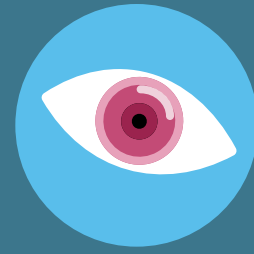


You Need To See It To Understand It

Visualizations on Mental Health





Foreword

Story Of The Research

At the outset of this project, the Fall 2021 Communication Design Workshop team at ID met with Social Works with the stated goal of creating data visualization concepts that might fit within the ecosystem of the My State of Mind initiative. These visualizations were tasked with inspiring new areas of mental health focus, surfacing community mental health insights, and above all adding to the breadth of My State of Mind as a comprehensive mental health resource.

Taking this charge, the team set about establishing the context for the visualizations by conducting a series of interviews with those close to the subject of mental health and young adults.
[characterize the interviewees and the perspectives they brought].

Armed with transcripts, notes, and first hand impressions, we then continued the research process by analyzing and coding our documentation into keyworded topic areas that emerged from the answers to our questions. From these keywords and topic

Bringing these areas of inquiry into the world of data visualization was a task that required the team to first individually research the topic areas and then determine the data necessary to relate those areas of interest to Greater Chicago and Cook County.



Foreword

How To Use This Book

As the final product of Social Works and IDs efforts, this book is a collection of data investigations meant to establish an understanding for how different areas of mental health can be interrogated, delivering moments of education, glimpses of new capabilities, and hopefully rooted ideas for new elements to add to and around the My State of Mind platform.

Functionally, ‘You Need To See It To Understand It’ is a narrative of the mental health journey from Self to Social Circle to Community. By organizing the chapters and visualizations in this way we hope to better show where and how these tools can be used as well as what audiences might find them helpful. It is also our goal to suggest that this journey can become a method of progression that ends with communities having a better understanding of their personal health and a level of agency to share this understanding with those around them.

This book is also an index of potential methods of communication that illuminate a select grouping of mental health perspectives for a chosen user.

With this in mind we have created a spectrum of mental health experience on which all of the visualizations live. This spectrum has three primary sections: Myself, My Social Circle and My Community.

Some visualizations have additional links via QR code or hyperlinks to videos that demonstrate interaction. Scan the QR codes using your phone, or click the link to learn more about the selected visualization.



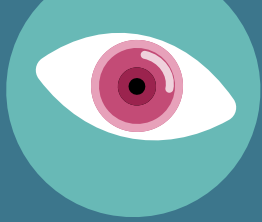


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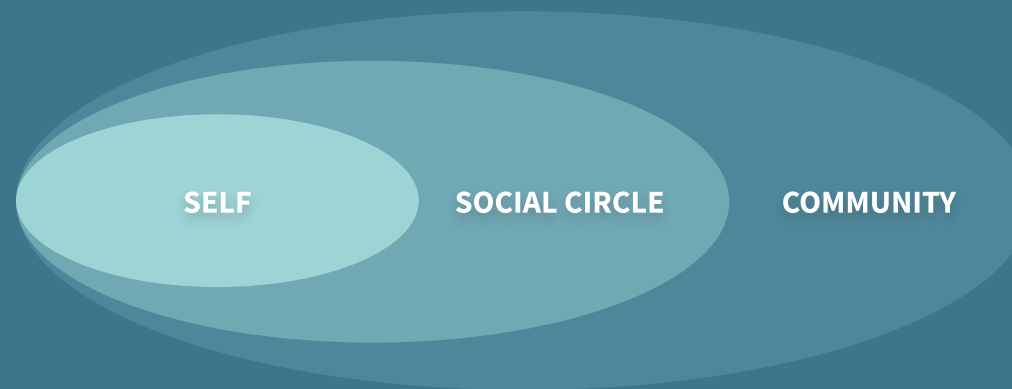
Introduction

When we look at ourselves, our relationships, our communities, they are layered and complex. People have different questions about mental health and start from different entry and access points into these layers. Our goal is to make this journey more accessible for you to start from any layer.

Mental Health is not a linear process, so through our chapters you might be able to find combinations of engagements that match your needs. With this in mind, we have created a spectrum of mental health experience on which all of the visualizations live. This spectrum has three primary sections:

- ***Self (Individual)***
- ***Social Circle (Personal Network)***
- ***Community (Neighborhood)***

By illuminating these key aspects with information and layered perspectives in conjunction with the My State of Mind platform, we hope to create a pathway toward expressions of empathy and common wellness that can live in the hands of the residents of Cook County.



