

NEW Mental Health Connection Member Meeting

Thursday, November 13, 2025



AGENDA



- Welcome!
- Spotlight: Friendship Place
- MYWS 2.0 Data
- Upcoming opportunities



The Connection's Agency Spotlight



Quinn Promm
Program Coordinator
Friendship Place

FRIENDSHIP PLACE, INC.



SOCIAL



EDUCATIONAL



RECREATIONAL



2024 BY THE NUMBERS



- We had over 2,700 member visits in 2024
- Friendship Place was open 249 days in 2024, with more than 1,800 hours of direct services
- Our members participated in 274 scheduled activities
- We reached more than 300 people through speaking about mental health in the community
- Members participated in 17 different volunteer activities, giving over 23 hours of their time back to their community

THANK YOU

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FOX CITIES
Mind Your Wellness Survey
2.0

July 2024-August 2025

655 Respondents



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WISCONSIN ENDOWMENT

What is the Fox Cities Mind Your Wellness Survey 2.0?



Deep dive into the mental health of adults living in the Tri-County

- **Surveillance tool** looking at:

- General health
- Mental health and treatment
- Suicide behaviors
- Demographics

- Available in English, Spanish and Hmong

- 100% anonymous and IRB approved

- Created and housed by the Medical College of Wisconsin



New for MYWS 2.0



Culturally specific questions looking at the same constructs

- 36-44 questions
 - white/straight population
 - BIPOC
 - LGBTQIA+



Branching logic within the survey design based on demographic responses

Electronic only

2.0 ran from July 2024-August 2025 (v. 1.0 ran May 2021-May 2022)

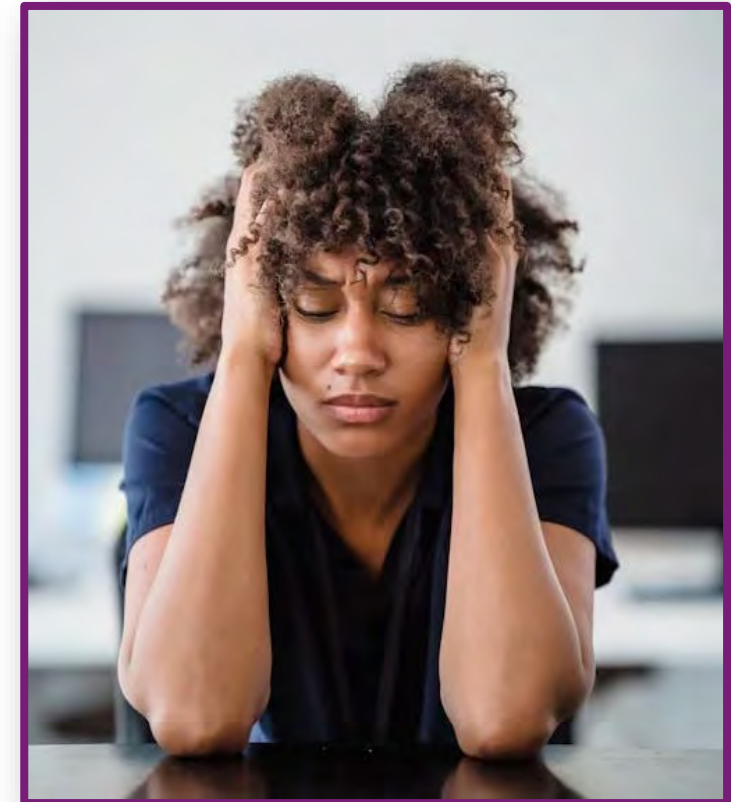
Distribution methods:

- Websites, social media, media coverage (radio)
- Posters, coffee sleeves, coasters and wallet cards with QR codes
- Tabling at community events and spaces with iPads and gift cards



Context for Data

- **Community members experiencing SURVEY FATIGUE**
 - Multiple surveys running at the same time...how do we do better as a community to have a unified effort
- **Community members experiencing fear and uncertainty as societal landscape shifts**
 - Reluctant to participate in any type of information sharing



Demographic Overview by Percent

		MYWS 1.0 2021-2022	Tri-County		MYWS 2.0 2024-2025
			1.0	2.0	
Gender	Female identifying	67.7%	49.9%	49%	73.4%
	Male identifying	27.2%	51.1%	50%	19.9%
	Non binary	2.1%			2.0%
Sexual Orientation	LGBTQ+	33%	5%	5%	27%
	Straight	61.1%	95%	95%	73%
Race	Black	4.3%	2.5%	2%	3%
	Native American	1.5%	1.4%	1%	1%
	AAPI	1.9%	3.7%	3%	3%
	Multi-racial	3.1%		2.1%	2.7%
	White	87%	92.4%	92.5%	88%
Ethnicity	Hispanic	5.8%	4.6%	4%	3%

Additional Demographic and New Data

- **Less than 1%** respondents members of **deaf community**
- **18%** of respondents identified having a **disability**
- **4%** of respondents identified as **first generation immigrants**
- **1.3%** identified as **refugee**
- **35%** have experienced a **suicide loss**
 - 10% less than a year ago
 - 35% 1-5 years ago
 - 55% more than 5 years ago

“Do you identify as a person with a disability, whether or not that disability is diagnosed?”

Demographics

- Veteran Status
- Income level
- Employment Status
- County of Residence
- Age of Respondents



Lifestyle Factors

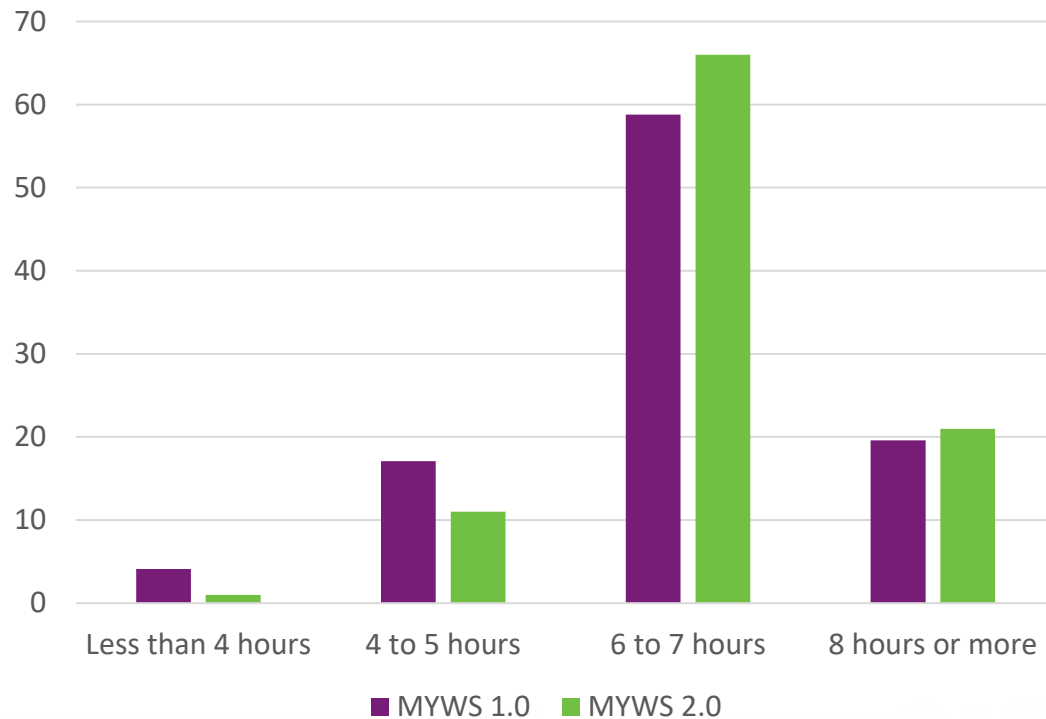


Lifestyle Factors

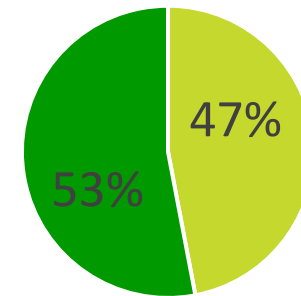
Overall people are getting more sleep but still not feeling rested

Not feeling rested/inadequate sleep is correlated with poor physical and mental health outcomes and lower productivity

