



Mental Wellness Report
MYPI Learning Survey 2023
MYPI Data
March 2024

Introduction

The MYPI Learning Survey embarked on a mission within the Colorado MYPI community to highlight the voices and challenges of its members. This report presents a comprehensive analysis based on the 2023 survey, focusing on the collective mental health status, coping strategies, and the pressing needs of the community.

The report unfolds in sections that delve into the mental wellness of the community, analyzing perceptions, coping mechanisms, and the impact of gender on mental health experiences. It highlights a general optimism and responsiveness regarding mental health.

Key highlights

- **Gender Differences:** Notable gender disparities in mental wellness perceptions call for gender-specific mental health strategies within the community.
- **Access Barriers:** A significant challenge is the scarcity of Muslim therapists, with 43% of respondents identifying this as a major obstacle, alongside financial and cultural barriers.
- **Youth and Mental Health:** The mental health challenges of the youth are reflective of the broader community, emphasizing the need for holistic support strategies.
- **Community Priorities:** High demand for topics on social media impacts, depression, and anxiety, with counseling and therapy services emerging as top community needs.

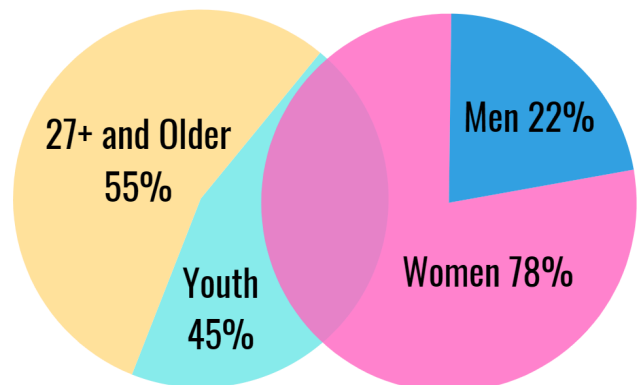
Methodology Overview

The methodology employed to gather data for the MYPI Learning Survey 2023 targeted the various members of the MYPI community. Utilizing social media platforms, we strategically reached out to a diverse group within our community, encompassing youth, their families, volunteers, and leaders who collectively define the essence of MYPI.

Data Collection and Demographics

The survey garnered responses from 80 participants, representing a demographic

2023 Survey Demographics





distribution of 55% youth and a notably high participation rate of 78.8% from women. This demographic snapshot contrasts with the broader gender community composition recorded throughout the year of 2023, which stands at 37% men and 63% women. This discrepancy highlights a potential skew in survey outreach towards women's groups or indicates a lower survey engagement rate among male constituents.

Insights and Implications

The demographic variance between the survey respondents and the actual community composition suggests the marketing targeted lower male engagement levels. This observation prompts a reevaluation of outreach strategies to ensure balanced participation across all community segments in future surveys.

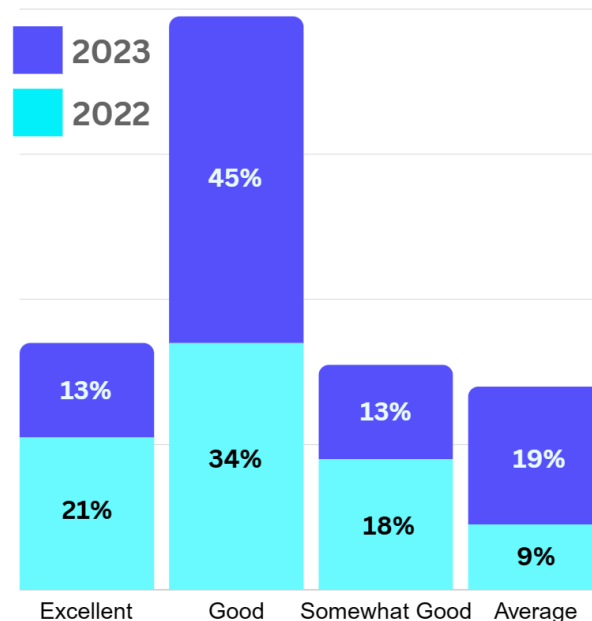
Analysis and Findings

The Mental Wellness of our Community

Based on the survey findings, a notable 45% of our community members perceive their mental health as "Good," reflecting a generally optimistic sentiment. Meanwhile, 19% rate their mental well-being as "Average," demonstrating a measured perspective among a considerable group of respondents. It's encouraging to see that 26% of participants report mental health as either "Excellent" or "Somewhat Good," indicating positive mental health evaluations.

