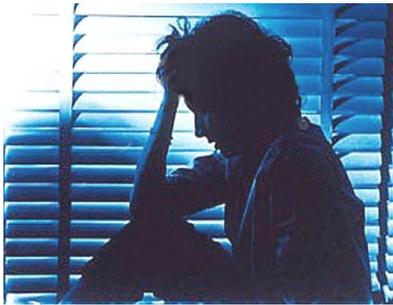


Wauwatosa Health Department 2010 MENTAL HEALTH SURVEY THEMES

Methodology

In June 2010, the Wauwatosa Health Department (WHD) developed a survey tool to assess the community's knowledge and perceptions on mental health. The survey asked individuals for minimal demographic information, level of stress, cause of stress, feelings of safety, knowledge of mental health, and perceptions of the mental health issues and needs in the community. Between July and November 2010, a convenience sampling of the community was conducted. Individuals were encouraged to fill out the survey for a chance to win Target or Pick 'N Save gift certificates through a drawing. During July, a survey table was left at the City Hall main doors for people to fill out the survey at their convenience. The survey was also distributed at the National Night Out community event at Hart Park on August 3. The survey was available during all of WHD's clinics and was actively distributed during its high-volume October and November immunization clinics.



Demographics

A total of 94 surveys were returned. The survey was skewed predominantly female and aged 50 years and older. Most were Wauwatosa residents. The majority had children.

Results

- ◆ Most reported positive and negative stress in their life.
- ◆ The perceived stress in the community was finances/job. Health/aging was a concern for those over the age of 50 years.
- ◆ The leading cause of stress for the individual was finances, followed by health/aging and family.
- ◆ One-half stated they would seek professional help if stressed; the other half would not or were unsure.
- ◆ Most stated that their feelings of safety would affect their stress/mental health; a sense of safety is important. Vast majority reported feeling safe in their home, school, workplace, and community.
- ◆ Most believe stress contributes to mental illness.
- ◆ Most feel comfortable discussing stress and mental illness issues. However, only a third felt comfortable discussing their personal mental health concerns.
- ◆ Less than half view mental illness as a physiological problem, disease, or disorder with a third unsure how to view mental illness. The remaining view mental illness as a personal issue or a combined physiological/personal issue.
- ◆ Most are unsure if mental health concerns are adequately addressed in Tosa.
- ◆ Most don't know if mental health/stress is a significant issue affecting Tosa youth.
- ◆ Most support addressing mental health concerns/needs in the schools.



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