Hours of Sleep

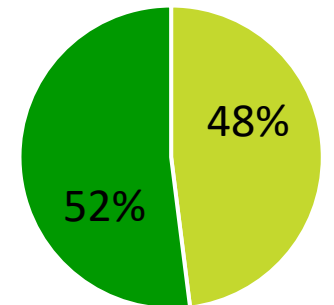


1.0
53% Do NOT feel Rested



■ Rested ■ Not rested

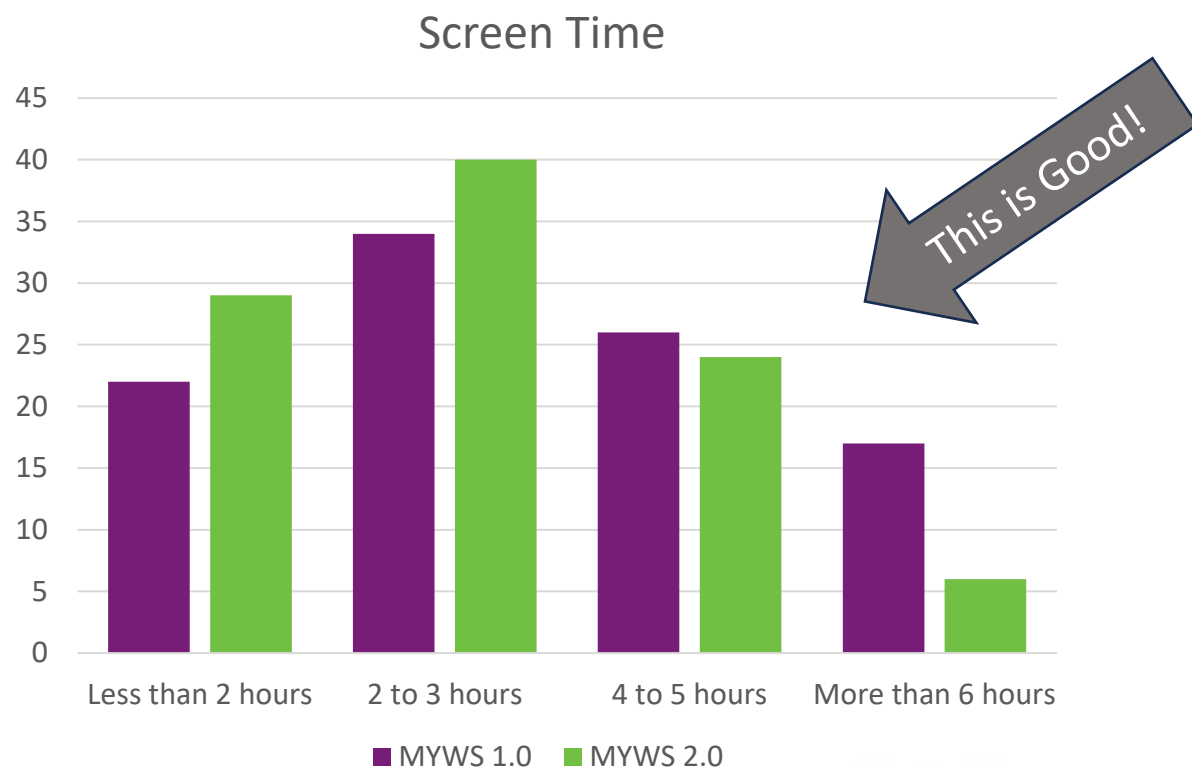
2.0
52% Do NOT Feel Rested



■ Rested ■ Not rested

Screen Time

Recommendations Report Goal: Less than 4 hours of screen time per day outside of school and work



Majority of folks are reporting 3 hours or less of screen time/day.

Those age 18-24 are reporting more than 4+ hours of screen time.

Those **age 18-24** have **significantly higher symptoms of anxiety and depression** than other age groups except those 25-34

Chronic Pain

1 in 3 respondents report living with Chronic Pain.

Chronic Pain is associated with:

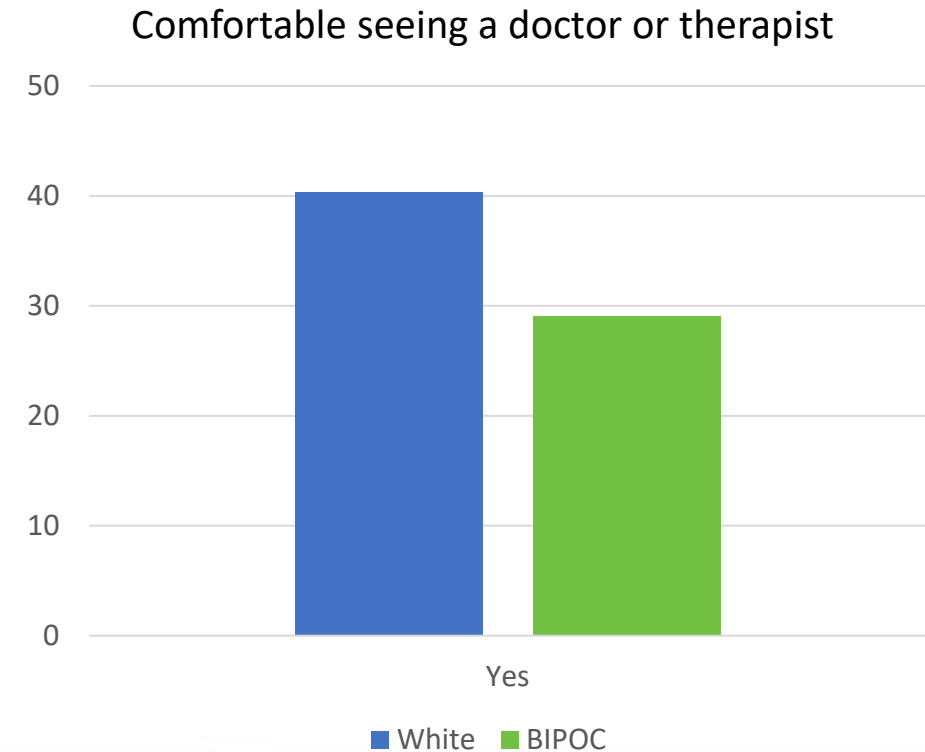


- Isolation
- Disproportionately effects LGBTQ+ community members
- Depression
- Risk for suicide

Help Seeking Behavior

40% of community members or fewer are comfortable seeking help from a doctor or therapist for mental health/stress.

- Supports the need for alternative sources to seek help like **peer support and community health workers** and continued effort to diversify the mental health workforce.
- **59% of BIPOC respondents would definitely feel more comfortable** if they felt like the doctor/therapist respected their culture or beliefs



MYWS 2.0 Coping Strategies



MYWS 1.0

Top 3 Coping Strategies



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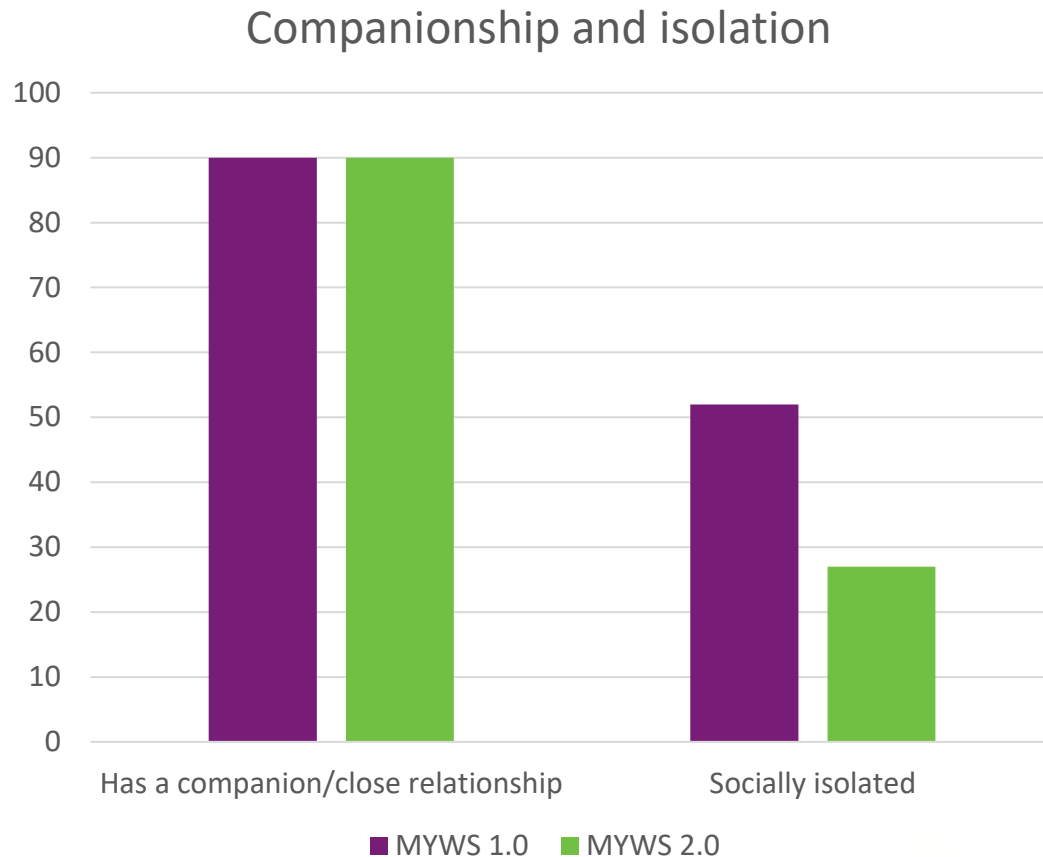


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Companionship and Isolation



NOTE:

- Question changed from 1.0 to 2.0
 - 1.0 we used always, sometimes, seldom, and never.
 - 2.0 we used yes/no
- The switch was a suggestion from the community.

