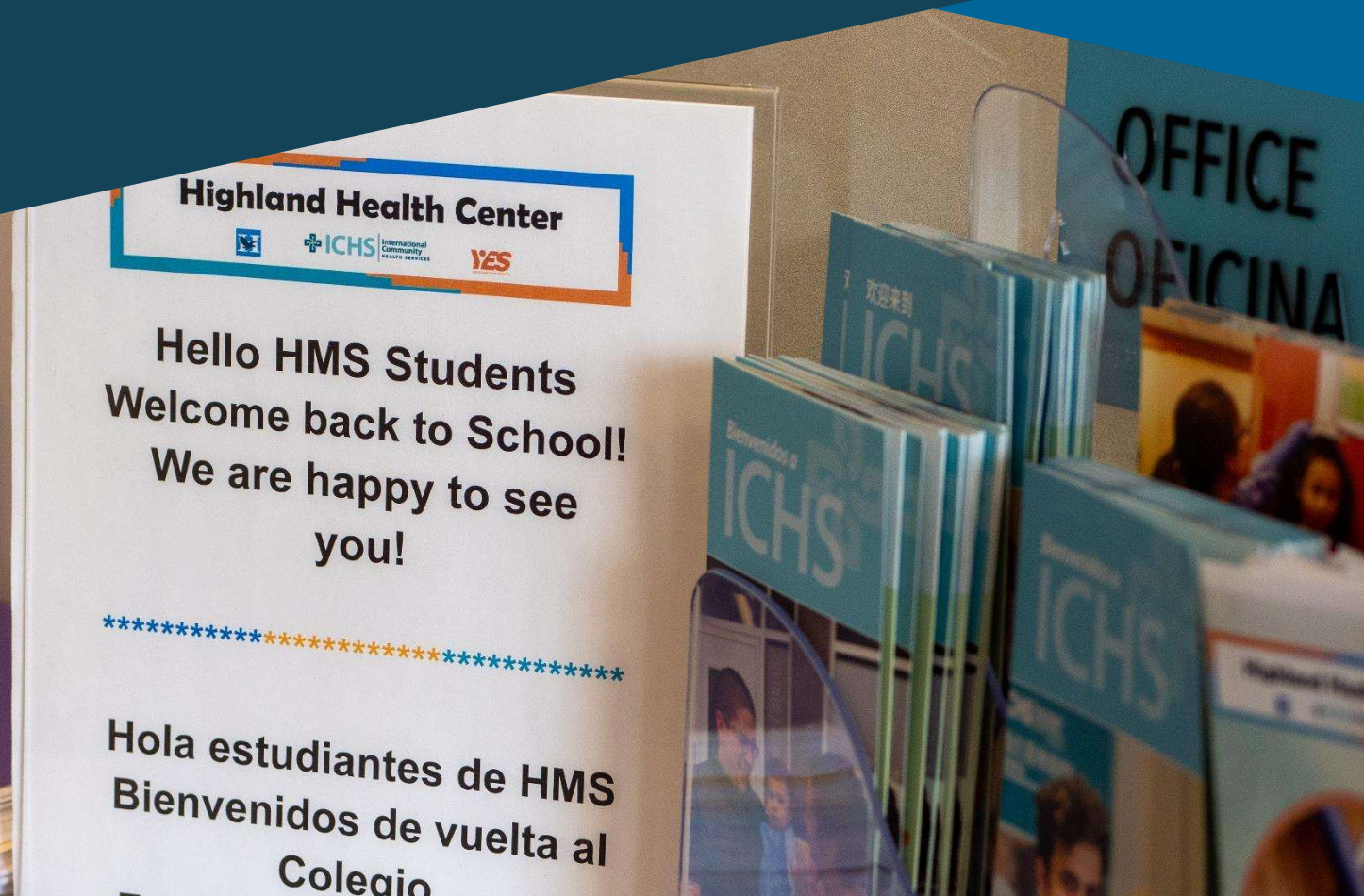


# Health & Wellbeing



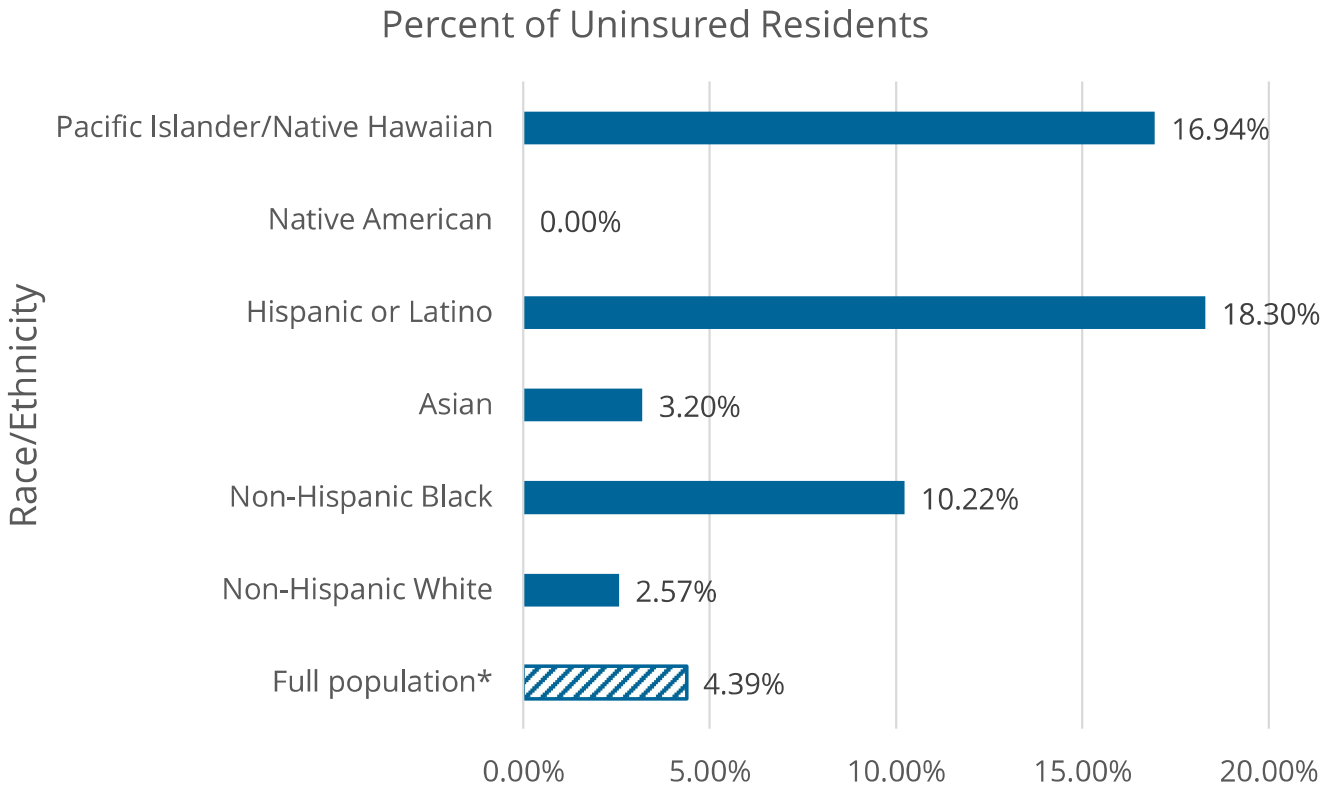
*Photo provided by International Community Health Services.*

## Health and Well-Being

### Themes

Across the US, there have been significant needs related to physical and behavioral health that have increased following the COVID pandemic. **In Bellevue, while the uninsured rate following the pandemic remains relatively low (4.64% compared to 4.15% pre-COVID), the rate is substantially higher for Bellevue’s Non-Hispanic Black, Pacific Islander/Native Hawaiian, and Hispanic/Latino communities (Figure 32).**

Figure 32. Percent of uninsured residents In Bellevue, by race/ethnicity (American Community Survey, 2017-2021 Average)



Significant behavioral health needs persisted or increased following the COVID-19 pandemic. While needs are rising across demographic groups, there is variability in access to appropriate behavioral health services by race/ethnicity. For example, the 2021/2022 King County Community Health Needs Assessment found that the percentage of non-Hispanic White residents who reported being able to access the social and emotional support they needed was significantly higher than for individuals in other racial/ethnic groups. This should also be considered in the context of qualitative feedback gathered in this assessment from both community members and providers on the lack of culturally and linguistically appropriate services for many cultural groups. As an example, several providers described getting clients connected to mental health services but finding that these services were ineffective due to a lack of cultural fit.

