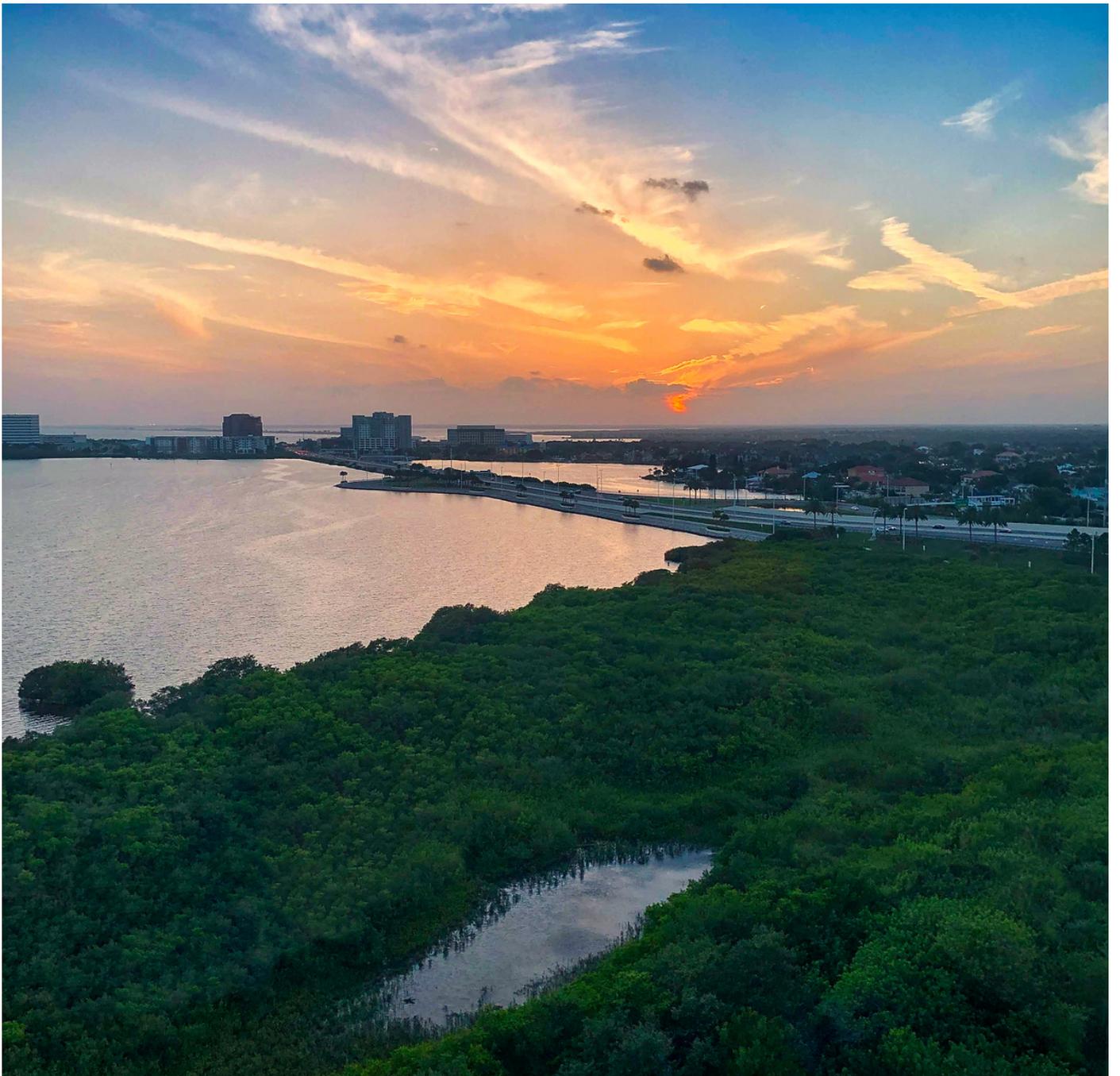


October 2022



# 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](http://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 of 2022, Tampa Bay Thrives engaged Downs & St. Germain to survey the region to provide a baseline of the community's perceptions, practices, and experiences related to mental health. The online survey was distributed for 10 days, reaching 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.

