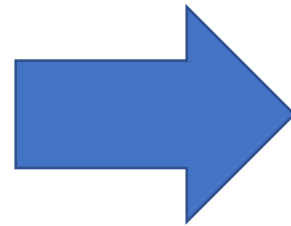


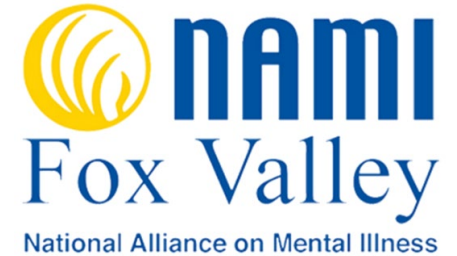
The Recommendations Report 2023



LET'S CREATE *communities* WHERE
ALL INDIVIDUAL *needs* ARE MET AND PEOPLE *flourish*

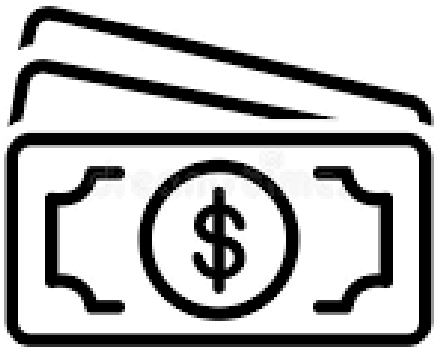


Recommendations Committee



MYWS Data

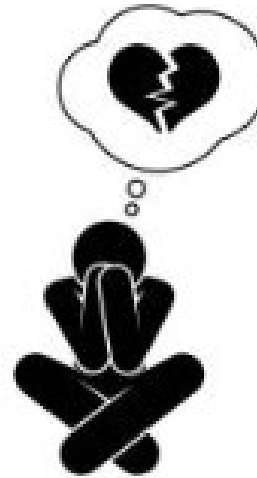
These factors contribute to worsening mental health and increase the likelihood of experiencing symptoms associated with anxiety, depression and thoughts of suicide:



INCOME



SLEEP



ISOLATION



SCREEN TIME

Overarching Themes

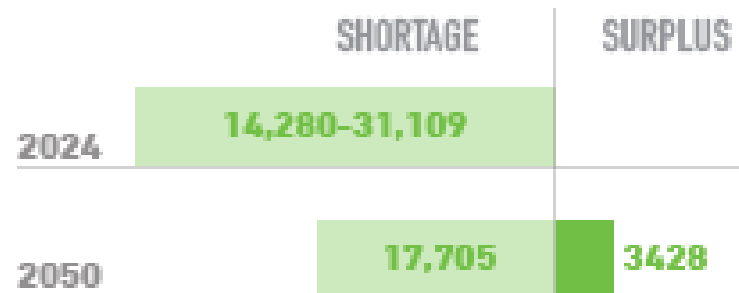
Survey results identified several factors contributing to an increase in symptoms associated with mental health challenges (depression, anxiety & thoughts of suicide) as well as disparities for BIPOC and LGBTQ+ community members.

Disparity Recommendations BIPOC | LGBTQ+

✓ BASIC NEEDS



✓ ACCESS TO CARE



✓ SOCIAL CONNECTION



LACK OF SOCIAL CONNECTION IS A GREATER DETRIMENT TO HEALTH THAN OBESITY, SMOKING AND HIGH BLOOD PRESSURE.

Models → Recommendations

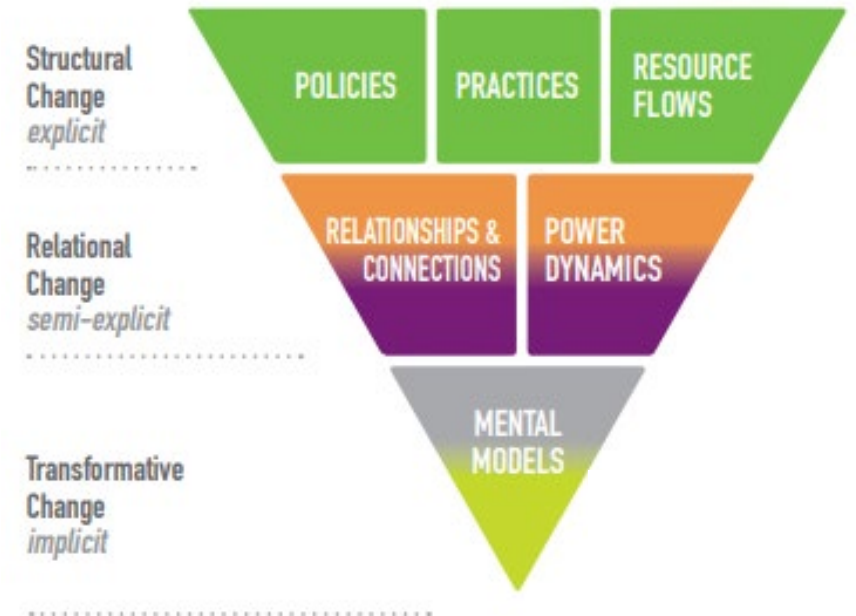
“It is unreasonable to expect that people will change their behavior easily when so many forces in the SOCIAL, CULTURAL, AND PHYSICAL ENVIRONMENT conspire against such change.”

