

Reconnect, Refresh and Renew!


9th Annual School Wellness Summit
October 26, 2022



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COUNTY
one
FUTURE

DEPARTMENT OF
BEHAVIORAL
WELLNESS
A SYSTEM OF CARE AND RECOVERY




 **COUNTY OF SANTA BARBARA**
one COUNTY one FUTURE

DEPARTMENT OF
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Take Our Survey

County Seeks Community Input to
Assess Potential Mental Health
Impacts of COVID-19 Pandemic



recoveryabc.org/covidrecovery/

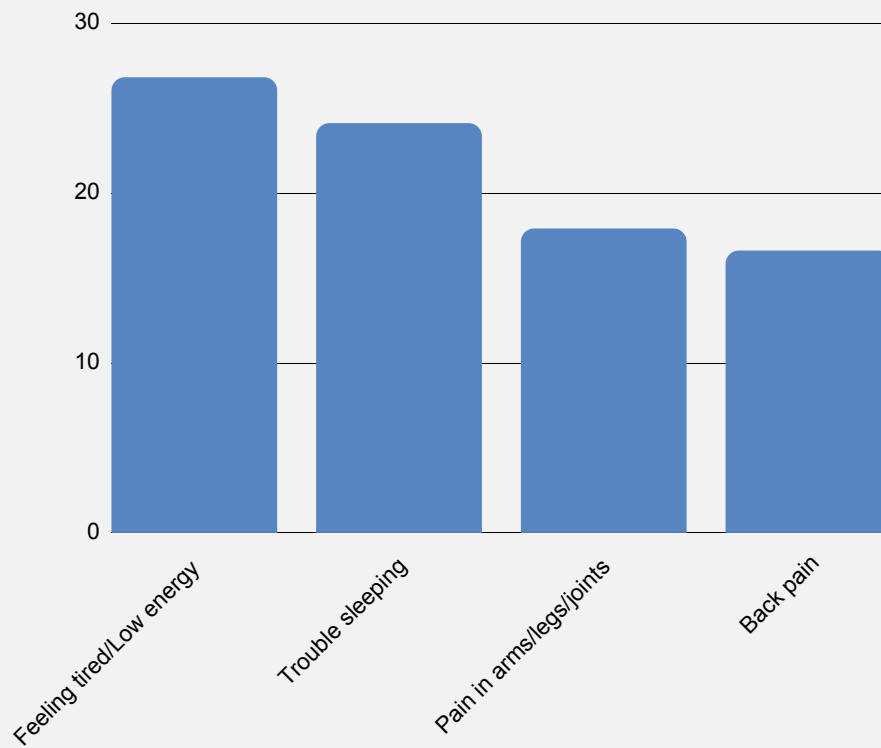
- The majority of people reported their mental health was worse due to the pandemic (61%)
- Over twice as many Spanish speaking participants said they didn't know where to turn to get help and even more said they were too embarrassed to get help
- People seeking social connection opportunities



Clinical Cut off Rating

Depression – 21%

Anxiety – 30%



Physical Health

Highest symptoms that bothered people were feeling tired and having trouble sleeping



Compassion Fatigue



Burnout

Secondary Traumatic
Stress



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Awareness

Balance

Connection



Reconnect

Refresh



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