



MENTAL HEALTH & WELLNESS IN NY

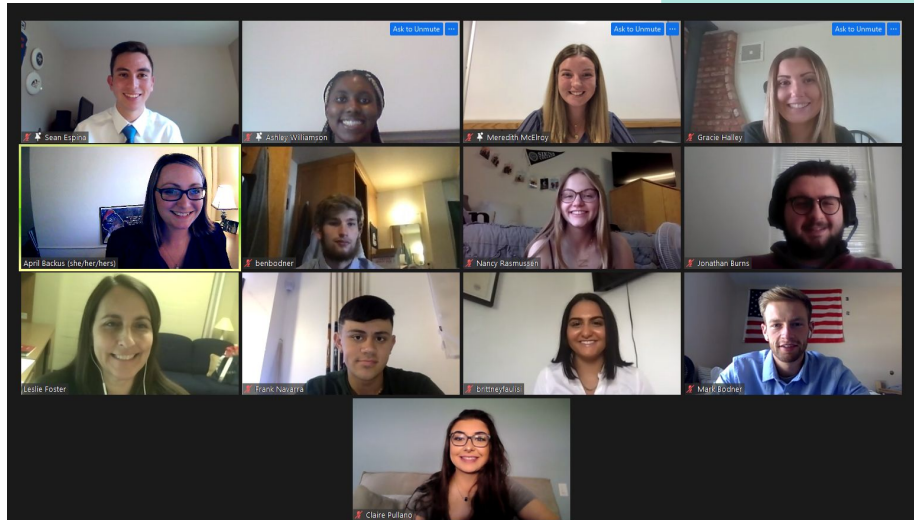
How New Yorkers Have
Responded to the Pandemic



WHO WE ARE

COMD210: Community Based Research and Consulting

We are honored to present our findings during the month of May, which is Mental Health Awareness Month



Mental Health Association of NYS

“MHANYS is a not-for-profit organization that works to end the stigma against mental illness and promotes mental health wellness in New York State. MHANYS achieves this through training, education, advocacy and policy, community-based partnership programming, and by connecting individuals and families to help.”



CLASS METHODOLOGY



MHANYYS Training



Interviews



Survey Development and
Implementation



Data Analysis

SURVEY INFORMATION

CLASS GOAL

Understand how the pandemic has affected the mental health and wellbeing of NYS Residents