# TABLE OF CONTENTS

<b>FEELINGS AROUND MENTAL HEALTH</b>	<b>4</b>
<b>SIDE EFFECTS OF POOR MENTAL HEALTH</b>	<b>5</b>
<b>PAST &amp; PRESENT MENTAL HEALTH</b>	<b>6</b>
<b>RESOURCES FOR FINDING HELP</b>	<b>7</b>
<b>REASONS FOR SEEKING MENTAL HEALTHCARE</b>	<b>8</b>
<b>BARRIERS TO ACCESS TO MENTAL HEALTHCARE</b>	<b>9</b>
<b>REASONS FOR NOT SEEKING MENTAL HEALTHCARE</b>	<b>10</b>
<b>10 TAKEAWAYS</b>	<b>11</b>

## 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.

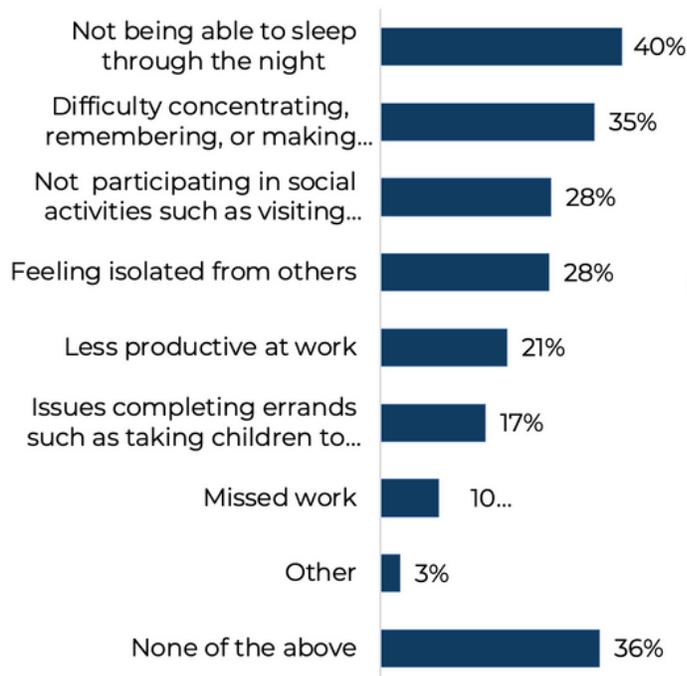
Survey analysis demonstrates Black/African American and Hispanic/Latino residents are more likely to think “other people” will see mental health as a sign of weakness, personal failure or will think less of someone.

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%	55%	27%
I/Most people feel that receiving mental health treatment is a sign of a personal failure.	14%	40%	26%
I/Most people think less of a person who has received mental health treatment.	11%	44%	23%

## 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 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 was “not being able to sleep through the night,” and the least common was missed work.

In the last 30 days, have you experienced any of the following because of a mental or emotional condition?



### SPOTLIGHT

7 in 10 Tampa Bay residents experienced at least 1 poor mental health day during the past month



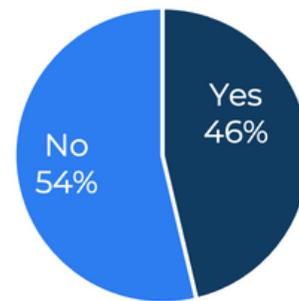
### SPOTLIGHT

10% of respondents did report missing work, corresponding to 393,400 work days a month or approximately 4.72 million work days per year.

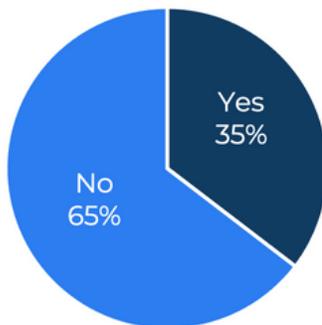
## PAST & PRESENT MENTAL HEALTH

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, 46% responded “yes” and 54% said “no.”

