



Cache County Human Services Assessment:

Mental Health &
Substance Use
Disorder Services

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Northern Social Services Nonprofit Coalition



College of Humanities & Social Sciences
Transforming Communities Institute
UtahStateUniversity.

SOCIAL WORK



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About Northern Social Services Nonprofit Coalition

The Northern Social Services Nonprofit Coalition (NSSNC) develops and promotes Cache Valley social service nonprofit organizations to enhance access, improve service quality, and raise awareness of support systems to improve the lives of local individuals and families. Their vision is that Cache Valley families and individuals are safe, housed, supported and empowered through advocacy, education, direct services, and continuous collaboration. NSSNC members include leadership representatives from the following organizations: CAPSA, Neighborhood Nonprofit Housing Corporation, Options for Independence, The Family Place, English Learning Center, Cache Refugee & Immigration Connection, Cache Food Pantry, Utah Families Feeding Families, 4 Helping Hearts, Logan Pride Foundation, Cache Valley Humanitarian Center, Little Lambs Foundation of Utah, Boys & Girls Club of Northern Utah, Cache Valley Veterans Association. These organizations are united in their efforts to “compete together for the community.”

About Transforming Communities Institute

The Transforming Communities Institute at Utah State University responds to community-identified needs across Utah. Drawing on strengths and assets, TCI collaborates and engages with stakeholders to transform communities through research, professional education and training, advocacy, and action to build strong, resilient and inclusive communities. TCI envisions that all Utahns will live in thriving, vibrant communities.

The Current Project

As Cache Valley grows, the strain on current human services has grown, and the lack of necessary resources to address social problems has become painfully obvious. The current project, the Cache County Human Services Assessment, provides local service agencies and policymakers with information regarding available human service programs and organizations, barriers that prevent people from accessing services, and potential gaps in services. Five areas of human services in Cache County were explored in the study: homelessness and housing; aging and people with disabilities; food insecurity; mental health and substance use services; and inclusivity, and support for diverse populations. Data were gathered from local organizational leaders via survey. If an organization did not respond, secondary data were gathered via online research. The study was designed and implemented as a collaborative effort of the Northern Social Services Nonprofit Coalition, USU’s Transforming Communities Institute, and USU Department of Social Work students of the 2022 MSW Organizations & Community course with the oversight of Dr. Jayme Walters.

In this report, the findings and recommendations from the mental health and substance use services are shared. In March and April 2022, a mixed-methods Qualtrics survey was emailed to organizations providing mental health and substance use services. The data gathered during the assessment period were analyzed using descriptive statistics and qualitative analysis of two-cycle coding (descriptive and pattern coding).

Background

Substance Use Disorder

Substance misuse is an increasing public health concern across the nation, throughout Utah, and in Cache County. Addiction and substance misuse affect the economy, mental and physical health, family and relationships, the criminal justice system, education, and human capital.¹ In 2005, Utah ranked second for overdose mortality rates (19.3) per 100,000. In 2020, they ranked 35th-- not because they reduced the death rate (20.5) but because other states skyrocketed in their death rate in the last ten years.² From April 2020 to April 2021, there were 100,306 drug overdose deaths in the U.S., which was a 28.5% increase. Cache County residents seeking substance use treatment in 2015 reported using alcohol, marijuana, methamphetamine, and opioids at the highest rates.³

Mental Health

Mental illness is described as a condition affecting a person's thinking, feeling, behavior, and mood that hinders day- to-day living and the ability to relate with others.⁴ The average delay between the onset of these symptoms and treatment is 11 years.⁵ Between 2018 and 2020, Utah presented higher rates of self-reported lifetime depression (23.1%) than the U.S. average (18.8%); shockingly, Hyrum, UT, rose to the highest prevalence of depression among adults.^{6,7} Cache County reports that per 100,000 people, there was a rate of 9.4 for females and 28.5 for men that died from self-harm or interpersonal violence in 2014.⁸ The COVID-19 pandemic has had tragic impacts on mental health. In a Cache County survey, 54% of people acknowledged that their mental health has declined since COVID-19.⁹ The devastating effects are shown just in the first two months of the pandemic in 2020 when 13 Cache County people died by suicide.¹⁰



