



MIRRORINDY



State of Women in Central Indiana: **Mental Health** **& Public Policy**

A State of Women in Central Indiana Report Webinar

Presenters

Tamara Winfrey-Harris



President

*The Women's Fund
of Central Indiana*

Kayla Duncan



**Community Analysis
Project Coordinator**

The Polis Center



WOMEN'S FUND OF CENTRAL INDIANA

✦ A CICF FUND



The Polis Center

We bring things into perspective.™

The Women's Fund of Central Indiana is partnering with The Polis Center on the State of Women in Central Indiana Report to provide stakeholders with up-to-date and actionable community intelligence to inform decision making about programs, funding, and policy intended to help ensure that every woman and girl in Central Indiana has an equitable opportunity to reach her full potential.

The Women's Fund of Central Indiana is a fund of the Central Indiana Community Foundation.

Women's Fund of Central Indiana
www.womensfund.org

State of Women Report
www.womensfund.org/report



WOMEN'S FUND OF CENTRAL INDIANA

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Women's Fund answers the call of community by investing in systems change, advocating for women's rights, and building collective power for women and girls. We execute this mission by funding organizations, galvanizing philanthropic networks, fighting for policy change, and providing data-informed resources for Indiana.

Indiana gets low marks

**Institute for Women's Policy Research report
card for the well-being of women in Indiana:**

Health & Wellbeing

Reproductive Rights

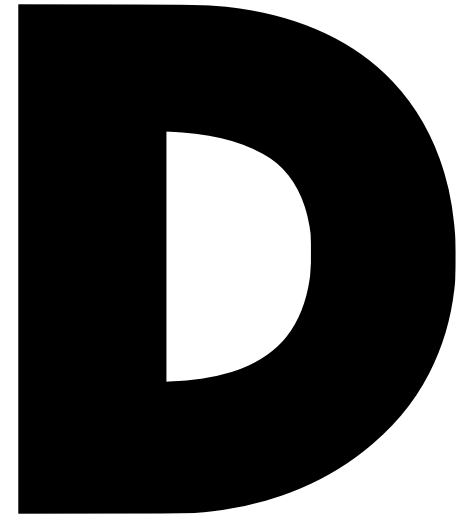
Employment & Earnings

Poverty & Opportunity

Work & Family

Violence & Safety

Political Participation



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Women = 52% of Residents

**A Central Indiana that
doesn't work for us
DOESN'T WORK!**



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Purpose

- **Educate** residents about the condition of women in Central Indiana
- **Guide** philanthropic resources toward women-focused initiatives
- **Inform** state and local policies to create better outcomes for women





Services Providers



Funders



Other Decision Makers



What Matters to Women



Health (Reproductive and Mental)

Economic Mobility

Girls' Empowerment

**Personal Safety | Intimate Partner
Violence**



The State of Women's Mental Health in Central Indiana



Kayla Duncan
The Polis Center

2024 State of Women Report

Qualitative Data Collection and Analysis

- **23** Key Informant Interviews
- **24** Focus Group Participants
- Thematic coding and integration of *quotes*

