



FOX CITIES  
**Mind Your Wellness Survey**  
Data Deep Dive

September 29, 2022



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# What is the Fox Cities Mind Your Wellness Survey?

- In depth look into the mental health of adults living in the Fox Cities
- 34 question survey tool
  - 4 general health
  - 9 Mental health and treatment
  - 10 Suicide behaviors/philosophy
  - 11 demographic
- Created by our academic partner at the Medical College of Wisconsin and is IRB approved
- 100% anonymous



# Why and How?

- Limited in depth data available on adult behavioral health
- Data driven decision making for providers in our community on the needs of adults in Tri-County (Calumet, Outagamie, Winnebago)
- Distributed via email, QR code and hard copy with help from local partners:
  - United Way Fox Cities
  - Employers
  - Veterans Administration
  - Thompson Center on Lourdes
  - Diverse & Resilient
  - Leaven
  - Fox River Mall
  - Local Restaurants and Bars



# The Intention for the Data

This data is intended to assist local agencies in data driven decision making to positively impact mental health for adults living in the Tri-County



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# Demographic data of MYWS

1259 Responses



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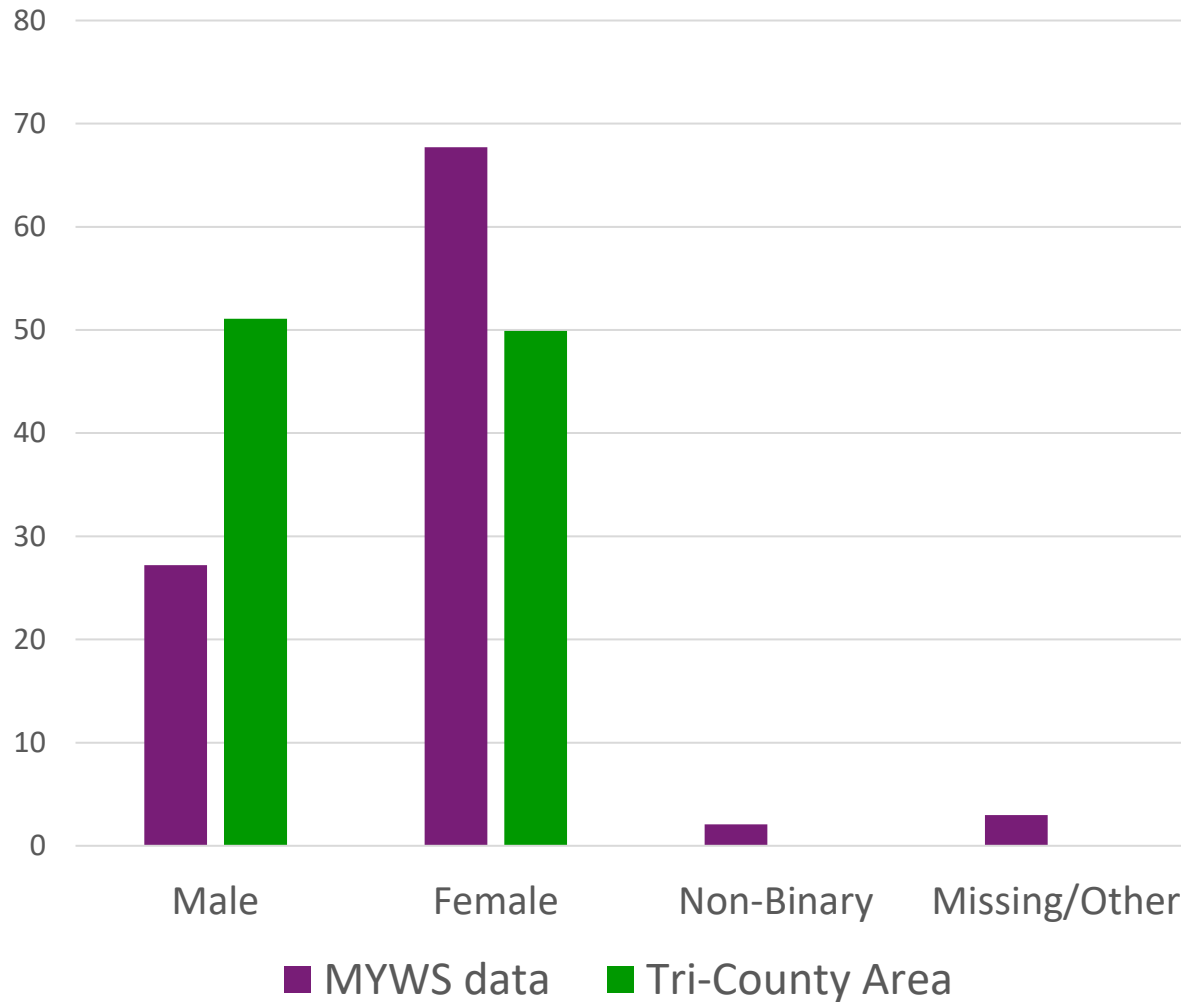
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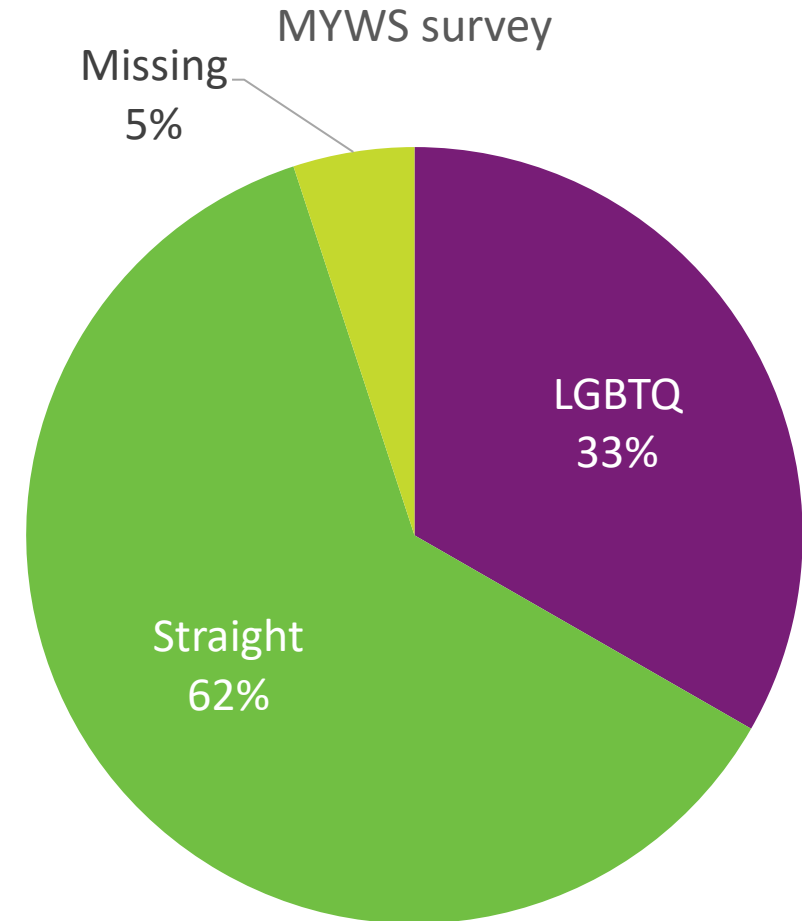
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# Responses by Gender and Sexual Orientation