Chapter 1

Myself



Every individual health journey starts with the self. Young adults are still learning how to be aware of their needs. Understanding one's self and one's own needs allows for openness of improvement and moving forward.

The Self chapter runs the gamut from individual self-exploration to educational diagrams of new self wellness methods. Access to knowledge about mental health, including trauma and symptom information, can help users feel more empowered on their own mental health journeys. Self-awareness helps us to become better decision-makers and gives us more self-confidence. Those who want to gain a better understanding of themselves and their needs can refer to these visualizations and diagrams to gain knowledge about important mental health information that could be directly relevant to them and their lives.

- How do I understand the science behind mental health?
- How do I best take care of myself?
- What resources and support do I have available to me?
- Is there a term for what I am feeling?

Warning Signs of Mental Disorders Common in Young Adults

Author: Sue Kim, Sun Park

Description

An interactable board showing the early signals and symptoms, and its suspicious-able mental health disorders. Six disorders are mental disorders which are commonly happened to young adults.

Intent

Although it is critical to realize and diagnose mental health issues at an early stage, it is easy to ignore the common and light symptoms which might be signals for the early stage of the mental health issues. This board can be a chance to self-check the mundane behavioral, psychological, and physical symptoms, and to see what would be the possible mental health issues they might have suffering and may lead to consider asking help from mental health service providers.

Use case

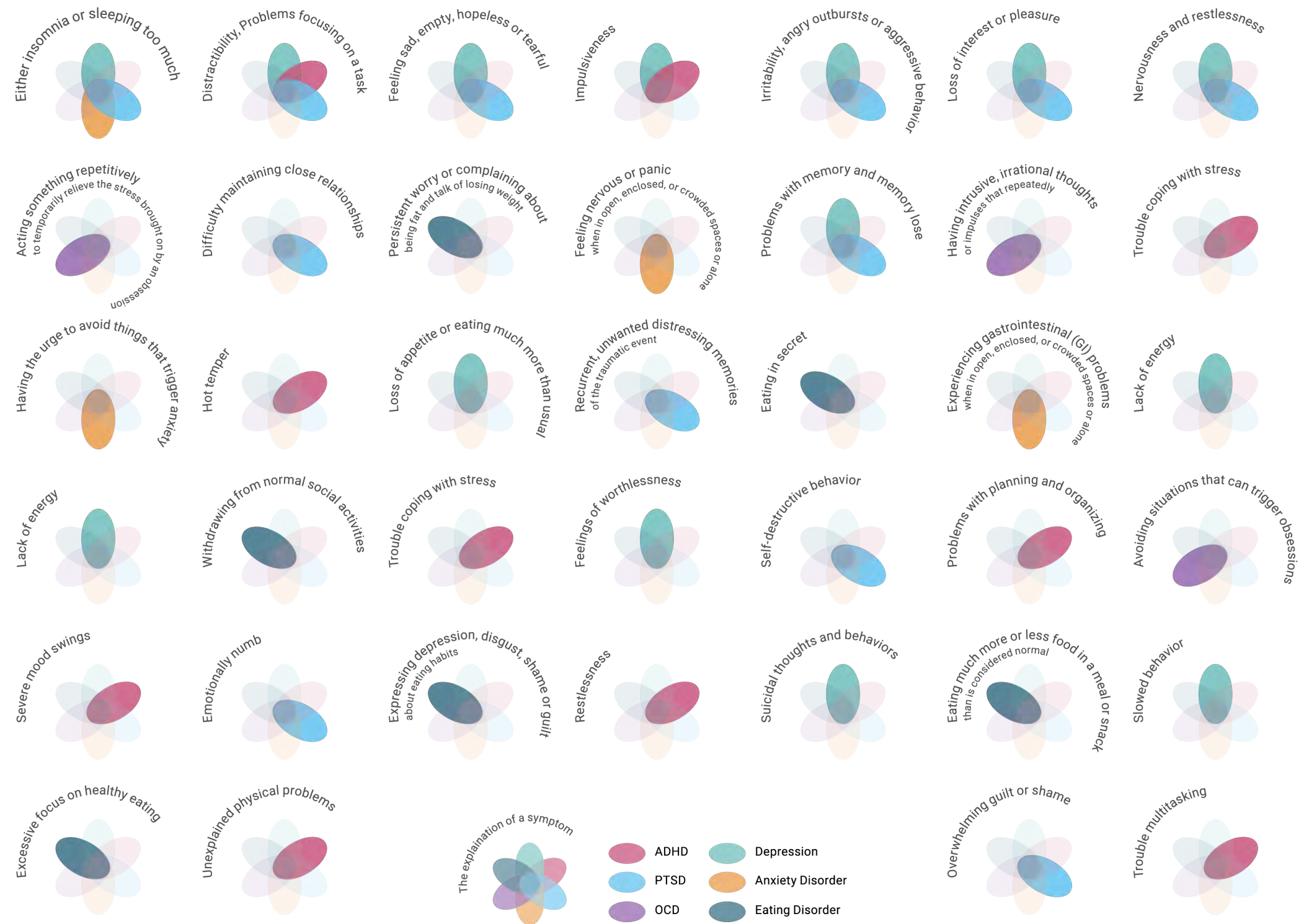
This board can be accessed via Social Works' website or be distributed to student groups so that they can try to play and see if the symptoms they have overlooked can be the signals of needing help from mental health services.

