



Mental Health Awareness Month May 2025

Kassy Podvin, Health Promotion Specialist
Natalie Vasilj, Public Health Program Coordinator
Alex Groten, Public Health Supervisor

1

Mental Health is Public Health



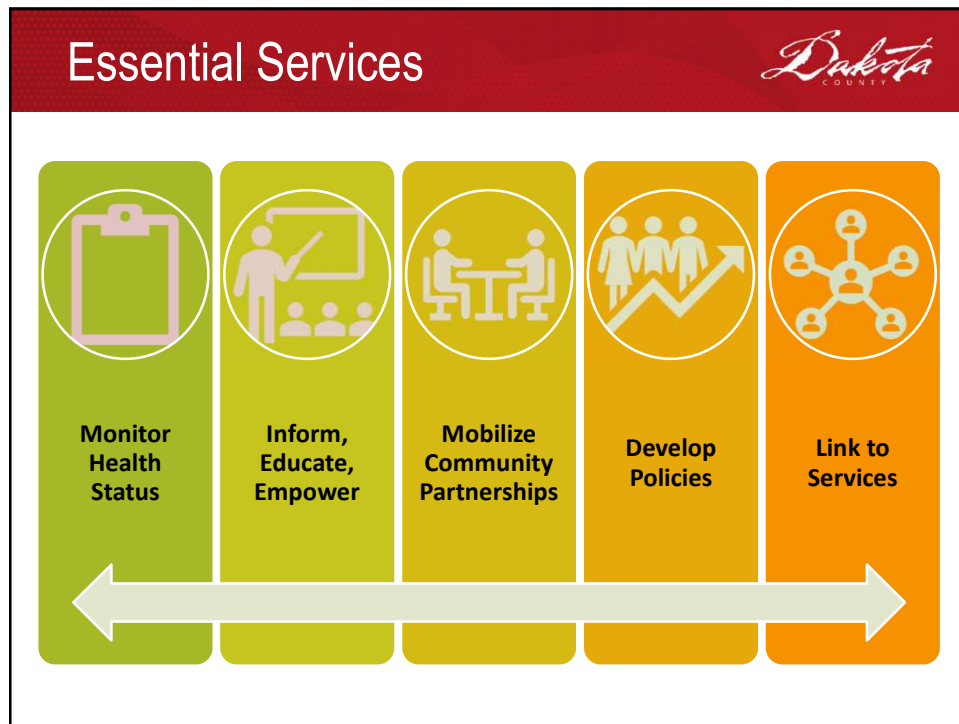
Shapes every aspect of well-being—physical, emotional, social, and economic

Linked to chronic disease, substance use, housing, employment, and education

Stigma, access barriers, and provider shortages create inequities

Suicide is a leading cause of death among young people

2



3

Mental Health in Dakota County

- Mental health ranked number 2 for community concerns.
- In 2023, 13% of residents reported that they rarely or never got the social and emotional support they needed.
- In 2023, 31% of Dakota County adults said they needed mental health care during the past 12 months. Over half of those who needed mental health care were delayed or did not get needed mental health care.

Sources: Dakota County Public Health, *Dakota Adult Health Survey*, 2023; Minnesota Student Survey Interagency Team, *Minnesota Student Survey*

4

Mental Health in Dakota County

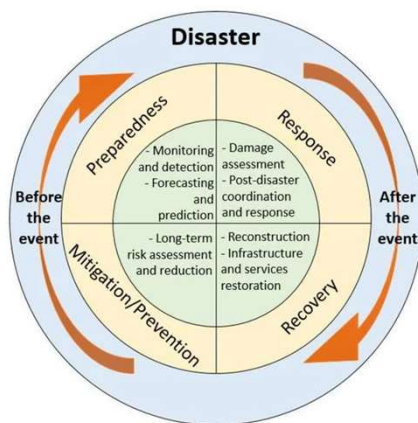


- In 2022, nearly half of Dakota County 9th graders felt down, depressed or hopeless in the past 2 weeks, an increase of 7 percent from 2016.
- Mental Health has been a designated priority in each CHA process since its inception in 2013.
- A deeper dive into data can be found in our [community health profile](#).