~ as stated in a 2000 Institute of Medicine report on health promotion

SOCIOECOLOGICAL MODEL



CONDITIONS OF SYSTEMS CHANGE



ORGANIZATIONAL RECOMMENDATIONS

COMMUNITY RECOMMENDATIONS

PUBLIC POLICY RECOMMENDATIONS

- ✓ **Employers invest in employee wellness including family support**
- ✓ **Make available to the general public a decision tree for accessing mental health care during or outside of a crisis**
- ✓ **Increase the minimum wage in Wisconsin to a livable wage**

What we got WRONG



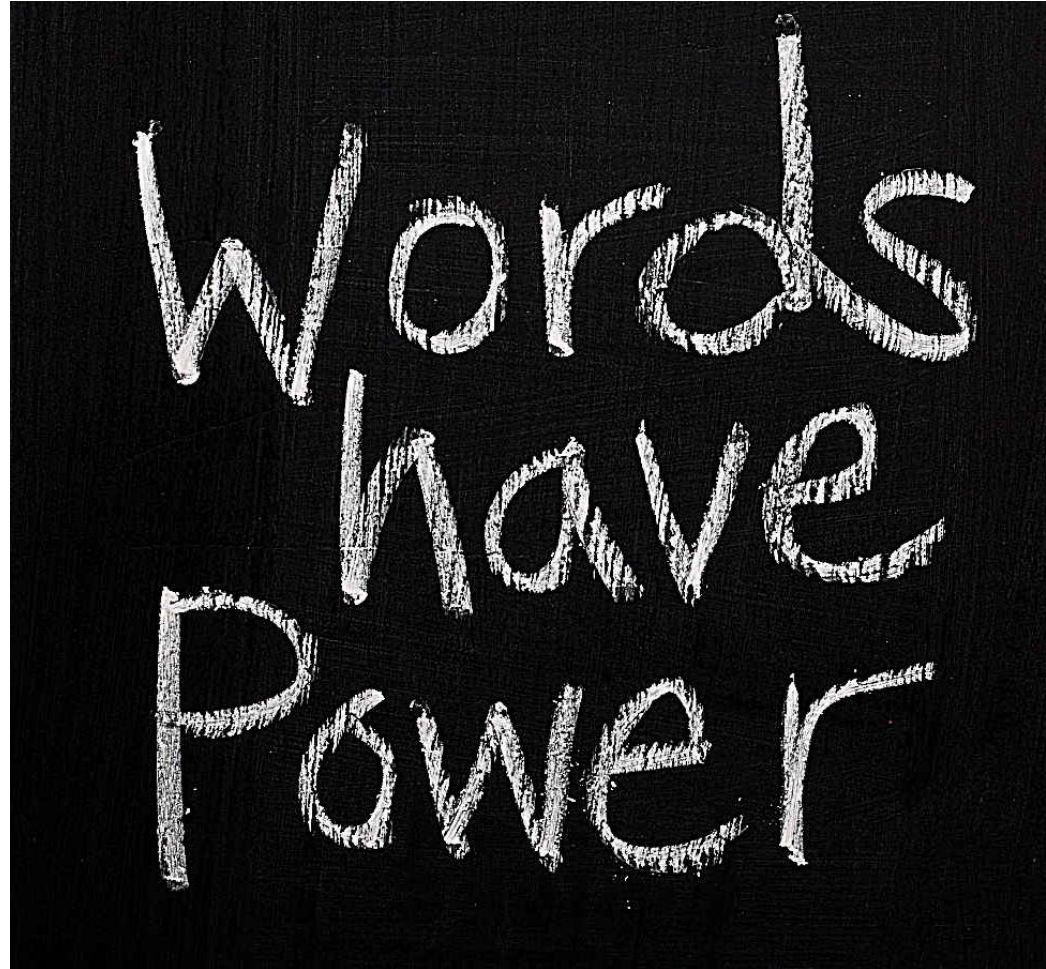
Centering BIPOC & LGBTQ Voice

IN THEIR VOICE

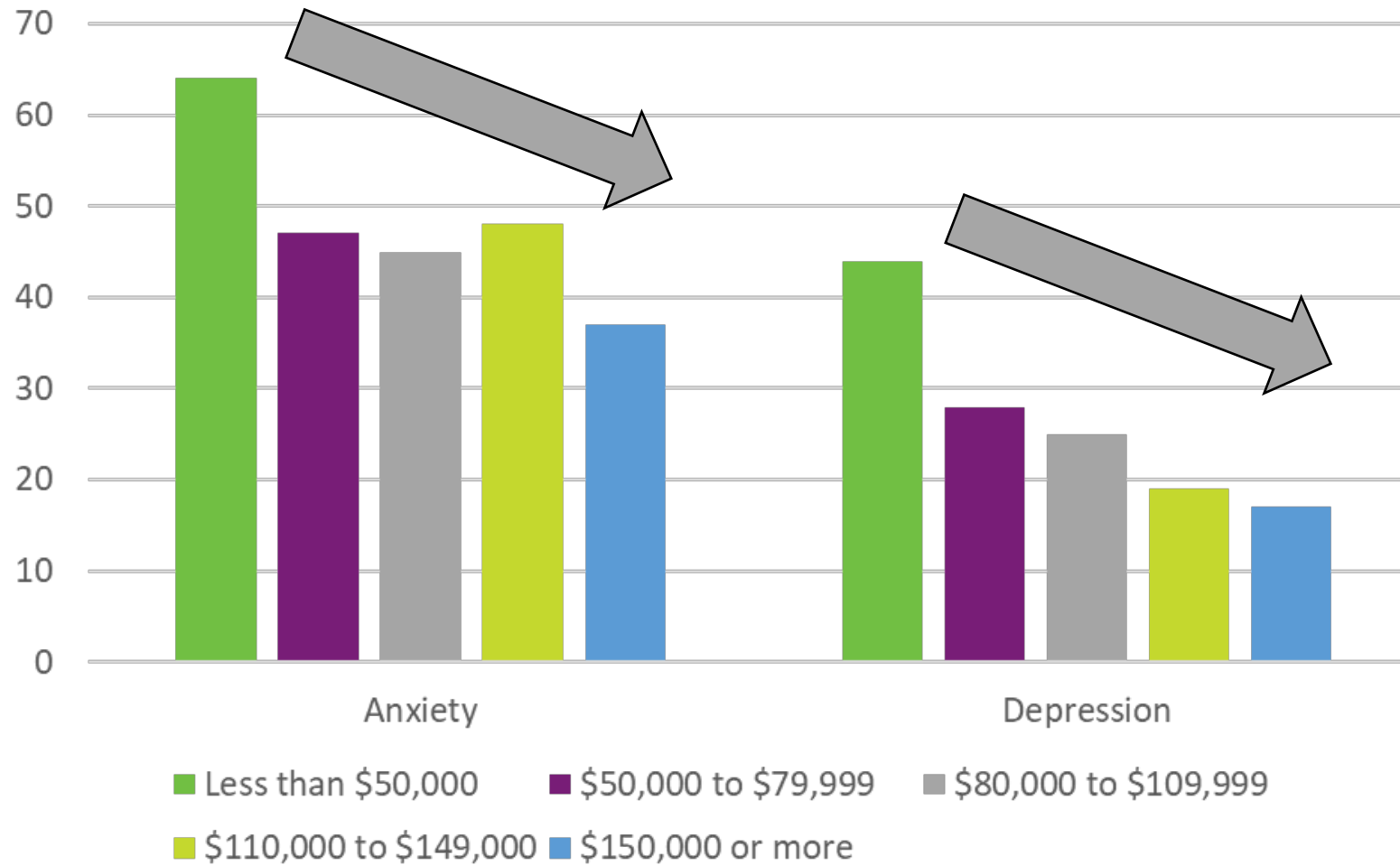


IN THEIR VOICE

Language Matters



Theme 1: Basic Needs

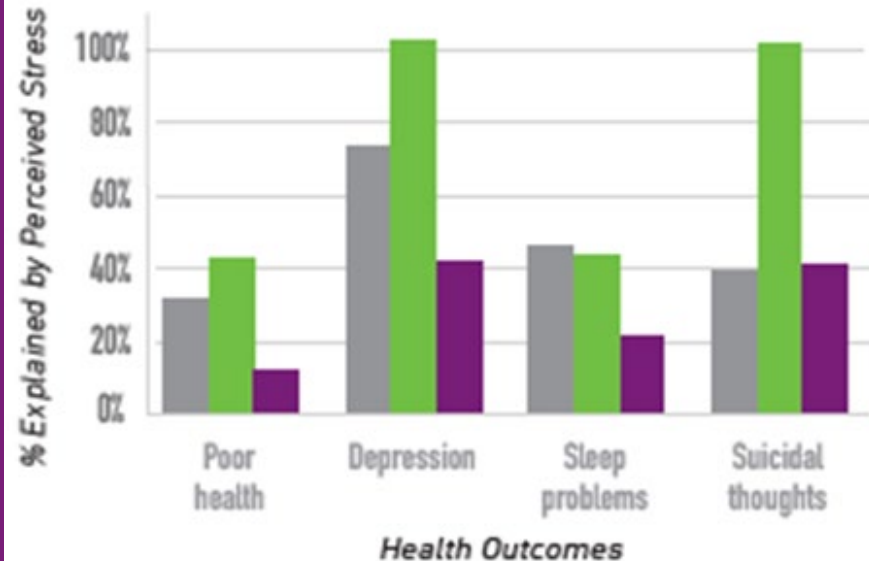


↑ AS INCOME GOES UP... INCIDENCE OF MENTAL ILLNESS GOES DOWN

Theme 1: Basic Needs

Percentage of Total Effect of Material Hardships on Health Outcomes due to Perceived Stress¹

Food hardship Bill-paying hardship Health resource hardship