Data or Research Needed

Mental disorders' early-stage symptoms and signals that can be easily ignored.



Scan or click [here](#) to see interactive data visualization



You're Not Alone

Author: Sami Cohanim

Description

An interactive dashboard with statistics, videos, social media campaigns, and links to resources all related to mental health and support.

Intent

This dashboard is meant to allow those struggling or interested in mental health to have a place to go to feel less isolated by hearing the stories of others and being able to educate themselves on facts and resources.

Use case

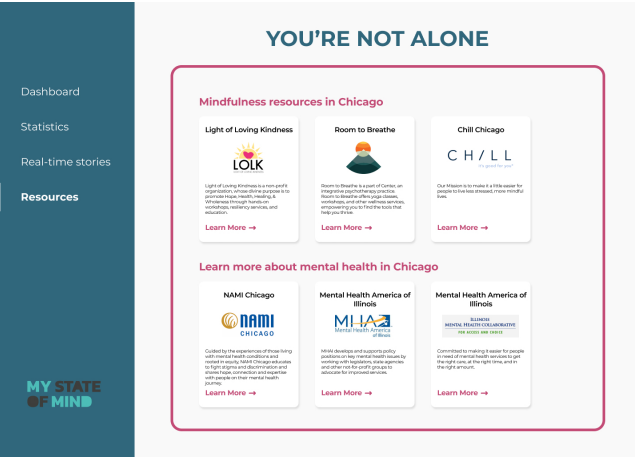
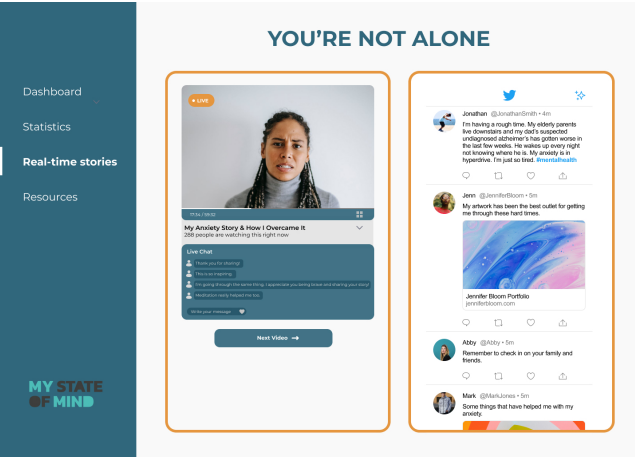
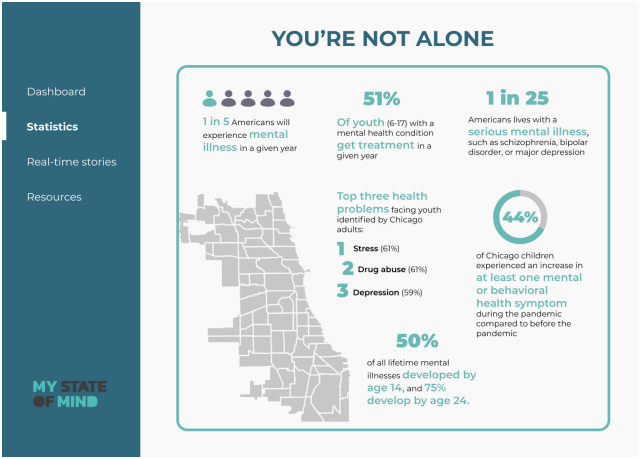
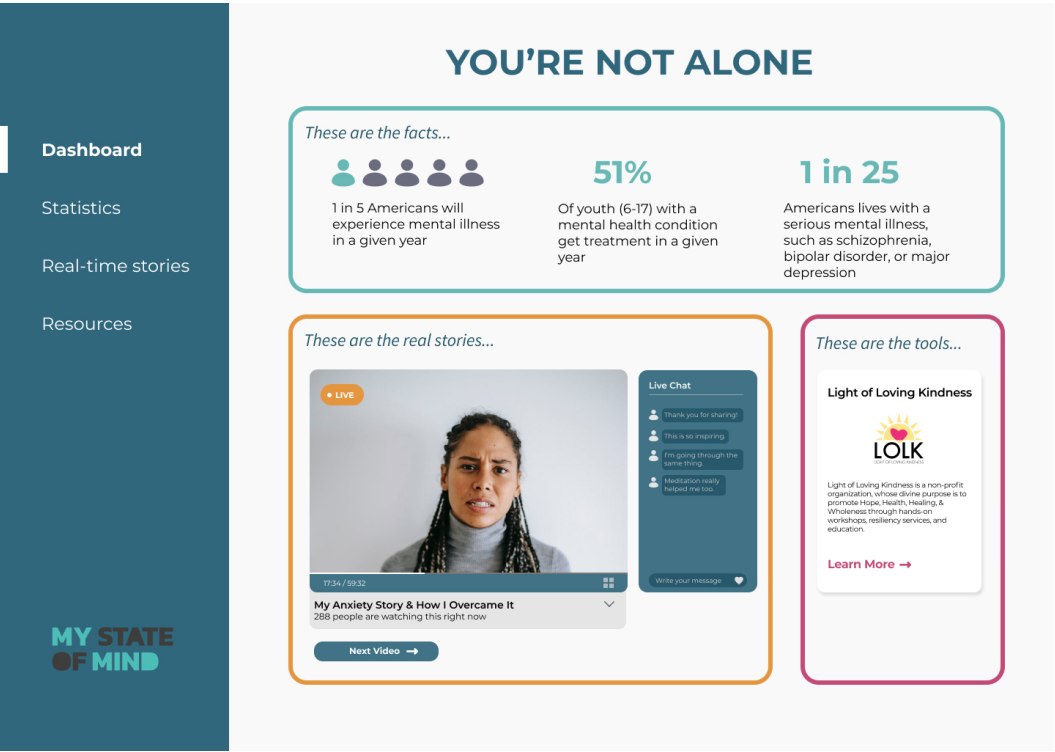
This dashboard can be accessed through SocialWorks' website so that those struggling or looking to learn more have one place to go with aggregated information.

Data or Research Needed

Pull live Youtube videos and Twitter hashtags, and recent mental health data.



Scan or click [here](#) to see interactive data visualization



Understanding My Brain

Author: Gauri Bhatt

Description

An interactive visual, to understand mental health and different mental illnesses, the functions of the different parts of the brain, parts of the brain the illnesses affect and thereafter the consequential symptoms of the illnesses.

Intent

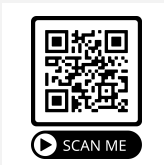
Mental illness is a biologically based disorder of the brain. Providing accurate information about mental illness, the cause and affect, is one of the ways to reduce stigmas about mental illness. Having this kind of knowledge has the potential to transform how mental illnesses are viewed and treated.