Mental Health Chapter: Quantitative Data Collection and Analysis

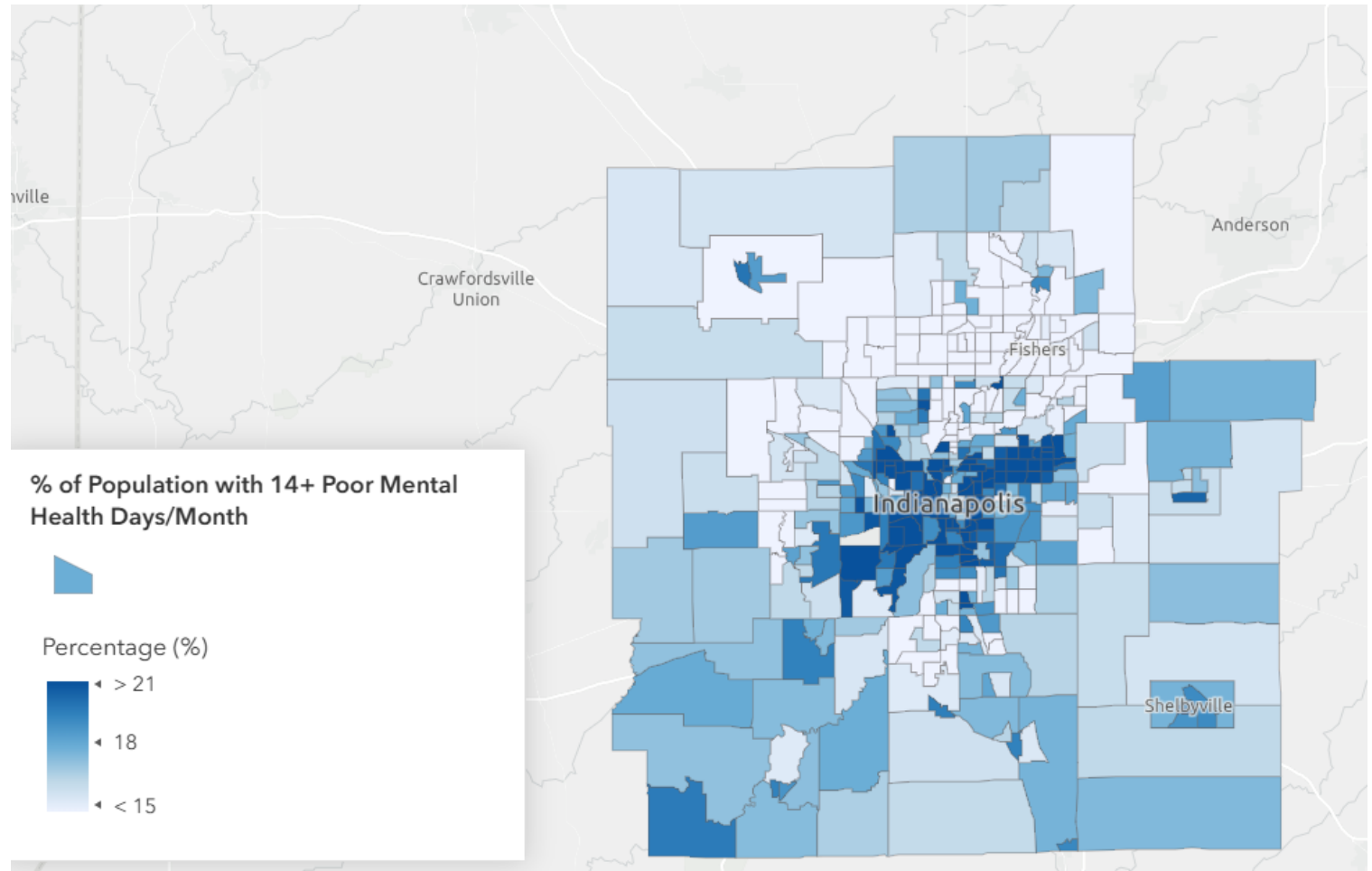
- Data Sources: Behavioral Risk Factor Surveillance Systems (BRFSS), CDC Wonder, American Community Survey (ACS), etc.
- Trend *Analysis* and Visualizations

Spring 2025 Mental Health Interviews

- Hosted a focus group in ***March 2025***
- ***11*** Key Informant Interviews
 - ***March*** and ***April 2025***
 - ***10*** women, ***1*** man
 - ***6*** people of color, ***5*** white
 - Community and nonprofit leaders, researchers, service providers
- Thematic coding and integration of ***quotes***