Percent by Gender

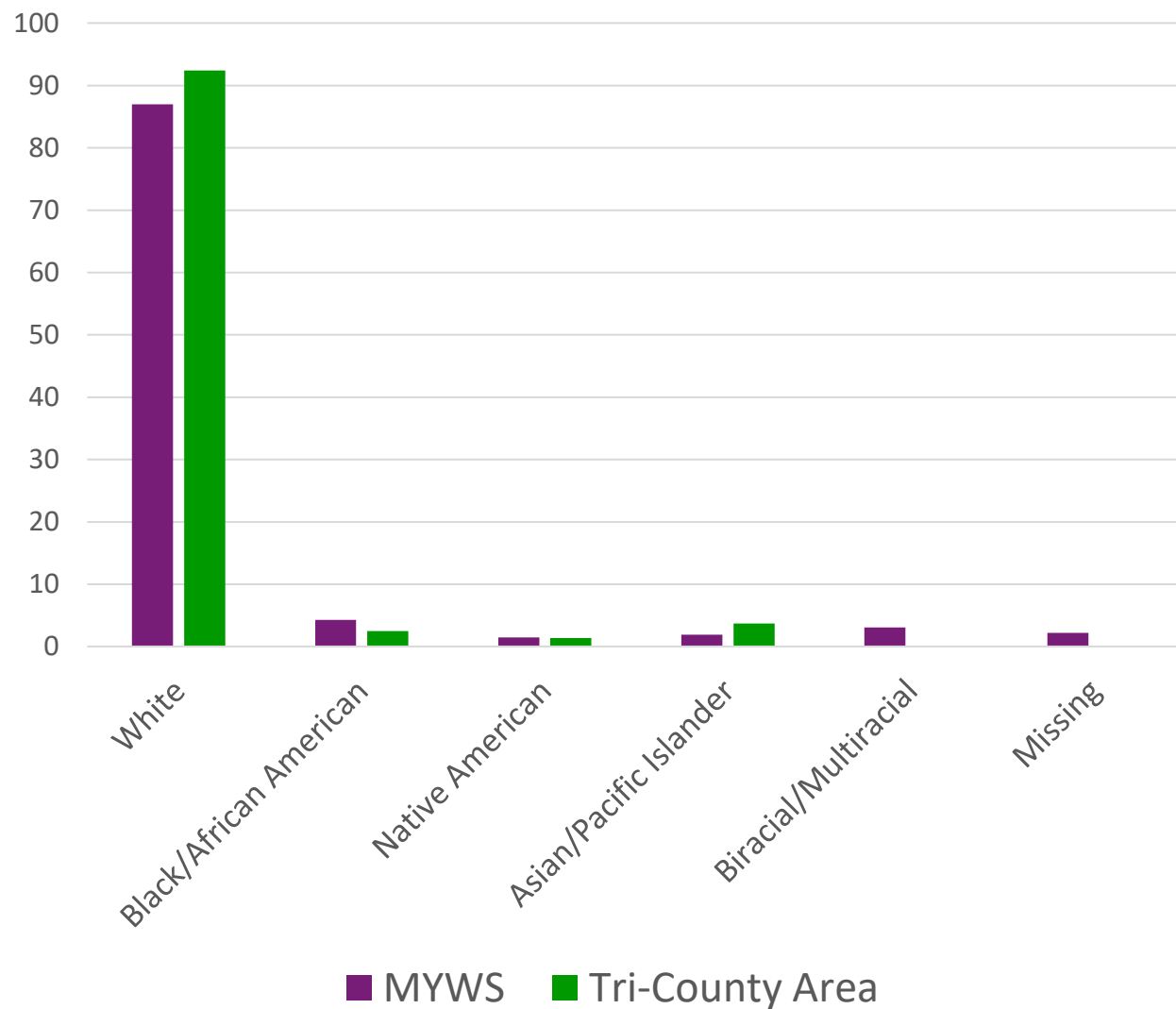


Percent by Sexual Orientation

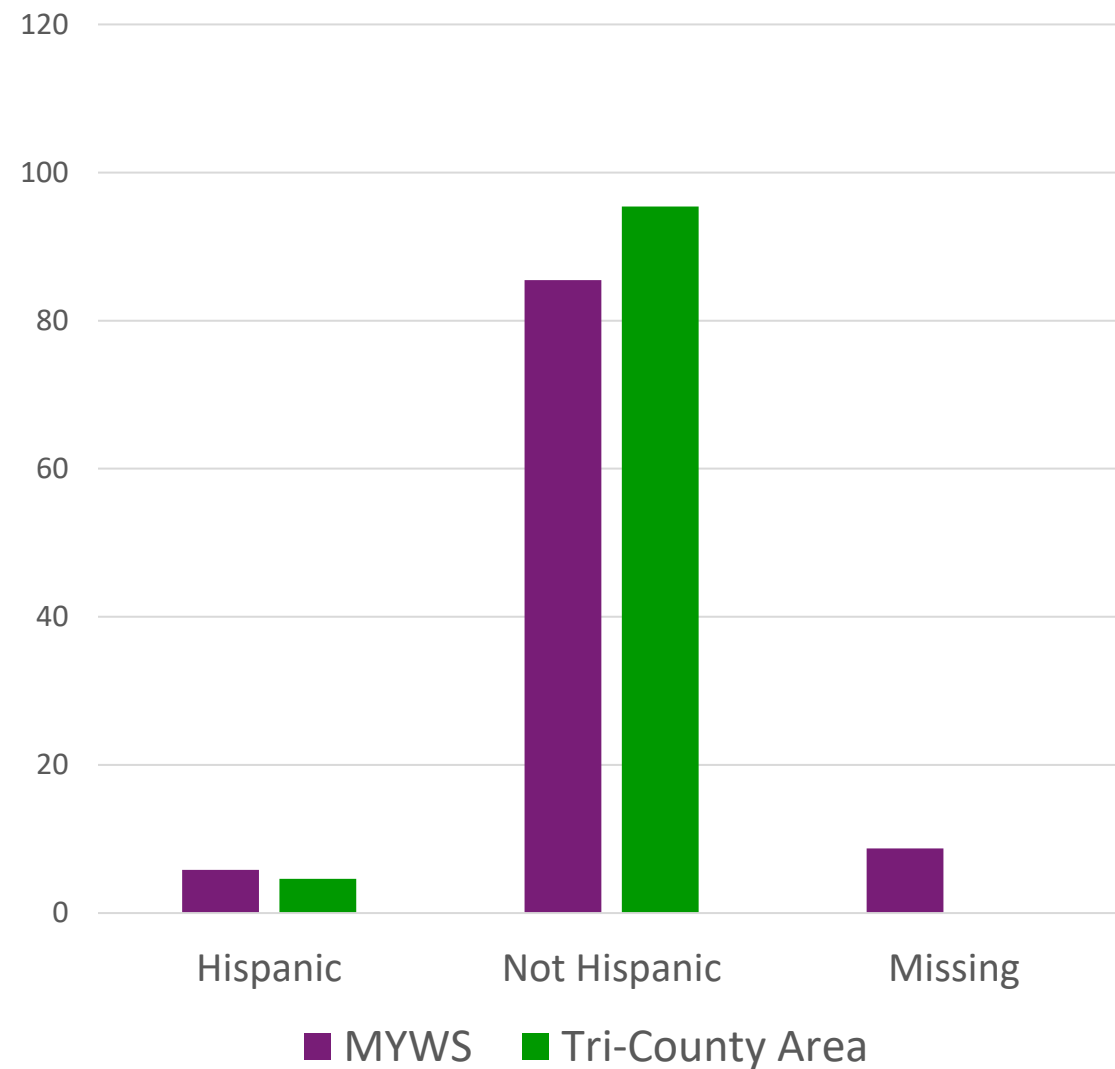


# Responses by Race and Ethnicity

## Percent by Race

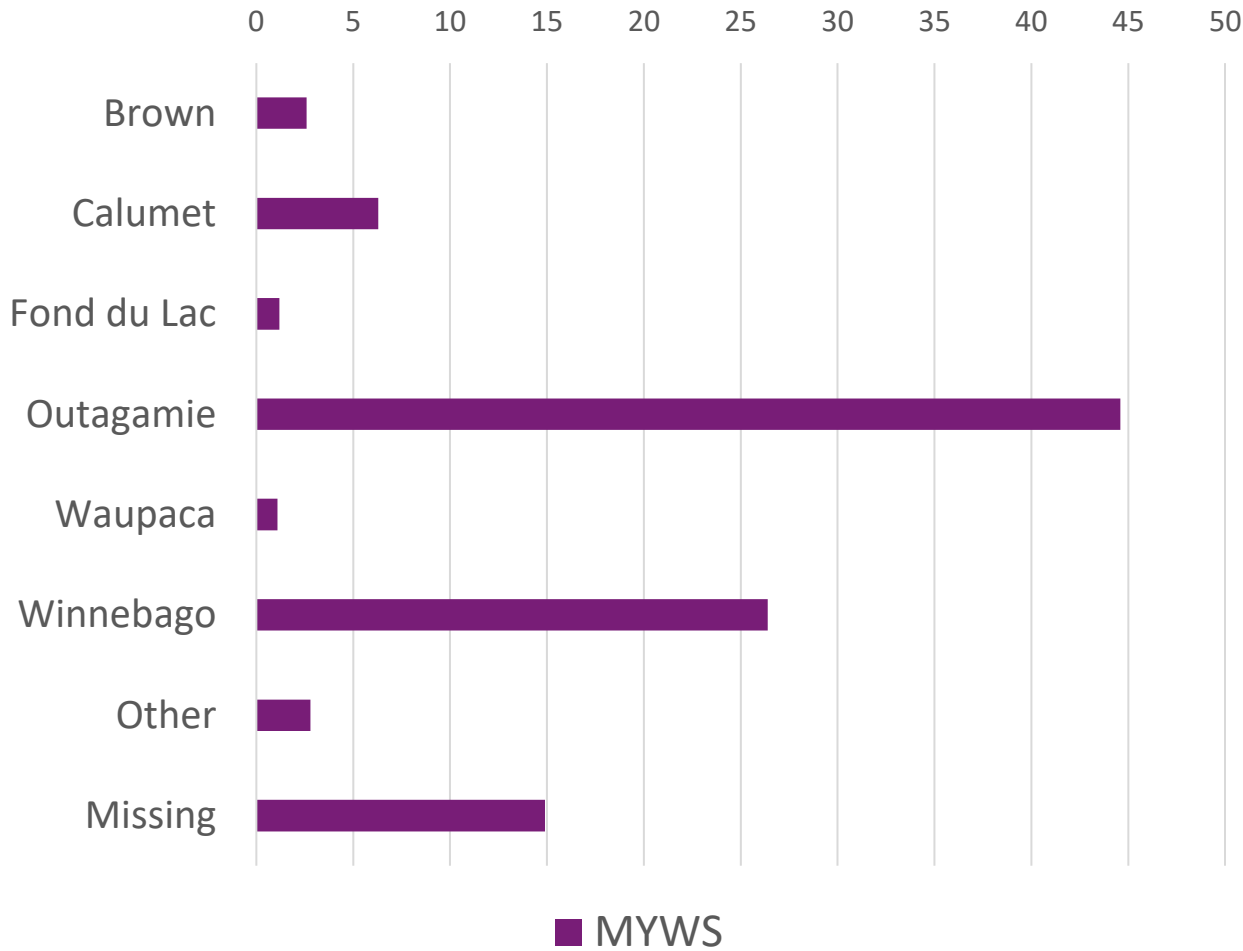


## Percent by Ethnicity

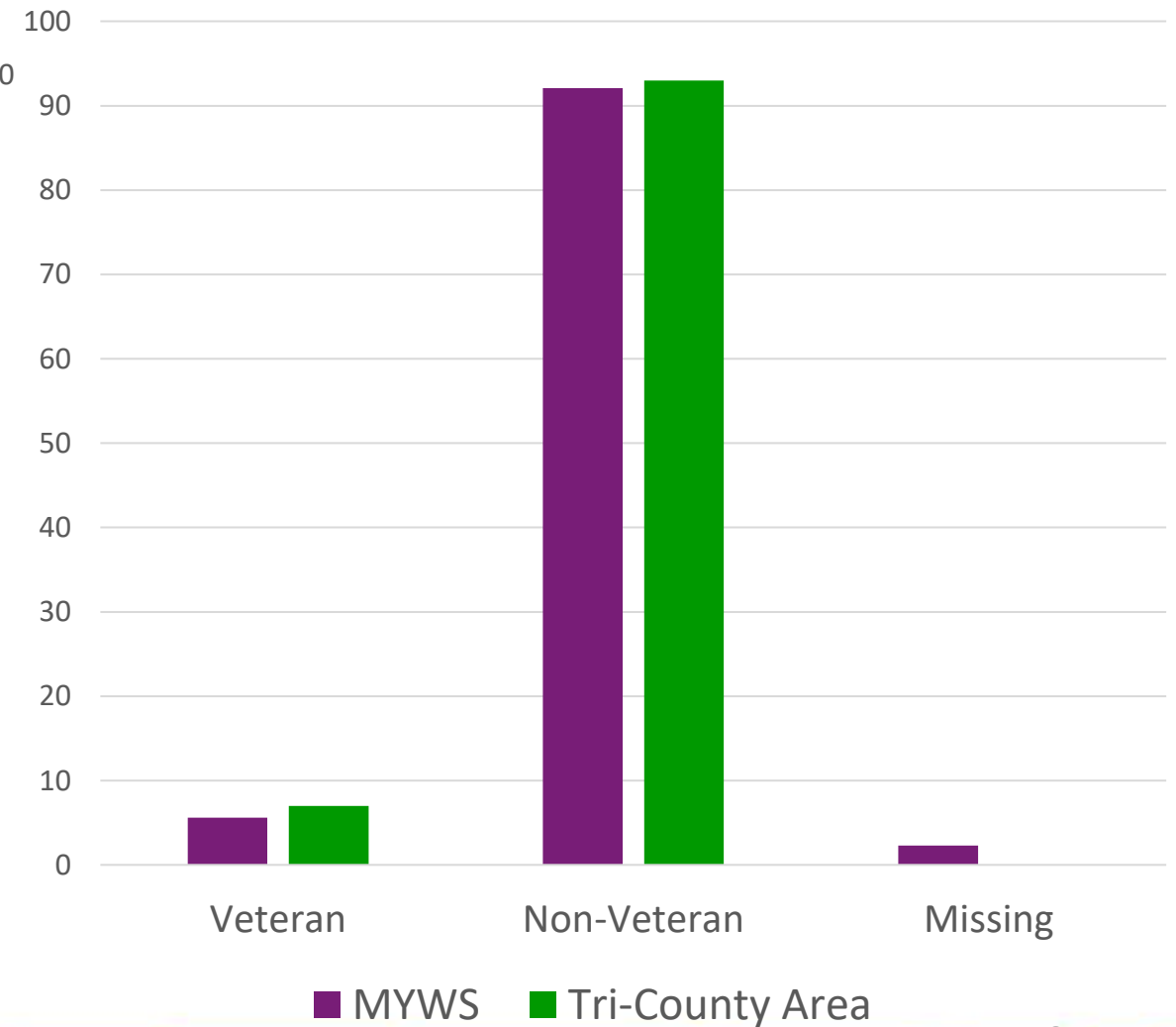


# Veteran Status and County of Residence

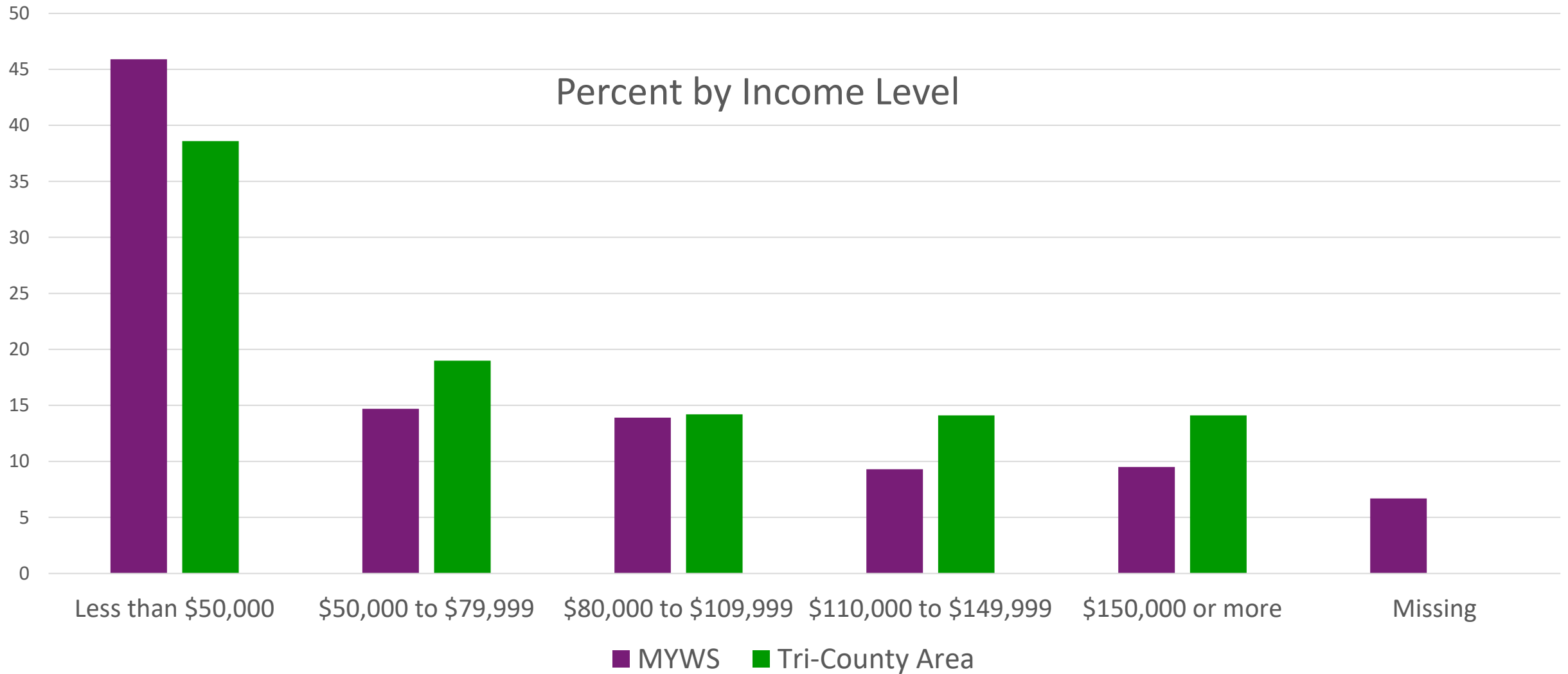
Percent by County



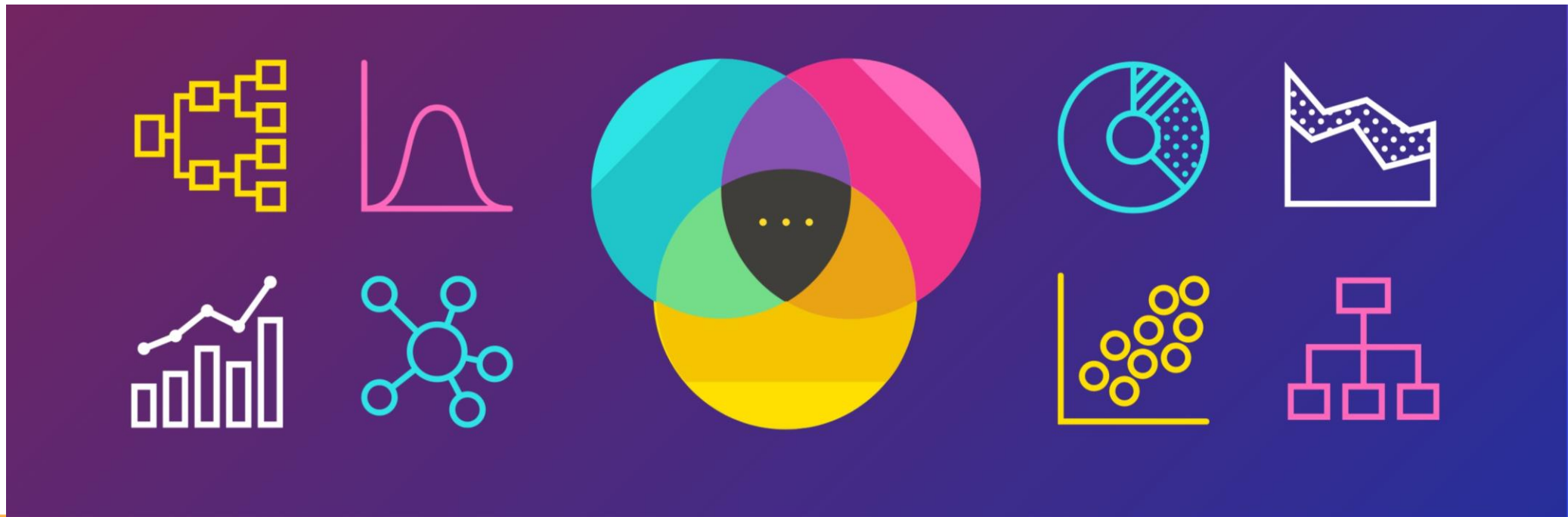
Percent by Veteran Status



# Annual Household Income



# Basic Data Points



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# Suicidal Behavior

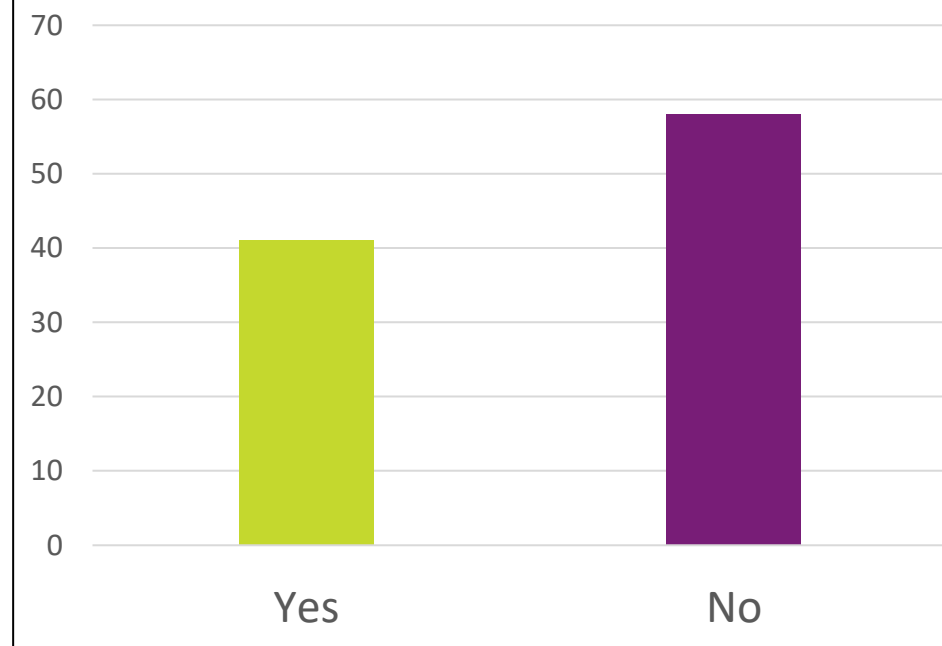


1 in 10 respondents report **considering** attempting suicide during the past 12 months



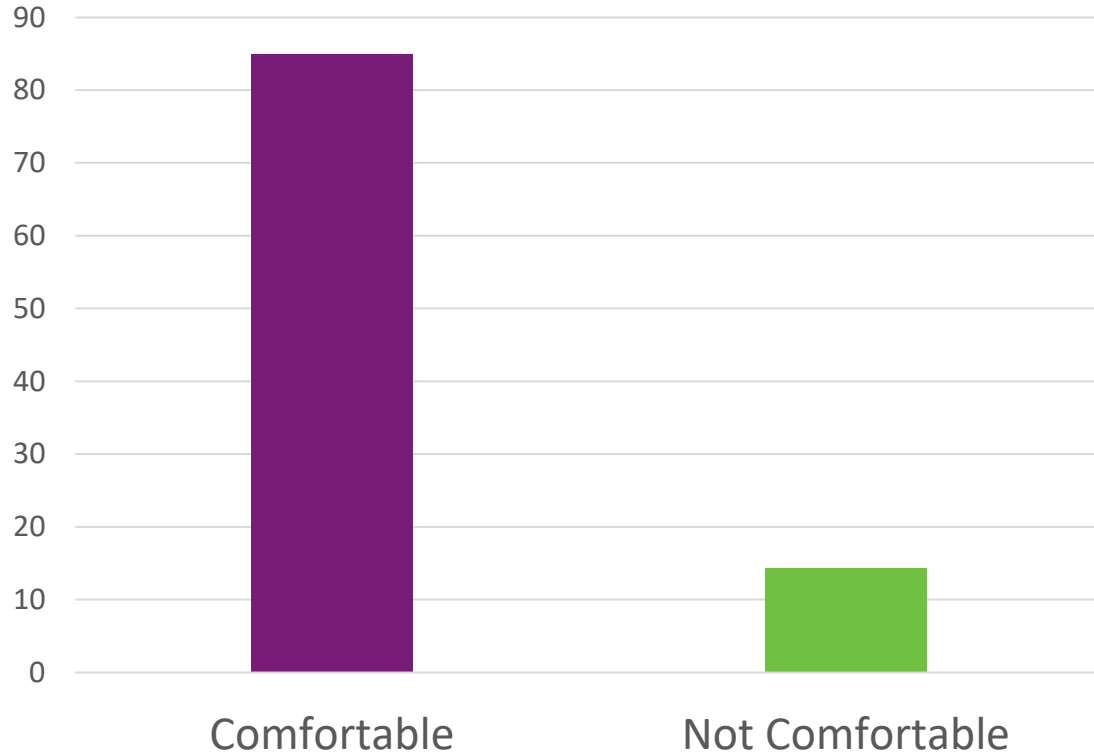
1 in 20 respondents report **planning** a suicide attempt during the past 12 months

However, less than half of respondents seek **mental health help** from a health care provider

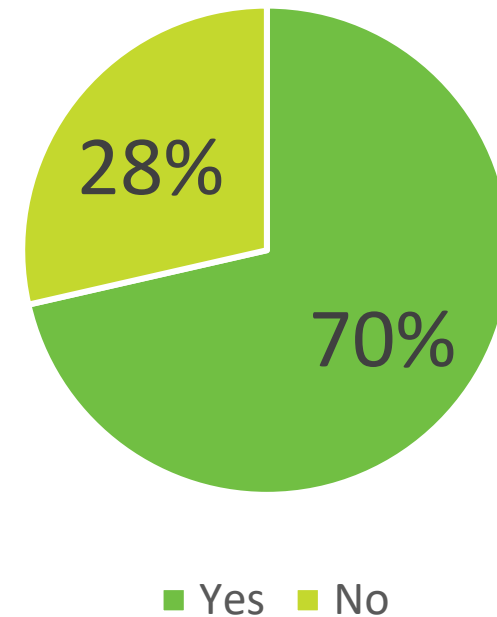


# Help-Seeking Behavior

85% of respondents **feel comfortable** discussing mental health issues with others

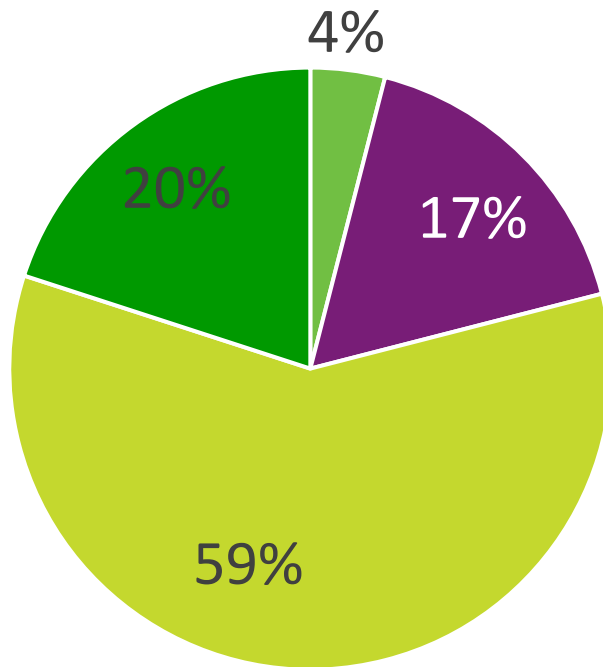


The majority of respondents report **seeking help** for mental health issues **from a friend or family member**.