Use case

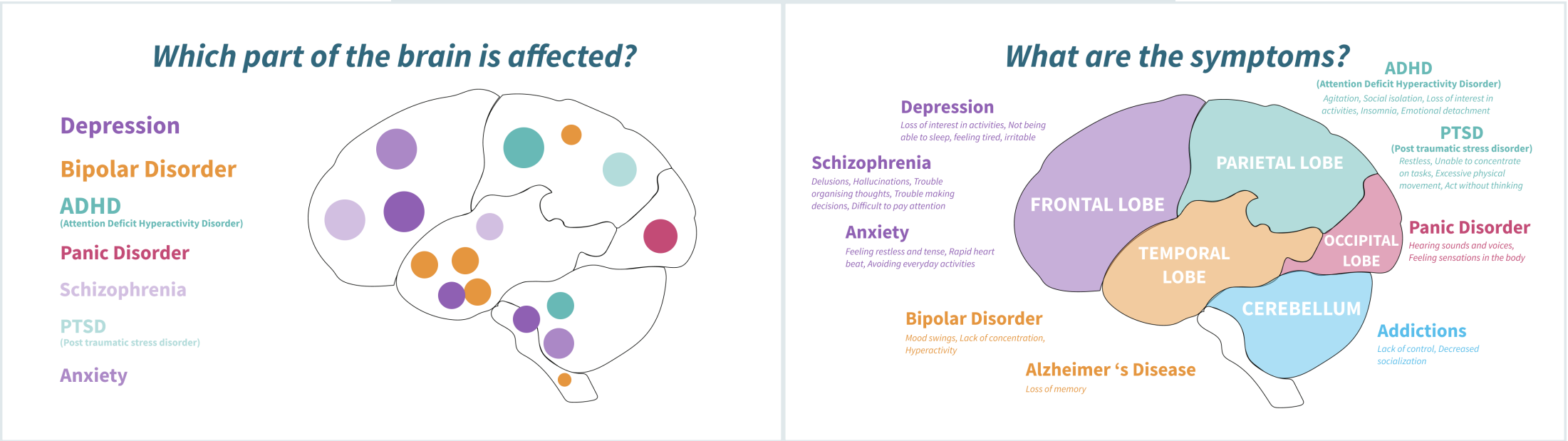
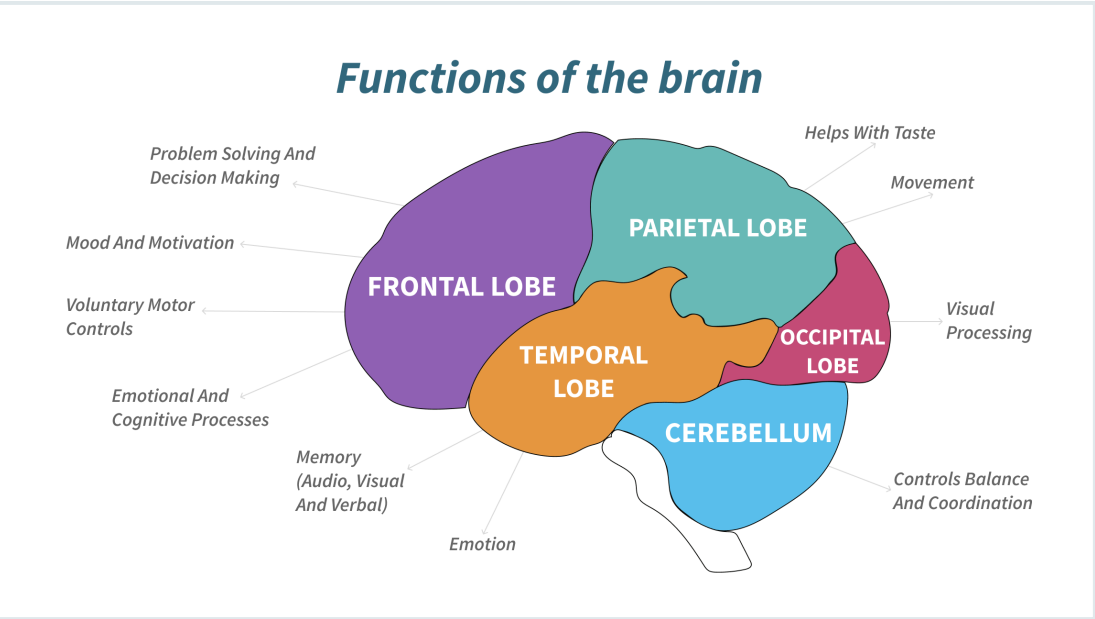
This interactive visualization can be incorporated into the SocialWork's website as an educative tool for all age groups to gain scientific information about mental health causes and its affects on the brain.

Data or Research Needed

Scientific research to accurately display the parts of the brain affected by mental illnesses, percentage of brain affected, and, the correlation between the functions of the brain and the symptoms of mental illness based on the part of the brain affected.