Isolation

When compared with those who are not socially isolated, **people who are isolated** are:

- o **Significantly more likely** to earn **less income** (less than \$50,000 per year)
- o **4 times** more likely to report **symptoms of anxiety**
- o **4.5 times** more likely to report **symptoms of depression**
- o **Almost twice** as likely to report **experiencing chronic pain**
- o **About 60%** less likely to feel **rested** when waking up



Depression and Anxiety



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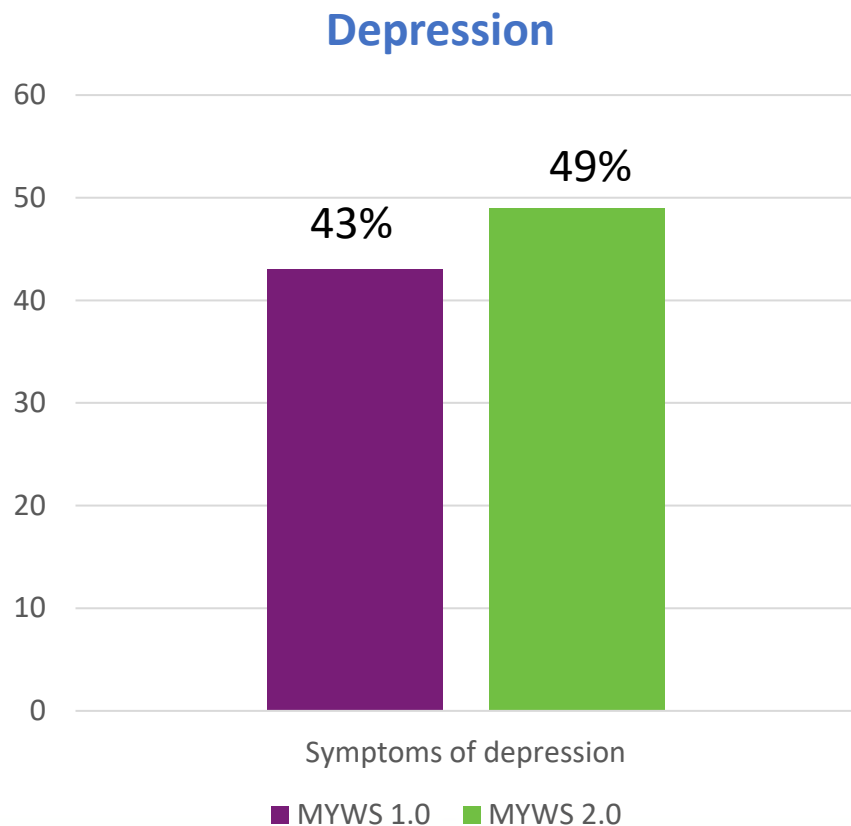
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Mental health challenges

More respondents are experiencing symptoms of **ANXIETY** than symptoms of **DEPRESSION**.

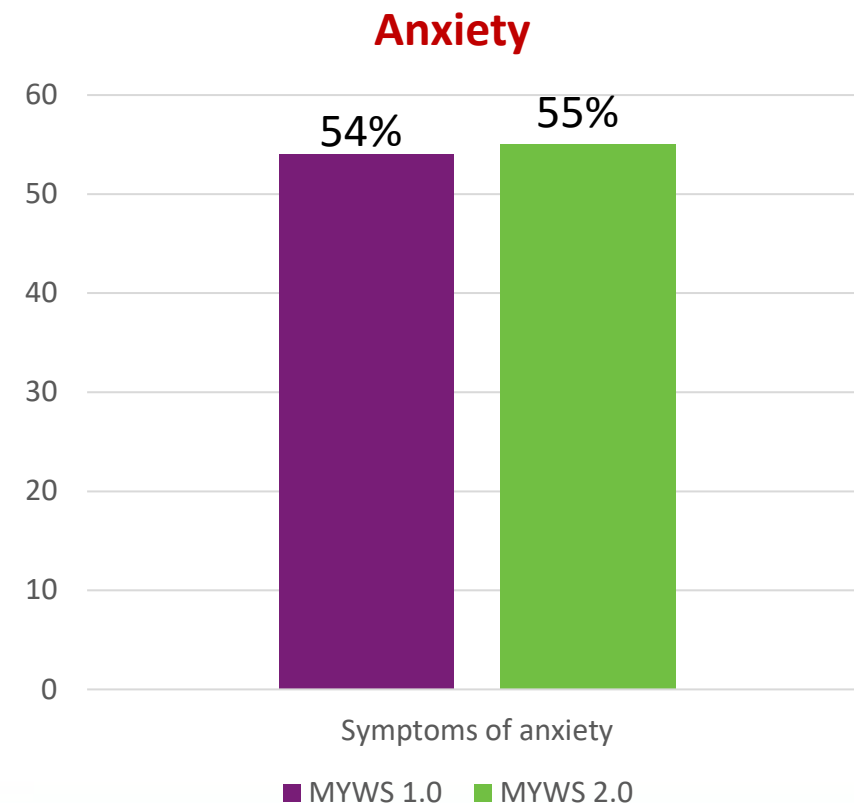


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Those experiencing **symptoms of depression** **increased** overall from 1.0 to 2.0 to nearly 50% of respondents

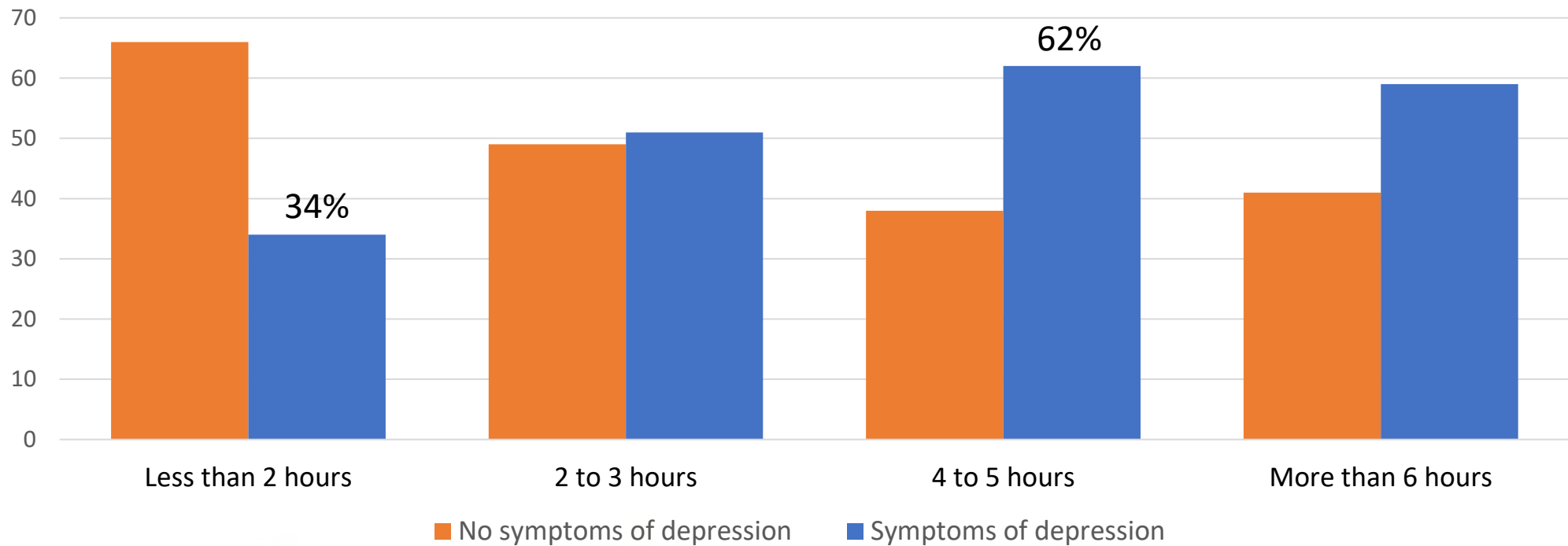
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The increase in those experiencing **symptoms of anxiety** was smaller



