

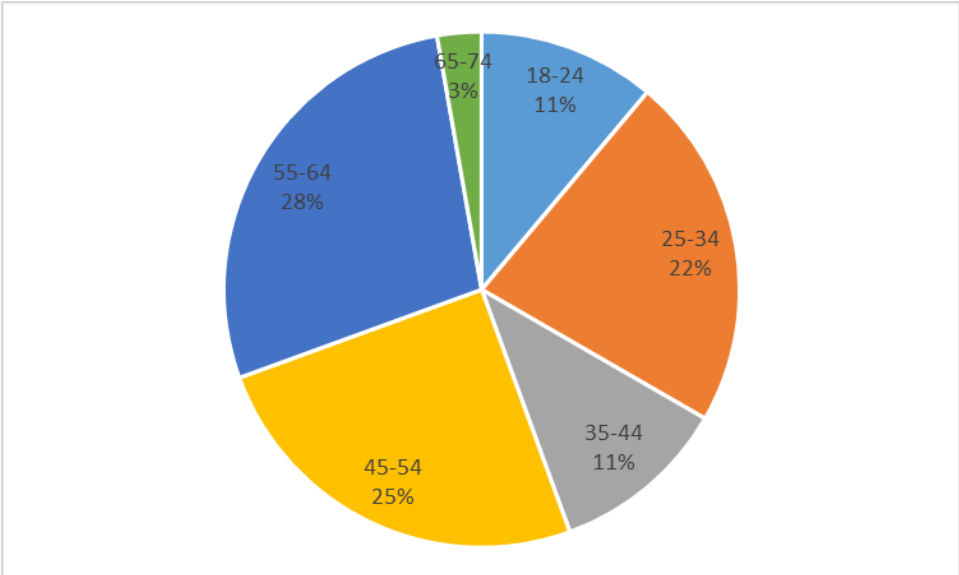
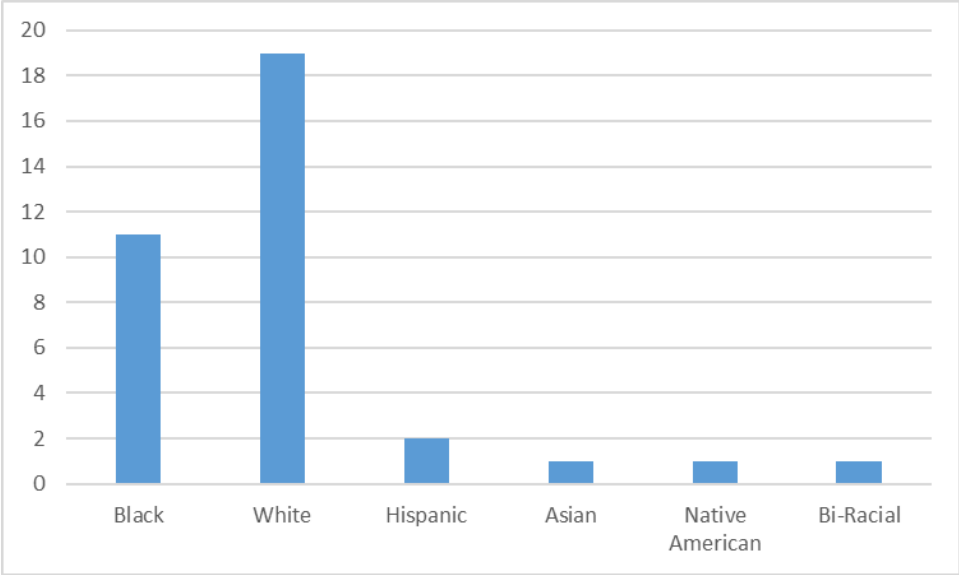
Evaluation Flint ReCAST Year 1 (2021-2022)

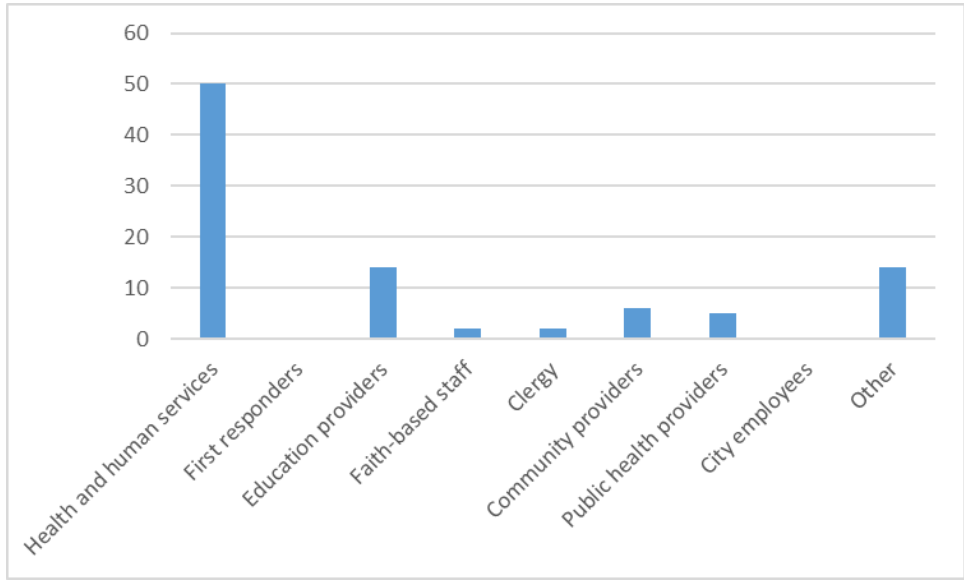
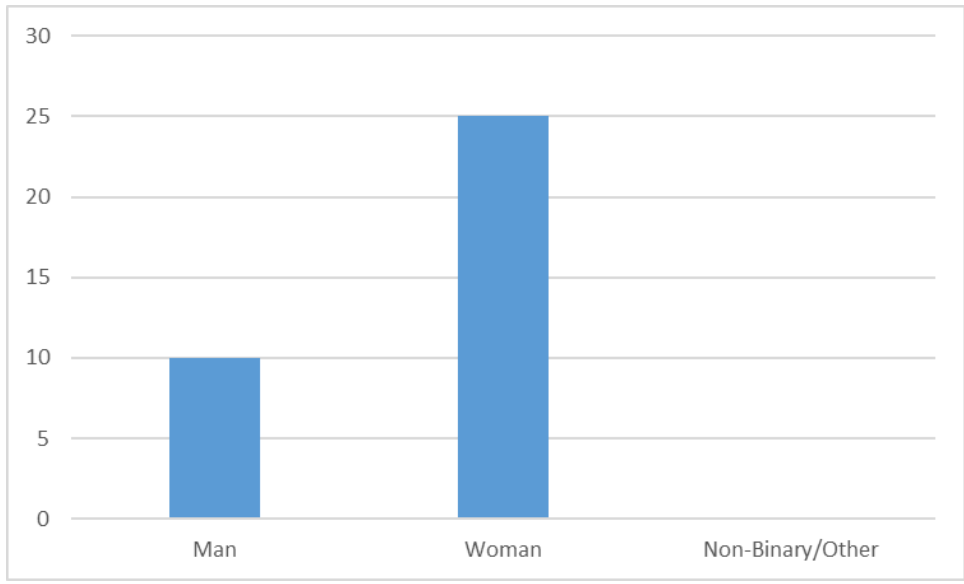
Service Provider Assessment

At all trainings provided to service providers, we solicited assessments from participants to gain an understanding of their perspectives, knowledge, and behaviors around a range of topics. These topics are summarized below. Our n=78, which is not a complete census of service providers.