Every \$1 invested in workplace mental health showed a \$4 return on investment through productivity and improved health⁶.



OUTAGAMIE
38.7%

WINNEBAGO
43.5%

CALUMET
32.8%

Households with income of \$50K or less

THE CURRENT MINIMUM WAGE IN WISCONSIN IS LESS THAN HALF THE LIVING WAGE



\$7.25
MINIMUM WAGE



\$16.40
LIVING WAGE (SINGLE ADULT, NO DEPENDENTS)



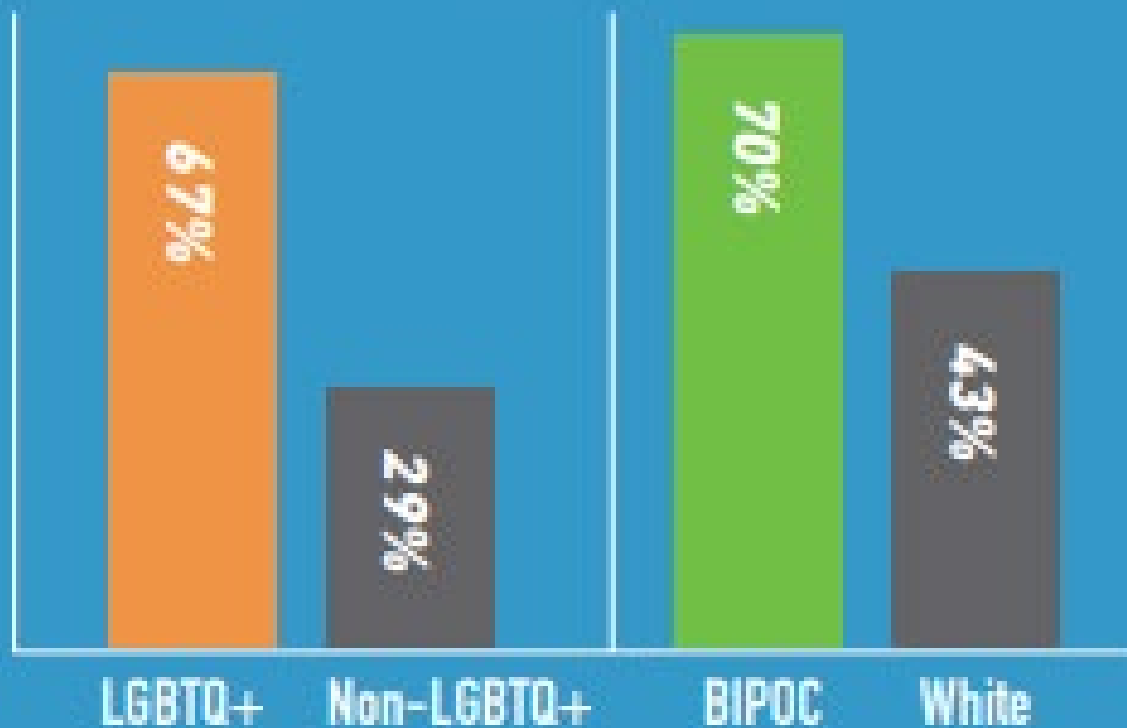
78% OF MYWS RESPONDENTS are getting at least 6 hours of sleep each night