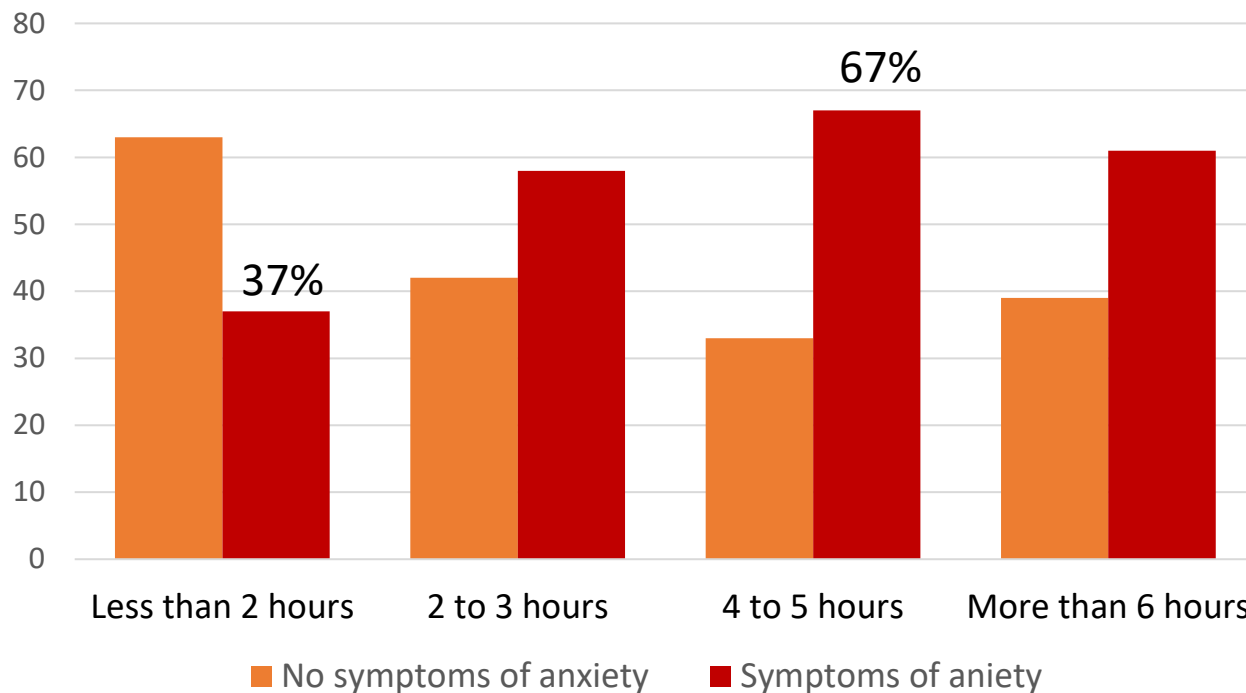
Depression and Screen time

People who have **4 to 5 hours of screen time** are **60% more likely** to experience **symptoms of depression** than people who have 2 to 3 hours of screen time



Anxiety and Screen time

People with **less than 2 hours of screen time** every day are **60% less likely** to experience **anxiety** than people who have 2 to 3 hours of screen time daily.



Overall, the impact of screen time on mental health is clear.

NOTE:

More than 2 hours of screen time significantly increases symptoms of anxiety

More than 4 hours of screen time significantly increases symptoms of depression

Onus of change is on the System not the Individual

Suicide is a public health issue – needs public health solutions

Cause and Prevention of Suicide is nuanced and complex- which is why we haven't solved it yet.

Suicide Related Data



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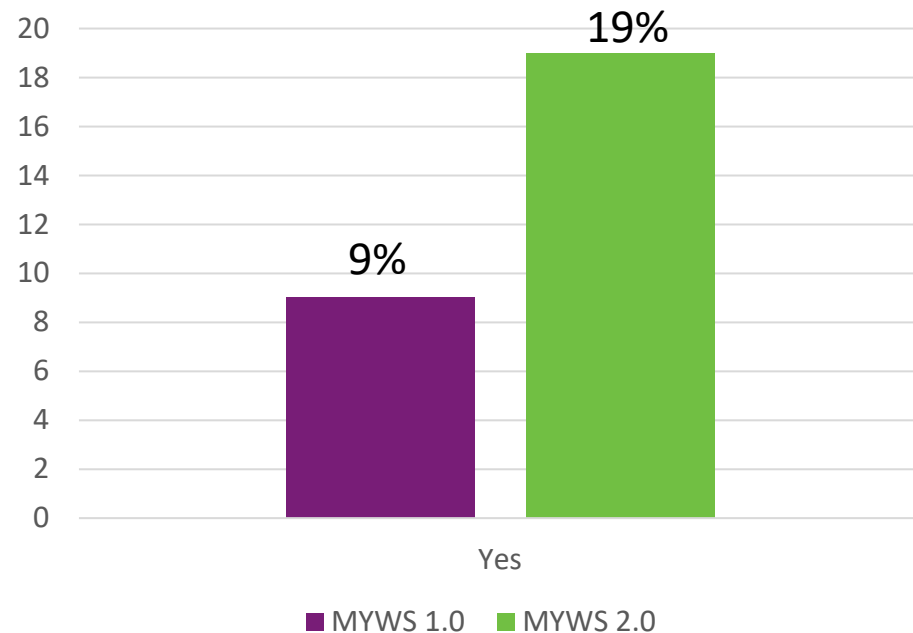


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Suicidal thoughts and plans

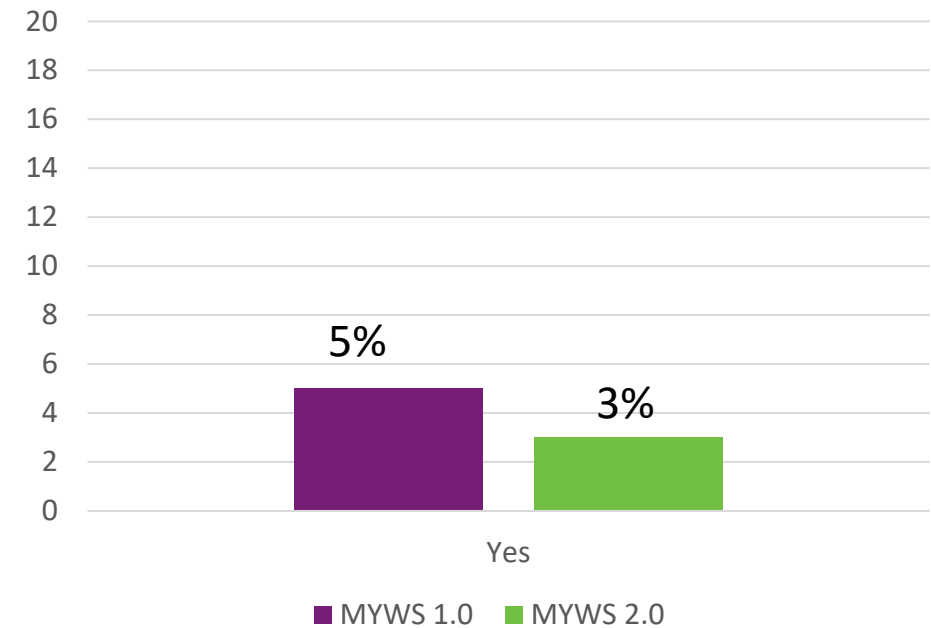
Thoughts of suicide **more than doubled**