The overall positive mental health ratings described as "Somewhat Good" or better, make up 71% of respondents and suggest the effectiveness of current support frameworks in reaching many within the community. Nonetheless, the existence of a minority experiencing poor mental health emphasizes the urgent need for specialized interventions. This essential feedback informs MYPI's efforts in fine-tuning its outreach, aiming for inclusivity and sensitivity to the unique needs of Muslim youth and their families. By acknowledging these detailed perspectives, MYPI can bolster its contribution to a comprehensive and culturally empathetic mental wellness strategy.

The Mental Health of our Community



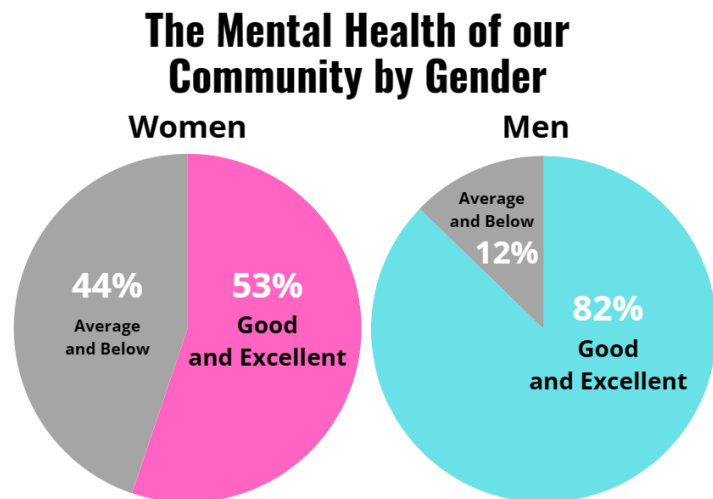


The Mental Wellness of Youth

We embarked on a comprehensive exploration to compare the mental health status of youth with the broader community. Intriguingly, our findings revealed no disparities between the mental health of our youth and the mental health of the broader community, as demonstrated above. This suggests, perhaps, the mental health status of the youth in our community mirrors the mental wellness of the adults around them. Furthermore, this could mean that the youth present a mental health status proportional to the mental wellness of their environment. This revelation underscores the necessity for a holistic approach to mental health support and intervention strategies, emphasizing the importance of addressing mental health concerns across the family unit and community.

Mental Wellness by Gender

In our community's mental health survey, gender-based differences are present with compelling clarity. Analysis reveals 53% of women categorize their mental health as 'Good and Excellent,' while 82% of men describe their mental health as 'Good and Excellent.' Respectively, 44% of women rated their mental health as 'Average and Below' while only 12% of men reported 'Average and Below.' These insights, depicted in the charts titled "The Mental Health of our Community by Gender", underline the need for gender-sensitive mental health strategies within MYPI.



The difference of mental well-being between genders signifies a potential critical situation among the women of our community, pressing MYPI to prioritize gender-specific mental health strategies. This is a call for enhanced support and a strategic imperative that speaks directly to the heart of MYPI's mission—fostering equitable mental health care and support. The survey's revelations thus serve as a catalyst, compelling MYPI to intensify efforts and mobilize resources to bridge this gap.



The Coping Skills of the Community

The analysis produced a broad spectrum of coping strategies and interventions that individuals mention using to cope with mental health challenges, revealing a rich tapestry of personal and communal approaches. Predominant is the reliance on social support, with 22% of respondents turning to conversations with friends or family. This underscores the pivotal role of human connection in the fabric of mental health resilience, highlighting an opportunity for MYPI, a non-profit organization dedicated to youth mental wellness, to amplify its initiatives fostering community and peer-to-peer support.