Sources: Dakota County Public Health, *Dakota Adult Health Survey*, 2023; Minnesota Student Survey Interagency Team, *Minnesota Student Survey*

5

COVID-19: Community Trauma



When emotional well-being is ignored, it slows down economic, educational, and physical health recovery post-disaster.

Dakota County's response aligns with FEMA best practices.

6

Our Response Through CHIP/SHIP

Assessment:

- Young Adult Health Survey
- Minnesota Student Survey
- Place To Go evaluation

Public Awareness Campaigns:

- Little Moments Count
- Mental Health Month
- Suicide Prevention Month

Trauma Responsive Department

- Greenleaf partnership

7

Our Response-Partnerships

Crisis Response Services

School Districts

Worksites, Parks, Libraries

Interdepartmental Collaboration

Community Partnerships

8

CredibleMind



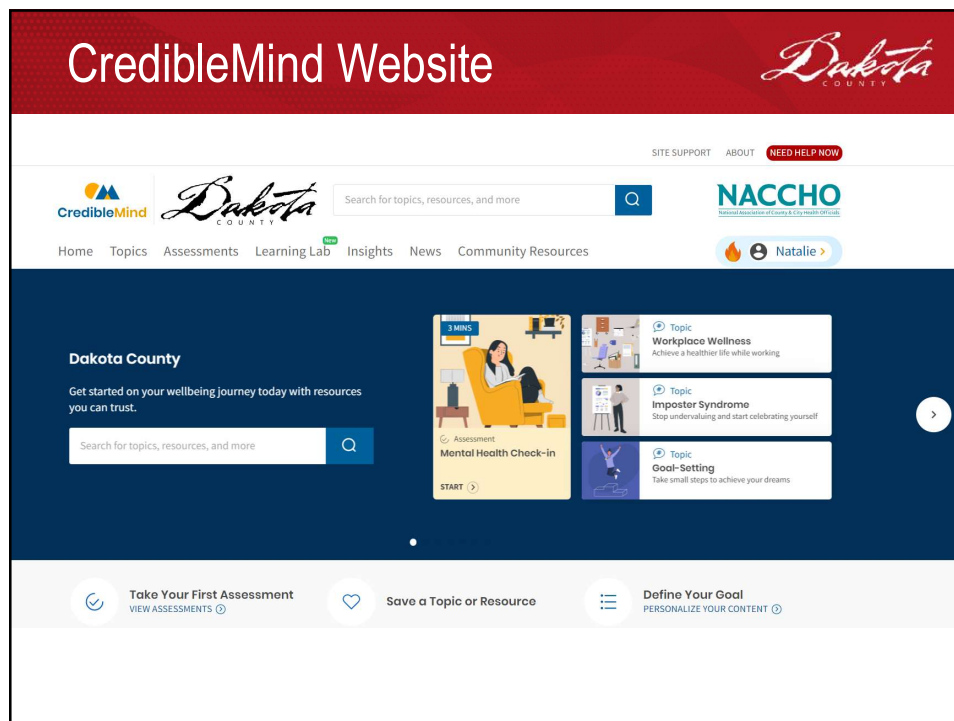
One-stop shop for personalized mental wellbeing resources.

- Scientifically validated assessments on topics like anxiety, depression, meditation, burnout, and substance use
- Expert-reviewed apps, podcasts and books, articles and videos across mental health topics
- Tools that help you focus on building skills to thrive mentally and emotionally



9

CredibleMind Website



10

Recommendation



Staff recommends that the Dakota County Board of Commissioners proclaim May as Mental Health Month in Dakota County and support efforts to promote mental health awareness, trauma-informed training, education, and access to services and supports to serve the mental health needs of the residents of Dakota County.

11



Questions and Discussion

Thank you!

12