

AUGUST 2023



RESIDENT MENTAL HEALTH STUDY



ABOUT TAMPA BAY THRIVES

Tampa Bay Thrives is a nonprofit and Mental Health America affiliate, first formed in 2019, with the mission to mobilize the community to strengthen behavioral health outcomes for depression, anxiety, and substance use disorder, with a focus on improving early intervention, access and awareness. To learn more, visit www.tampabaythrives.org.

MISSION

To mobilize the community to strengthen behavioral health outcomes for depression, anxiety, and substance use disorder, with a focus on improving early intervention, access, and awareness.

ABOUT THIS REPORT

In April and May of 2023, Tampa Bay Thrives and Downs & St. Germain came together to conduct their second annual study on the community's perceptions, practices, and experiences related to mental health. The online survey was distributed throughout Hillsborough, Pasco, Pinellas, and Polk counties, yielding a total of 700 responses. Results were weighted by gender, age, and race in order to appropriately represent the population.

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FEELINGS AROUND MENTAL HEALTH

Residents were asked about their feelings regarding their own mental health and their assumptions of how others felt about mental health. Responses indicate residents are more likely to have positive feelings about mental health, however they feel that others do not.



SPOTLIGHT

Stigma is often deeply embedded in communities and cultures. Survey analysis demonstrates Black/African American and Hispanic/Latino residents are more likely to think “other people” will see mental health as a sign of weakness, personal failure or will think less of someone.

Percent Agreement (Strongly Agree + Agree)	How I feel	How other people feel	Difference
I/Most people would willingly accept someone who has received mental health treatment as a close friend.	82%	60%	22%
I/Most people feel that receiving mental health treatment is a sign of a personal failure.	11%	39%	28%
I/Most people think less of a person who has received mental health treatment.	10%	40%	30%

SIDE EFFECTS OF POOR MENTAL HEALTH

Mental health challenges can lead to a number of comorbidities or side effects often compounding and may impede recovery efforts if not addressed. The figure below illustrates this years and last years responses to the question “In the last 30 days, have you experienced any of the following because of a mental or emotional health condition?” The most common response both years was not being able to sleep through the night, and the least common was missed work.



