

## What is it?

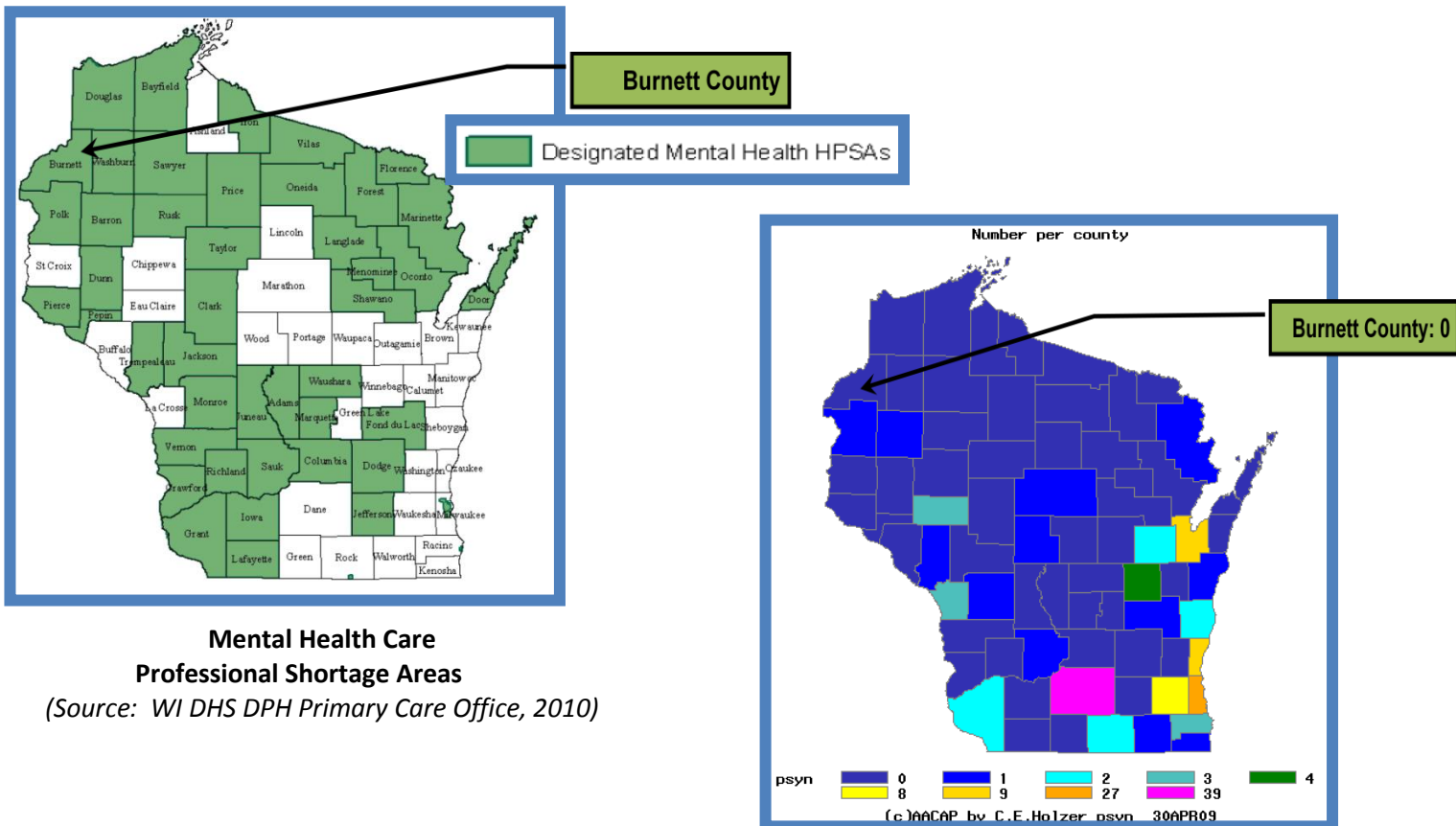
Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

## Why should I care?

- One out of five people will experience a mental health problem of some type during a one-year period (Source: *Healthiest Wisconsin, 2020*).
- Mental and physical health are closely connected, hence the statement "there is no health without mental health" (Source: *Healthiest Wisconsin, 2020*).
- Mental health disorders are associated with increased rates of chronic health problems and risk factors such as smoking, physical inactivity, obesity, and substance abuse and dependence (Source: *Healthiest Wisconsin, 2020*).
- In the U.S., persons with mental illnesses represent an estimated 44.3 % of the tobacco market and are nicotine dependent at rates that are 2-3 times higher than the general population (Source: *Healthiest Wisconsin, 2020*).

