

What is it?

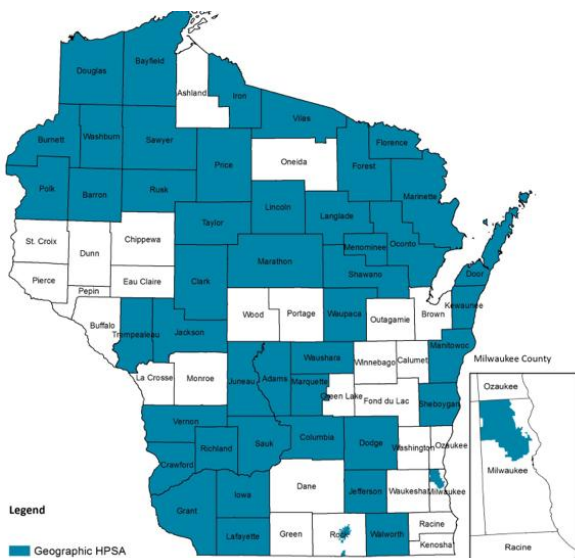
Mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

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

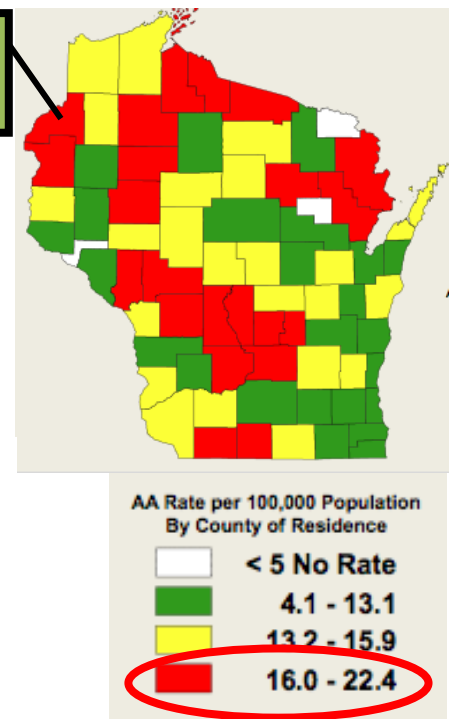


**Geographic Mental Health
Federally Designated Health
Professional Shortage Area (HPSA)**

(Source: WI DHS DPH Primary Care Office, 2013)

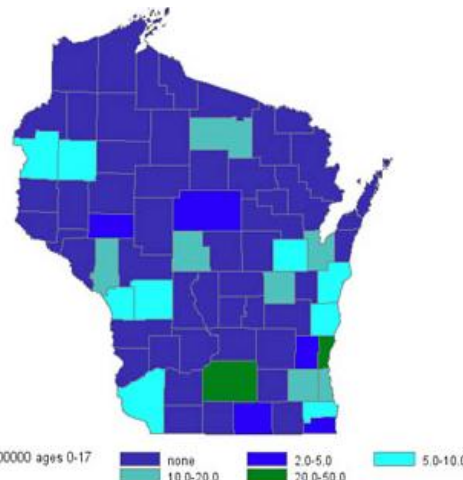
**Burnett County 19.9
Western Region
14.5**

Suicides



(Source: WISH, 2009-2013)

of Practicing Child & Adolescent Psychiatrists



(Source: <http://dpi.wi.gov/sspw/socialwork.htm>, 2013)

Suicide Among Youth

In the 2014 Youth Risk Behavior Survey distributed to high school students in Burnett County, the following statistics were reported:

- 16.7% **seriously considered suicide**, which is **higher** than WI (13%) and **higher** than the US (14%) for 2013.
- 5.2% **attempted suicide**, which is **lower** than WI (6%) and **lower** than the US (8%) for 2013.
- 2.3% **made a suicide attempt requiring medical treatment**, which is **lower** than WI and the US (both 3%) for 2013.

Existing Assets and Resources in Burnett County Related to Mental Health

24 Hour Mental Health Crisis & Hotline Number: 888-636-6655.

Solstice Warmline: Non-clinical service and not equipped to handle emergencies; answered by people who have experience of mental and/or substance use issues and are trained to support people during tough times. Operates Monday-Friday 4-10pm, Saturday/Sunday 2-10pm. 608-422-2383.

Counseling

- Aurora Community Counseling-Individual therapy for youth and adults. Mental health and substance abuse therapy and psychiatry.
- Families First Counseling-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.

St. Croix Regional Medical Center

- Assessment, intervention, evaluation, and treatment services for children, adolescents and adults. Psychological testing, referral, clinical diagnostic services, individual and group therapy, and 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 Crisis Oversight Committee

- Representatives from area schools, Law Enforcement, Mental Health Counseling facilities, Crisis line staff, and Medical providers, amongst others, meet quarterly to review community needs, recent trends in crisis contacts, how best to adjust to those trends, review of cases, updates for all providers involved in mental health crisis, review of Emergency Detention protocol and resources available in the community.