

# MENTAL ILLNESS

## BARNSTABLE, DUKES, AND NANTUCKET COUNTIES, MA

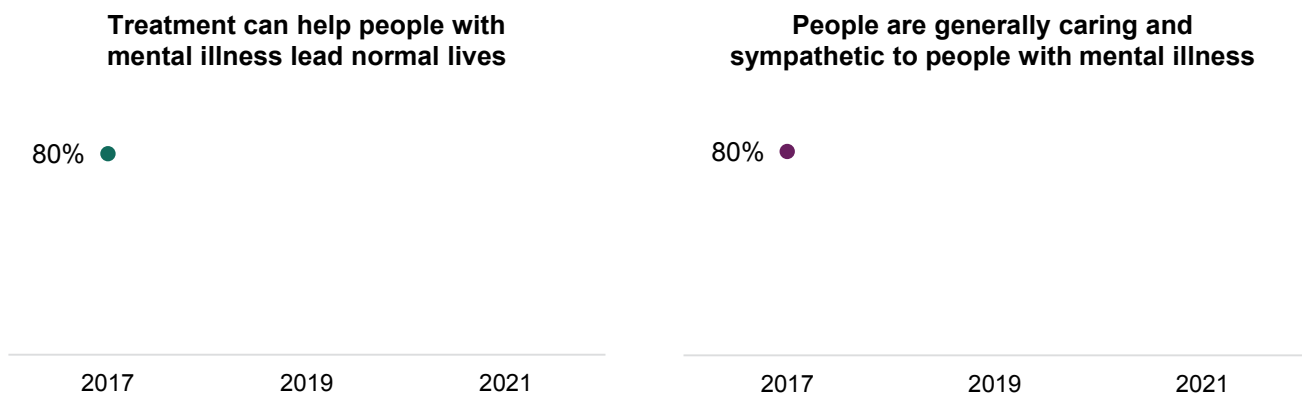
The Tower Foundation funds community organizations serving three geographic areas in the topic areas of substance use disorders, mental health, learning disabilities, and intellectual disabilities. This summary focuses on mental health among youth and young adults within Barnstable, Dukes, and Nantucket Counties (combined).

This information is intended to reflect community-level trends in the Foundation's goals related to mental health:

- Stigma related to mental illness is eliminated.
- Young people with mental health challenges understand and manage their conditions and behaviors.
- Children with social, emotional, and behavioral challenges are identified early and connected to appropriate services.

**GOAL:** Stigma related to mental illness is eliminated

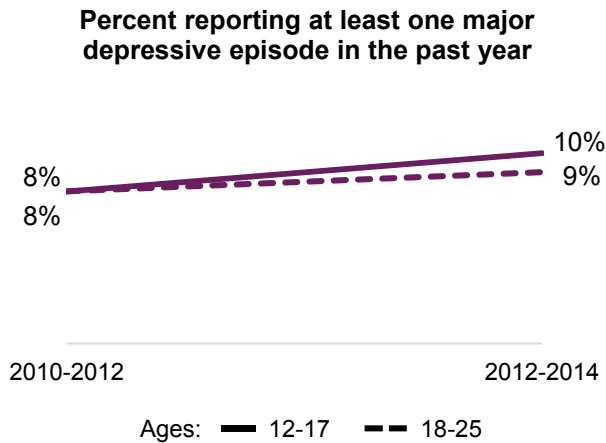
**Indicator:** Percent of people identifying that mental illness is treatable and acceptable in the community (higher is better)



Source: Tower Foundation Community Survey

**GOAL:** Young people with mental health challenges understand and manage their conditions and behaviors


**Indicator:** Percent of young people reporting at least one major depressive episode in the past year (lower is better)



Source: National Survey on Drug Use and Health (NSDUH)

**GOAL:** Children with social, emotional, and behavioral challenges are identified early and connected to appropriate services

**Indicator:** Percent of youth receiving pre-kindergarten screening for children's social emotional adjustment (higher is better)

 *Data for this indicator is not consistently tracked in the region.*

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