SURVEY DATES

April 27th - May 5th



NUMBER OF SURVEY PARTICIPANTS

751 NYS Residents

MARGIN OF ERROR

+/- 4.2%

Demographics- 751 NYS Residents

Gender

Male 47%
Female 52%

Regions

NYC 43%
Suburbs 21%
Upstate 31%

Race/ Ethnicity

White 59%
African
American/Black 14%
Latinx 16%

Our Survey



Framing/Introduction



Descriptives



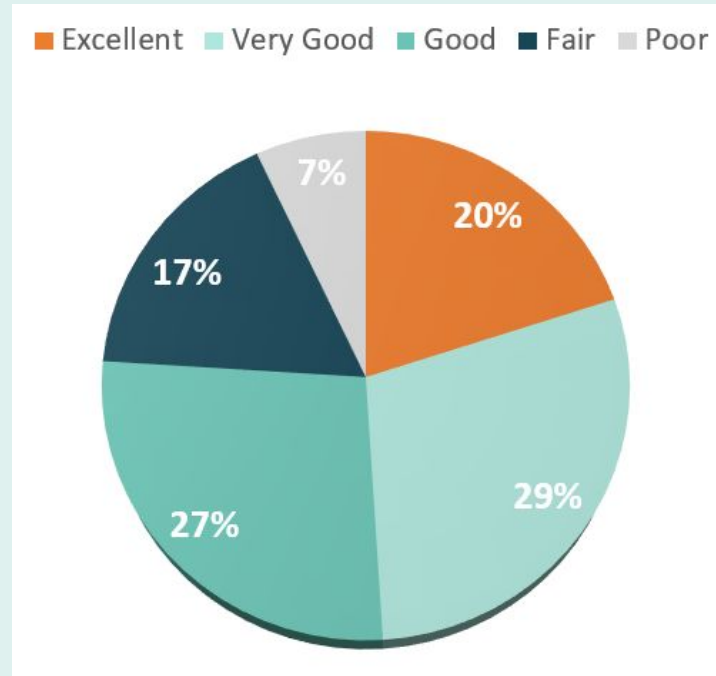
Happiness



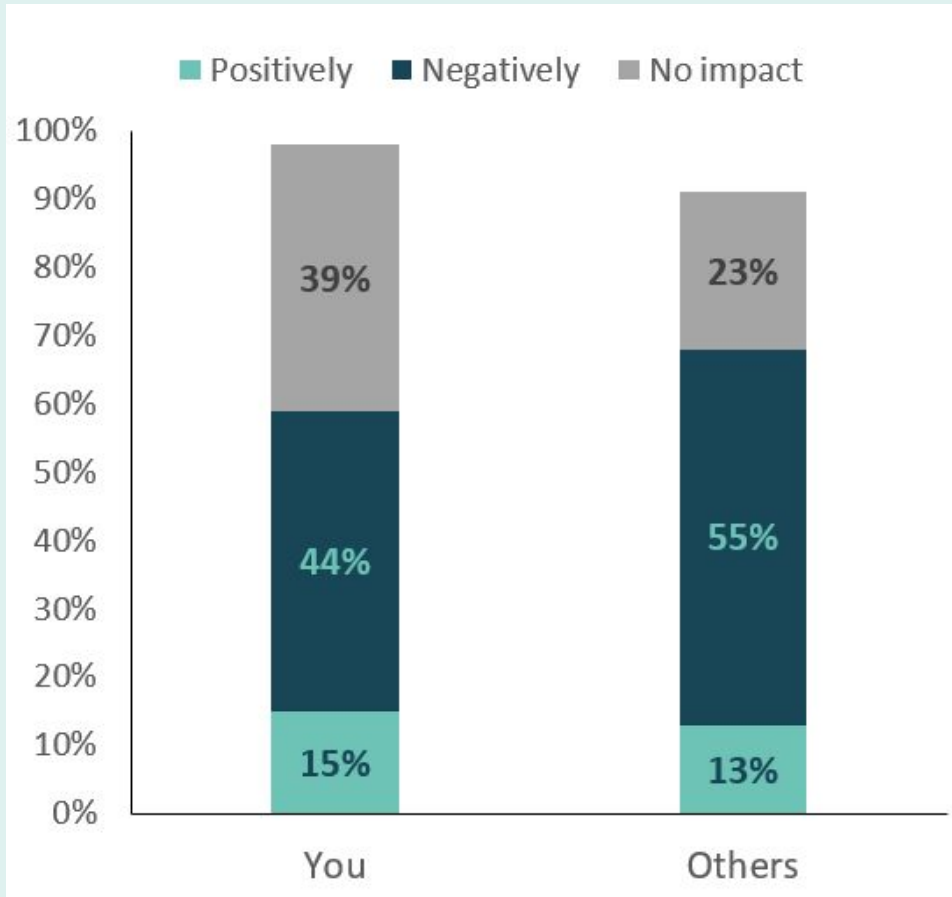
Problems

Mental Health Framing Questions

Thinking about your mental health and well-being, which involves emotional, psychological and social well-being, would you rate your overall mental health as excellent, very good, good, fair or poor?



Mental Health Framing Questions



....would you say the pandemic has **impacted your mental health** positively, negatively, or that it has not really impacted your mental health at all?

... **how about other people you know?** would you say the pandemic has impacted their mental health and well-being positively, negatively, or that it has not really impacted your mental health at all?

How descriptive are the following statements of your experience since the beginning of the pandemic in March 2020?

