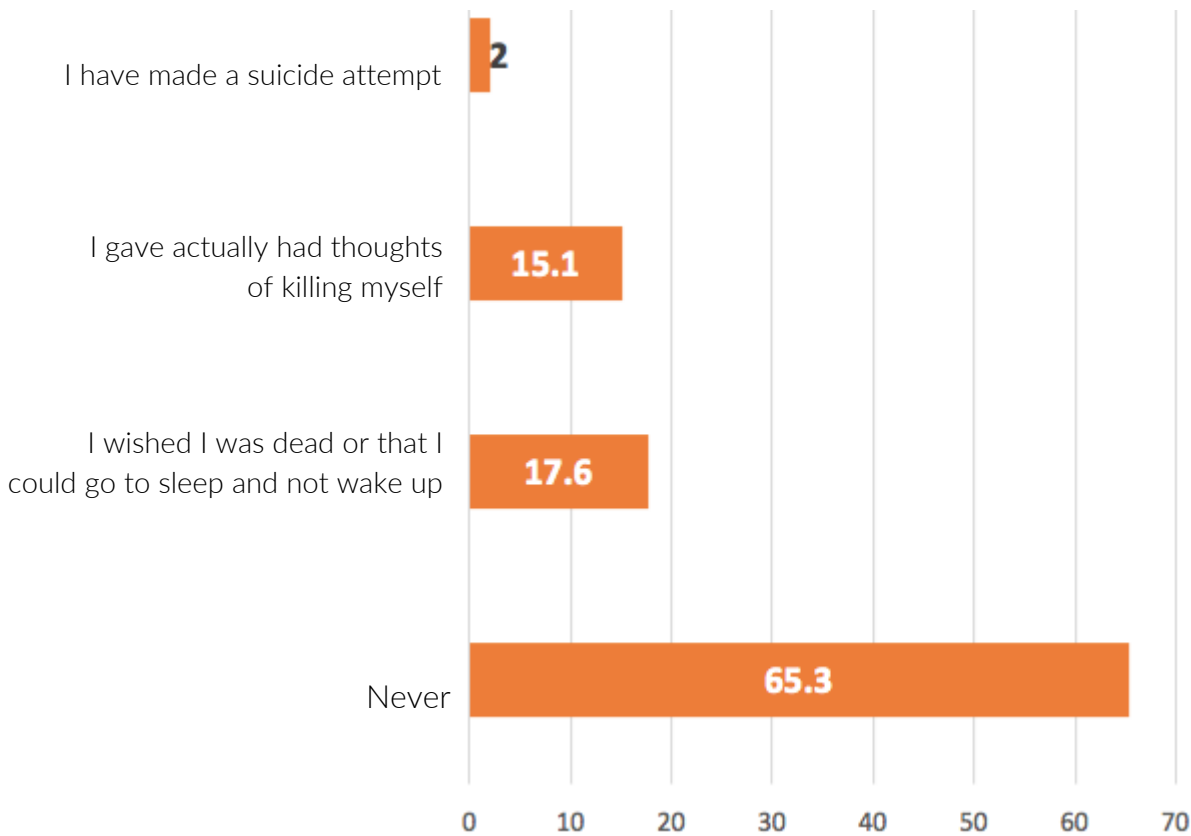
..... Mental Health Concern ..... 47.9%

Overall, residents were split on their report of ever having a mental health concern.

## Suicide Ideation & Attempts

The figure below shows the distribution of resident responses to a question assessing history of suicide ideation or attempts.