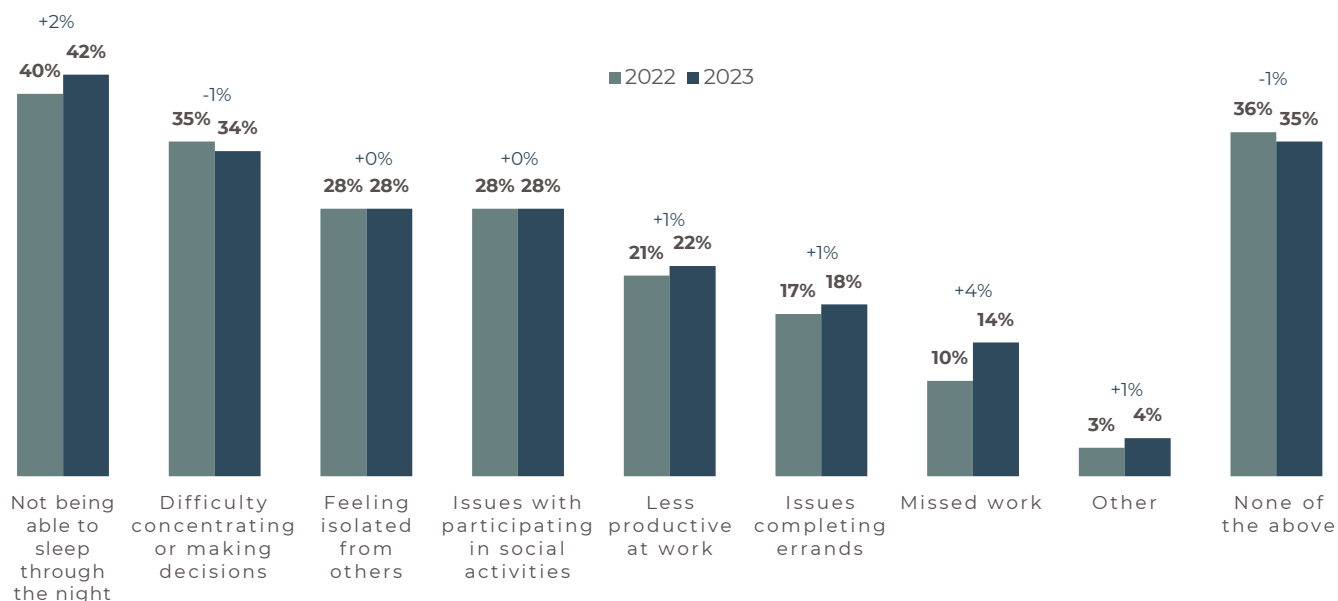
SPOTLIGHT

Although occurrences of poor mental health days had minor positive changes since last year, nearly 7 in 10 Tampa Bay residents experienced at least 1 poor mental health day during the past month.



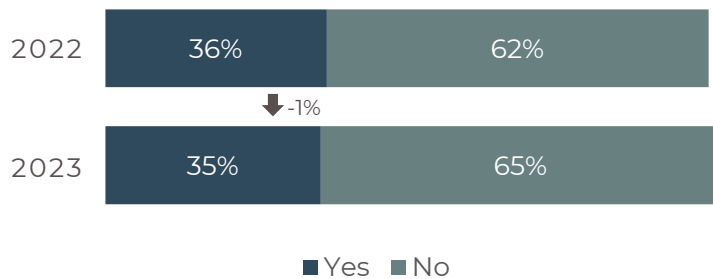
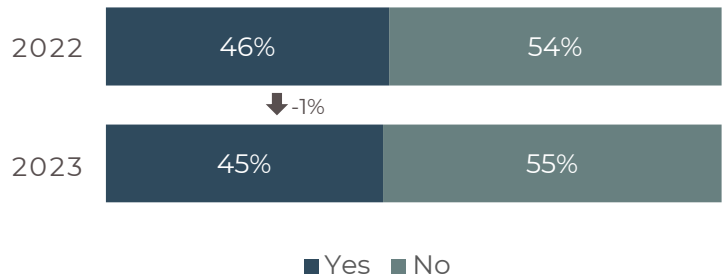
SPOTLIGHT

An additional 4% of respondents reported missing work this year, corresponding to a loss of 524,500 workdays per month or approximately 6.3 million workdays per year.



PAST & PRESENT MENTAL HEALTH

When asked if a person has, in the last 12 months, needed help for emotional or mental health problems or challenges such as feeling sad, low, anxious, or nervous, 45% responded “yes”, this is a 1% decrease from last year.



When asked about their current mental health state, 35% of respondents indicated they currently need help to address their mental health needs. This is a 1% decrease from last year.



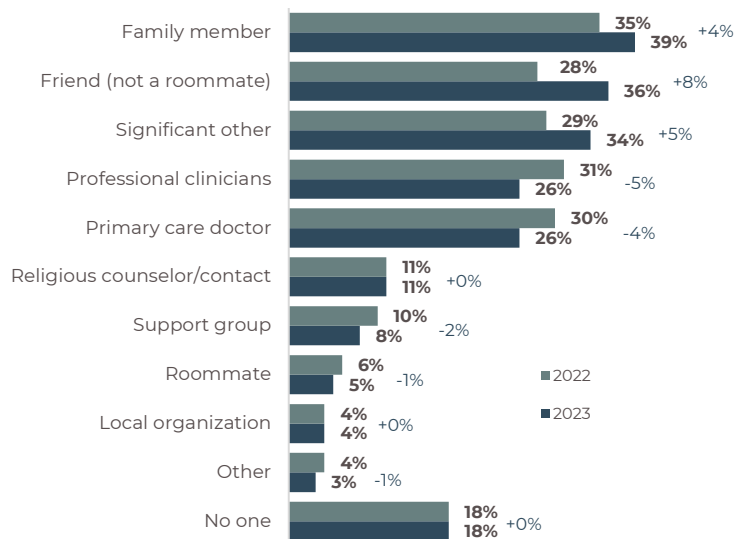
SPOTLIGHT

Residents 65 and older are less likely to report mental health challenges.

