

HCC



Hernando Community Coalition
A Behavioral Health Partnership

Presenters:

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www.hernandocommunitycoalition.org

Our Mission is to serve as a collective voice for Hernando County residents working towards the health and wellness of community members, with a focus on youth substance abuse.

Why is HCC Involved?

SAMHSA reports that people with a mental health issue are more likely to use alcohol or drugs than those not affected by a mental illness.

Key informant interviews from 16 local agencies and organizations serving youth in 2017 revealed most of the youth using substances they see have mental health issues, including untreated trauma.

HCC's Related Objective:

Reduce Untreated Mental Health Issues Leading to Substance Use

How?

Work to reduce the amount of youth and adults using substances to “self-medicate” by increasing awareness of mental health conditions and tips for getting help prior to substance use or abuse.

MENTAL HEALTH STANDINGS

Hernando County, Florida

A Quick Glance

Annual Health Rankings - 2021 Report

Poor Mental Health Days

Average number of mentally unhealthy days reported in past 30 days (age-adjusted):

Hernando - 5.2

Florida - 4.2

Frequent Mental Distress

Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted):

Hernando - 17%

Florida - 13%

Hernando County has **50% less mental health service providers per resident than the statewide average.**

Mental Health Providers Per Resident

Hernando County= 1,220 providers per every 1 person (1,220:1)

State of Florida= 590 providers per every 1 person (590:1)

US Benchmark= 270 per every 1 person (270:1)

Overall Health Ranking

In 2021, of Florida's 67 Counties, **Hernando is ranked as the 39th healthiest**, placing it in the lower middle range of counties. (Lower 25%-50%).

This is worse than 2019 when we were the 37th.

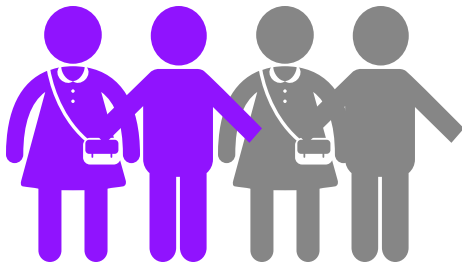
<https://www.countyhealthrankings.org/explore-health-rankings>

YOUTH MENTAL ILLNESS

Hernando County, Florida



A Quick Glance

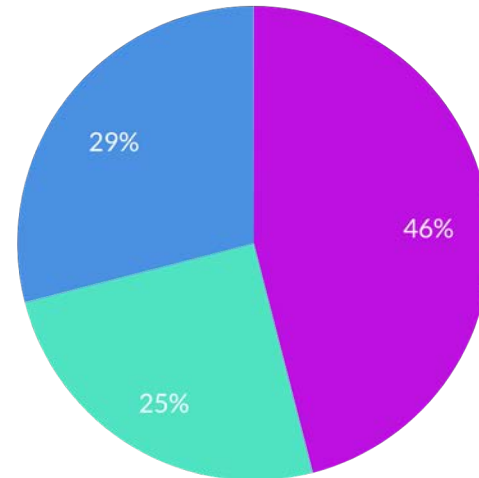


Half (54.3%) of Hernando middle and high school students have felt depressed MOST days in the past year.

2020 FYSAS

HCC Surveyed 716 Hernando County Middle School Students in 2020/21 School Year

If you were feeling sad, hopeless, anxious, or overwhelmed, would you feel comfortable reaching out to others for help?