State of Mental Health in Central Indiana

Percentage of adults who experienced more than 14 days of poor mental health



State of Women's Mental Health in Central Indiana

1 in every 3 women

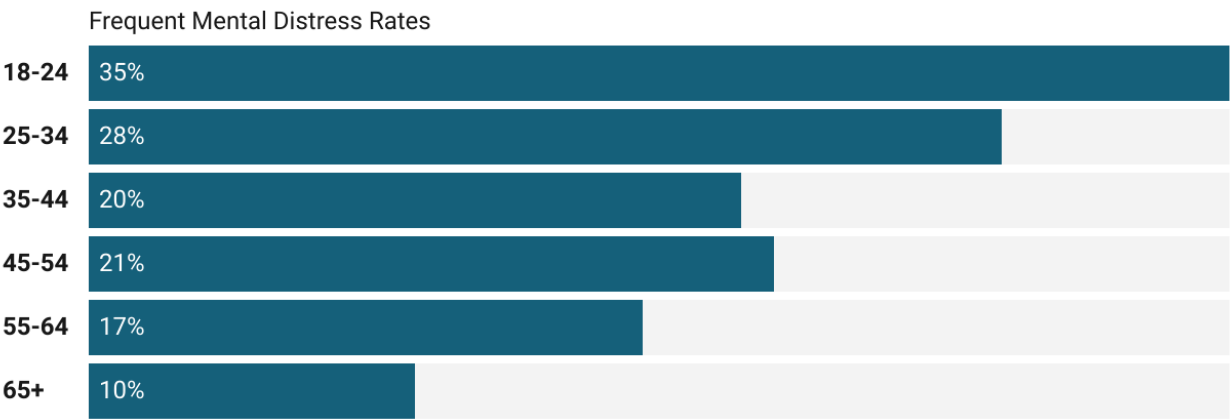


suffers from depressive disorders, compared to

1 in every 8 men



Frequent Mental Distress in Women (18+) by Age in Indiana (2022)



Source: Polis Center Analysis of BRFSS, 2022 • Created with Datawrapper

What did we hear?



Status of Women's Mental Health in Central Indiana

Negative

- "unstable"
- "women are struggling"
- "in peril"
- "not good"
- "carrying a lot"
- "worsened"
- "alone"

Positive

- More awareness and language for mental health now
- Marion County has the most mental health resources in the state

Accessibility and Availability of Mental Health Services

- **Lack of service providers, generally**
- **Lack of Obstetrics (OB) healthcare**
 - Lack of postpartum mental healthcare
- **Lack of providers in rural communities**
- **Lack of racially diverse providers**
- **Lack of grief services**
- **Long waitlists**
- **Stigma, fear, and lack of trust**

Mental Health Providers

Urban counties such as Marion and Hamilton have a ***higher ratio of mental health providers*** than rural counties

County	Mental Health Providers Ratio ▼	Rural (%)
Marion	365	1
Hamilton	185	15
Boone	144	45
Hendricks	130	30
Johnson	127	25
Hancock	113	40
Shelby	111	50
Morgan	90	60

Table: Analysis and Visualizations by Polis Center • Source: CMS, National Provider Identification, 2023, Area Health Resource File/American Medical Association, 2022, American Community Survey, 2023 and USDA Rural-Urban Continuum Codes, Census Urban-Rural Classifications, 2024 • Created with Datawrapper

Where do women go to receive help?

- **Other women**
 - Friends
 - Family
 - Social Media (advice and resources)
- **General Practitioner/Primary Care Physician**
- **OBGYN or other women-specific specialists**
- **Mental Health Service Provider**
- **No one**

Affordability of Mental Health Services

- **Private Insurance**

- "If you have insurance, it's affordable." – Beatrice D. Beverly
- "it can be really hard to find someone who takes your insurance" – Dr. Leslie Hulvershorn

- **Medicaid**

- "If one is fortunate enough to have some sort of state benefit like Medicaid, finding a provider is tough, but if you find one, you're set. There's no deductible, no copay." – Dr. Leslie Hulvershorn

