



GARRETT COUNTY

# Data Insight

MENTAL HEALTH

**PREVIEW**



# DATA INSIGHT

## A: MENTAL HEALTH





## Community Story

Mental health heavily influences our quality of life. So it makes sense that mental health, just like physical health, is a focus area of our collective community improvement work. Together we provide tools to new families, improve access to mental health services, support recovery, and lower the rate of death, disease, and disability among those with mental illnesses. We work with national campaigns to reduce stigmas and highlight local resources for those seeking treatment as we strive to eliminate health disparities and provide equitable access to health services. By taking part in this Data Insight you are helping to maintain your mental health by finding a sense of community as you learn and have opportunities to get involved on a variety of levels regarding mental health in Garrett County.



Below you'll find our own primary data sets and the secondary sources that help us drive our decisions. We have real-time data sets, so anyone in the community can see how a given program or intervention is performing and join in the effort on mygarrettcountry.com. Contact information is available for leadership in the area of Mental Health, as well as, a list of coalitions open to the public that address various issues related to mental health. Current community resources and relevant areas of interest are also included.

Programs that address the factors that contribute to poor mental health or focus on interventions known to foster better mental health are highlighted. Identifying risk factors for mental illness, such as trauma and chronic health conditions, plays an important role in implementing successful prevention programs and allows for early intervention. Examples of those efforts can be found in a variety of Action Groups on mygarrettcountry.com. Ranging from early childhood programs, violence prevention initiatives, and programs for older adults.

Finally, we are always collecting data so we can be as informed as possible about our community. Please explore the take action section for more info about where we're heading as a community.

### **Sources:**

<https://nami.org/Blogs/NAMI-Blog/November-2019/The-Importance-of-Community-and-Mental-Health>

<https://developingchild.harvard.edu/science/deep-dives/mental-health/>

<https://www.apha.org/topics-and-issues/mental-health>

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/prevention.html>

[https://www.cdc.gov/aging/pdf/mental\\_health.pdf](https://www.cdc.gov/aging/pdf/mental_health.pdf)