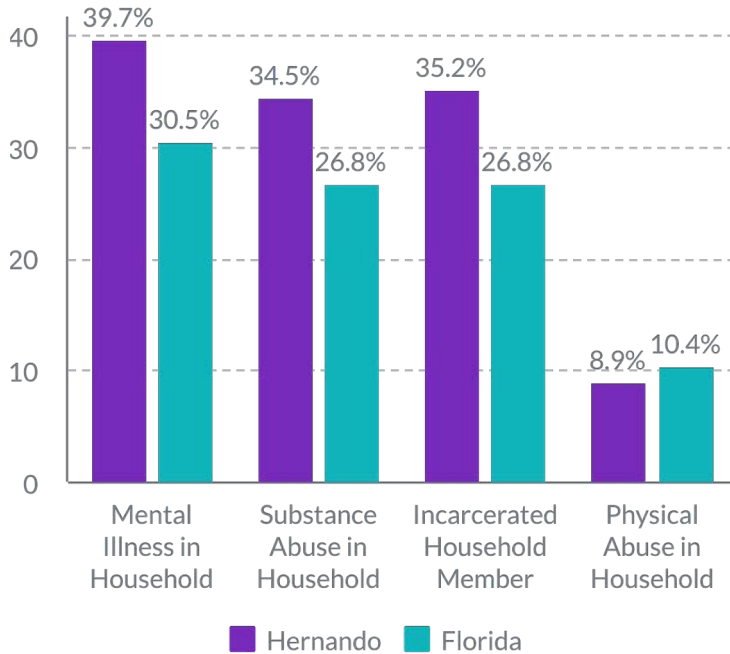


■ Yes (46%) ■ No (25%) ■ Unsure (29%)

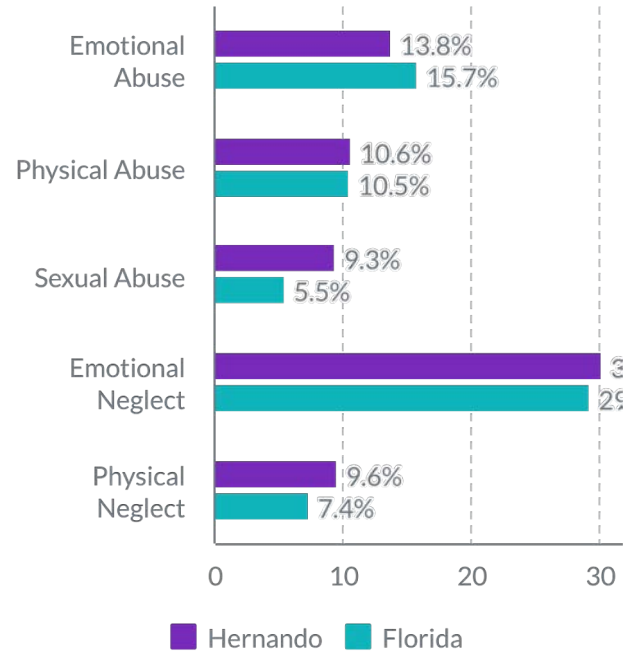
Among our high schoolers, students reported....



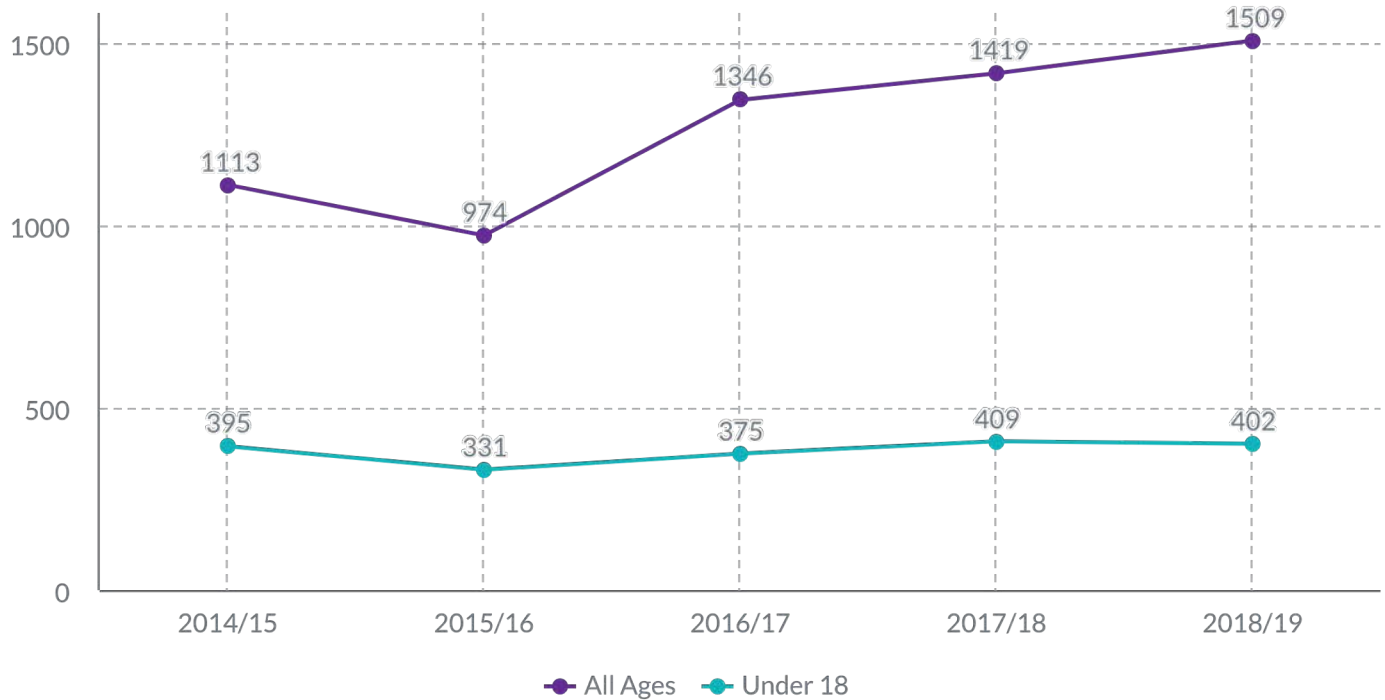
In their homes...