Demographics & Descriptive Info

The graphs that follow illustrate racial composition, age range, gender, and industry of service provider participants. A majority of participants were white (n=19), with Black making up a sizable secondary proportion (n=11). Participants came from a broad cross-section of age groups, with the largest single group being people in the 55-64 age bracket (28%). 35 people reported their gender, of whom 71% were women. Individuals from health and human services represented the largest industry (n=50), with education providers and 'other' industries represented second most often (n=14 each)

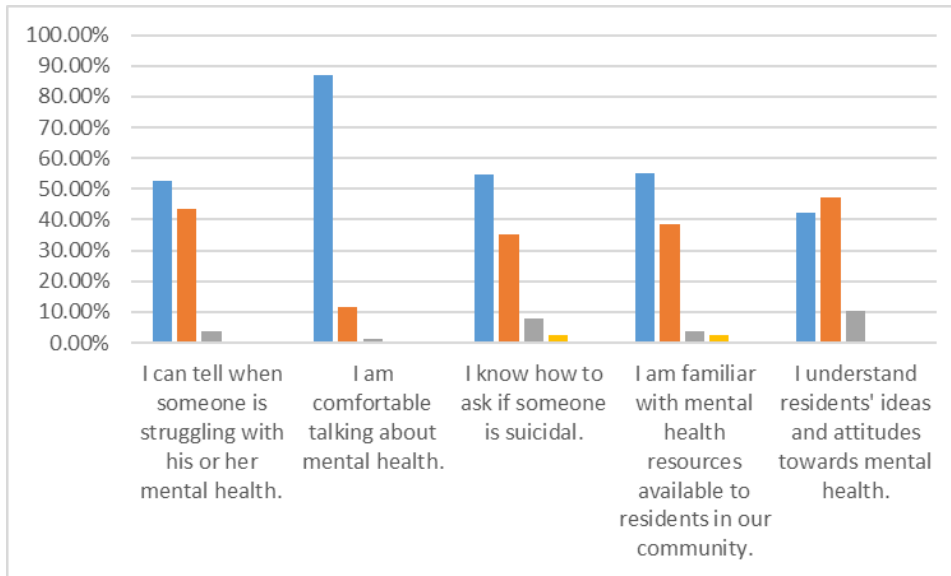




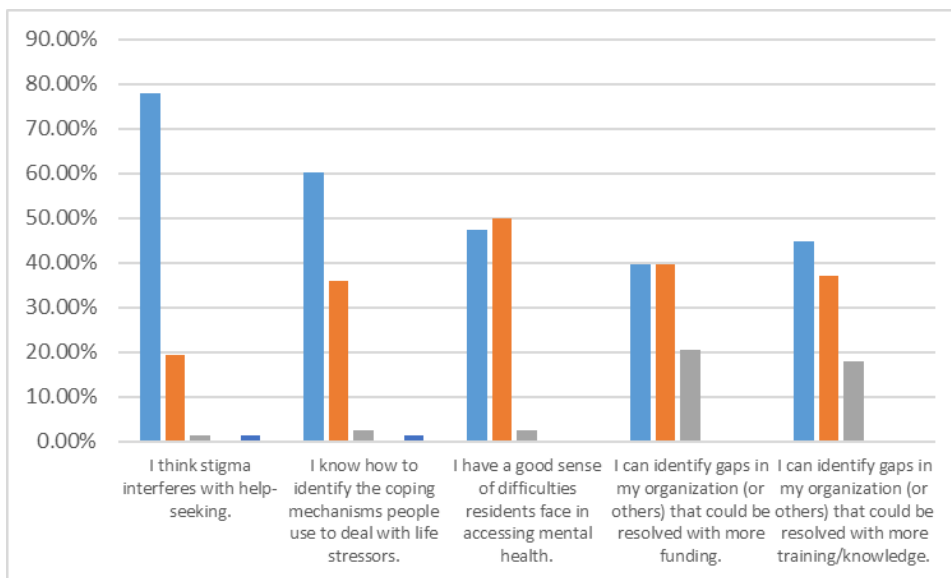
Skills and Attitudes Toward Mental Health

Participants were asked questions about their skills and attitudes toward mental health. While 87% strongly agreed that they were comfortable talking about mental health, other questions elicited a broader range of responses. Between 42% and 55% strongly agreed with other statements around being able to tell if someone is struggling or suicidal, or with being familiar with resources and understanding residents’ attitudes.

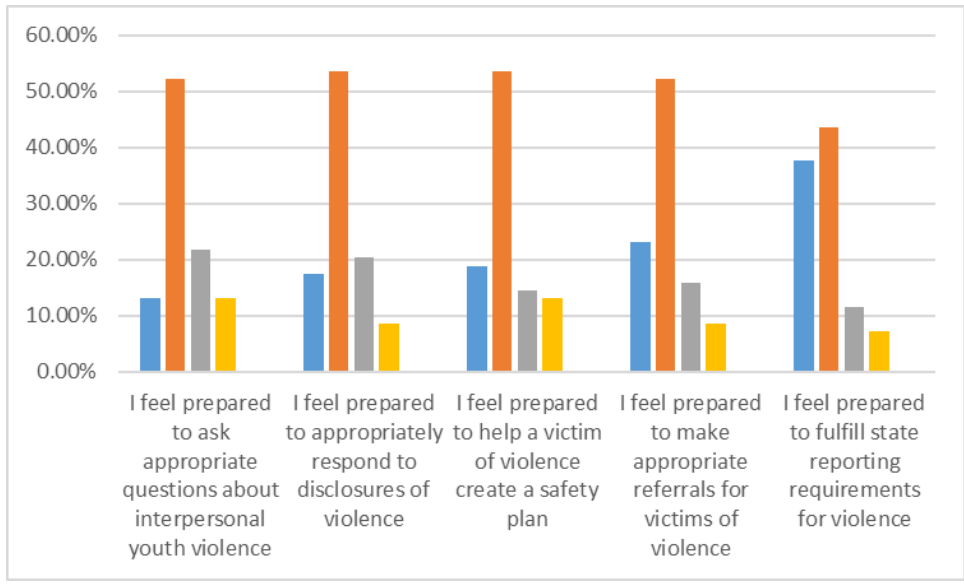
blue = strongly agree, orange = somewhat agree, gray = neither agree nor disagree, yellow = disagree, dark blue = strongly disagree



78% strongly agreed that stigma interfered with help-seeking—an important knowledge-based question that should inform continuing work. On the second set of skills-related questions, 60% strongly agreed that they knew how to identify coping mechanisms, but only between 40% and 47% strongly agreed with statements regarding having a good sense of difficulties faced by residents and gaps in their own organizations. These are likewise opportunities for action.

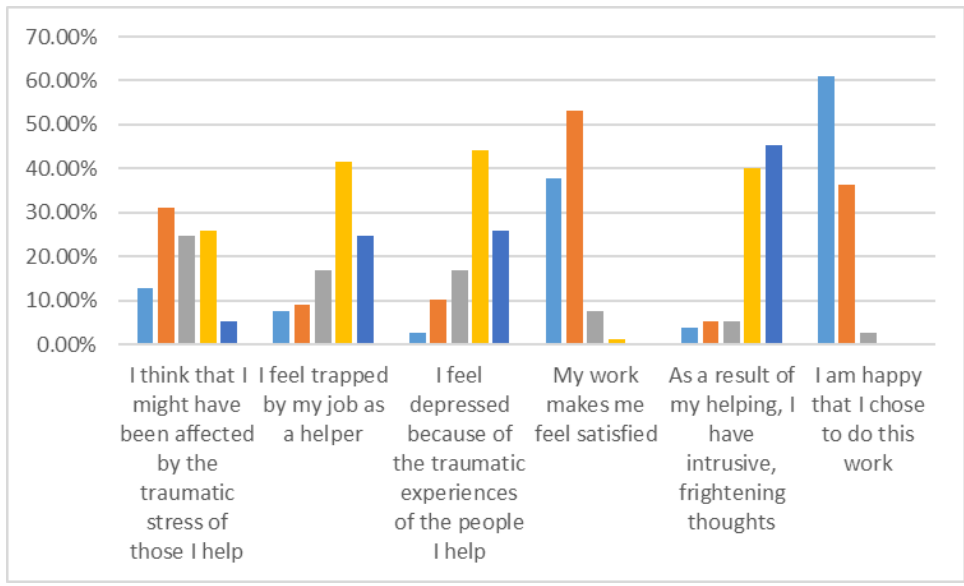


Fewer participants strongly agreed with questions relating to preparedness. Only 37% strongly agreed that they were prepared to fulfill state reporting requirements, and only 13% to 23% strongly agreed they were prepared to ask about interpersonal violence, to respond to disclosures of violence, to create a safety plan, and to make appropriate referrals. Even so, a majority at least somewhat agreed, and only 7% to 13% disagreed with any of these statements.



Personal Experiences around Mental Health

Regarding a range of personal feelings related to mental health, participants had a diversity of perspectives. Most (61%) strongly agreed that they were happy they chose to do this work and 38% strongly agreed that their work made them feel satisfied. Conversely, 44% at least agreed that they have been affected by traumatic stress of others, 17% have felt trapped in their job as a helper, and 13% have felt depressed because of others’ traumatic experiences. Overall, the group appeared to appreciate their work, even if it affected them at times.