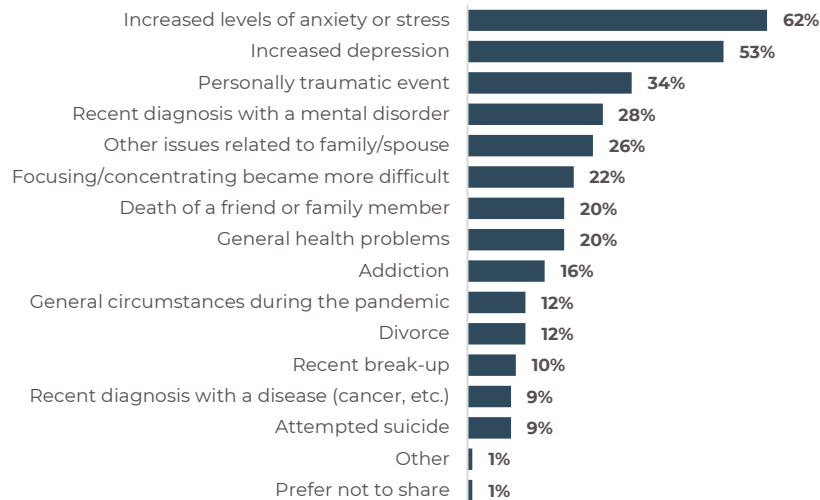
RESOURCES FOR FINDING HELP

When seeking mental health support, there has been quite a significant shift in who Tampa Bay residents go to. The top three resources are now family members, non-roommate friends, and significant others. Most of the respondents received counseling or therapy in-person (58%), 43% engaged in video conferences, 26% by phone, 10% by text, and less than 1% selected other.

When looking for support or help for mental health, with which of the following sources do you consult?



What, specifically, happened that made you decide to seek help from a mental health professional?



Individuals indicating if they were currently or in the past 12 months receiving mental healthcare, were asked if there was something specific that prompted them to seek mental healthcare to which 70% said “yes,” this is a 9% decrease from last year.

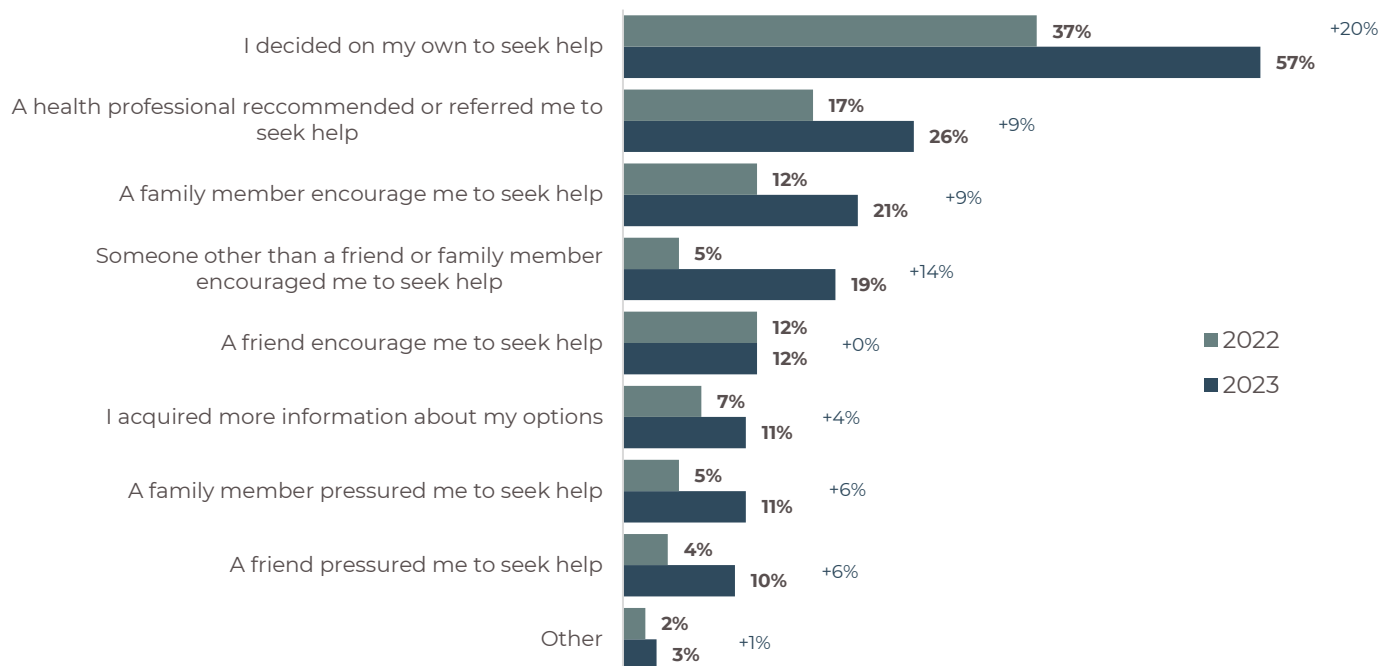


SPOTLIGHT

The biggest shift in how residents are finding their mental health professionals is that 17% are utilizing local organizations and programs compared to 9% in 2022.