They have experienced...



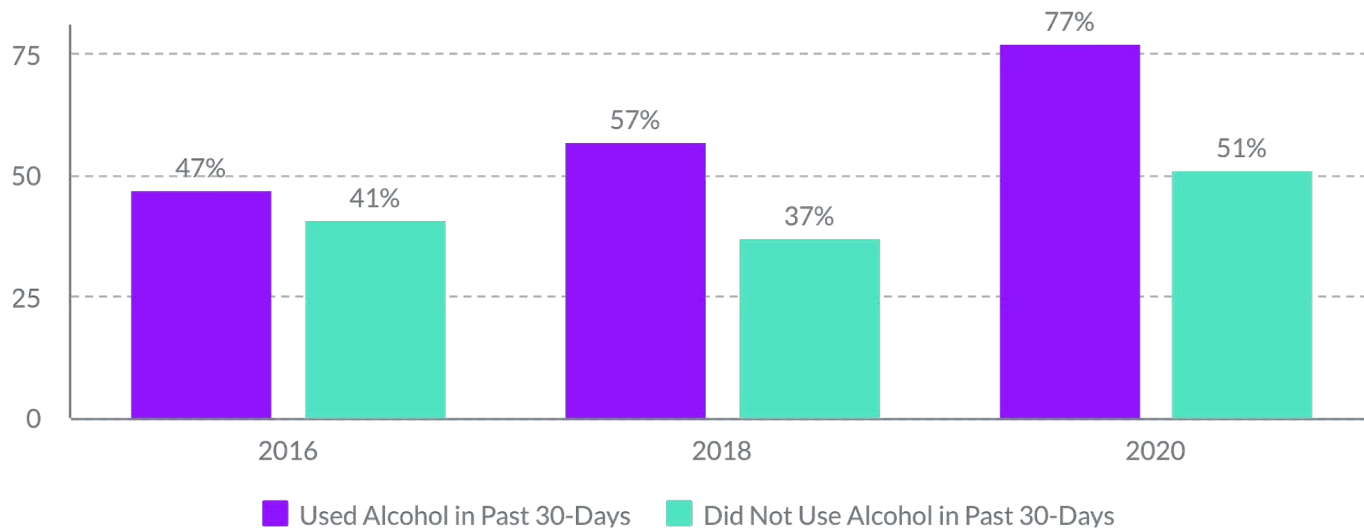
Hernando County Involuntary Hospitalizations for a Mental Health Crisis (Baker Act), All Ages vs. Youth



