



What is needed?

Mental Health Priorities in Modoc County

Living in Wellness Center, supported by the LEAD (Lived Experience, Advocacy, and Diversity) Program, conducted multiple Listening Sessions during March 2021 throughout Modoc County to identify priorities and needs of stakeholders for mental health. Input was gathered by postal mail, phone conversations, some in-person meetings, and in a Zoom hybrid meeting (some in-person, some online).

In order to achieve outreach to people often underserved or unserved in the community, the Listening Sessions focused on older adults, Native Americans, and outlying rural communities. Living In Wellness staff were able to collect input from 45 individuals that included more than 318 suggestions and comments.

The word “community” was used more than twice as much as any other word—70

Geographic Priorities:

Outcomes were analyzed by geographic locations. Depending on where the participants lived, different priorities emerged:

Alturas—The most noted comments involved the need for more counselors and more services. Some asked for telehealth and support groups, while two comments stated that wait times were three to six months out to see a therapist/psychiatrist. The second most commented theme was reducing stigma and changing of attitudes about mental health.

Big Valley— Maintaining funding and stability for existing programs, such as the Aging in Place and the Wellness Center was brought up the most often. Services and supports for older adults and youth/children were next with 30 comments combined for those issues.

Surprise Valley— Parent support groups was the most noted comment, but in general, the participants gave multiple ideas (37 comments) about how to better connect as a community, neighbors helping neighbors, and taking care of older adults and children. Socialization for seniors was the second most commented subject.

How Participants Identify:

Peer/Consumer	28
Community Member/Ally	17
Parent/Family Member	14
Service Provider	9
Multiple roles	15

Participants’ Ethnicities:

Native American	21
Hispanic or Latinx	3
Asian	3
White	24
African American	1
Other/Multiple	6

Where Participants Live:

Canby	1
Newell	1
Surprise Valley	9
Big Valley	11
Alturas	25
Other areas	3

Ages

Ages ranged from 18-24 up to 90+ years old
With a focus on older adults, 20 participants were age 55 or older.

Major Priorities Identified:

1. Access to services
2. Community education and outreach
3. Youth/children
4. Isolation, transportation, socialization
5. Older adults
6. Substance use disorder supports, education and services