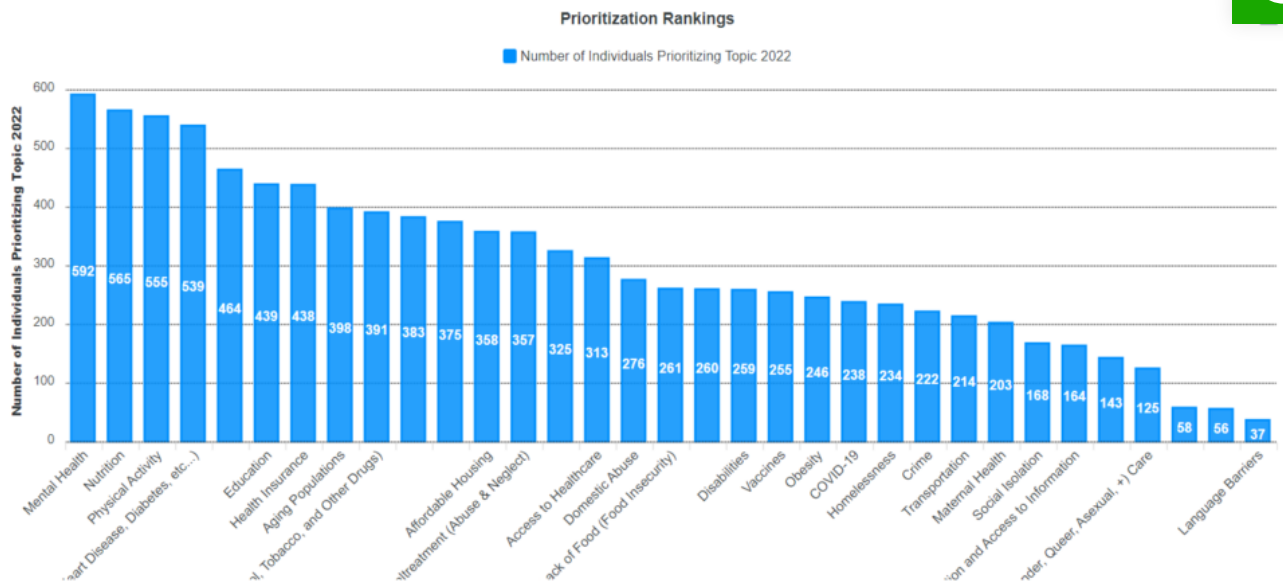


## Data Story

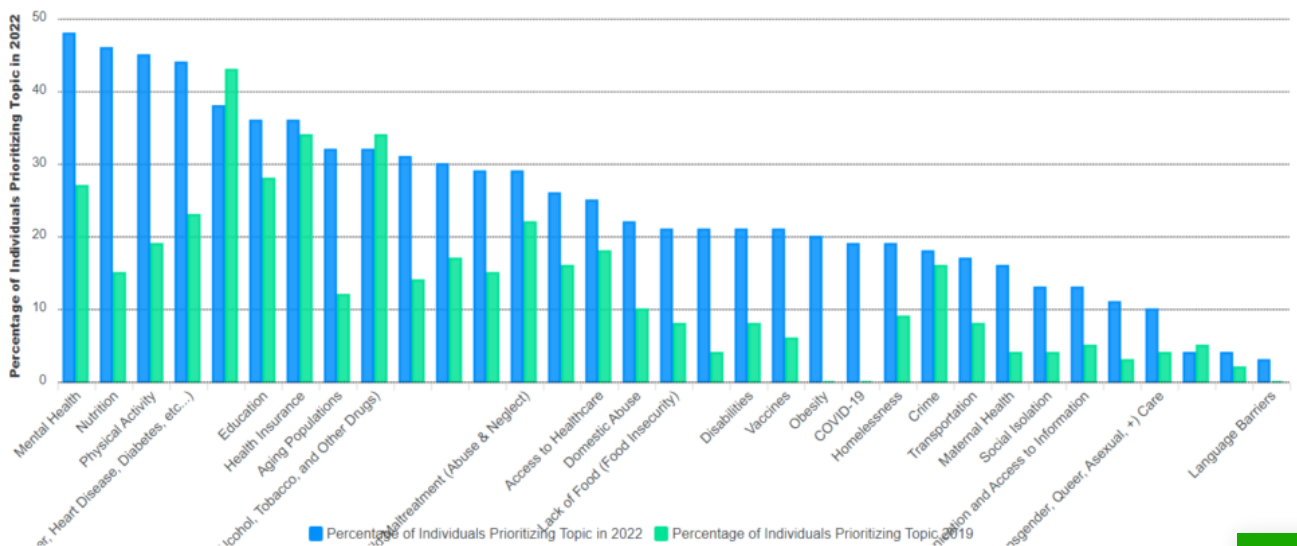
Telling a story about our data is vital to understanding the impact of programs, systems, and improvement efforts in our community. Here's the baseline data we have from our current Community Health Assessment regarding mental health. These datapoints are a collection of surveys and research, and provide information for our community to comprehensively create strategies. These datapoints are not comparative outside of the individual survey instruments.

### Assessment Data

Mental Health was the category that most of our community voted for as their largest concern on this survey. This was an 80% increase since the 2019 data was collected. The chart below illustrates our community prioritization rankings in 2022 with the percentage of change in the next chart.



A interactive version of this graph, with additional data, is available at: <https://charp.garrettcountyapps.com/>



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<https://charp.garrettcountyapps.com/>

Focus groups were held in a guided conversation format about the top five issues people identified as their main concerns in our latest community prioritization survey. Below is the analysis of the focus group discussions about mental health conducted in June of 2022.

Below is the beginning of the focus group discussions about mental health conducted in June of 2022. To read the full analysis visit <https://mygarrettcounty.com/cha2024/>, and select the assessment narrative on page 10.