- **Out-of-Pocket**

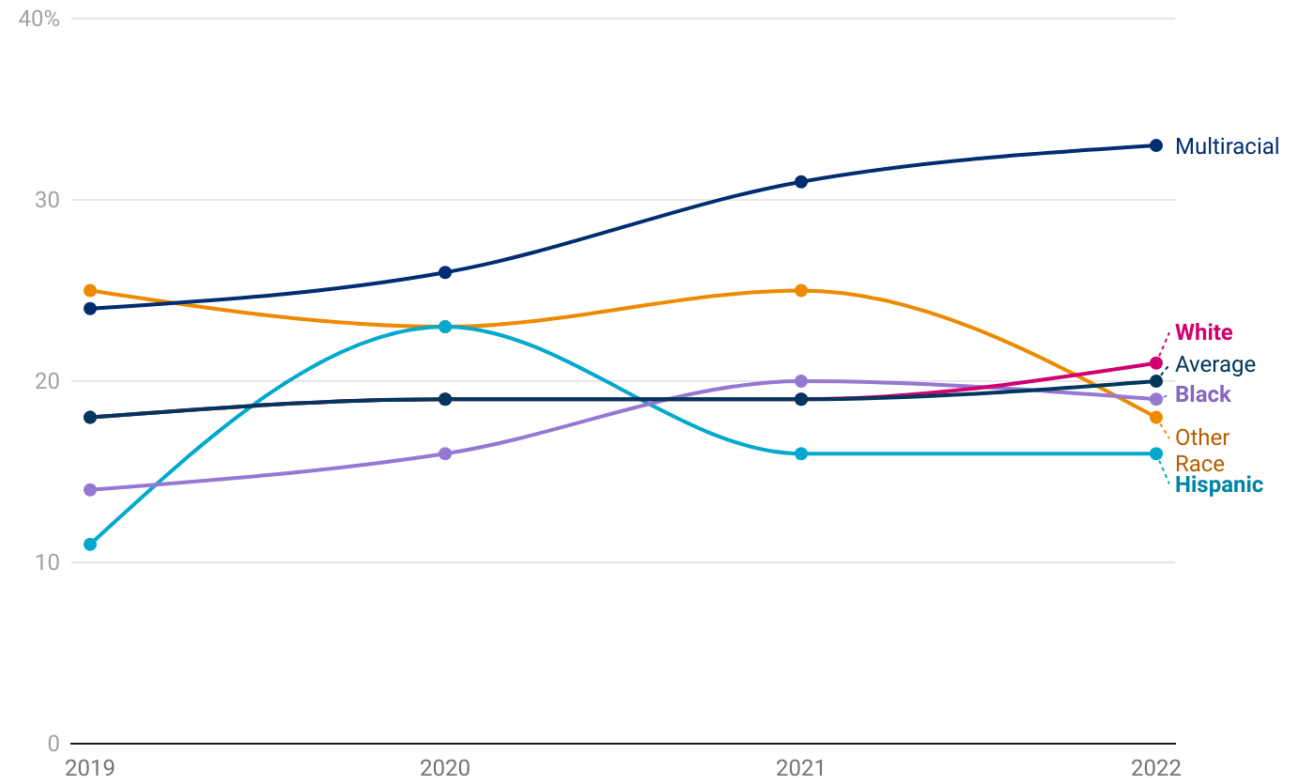
- "If you have no insurance, it is not affordable. The going rate for a therapist is \$125/hour or higher. Also keep in mind that 'affordable' can change in the blink of an eye." – Beatrice D. Beverly
- "Many people struggle to afford needed medical and mental health care." – Ashley Overlay

Inequities in Women's Mental Health

- **By Reproductive Stage** (Puberty, Pregnancy, Postpartum, Menopause)
- **By Race**

Multiracial women in Indiana experience significantly higher rates of frequent mental distress

Percentage of Women experiencing Frequent Mental Distress by Race/Ethnicity (Indiana)



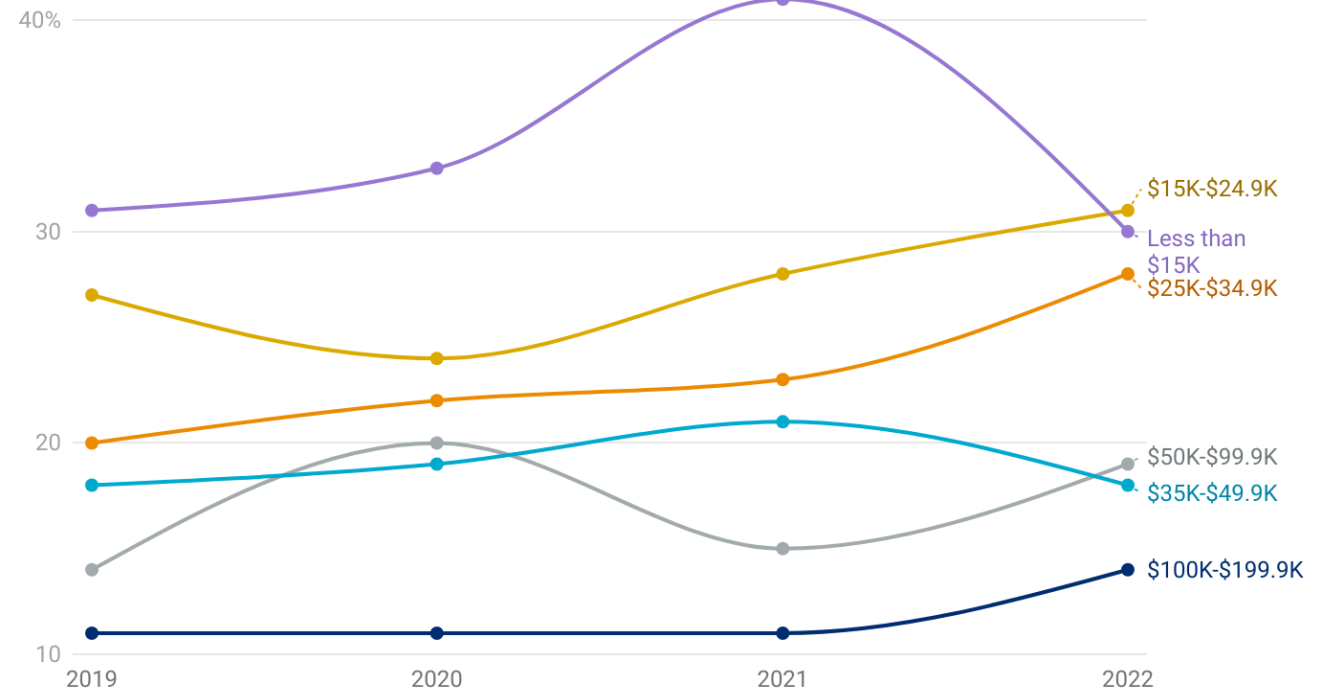
Source: Polis Center Analysis of BRFSS, 2019-2022 • Created with Datawrapper