In the past 12 months, I needed help for emotional or mental health problems or challenges such as feeling sad, low, anxious, or nervous.



I currently need help for emotional or mental health problems or challenges such as feeling sad, low, anxious, or nervous.



When asked about their current mental health state, 35% of respondents indicated they currently need help to address their mental health needs.

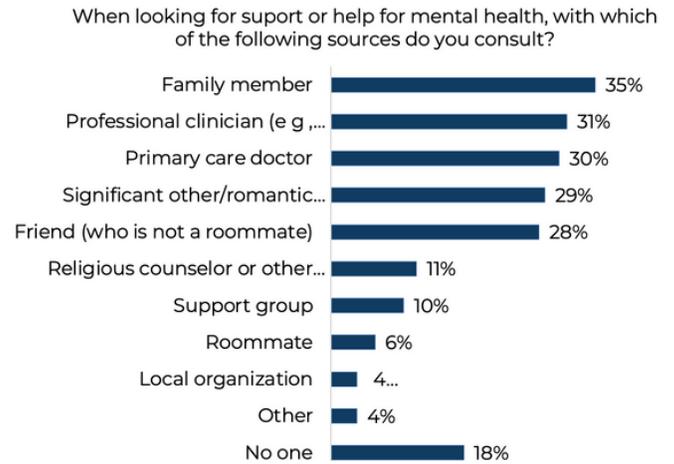


### SPOTLIGHT

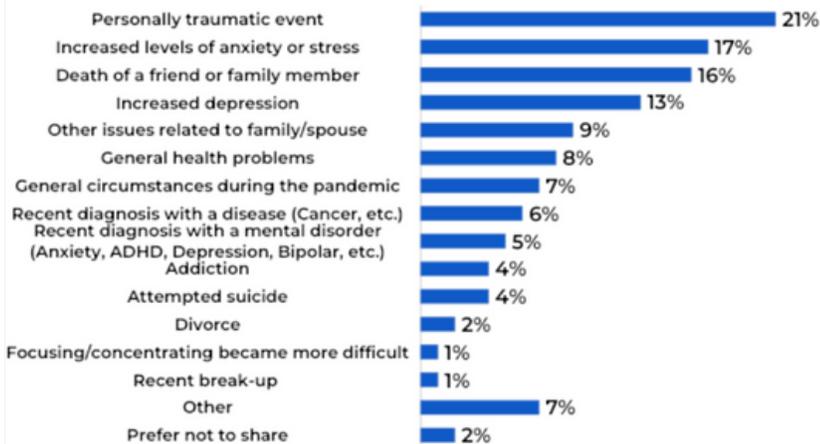
Residents 65 and older are less likely to report mental health challenges.

## RESOURCES FOR FINDING HELP

Of those who received mental health care in the last 12 months, 47% identified their provider through their doctor, 35% through friends/family, and 33% through an online search. Most of the respondents received counseling or therapy in-person (62%), 43% engaged in video conferences, 33% by phone, 13% by text, and 2% selected “other.”



### What specifically happened that made you decide to seek help from a mental healthcare provider?



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 79% said “yes.”



