



**A snapshot report for
April 15, 2024 - August 20, 2024**

Mental Health

Data:



Ratio of population to mental health providers

Hall:	260:1
Hamilton:	850:1
Merrick:	*3830:1
NE:	330:1
US:	340:1

*Since this data was collected, one psychiatrist has been added.

Questions:

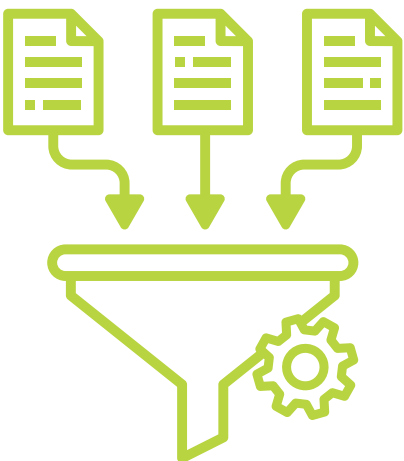
- Even with the new provider, why does Merrick County stand out?
- How many of these providers are qualified to or treat or do treat children?
- How many of these providers are Bilingual?
 - What does the ratio of Spanish-speaking providers to Spanish speaking residents look like?
- Are there barriers that keep mental health providers from working in our area?
- What is an ideal ratio?

Overview

A 2022 Community Health Assessment (CHA) of Hall, Hamilton, and Merrick counties, showed a need to improve culturally appropriate behavioral health resources.



As part of the Community Health Improvement Plan (CHIP), work has been ongoing between partners to improve access to culturally appropriate behavioral health resources.



March 2024 CDHD launched Credible Mind (CM), a free online mental health platform available to all residents in the Central District in English & Spanish. CM offers over 200 topics related to mental health and wellbeing.

Credible Mind Users

Demographics

Demographic data provided by 10.9% users

Gender		Age		Language	
Female	94.74%	18-24	5	English	559
Male	5.26%	25-34	15	Spanish	13
		35-44	16		
		45-54	16		
		55-64	6		

Access

- 563 Total Users
- 46 Registered Users
- 688 Sessions
- 34.22% Access on Mobile Device
- 65.60% Access on Desktop

*Shows anonymity is key!

Engagement

- 42.10% used a resource
- 12.26% used topic center
- 10.48% used a list
- 8.70% completed an assessment
- 8.35% read something
- 2.49% watched or listened to something



Topics

36 Topics searched from the Topic Center

Top 5 Viewed

- 1. Anxiety 18
- 2. Depression 11
- 3. Stress 10
- 4. Depresion 8
- 5. Parenting 8

74 different topics explored

Top 6 topics across all site content

(Includes topic centers, resources, assessments, and insights)

- 1. Flourishing or languishing 33
- 2. Anxiety 30
- 3. Addiction and Recovery 17
- 4. Depression 16
- 5. Parenting 14
- 6. Stress 14

Assessments



Total assessments taken 74

Unique Assessment users 52

Mental Health Check-in - 33

What's Your Attachment Style - 11

Dive Into Your Personality Big 5 - 9

What's Your Mental Health Profile - 5

Resource Engagement

145 Unique Resources Viewed

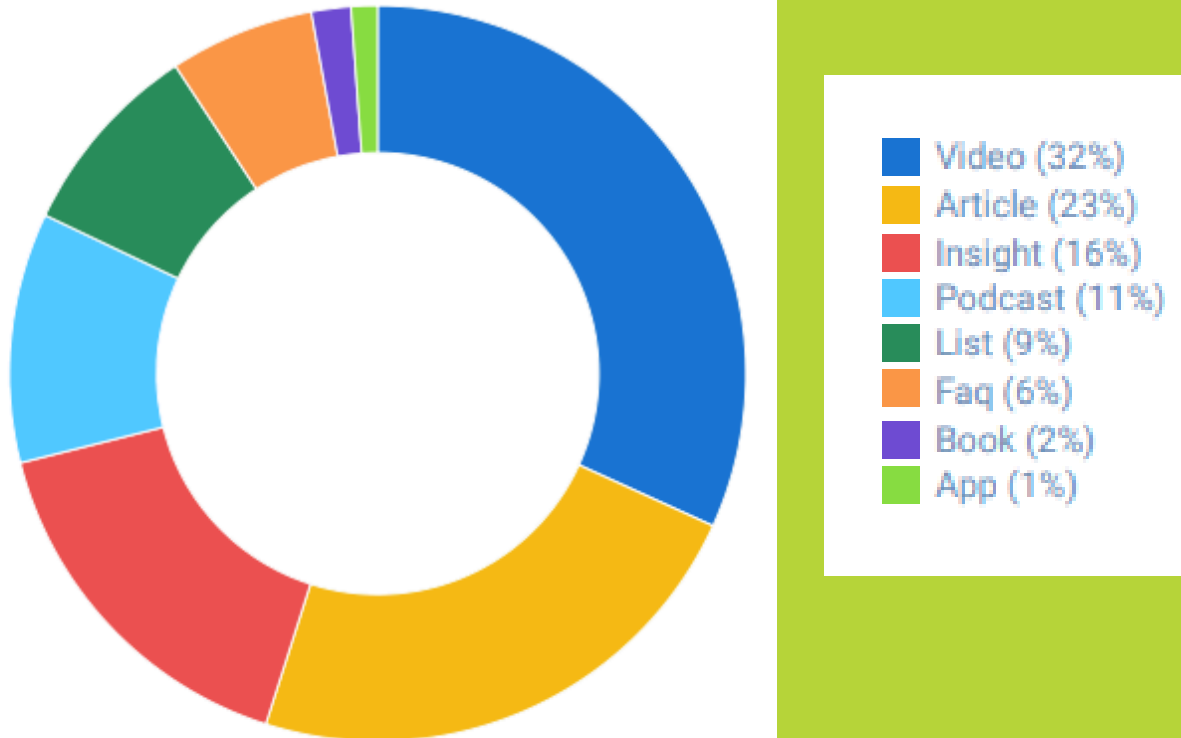
Top Resources Viewed

- Finding sobriety on a mountain-video
- OCD-your questions answered-video
- Breathing for stress with Jamie Clements-podcast
- How to connect with your kids as they grow into teenagers- article

Top Client Resources

1. CDHD home page
2. Midplains CSU
3. CDHD CHWs
4. NE 211

Resources Viewed by Type: Report Date Range



Conclusions

Strengths

- Access
- Options to remain anonymous
- Links to local resources
- Spikes in engagement following targeted social media post with link

Opportunities

- Increase engagement with Spanish speaking community
- Continue to add local resources available

Challenges

- Stigma
- Current political climate

THANK YOU!



Special thank you to our partners and funders, without your collaboration this project wouldn't be possible!