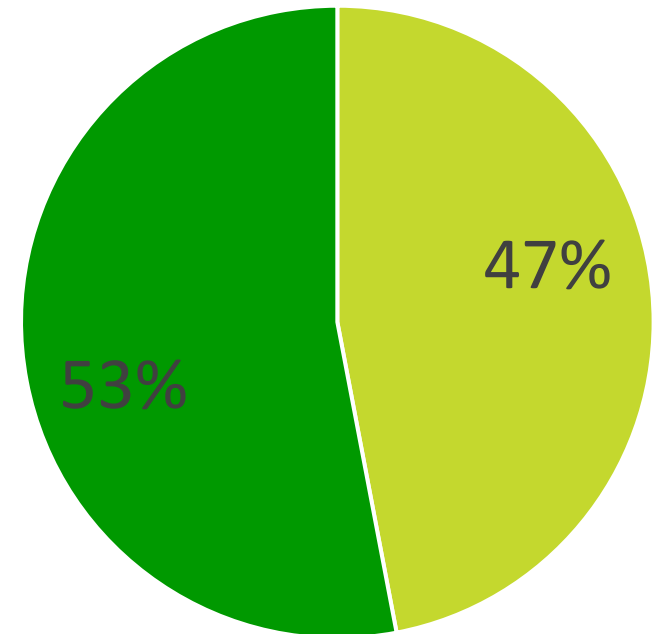
# Lifestyle Factor: Sleep

78% of respondents get **at least 6 hours of sleep per night**



■ Less than 4 hours ■ 4 to 5 hours ■ 6 to 7 hours ■ 8 or more hours

But 52% of respondents report **not feeling rested** when waking up



■ Rested ■ Not rested

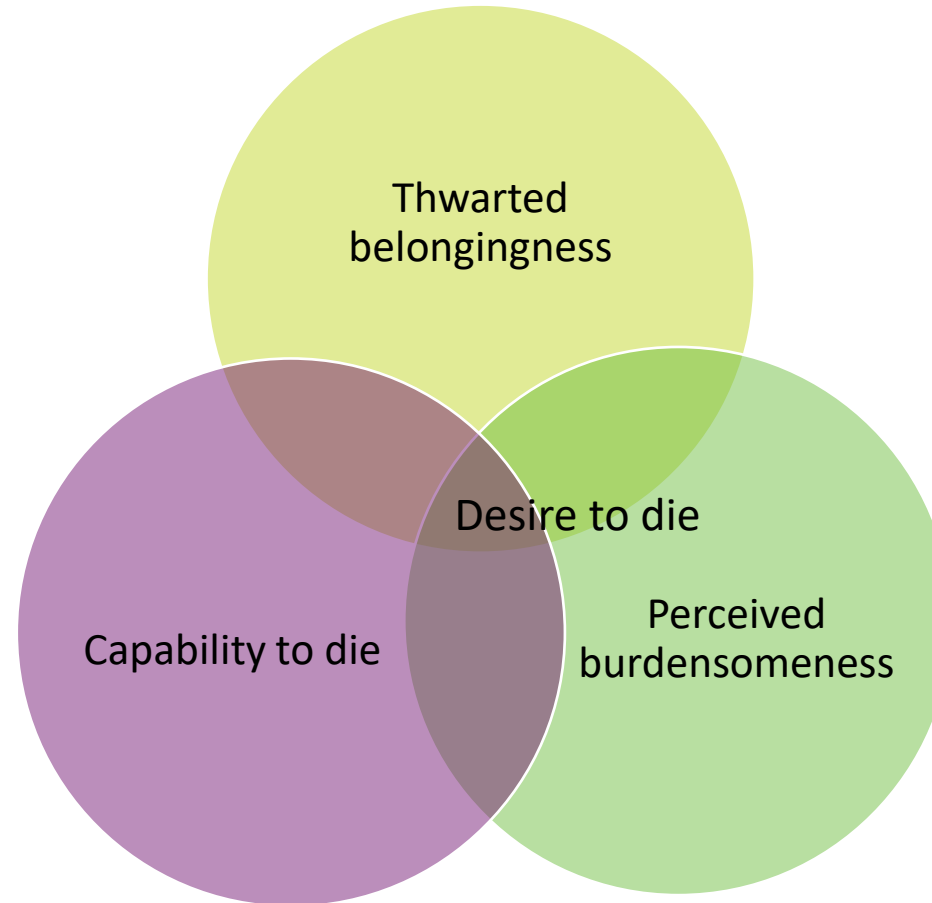


# Context for Understanding the Data

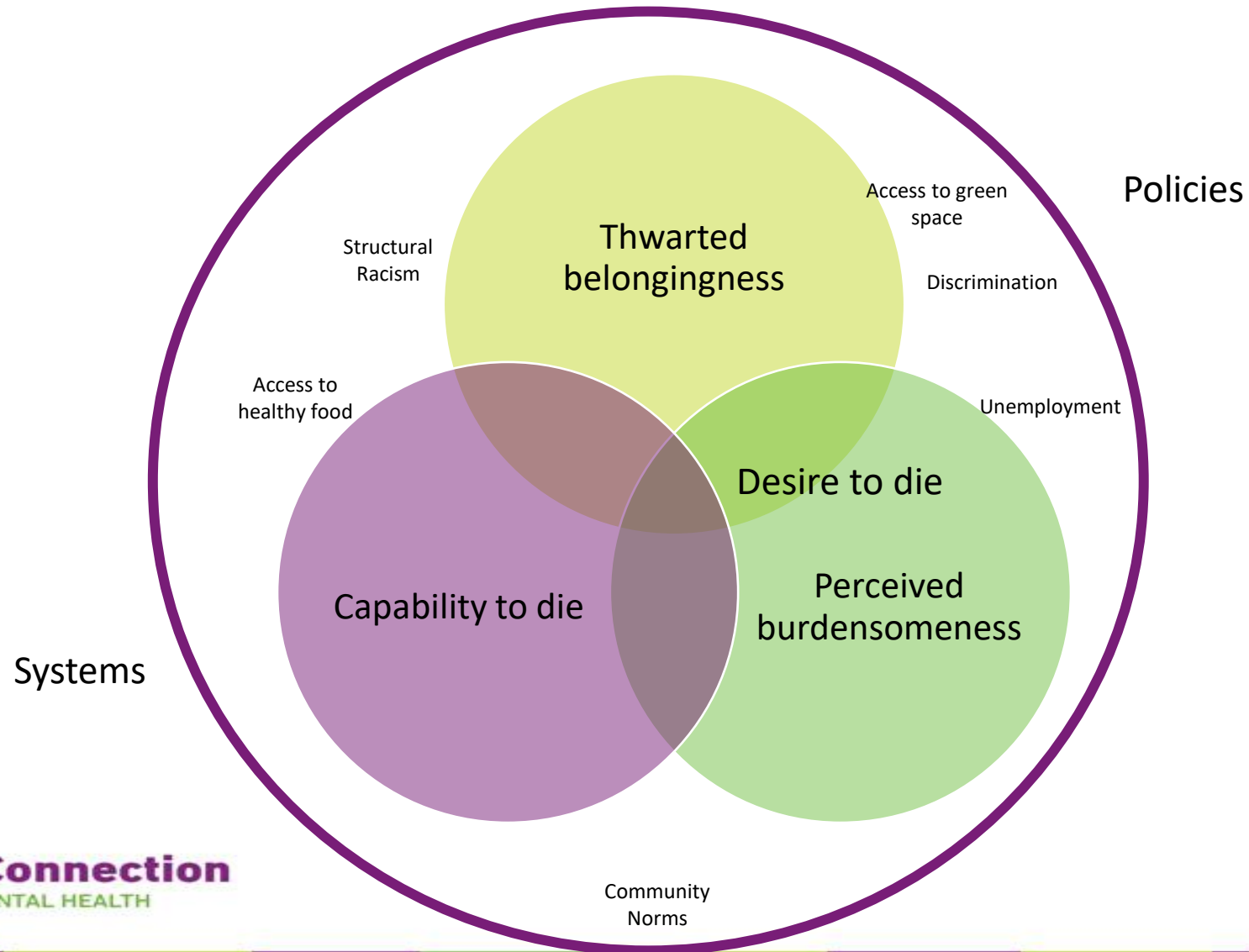
Level Setting based in theory

# Level-Setting: What do we know about suicidal behavior?

Thomas Joiner's  
Interpersonal-  
Psychological theory

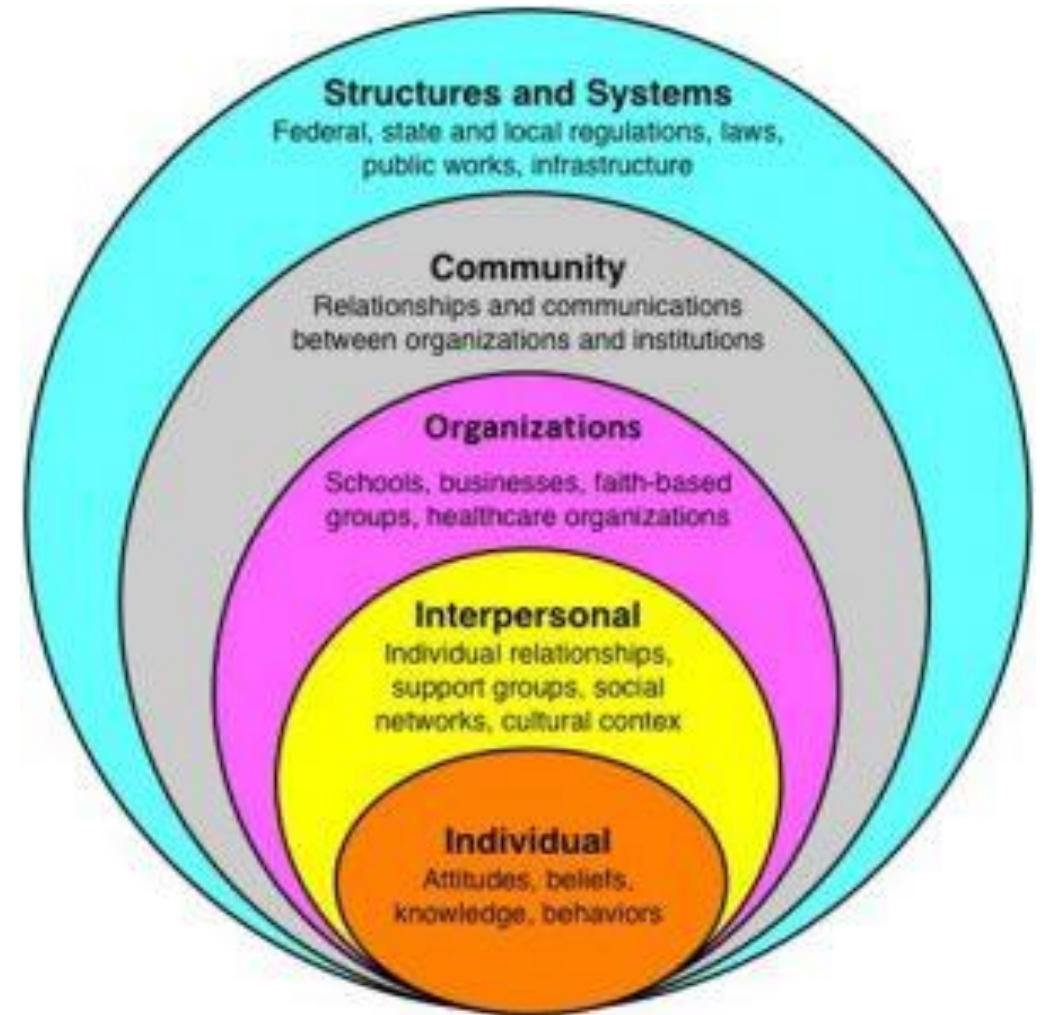


# Individual-level factors occur in a societal context



# Onus of change is on the System not the Individual

- Suicide is a public health issue – needs public health solutions
- Nuanced and complex which is why we haven't solved it yet.
- What can we do....



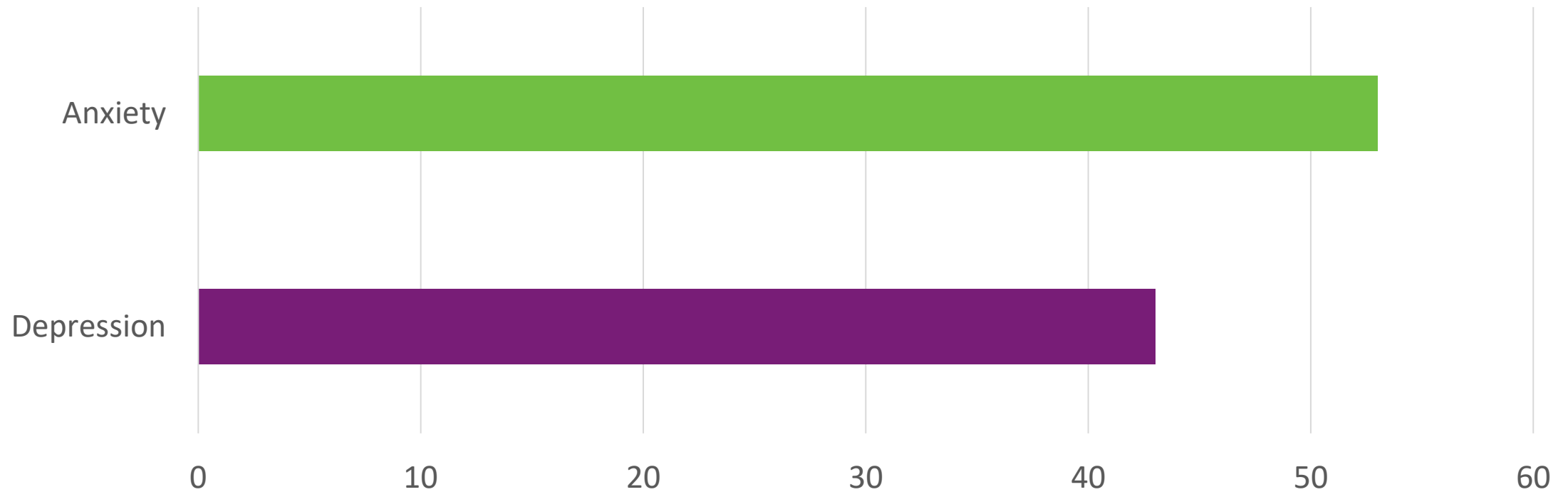
# Anxiety and Depression



# Mental Health: Anxiety & Depression

In the last 12 months

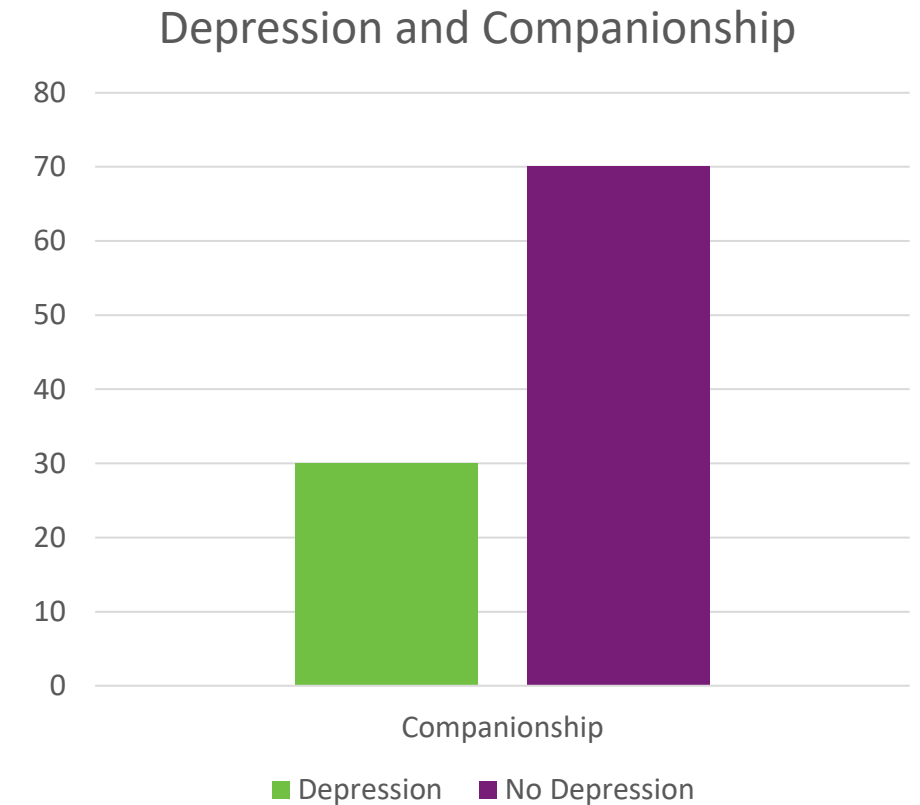
About 43% of respondents report experiencing symptoms of depression and more than half report symptoms of anxiety



# Companionship is Protective Against Depression



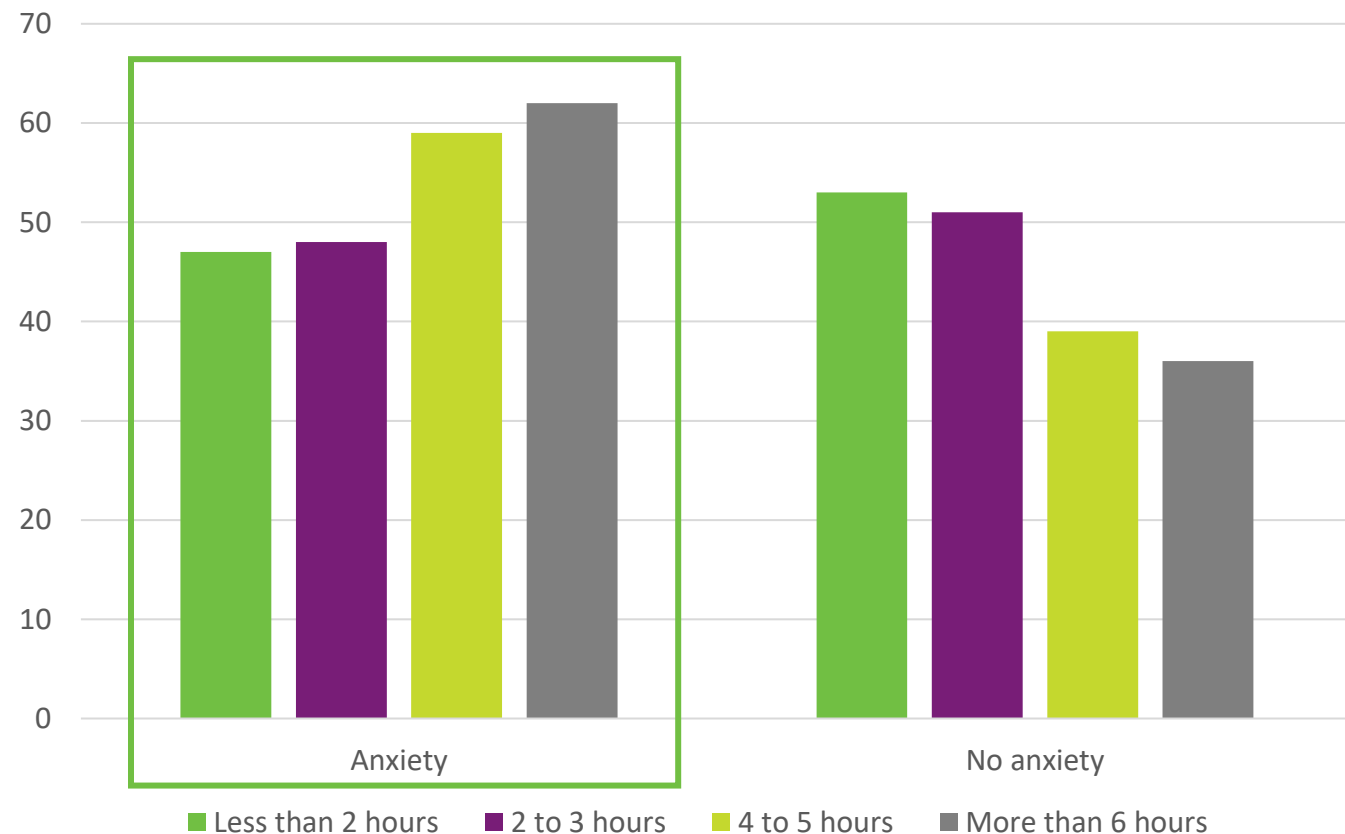
Less likely to report symptoms of depression.



## Lifestyle Factor

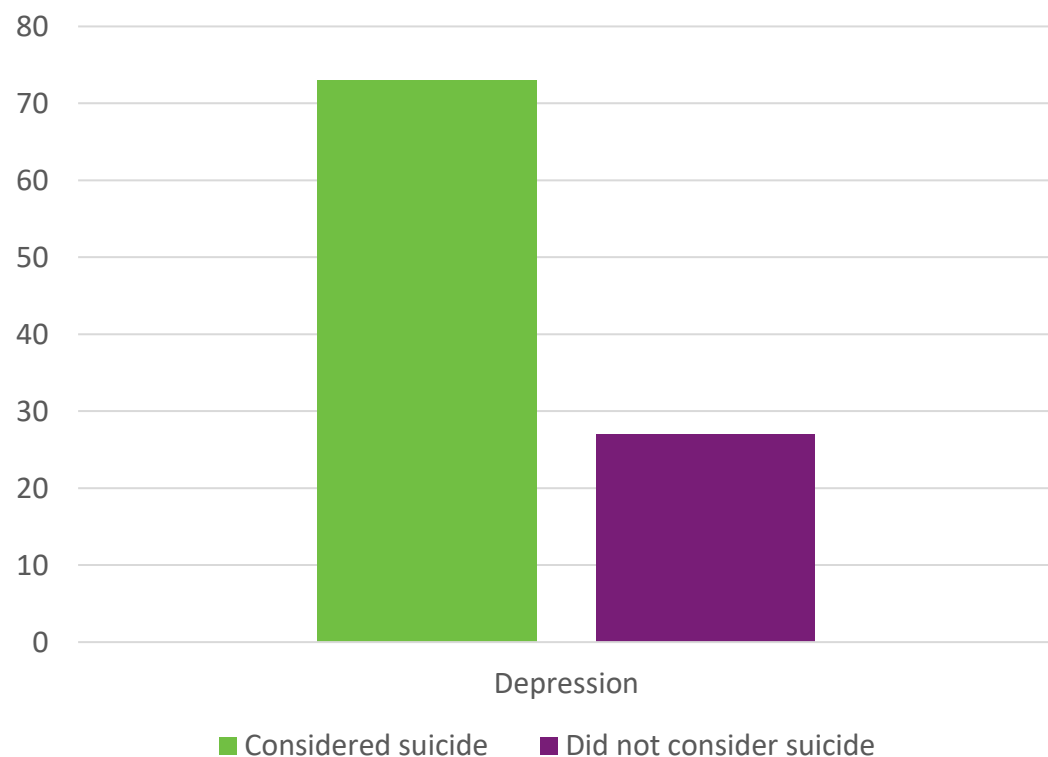
## Screen Time Impacts Anxiety

Those who get **4 or more hours** of non-work-related **screen time** daily are twice as likely to report **symptoms of anxiety** than those getting fewer than 4 hours of screen time.