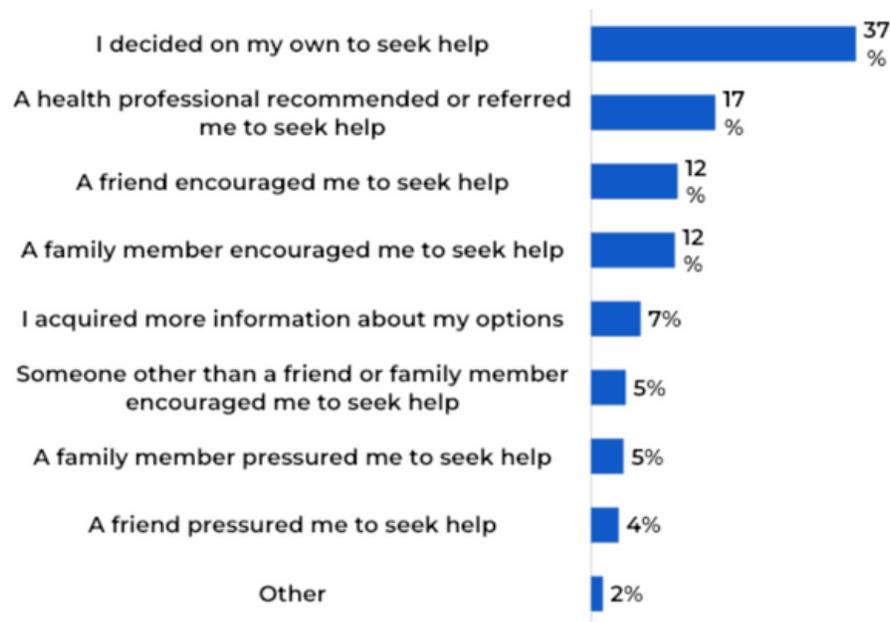
### SPOTLIGHT

Nearly four in five residents received mental healthcare due to something specific occurring in their lives.

## REASONS FOR SEEKING MENTAL HEALTHCARE

When seeking mental healthcare, approximately two in five residents responded that they decided to seek help on their own.

Why did you decide to seek help for mental health?



### 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.

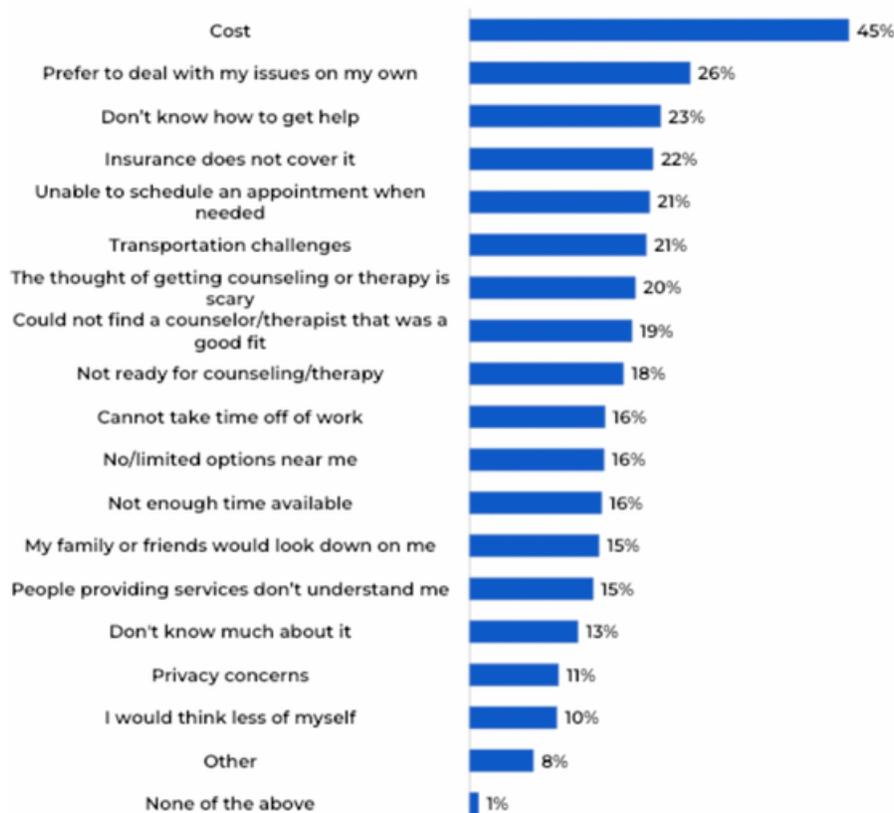
\*For the purpose of this study, “at-risk” is defined to include trauma survivors, students, LGBTQ+ individuals, veterans, caregivers of someone with an emotional/physical challenge, healthcare workers, and new or expecting mothers.