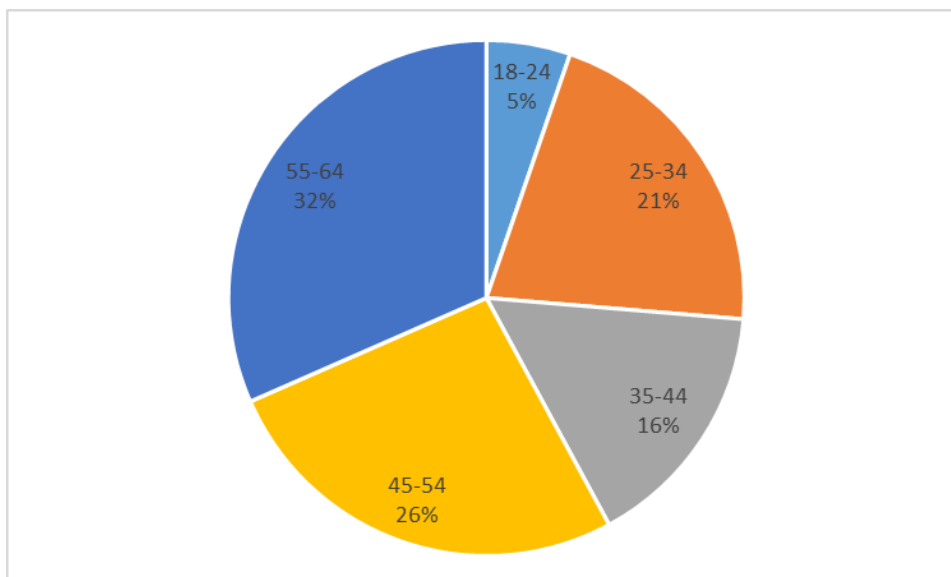
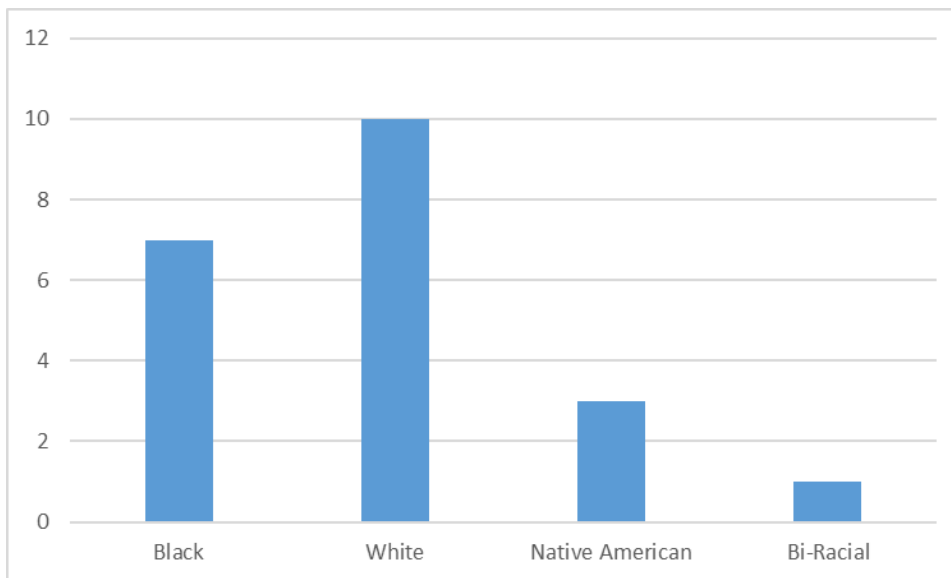


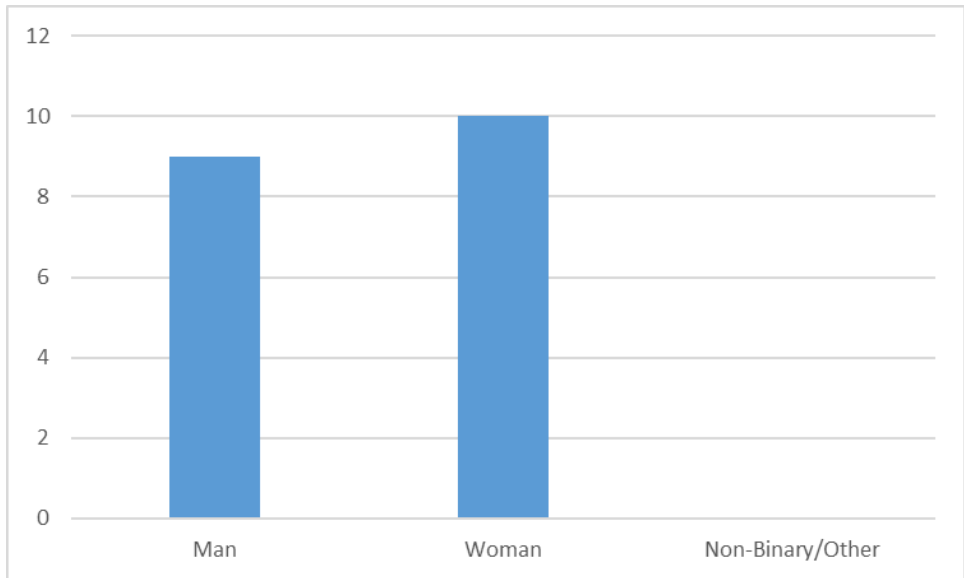
Community Resident Assessment

At all trainings provided to community residents, we solicited assessments from participants to gain an understanding of their perspectives, knowledge, and behaviors around a range of topics. These topics are summarized below. Our n=32, which is not a complete census of service providers.

Demographic Info

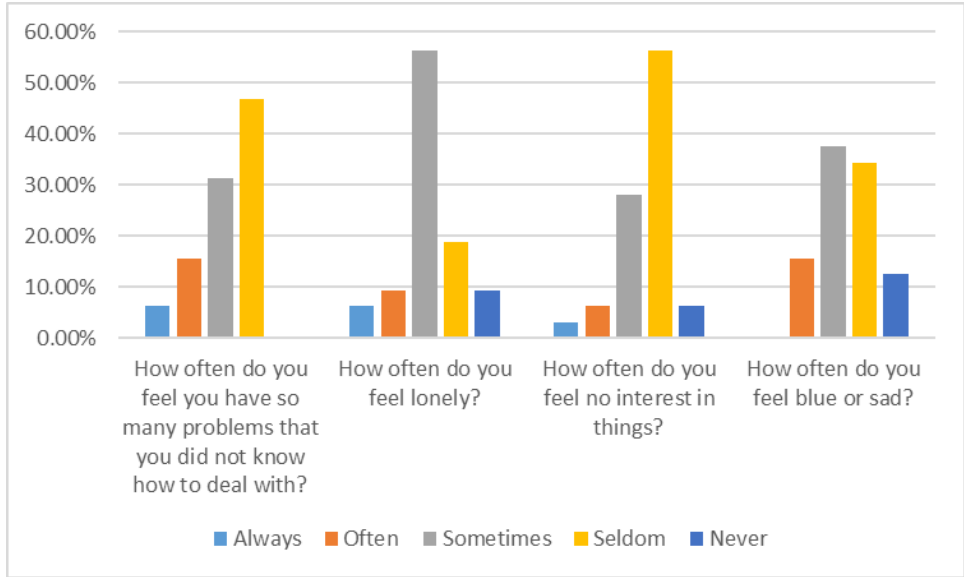
The graphs that follow illustrate racial composition, age range, gender, and industry of service provider participants. A majority of participants were white (n=10), with Black making up a sizable secondary proportion (n=7). Participants came from a broad cross-section of age groups, with the largest single group being people in the 55-64 age bracket (32%). 19 people reported their gender, of whom 53% were women.





Mental Health Challenges

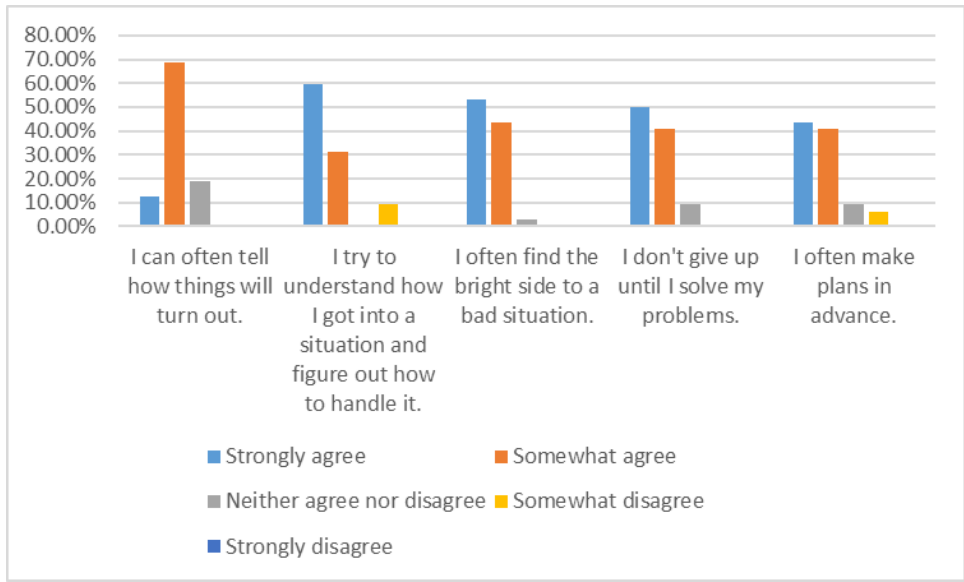
Participants were asked about their personal mental health challenges. Loneliness was the most notable issue, with 72% feeling this at least sometimes. 53% felt they didn't know how to deal with problems at least sometimes and another 53% felt blue or sad, while only 38% felt little interest in doing things. 12% never felt blue or sad, the largest proportion of 'never' responses. Overall, the group exhibited some mental health challenges, but not overwhelmingly.