**Focus Group Analysis**

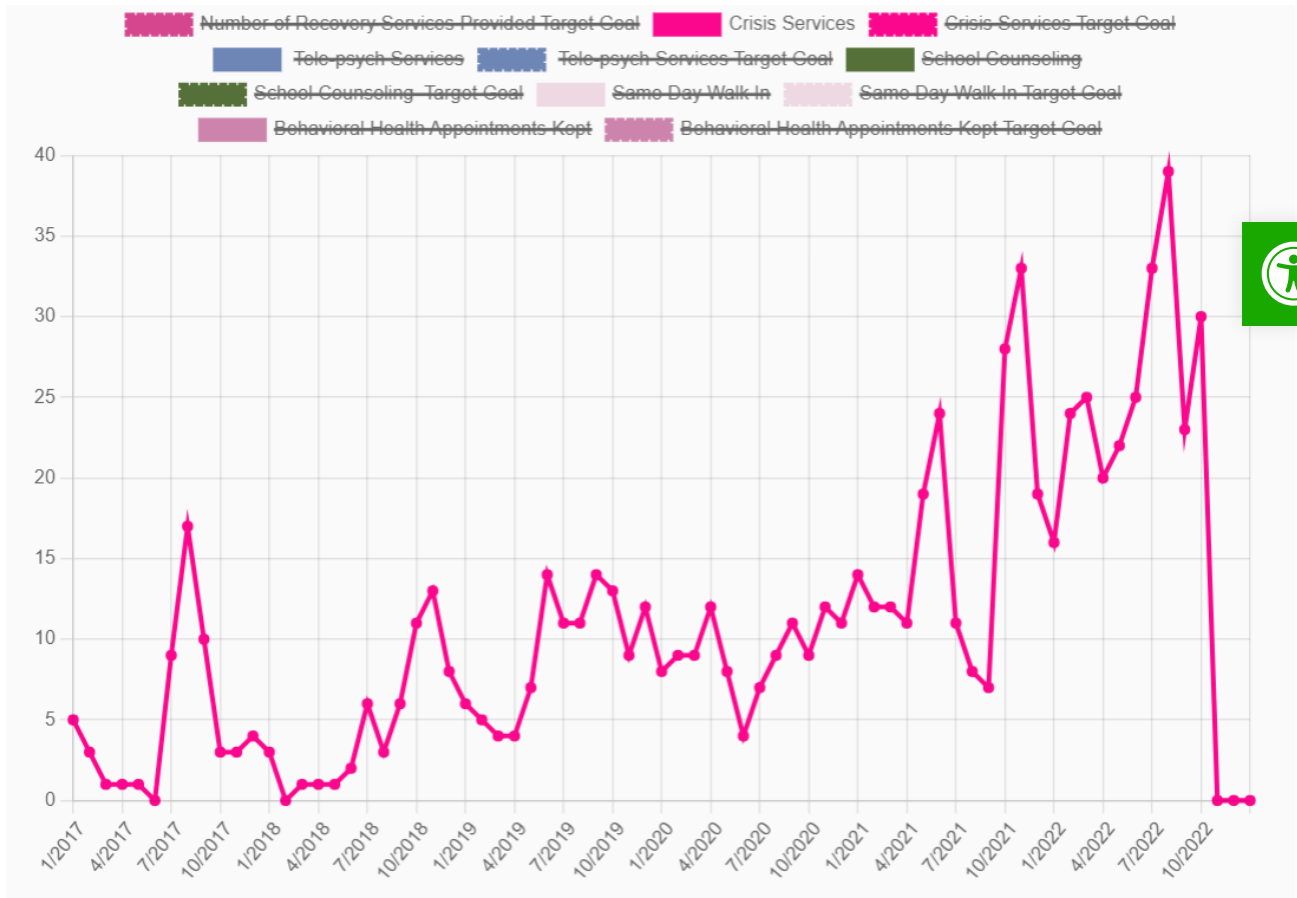
This priority and the themes central to Mental Health are synthesized from the focus groups and are consistent with the secondary data provided in this report. Mental Health ranked fifth three years ago, giving it an 80% increase to a first-place ranking this year. Every conversation began with some form of the deterioration of mental health due to the COVID-19 pandemic, namely isolation, and fear. For those that had mental health issues before COVID-19, they were only exacerbated due to a lack of services. Consensus relating to increases in abuse of all forms was discussed and the need for healthy relationship training, and stress management techniques are needed. Traditional gender roles were referenced relating to mental health as men in our rural traditional community are perceived by many as the primary provider and reaching out for help is seen as a weakness, making it more difficult and in some cases unacceptable to seek treatment perpetuating generational dysfunction. Social determinants of health were layered in these discussions as compounding factors that contribute to mental health needs.

**MyGarrettCounty.com Action Group Data (Real-Time Data)**

## Garrett County Center for Behavioral Health Action Group

<https://mygarrettcountry.com/groups/behavioral-health/raw-data/>

The Garrett County Center for Behavioral Health Action Group is tracking multiple measures in real-time, including the utilization of crisis services, such as the Garrett County Mental Health Crisis Line. This screenshot is a snapshot of the current data, as of 11/16/2022. Click the link above to view data in real-time.



### Supplemental Primary Data

From time to time we help other units within the health department collect data. This particular data set was issued by the Behavioral Health Authority. Keep in mind the sample size is small, but it is primary data. We're highlighting two questions below:

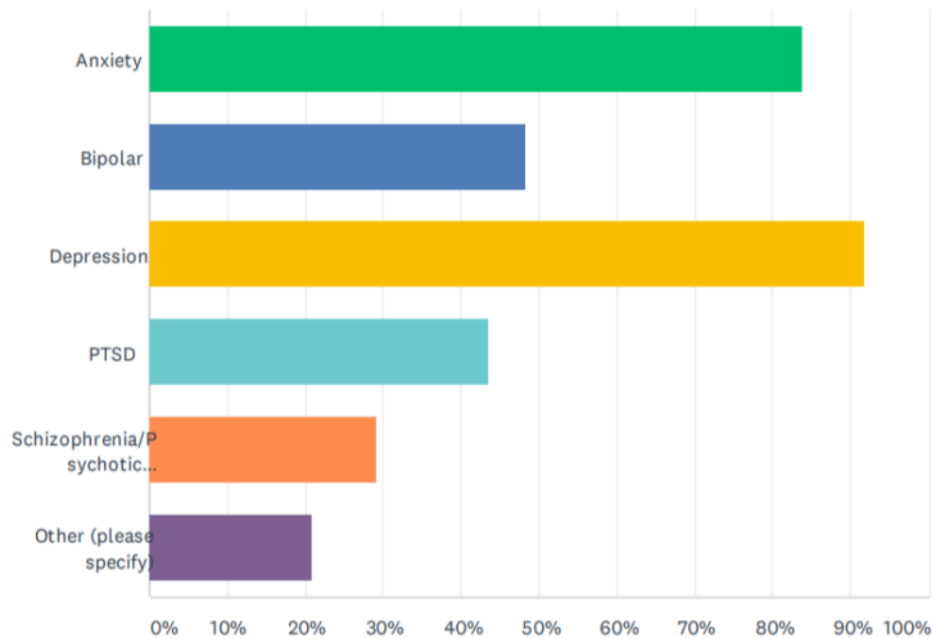
## Garrett County Behavioral Health Survey