### Suicidal Ideation or Attempt (%)

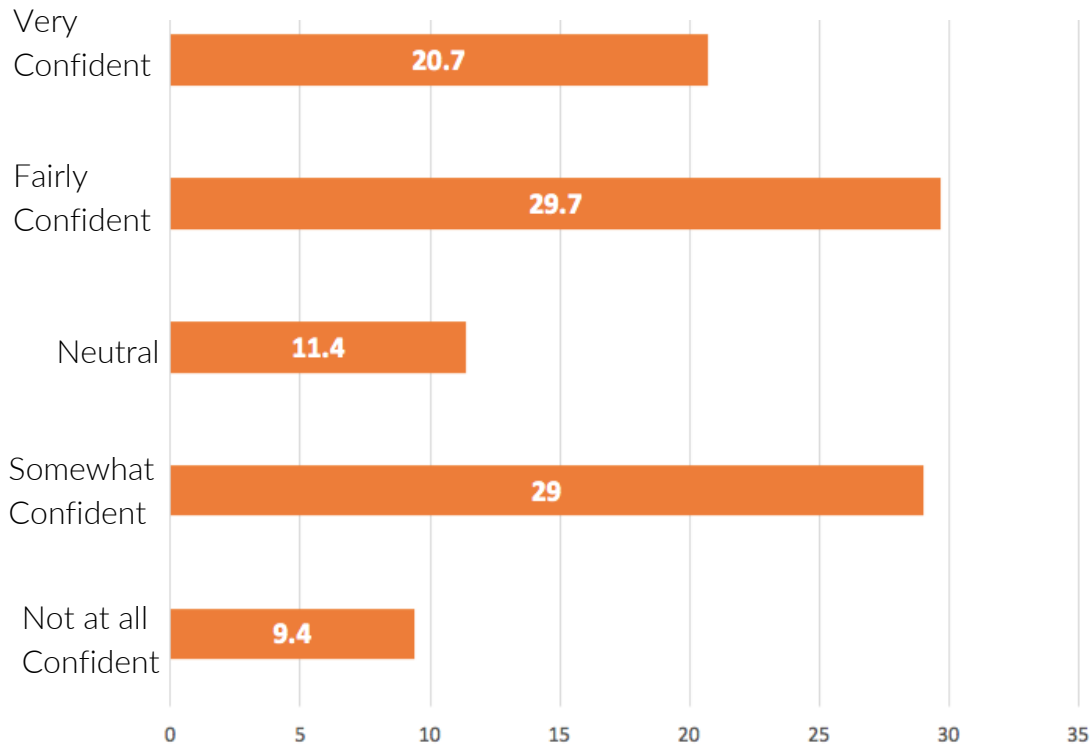


Overall, more than half of the survey's respondents indicated that they had never had suicide ideation or attempt. However, this also means that 34.7% of respondents had experienced suicide ideation or made an attempt.

## Mental Health Crisis Upstander

Residents next reported how confident they were that they would know what to do if they encountered someone experiencing a mental health crisis.

### Confidence Getting Help with Mental Health Crisis (%)

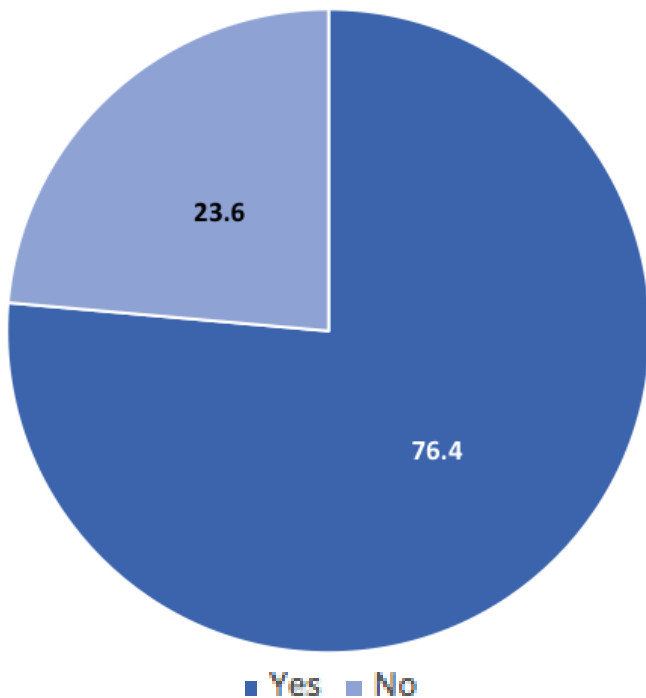


More than half of respondents were confident that they knew what to do when they encountered someone experiencing a mental health crisis. However, 38.4% of respondents were either somewhat or not at all confident that they knew what to do when encountering someone experiencing a mental health crisis.

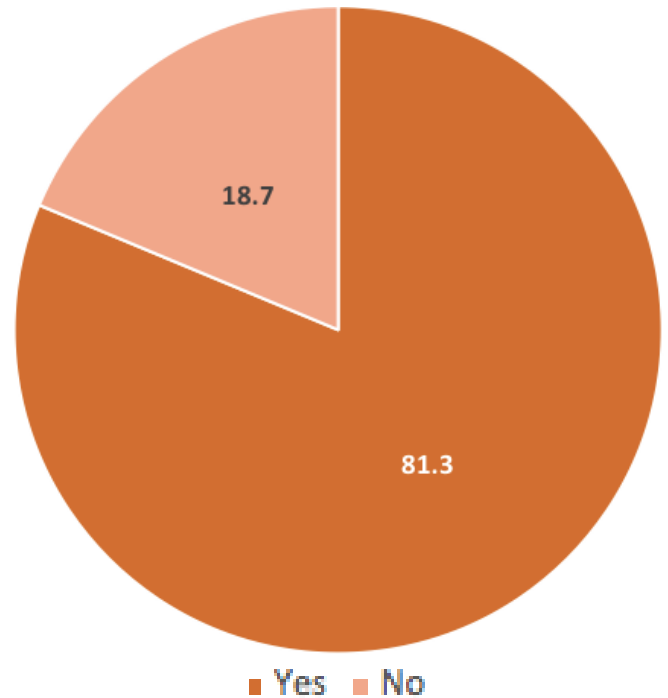
## Emotional Abuse

The figures below visualize reporting of participant (either themselves or someone they know) who had experienced or witnessed emotional abuse.

