

# Mental Health in Mississippi County

## Roundtable Discussion 7.20.21

### Blytheville Public Library

#### Challenges:

- ACE (Adverse Childhood Experiences) that carry into adulthood
  - Post-COVID social/relational disruptions
  - Post-COVID domestic abuse, neglect, poverty/hunger issues exacerbated by long-term isolation
  - AR adolescent suicide rate up 25%
- Anxiety
  - Post-COVID struggle to re-enter public/social space
  - Social Media expectations (“Pinterest Mom”)
  - Displaced workers
    - Hierarchy of Needs: basics not being met
    - Financial barriers to seeking mental health treatment
  - Lack of outlets for outdoor activity
- Grief
  - Post-COVID survivor’s guilt
  - Remorse
- Education
  - Lack of access/knowledge of local resources
  - Stigma attached to mental health diagnosis/treatment

#### Resources:

- Apps and Zoom therapy available
- EAP (Employee Assistance Plans)
- Local support groups (availability/quality spotty)

#### Needs:

- Consortium to promote resource availability & address stigma
- Walk-in facility to provide immediate support
- Coordination among care providers and primary care providers
  - On-call professionals with rotating schedule
  - Transportation for those with immediate need
- Resource directory
- Education

#### Next Steps:

- PSAs

- Compile existing literature
  - Billboards
  - Social Media graphics, web links, videos
- Mental Health First Responders
  - Training
  - Develop online service that channels into local response?
- Mental Health Fair
  - Community Conversations (education)
  - Mental Health Screenings
  - Publications
- Facebook Planning Group
  - Compile Resources
  - Game Plan
  - Coordinate campaign
  - “Let’s Get it Together MissCo!”