REASONS FOR SEEKING MENTAL HEALTHCARE

Respondents who have received mental health care during the past 12 months were asked why they decided to seek help for mental health. This was a single choice question in 2022 and changed into a multiple choice question in 2023.



SPOTLIGHT

Recommendations from health professionals were the second most common response followed by the encouragement of friends and family to seek help.

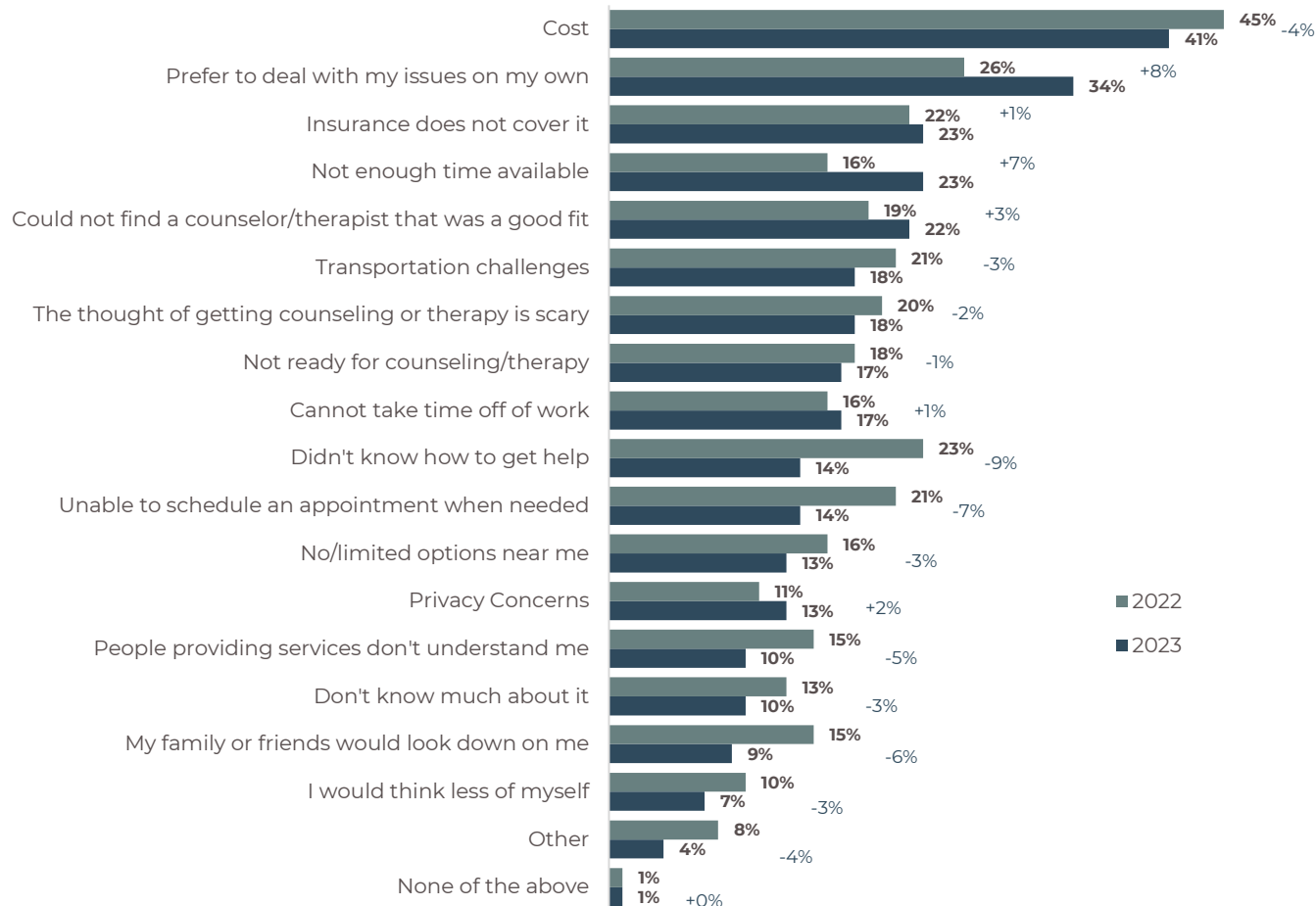
BARRIERS TO ACCESS TO MENTAL HEALTHCARE

Access to mental healthcare is a barrier for many Tampa Bay residents, 26% of those surveyed indicated they were not able to get the care they needed within the last 12 months.



SPOTLIGHT

There is a decrease in residents who received professional mental health treatment from 2022. In 2023, 23% of respondents indicated that they had received mental health care in the last year, -7% from last year.