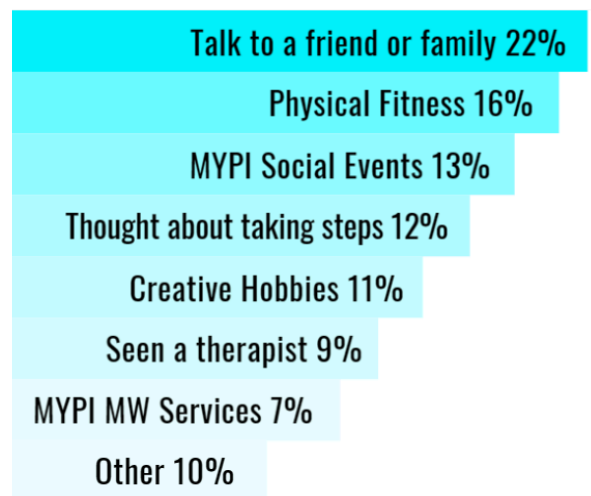
Physical activity emerges as the second most prevalent strategy, embraced by 16% of the surveyed group, reinforcing the critical link between physical health and psychological well-being. This finding suggests that MYPI could significantly benefit from integrating more physical wellness programs into their suite of services, potentially offering sports, yoga, or outdoor activities designed to engage young minds and bodies in harmony.

The survey unveils that 13% of participants engage in MYPI social events, specifically, to help their mental health. This has more than doubled since 2022, where 5% of people said they use MYPI social events as a coping activity.

A significant 12% of the respondents have contemplated taking actions towards their mental wellness and seeking interventions, informing us that they are aware of resources and tools to help their mental health. The reasons for not taking action may include timing, consideration, privacy concerns, family, lack of affordability, lack of access to muslim resources and many other themes born from this analysis.

Creative hobbies and professional therapy, preferred by 11% and 9% respectively, shed light on the diverse avenues through which individuals seek solace and healing. This diversity speaks to the need for MYPI to offer a broadened array of programs that span artistic expression and provide access to safe creative spaces, thus accommodating the multifaceted nature of mental health care.

Community Engagement in Mental Wellness Activities





The Community's Understanding of Mental Wellness

In a recent survey aimed at gauging the community's understanding of mental wellness, a notable 45% of participants chose not to respond, potentially reflecting a discomfort with discussing mental health or a lack of agreement on its definition. This high non-response rate might suggest prevailing stigmas or uncertainties surrounding mental health conversations.

Among those who did respond, 19% equated mental wellness with emotional wellbeing, stability, and resilience, underscoring the importance of these elements in public health dialogues. Additionally, 15% associated mental wellness with awareness and resourcefulness about mental health issues, highlighting a proactive approach to understanding mental health.

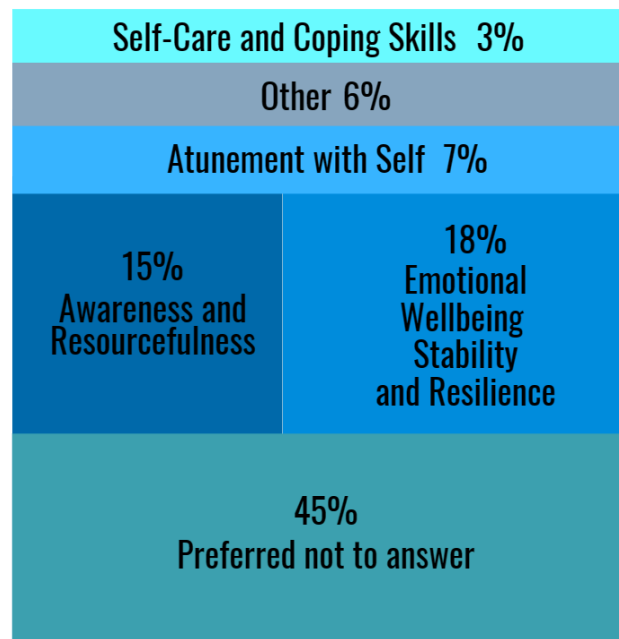
Other responses, which included self-attunement, self-care, coping skills, and maintaining a positive outlook stood at 7%. These varied responses indicate a diverse yet nuanced perception of mental wellness within the community.