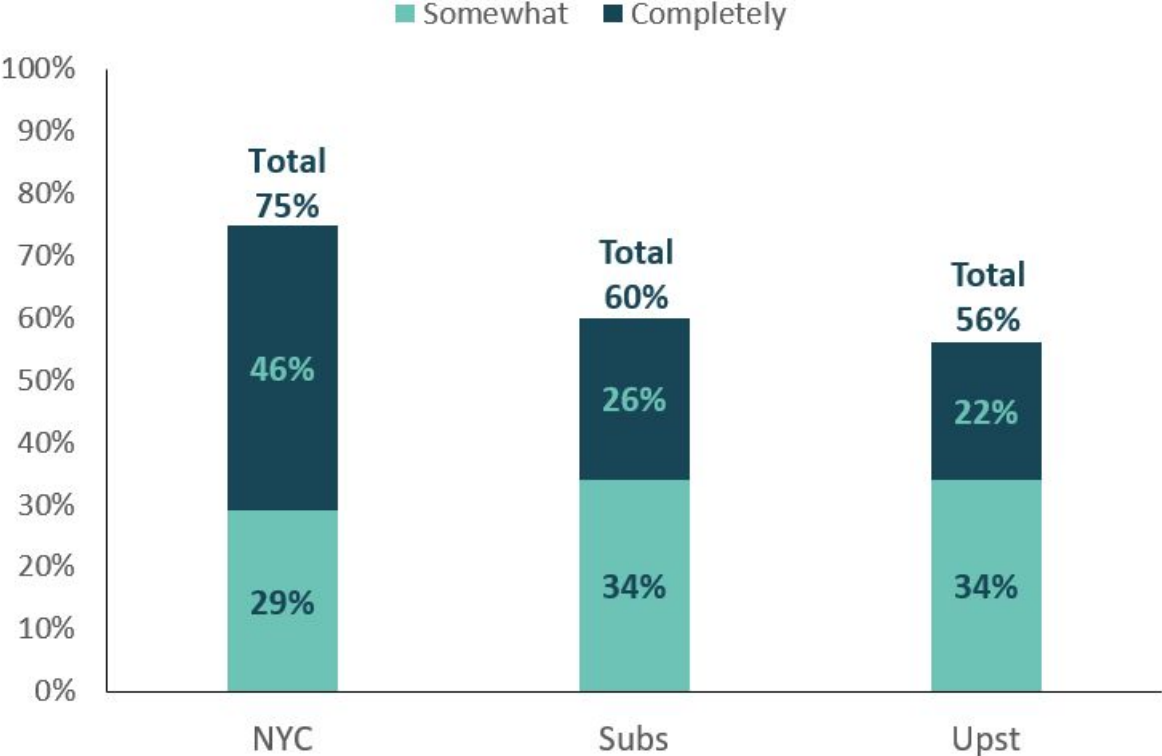
Completely or Somewhat
Descriptive

I have been overwhelmed by the social and political unrest in our country	73%
I have looked forward to getting involved in my daily activities every day	68%
I have used social media to stay up to date on current events	65%
I was scared to leave my house for fear of getting myself or my family sick	63%
I found time to do a new or rediscovered activity that I enjoy	60%
I checking things off my to do list that I have been putting off	59%
I developed a health and wellness routine	57%
I often felt down, depressed, or hopeless	50%
I rekindled relationships with friends and family	49%
I have grieved many losses	44%
There has been a high level of tension within my family	41%
I was not productive doing school or work remotely	36%



**50% of NYS Residents
often felt down,
depressed, or hopeless**

Fear of Getting Myself or Family Sick



Eight Dimensions of Wellness

Percent of respondents indicating very or somewhat happy

1	Intellectual Ability How sharp and alert you feel	84%
2	Environment The space where you spend most of your time	83%
3	Spirituality However you define that	78%
4	Emotional State	76%
5	Occupational Status The activities you engage in on most days	75%
6	Physical Appearance	71%
7	Financial Situation	70%
8	Social Life	65%



“I began meditating”

“I started to bake and sew more”

“It has allowed me to spend more time with my son”

“I started walking 4 miles every day...It would help clear my mind and I began feeling a lot better and not so stressed out”

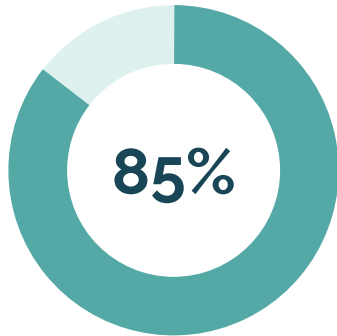
How significant a problem do you think each of the following is for people who may be struggling, or those who know people who may be struggling with their mental health and wellness?