## Mental Health in Burnett County

### Access to Mental Health Care

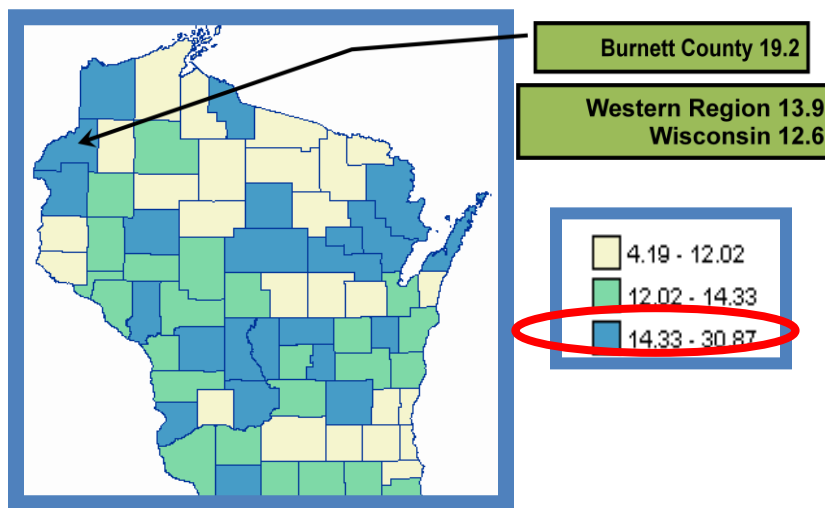


### Mental Health Care Professional Shortage Areas

(Source: WI DHS DPH Primary Care Office, 2010)

# of Practicing Child & Adolescent Psychiatrists  
(Source: <http://dpi.wi.gov/sspw/socialwork.html>)

## Suicides



**Suicides, 2006-10**  
(Source: WISH)

## Suicide Among Youth

In the 2012 Youth Risk Behavior Survey distributed to high school students in Burnett County, the following statistics were reported:

- 14.5% **seriously considered suicide**, which is **higher** than WI (14%) and **lower** than the US (16%) for 2011.
- 7.5% **attempted suicide**, which is **higher** than WI (7%) and **lower** than the US (8%) for 2011.
- 2.2% **made a suicide attempt requiring medical treatment**, which is **lower** than WI and the US (both 3%) for 2011.

## Obstacles to Getting Care for Mental Health Needs

- Funding for medications
- Lack of Psychiatric providers
- Keeping qualified staff in small communities
- Cost
  - there is a reasonable sliding scale fee, but some residents do not know about this so they think they cannot afford mental health care
- Knowledge of Resources
  - many residents do not know what is available in the community

## Existing Assets and Resources in Burnett County Related to Mental Health

**24 Hour Mental Health Crisis & Hotline Number, 888.636.6655**

### **Counseling**

- Aurora-Individual therapy for youth and adults. Mental health and substance abuse therapy.
- Families First-Individual, child, couple, and family counseling, including in-home family therapy.
- St. Croix Tribal-AODA and Mental Health outpatient therapy

### **Travis Hinze, PhD - Psychology Services (Burnett Medical Center, Spooner, Osceola)**

- Psychological and neuropsychological evaluations and individual psychotherapy. ADD/ADHD, memory, IQ, personality, learning problems, depression, anxiety, bariatric surgery evaluations, and others. Serving children age 5 and up and adults.

### **Burnett County Department of Health and Human Services**

- Information and referral to outpatient mental health, AODA and psychiatry counseling services. Sliding-fee payment options available.

### **Mental Health Task Force**

- Increases awareness of mental health concerns, specifically suicide, including developing a Suicide Task Force through mentorship from the Mental Health Task Force of Polk County.

### **Child Death Review Team**

- Assessment, intervention, evaluation, and treatment services for children, adolescents and adults. Psychological testing, referral services, clinical diagnostic services, and individual and group therapy are also available. Psychiatry services available.

### **St. Croix Regional Medical Center**

- Assessment, intervention, evaluation, and treatment services for children, adolescents and adults. Psychological testing, referral services, clinical diagnostic services, and individual and group therapy are also available. Psychiatry services available.

### **Northwest Journey, Siren and Amery**

- A community based treatment option by offering comprehensive services aimed at creating family stability and individual success. Mental Health Day Treatment Program for Youth.

### **Northwest Passage, Frederic**

- Child & Adolescent Center-comprehensive 30 day clinical mental and behavioral health assessment program for clients 6-17 years of age.
- Passage I-comprehensive treatment program for adolescent males 12-17 years of age who are experiencing significant emotional and behavioral needs.
- Passage II-Short-term, challenge-based residential mental health treatment program for males 12-17 years of age.
- Passage III-intensive residential services for adolescent females 12-17 years of age who are experiencing significant emotional and behavioral needs.

### **On-call Oversight Committee**

- Area mental health service providers meet on a regular basis to discuss service usage rates and current concerns.