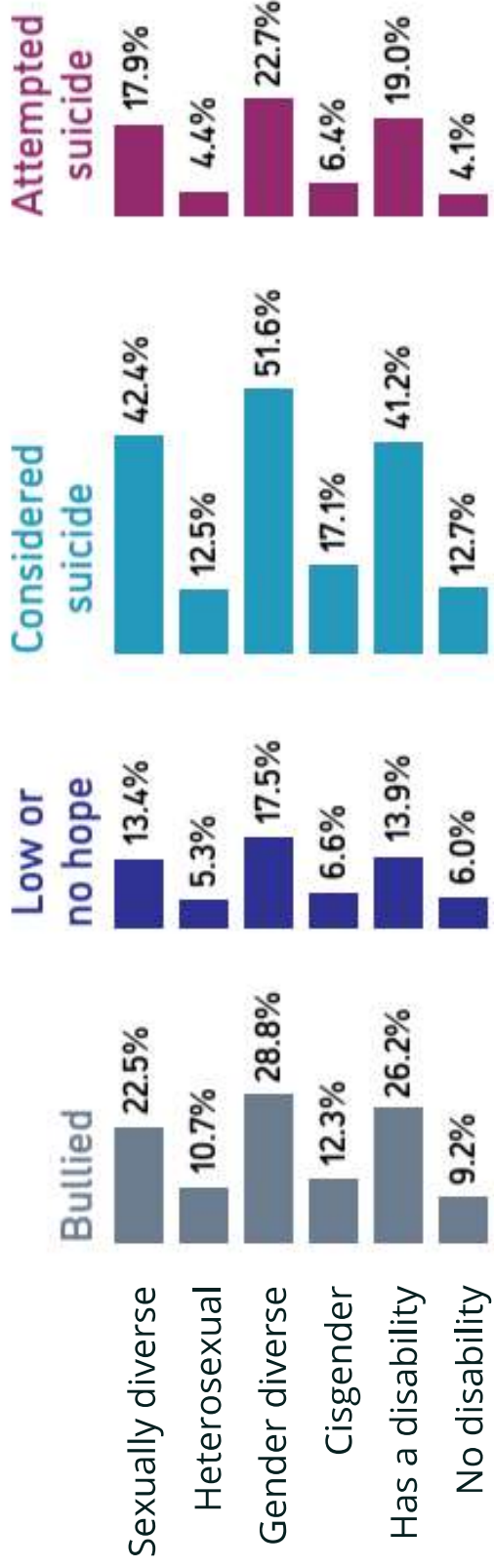
Data for the state of Washington and King County demonstrate significant needs among youth, with nearly 20% of 6<sup>th</sup> graders (in the 2021 Healthy Youth Survey) reporting having seriously contemplated suicide (**Figure 33**). In July of 2023, the Washington Department of Health released a brief on adolescent mental health, highlighting the increased risk of mental health challenges for certain demographic groups, including youth who are sexually and gender diverse and those with disabilities (**Figure 34**).



Figure 33. Percent of WA State and King County 6<sup>th</sup> graders who have seriously contemplated suicide (2021 Healthy Youth Survey).



Figure 34. Percent of 10<sup>th</sup> graders in Washington endorsing mental health concerns, by gender orientation, sexual orientation, and disability (Healthy Youth Survey, 2021)<sup>13</sup>.