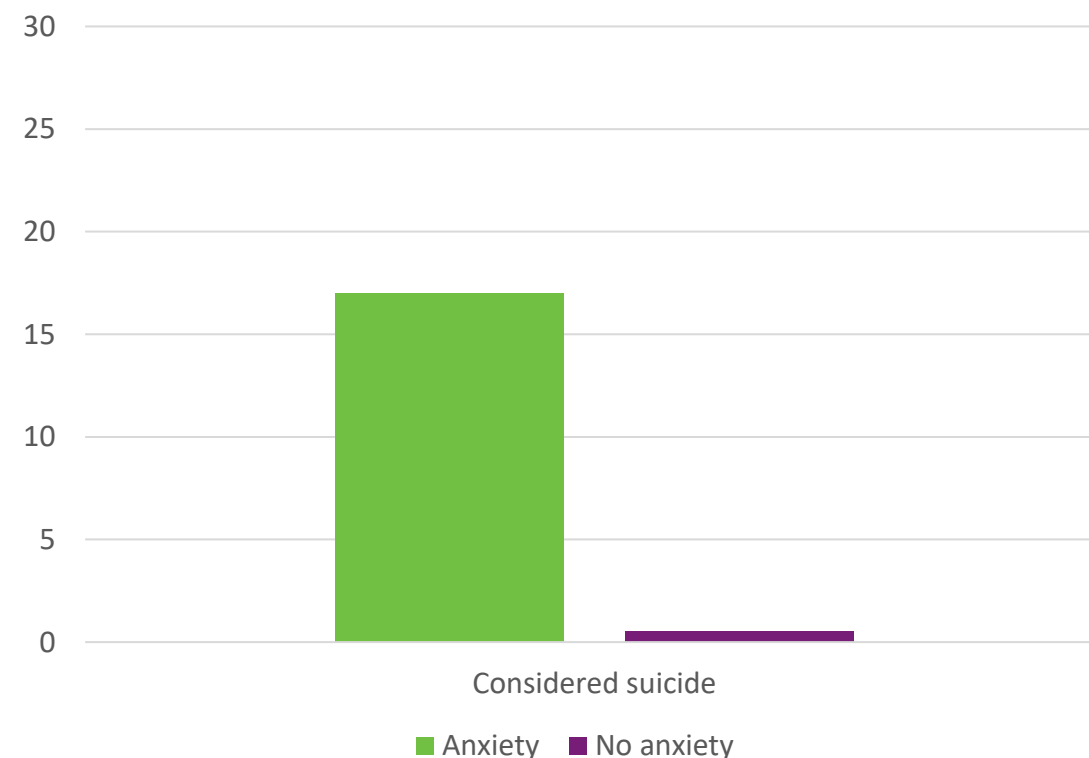


Survey participants who report they have **considered suicide** in the past 12 months are **33 times more likely** to report **symptoms of depression** and **39 times more likely** to have **symptoms of anxiety**

DEPRESSION and Suicidal Ideation



ANXIETY and Suicidal Ideation



# What does our survey tell us?

Isolation



# Isolation – Why is it important in the context of suicide?

- Thwarted belongingness
- Strong and reliable predictor of suicidal ideation and behavior
  - Fundamental human need is unmet
- “I feel disconnected from other people.”
- Absence of reciprocally-caring relationships
  - “I am not a support for others.”
  - “There is no one I can turn to in times of need.”

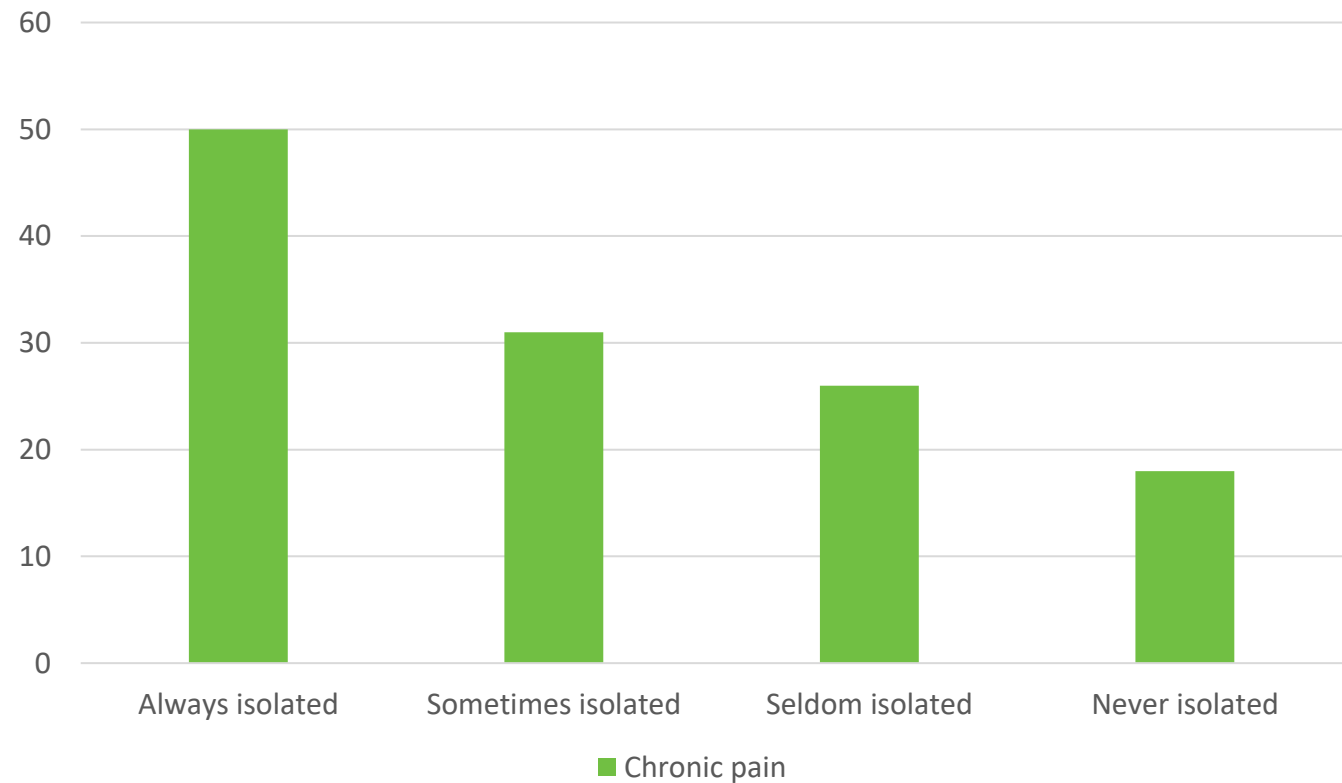
# What does our survey tell us about isolation?

- Overall, people who report always feeling isolated are:
  - **More likely** to be experiencing chronic pain
  - **More likely** to have income less than \$150,000 annually
  - **More likely** to have symptoms of anxiety
  - **More likely** to have symptoms of depression
  - **Less likely** to have children

# Lifestyle Factor

## Isolation and chronic pain

Those who report that they **always feel isolated** are more likely to experience **chronic pain**.



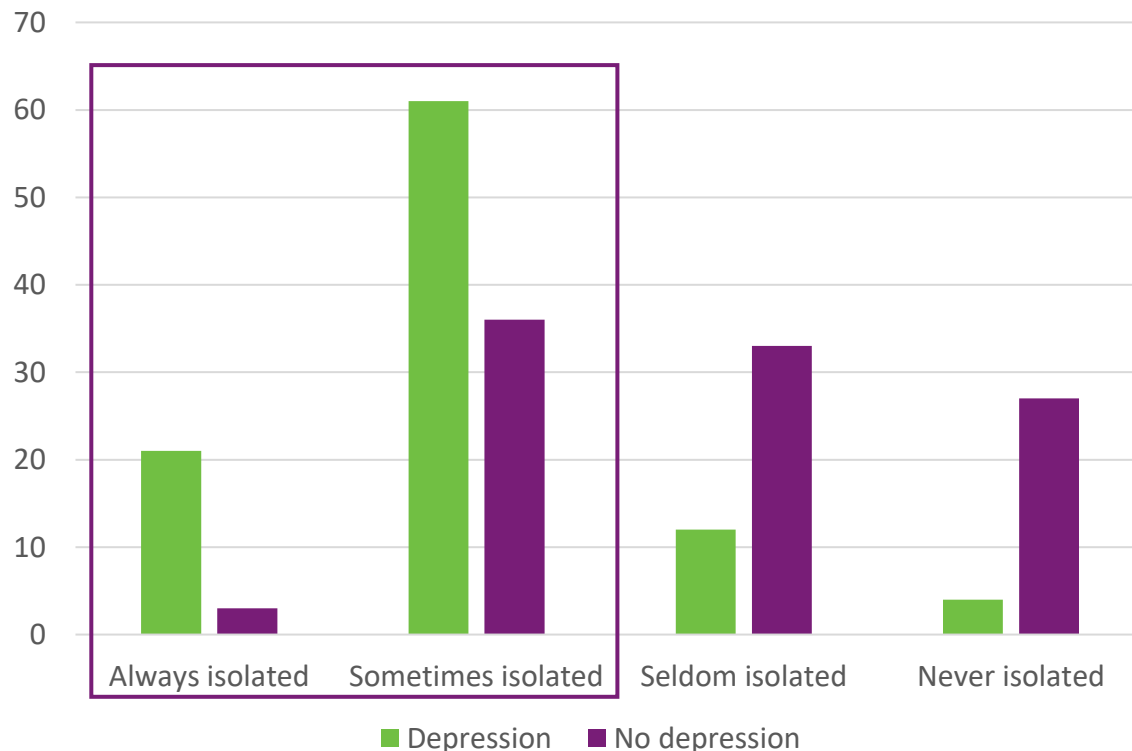
# Isolation and income

Isolation is associated with income – people in lower paying jobs are more likely to always feel isolated.

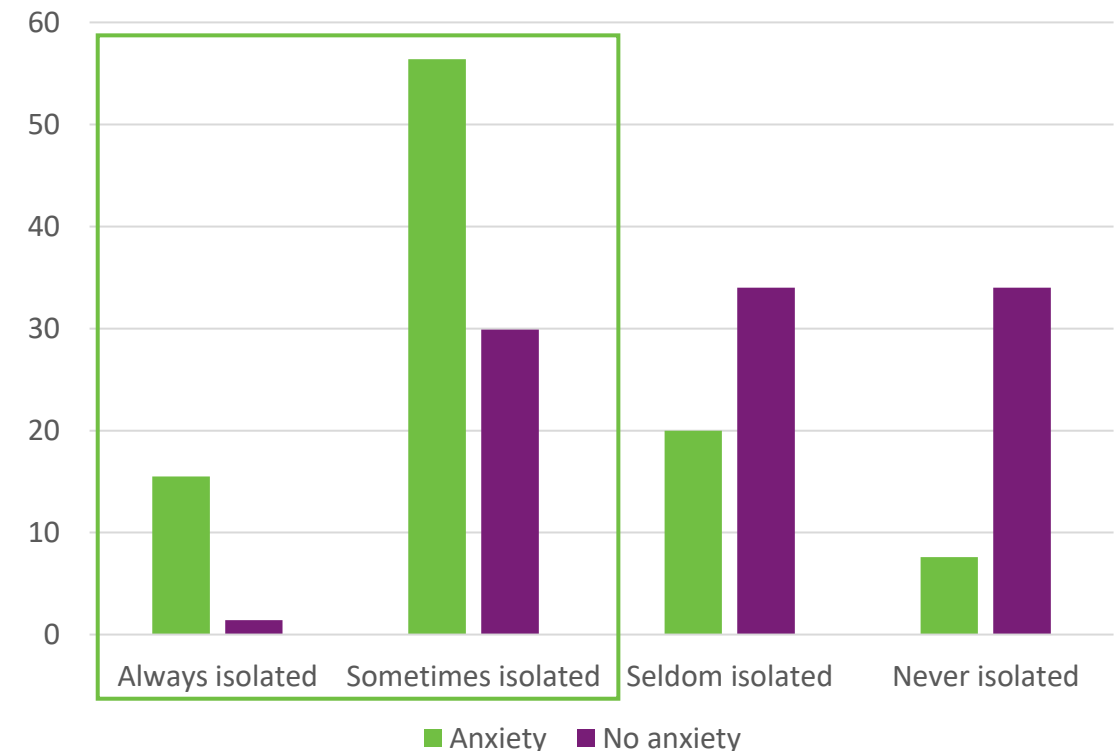


Those who report that they **always feel isolated** are 17 times more likely to report **symptoms of depression** and 49 times more likely to report **symptoms of anxiety** than those who are never isolated.

Depression and Isolation



Anxiety and Isolation



# Disparity- LGBTQ+ and Race



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# Health Inequity – why is it important in the context of suicide?

- Discrimination and fitting in with the dominant culture are societal risk factors for suicide in communities of color and among LGBTQ folks
- Experiences of racism are societal risk factors for suicide in communities of color
- A long history of harmful and unjust treatment in health care and by educational systems have resulted in rightful mistrust in these systems by communities of color
  - Impacts accessing services
- Many services that are provided are developed and delivered from the perspective of white men

# What does the survey tell us?

There are health disparities by sexual orientation

**When compared to non-LGBTQ+ folks, LGBTQ+ folks are:**

- **More likely** to get fewer hours of sleep
- **More likely** to experience symptoms of depression over the past 12 months
- **More likely** to experience symptoms of anxiety over the past 12 months
- **More likely** to engage in self-inflicted injury
- **More likely** to believe that suicide is brave
- **Less likely** to feel rested upon waking
- **More likely** to be living with chronic pain
- **More likely** to always feel isolated

# What does the survey tell us?

## There are health disparities by race

Compared to white individuals, individuals of color are:

- **Less likely** to feel rested upon waking
- **More likely** to always feel isolated
- **More likely** to report symptoms of depression

Compared to white individuals, black individuals are:

- **Less likely** to report symptoms of Depression
- **Less likely** to report symptoms of Anxiety
- **Less likely** to be in treatment
- **More likely** to get fewer hours of sleep

# What else does the survey tell us?

There are disparities in suicidal behavior as well

In the last 12 months:

- LGBTQ+ folks are more likely to **considering suicide**
- LGBTQ+ folks are more likely to have **attempted suicide at least once**
- Individuals of color are **more likely** to have attempted suicide at least once

Higher proportions of lives are lost in these groups



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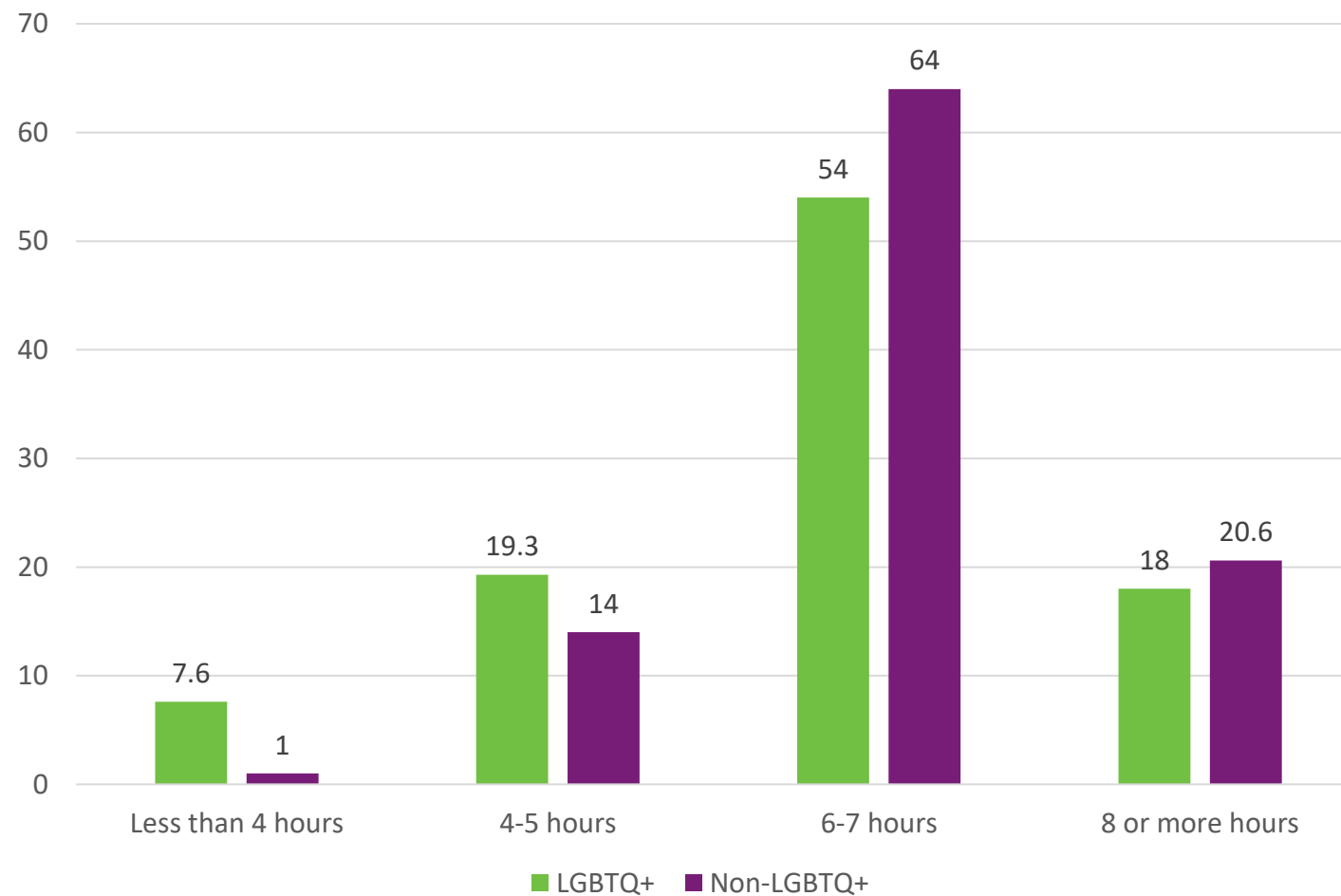
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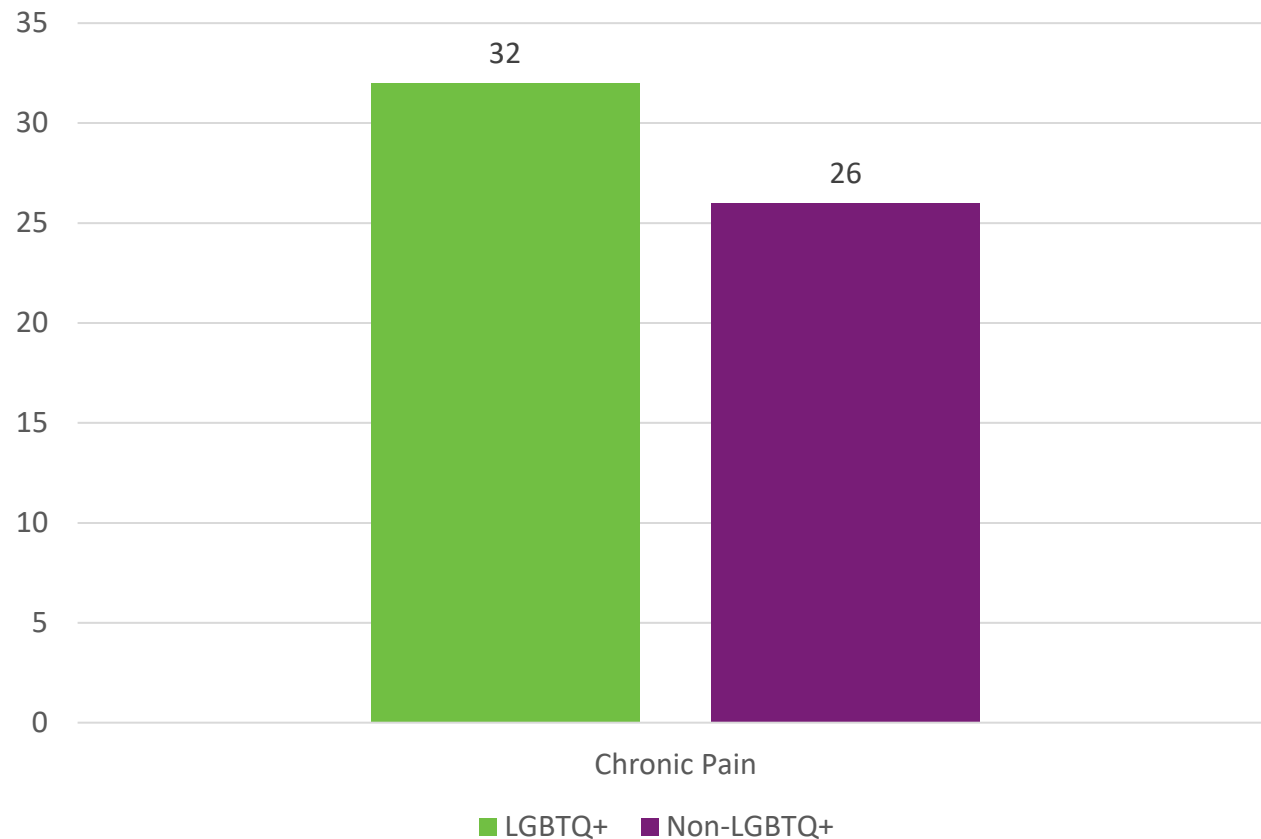
# LGBTQ+ and Sleep

LGBTQ+ folks are twice as likely to get **fewer hours of sleep** every night.