<https://mygarrettcountry.com/cha2024/>

Q1: Depression and Anxiety are reported to be significant mental health issues in GC

# Q1 In your opinion, what are some of the significant mental health issues in Garrett County? (Check all that apply.)

Answered: 62 Skipped: 2



ANSWER CHOICES	RESPONSES	
Anxiety	83.87%	52
Bipolar	48.39%	30
Depression	91.94%	57
PTSD	43.55%	27
Schizophrenia/Psychotic Disorders	29.03%	18
Other (please specify)	20.97%	13
Total Respondents: 62		

Q2 In your opinion, what needs to be done to address mental health issues in Garrett County?

#	RESPONSES	DATE
1	We need help in identifying individuals affected.	1/22/2019 5:10 PM
2	Psychiatrists, more counselors and providers.	1/21/2019 11:29 AM
3	Addressing the stigma	1/11/2019 8:54 AM
4	Additional support groups and more frequent counseling might help. Wellness checks, phone calls or texts on a daily bases to motivate and support the most troubled clients might help clients stick to their recovery plan. This may seem like enabling, but modeling and frequent encouragement might increase the number of good days.	1/9/2019 9:02 AM
5	Provide patient beds for those who cycle in and out of GRMC, (typically bipolar)	1/8/2019 5:16 PM
6	I believe we need more providers; therapists, psychologists & psychiatrists. Access to psychiatric services (particularly for children) is extremely difficult to locate & transportation is often a challenge for families.	1/8/2019 1:30 PM
7	We need more options and certainly more providers. Providers should not be so overburdened with patients that their own health suffers.	1/8/2019 11:55 AM
8	Better quality out-patient counseling- not sitting in church basements in groups	1/8/2019 8:13 AM
9	More opportunity for younger people	1/8/2019 7:31 AM
10	More private psychiatrists as well as additional access to low- or no-cost professionals. Plus, destigmatization through education.	1/7/2019 6:45 PM
11	Get rid of the stigma and help people see that these issues are not abnormal.	1/7/2019 12:49 PM
12	?	1/7/2019 12:38 PM
13	Reduce stigma for treatment	1/7/2019 11:29 AM
14	Increase awareness and overcome stigma.	1/7/2019 9:30 AM
15	Offer supplemental treatment options---provide training to providers in these supplemental options such as mindfulness, mind/body connections, nutrition, yoga, etc.	1/7/2019 8:54 AM
16	Currently the need for additional staff, especially LCSW-C's. Additional psychiatric time to support current demand-flexibility of current staffing.	1/7/2019 4:54 AM
17	The therapist needs to actually meet with the kids and spend more then just 5 or 10 minutes with them. They put all the time down as if they spent it with them but I know for a fact there not	1/5/2019 4:38 PM
18	Address the homeless population. Improved access to child psychiatry.	1/5/2019 12:44 PM
19	don't know	1/5/2019 10:10 AM
20	Education on how one can take steps towards overcoming	1/5/2019 9:25 AM
21	More education directed at elementary school ages to help possibly prevent younger ages experimenting with drugs. More mentor programs for early ages so that good role models take effect earlier in their lives. Outreach to the homes more so that parents have a road to help if they are ready to receive it. Also, helping to lessen the stigma of going to the local health department or any facility that offers help so that those that need it are more apt to take the hand that reaches out to them.	1/5/2019 9:04 AM
22	Early intervention. Education in our schools to reduce the stigma of seeking help. Continued education that stresses the effects of recreational drug use on individuals and their future children .	1/4/2019 11:28 PM
23	I found this while knocking on doors, campaigning for and with Judy Carbone last summer and fall. Civility is an issue. People said they felt disrespected and disconnected for their differences of opinion.	1/4/2019 7:59 PM
24	More services to facilitate family support	1/4/2019 6:10 PM
25	More training for teachers	1/4/2019 4:20 PM





