

# Mental Health



- More than **4 in 10 Springfield eighth graders** felt sad or hopeless for two weeks or more in a row (2021 YHS)
- **1 in 7 Hampden County adults (15%)** reported their mental health was not good for 14 days or more within the prior 30 days. This exceeded the statewide rate of 13%.

## Racial Equity

- Emergency Department visits for mental health in Hampden County were **highest for Black residents** (3,851 per 100,000) and lowest for Asian residents (712 per 100,000). The state did not provide data for those who identify as Latino/a/e.
- BIPOC families may delay getting mental health help for many reasons: the trauma of racism normalized, gender stereotypes, trauma bonding

## Assets/Momentum

- There are many Springfield organizations offering mental health services and programming.
- There are a few local coalitions and collaborations working on mental health issues:
  - o Springfield Youth Mental Health Coalition
  - o City Council Mental Health Subcommittee
- There are several local and regional coalitions working on substance use:
  - o Stop Access Coalition- Springfield
  - o Greater Springfield Opioid Coalition
  - o Healing Communities
  - o Hampden County CHIP Community Team #2 on Substance Use Disorder
  - o Hampden County Addiction Task Force
  - o NACCHO Interventions for Opioid Harm Reduction Hampden County
- Normalization campaigns are underway on youth mental health and substance use disorder services.
- DPH is funding new community behavioral health centers and Baystate is opening a new Behavioral Health hospital
- Integration of Behavior health into primary care

## Opportunities/Gaps

- **Key populations** identified by Advisory Committee: Black and Latino/a/e Youth, LGBTQIA+ youth, single Black mothers, older adults
- **Opportunities**
  - o Recognize cultural differences with treatment, incorporate ancient healing arts
  - o Young children need bonding with adults- develop opportunities for this
  - o Increase awareness about where people can go for mental health resources
  - o Role and toll of racism to be considered in mental health care for BIPOC communities
- There is a gap in available mental health providers leading to long wait lists to get care and a limited number of BIPOC providers.