### SPOTLIGHT

Individuals “at-risk,” those with children, and Polk County residents, were the most likely to report they did not receive the mental healthcare they needed.

What are some reasons that kept you from getting mental healthcare?



## 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 84% of respondents indicated they have health insurance.

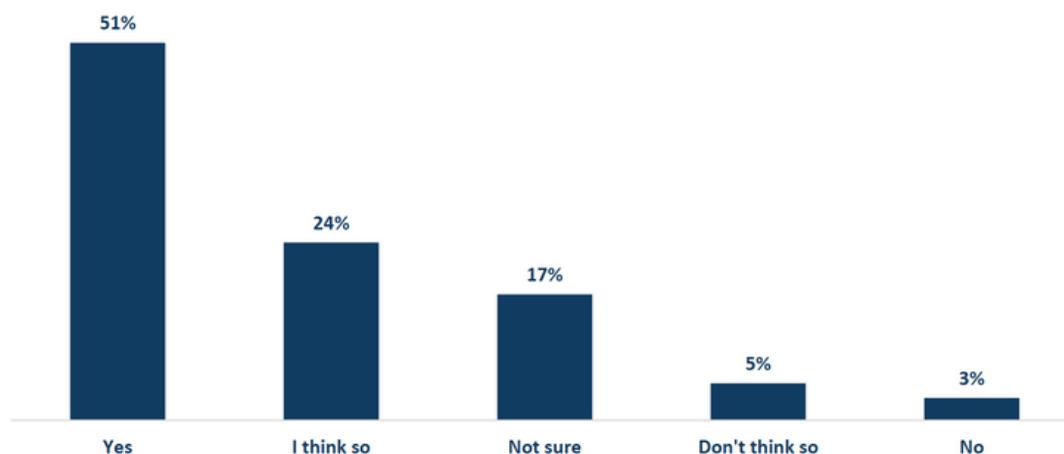
Transportation, appointment times and availability, work restrictions, awareness of resources, and privacy were among some of the top responses as to why residents did not access mental healthcare.



### SPOTLIGHT

Regardless of insurance status, cost alone was the most commonly selected barrier to mental healthcare.

Would your health insurance plan provide any coverage for a visit to a mental health professional?



## 10 TAKEAWAYS

- 1 10% of respondents reported missing work within the past month due to a mental or emotional condition, and the typical employee missed 3 days during this time period. This corresponds to a loss of 393,400 workdays per month or 4.72 million workdays per year in the Tampa Bay area.
- 2 30% of respondents had utilized the services of a mental health professional within the past 12 months, and 23% are currently seeing a mental health professional.
- 3 Cost of care was cited by residents as the #1 barrier to receiving needed mental healthcare, while lowering the cost of mental healthcare was listed as the #1 change that residents want to see made to help with mental health in the area.
- 4 26% of respondents reported experiencing at least one incidence of needing mental healthcare within the past 12 months and not being able to get it.
- 5 Recommendations from doctors, friends, and family, as well as online searches, are the main ways that people find their mental health professional.
- 6 There is a large disparity between the personal feelings people have regarding mental health and their perceptions of others' feelings on the topic.
- 7 In-person counseling is most common, but significant percentages of residents who see a mental health professional do so by video conference or over the phone.
- 8 Availability and convenience were the lowest rated aspects of the mental healthcare experience in Tampa Bay and 24% of residents said that improving these aspects would be first on their list of changes to be made in order to help with mental health in the area.
- 9 Non-white Tampa Bay residents are more likely to think that most people will look down on those receiving help for their mental health.
- 10 Tampa Bay residents with children and "at-risk"\* residents report not receiving the help they need for their mental health.