



Healthy and Empowered Families

Community Health Assessment Priority Four: Mason County families are thriving.

Rationale: Exposure to chronic stress, from a variety of situations, can have significantly negative impacts on short-term and long-term health outcomes. These situations include childhood exposure to physical or emotional abuse, chronic neglect, caregiver mental health and/or incarceration, caregiver substance abuse, witnessing domestic violence, and/or parental discord. (1) These situations are also known as Adverse Childhood Experiences (ACEs). (2) In addition, the accumulated stress of family economic hardships, without adequate adult support, can have long-term effects on a child's brain and cognitive development that can continue into adulthood. (1)

Moving Mason Forward Goals

Mason County's children are at low-risk for child abuse and neglect

Child abuse and neglect cases are one indicator of family dysfunction. These cases are managed by Child Protective Services (CPS) employees through the Washington State Department of Social and Health Services.

Child Abuse and Neglect in Accepted Referrals (3)

Area	2012	2013	2014	2015	2016
Mason County Rate	49.3	54.0	45.8	43.2	47.1
Mason County Number of cases	601	657	556	521	569
Washington rate	34.3	34.3	32.4	31.9	34.0

NOTE: Rates are per 1,000 children
A child can be included in an accepted referral more than one time during a calendar year.

Mason County's families have sufficient income to support basic needs

The effects of chronic economic distress can also have a negative impact on individual health. Chronic economic distress can be a source of toxic stress, potentially affecting the health of every family member. (1)

Participation Rates in Public Assistance Programs (4) and (5)

Population	Mason 2013	Mason 2016	WA 2013	WA 2016
Children under 18 years participating in SNAP (4)	46%	44%	35%	30%
School children participating in Free and Reduce Meal (5)	61%	62%	46%	44%

Mason County's families live in a community that builds resiliency to Adverse Childhood Experiences (ACEs)

There are two approaches to reduce the impact of Adverse Childhood Experiences. One is to break the generational cycle of ACEs. The other is to build individual and community resiliency, in an effort to mitigate the negative impacts of ACEs experiences. Resilience focuses on "Help that Helps." Community Reciprocity and Social Bridging are two concepts that help a community understand resiliency. (2)

Factors That Inform Outcomes

Historically, Mason County has been one of the heaviest ACEs impacted counties. The community shares this distinction with other economically challenged counties that were severely impacted by declines in the forestry industries. ACEs burden is calculated by the number of ACEs situations an adult was exposed to during childhood. The highest ACEs score is 10. Mason County has the highest ACEs burden in the state, suggesting that the county has the highest percentage of adults who have experienced high ACEs events during childhood. (2)

There are ten categories of Adverse Childhood Experiences (ACEs):

- Family Dysfunction: 1- family members with mental illness, 2- drug addicted/alcoholic in family, 3- parental discord, 4- incarceration of family member, 5- witness domestic violence;
Abuse of Child: 6-physical abuse, 7- emotional abuse, 8- emotional abuse; and
Neglect of Child: 9- physical neglect and 10- emotional neglect. (2)

ACEs Burden on Adults 18-64 yrs, 2009-2011 (6)

Burden	Mason	WA	Clallum	Lewis	Grays Harbor
Adult population with 3+ ACEs	42%	26%	40%	38%	34%

ACEs Burden on students in Mason County, 2016 (7)

Burden	Mason County			WA State		
	8 th Grade	10 th Grade	12 th Grade	8 th Grade	10 th Grade	12 th Grade
Physically Hurt by an Adult	20%	33%	21%	19%	23%	22%
Ever Been Forced into Sexual Situation	24%	25%	22%	13%	18%	22%

Mental Health

Self-Reported Adults with 'Poor Mental Health' (8)

Measure	Mason 2012	Mason 2013	Mason 2014	Mason 2015	Mason 2016	Mason 2017	WA 2017
Average # days with poor mental health	4.4	4.7	4.4	4.4	3.8	3.8	3.7
% of pop. experiencing frequent (14+ days/month) poor mental health days	N/A	N/A	N/A	N/A	11%	12%	11%

NOTE: The 2016 Health Rankings changed their measurement time frame from five year average to a single year measure.

In 2016, 42% of Mason County 10th graders felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities. That same year, 28% of 10th grade students considered suicide. (7)

Selected Youth Mental Health Indicators (7)

Area	Mason 2010	Mason 2012	Mason 2014	Mason 2016	WA 2016
Depressed feelings – 8 th graders	29%	31%	36%	33%	28%
Depressed feelings – 10 th graders	31%	39%	45%	42%	34%
Depressed feelings – 12 th graders	31%	29%	40%	41%	37%
Considered suicide – 8 th graders	17%	20%	21%	21%	17%
Considered suicide – 10 th graders	15%	23%	28%	28%	21%
Considered suicide – 12 th graders	17%	12%	24%	24%	20%

Utilization of State-funded Drug and Alcohol Services

Utilization rates of state-funded alcohol and/or drug services provide another view on behavioral health. It is important to remember that this measure is not informed by any gap between supply and demand. There may be more individuals who could benefit from services but are limited by a lack of service capacity.

Rates for Clients of State-funded Alcohol or Drug Services (3)

Area	2011	2012	2013	2014	2015
Mason County	12.0	11.3	11.6	12.7	15.0
Washington	11.2	10.4	10.4	10.7	11.1

NOTE: Rate is per 1,000 adults (18+ years)

In 2016, Mason County experienced 89 deaths in the adult population attributable to alcohol or substance use. Mason County's rates are slightly higher compared to the state rate. (3)

Alcohol or Drug-related Deaths in the Adult Population (3)

Area	2011	2012	2013	2014	2015
Mason County	12.0%	16.3%	11.9%	13.5%	13.1%
Washington State	12.7%	12.8%	10.8%	13.1%	13.3%

Note: Rate is per 100 deaths. All adults are 18+ years.