Mental Health Optimism

In terms of mental health optimism, trying to understand how one got into a situation (59%), looking for the bright side of a situation (53%), and not giving up until one solved their problems (50%) had the highest rates of strongly agree. Only 13% strongly agreed that they can often tell how things will turn

out, though 69% at least agreed with this statement. 9% disagreed that they try to understand a situation, and 6% disagreed with the notion that they make plans in advance. Overall, the group exhibited characteristics of optimism.



Knowledge of Mental Health Challenges

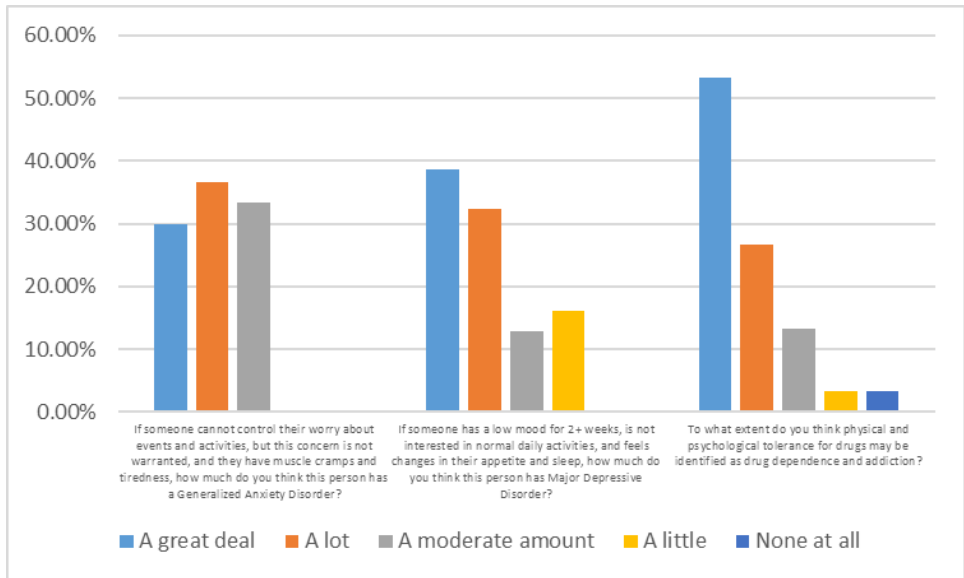
Participants were asked complex questions about their knowledge of mental health challenges. These are intended to gauge residents knowledge of agreed-upon issues.

Q1 below: If someone cannot control their worry about events and activities, but this concern is not warranted, and they have muscle cramps and tiredness, how much do you think this person has a Generalized Anxiety Disorder?

Q2 below: If someone has a low mood for 2+ weeks, is not interested in normal daily activities, and feels changes in their appetite and sleep, how much do you think this person has Major Depressive Disorder?

Q3 below: To what extent do you think physical and psychological tolerance for drugs may be identified as drug dependence and addiction?

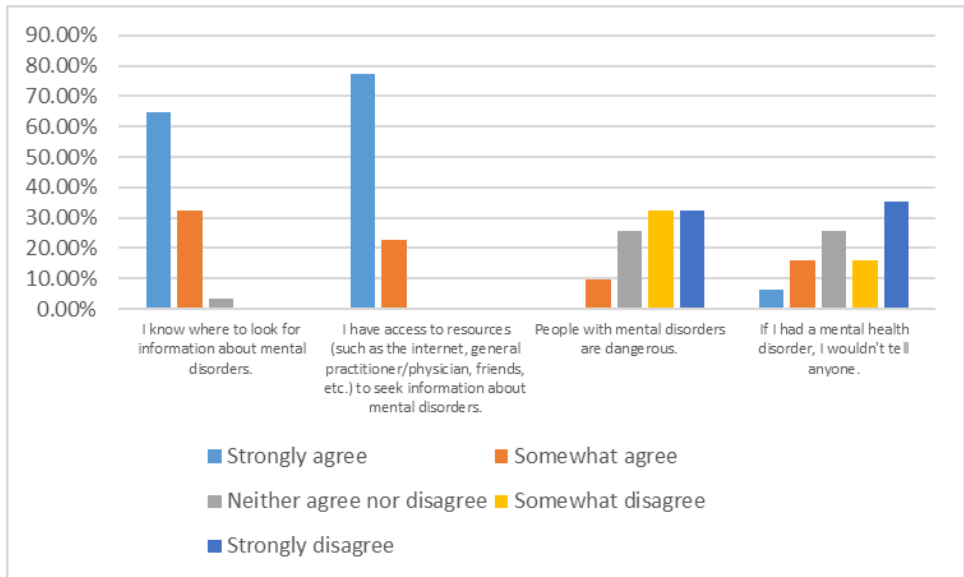
53% strongly agreed with Q3, that drug dependence/addiction is defined as physical and psychological tolerance. Much smaller percentages (30% and 39%) strongly agreed with the questions on generalized anxiety disorder and major depressive disorder. 16% incorrectly disagreed with the statement on MDD, while 6% incorrectly disagreed or strongly disagreed with the statement on drug dependence.



Mental Health Resources & Mental Health Openness

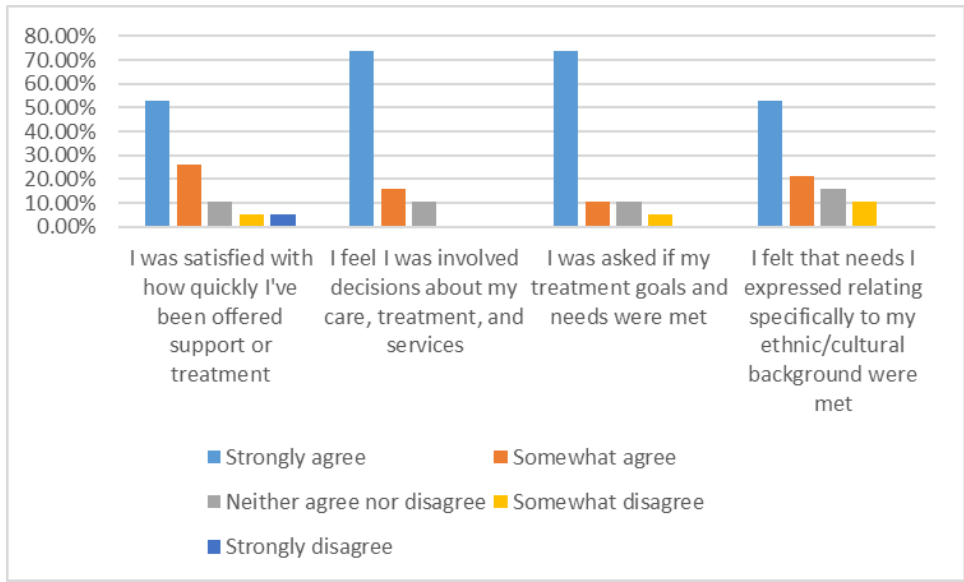
Residents were largely knowledgeable about where to find information on mental disorders (65% strongly agreed) and concurred that they had access to such resources (77%).

Two questions on openness of mental health saw a wide spread of responses. Most people disagreed with the false statement that people with mental disorders are dangerous (65%) and most acknowledged that they would disclose if they had a mental health disorder (52%). But 10% indicated that people with disorders are dangerous, and 23% said they wouldn't disclose if they had a disorder.

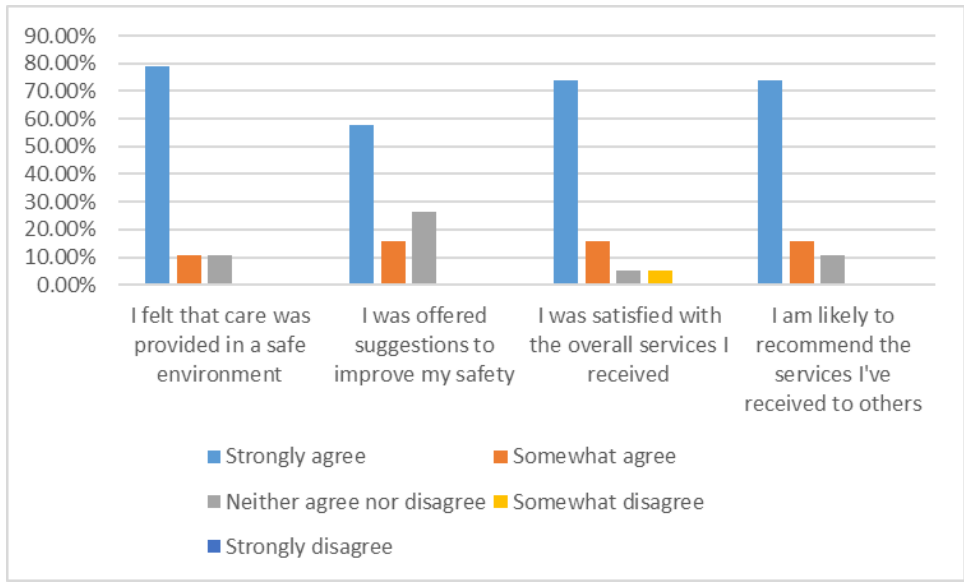


Mental Health Treatment

For individuals who had accessed mental health treatment, 74% felt they were involved in their care decisions and were asked if their goals and needs were met. Only 53% were satisfied with the timeliness of the response, or that their ethnic/cultural-specific needs were met.