About Mental Health & Substance Use Disorder Services in Cache County

Of 57 organizations, there were 40 for-profit organizations or therapists, one governmental, five quasi-governmental, five not-for-profit, and five nonprofit organizations. All the organizations serve the Cache County area, but some also serve other areas with one offering services globally, two offering services nationally, six offering services in locations throughout Utah, and two who serve Utah and Idaho. Most of the organizations have locations in Logan (47), with six in Providence, two in Wellsville, and two in Nibley ([Please click on this link or scan QR code to access a map of these services.](#))



Of the 57 individual therapists and mental health or substance use disorder treatment organizations, 10 responded to the survey. Respondents included three owners/co-owners, three program/executive directors, one office manager, two therapists, and one CEO. Out of the 10 responding organizations, there was a mean of 11 paid staff (range: 1 – 40), 10.7 part-time staff (range: 1-78), 2.7 trained volunteers (range: 0 – 12), and 16,220 paid staff hours each year (range: 1,000 – 83,320) per organization. The clientele served by these organizations are individuals who are seeking treatment for mental health or substance use challenges. Twenty-six of the organizations serve all ages, 18 serve adults, six serve adolescents and adults, one serves only adolescents, and three serve children and adolescents. Four organizations mentioned speaking Spanish, but more than that may exist. Some organizations specialize in certain populations such as female adolescents, individuals in the criminal justice system, domestic violence, rape and sexual violence survivors, and USU students.

Other Resources Provided

Many of these organizations offer services outside of mental health or substance use treatment. Four organizations provide medical services as their primary service. Bear River Mental Health provides respite care for parents in need. They also provide interpreters, parenting classes, and skill-building classes. Several organizations mentioned providing an employee assistance program (EAP) or referrals to work services. Clear Recovery provides domestic violence treatment and education. Several organizations offer yoga with one offering martial arts. Many organizations run community service projects such as food or clothing kits. This is not an extensive list of services offered.

ADDICTION: MENTAL HEALTH RESOURCE QUICK FACTS

<p>Therapy</p> <p>9</p> <p>service providers focused on substance abuse disorder and addiction treatment</p>	<p>\$\$</p> <p>0</p> <p>residential substance misuse treatment facilities available to middle to lower income patients</p>	<p>Medication</p> <p>6</p> <p>treatment services that offer Medication Assisted Therapy (MAT)</p>	<p>Detox</p> <p>1</p> <p>inpatient, medically supervised detox provider</p>
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Specialty Addiction Services

- **Bear River Health Department:** offers Naloxone kits to general public (Naloxone is a medication that is administered nasally that neutralizes and reverses the symptoms of an opioid overdose.)
- **Logan Regional Hospital:** provides inpatient medical detox services
- **ADDO Recovery/Comprehensive Treatment Clinic:** treatment for problematic sexual behavior
- **Clear Recovery, Renaissance Ranch, BRHD-Division of Substance Abuse, Capstone Counseling Services, Golden Steps Recovery:** Offer Intensive Outpatient Treatment (IOP)
- **Comprehensive Treatment Clinic:** offers IOP for addictions that are sexual in nature.