Thoughts of suicide in past 12 months



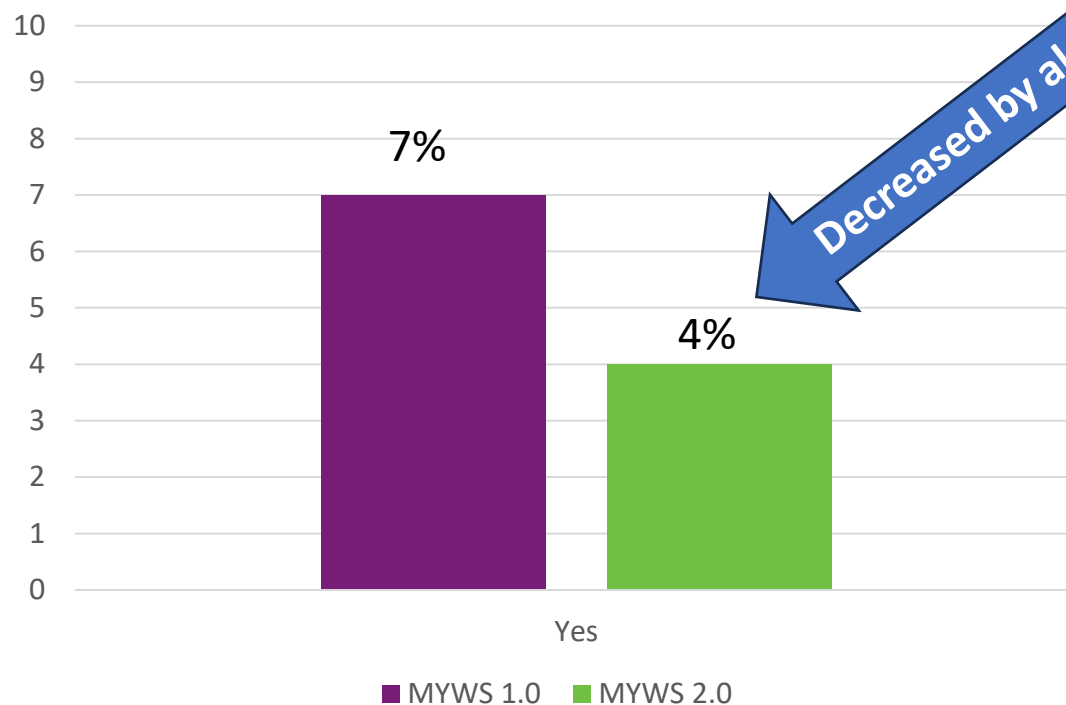
Fewer people make a plan for suicide

Made a plan for suicide in past 12 months

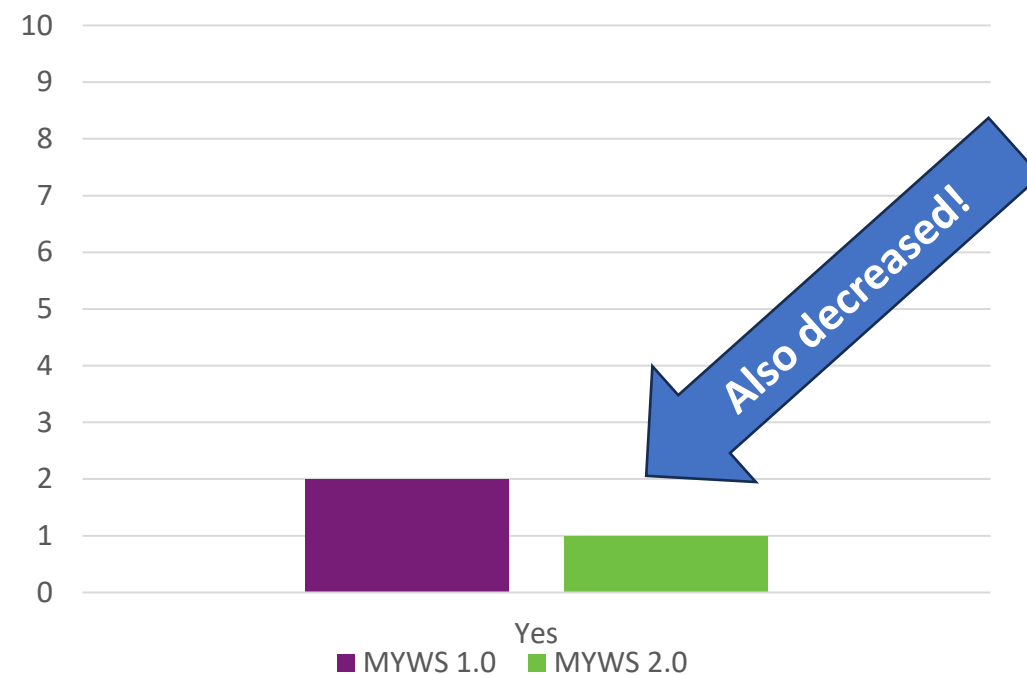


Self Injury and suicide attempt

Non-suicidal self injury in past 12 months



Suicide attempt in past 12 months





Disparity Data



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COLLEGE
OF WISCONSIN**

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MCW
MEDICAL SCHOOL

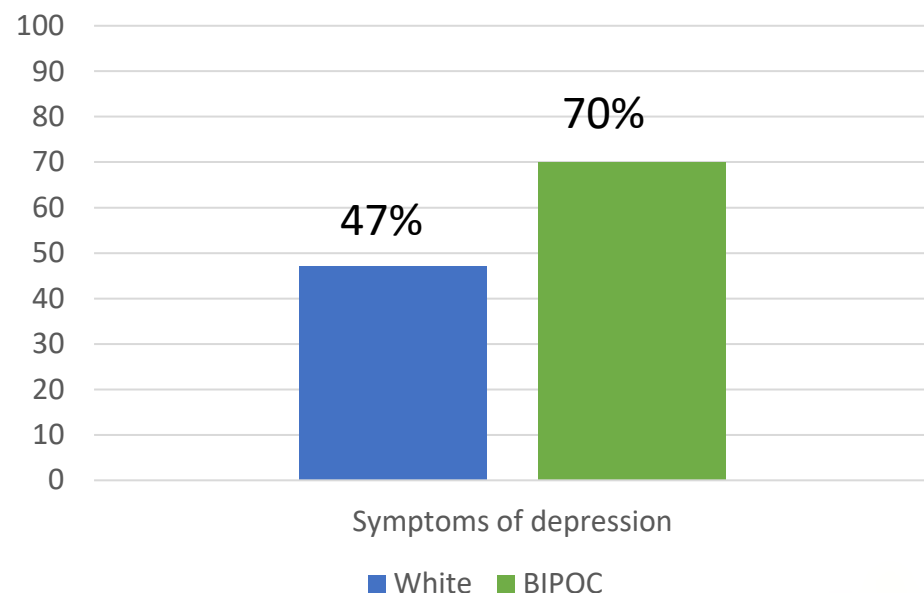


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Depression, Anxiety and Race

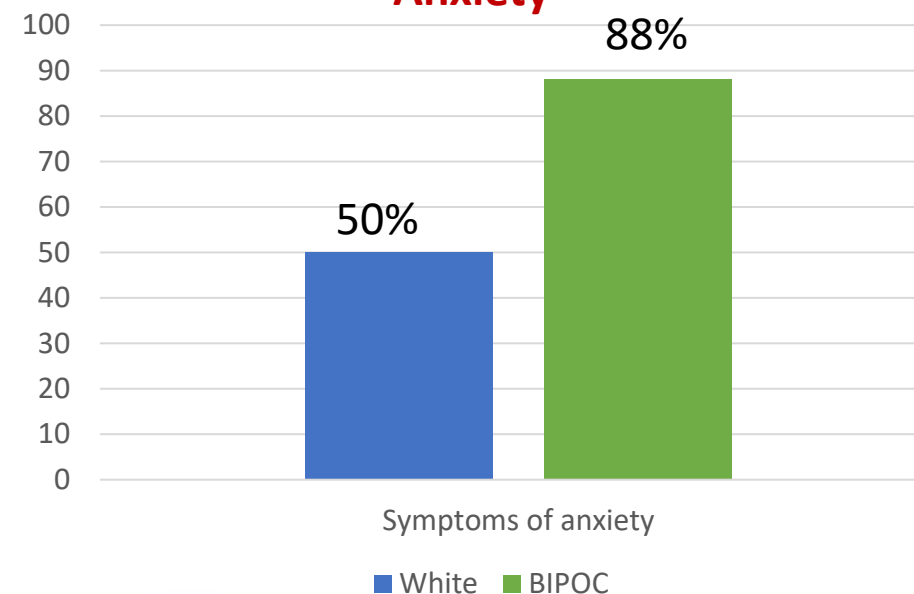
BIPOC individuals are **46% more likely to experience symptoms of depression** than White individuals

Depression



BIPOC individuals have **76% more likely to experience symptoms of anxiety** than White individuals