Very or Somewhat
Significant Problem

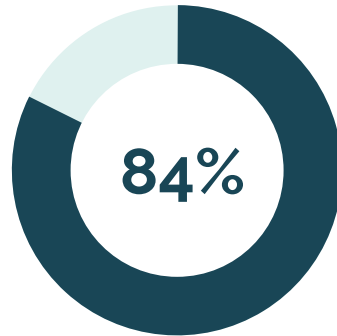
People are worried that they cannot access affordable treatment	85%
People downplay mental health disorders	85%
People don't know where to start once they realize they might have a mental health concern	84%
People afraid to seek treatment because they do not want to be judged	79%
People are reluctant to suggest to a friend or family member that they should consider seeking treatment	79%
People are reluctant to use mental health and wellness services provided by their employer	72%

CHALLENGES FOR MENTAL HEALTH TREATMENT

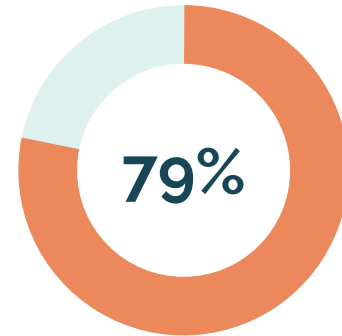
Very or Somewhat Significant Problems Surrounding Mental Health Treatment...



People downplay
mental health
disorders



People don't know
where to start when
seeking treatment



People are afraid
to seek treatment
because they don't
want to be judged



“Most people aren’t very knowledgeable about mental health, there is still that stigma that is rooted in the ignorance around it”

- John Richter, MHANYs Senior Policy Advisor



“Mental Health is not just the presence or absence of a disorder... *Mental Health is a Continuum of Wellness*”

