

# 2014 JEFFERSON COUNTY HEALTH PRIORITIES

**BACKGROUND:** In Spring 2014, a group of community data users led by Jefferson Health Care and Jefferson Public Health reviewed the findings from a community health assessment to develop a list of top issues and final priorities.

## PRIORITY: ACCESS TO MENTAL HEALTH AND SUBSTANCE ABUSE CARE

### OVERVIEW:

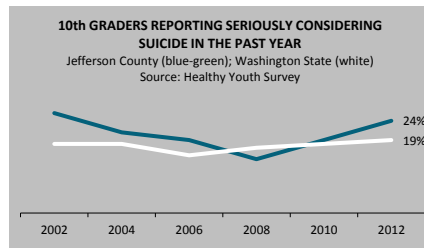
Poor mental health and substance use are critical health problems for Jefferson County residents. Youth and adults are equally affected and our systems do not currently provide enough care to meet the needs of our residents. Long term poor mental health and substance use are linked to poor physical health and premature death.

### ACTION AREA IDEAS:

The following are ideas only; community work groups will determine actions, goals and measures.

#### MENTAL HEALTH:

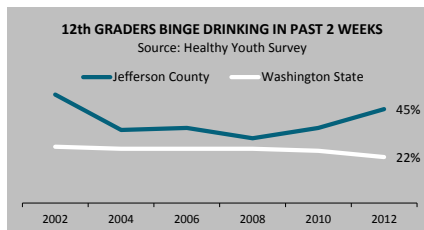
A workgroup comprised of JHC, Jefferson Mental Health and JCPH has started working to address appropriate access to mental health services to reduce inappropriate emergency department use, improve outpatient care, and improve well-being for Jefferson residents with mental illness.



#### SUBSTANCE USE:

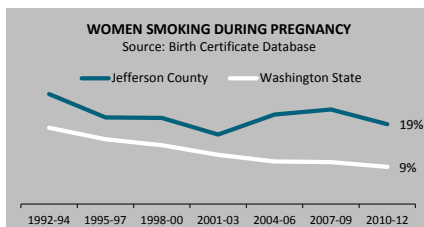
At Chimacum schools, a community coalition is working to reduce student drug and alcohol use.

School Based Health Clinics at Chimacum, Port Townsend and Quilcene schools are working with students to address substance use and mental health issues.



#### TOBACCO USE:

Health Care Providers and Public Health nurses are working to address tobacco use throughout pregnancy. OB care and Nurse Family Partnership are working together to offer more support to decrease smoking during pregnancy.



## FACTS

**JEFFERSON COUNTY IS A FEDERALLY DESIGNATED PSYCHIATRIST SHORTAGE AREA<sup>1</sup>**

**1 IN 10 ADULTS REPORT POOR MENTAL HEALTH 14+ OF THE PAST 30 DAYS; 1 IN 5 ADULTS REPORT EVER BEING DIAGNOSED WITH DEPRESSION<sup>2</sup>**

**1 IN 3 10TH GRADERS REPORT BEING DEPRESSED; 24% REPORT SERIOUSLY CONSIDERING SUICIDE IN THE PAST YEAR<sup>3</sup>**

**1 IN 8 RESIDENT DEATHS ARE RELATED TO ALCOHOL OR DRUGS<sup>4</sup> 3 IN 4 DRUG RELATED DEATHS ARE ADULTS AGES 45 TO 64<sup>5</sup>**

**25,000 SYRINGES WERE EXCHANGED AT THE COUNTY SYRINGE EXCHANGE PROGRAM IN 2013<sup>6</sup>**

**IN THE PAST MONTH, 15% OF 10TH GRADERS SMOKED CIGARETTES; 30% SMOKED MARIJUANA<sup>3</sup>**