

Champaign-Urbana Public Health District www.c-uphd.org



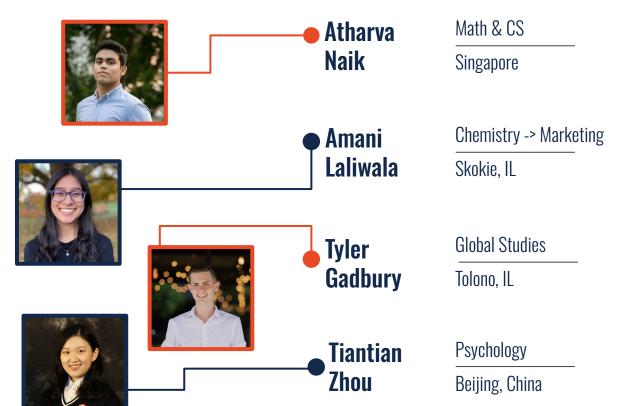




## **Our Challenge**

Research and ideate best practices for building community capacity (using both local and international models) to address mental health during COVID-19, to determine what our next steps could be to build capacity for our community, by our community in CU.

### The Team



#### **Our Community Contact:**



**River Andres** 

#### **Our Mentor:**

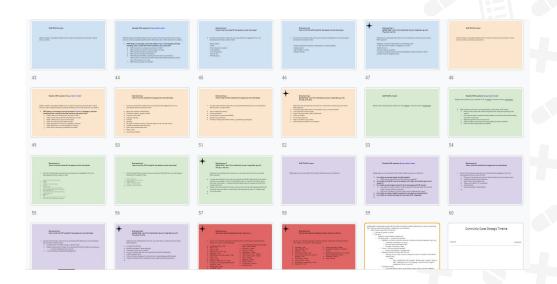


# Biliana Vassileva An innovation coach, consultant, and educator from Bulgaria who is currently living and working in Geneva, Switzerland.



## **Meet Lindsay**







63 **Survey Responses** 98.4% With Health Insurance 76.2% **Sought Mental Healthcare** >1 month **Waiting Time** 



"I will never be able to support myself."

"If hospitals aren't going to make money, they can't help me."

"I was told I was being needy."

"By the time I get an appointment, the pressing issue is over."



"Community is overwhelmed with need."

"It's going to cost so much."

"Doctors have no incentive to work here."



**Isolated** 

**Helpless** 

**Frustrated** 



## How might we create a resourceful community around mental health in the Champaign-Urbana area?

How might we connect people who feel isolated?

How might we create a feedback system for counselors and psychiatrists?

How might we increase community involvement/training to help people with mental health issues?

How might we design a community-based 24-hr emergency service for families with school kids?









### **Supported**

**Powerful** 

Safe









Atharva Naik created a doc.

Admin 🌑 - 11 March at 21:35 - 🕲

[Self Care] Meditation and Yoga

₽ Private group - 63 members About Discussion Guides Members Events Media About What's on your mind, Atharva? CommUnity Cares is an initiative in collaboration with the Champaign-Urbana Public Health District (CUPHD) and the University of Illinois to Room Photo/Video Tag people mak... See more Only members can see who's in the group New activity \* and what they post. Visible Atharva Naik created a doc. Anyone can find this group. Admin 🧼 - 11 March at 21:36 - 🖲 Social learning group [Self Care] Ambient Sounds and Music https://www.youtube.com/watch?v=c0\_ejQQcrwl https://www.voutube.com/watch?v=wSEWdmmk\_1o Popular topics in posts https://www.youtube.com/watch?v=-5KAN9\_CzSA https://www.youtube.com/watch?v=5gap5aO4I9A https://www.voutube. Solutions (0) General (0) See More Feedback/Ratin... GUIDE 1 - RESOURCES See Full Guide Resources Show more ~ Seen by 3 Like Comment Write a comment... 0000

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#### **Mental Health Coaches**



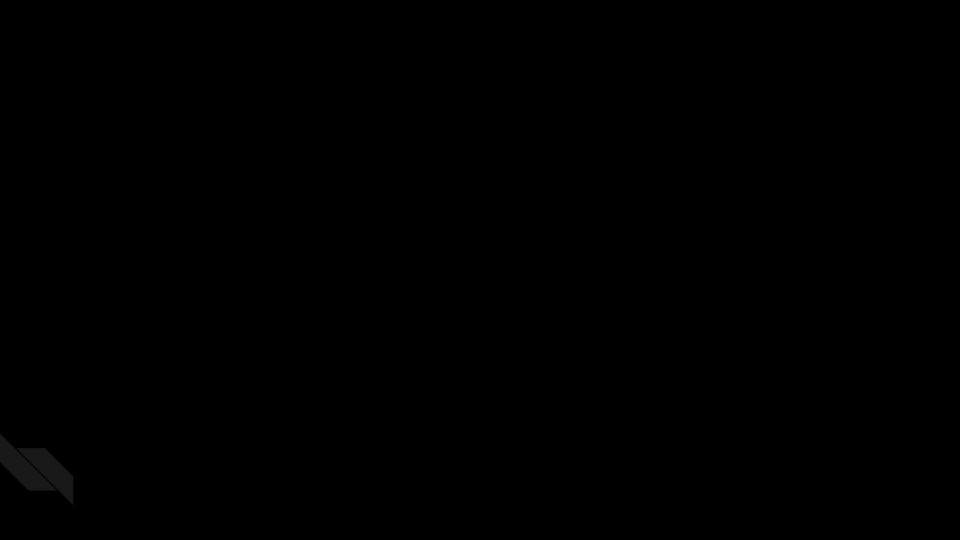


**Engaging Events** 

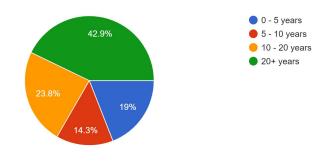


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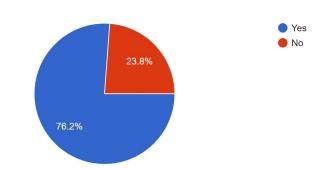




How long have you been living in the Champaign-Urbana area? 63 responses

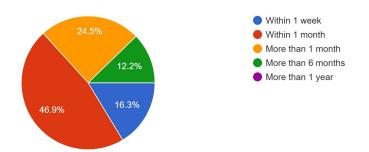


Have you ever tried seeking mental healthcare in Champaign-Urbana? 63 responses



#### 63 responses 16 contacts 8 interviews

If so, how long was your wait time till you were able to see a mental health provider? 49 responses



Do you have health insurance? 61 responses





Hard	Нарру	Threatened	Shamed	Alone	Helpless	Selfish
Unsupported	Unheard	Isolated	Alone	Helpless	Frustrated	Overwhelmed
Scary	Ashamed	Frustrating	Heartbreaking			