Scan or click [here](#) to see interactive data visualization



Effective resources that are commonly used

Authors: Kavya Rai & Urvi Bidasaria

Description

This Visualisation compiles the different kinds of aids that exist for a Young Adult, as well as their effectiveness. With the help of this, experts across Cook County can collectively recommend aids they believe are the most useful for those seeking information surrounding Mental Health resources.

Intent

This visualization helps address the questions surrounding -

- How might we communicate that various forms of help, with regard to improving one’s mental health, exist and are available?
- What forms of help are recommended (or available) for young adults? How might young adults be made aware of these different forms of help?
- Could this awareness help distinguish self care from medical help?

Use case

Accessible through a digital platform that would be hosted by My State Of Mind; and shared to young adults via service provider websites, virtual school forums, and community forums.

Data or Research Needed

An active data set that collects and combines recommendations from Mental Health Experts and Service providers across Cook County. This data set would be actively updated as experts input their recommendations on the live platform.



Scan or click [here](#) to see interactive data visualization

What kinds of support do I have available to me?

Select a resource to learn more

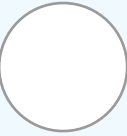


How do I read this?

SIZE -
Level of recommendation
(acc. to experts) :



Highly recommended



Frequently recommended



Occasionally recommended

COLOR -
Techniques that can
be performed...



With an expert



With those around you



At home

Stories about Living with Mental Disorders

Author: Minyi Zhang

Description

This information visualization mapped out audio stories living with symptoms when having commonly known mental disorders or conditions. Audio stories are color-coded based on the severity of the symptom. Users can click the speech bubble to listen to stories.

Intent

The story is powerful. Listening to real-life stories about living with different mental disorders can raise people's awareness and empathy. It's also a great education about gentle to severe symptoms of commonly seen mental disorders. Thus, when people notice people around them or themselves are having these symptoms they can take action to help others or themselves timely.

Use case

This information visualization can be used in SocialWorks digital platform to educate users about diverse mental disorders

Data or Research Needed

- Typical symptoms of pervasive mental illnesses in America
- Code the symptoms from gentle to sever
- Audio recorded interviews, stories, focus group discussion about different symptoms