Inequities in Women's Mental Health

By Socioeconomic Status

Those who earn ***less than \$25,000*** a year are at a ***greater risk*** of frequent mental distress

Percentage of Women experiencing Frequent Mental Distress by Income (Indiana)



Source: Polis Center Analysis of BRFSS, 2019-2022 • Created with Datawrapper

Mental Health Workforce

- **Lack of mental health professionals, generally**
 - Indiana ***ranks 44th*** for mental health workforce availability (SMHA Report)
- **Lack of diversity in the mental health workforce**
- **Lack of respect for the mental health workforce**
- **Support needed**

Mental Health Workforce

- "One of the reasons we ***don't have enough providers*** is that they're ***not paid very well*** or [don't] get the ***respect*** that they deserve for assisting people with their mental health." – Bernice Pescosolido
- "We've just got to be ***mindful about how we care for*** our people who are ***service providers***." – Anonymous
- "Even ***therapists need therapists***." – Anonymous
- "The ones that I really see ***struggling the most*** are the ***youth workers***, and in general, ***that's women***. They are struggling and don't know how to verbalize their needs because their focus is on the needs of others." – Julie Hayden

Social Determinants of Health and Women's Mental Health



Social Determinants of Health and Women's Mental Health

How do the Social Determinants of Health impact women's mental health?

- "[The social determinants of health] are ***incredibly important*** to women's mental health. In fact, ***all*** of the social determinants of health ***are social determinants of mental health.***" – Anonymous
- "The social determinants of health ***undergird everything***, and the same could be said for women's mental health." – Anonymous
- The social determinants of health ***impact women's mental health drastically***, because if you ***don't have those things, your mental health is not where it needs to be.*** You're in ***survival mode.***" – Anonymous

Questions?



Kayla Duncan

Community Analysis Project Coordinator at The Polis Center

Moderator & Panelists

Moderator:

**Ebony Marie
Chappel**



Market Director

*Free Press Indiana,
Mirror Indy*

**Beatrice
Beverly**



President

Genesys Solutions

Julie Hayden



Director

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America Indianapolis*

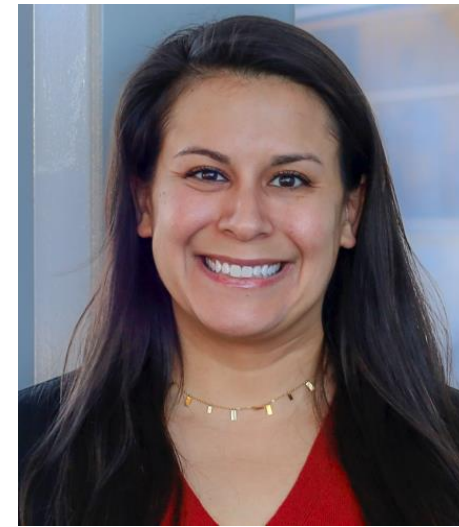
Rena Allen



**City-County
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Thank you!



Share Your Feedback!

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Presentation Recording and Slides
Link coming soon!