26	Job growth and skills development. It seems a lot of depression & anxiety is linked to personal financial stress and lack of opportunities.	1/4/2019 3:45 PM
27	Inpatient psych beds in county and certainly more in state	1/4/2019 3:10 PM
28	Psychological Professionals need to be hired to work in our community - not just counselors	1/4/2019 2:13 PM
29	Provide a resource that list (similar to the pamphlet for food pantries) of all mental health providers, list hours of operation, special services, contact information...	1/4/2019 1:46 PM
30	Community education and working as a team with care providers	1/4/2019 1:12 PM
31	More access to treatment	1/4/2019 12:25 PM
32	Have more resources for people with low income to access.	1/4/2019 12:05 PM
33	improve collaboration between providers	1/4/2019 12:02 PM
34	There are not many services offered in the county. The lack of the ability to see a psychiatrist in a timely manor. Physician and psychiatrist working together. The services is not friendly, you get a answering machine and when you do get someone they are rude.	1/4/2019 11:38 AM
35	Early child and family nurse visitation programs need to be fully funded and supported.	1/4/2019 10:57 AM
36	More trained professionals and services to help those in need.	1/4/2019 10:36 AM
37	Find a way to diminish the stigma that Mental Health Issues are embarrassing. It seems to me that most people at some point in their lives have a mental health issue. However, Mental Health seems to have a stigma not only in Garrett County but the County that if you need Mental Health Help you are a bit of a freak	1/4/2019 10:33 AM
38	I don't know	1/4/2019 10:32 AM
39	More resources	1/4/2019 10:31 AM
40	More awareness, more education	1/4/2019 10:30 AM
41	Reduce stigma and support people before issues appear. Much more needs to be done for suicide awareness, supporting LGBT youth, and domestic violence.	1/4/2019 10:28 AM
42	Help these people! I don't know what that is...but maybe support groups, mentors, etc.	1/4/2019 10:23 AM
43	Free counseling at satellite locations throughout the county. The college specifically.	1/4/2019 10:23 AM
44	Increased access to care. Co-occurring treatment.	1/4/2019 10:22 AM
45	more counselors	1/4/2019 10:21 AM
46	Continue to let people know about the success of cognitive behavioral techniques as opposed to taking pills all the time.	1/4/2019 10:21 AM
47	Encouraging more physical activity/less isolation during winter months.	1/4/2019 10:21 AM
48	More education to the public not affected.	1/4/2019 10:19 AM
49	Continue to focus on the macro-level contributing factors such as employment, housing, transportation, family management.	1/4/2019 10:16 AM
50	More providers	1/4/2019 10:15 AM
51	More doctor/patient interaction and follow up	1/4/2019 10:12 AM
52	Have more therapist available so patients do not have to wait so long to get an appointment.	1/4/2019 8:06 AM
53	More education in the schools. The schools need to readdress their discipline policies for troubled students.	1/3/2019 1:58 PM
54	More places to get help	1/3/2019 11:18 AM
55	Additional resources to help support these groups of people and more publicity on what is available	1/3/2019 8:19 AM
56	More support for those not in clinical treatment. Less traditional pathways to find help.	1/3/2019 8:01 AM
57	Have a system of mental health providers who have the capacity to serve a variety of individuals on a 24 hour, 7 days a week timeline.	12/27/2018 7:51 PM



## Garrett County Pandemic Health Assessment

<https://mygarrettcountry.com/cha2024/>

When the United States went into lockdown, various agencies supported vulnerable populations and food insecurity needs. The Office of Population Health, Innovation, & Informatics helped to manage interagency coordination through the Health Planning Council via a baseline survey. The intent was to utilize the data to begin coordinating local systems.