REASONS FOR NOT SEEKING MENTAL HEALTH CARE

Why are Tampa Bay residents unable to access mental healthcare?

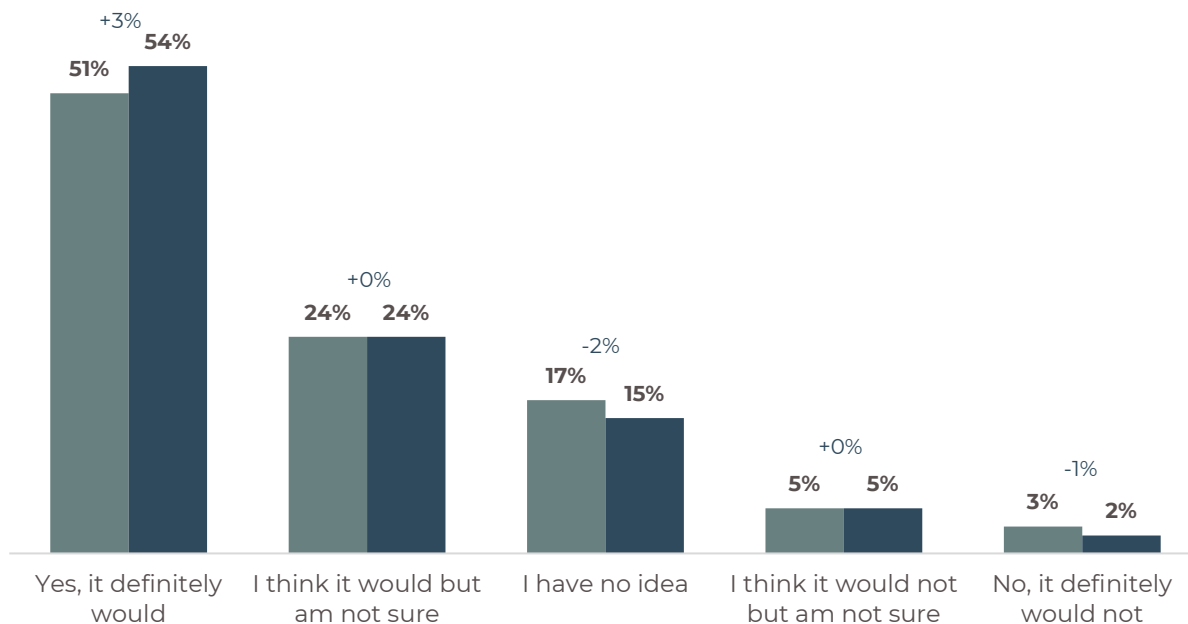
Two of the top 5 reasons Tampa Bay residents were not able to get the mental healthcare they needed were related to cost. Yet approximately 82% of respondents indicated that they have health insurance, this is a 2% decrease from last year.

More residents know how to get help, but Cost, Preference to deal with it on their own, and Insurance continue to be the top reasons Tampa Bay residents decide to not get mental health care.



SPOTLIGHT

The top two changes residents would like to see to help mental health care are Affordability and availability for everyone (23%) and Ready and easy access to high quality resources and services (21%).



