

# Mental Health

## Poor Mental Health Days in the Past 30 Days in Burnett County, 2016

3.9

Source: County Health Rankings, 2018



### What is it?

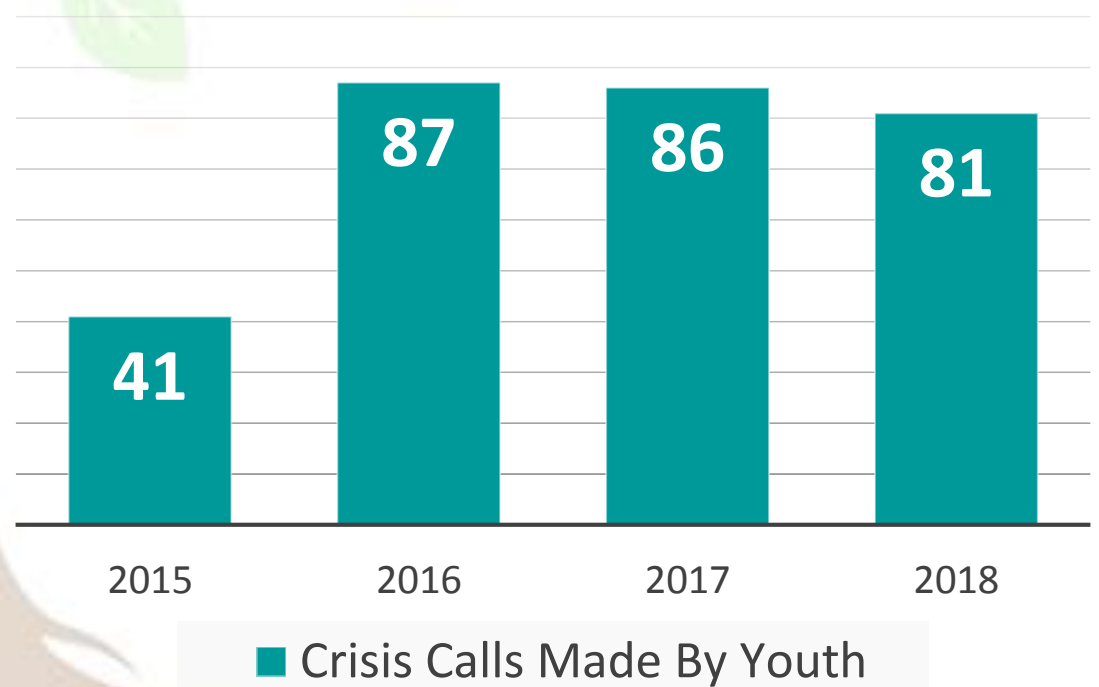
Mental health is an individual's emotional, psychological and social well-being.