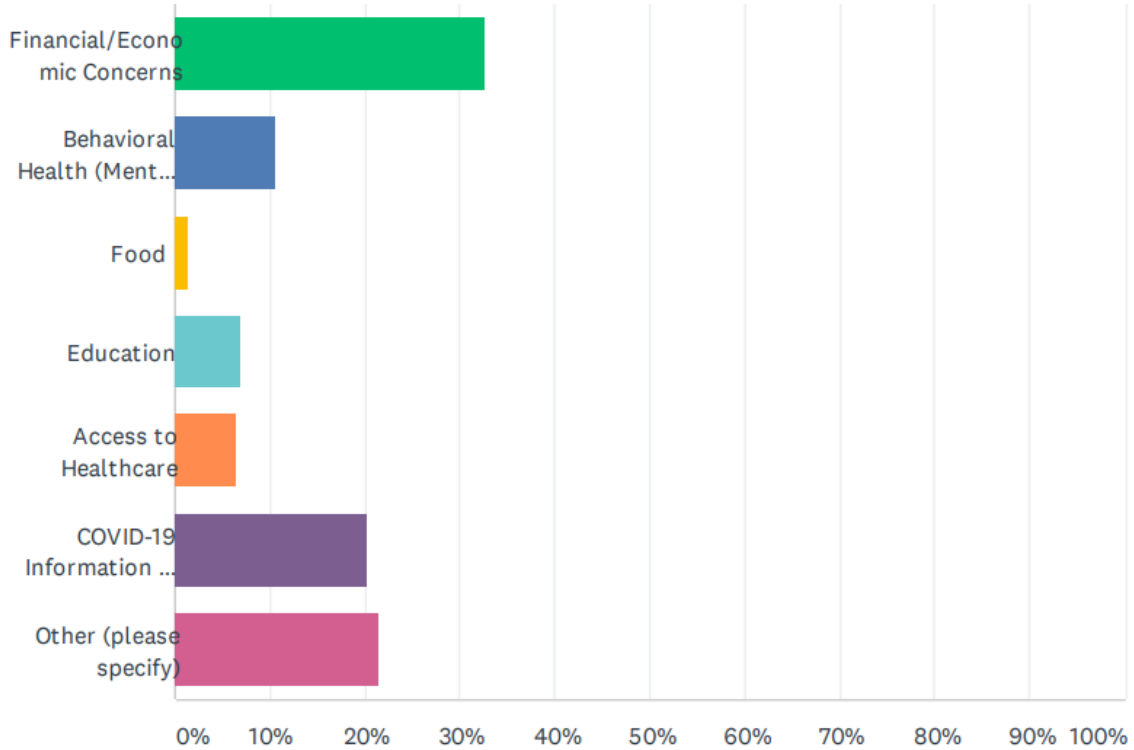
What's unique about this survey is that within an hour of launching the survey we had over 1000 responses. This was a time when our community faced much uncertainty. We needed data specifically about food resources to set up collection sites. During this time, the survey method worked well for public health to have the data to take action. Below, a question that highlights increasing concerns about behavioral health is highlighted.

Q6 What is your greatest concern at this moment? Behavioral Health @ 10.73% (2nd to financial concerns 32.55%)