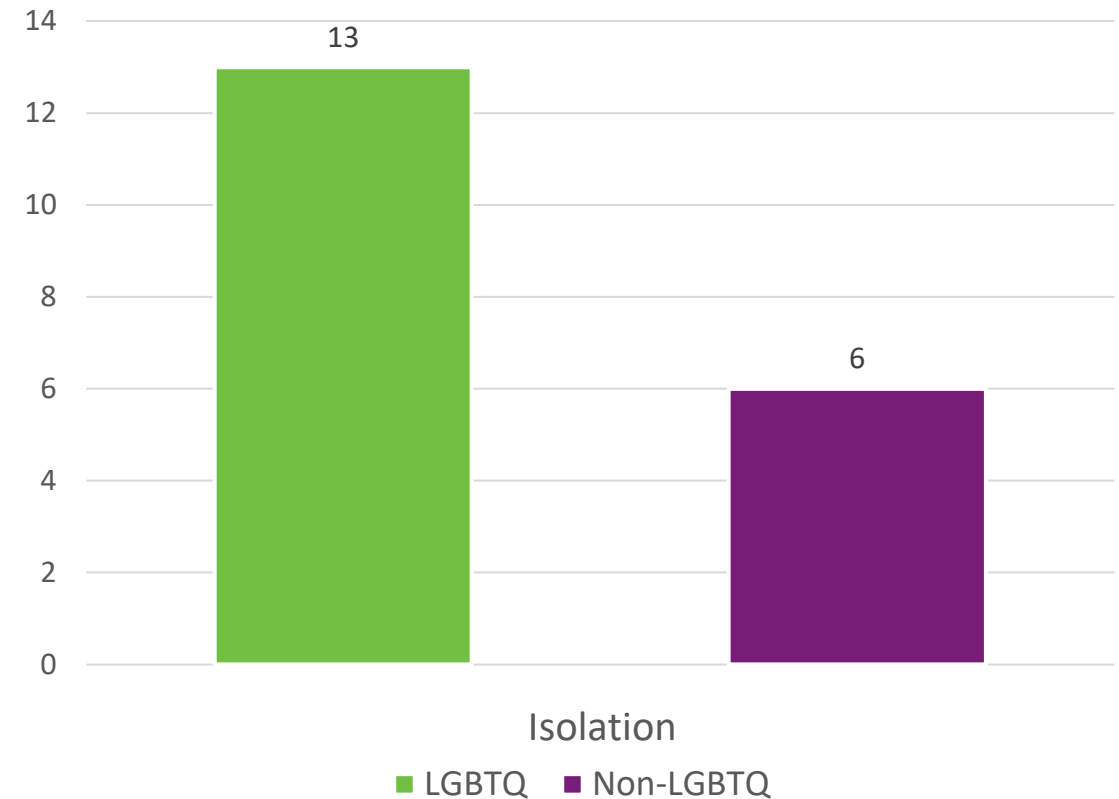


# LGBTQ+: Chronic Pain and Isolation

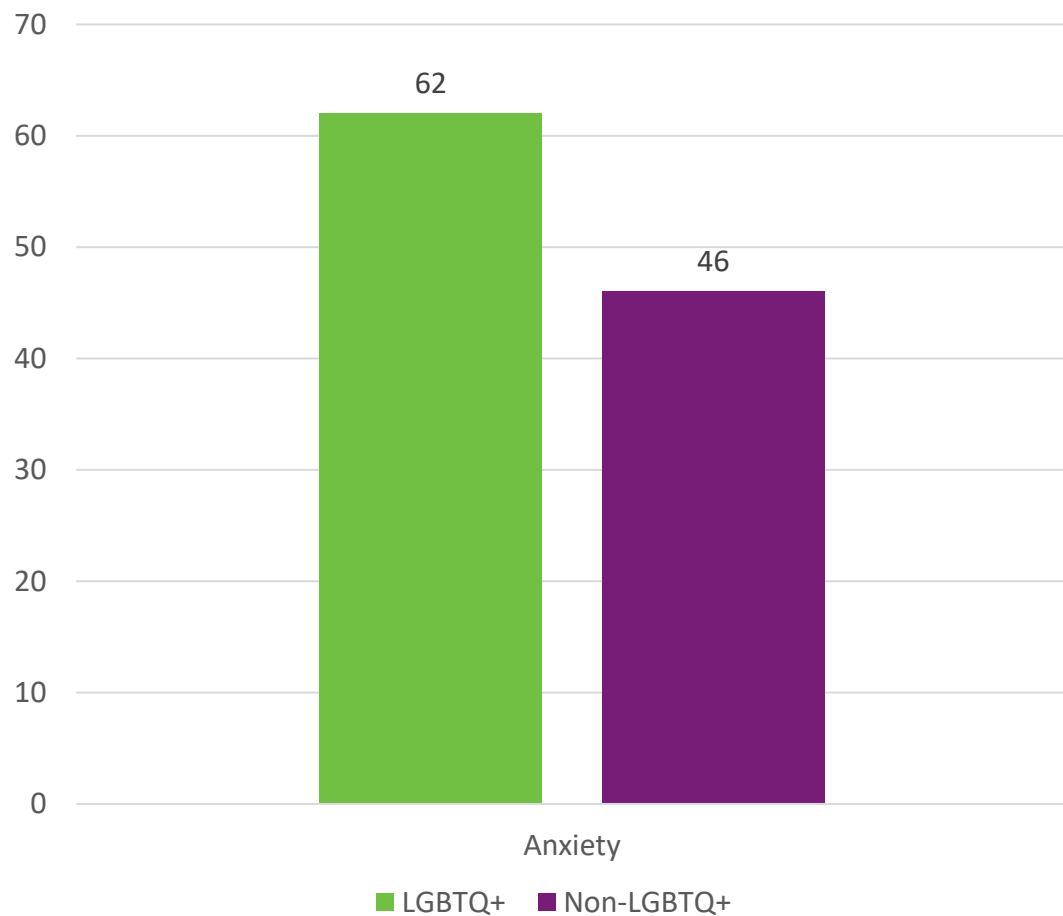
LGBTQ folks are more likely to be living with chronic pain than non-LGBTQ folks



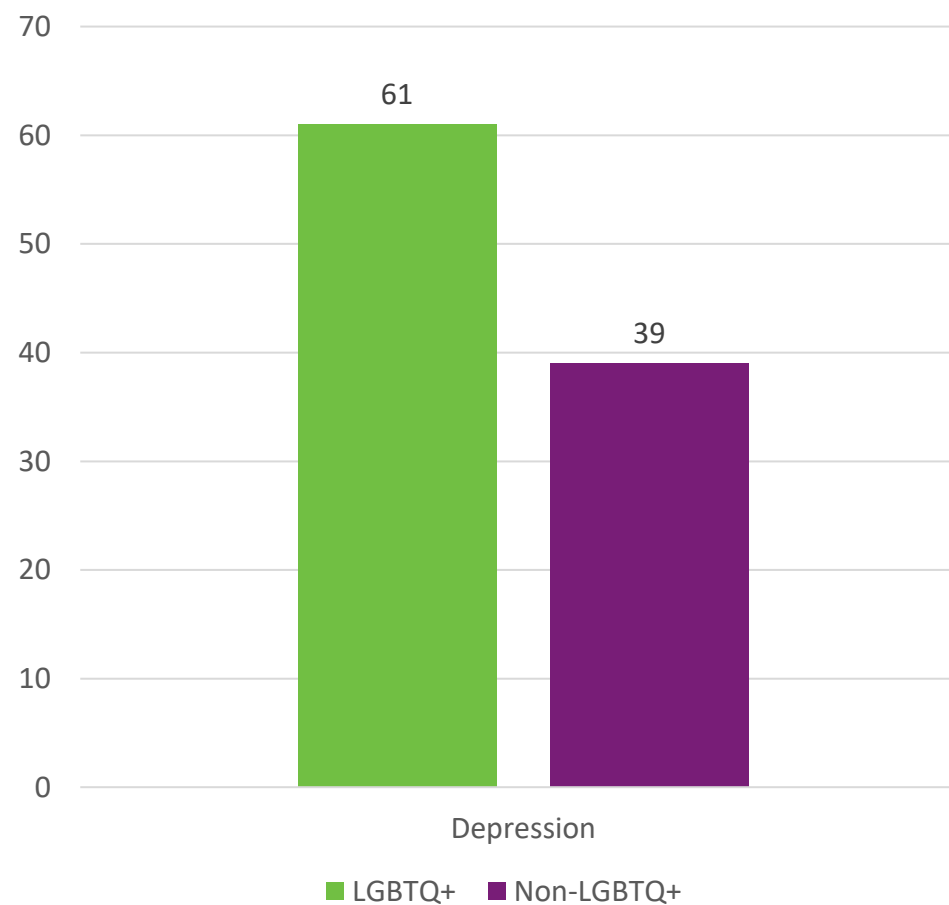
LGBTQ folks are more likely to **always feel isolated**



LGBTQ+ folks are almost twice as likely to report symptoms of ANXIETY than non-LGBTQ+ folks.