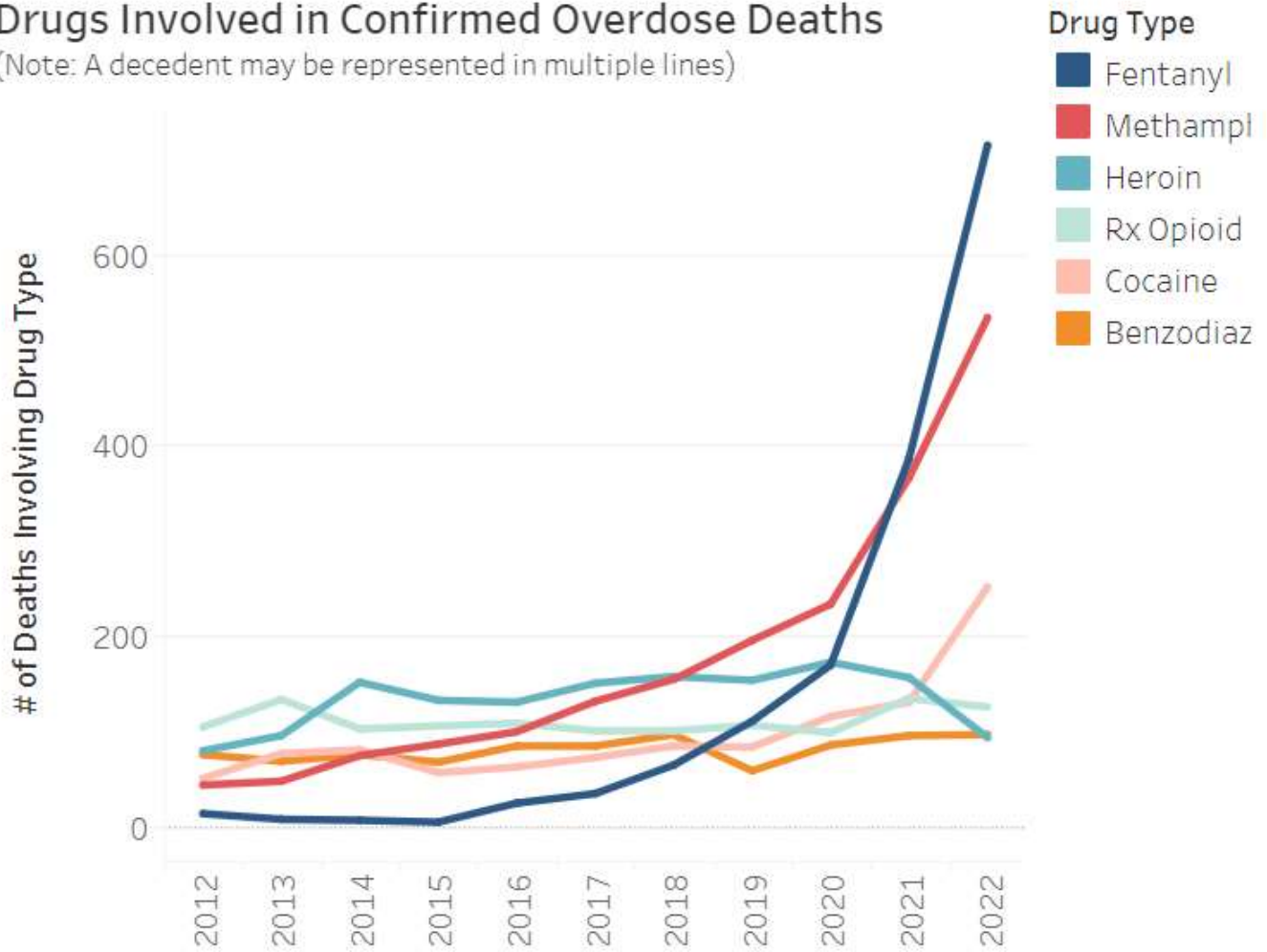


Both fatal and non-fatal drug overdoses have shown a significant upward trend in recent years, largely driven by the arrival of fentanyl (Figure 35). There were 78 confirmed overdose deaths in East King County in 2022. The largest percentage of overdose deaths in King County in 2022 were in Non-Hispanic White (56%), non-Hispanic Black (16%), and Hispanic (10%) individuals. Considering the demographics of the County in 2022, non-Hispanic Black individuals are disproportionately impacted by overdose death. In one monthly snapshot, King County EMS responded to 71 overdose events in East King County in August of 2023. In 2023, there were more than 1,050 fentanyl overdose deaths in King County, representing a 47% increase over 2022.<sup>14</sup>

**Figure 35. Fatal overdose rates in King County by drug type (King County Overdose Data Dashboard)**

**Drugs Involved in Confirmed Overdose Deaths**

(Note: A decedent may be represented in multiple lines)



In both focus groups and the community survey, respondents identified access to behavioral health support as a significant need. **This need seems particularly pronounced with Substance Use Disorder services, where only 27% of respondents reported that they were able to access the service within their community (compared to 59% for mental health counseling). Fewer than half (46%) of individuals seeking mental health counseling or substance use disorder services felt that they were able to receive the service in a reasonable amount of time after contacting a provider.**

## Service Trends

Below are examples of service trends in the areas of health and well-being. These examples are intended to provide a snapshot of this service area and are not a comprehensive reflection of available services in Bellevue.

- **Indian American Community Services** contracts with South Asian mental health counselors, so the mental health and wellness services are culturally nuanced for those they serve. The services include meditative art workshops, horticulture therapy and field trips.
- **4 Tomorrow** launched a 4U smartphone application to increase youth access and participation in mental health support. In addition, they are providing mental health coordination and gap therapy services, providing culturally specific psychoeducation classes and peer-to-peer group therapy.
- **Boys and Girls Club of Bellevue** is working with the **Bellevue School District** to support students at local elementary schools during the school day while working with on-campus school counselors to ensure that all students in need of support have access to behavioral health resources.



- **International Community Health Services (ICHS)** provides behavioral health services at Highland Middle School via a School-Based Health Center model, with the goal of increasing access to care.



*Photo provided by International Community Health Services.*