Anxiety



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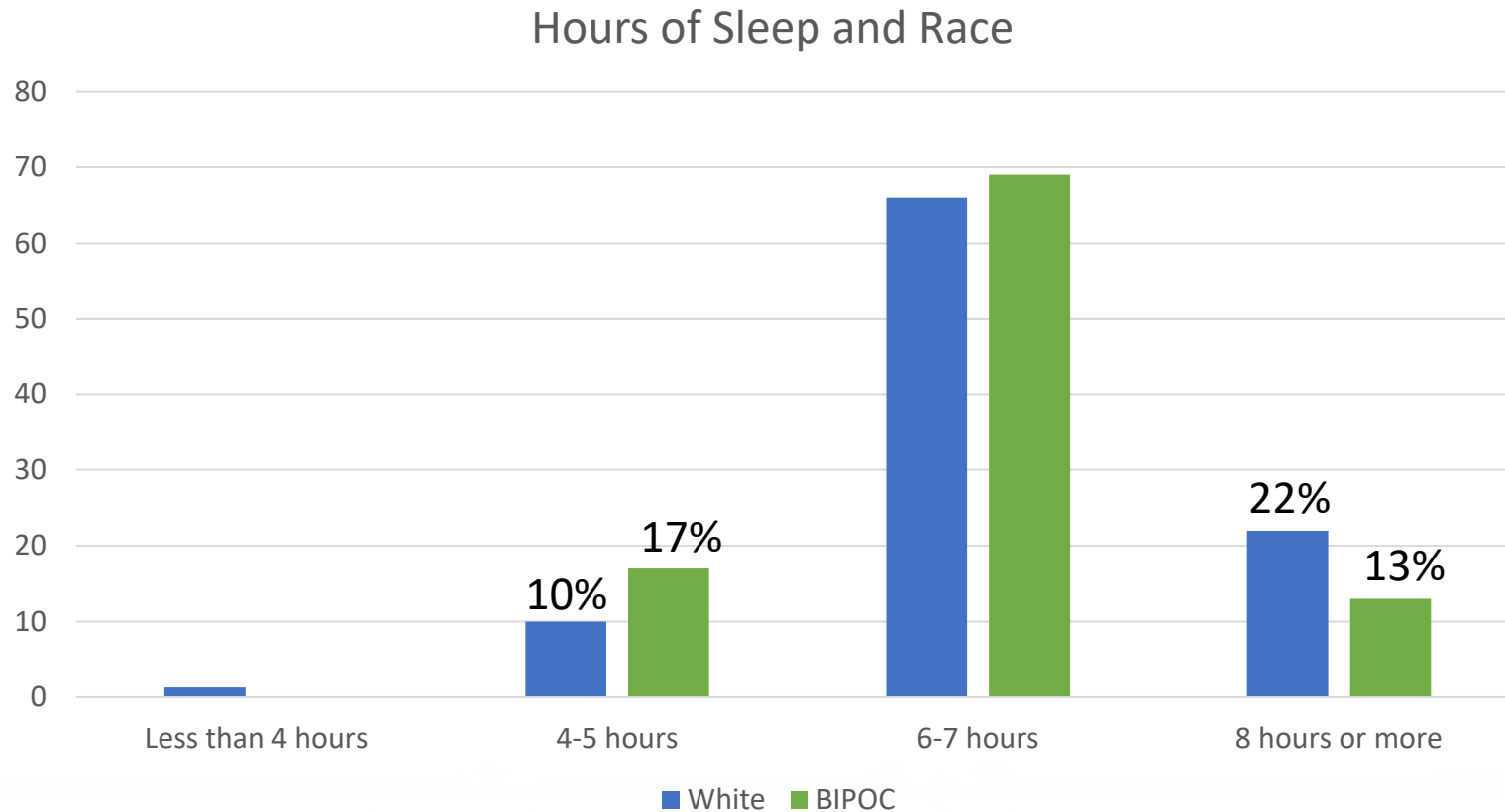
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Sleep and Race

BIPOC individuals are more than **twice as likely to get inadequate sleep** as White individuals.

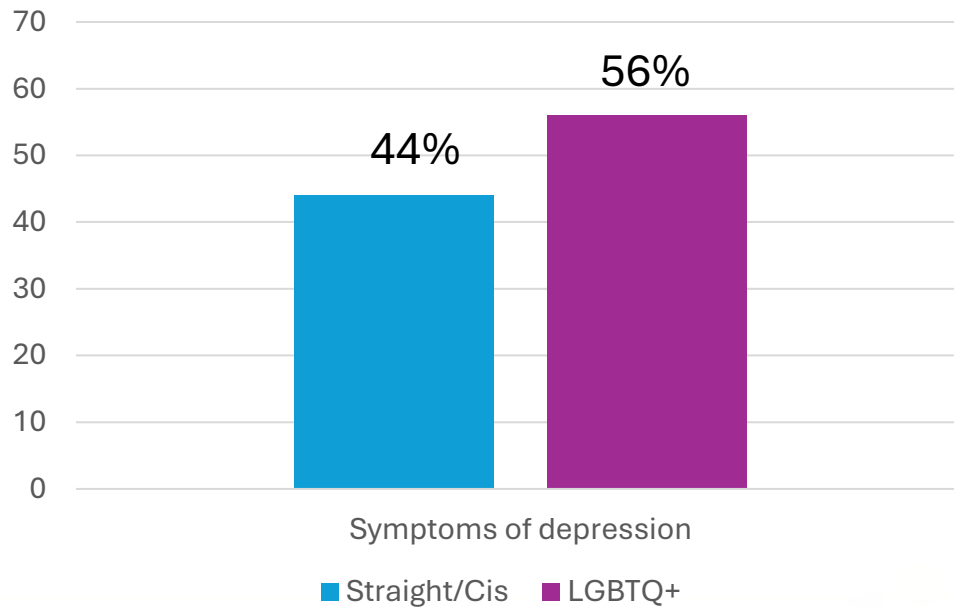


MYWS 2.0 data was too small of a sample for RACE for sleep, self-harm or suicide attempt to Compare 1.0 and 2.0

Depression, Anxiety and LGBTQ+

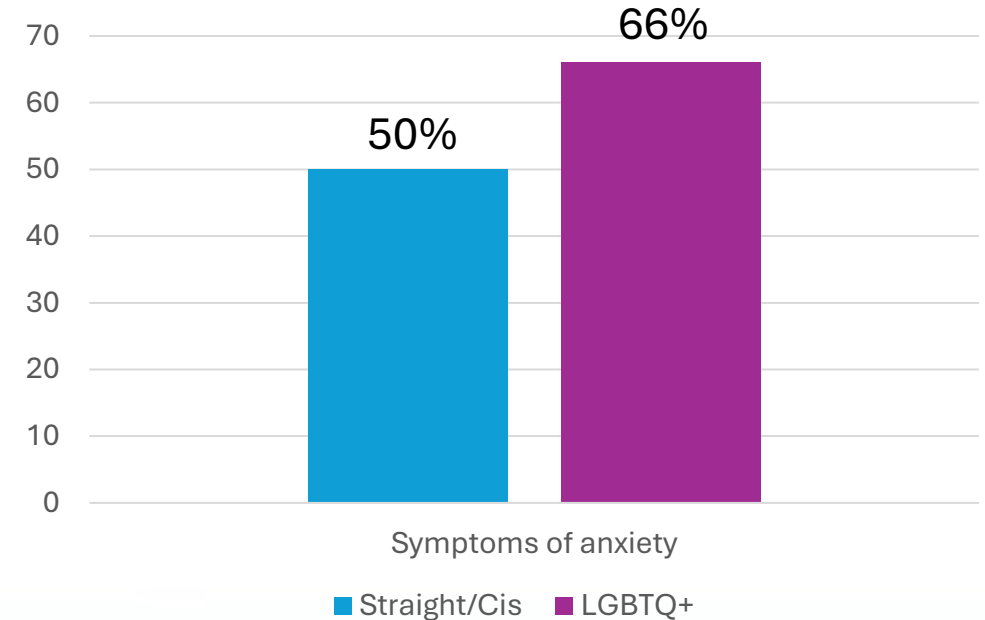
LGBTQ+ individuals are **27% more likely to experience symptoms of depression** than straight/cis individuals

Depression



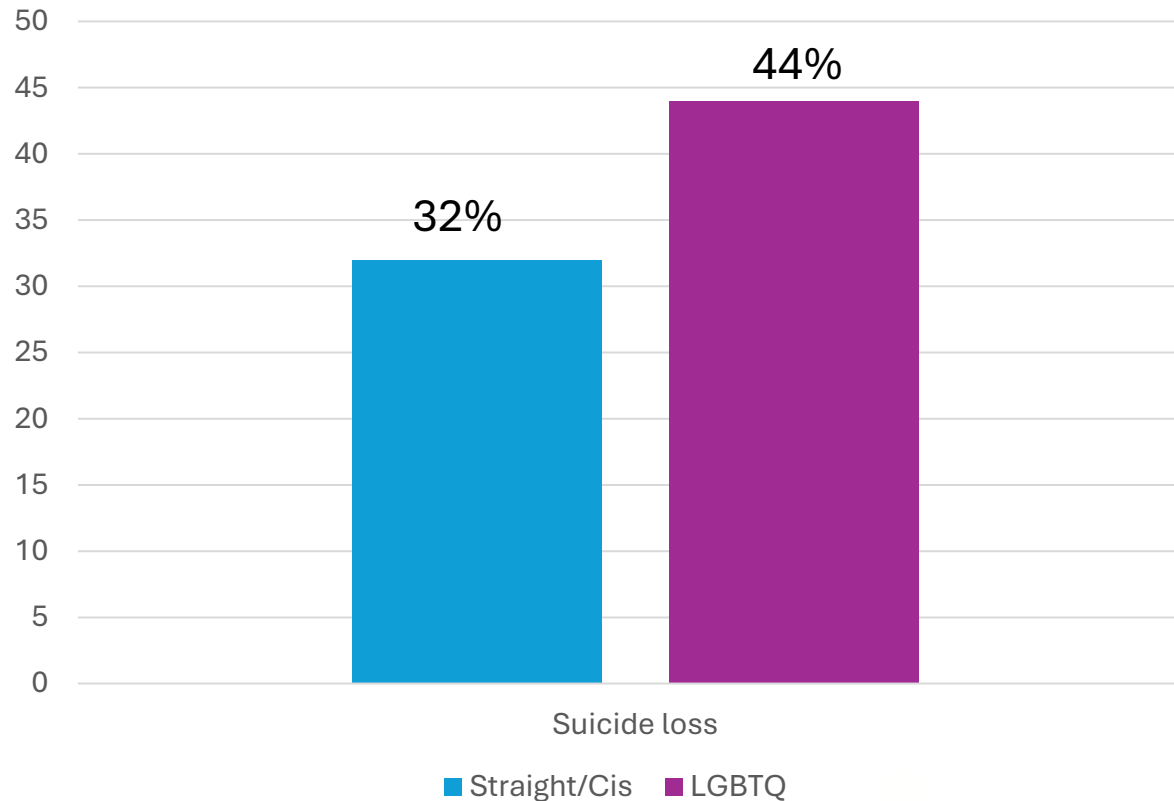
LGBTQ+ individuals are **32% more likely to experience symptoms of anxiety** than straight/cis individuals