Comparing these findings with data from 2022, there appears to be a shift in the community's perspective. Previously, most people identified mental wellness primarily with self-care and coping skills. However, the current emphasis on emotional stability and resilience suggests a deepening understanding of mental wellness, likely influenced by educational initiatives from MYPI during 2023.

The Challenges of the Community

The infographic “Barriers to Seeking Mental Wellness Support in 2023” outlines the three main findings about the barriers encountered by members of the Muslim community while accessing mental health services. A significant 43% of respondents identified the lack of Muslim therapists as a major obstacle, indicating a pressing need for mental health professionals who understand Islamic values and principles. Concerns

MYPI Community's Definitions of Mental Wellness





about receiving advice that may not align with Islamic teachings and personal values were cited by 13% of participants, highlighting the importance of culturally and religiously sensitive counseling.

Financial barriers, including the lack of health insurance or sufficient funds, were noted by 11% of respondents. Additionally, 8% of individuals preferred not to disclose their reasons, and another 8% reported a lack of information about mental health services; 7% pointed to cultural stigmas against seeking psychological help, and 6% were worried about confidentiality. Only 4% mentioned family discouragement as barriers to seeking mental health care.

Barriers to Seeking Mental Wellness Support in 2023

43% Lack of Access to Muslim Therapists

13% Concerns about Non-Islamic Advice

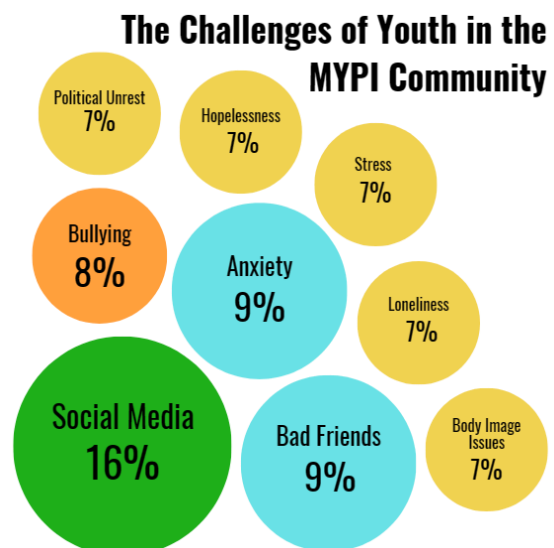
11% Lack of Health Insurance/Money

The Challenges of Youth

The infographic titled “The Challenges of Youth in the MYPI Community” provides a breakdown of the various issues negatively impacting the mental wellness of MYPI youth. At the forefront, social media is identified as the most significant concern, accounting for 16% of responses, highlighting its pervasive influence on youth mental health.

Following closely are issues related to bad friendships and anxiety (including feelings of being overwhelmed), with 9% each respectively, underscoring the social and emotional challenges faced by young people with bad influences or faulty values. Bullying poses at 8%, indicating the diverse and complex nature of factors affecting youth mental wellness.

Stress related to school, the future, and financial matters further contribute to the spectrum of challenges faced by youth. Each with a significant 7% share of responses, body image issues, hopelessness, loneliness, and political unrest also play a significant challenge for youth.

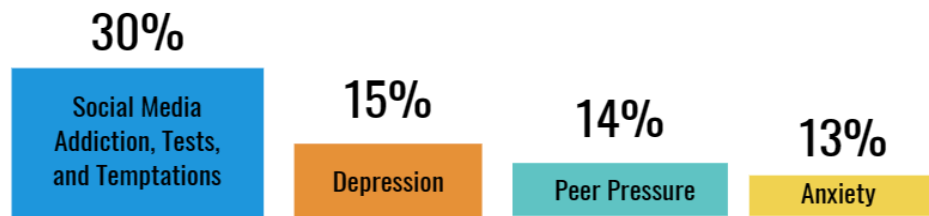




The Community's Needs

The infographic “Community Preferences and Needs for Mental Health Topics” showcases the main answers from our community when asked what topics they would like MYPI to address. The majority of respondents, nearly one third of the people surveyed, expressed the need for addressing social media subtopics such as social media addiction, temptations and spiritual tests.