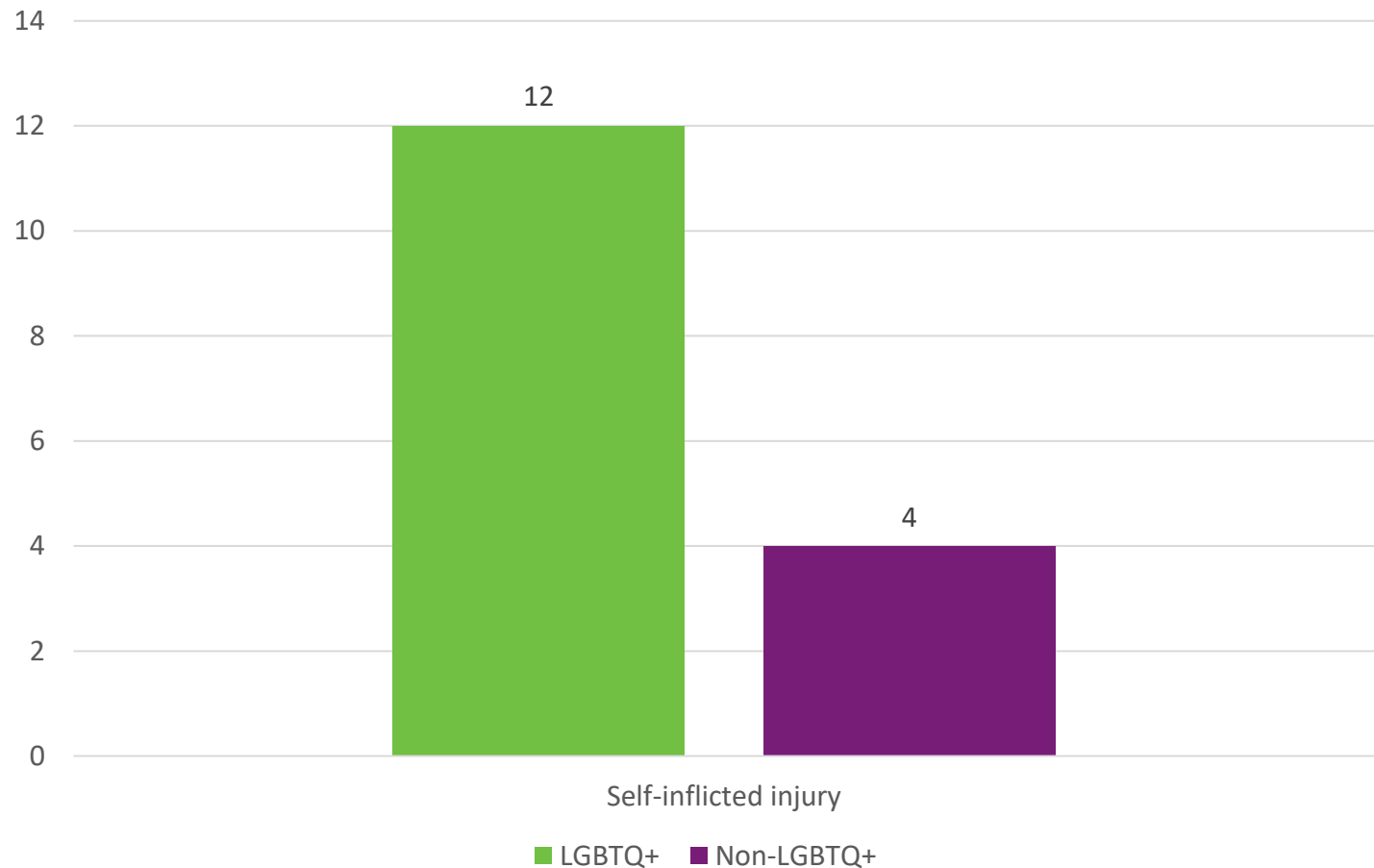


LGBTQ+ folks have 1.8 times higher odds of experiencing symptoms of DEPRESSION



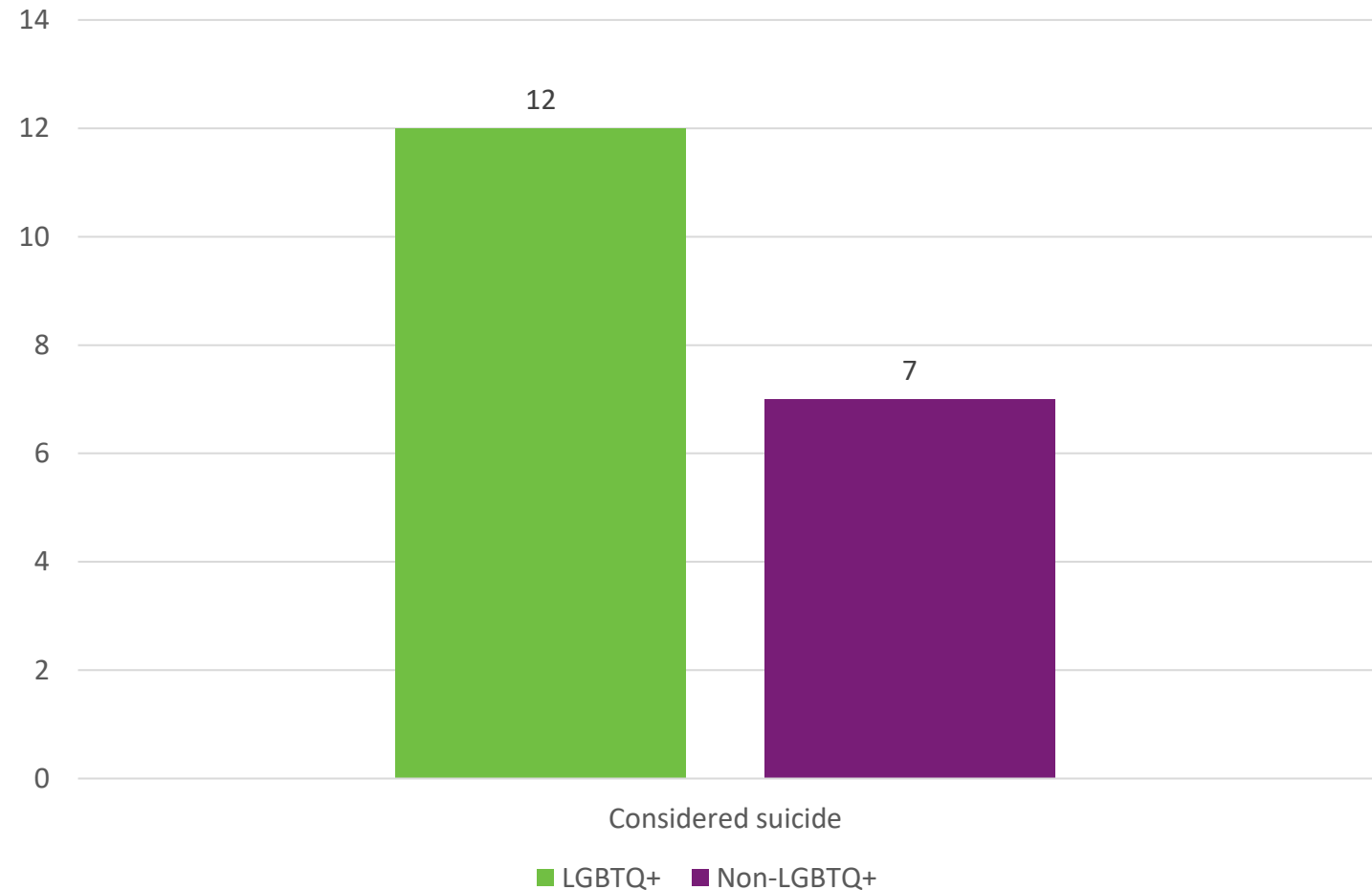
# LGBTQ+ and Self- inflicted Injury

LGBTQ+ folks have 1.8 times higher odds of self-inflicted injury



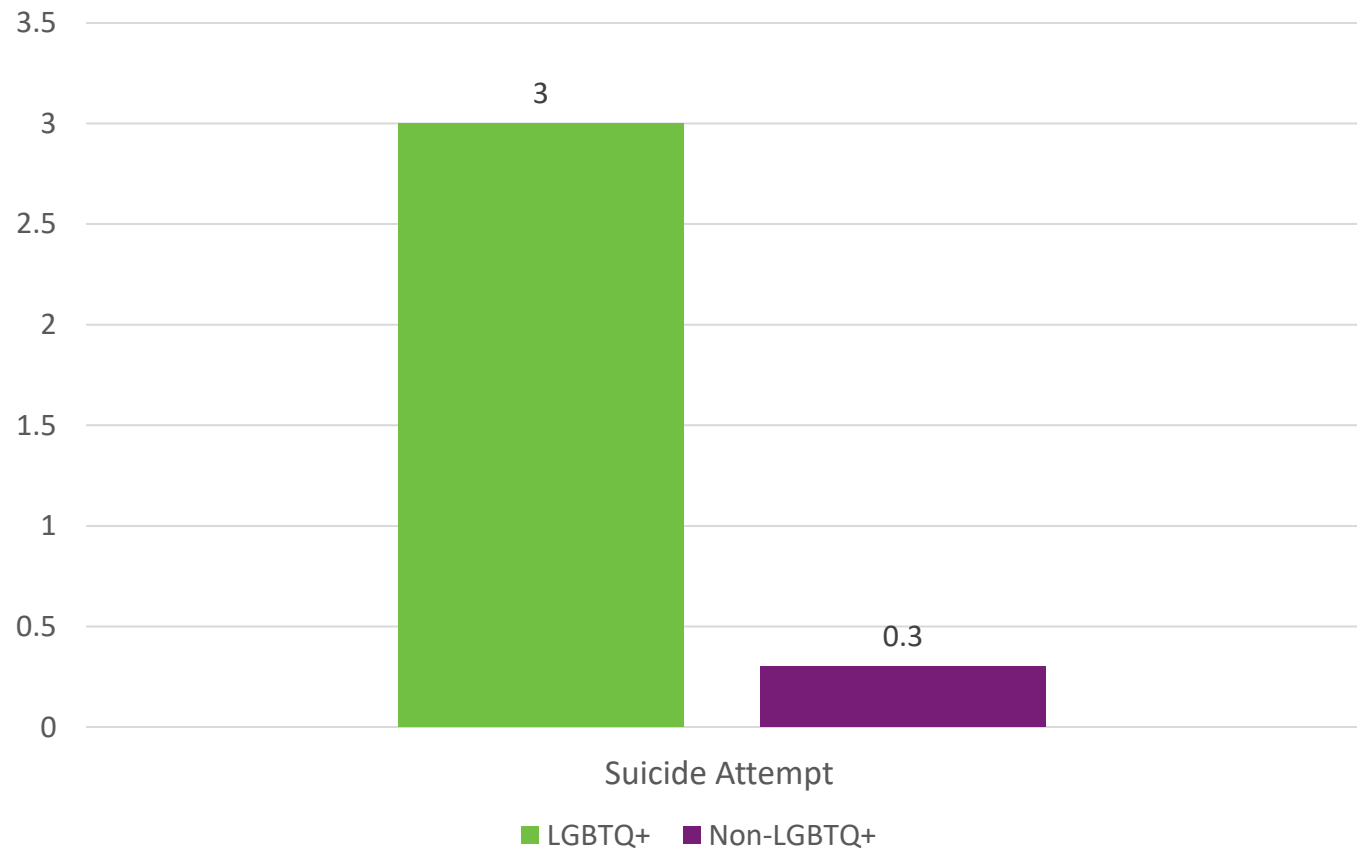
# LGBTQ+ and Suicidal Ideation

Almost **twice** as many LGBTQ folks report **considering suicide** in the past 12 months



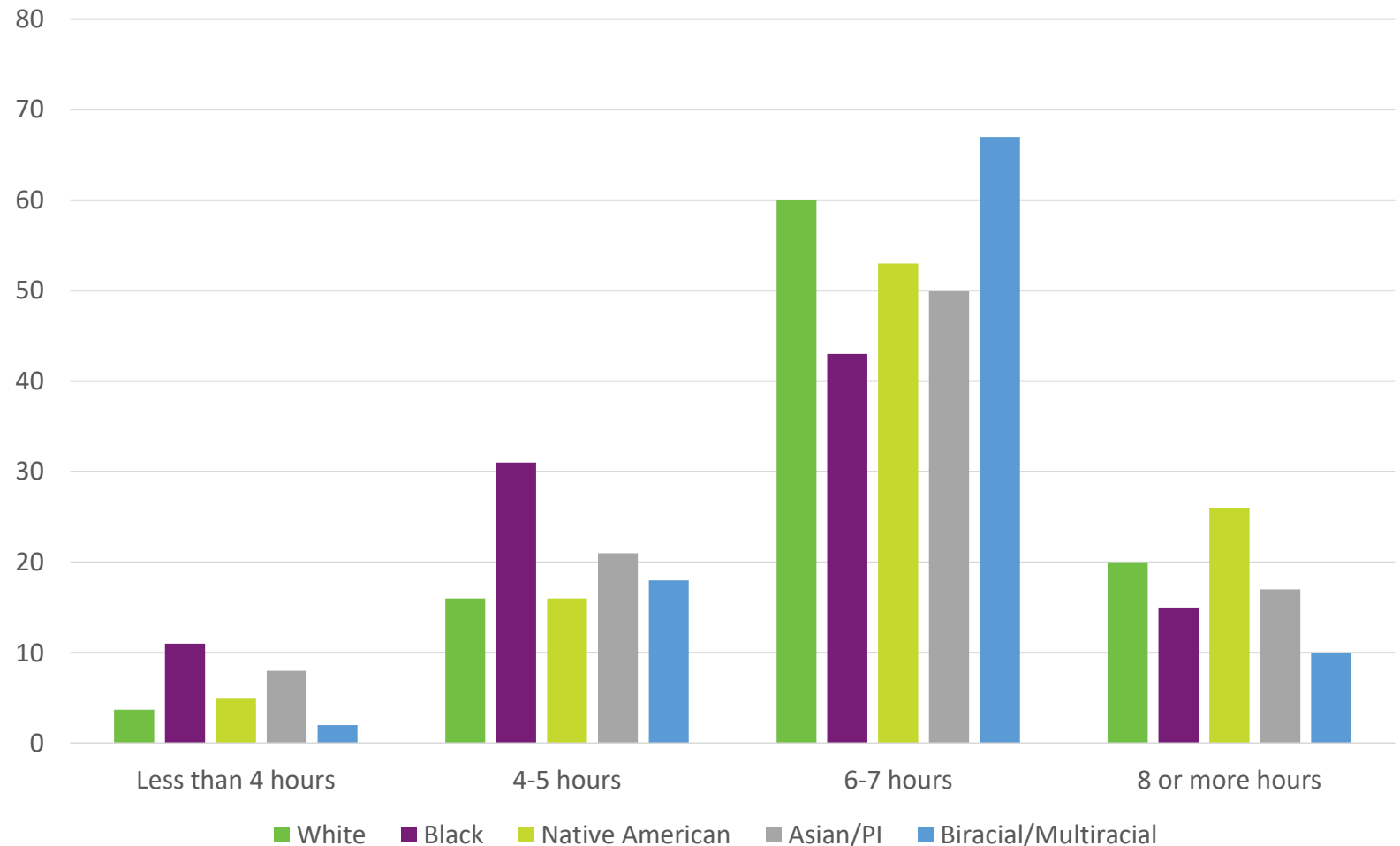
## LGBTQ+ and Suicide Attempts

LGBTQ+ folks are 11 times more likely to report that they have **attempted suicide** at least once in the past 12 months when compared with non-LGBTQ+ survey participants.



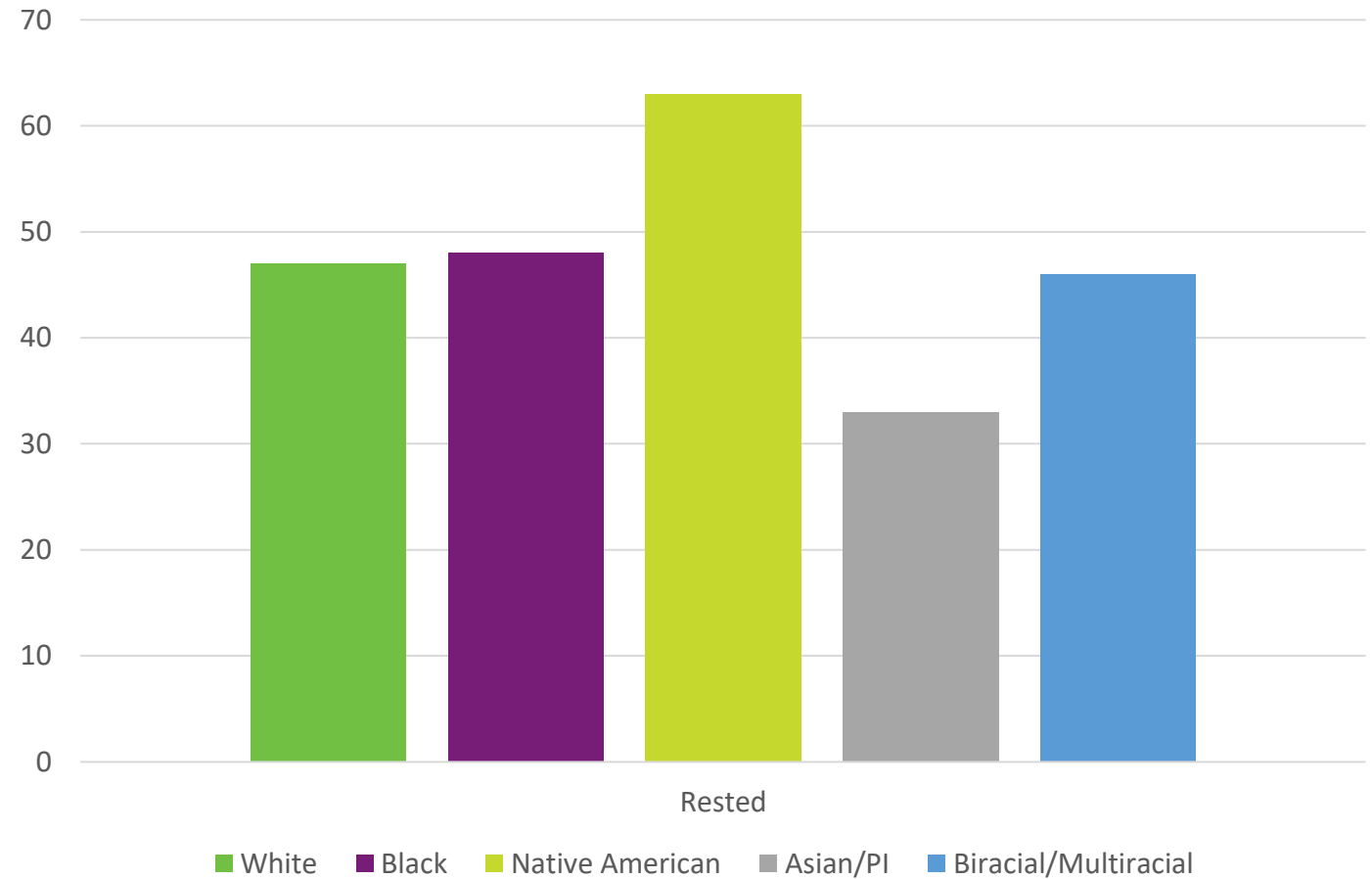
# Race and Sleep

Over 40% of Black individuals get five or less hours of sleep per night



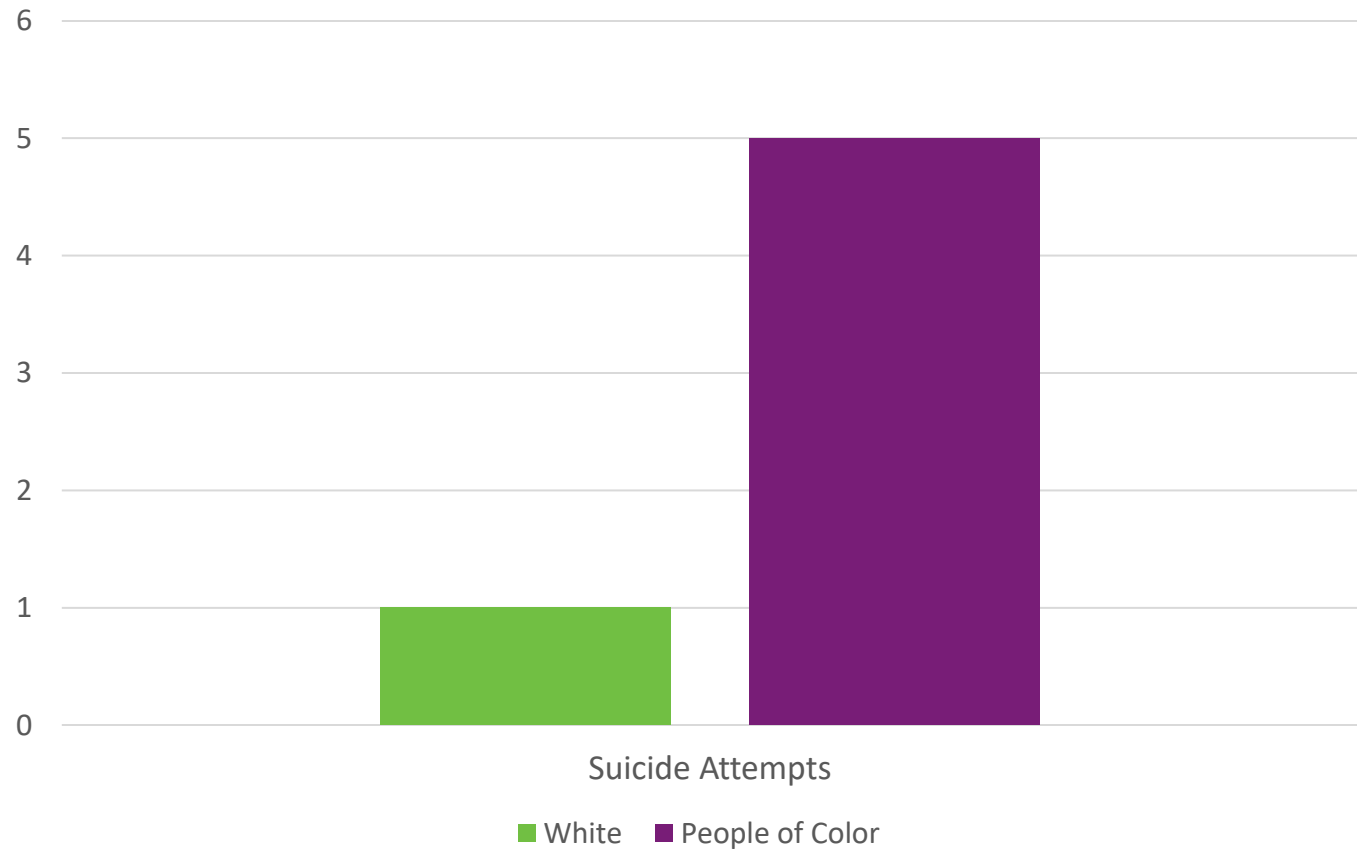
## Race and Feeling Rested

Only 30% of Asian/Pacific Islanders report feeling rested when waking.



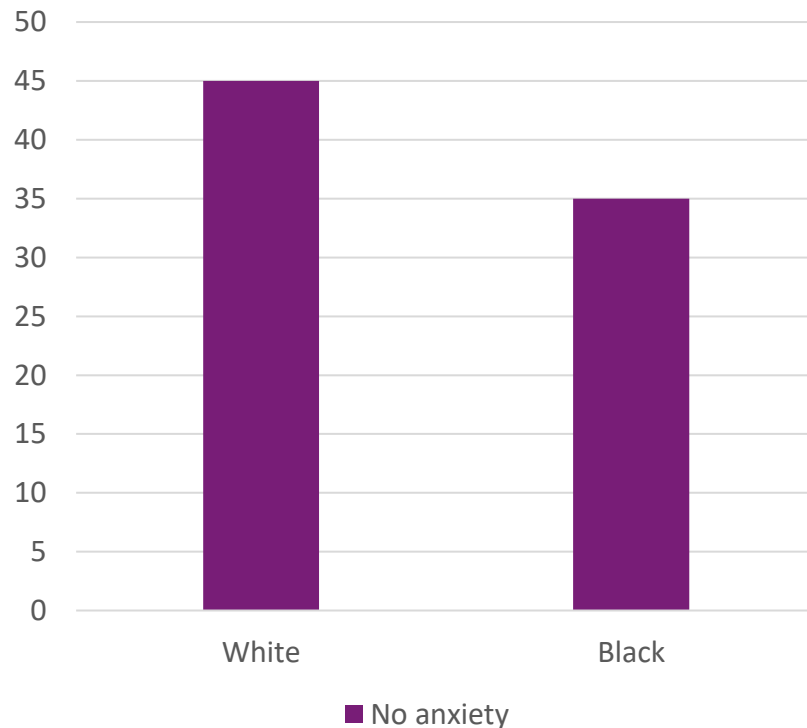
## Race and Suicide Attempts

People of color have **3.1 times higher odds** of a **suicide attempt** than white individuals

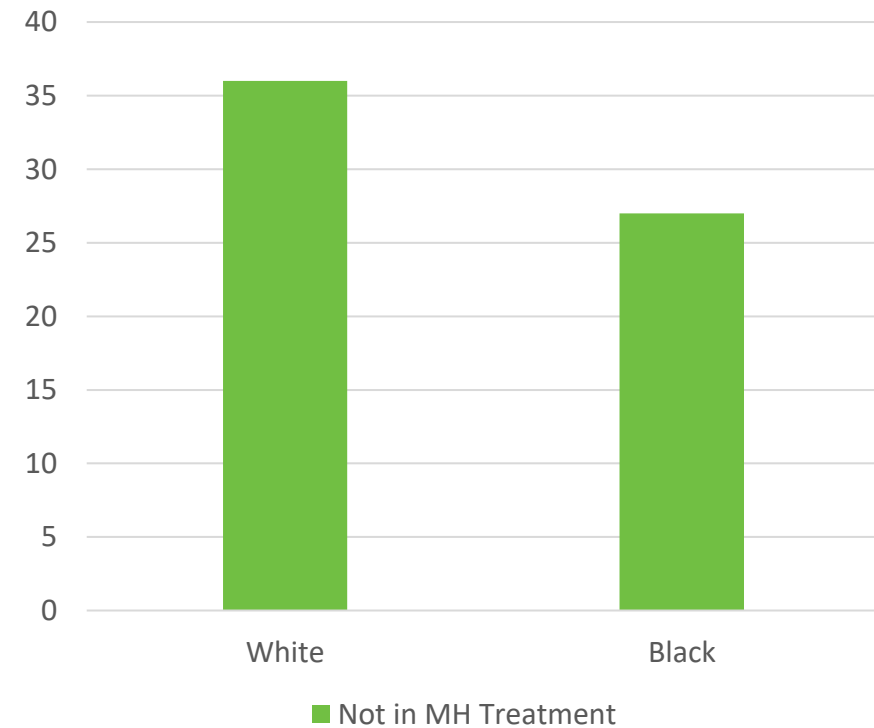


# Race: Mental Health and Treatment

Black individuals are **almost 50% less likely to report symptoms of anxiety** than white individuals.