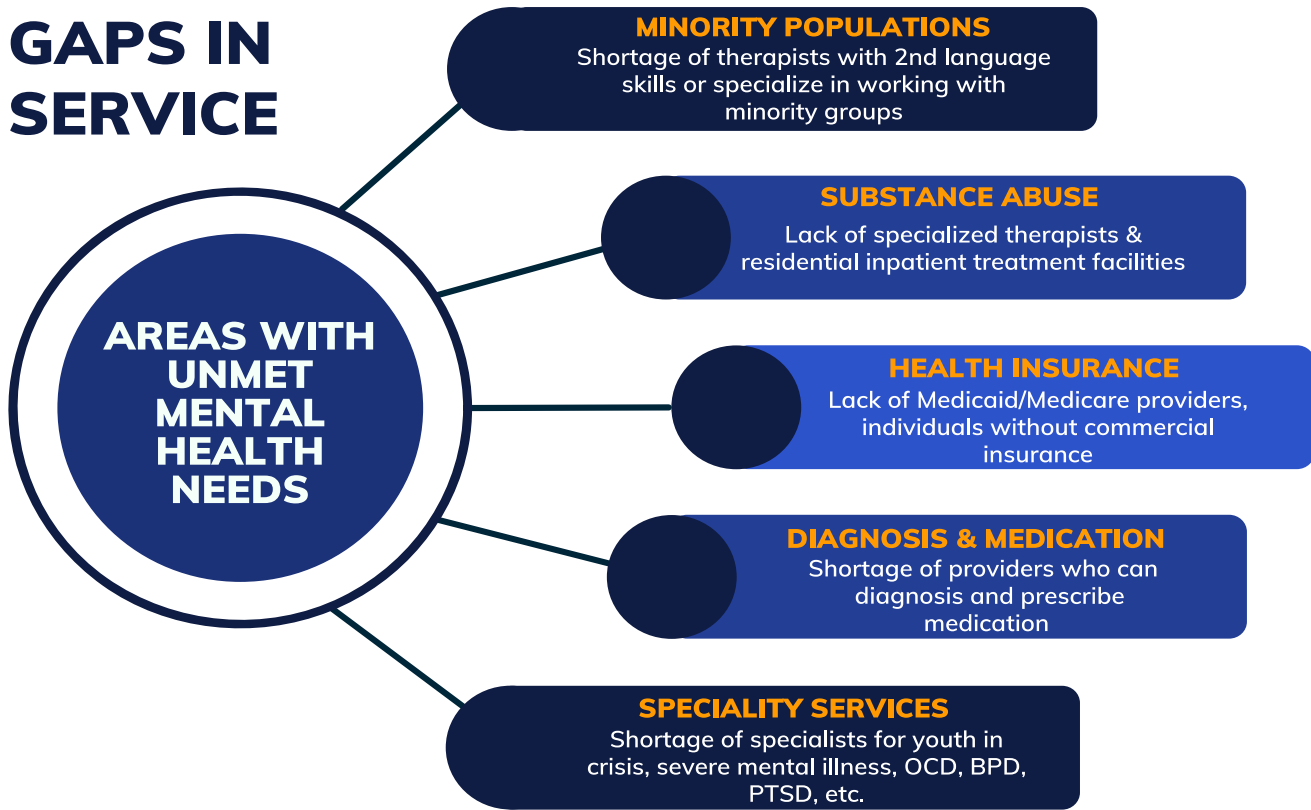
MENTAL HEALTH RESOURCE QUICK FACTS

<p>Therapists</p> <p>52</p> <p>therapists and substance use disorder organizations focus on mental health therapy.</p>	<p>\$\$\$</p> <p>37</p> <p>are individual therapists or for-profit therapist groups.</p>	<p>Clientele</p> <p>32</p> <p>provide individual, couples, and family therapy.</p>	<p>Inclusivity</p> <p>16</p> <p>provide LGBTQ+ affirming care.</p>
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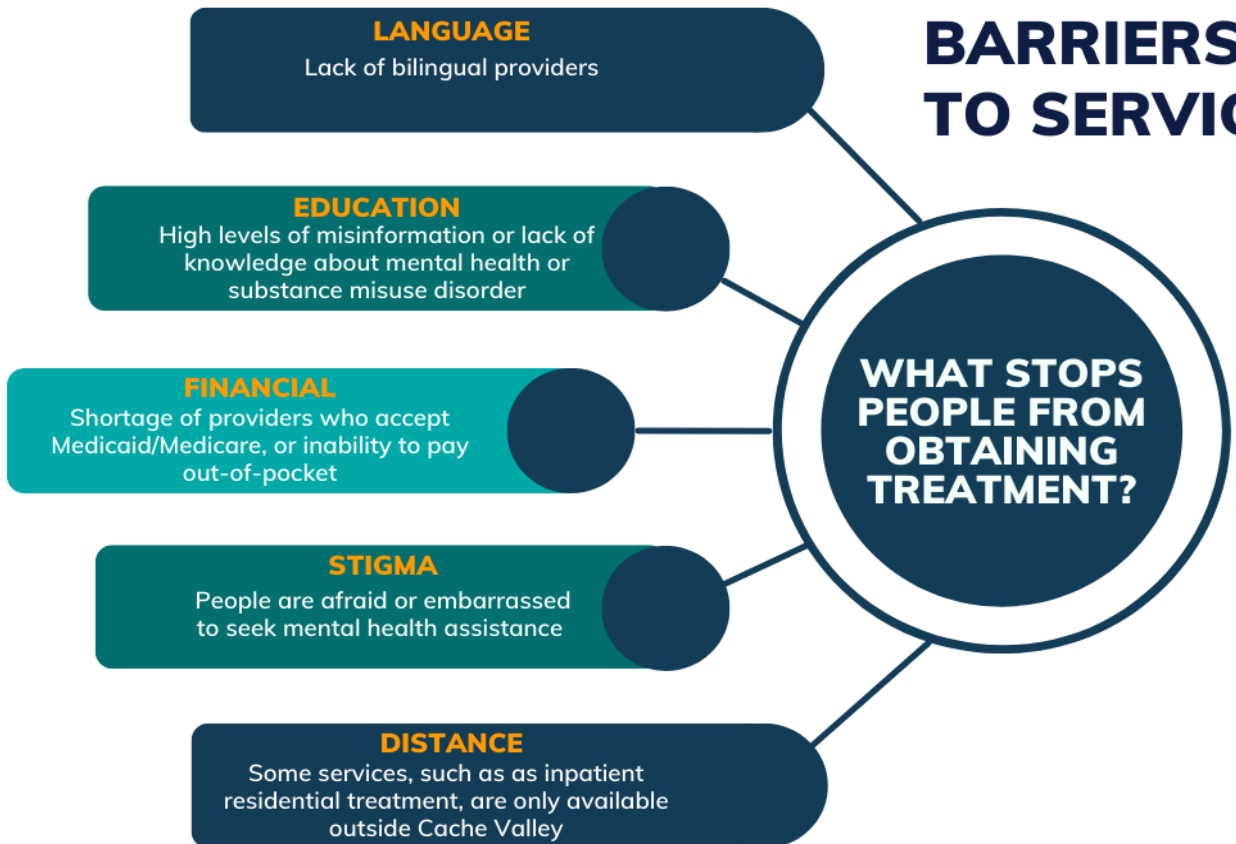
Specialty Therapy Options

- **Covenant Sex Therapy:** individual and couples sex therapy.
- **Uinta Academy:** specializes in adolescent girls' group home mental health treatment.
- **USU Counseling and Psychological services:** brief mental health for USU students.
- **Cache Valley Therapy Services:** specialization in maternal mental health.
- **CAPSA:** direct or indirect services due to domestic violence, sexual violence, and rape.
- **Logan Regional Hospital Behavioral Unit:** mental health inpatient crisis care and psychiatric services with medication management.
- **Bear River Mental Health:** short-term, residential (independent living) mental health treatment.

GAPS IN SERVICE



BARRIERS TO SERVICE



Recommendations

- Expose student practitioners early to rural opportunities and impart broad skills to succeed.
- Recruit individuals who identify with rural populations to join mental health awareness campaigns.
- Increase incentives to those who refer practitioners to employment opportunities in rural settings.
- Reduce wait time and cost of mental health services by creating more support groups and group therapy opportunities.
- Address “burnout” of substance abuse mental health professionals by reducing workload and offering more resources and incentives.
- Take steps to create a residential substance use disorder treatment facility.
- Confront the stigma around seeking mental health services by increasing stigma awareness training for providers.
- Increase education on mental health and substance abuse issues for educators, parents, adolescents, and college students.
- Increase support for individuals and organizations who are spreading mental health and substance abuse awareness on social media.
- Actively support and promote BRMH’s 5-year plan to ensure “access to appropriate, quality mental health services.”

To read the other reports from Cache County Human Services Assessment, please visit: https://bit.ly/NSSNC_22

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