Community Preferences and Needs for Mental Health Topics



The second most common answer with 15% was depression, indicating that a significant segment of our community struggles with depressive thoughts and disorders. Peer pressure stands at 14%, indicating a strong social influence on mental well-being. Anxiety disorders also emerge as a major concern, affecting 13% of respondents, pointing towards a growing trend of stress-related issues within the community. Additional answers included “Trauma,” another critical area, highlighted by 11% of the survey participants; unspecified Addiction at 7% and “Drugs and Alcohol” making up 6% of the answers.

The Community's Priorities and Preferences

The data we received reveals a clear prioritization of mental health services and support mechanisms by the community. Counseling and therapy services stand out as the community's top priority, indicating a strong need for professional mental health support, ease of access, and affordability. Peer to peer support emerges as a second priority, underscoring the community's desire for increased awareness, support, and understanding of mental health issues, interestingly highlighting the importance of mutual support and shared experiences in mental health care.

Prioritizing Mental Health Services





Social events are seen as the third most important priority, suggesting a value placed on community engagement and social interaction as a form of support. This area of MYPI strongly supports its community struggling with social feelings of inadequacy and compromise of their faith.

Summarizing the MYPI Community's Needs and Challenges

The MYPI Learning Survey 2023 allowed us to pinpoint the most prevalent and repeated topics of struggle in our community. In order of greatest to least repetition, **social media** is the most commonly mentioned issue presenting itself amongst youth and the older ages of our community members. Secondly, **anxiety and depression** are strongly significant in the MYPI community along with **stress** and general mental health issues.

Additionally, the topics of **peer pressure, bad friends, loneliness, and bullying** paint a picture of a community struggling to find an islamically-accepting and accommodating community at school, at work, at home, in social circles and on social media. This emphasizes the special role that MYPI plays in the muslim community of Colorado, providing a network of resources and connections that accept the islamic identity of the people it serves.

Key Summary

Survey Significance and Learnings

This report's significance lies in its comprehensive portrayal of mental wellness perceptions, coping strategies, and the stark realities of accessing mental health services within a culturally sensitive context. It highlights the community's resilience, the nuanced challenges it faces, and the collective aspiration for a more supportive mental health ecosystem.

Opportunities for Growth

- **Enhanced Gender-Sensitive Programming:** The gender disparities in mental wellness perceptions identified in the survey underscore the opportunity for MYPI to develop and implement gender-sensitive mental health strategies. Tailoring programs to address the distinct needs of both genders can significantly improve the mental health outcomes for the entire community.
- **Expansion of Culturally Competent Mental Health Services:** The noted scarcity of Muslim therapists and culturally sensitive counseling services presents MYPI with the opportunity to bridge this gap. Collaborating with professionals to increase the availability of these services could dramatically enhance mental wellness accessibility for MYPI members.



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- **Broadening Outreach and Engagement Efforts:** The demographic insights from the survey suggest the need for a more balanced engagement approach. MYPI can seize this opportunity to diversify its outreach methods, ensuring that all community segments feel welcomed and motivated to participate in future initiatives.
- **Fostering a Community of Support:** The high valuation of social support and community events as coping mechanisms indicates a significant opportunity for MYPI to amplify its community-building efforts. By creating more spaces for shared experiences and peer support, MYPI can strengthen the communal fabric, enhancing resilience and well-being.
- **Addressing the Digital Age Challenges:** With social media impacts and digital wellness emerging as key concerns, MYPI has the opportunity to pioneer programs focused on digital literacy, cyber wellness, and navigating the complexities of online spaces in a healthy and Islamically aligned manner.
- **Holistic Mental Health Education:** The survey reveals a hunger for knowledge on managing anxiety, depression, and the stresses of modern life. This opens the door for MYPI to invest in comprehensive mental health education and awareness campaigns, equipping its community with the knowledge and tools to thrive.