- MHANYS Mental Health and Wellness Training 101

Eight Dimensions of Wellness

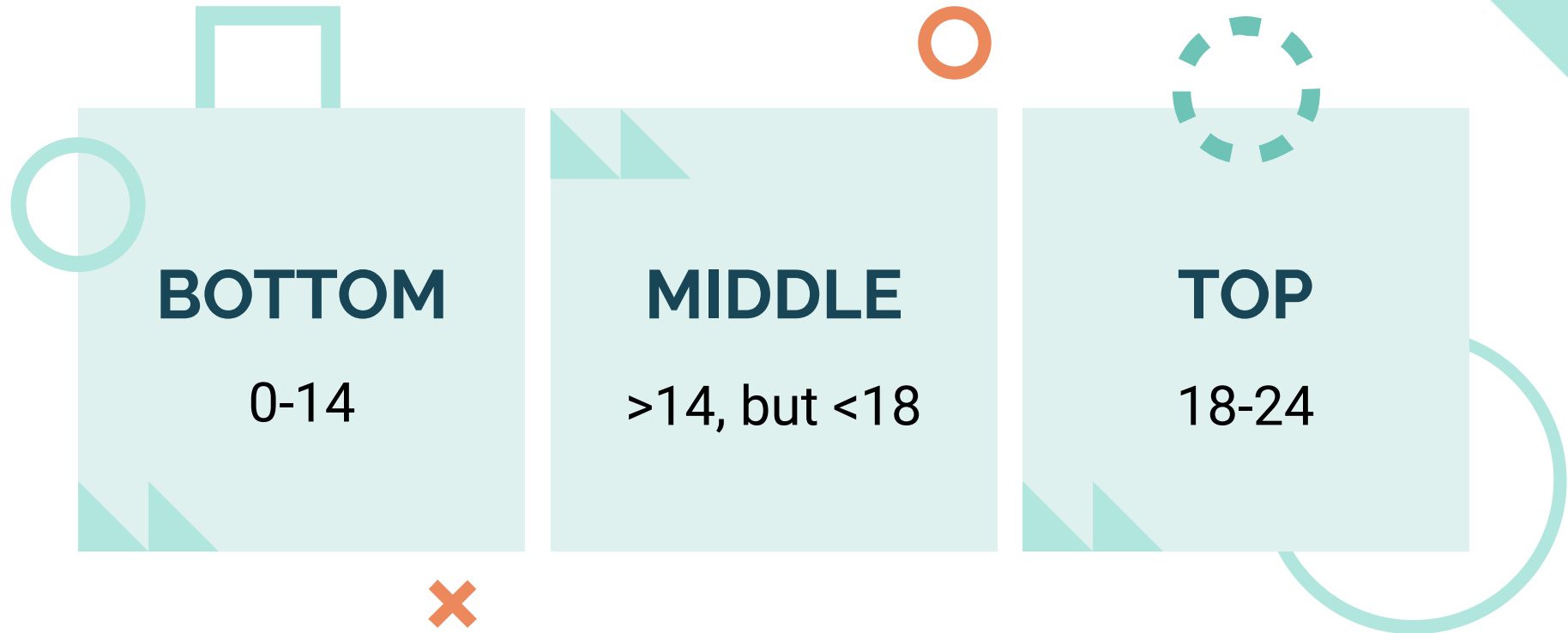
		VERY SOMEWHAT	
1	Intellectual Ability How sharp and alert you feel	38%	46%
2	Environment The space where you spend most of your time	37%	46%
3	Spirituality However you define that	37%	41%
4	Emotional State	29%	47%
5	Occupational Status The activities you engage in on most days	29%	46%
6	Physical Appearance	25%	46%
7	Financial Situation	27%	43%
8	Social Life	22%	43%

MENTAL HEALTH & WELLNESS CONTINUUM

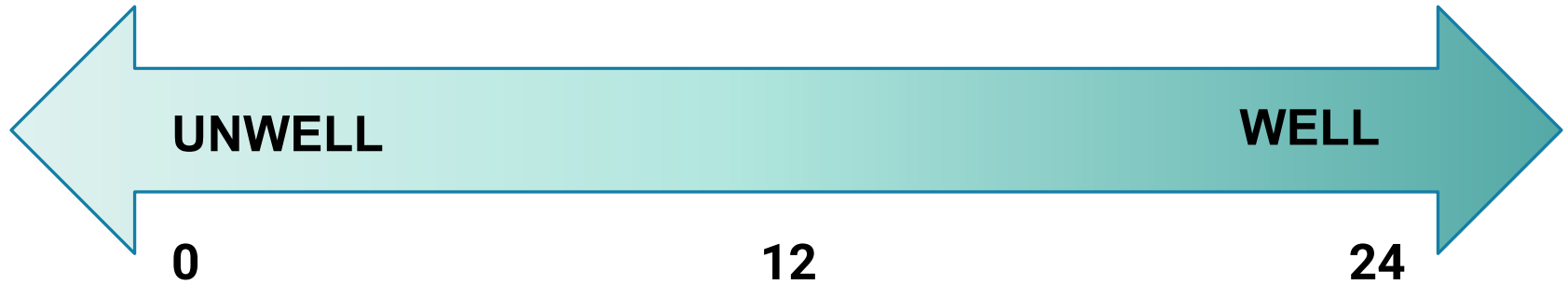
How happy would you say you are with the following aspects of your life nowadays?