## Q6 What is your greatest concern at this moment?

Answered: 848 Skipped: 82



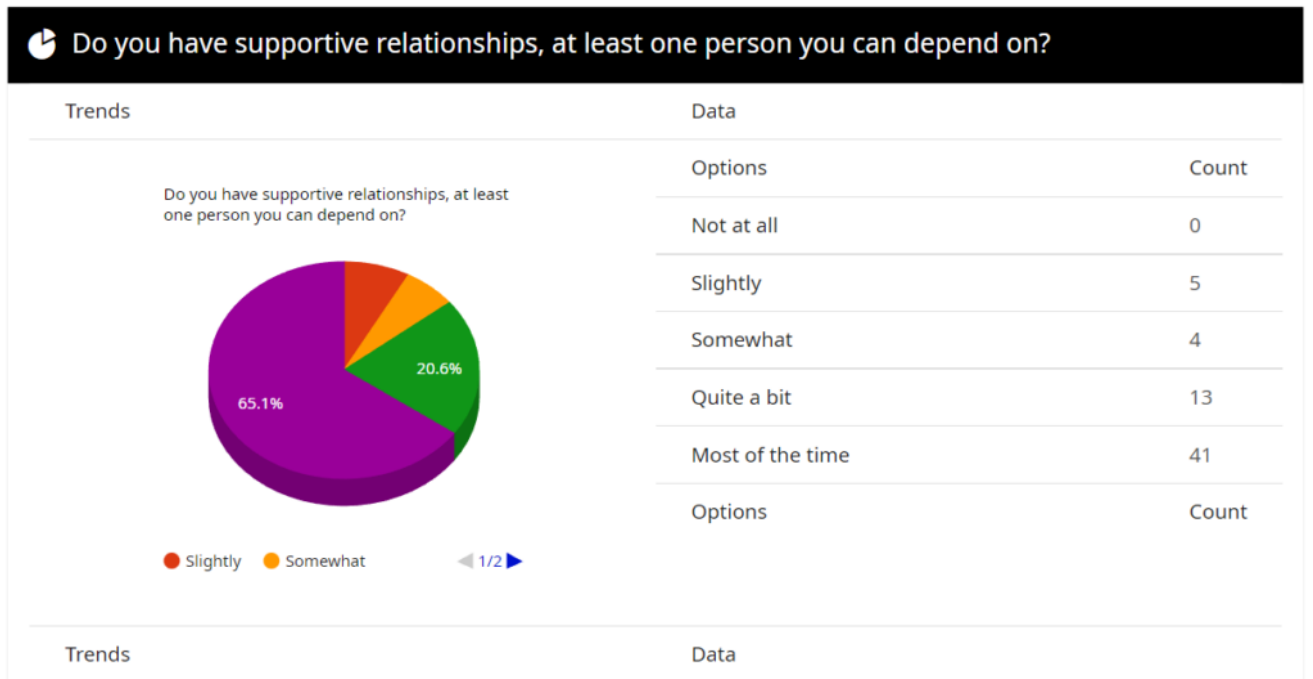
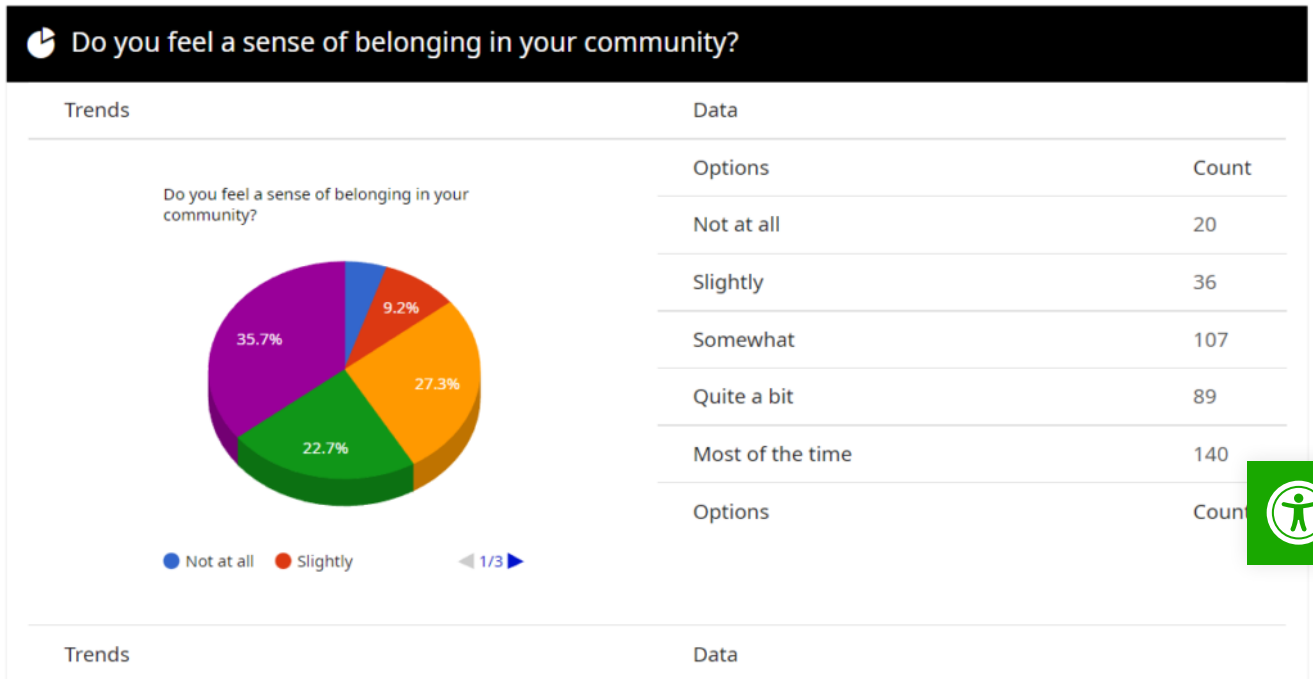
ANSWER CHOICES	RESPONSES	
Financial/Economic Concerns	32.55%	276
Behavioral Health (Mental Health, Anxiety, Substance Abuse/Misuse, etc...)	10.73%	91
Food	1.42%	12
Education	6.96%	59
Access to Healthcare	6.49%	55
COVID-19 Information and Testing	20.28%	172
Other (please specify)	21.58%	183
<b>TOTAL</b>		<b>848</b>

### Well-Being Dataset: Go! Garrett County

<https://mygarrettcounty.com/cha2024/> + Additional Data Collected

Originally funded by Maryland's Community Health Resource Commission, Go! Garrett County.com is an innovative way to provide engagement and education while promoting local resources, and acting as the only data the county has collected about belonging. The longitudinal surveying on the website

creates a knowledge base we are using to tailor specific programs to prevent and manage chronic diseases in Garrett County.



## Secondary Data

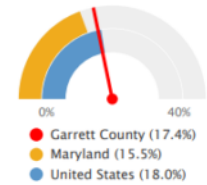
Mental health is challenging to measure, in the data sources, we've collected about our community from other places (secondary) self-reported health status is a widely used measure of people's health as it's related to their quality of life.

## Poor or Fair Health

This measure is an important indicator to understand the impact of physical and mental health on self reported health status.

Report Area	Population Age 18+	Adults with Poor or Fair Health	Percentage of Adults with Poor or Fair Health
Garrett County, MD	6,401	1,112	17.4%
Maryland	3,195,098	495,415	15.5%
United States	172,018,492	30,907,322	18.0%

Percentage of Adults with Fair or Poor Health



Note: This indicator is compared to the state average.

Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System. Accessed via County Health Rankings. 2018. Source geography: County



[View larger map](#)

Adults with Poor or Fair Health, Rank by County, CHR 2021

- 1st Quartile (Top 25%)
- 2nd Quartile
- 3rd Quartile
- 4th Quartile (Bottom 25%)
- Bottom Quintile (Rhode Island Only)
- No Data or Data Suppressed; -1
- Garrett County, MD



Source: Page 134 – Garrett County Community Health Assessment Indicators Report – Garrett County – <https://mygarrettcountry.com/cha2024/>



## Take Action

In order to more closely analyze the current status of Mental Health (and Behavioral Health as a whole) in Garrett County, we are proposing a survey to collect supplemental data from community stakeholders based on the initial research conducted by the Garrett County Behavioral Health Authority in 2018/2019 (<https://mygarrettcountry.com/garrett-county-community-health-assessment-2022-2024/>), and the Youth/Child & Adolescent Survey Conducted in 2019/2020 (<https://mygarrettcountry.com/docs/adolescent-wellness-survey-data/>).

In order to make this process as inclusive as possible, we encourage you to submit any feedback, ideas, or other comments to inform this process. Comments were accepted until March 20, 2023. More details coming soon!



## Community Services

Crisis Line (Garrett County, Local): **301-501-3515**

National Crisis Line: **988**

Garrett County Center for Behavioral Health:  
<https://garretthealth.org/behavioral-health/>

Explore Mental Health Providers on the Garrett County Resource Guide:  
<https://mygarrettcountry.com/resources/categories/mental-health-services>

Compare Behavioral Health Providers in Garrett County (BHA Guide):  
<https://mygarrettcountry.com/provider-guide/>



## Materials & Media

Garrett County Behavioral Health Provider Guide:  
<https://mygarrettcountry.com/provider-guide/>

Garrett County Crisis Line Flyer:  
<https://garretthealth.org/wp-content/uploads/2022/11/Crisis.pdf>

Maryland 988 Outreach Toolkit:  
<https://health.maryland.gov/bha/Pages/988Toolkit.aspx>



## References & Resources

### Related Garrett County Action Groups:

Behavioral Health Action Group

<https://mygarrettcountry.com/groups/behavioral-health/>

Behavioral Health Authority Action Group

<https://mygarrettcountry.com/groups/behavioral-health-authority/raw-data/>

Early Care Programs System of Care

<https://mygarrettcountry.com/groups/early-care-programs-system-of-care/>

Garrett County Mental Health Advisory Committee (GCMHAC)

<https://mygarrettcountry.com/groups/garrett-county-mental-health-advisory-committee-mhac/>



### Point(s) of Contact:

Fred Polce, Director of Local Management Board / Behavioral Health Authority

(301-334-7440) – <https://garretthealth.org/core-services-agency/>

### Current Coalitions or Monthly Meetings

Behavioral Health Educational Task Force (school system, department of social services)

Mental Health Advisory Committee (community providers, hospital, state hospitals, county gov, some community members)

### Additional Community Resources:

Mental Health First Aid Training Classes (See Contact Above)

Ruth Enlow Library of Garrett County (Community Connectedness)

<https://mygarrettcountry.com/resources/listing/ruth-enlow-library-of-garrett-county>

### Campaigns & Awareness Months

Go! Garrett County Mental Health Matters Campaign

(2023) <https://gogarrettcountry.com/may-mental-health-month-2023/>

(2022) <https://gogarrettcountry.com/may-mental-health-month-2022/>

(2021) <https://gogarrettcountry.com/may-mental-health-month/>

NAMI

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

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## Additional Data

MHA Service Delivery Data for Maryland

<https://mhanational.org/mhamapping/mha-state-county-data>

*Written and coordinated by the Population Health, Innovation, & Informatics Unit at the Garrett County Health Department. This health planning, improvement, and strategy division continues to foster a community of collaboration in Garrett County, Maryland. Join us at [MyGarrettCounty.com](http://MyGarrettCounty.com)!*



## Insight Partners



### Currently Participating Partners:

Garrett County Health Department

Garrett County Behavioral Health Authority

Garrett County Local Management Board

*Interested? Email [shelley.argabrite@maryland.gov](mailto:shelley.argabrite@maryland.gov) to find out how to participate in this insight and get connected with Action Groups on [MyGarrettCounty.com](http://MyGarrettCounty.com) working on strategies related to this insight!*

*Updated 3/22/2023*

*Coordinated by the Garrett County Health Department's Population Health, Innovation, & Informatics Unit under the direction of Garrett County Health Planner & Health Strategist*

*Shelley Argabrite, MA*

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