### Why Should I Care?



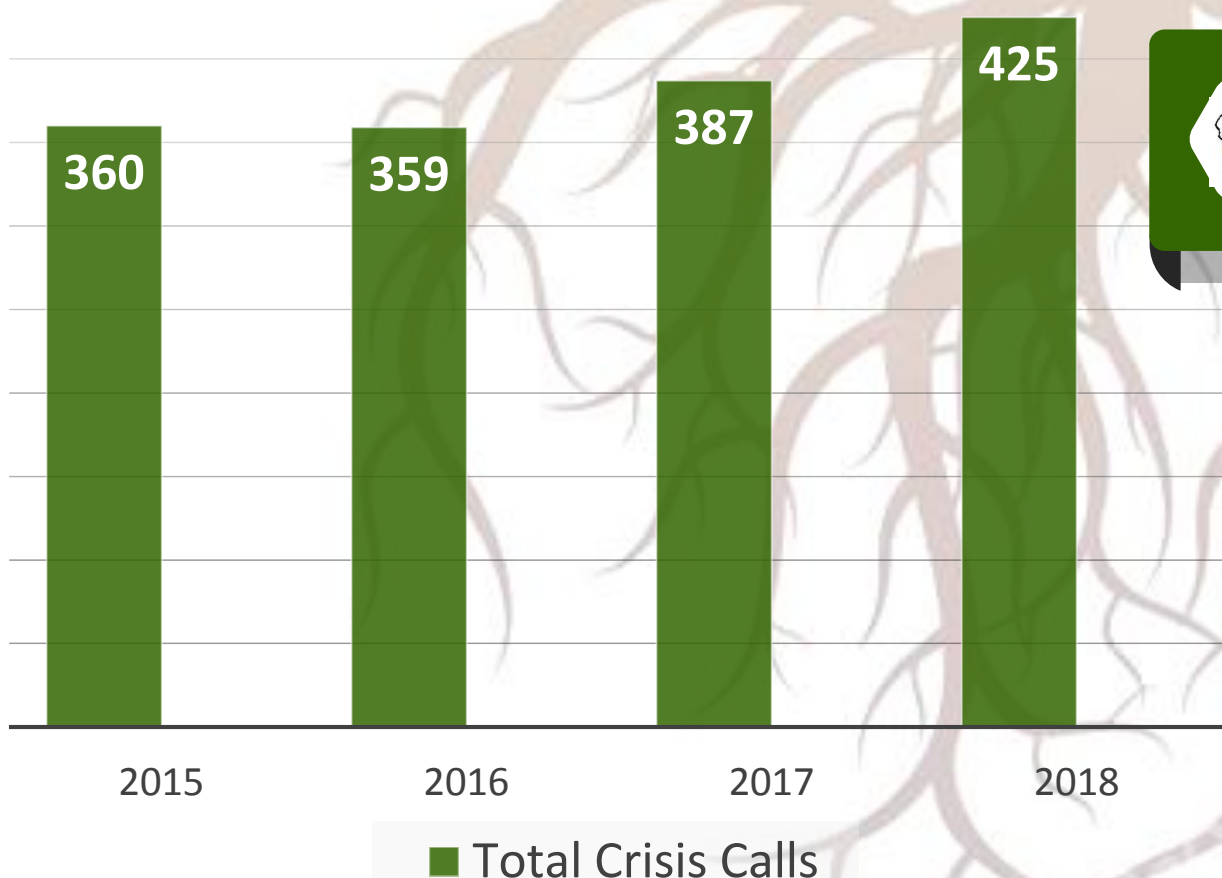
Burnett County has a Mental Health provider shortage and has for many years.

## Crisis Calls Made By Youth



Source: Burnett County Behavioral Health

## Burnett County Crisis Calls



### Community Health Survey

61% of the community survey respondents feel **Mental Health** is a top health concern.

Source: Burnett County Behavioral Health

# Mental Health

## Emergency Detentions in Burnett County

2016: 32

2017: 36

2018: 36

Source: Burnett County Behavioral Health

According to the 2017 WI Youth Risk Behavior Survey, **1 in 6** students reported they had engaged in self-harm.

Source: 2017 WI YRBS, Wisconsin DPI

## 2015 Wisconsin Diagnosed Depression and Anxiety Stats

6% w/  
Depression



4% w/  
Anxiety



5% w/  
Both

That is enough  
people to fill  
Lambeau Field  
more than **10**  
**times.**

Source: Wisconsin Family Health Survey, 2015, released in 2017

## 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 24/7. 608-244-5077.**

### **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.
- SOAR Service, Inc. located in Siren, Shell Lake, and Ashland.

### **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. Now also available at Webster Health Clinic.

### **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 and Webster**

- Child & Adolescent Center-comprehensive 30 day clinical mental and behavioral health assessment program for clients 6-17 years of age.
- Riverside - comprehensive treatment program for adolescent males 12-17 years of age who are experiencing significant emotional and behavioral needs.
- Prairie View - 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.