YET OVER **50%** are not feeling rested upon waking

Theme 1: Basic Needs

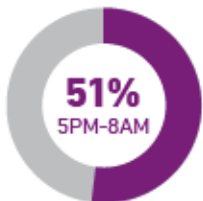
**Annual Household Income Under \$50,000
for MYWS Respondents**



**Hours of Sleep Per Night
for MYWS Respondents**



Theme 2: Access to Care



According to
988 Wisconsin Lifeline Program,
51% of their calls since 2021
occur between 5pm-8am.

When Peer Support is a part of someone's care....



38.6%

DECREASE IN
UTILIZATION OF
INPATIENT SERVICES



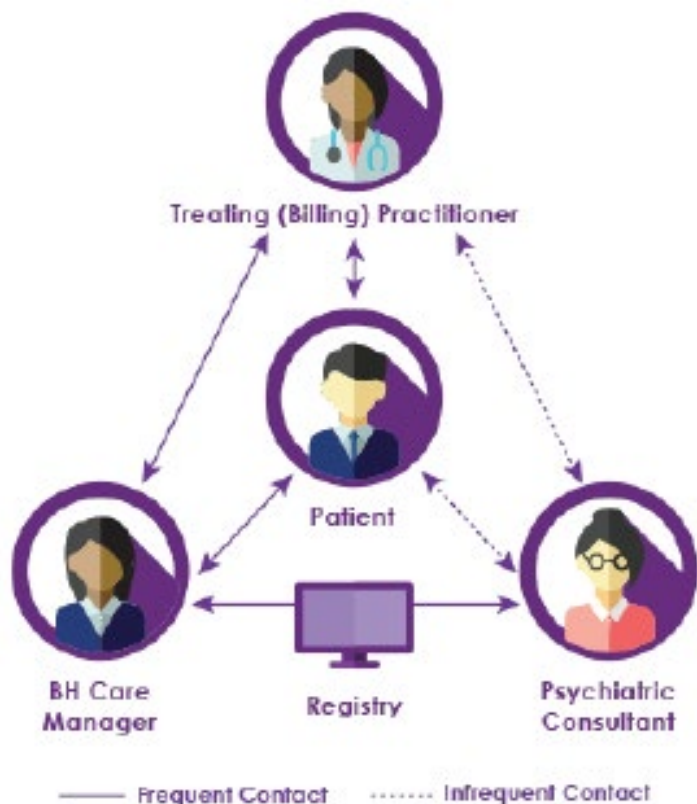
29.7%

DECREASE IN # OF
DAYS FOR INPATIENT
STAYS



24.3%

DECREASE IN TOTAL
BEHAVIORAL HEALTH
CARE RELATED COSTS*



988 SUICIDE & CRISIS
LIFELINE

Calls Answered

988 Wisconsin Lifeline Program

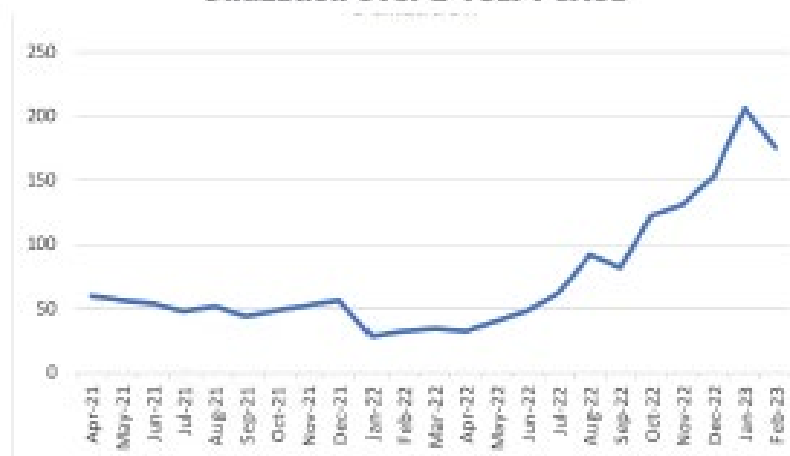
2021

21,533

2022

46,000+

Mental Health Walk-In Clinic
Utilization Over 2-Year Period



MyConnectionNEW.org
CLICK. LINK. HELP.