79% strongly agreed that their care was provided in a safe environment, and 74% strongly agreed that they were satisfied with their services and that they'd recommend their services to others. Only 58% strongly agreed that they were offered suggestions to improve their safety.

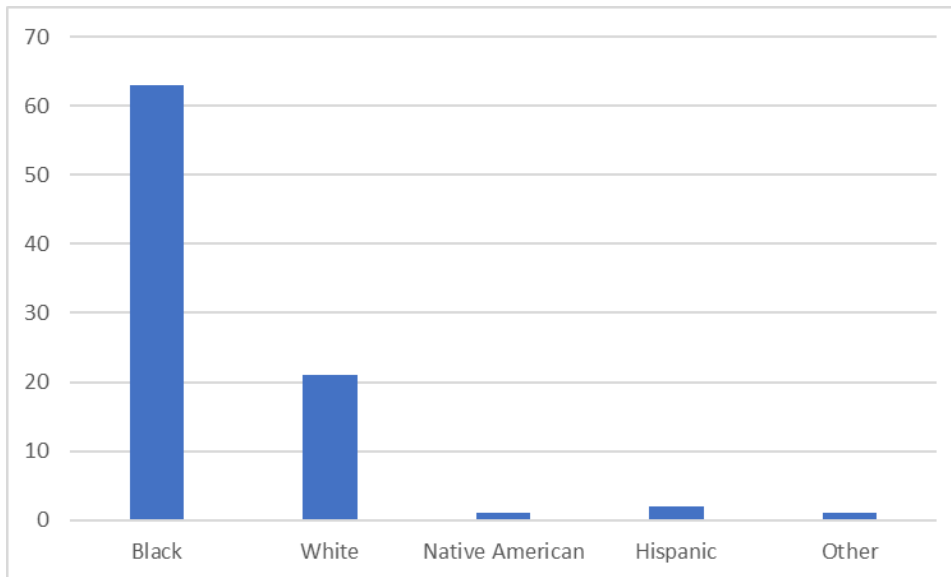


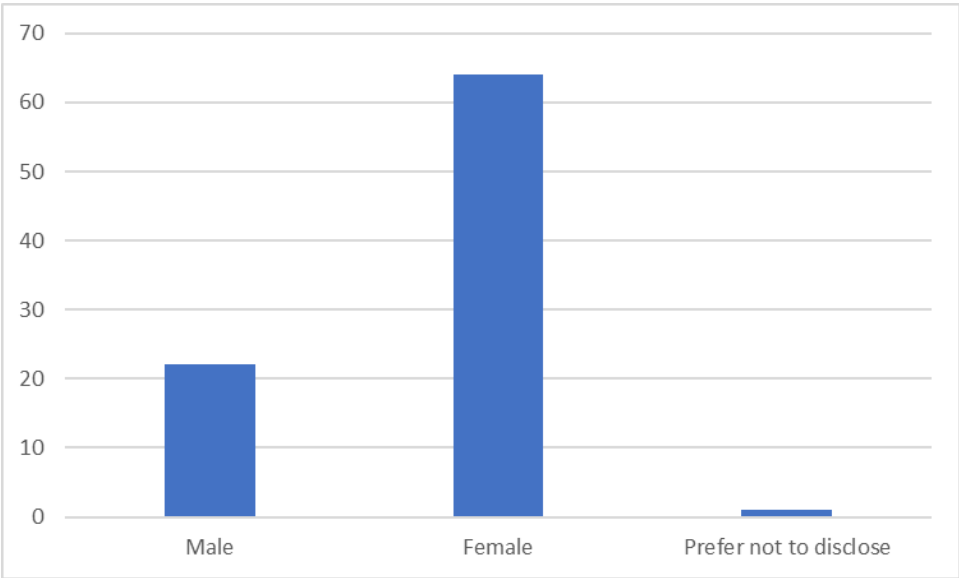
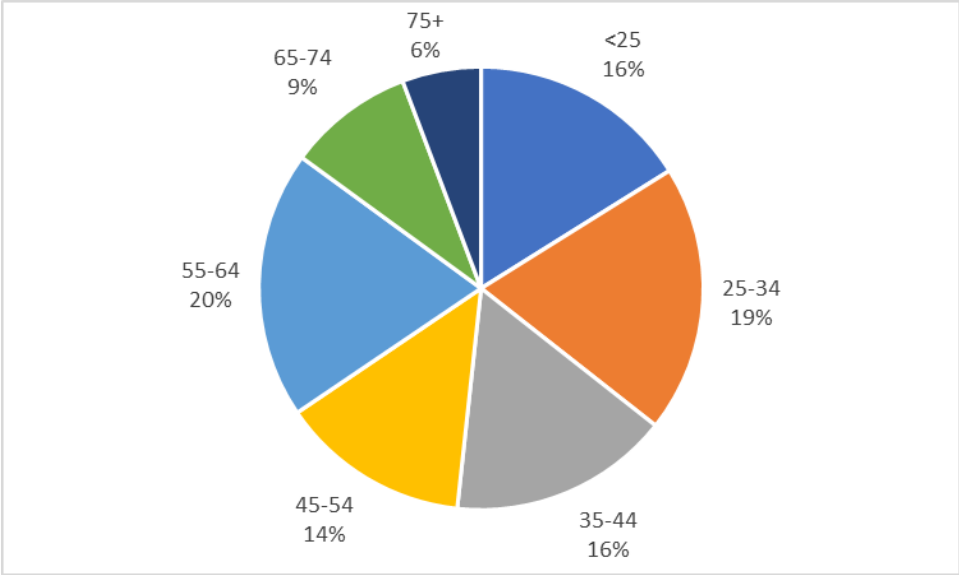
CASPER Surveys

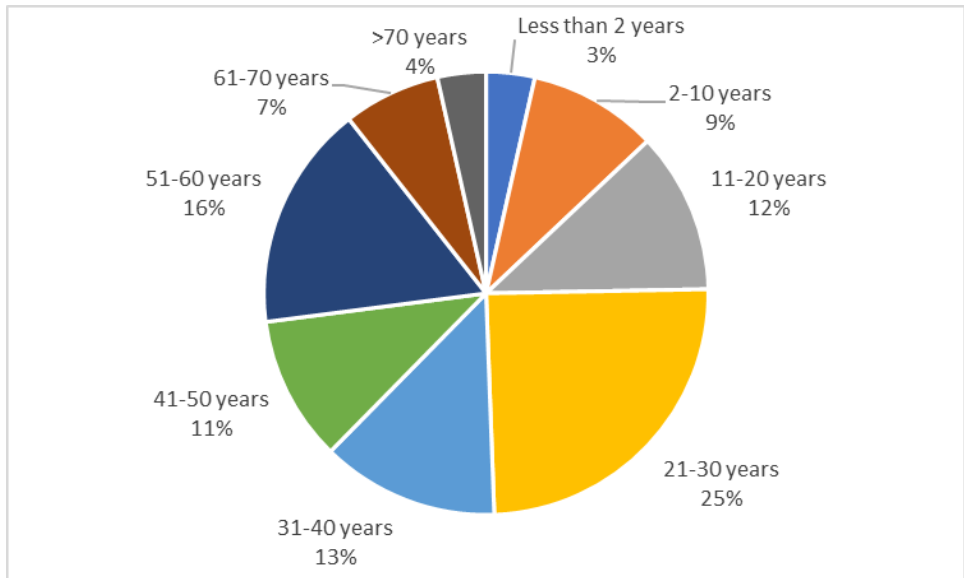
As has been done in years past, a random, door-to-door, population-weighted survey was conducted throughout the City of Flint. Our n=112 represents individuals from every neighborhood in the city.

Demographic Info

The graphs that follow illustrate racial composition, age range, gender, and number of years lived in Flint. Reflecting the composition of the city, a sizable majority of respondents were Black (n=63), with white residents the second-most racial/ethnic group (n=21). The age distribution was very well distributed, with no one group making up more than 20% of the sample (55-64). 74% of the sample were women. A wide diversity was also found in the amount of time people had lived in the city. Many people have lived in the city their whole lives, with the largest single group being people who'd lived in the city 21-30 years (25%). Only 3% had lived in the city for fewer than 2 years.