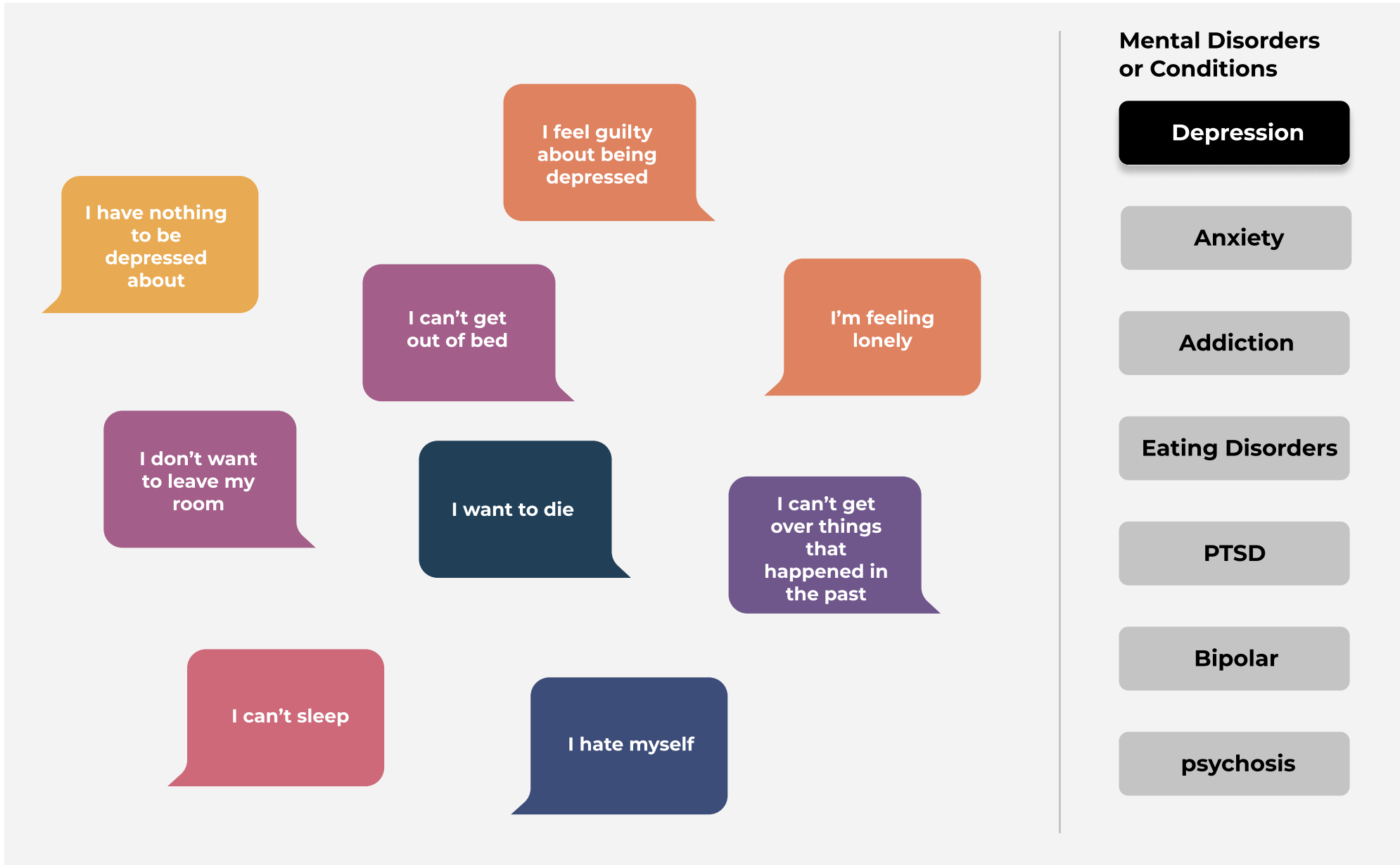


Scan or click [here](#) to see interactive data visualization

Click Speech Bubbles to Listen to Stories

Color Code: How severe the symptom is ?

Severe  Gentle



Tracking My Music History

Author: Aamena Ansari

Description

Music sets the tone of our lives, and the young adult population understands this intuitively. This tangible music log encourages our YAs to be self reflective, and have a way to look back at their days and weeks with a higher awareness of their experiences. This tracking journal is meant to support personal and group reflections, that can contribute to communal mural planning, or however else the community wants to see themselves in the world.