Trend Data from the Baker Act Reporting Center Annual Reports

Differences in reported depression among youth substance users vs. non-users

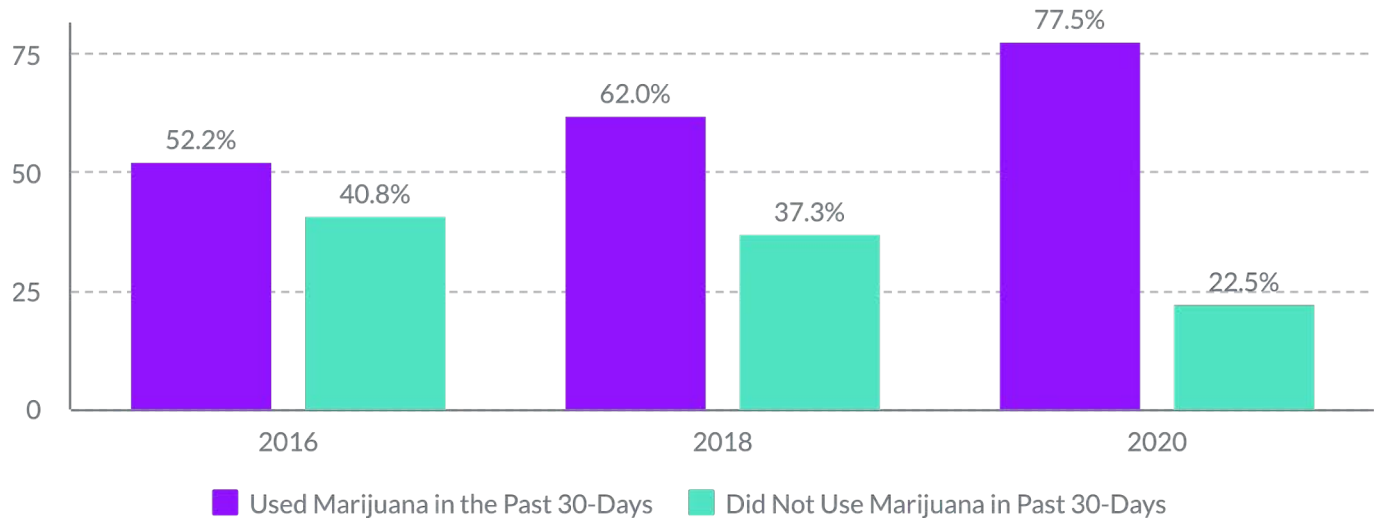
Percent of Hernando 11 to 17 Year Olds Who Reported Being Depressed Most Days in the Past Year by Recent Alcohol Use Level, 2016-2020



In 2020, 77% of the Hernando students who reported alcohol use in the past month reported being depressed most days in the past year, compared to 51% of their non using peers reporting depression most days.

Rates of being depressed most days in the past year have been higher among students who reported past 30-day alcohol use than then among students who had not used alcohol in the past month from 2016 to 2020.

Percent of Hernando 11 to 17 Year Olds Who Reported Being Depressed Most Days in the Past Year by Recent Marijuana Use Level, 2016-2020



In 2020, 77.5% of the Hernando students who reported marijuana use in the past month reported being depressed most days in the past year, compared to 22.5% of their non using peers reporting depression most days.

Rates of being depressed most days in the past year have been higher among students who reported past 30-day marijuana use than then among students who had not used marijuana in the past month from 2016 to 2020.