Theme 2: Access to Care

BIPOC VS. WHITE

ATTEMPTING SUICIDE
3.1X MORE FREQUENTLY



LGBTQ+ VS. NON-LGBTQ+ (MYWS data)

ENGAGE IN SELF-
INJURY **3X** AS OFTEN



11X MORE LIKELY TO REPORT ATTEMPTING
SUICIDE ONE OR MORE TIMES, PAST 12 MOS



Providers must become competent in recognizing and effectively treating the health impacts of and relationships among: Cultural and racial trauma, systemic discrimination, immigration history, chronic psychosocial stress and chronic pain, sleep, suicide-related behaviors and mental health...

Theme 3: Social Connection



GOAL: < 4 HRS/DAY
of screen time
outside of work/school



58% OF MYWS RESPONDENTS
would NOT seek mental
health support from a
healthcare provider



70% OF MYWS RESPONDENTS
would seek mental health
support from family/friend



\$396-\$444

AVERAGE COST OF A GYM
MEMBERSHIP ANNUALLY

CHIP

COMMUNITY HEALTH
IMPROVEMENT PLAN

Healthy People 2030



**LACK OF SOCIAL
CONNECTION**
IS A GREATER
DETRIMENT TO
HEALTH THAN
OBESITY, SMOKING
AND HIGH BLOOD
PRESSURE.



**OVER 1 IN 5 ADULTS IN THE US
SAY THEY OFTEN OR ALWAYS FEEL
ISOLATED OR LONELY²³**

Among the 22% in the U.S.
reporting loneliness or isolation,
many say it negatively impacts
their health and wellbeing²⁶



58%

Mental
health

55%

Physical
health

49%

Personal
relationships

33%

Ability to do
their job

31%

Thoughts of
self-harm

Theme 3: Social Connection

BIPOC and LGBTQ+ community members experience the most isolation and the least amount of acceptance

- Marginalization has its roots in bias, stereotypes, and ignorance
- We require a shift in mental models and open mindedness to achieve deeper understanding and unconditional positive regard for all human beings

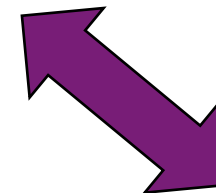
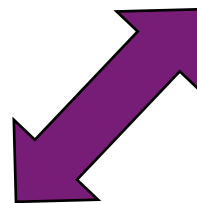
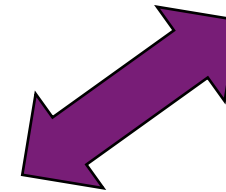
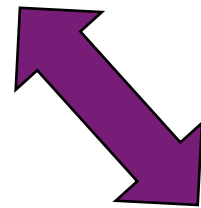
BIPOC and LGBTQ+ individuals are more than twice as likely to feel isolated according to MYWS respondents

WHITE /NON-LGBTQ+

BIPOC/LGBTQ+



MYWS: Next Iteration...

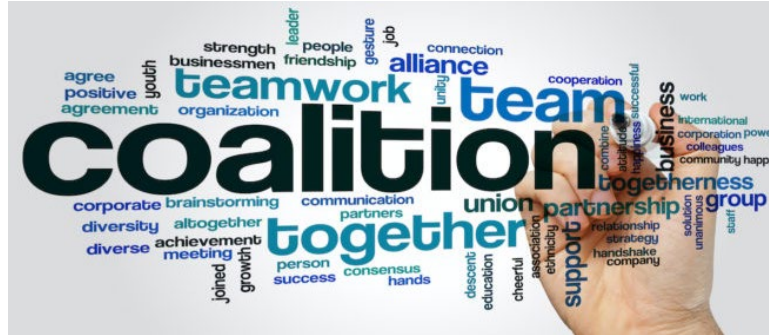


Accessing the Report

- **For those in the room:** Take one/a few
- **For those on Zoom:** In the chat, put name, mailing address, how many?
- **To access pdf:** NewMentalHealthConnection.org website



Using the Recommendations Report



Public Health



Health Equity