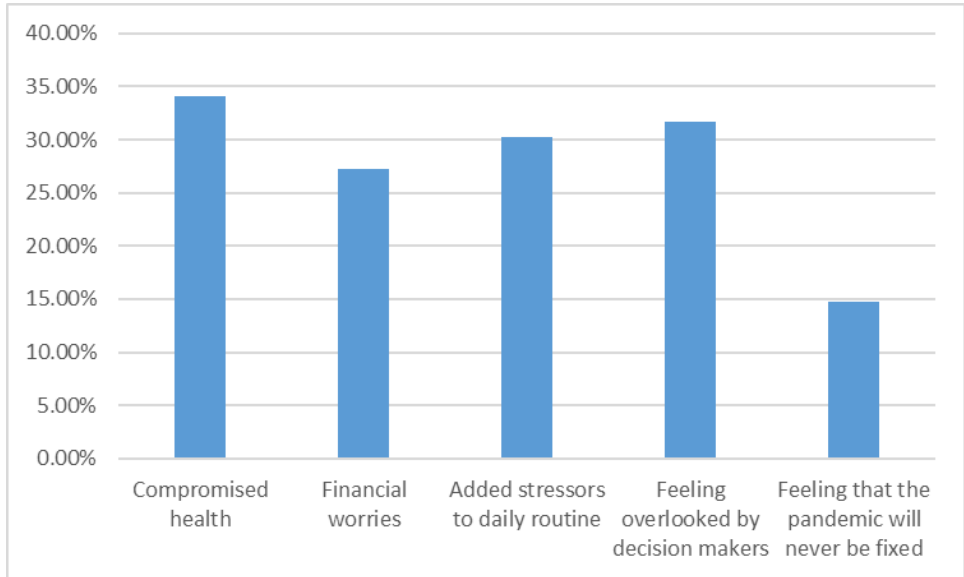


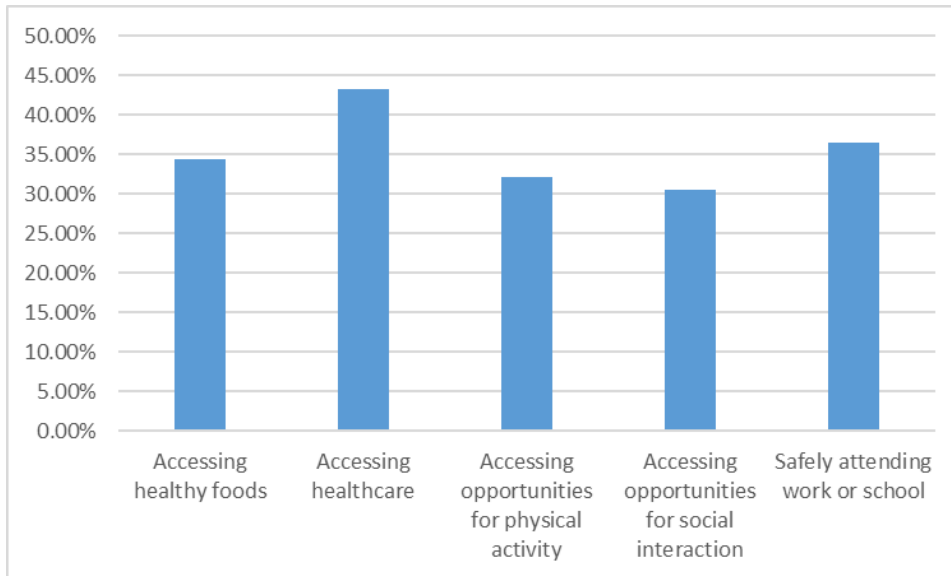




COVID-related anxieties

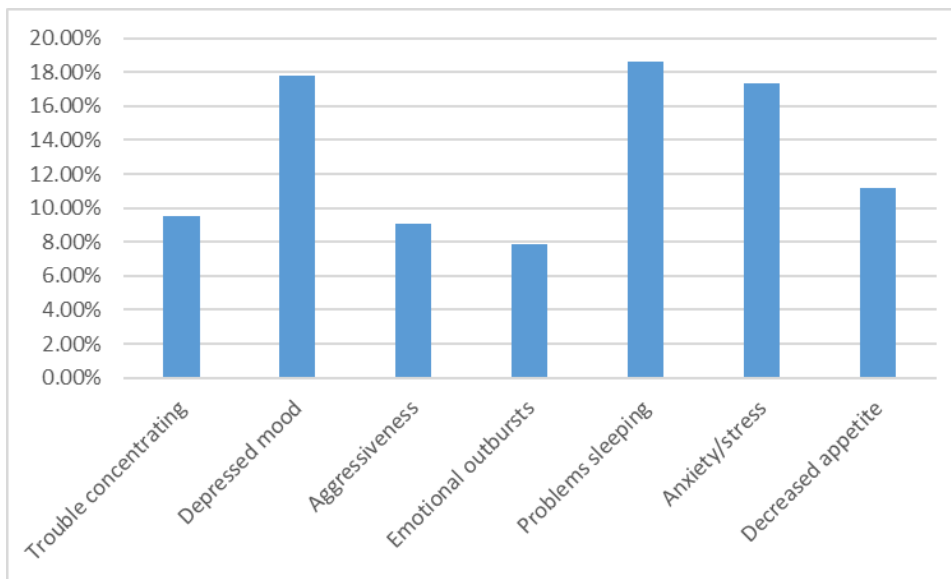
Residents were asked about their COVID-related anxieties. Accessing healthcare (43%), safely attending work or school (37%), accessing healthy foods (34%), and compromised health (34%) were the most frequently reported concerns. Few people were concerned with the feeling that the pandemic will never be fixed (15%). Other concerns were shared by between 1/5 and 1/3 of respondents.





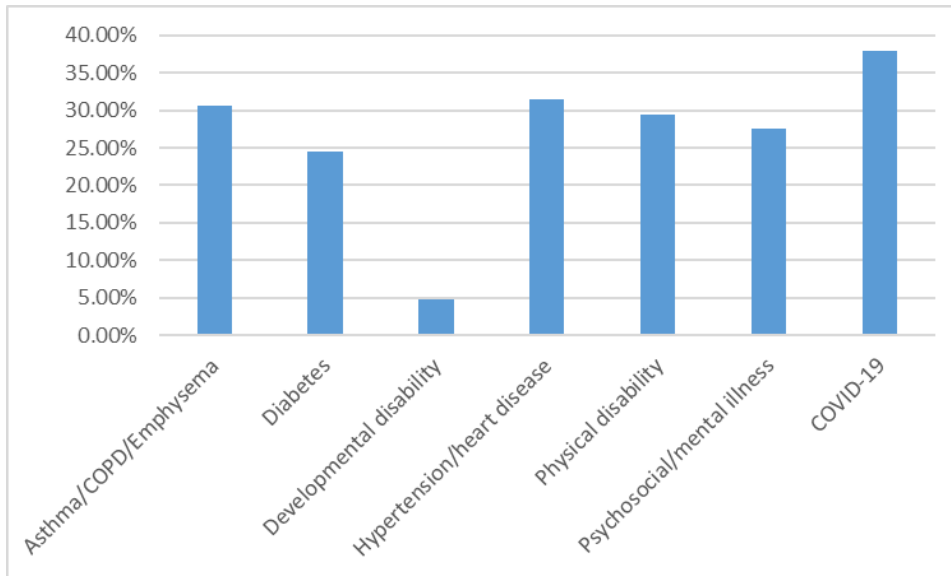
Household self-reported behavioral health concerns for members aged 21 years or older

The most frequent behavioral health concerns were problems sleeping (19%), depressed mood (18%), and anxiety/stress (17%). Emotional outbursts (8%), aggressiveness (9%), and trouble concentrating (10%) were experienced by half as many people.