Anxiety



Suicide Loss and LGBTQ+

Experienced at least one suicide loss

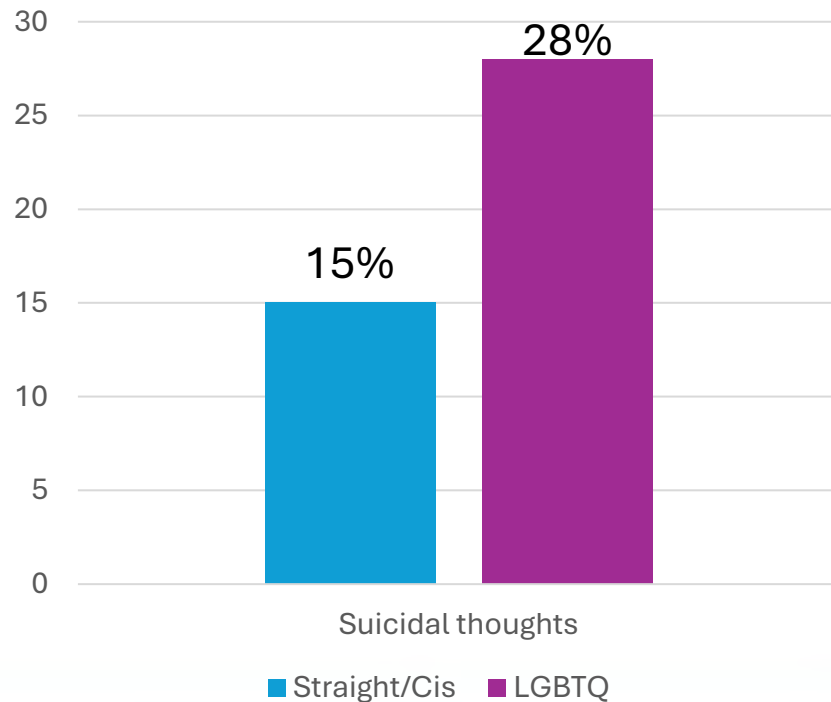


LGBTQ+ folks are **almost 90% more likely** to have experienced a suicide loss than non-LGBTQ+ folks

LGBTQ+ and Suicide

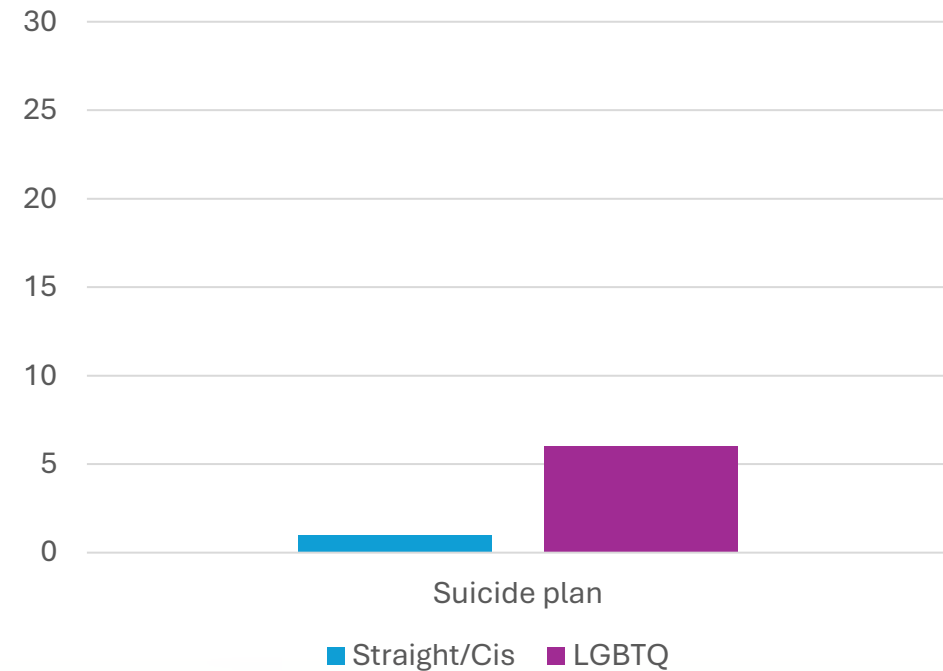
LGBTQ+ folks are **twice** as likely to report **thoughts of suicide** in the past 12 months as non-LGBTQ+ folks

Suicidal Thoughts



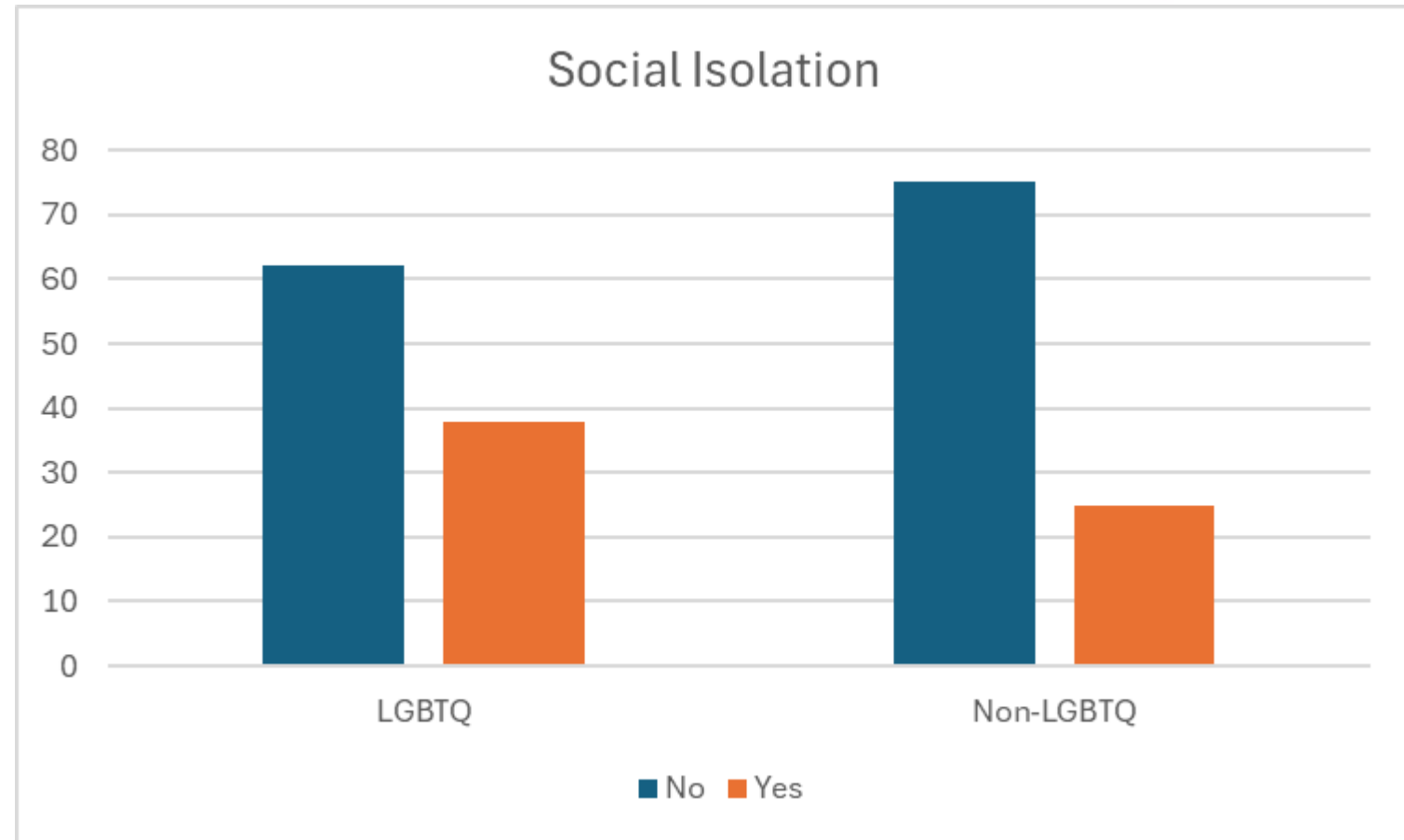
LGBTQ+ are more than **four times** as likely to **report having a plan for suicide** in the past 12 months than non-LGBTQ+ folks

Suicide Plan



Social isolation and LGBTQ+

LGBTQ+ community members are **72% more likely** than Straight/cis community members to report social isolation



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Overview of Income and Health



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Income and Health Disparity

When compared with middle income earners, **people in the low-income category** (annual household income of \$52,200 or less) are:

- o **56%** more likely to report **symptoms of anxiety**
- o **60%** more likely to report **symptoms of depression**
- o **Twice as likely** to report **experiencing chronic pain**
- o **45%** less likely to feel **rested** when waking up
- o **45%** less likely to get sufficient **sleep** (6 hours or more)
- o **61%** more likely to be in **treatment** for a mental health issue



Ok, Now What!?