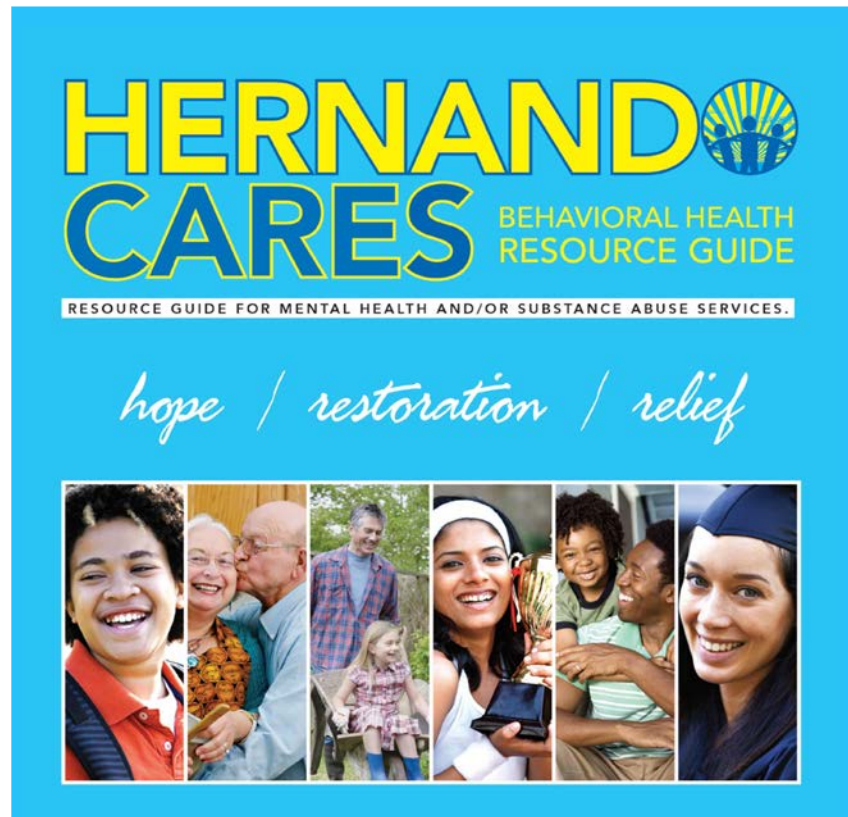
What We Are Doing

Continuing or new projects in 2021/2020 Fiscal Year

Hernando Cares Behavioral Health Resource Guide

- Printed 6th Edition in July 2021
- hernandocares.org online version
- Airs as slides in Hernando County Jail

7,500 Printed Guides distributed since 2019



Hernandocares.org

Originally developed by the Hernando Prevention Partnership:



JOIN US!

(Rescheduled due to
COVID)



Pasco-Hernando State College

Spring Hill Campus • 450 Beverly Court • Spring Hill, FL

Saturday, March 26th, 2022

8:30 a.m.–12:00 p.m.

Please help us help others.

This event benefits the Social and Human Services club at PHSC on Spring Hill Campus with club events and their Hernando County community services.

Event details and schedule:

- Please arrive no later than 7:30 a.m. to pick up goody bags, sign waivers, and receive bib numbers.
- Campus will open at 7:00 a.m. for early birds.
- Please park in Parking Lot 1.
- Meet outside "A" Building.

For more information, go to:

<https://www.active.com/spring-hill-fl/running/distance-running/hernando-cares-5k-2022?int=>

Please call Dr. Eddie Williams for further details or questions at 352-251-8899

Population Specific Behavioral Health Resource Guides/Toolkits



NEW MOM TOOLKIT

Information and Resources to Help Those Expecting, New Moms and Families, or Those Sexually Active

The HCC developed a Veteran Resource Guide/Tool Kit that has been provided to 350+ distributed to local Veterans.

Through the Substance Exposed Newborn Taskforce, the third edition of the New Mom Toolkit - Information and Resources to Help those Expecting, New Moms and Families, or Those Sexually Active" - was released August of 2021. Over 1,000 guides have been distributed over the past few years.

Veteran's Toolkit

Supporting Resources and Helpful Information



for Hernando County Service Members

You're Not Alone



The You're Not Alone social norming campaign is being implemented to increase awareness of mental health issues, change negative associated norms, and increase service utilization among Hernando County middle and high school aged students.

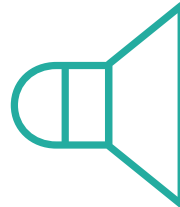
In the past 3 school years we provided:



4 schools
659 Presentations



1,271 youth
99 Educators



Media Impressions with Estimated Unduplicated Reach

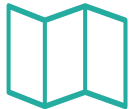
40 School-based PSAs reaching 5,475 youth

32 Community-based PSAs/Ads with 146,044 impressions



In Person Events and Material Distribution

34 events, 2172 youth, 2929 adults



3,000 Resource Brochures
3,800 other info materials



6 pediatricians participating
1,260 info materials provided for 600 caregivers of youth



1000+ youth Social Norming Surveys collected





imPACT Teams are school-based youth groups comprised of student beginning in 7 middle and high schools throughout the Hernando County School District.

Students will work to raise awareness, educate, and participate in solution-based initiatives that increase healthy norms and behaviors, prevent negative behaviors such as substance misuse and bullying, and impact positive change in our schools and community.

OUR PURPOSE: To engage and empower young people to get involved in initiatives that better the health and wellness of their school and community and positively impact change!

Thank You!



Our Contact Information:

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Lisa Hilko, Evaluator/Lead Epidemiologist - lmhilko@gmail.com