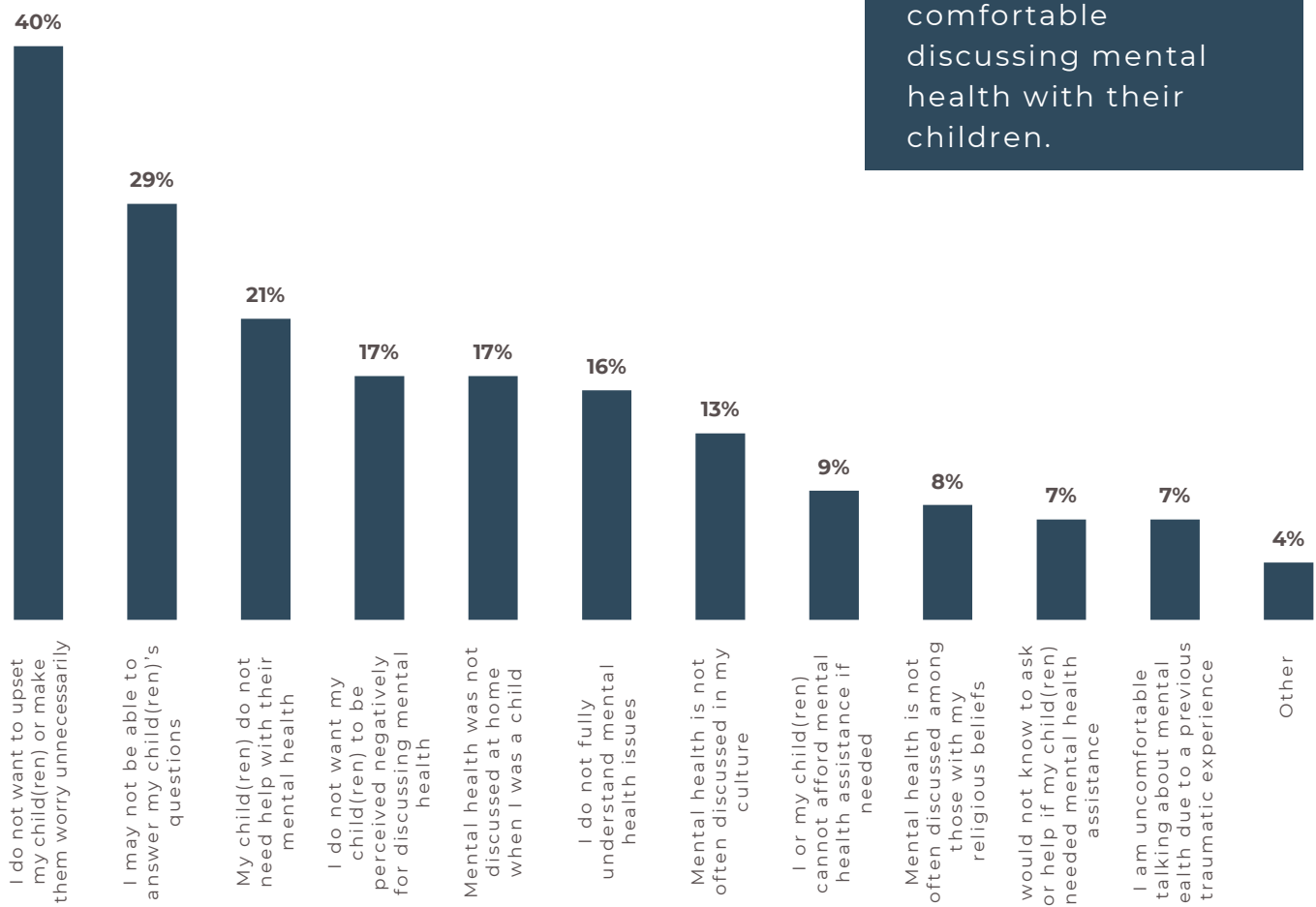
DISCUSSING MENTAL HEALTH WITH CHILDREN

Respondents who answered that they were either not comfortable or only somewhat comfortable discussing mental health with their children were asked why they avoid discussing mental health with their children.



SPOTLIGHT

Two out of three Tampa Bay residents said they are comfortable discussing mental health with their children.