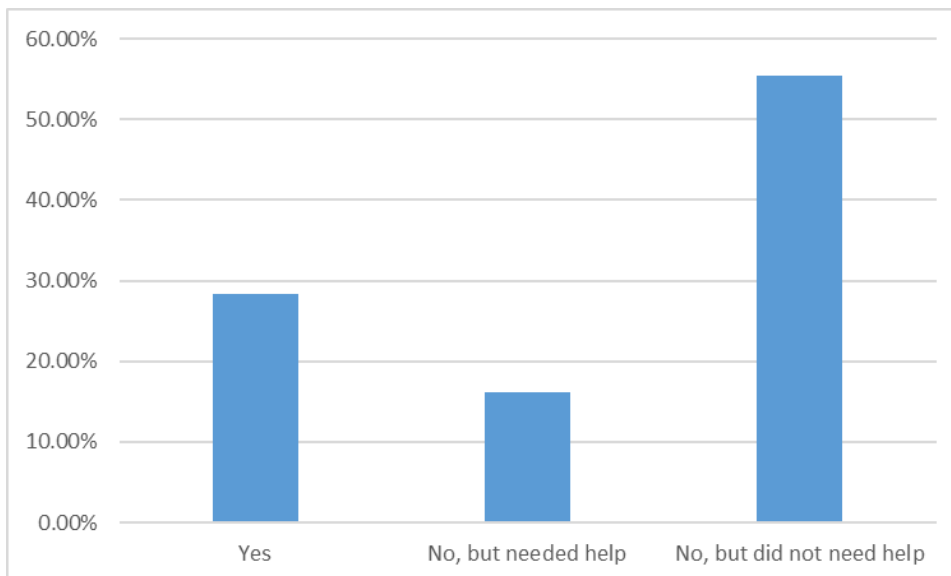
Prevalence of ailment in household

COVID-19 was the most prevalent health issue in households (38%), though the remainder (excepting development disability at 5%) were experienced by between 24% and 31% of households.



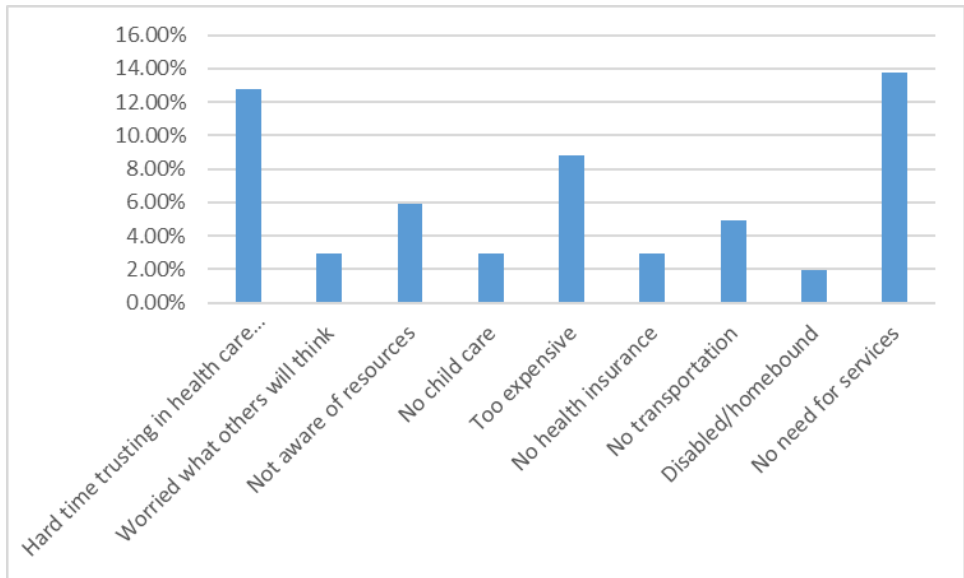
Receiving mental health services

28% of adults received mental health help, though 16% needed help but did not get it (reflecting a 64% rate of obtaining mental health services). 55% reported not needing mental health services.



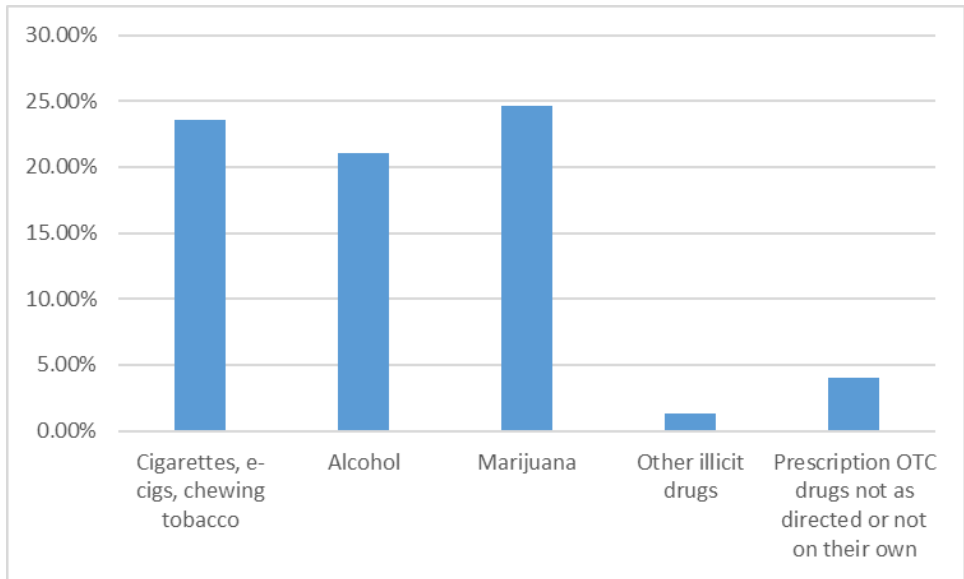
Difficulty accessing services

Health care trust was the biggest difficulty reported for accessing mental health services (13%), and the cost (9%) and awareness (6%) of services were experienced as issues by a notable percentage of people.



Increase in drug use

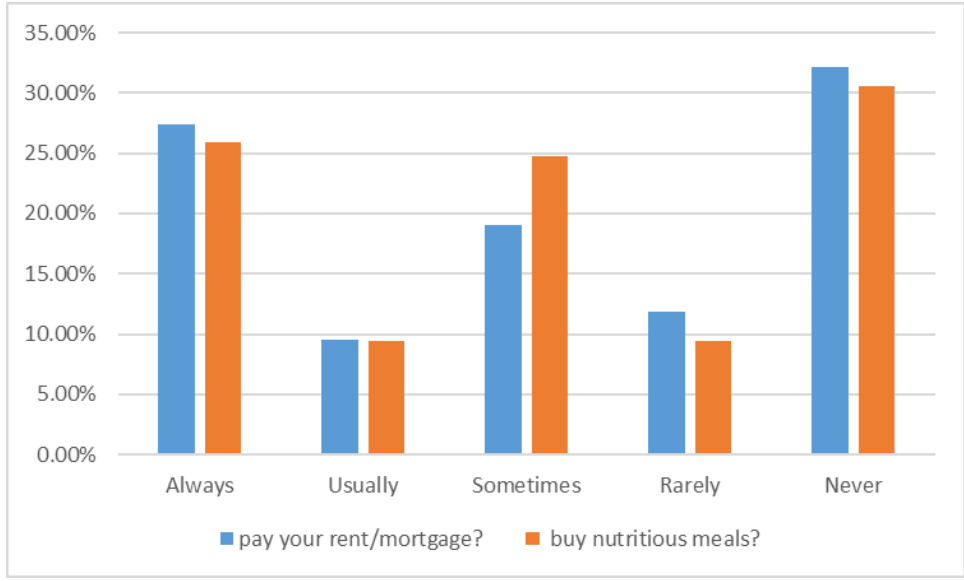
About a quarter of individuals reported an increase in the use of cigarettes, alcohol, and marijuana since the start of the COVID-19 pandemic.



Financial and mental health concerns

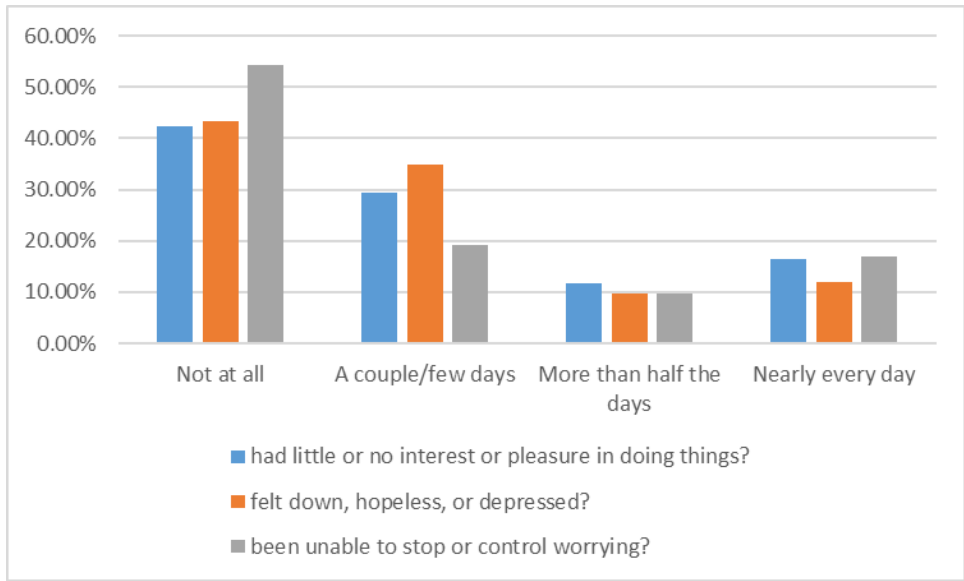
Over 25% reported always being worried about paying their rent/mortgage and buying nutritious meals.