### Experienced Emotional Abuse (%)



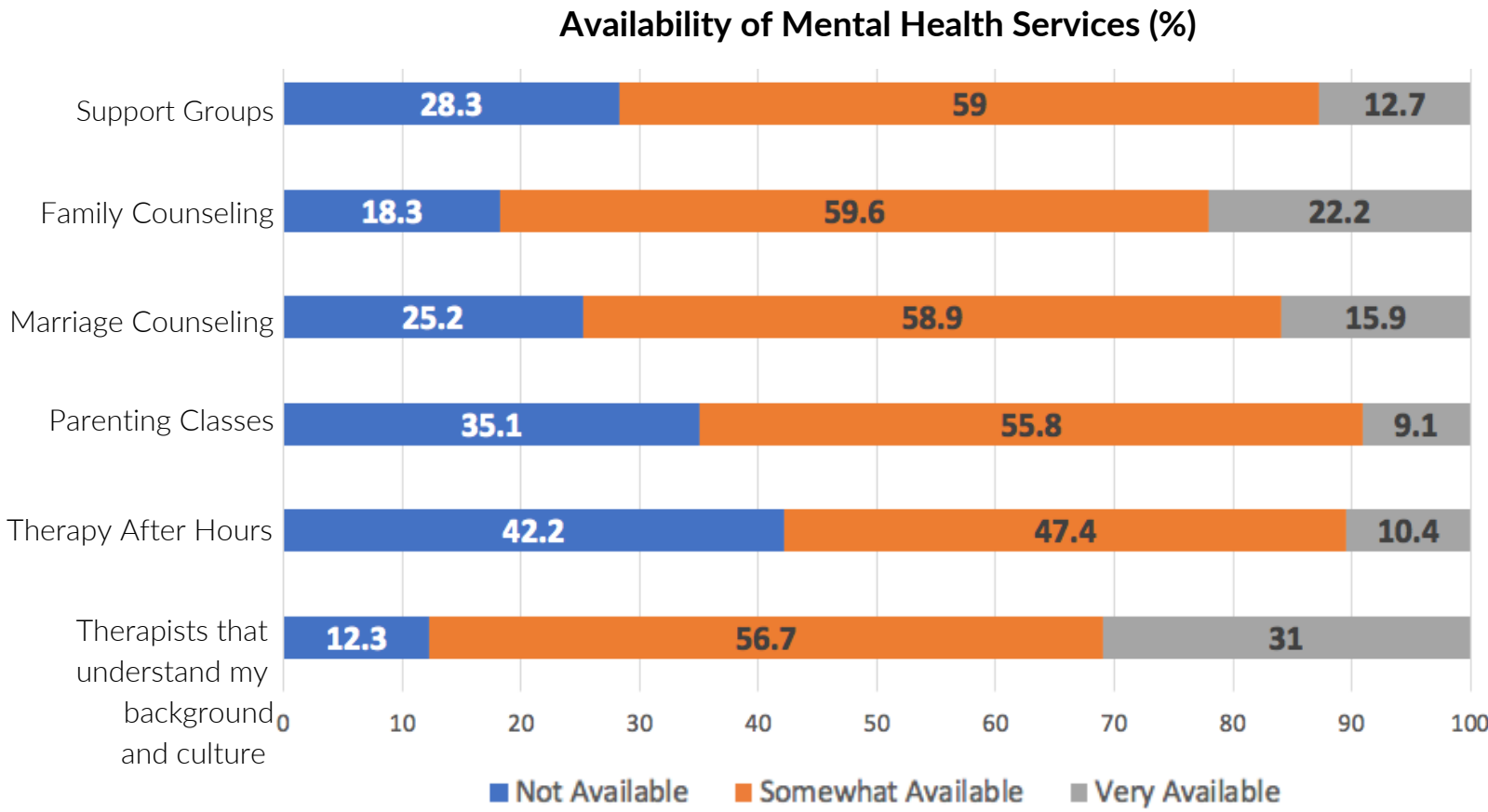
### Witnessed Emotional Abuse (%)



## Mental Health Services

The final question asked residents to rate the availability of mental health services (e.g. therapists that understand my background and culture) in the community.

The figure below visualizes the responses to the availability of each of the following mental health services.



Overall, respondents think that services are mostly somewhat available.

## Implications

Community organizations should continue to offer and improve accessibility of mental health programming. While most respondents had excellent to good mental health, almost half of respondents said that at some point they had experienced a mental health concern. Respondents also reported high levels of suicide ideation/attempts and experiencing or witnessing emotional abuse. Couple these findings with most services being "mostly available" suggests a need to strengthen and expand current services in the county.

Moving forward, San Juan County organizations and agencies can utilize these findings to inform the direction of programming and we suggest the use of a collective impact approach.