	Very Happy	Somewhat Happy	Not Very Happy	Not at all Happy
	3	2	1	0
Your Emotional State	✓	✗	✗	✗

MENTAL HEALTH & WELLNESS CONTINUUM



MENTAL HEALTH & WELLNESS CONTINUUM



“Most people aren’t very knowledgeable about mental health, there is still that stigma that is rooted in the ignorance around it”

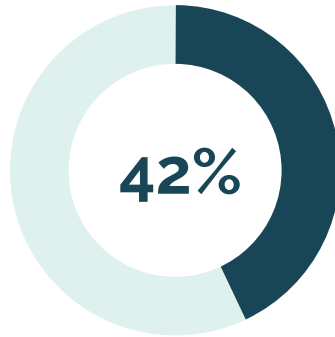
- MHANYS Mental Health and Wellness 101 Training

Negative Impact of the Pandemic on Mental Health

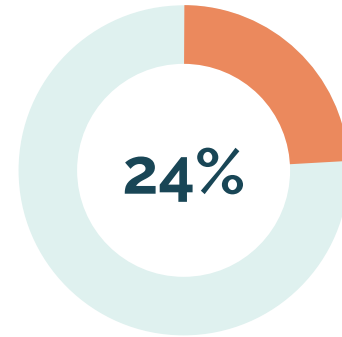
Would you say the pandemic has impacted your mental health positively, negatively, or that it has not really impacted your mental health at all?



Bottom Group
(0-14)



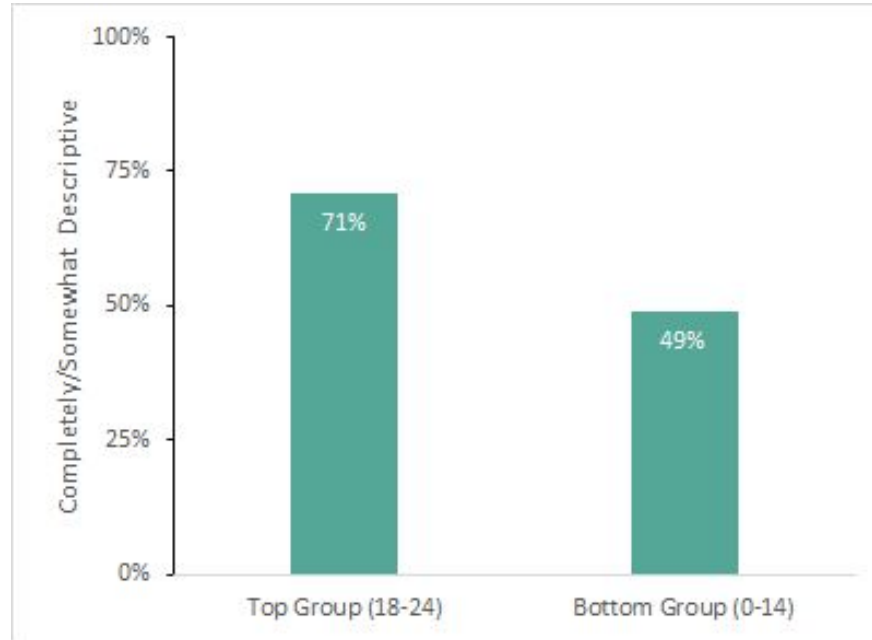
Middle Group
(>14,<18)



Top Group
(18-24)