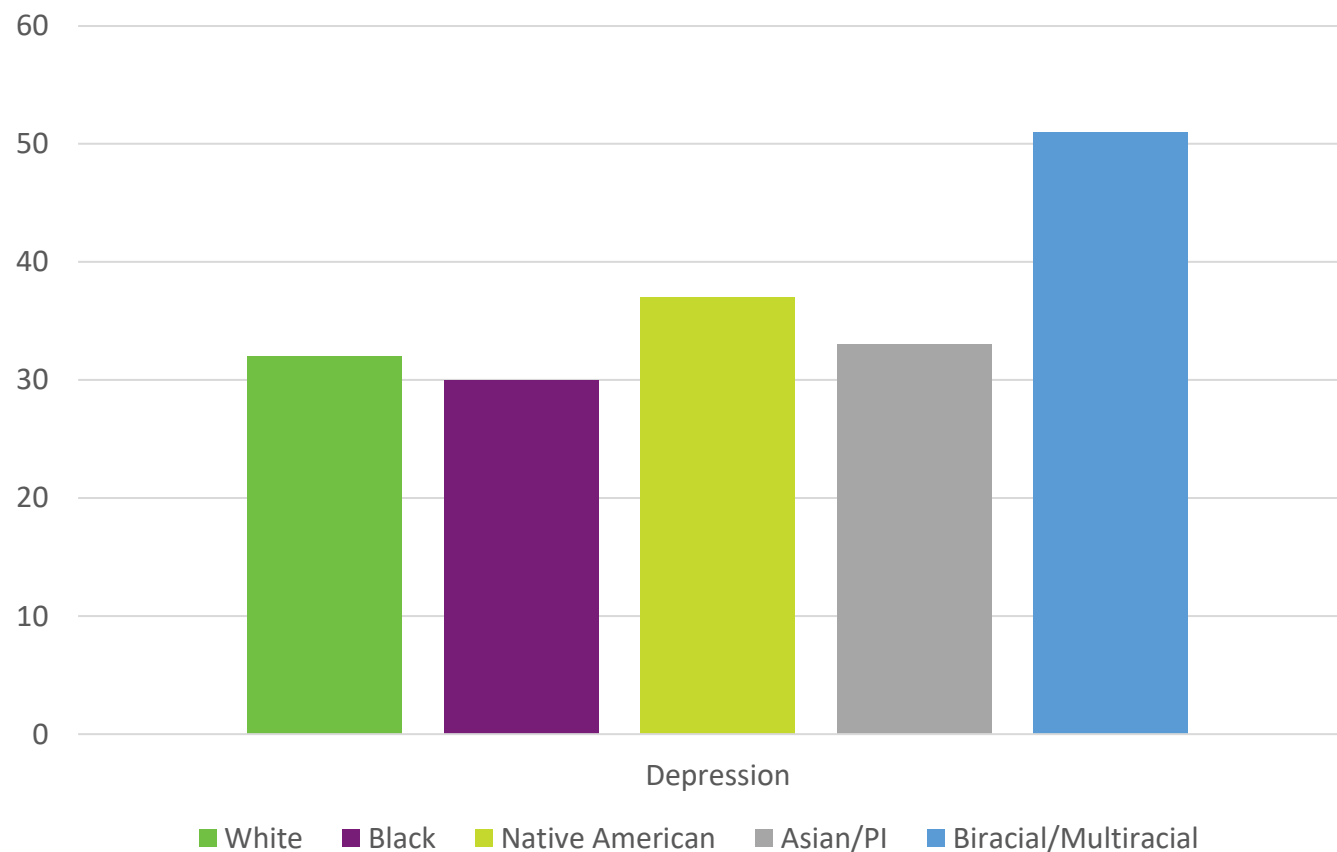


Black individuals are **almost 60% less likely to be in treatment** than white individuals



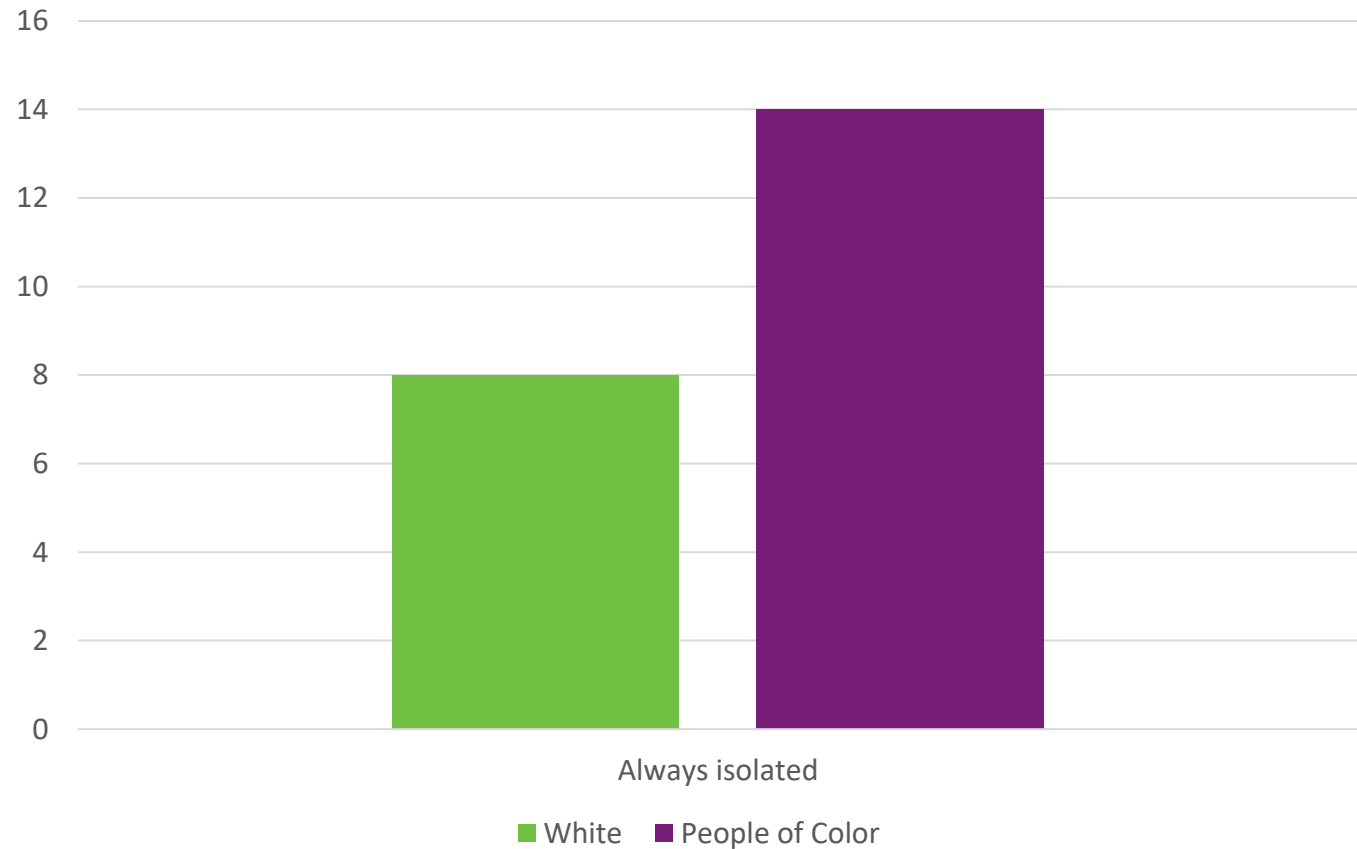
Individuals who identify as **Biracial/Multiracial** and **Native American** report the **highest proportions of depression**

## Race and Depression



## Race and Isolation

Almost **twice as many** people of color report **always experiencing isolation**.



# What does the survey tell us?

Income inequality is an issue of social justice in our community



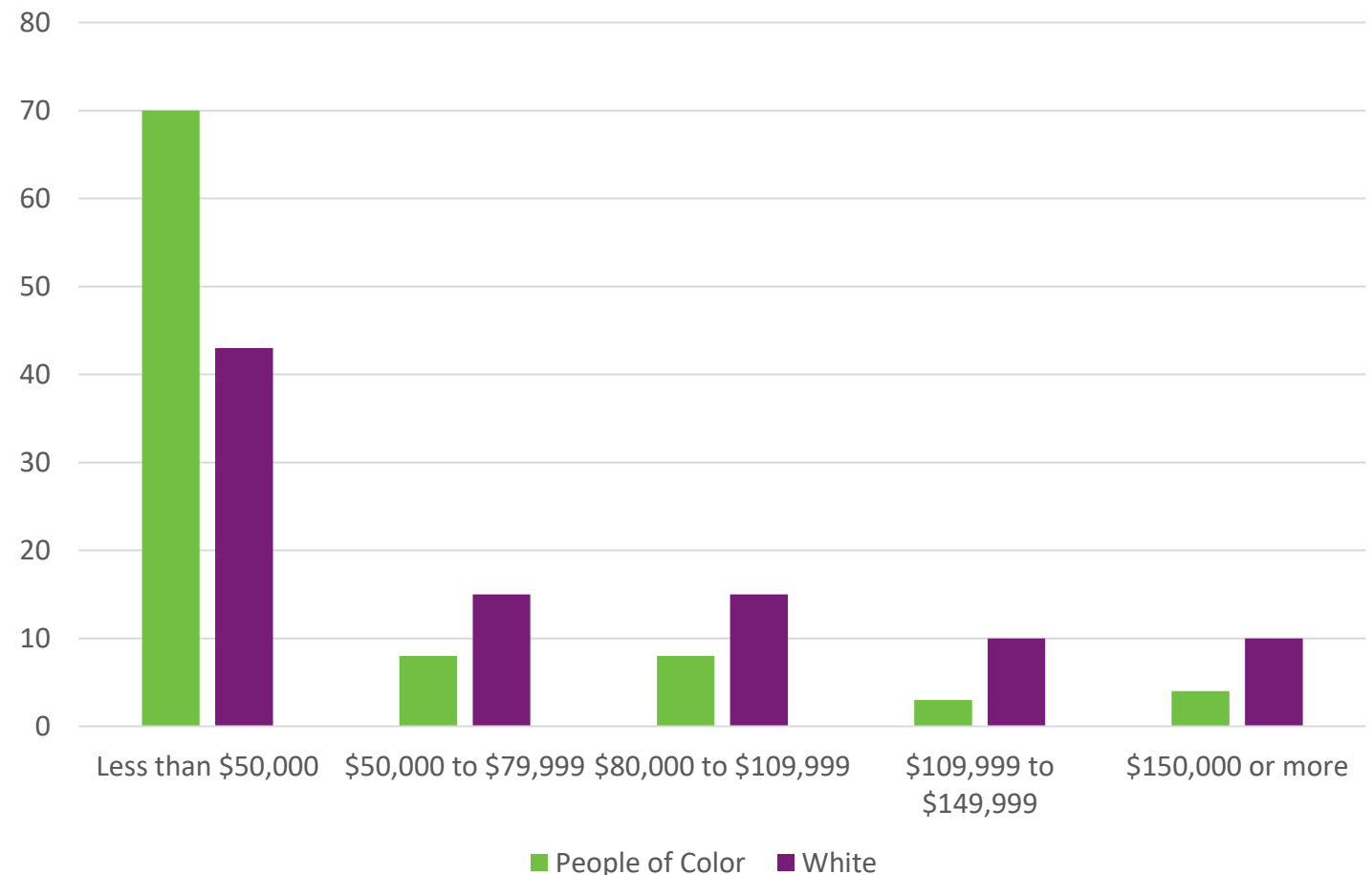
# LGBTQ+ and Income

LGBTQ+ individuals are paid less income than non-LGBTQ+ individuals.



# Race and Income

People of color are paid less income than White individuals.



# Income



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# Income in our communities

- Percent of households making less than \$50,000 annually
  - Outagamie County – 38.7%
  - Calumet County – 32.8%
  - Winnebago County – 43.5%
- Percent of people and families whose income is below the poverty level
  - Outagamie County – 6.3%
  - Calumet County – 4.7%
  - Winnebago County – 6.2%

Source: American Community Survey 5-year estimates

# Income – Why is it important in the context of suicide?

- Potential contributor to perceived burdensomeness
  - Studies from the COVID-19 pandemic demonstrate increased suicide risk is associated with job loss through feelings of perceived burdensomeness<sup>1</sup>
- Income inequality at the community level is associated with increased rates of suicide<sup>2</sup>
- Minimum wage increases are associated with decreases in suicide rates at the state level<sup>3</sup>
  - Particularly among those with a high school education or less
  - Reduces socioeconomic inequality

<sup>1</sup>Gratz, K. L., Tull, M. T., Richmond, J. R., Edmonds, K. A., Scamaldo, K. M., & Rose, J. P. (2020). Thwarted belongingness and perceived burdensomeness explain the associations of COVID-19 social and economic consequences to suicide risk. *Suicide and Life-Threatening Behavior*, 50(6), 1140-1148.

<sup>2</sup>Machado, D. B., Rasella, D., & Dos Santos, D. N. (2015). Impact of income inequality and other social determinants on suicide rate in Brazil. *PloS one*, 10(4), e0124934.

<sup>3</sup>Gertner, A. K., Rotter, J. S., & Shafer, P. R. (2019). Association between state minimum wages and suicide rates in the US. *American journal of preventive medicine*, 56(5), 648-654.

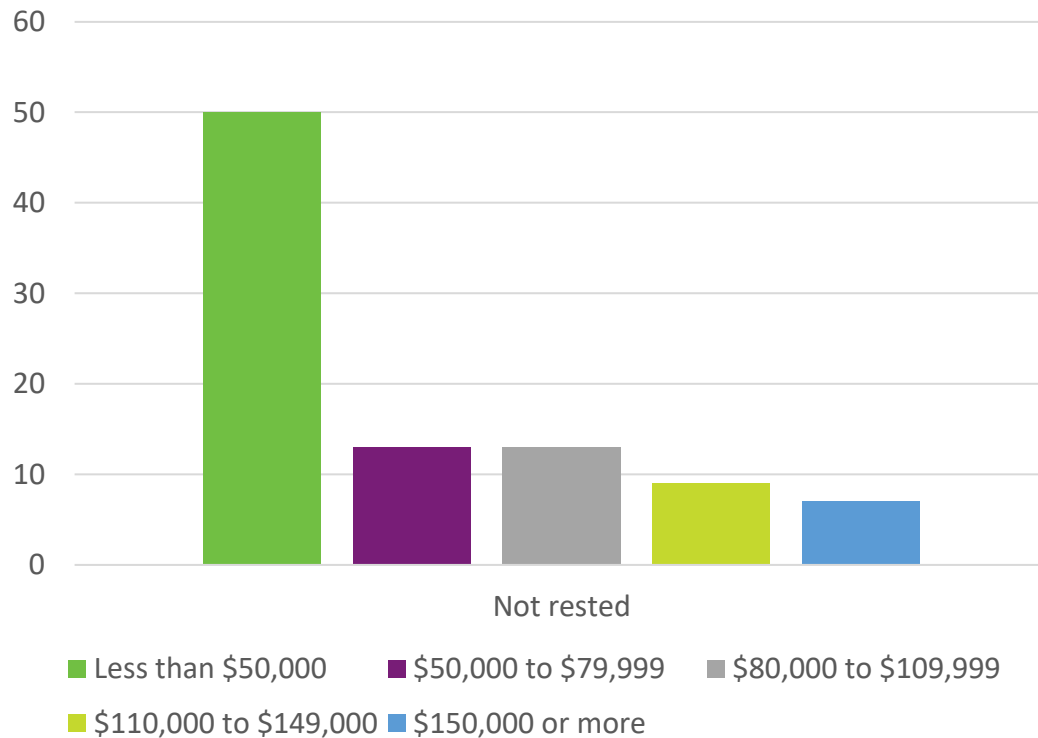
# What does the survey tell us?

## Poorer health outcomes are associated with annual income

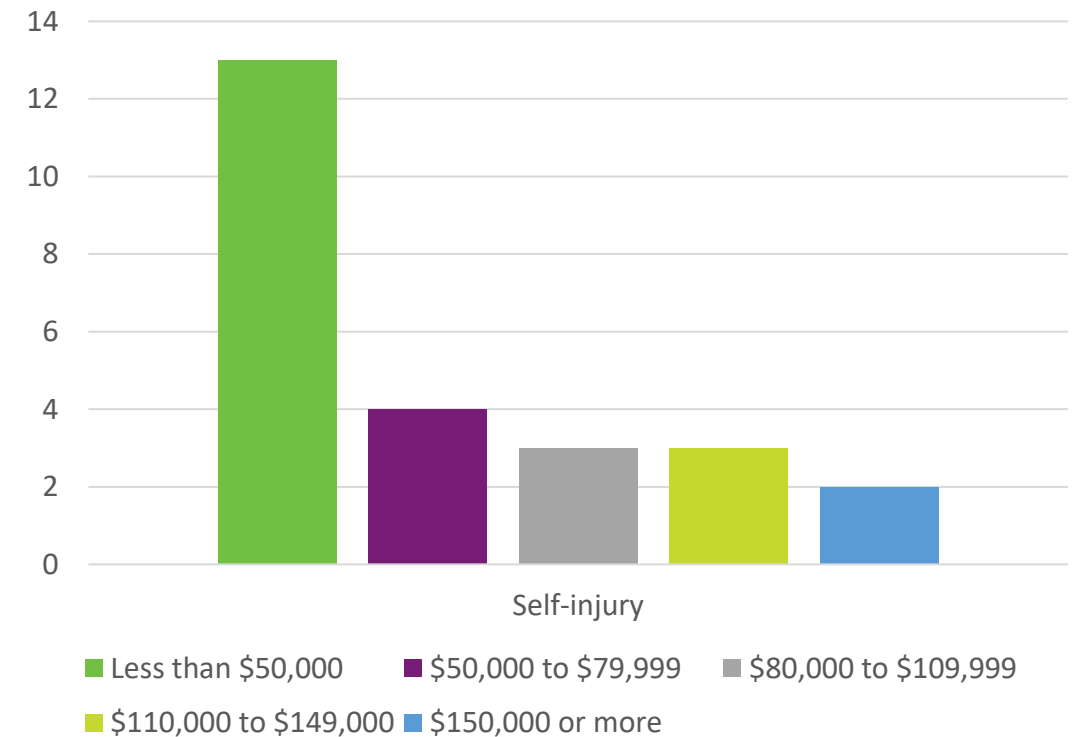
- As **income increases**, people are **more likely** to feel rested upon waking
  - less likely to engage in non-suicidal self-injury
  - **more likely** to know how to seek mental health care
- Individuals with a **lower income** are **more likely** to experience anxiety and depression
  - **more likely** to be living with chronic pain
  - **more likely** to be in mental health treatment