Mason County experienced 76 alcohol-related arrests in the adult population in 2015.

Alcohol-related Arrest Rates (3)

Area	2011	2012	2013	2014	2015
Mason County Rate	3.4	1.4	2.3	1.9	1.5
Washington Rate	9.4	7.3	6.7	6.0	5.3

Note: Rate per 1,000 adults (18+ years)

Mason County experienced 116 drug law violations in the adult population in 2015.

Drug law Violation Arrest Rates (3)

Area	2011	2012	2013	2014	2015
Mason County	3.4	1.8	2.2	2.6	2.4
Washington	4.6	2.4	2.2	2.2	2.2

Note: Rate per 1,000 adults (18+ years)

Mason County experienced 7 alcohol or drug-related arrests among the youth population ages 10-14 years old in 2015.

Adolescent Alcohol- or Drug-related Arrests Rates (3)

Area	2011	2012	2013	2014	2015
Mason County	4.8	1.8	0.6	1.2	2.1
Washington	2.8	2.0	1.9	1.7	1.6

Note: Rate per 1,000 adolescents (age 10-14 years)

Family Structure for Households with Children under 18 Years

Both adults and children living in single-parent households are at risk for negative health outcomes such as mental health problems, including substance abuse, depression, suicide, and unhealthy behaviors such as smoking and excessive alcohol use. (8)

Percent of Children Living in Single-Parent Households (8)

Area	2011	2012	2013	2014	2015	2016
Mason County	27%	32%	32%	33%	35%	35%
Washington	29%	28%	29%	29%	29%	29%

Divorce Rates

In 2015, there were 257 divorces filed in Mason County. (3) It is not known how many of these involved children under the age of 18 years.

Divorce Rates (3)

Area	2010	2015
Mason County	5.1	4.9
Washington	5.2	4.4

Note: Rate is per 1,000 adults 18+ years, and is based upon the women's residence.

Incarcerated Adults

Adults can be incarcerated in county, state and federal facilities.

Incarceration Rates in State Correction Facilities (3)

Area	2010	2015
Mason County	332.8	920.5
Washington	400.4	522.1

Note: Rate is per 100,000 adults 18+ years
Incarceration rates are based upon the county in which the crime or conviction was completed

Domestic Violence

Witnessing Domestic Violence is one of the known Adverse Childhood Experiences. Domestic violence incidents include any incidents involving harm by any adult family member against another family member.

Domestic Violence Rates (3)

Area	2010	2015
Mason County	4.8	6.5
Washington	5.7	7.4

Note: Rate is per 1,000 individuals

Economic Distressed Impacts

Population of Children Living in Poverty and Extreme Poverty, based on Federal Guidelines, 2011-2015 (9)

Area	Mason County		WA
	Count	Percent	Percent
Children living in poverty (<100% of FPL)	3,004	26%	18%
Children living in extreme poverty (<50% FPL)	1,011	9%	8%

A 2015 study (based upon 2013 data) found that while 15% of Mason County households live at or below the federal poverty level, an additional 23% of households were described as ALICE totaling 23,395 households. ALICE is an indicator of the portion of the population who are 'working poor,' (Asset Limited, Income Constrained and Employed.) (9)

Distribution of Poverty and ALICE Households (HH) in Mason County, 2013 (10)

Area	# of HH	% ALICE and Poverty
Allyn CDP*	806	16%
Belfair CDP	1,236	49%
Grapeview CDP	496	31%
Hoodsport CDP	359	52%
Shelton City	3453	49%
Skokomish CDP	178	59%
Union CDP	259	29%

NOTE: CPD - Congressional District.

- (1) Toxic Stress. Center on the Developing Child. Harvard University.
<http://developingchild.harvard.edu/science/key-concepts/toxic-stress/>
- (2) Neuroscience Epigenetics: Adverse Childhood Experiences Resilience. Health, Safety and Resilience: Foundations for Health Equity, Fall 2014-/Winter 2015. Foundation for Healthy Generations
- (3) Risk and Protection Profile for Substance Abuse Prevention in Mason County, December 2017. RDA, Department of Social and Health Services.
<https://www.dshs.wa.gov/data/research/research-4.47-mason.pdf>
- (4) Client County and Service Costs. RDA, Department of Social and Human Services.
<http://clientdata.rda.dshs.wa.gov/Home/ShowReport?reportMode=2>
- (5) State Report Card. Office of Supervisor of Public Instruction.
<http://reportcard.ospi.k12.wa.us/summary.aspx?groupLevel=District&schoolId=1&reportLevel=State&year=2014-15>
- (6) 2018 Washington State Health Assessment. Washington State Department of Health
https://www.doh.wa.gov/Portals/1/Documents/1000/2018SHA_FullReport.pdf
- (7) Healthy Youth Survey. Department of Health. <https://www.askhys.net/>
- (8) County Health Rankings. University of Wisconsin. www.countyhealthrankings.org.
- (9) Kids Count. Mason County. <http://datacenter.kidscount.org/data#WA/5/0/char/0>
- (10) ALICE: Study of Financial Hardship. United Ways of the Pacific North West. Fall 2015.
<http://unitedwayalice.org/PNW/>

Questions about the data can be directed to

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