❖ Email with questions you have about the data!

- Like the first MYWS data set, we can break the data down in a number of ways.

❖ Data Report is in the works!

- MYWS 1.0 and 2.0 data as well as updates on implementation of recommendations and progress made
- Report will be published in early 2026

A diverse group of approximately ten people of various ages and ethnicities are standing in a line in a grassy field, viewed from behind. They are all facing away from the camera, and their arms are around each other's shoulders, suggesting a sense of unity and community. The background is a soft-focus green field with trees in the distance. The text "Opportunities to get involved!" is overlaid in white, bold, sans-serif font across the lower half of the image.

Opportunities to get involved!



MHAAP

MENTAL HEALTH ACTION PARTNERSHIP



A coalition focused on equitable access and continuous improvements in integrated mental health care

Mid-term Priorities:

- **Medicaid Rate Study** for Mental Health and Substance Use Treatment-utilizing work done in MN
 - Wednesday 11/19 from 3-4 pm
- **Growing the mental health workforce** by expanding understanding of peer specialists and peer support services to encourage investment
 - Wednesday 11/19 from 3-4pm
- **Integrated Data System**
 - Tuesday 12/9 from 3-4 pm
- **Chapter 51 Emergency Detention Improvement**
 - Wednesday 11/19 from 12-1 pm

<https://www.mhapwi.org/>

Join Our Exclusive Workshop Series!

CEU TRAININGS

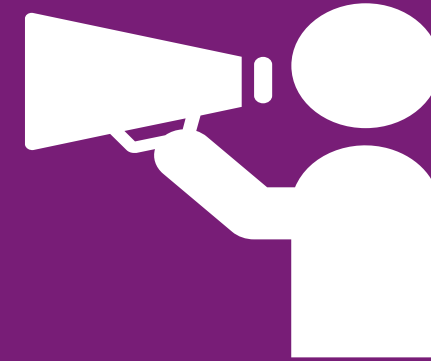
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FOR INCLUSIVE SUPPORT

offered by:



FREE FOR
MEMBERS!

CLICK FOR MORE INFO & TO REGISTER



Don't forget to
register for FREE
CEU opportunities

Allyship: Building Meaningful Relationships

Two-Part Series
Tues., Nov. 18, &
Tues., Dec. 16,
2025

Ethics & Boundaries: Practicing Self-Care in An Era of Moral Distress

Four-Hour
Workshop
Fri., Jan.16, 2026

Direct Practice & Advocacy for Transgender Individuals

Two-Part Series
Tues., Feb. 10, &
Tues., March 10,
2026

Addressing Family & Support Systems of Transgender Individuals for
Helping Professionals

Two-Part Series
Tues., April 14, &
Tues., May 12,
2025

knowledge session

Making it Work:

Resources to Promote Healthy
Media Use for Youth & Families

Hosted by the Women's Fund of Oshkosh

- Hear Dr. Megan Moreno, UWMadison professor and researcher, share insights on media use among youth
- This session will focus on practical tools, resources, and strategies for professionals supporting community mental health

Oshkosh Marriot Waterfront Hotel
1 N. Main Street Oshkosh, WI

January 22, 2026 12:00 – 1:15pm

Education Opportunity

The Smart Social Project

Community Professionals

A light lunch will be provided.

CE credits are available

RSVP using the link below
before **January 20th**:

<https://women.oshkoshareacf.org/professionalsession>

Opportunity to Support

Food. Support. Joy.

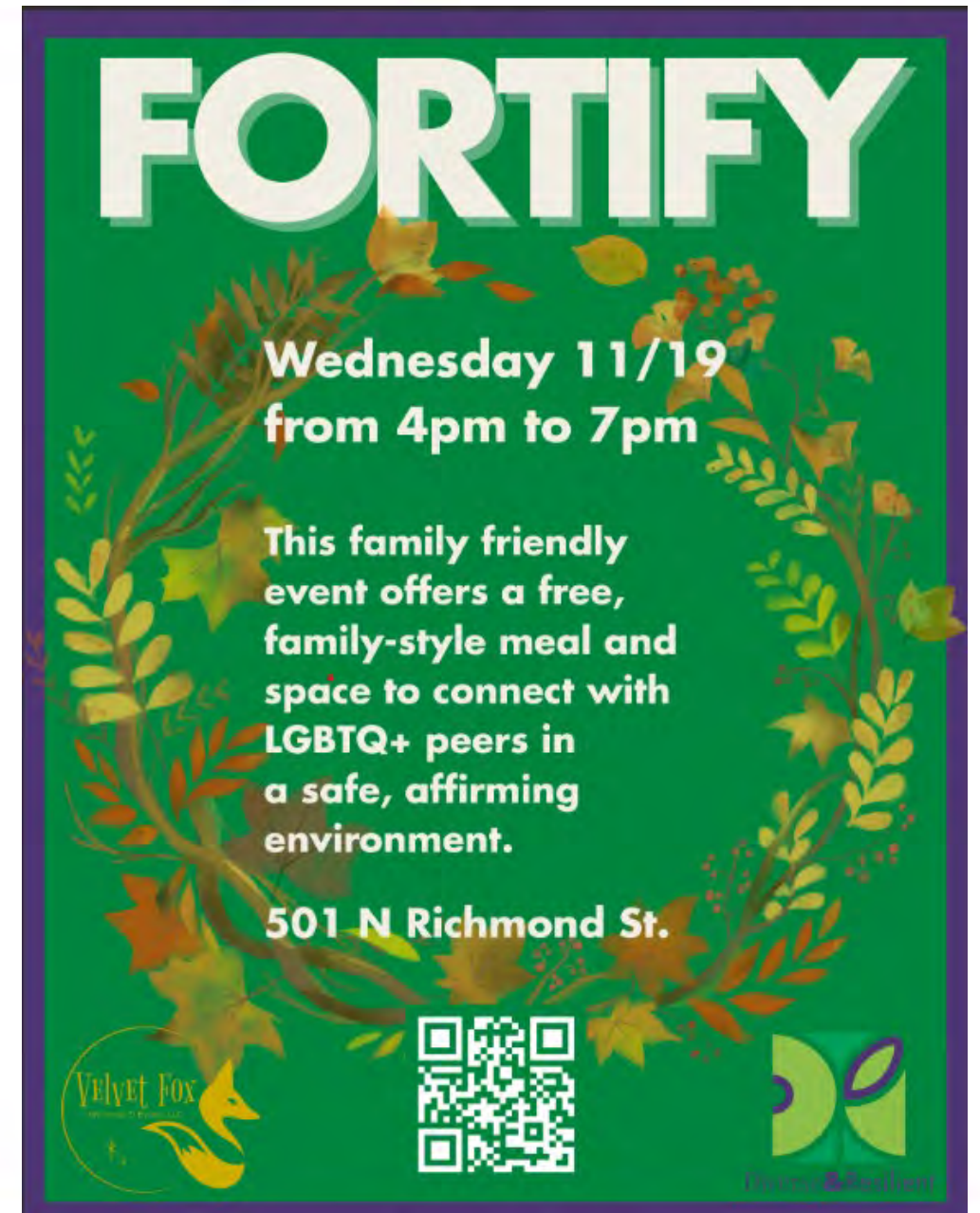
Potluck/Dish donation form:

[FORTIFY 2025 Optional Potluck/Drop Off/Donation Form – Fill out form](#)

Financial support for the cost of the venue:

[DIVERSE AND RESILIENT INC - Support Diverse & Resilient](#)

- Folks should select “Appleton office” from the optional dropdown menu



Slide deck & recording of
today's meeting can be
found at:

www.newmentalhealthconnection.org

YOU
are
AMAZING



Next Meeting:

January 8, 2026

in person at Catalpa 7:30-8:30 or Zoom 11:30-12:30PM