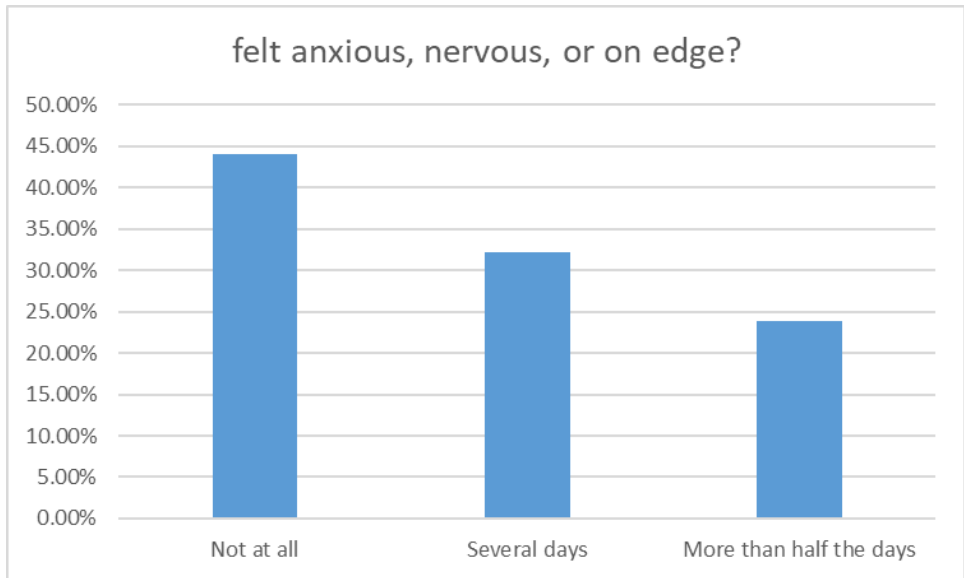
How often in the past 12 months would you say you were worried or stressed about having enough money to...



12-17% experienced mental health struggle nearly every day (having little interest in doing things, feeling down, and being unable to stop worrying).

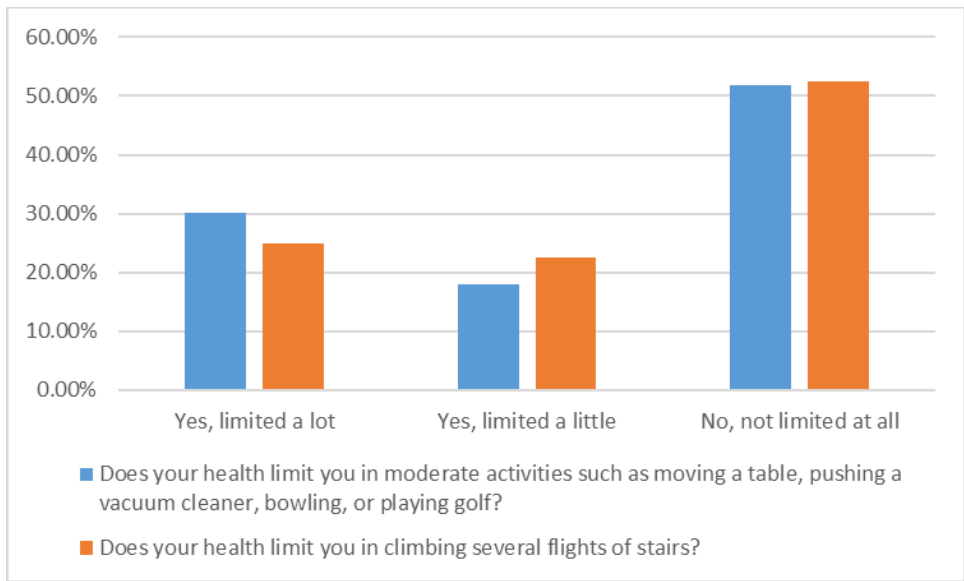
Over the last 2 weeks, how often have you...





Health limitations

Between 25% and 30% of residents experienced physical health limitations.



And between 35% and 40% either accomplished less or were limited in work due to either physical or emotional limitations.

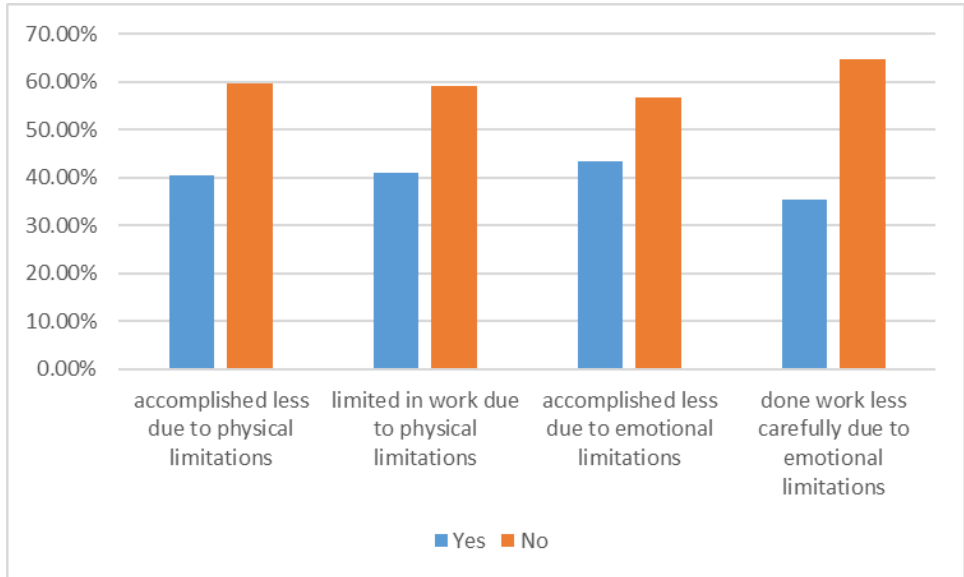
During the past 4 weeks...

(Q1 below) have you accomplished less than you would like as a result of your physical health?

(Q2 below) were you limited in the kind of work or other activities you performed as a result of your physical health?

(Q3 below) have you accomplished less than you would like as a result of any emotional problems (such as feeling depressed or anxious)?

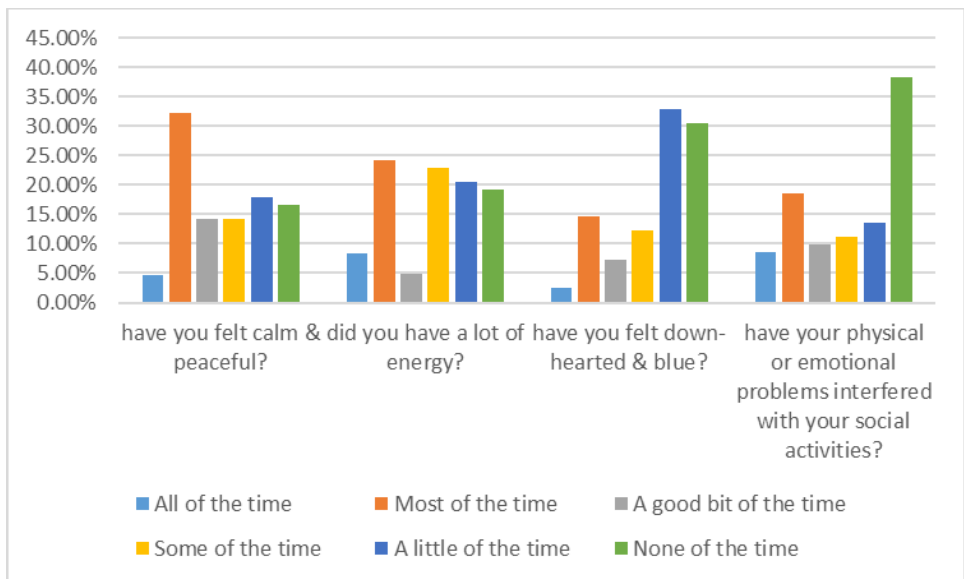
(Q4 below) have you done work or other activities less carefully than usual as a result of any emotional problems (such as feeling depressed or anxious)?



Mental attitude

Issues related to mental attitude had a wide diversity of responses among the sample. 51% of the sample felt calm and peaceful at least a good bit of the time, but only 37% had a lot of energy.

Positively, only 24% and 37% felt down-hearted & blue or had their physical or emotional problems interfere with social activities at least a good bit of the time.



Recovery from stress

Responses on recovery from stress also had a wide spread. 55% and 52% of individuals at least somewhat agreed that they bounced back quickly and reported it didn't take them a long time to get over a stressful event, and 40% came through difficult times with little trouble. Conversely, 38% at least somewhat agreed that they had a hard time making it through stressful events, 41% felt it was hard to snap back when something bad happened, and 30% took a long time to get over setbacks.