# Poorer health outcomes are associated with lower income

People making less money do not feel rested when waking

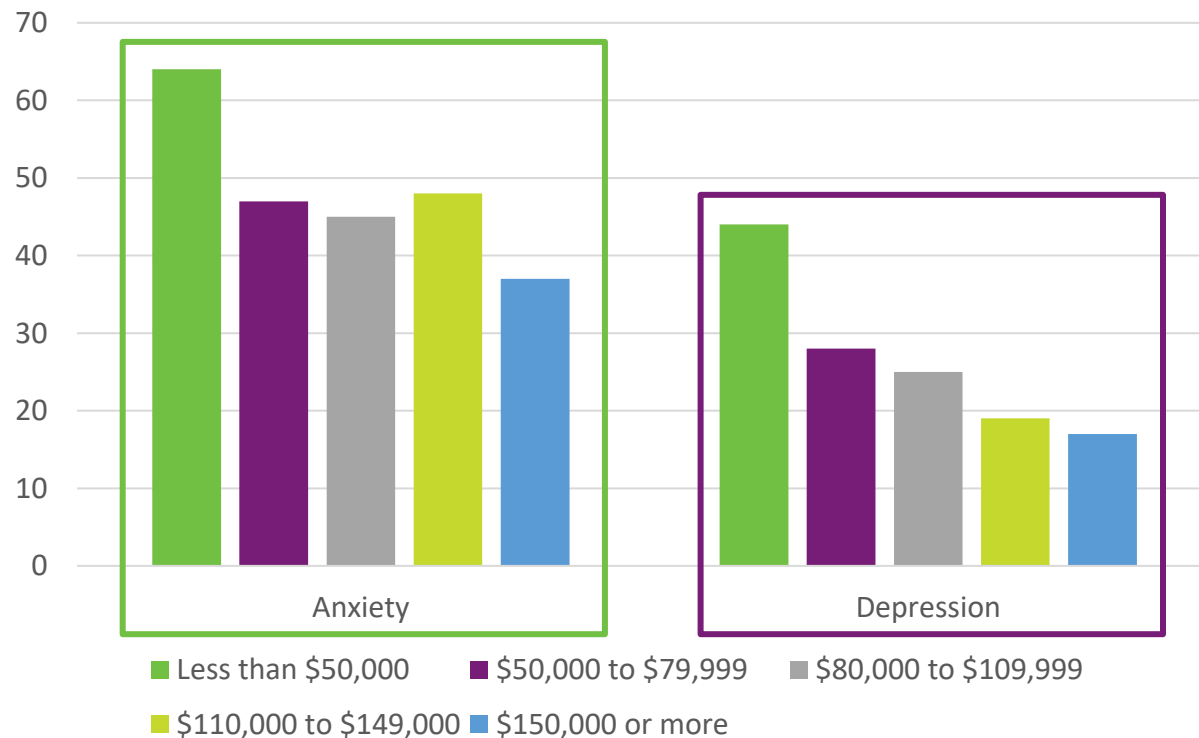


Engaging in non-suicidal self-injury

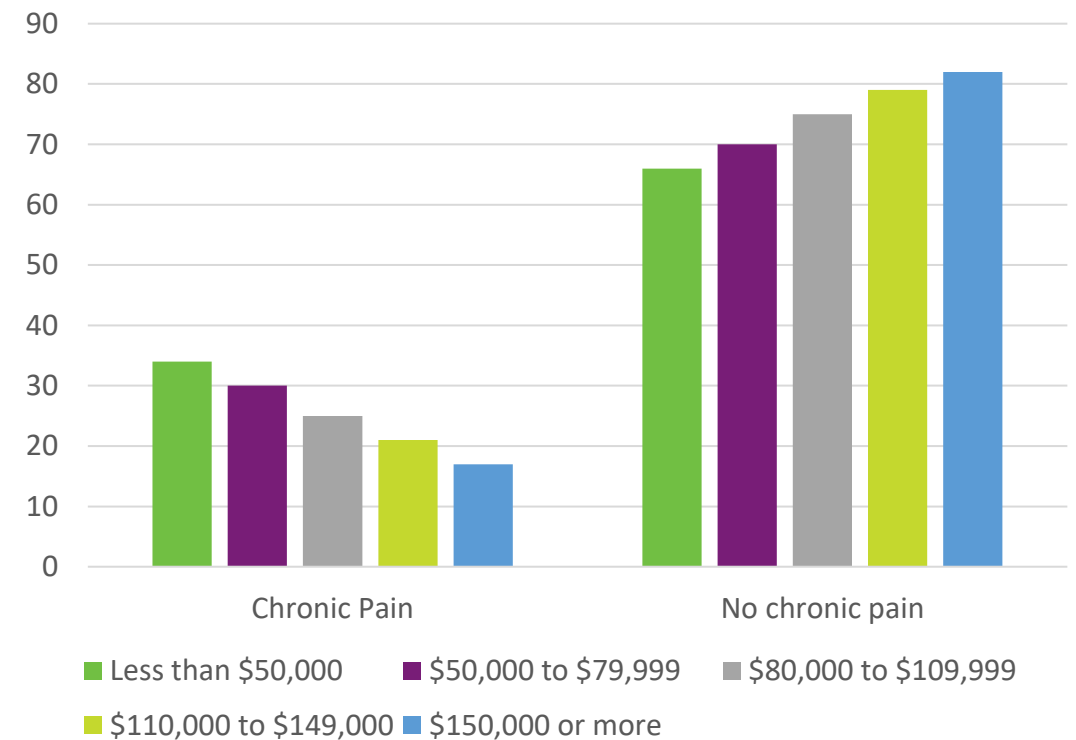


# Lower income is associated with increased likelihood of Anxiety, Depression and Chronic Pain

## Anxiety and Depression

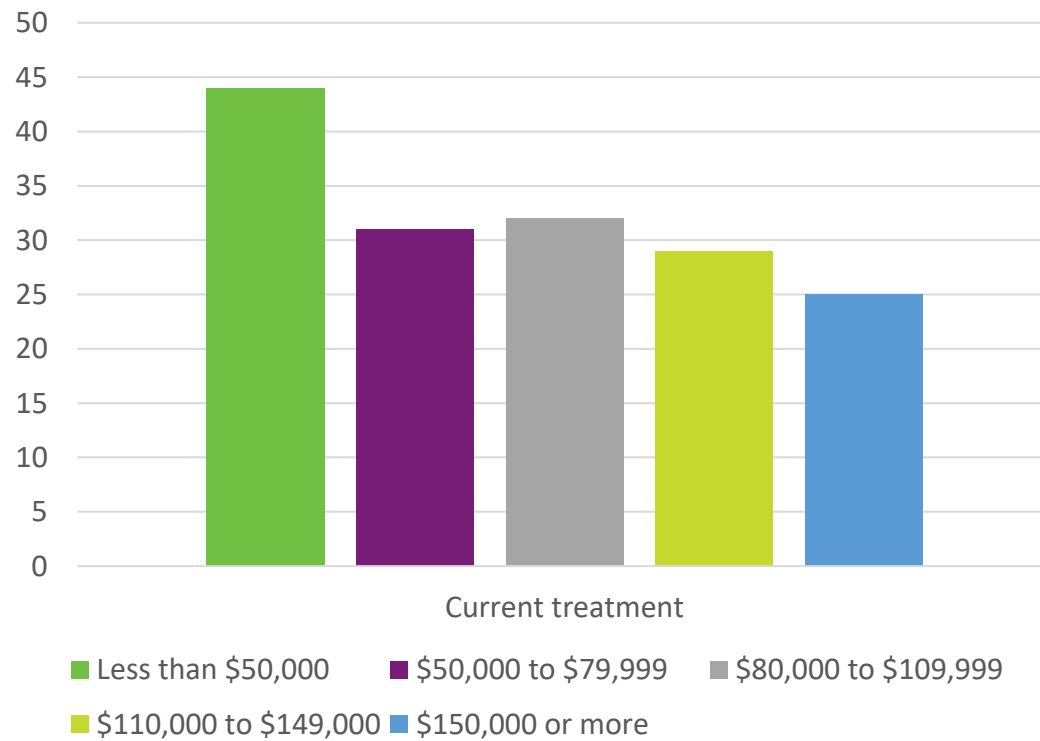


## Living with chronic pain

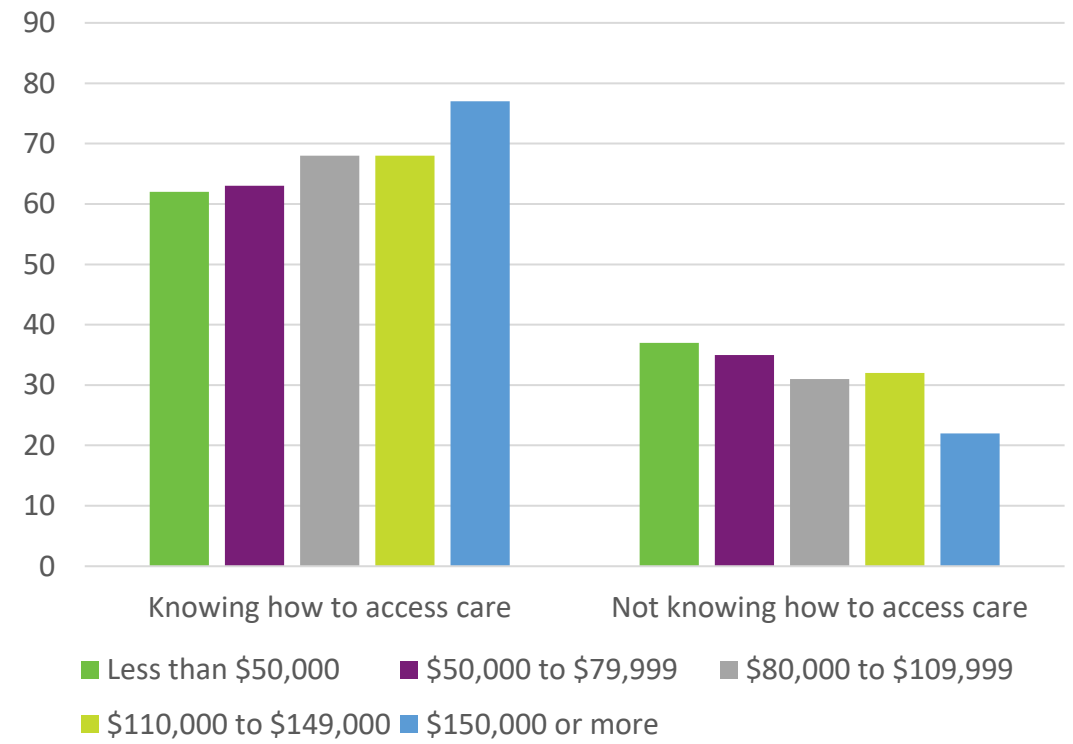


# Income affects accessing mental health care

## Currently engaged in mental health treatment



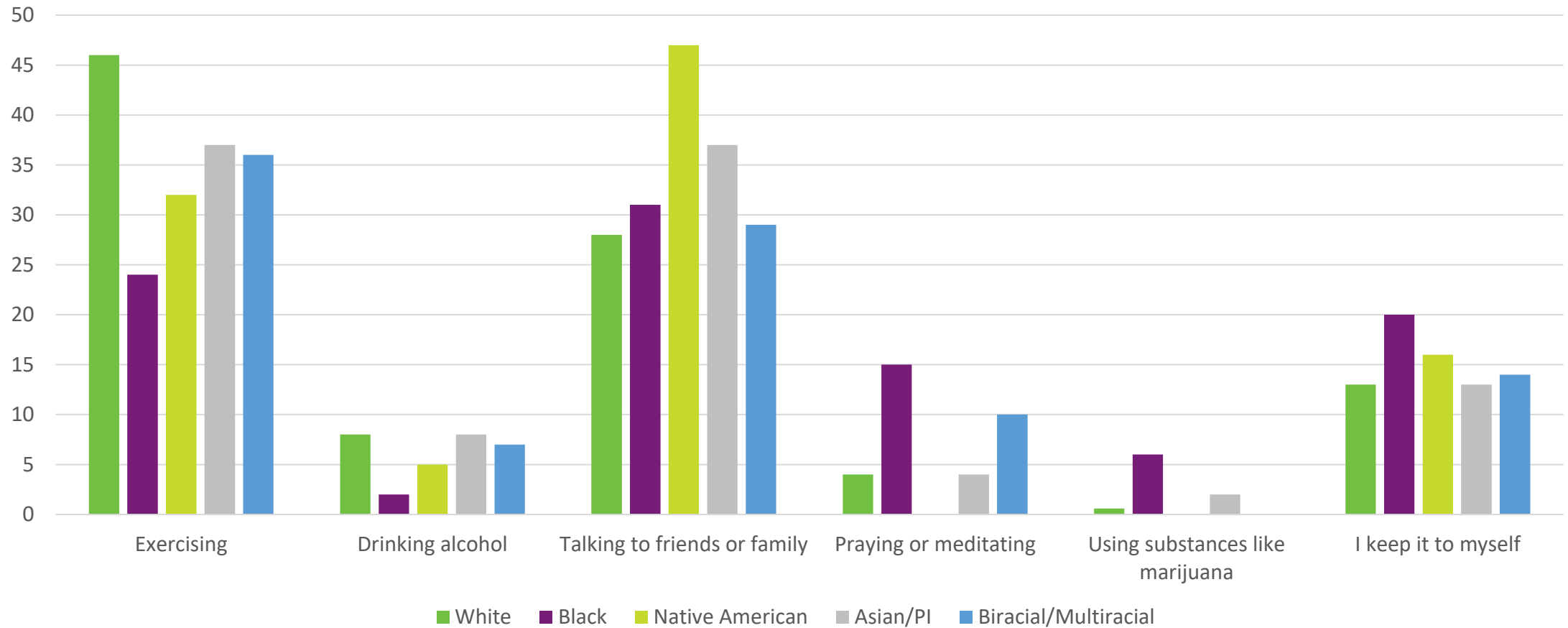
## Knowing how to access mental health care



# Why is coping important in the context of suicide?

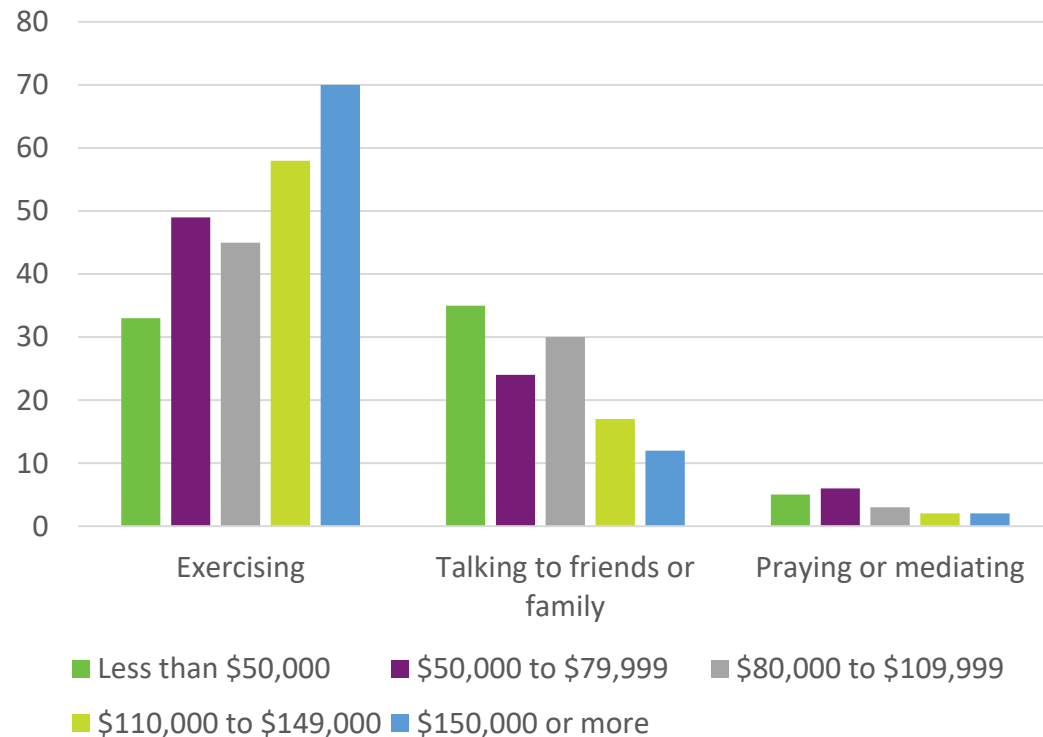
- Having effective coping strategies can prevent suicidal behavior
  - Connection and support
  - Praying/meditating
- Conversely, non-productive coping strategies are associated with increased odds of suicidal behavior
  - Keeping things to oneself
  - Self-blame
- Alcohol use as strategy for coping with depression is indirectly related to suicidal behavior (specifically suicide attempt) over time
  - Alcohol lowers inhibitions
  - Particularly for young men

# Primary coping strategies by race

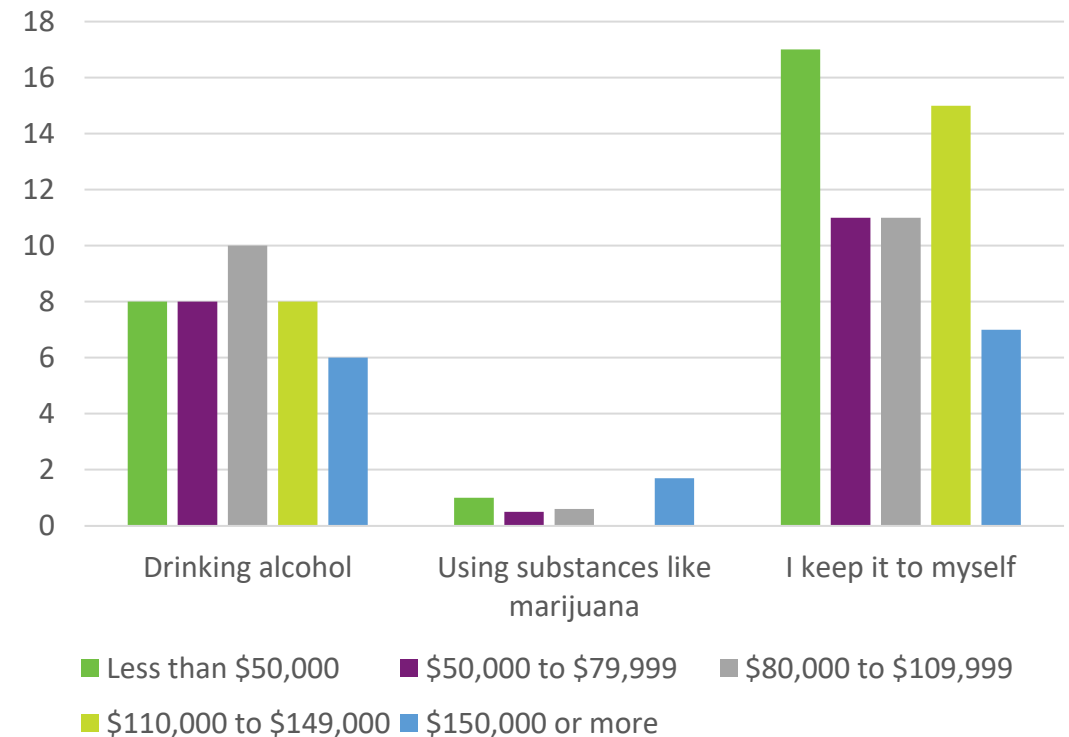


# Primary coping strategies by income level – Income affects strategies used

## Adaptive coping strategies



## Non-adaptive coping strategies





- ❖ Pop-up work group to develop recommendations based on what we know
  - Following the presentation you will receive a survey to indicate your interest. Recommendations will be presented in Jan 2023
- ❖ NEW Mental Health Connection Data Dashboard is in the works and will house all the results for the MYWS data and more...eventually.

# Upcoming Event

**When:** Saturday, November 12<sup>th</sup> from 9-5

**Where:** Double Tree in Appleton

**How:** Registration will open on Monday, Oct. 3

Go to the Connections website under 'News and Events'

<https://www.newmentalhealthconnection.org/lgbtqsummit/>

**Keynote Speaker:** Dr. Wayne Bentham



# Thank you!

**Kathy Flores**

Director  
Diverse & Resilient Appleton & statewide  
Anti-Violence Program

**Sara Kohlbeck**

Academic Partner with Project Zero  
Director, Division for Suicide Prevention  
Comprehensive Injury Center  
Medical College of Wisconsin

**Sarah Bassing-Sutton**

Community Suicide Prevention Coordinator  
Project Zero  
N.E.W. Mental Health Connection

**Beth Clay**

Executive Director  
N.E.W. Mental Health Connection



QUESTIONS?