



YOUTH MENTAL HEALTH NEEDS ASSESSMENT

▶ WHO

St. Joseph County CARES is a network of formal and informal supports coming together to improve youth mental health.

▶ WHAT

Our work includes identifying gaps in services and areas for improvement. One way we've done this is through a community-informed Youth Mental Health Needs Assessment.

▶ WHY

The Needs Assessment will inform our strategic plan for the coming years.

▶ HOW

Data was gleaned from a parent survey of 350+ participants, seven focus groups with more than 60 youth ages 12-24, and a survey of SJC CARES members.

PARENT SURVEY:

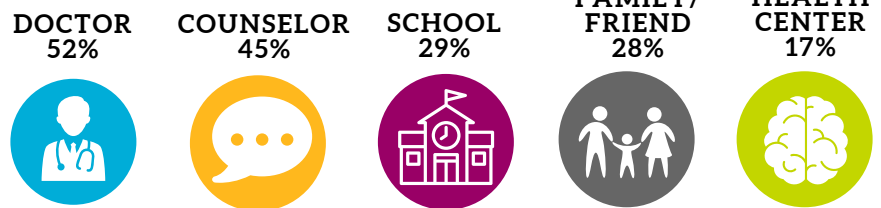
1. Have children or youth in your care ever exhibited any of the following to a degree that concerned you?



2. Did you seek help? YES 65% NO 35%

3. Reasons cited for not seeking help: Wanted to handle it on my own, wasn't sure the problem warranted help, didn't find what I wanted or didn't know where to start

4. If you did seek help, where?



5. Did you find the kind of help you were looking for? YES 66% NO 34%

MEMBER SURVEY:

Rate St. Joseph County Services

Available & easy to access

1. Early Childhood Supports (48.5%)
2. Parent Cafes (45.5%)
3. ACES/ Trauma Education (42.5%)

Available, not easy to access

1. Child Advocacy (33%)
2. Mentoring (32%)
3. Restorative Justice (30%) & ACES/Trauma Education (30%)

Available, too little capacity

1. Inpatient 12-18 (52%)
2. Residential 12-18 (48.5%)
3. Youth Mental Health Education for Adults (45.5%)

Not available

1. Inpatient 12 & Under (39%)
2. Inpatient Youth SUD Treatment (27%)
3. Youth Day Treatment Programs (21%)

YOUTH FOCUS GROUPS: KEY TAKEAWAYS

Youth prefer the term emotional health over mental health

Youth often hear peers discuss anxiety, stress, depression, happiness and excitement

Youth want to be listened to, but not told what to do

Only 15% said "Tell a trusted adult" is good advice.

The most important factor is that someone is a good listener, regardless of their age/ life status