

# 2023 2024 Rockingham County Community Health Assessment Mental Health



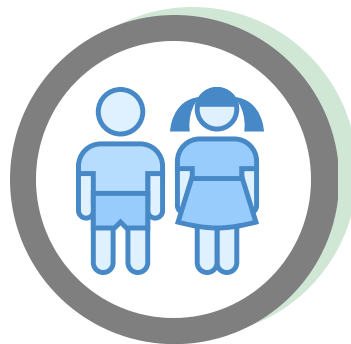
## The Issue

The Rockingham County community has identified **mental health** as a top issue in the Rockingham County Community Health Assessment (CHA). Mental health is an important part of overall health and includes **emotional well-being**, **psychological well-being**, and **social well-being**. Mental health issues can lead to the misuse of substances like **drugs** and **alcohol**, and misuse of these substances can likewise lead to mental health issues.

## Community Health Opinion Survey

**340 Rockingham County residents** participated in the CHA process by responding to the Community Health Opinion Survey. Among those respondents:

- **69%** said that they or someone they knew had been affected by **mental health issues** in recent years.
- Only **60%** said that they were aware of the **mental health services** available in the area.
- **Preventing substance misuse** was picked as a top health behavior that people need more information about.



## Substance Misuse

In 2017-2021 Rockingham County's **overdose death rate** was much higher than the average across North Carolina. Specifically in 2020-2021, the largest numbers of overdose deaths in Rockingham County were from **heroin** and/or **fentanyl**, followed by **cocaine**. Substance misuse impacts children in our community, as well. In 2021, **55 children** in Rockingham County were placed into **foster care** due to parental substance use. **Counseling** and **prescription medications** can help individuals successfully **overcome** substance use disorders. **Naloxone (Narcan)** can reverse opioid overdoses and is available for free at Rockingham County Public Health.

## Organizations Offering Mental Health Support

- **James Austin Center** in Eden
- **Daymark Recovery Services** in Reidsville
- **BrightView** in Reidsville
- **Rockingham County Recovers**, formerly the Opioid Task Force
- Rockingham County **Emergency Medical Services (EMS)**
- Rockingham County **Post Overdose Response Team (PORT)**
- Rockingham County Public Health **Medications for Opioid Use Disorder (MOUD)**

*Read the  
entire CHA:*