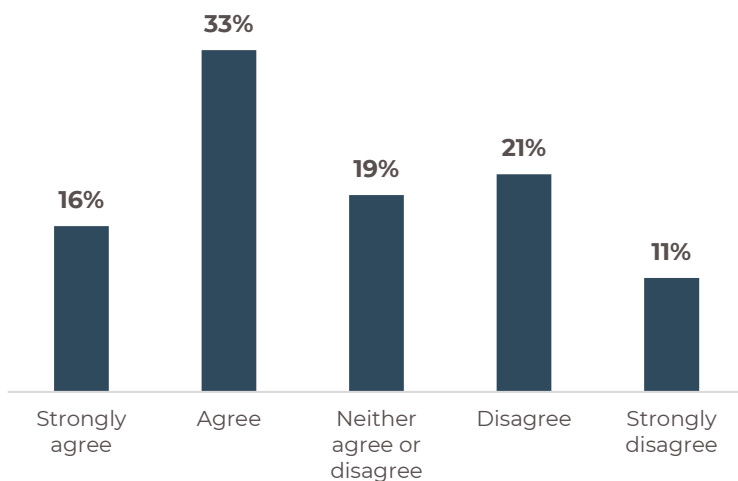
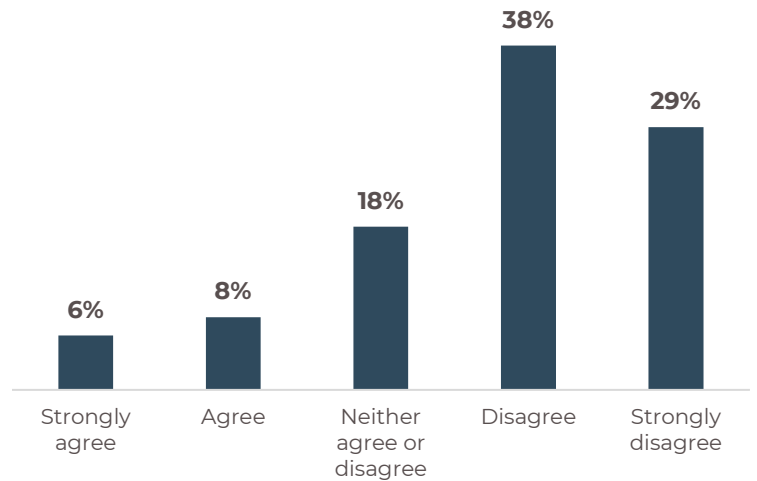


SPOTLIGHT

The main reason residents avoid discussing mental health with their children is because they do not want to upset their children or make them worry unnecessarily.

FEELINGS AROUND SUBSTANCE ABUSE

Respondent were asked if they agree or disagree with the statement “I would think less of a person who has received treatment for opioid or substance abuse.” As shown, personal acceptance of people receiving treatment for opioid substance abuse is high.



When asked if they agree or disagree with the statement “If I or a family member needed professional help for opioid or substance abuse, I would know where to go” nearly half of respondents agreed or strongly agreed.



SPOTLIGHT

Knowledge of residents on treatments for opioid or substance abuse is modest.

KEY TAKEAWAYS

- 1** 14% of respondents (+4%) reported missing work within the past month due to a mental or emotional condition, and the typical employee missed 4 days during this time period. This corresponds to a loss of 524,500 workdays per month or 6.3 million workdays per year in the Tampa Bay area. This is a significant increase from 2022.
- 2** 23% of respondents received professional mental health treatment within the past 12 months. This is a 7% decrease of those received professional treatment from 2022.
- 3** Cost of care continued to be the #1 barrier to receiving needed mental health care, while affordability and availability for everyone continued to be the top change that residents want to make to help with mental health in their area.
- 4** There is a decrease in people consulting professional clinicians or primary care doctors for help with mental health issues. Instead, they are more likely to go to their family members, friends who are not roommates, and significant others. This is likely due to Tampa Bay area residents feeling more comfortable discussing these issues with friends and family.
- 5** There were fewer people receiving professional mental health treatment. This is also likely due to Tampa Bay area residents feeling more comfortable discussing these issues with friends and family.
- 6** Tampa Bay area residents were nearly twice as likely to reach out to local organizations and programs in 2023 when looking to find a mental health professional.
- 7** In 2023, significantly fewer Tampa Bay area residents mentioned a lack of knowledge on how to get help as a barrier to getting mental health care.
- 8** Availability and convenience once again were the lowest rated aspects of the mental health care experience in the Tampa Bay area.