

# 2022

## An Overview of the DMF Wellness Survey

Mental, Physical, and Social Health in North Dakota and Northwest Minnesota

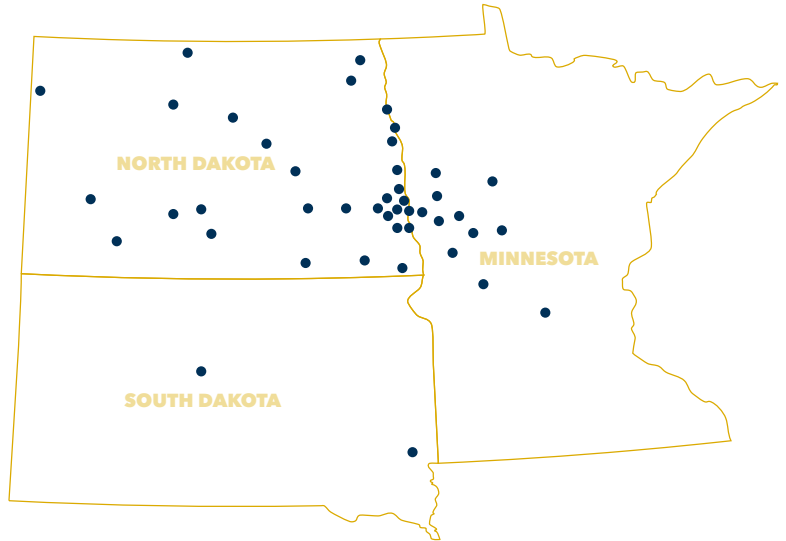
### About the Survey

Dakota Medical Foundation distributes a survey to parents and service providers across North Dakota and Northwest Minnesota to help gauge the mental, physical, and social health of both children and adults in the region. It is distributed via legacy and social media, email, and personal asks and is completed by caring adults and professionals ranging from psychiatrists to licensed social workers to school principals, among many others.

This overview highlights some of the most noteworthy findings from the 2022 survey and provides some insights from survey-takers into the root causes of and potential solutions to the mental health epidemic affecting our region. This report is not designed to be scientific in nature, nor is its intent to replace or diminish the work of any other regional organizations doing research, data collection, or public health messaging. We view our role as a convener of those closest to these challenges, an aggregator of potential solutions, and an igniter of action.

### Who Took the Survey

121 service providers and 195 parents



### MENTAL HEALTH

**83.4%** of service providers surveyed felt the mental health of **YOUTH** in their community has **DECLINED** in the past 12 months.

**76.1%** of service providers surveyed felt the mental health of **ADULTS** in their community has **DECLINED** in the past 12 months.

### STRESS

**76.9%** of service providers surveyed felt **YOUTH** in their community have **DECLINED** in their ability to cope with stress in the past 12 months.

**67.7%** of service providers surveyed felt **ADULTS** in their community have **DECLINED** in their ability to cope with stress in the past 12 months.

### SUICIDE

**70.2%** of service providers surveyed felt the number of **YOUTH** in their community experiencing thoughts of self-harm or suicide has **INCREASED** in the past 12 months.

**60.3%** of service providers surveyed felt the number of **ADULTS** in their community experiencing thoughts of self-harm or suicide has **INCREASED** in the past 12 months.



## DEVICE AND SOCIAL MEDIA USE

**80.2%** of service providers surveyed felt **YOUTH** in their community have **DECLINED** in the healthy use of electronic devices and/or social media.

**68.6%** of service providers surveyed felt **ADULTS** in their community have **DECLINED** in the healthy use of electronic devices and/or social media.

## SOCIAL INTERACTION

**57.3%** of service providers surveyed felt **YOUTH** in their community have **DECLINED** in getting enough face-to-face social interaction with peers in the past 12 months.

**51.3%** of service providers surveyed felt **ADULTS** in their community have **DECLINED** in getting enough face-to-face social interaction with peers in the past 12 months.

**53.7%** of service providers surveyed felt **YOUTH** in their community have **DECLINED** in getting enough face-to-face social interaction with caring adults in the past 12 months.

## SUBSTANCE ABUSE

**76.1%** of service providers surveyed felt the number of **YOUTH** in their community using substances (nicotine, alcohol, cannabis, and other drugs not prescribed to them) has **INCREASED** in the past 12 months.

**64.5%** of service providers surveyed felt the number of **ADULTS** in their community using substances (nicotine, alcohol, cannabis, and other drugs not prescribed to them) has **INCREASED** in the past 12 months.

## ACCESS TO CARE AND WORKFORCE

**86.8%** of service providers surveyed said **DEMAND** for mental and behavioral health services from their organization has **INCREASED** in the past 12 months.

**75.2%** of service providers surveyed said **WAIT TIMES** to receive mental and behavioral health services from their organization have **INCREASED** in the past 12 months.

**90.1%** of service providers surveyed felt there are **INADEQUATE SERVICES AND SUPPORT** in their community for **YOUTH** experiencing mental and behavioral health challenges.

**80.2%** of service providers surveyed felt there are **INADEQUATE SERVICES AND SUPPORT** in their community for **ADULTS** experiencing mental and behavioral health challenges.

### PARENT SURVEY\*

Of parents surveyed, about **70%** felt there are **INADEQUATE SERVICES AND SUPPORT** in their community for **YOUTH AND ADULTS** experiencing mental and behavioral health challenges.

*\*Parent responses showed similar results as provider survey*

## PROPOSED SOLUTIONS FROM SURVEY-TAKERS

- Build long-term workforce pipeline strategy
- Revamp ND reimbursement system for mental healthcare services
- Offer reimbursement for mental healthcare coordinators and licensed behavior analysts
- Consider reimbursement for in-school therapy services through Medicaid and private payers
- Build fundraising systems and capabilities for mental health charities
- Increase funding for recruitment and retention for government and nonprofit providers
- Develop intermediary care between ER and out-of-home placement
- Expand transportation options for kids to attend therapy after school

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