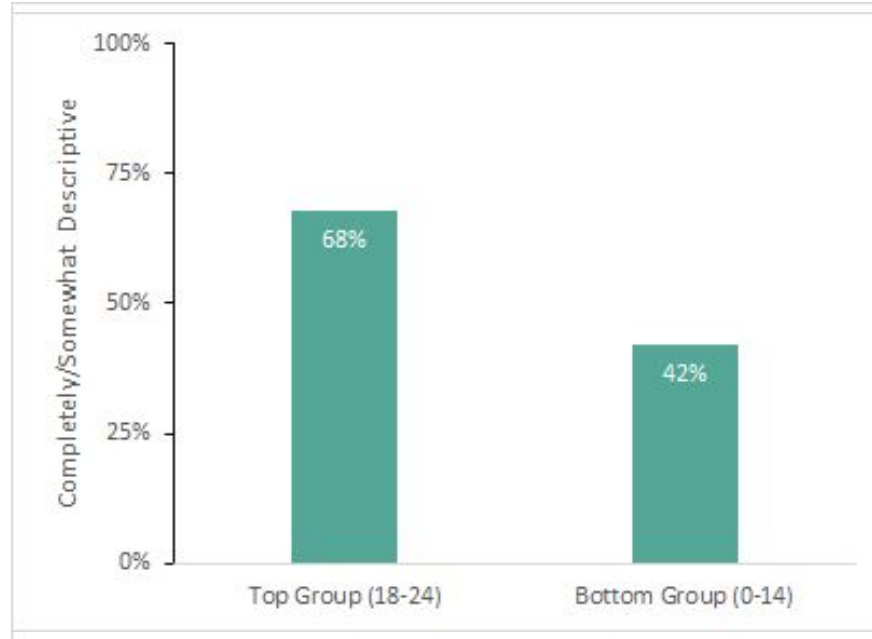


I found time to do a new or rediscovered activity that I enjoy



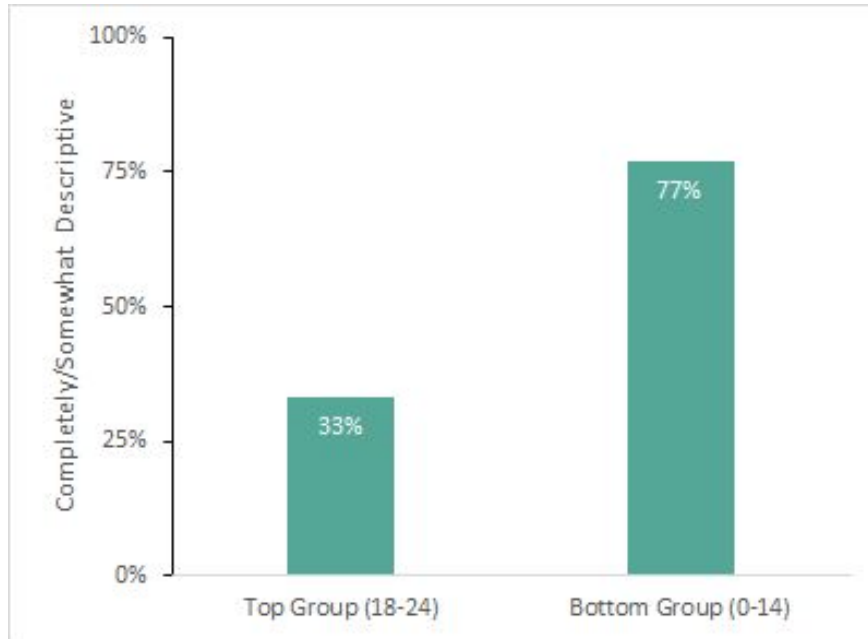



I developed a health and wellness routine





I often felt down, depressed or hopeless





**85% of NYS Residents
are hopeful that those
experiencing mental
health concerns
during this pandemic
will be able to recover
as life returns to
normal**



“Everybody struggles with something, and everybody has the ability to overcome it, and nobody has to do it alone”

- Kate Kauffman Burns, Director of Health Promotion at Siena College

MARCHING FORWARD



KNOW

Mental Health and Wellbeing is something that affects everyone.



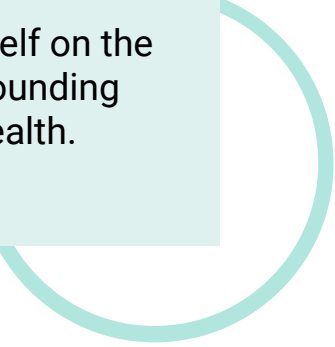
FEEL

You are not alone.
You can make a difference in your life and the lives of others.



DO

Reach out to your community.
Educate yourself on the stigma surrounding mental health.



THANKS

Do you have any questions?

Thank you to SCRI and MHANYS for their collaboration and support.

For more information on mental health and wellness:

(518)434-0439

<https://mhanys.org/>

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