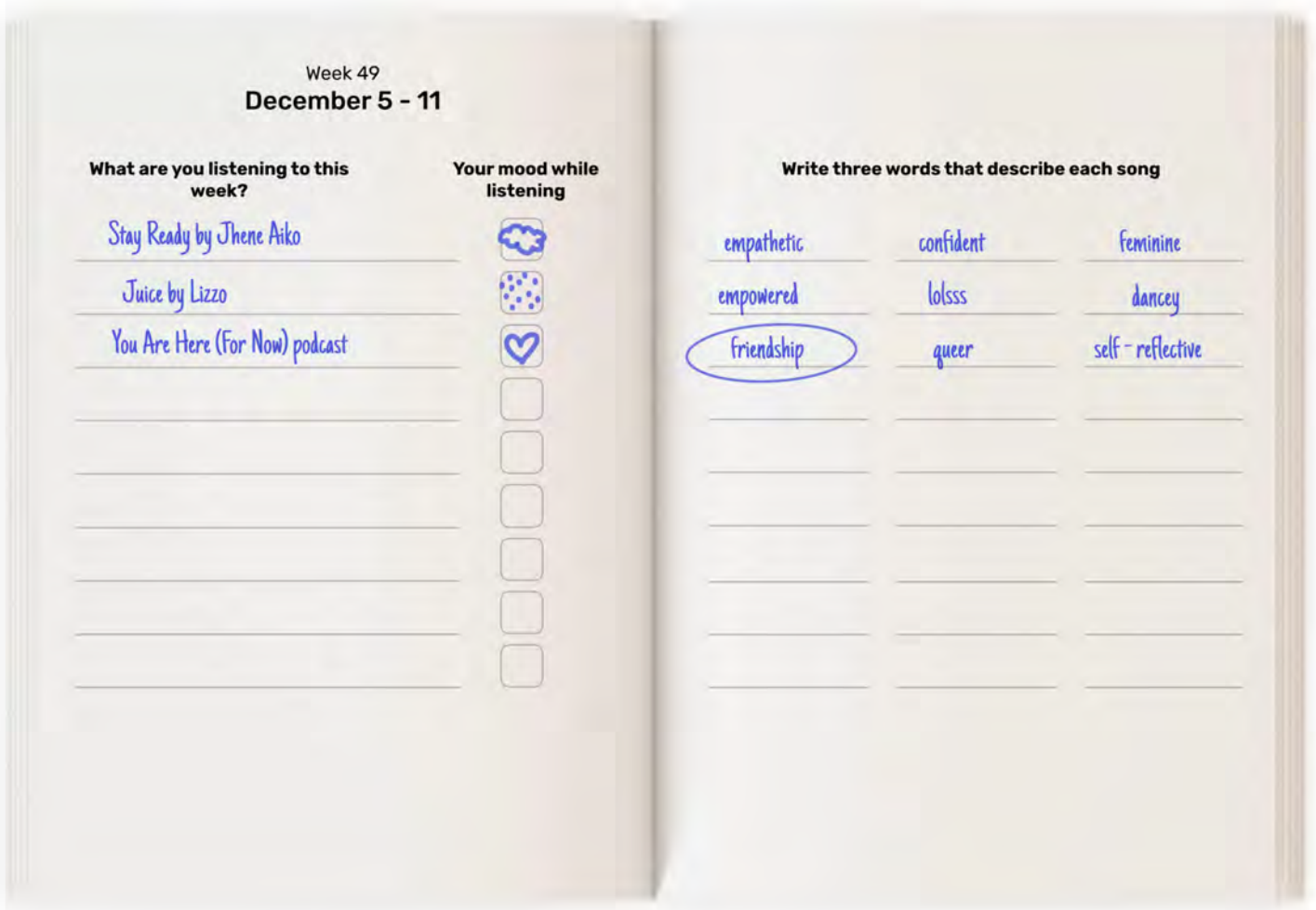
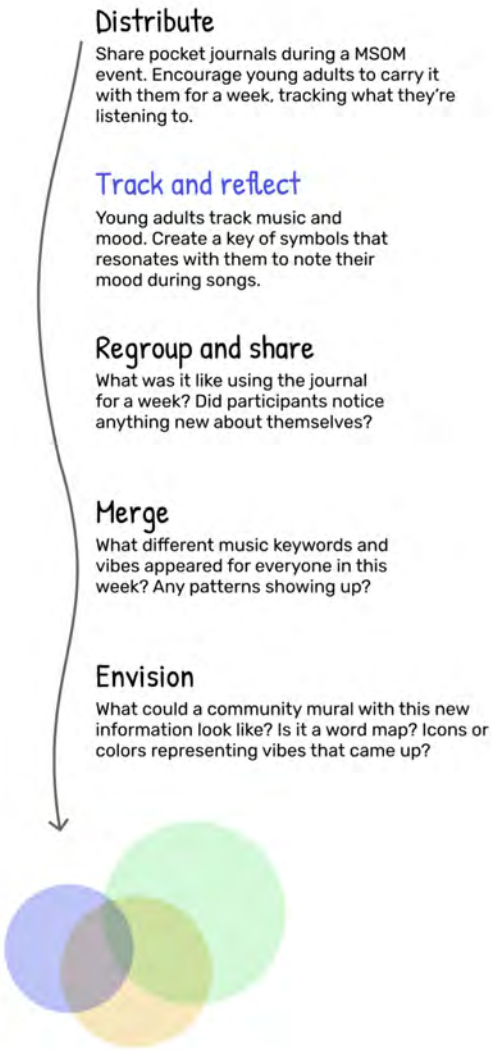
Intent

This music log will help YAs reflect on:

- What cultural messages do I engage with?
- How does that impact my day and mood?
- What language or imagery can I use to express my ideas and experiences with myself and others?

Use case

Booklet is shared by My State Of Mind in community events. Followup meetups that are loosely facilitated where individuals can share out, and commonalities or themes are found. If desired by contributors, this info could become a mural, or graphic to reflect on together.



Trauma symptoms & coping methods for self awareness and management

Author: Ruohua Huang

Description

This interactive infographic shows typical trauma symptoms and provides some methods for managing trauma. It allows the user to identify symptoms and then mix and match some coping methods based on personal preference. The “show more” and “find one” take the user to external resources for further learning and seeking help.

Intent

- To help increase self-awareness by knowing trauma symptoms.
- To learn some trauma coping methods for self-managing and healing processes.

Use case

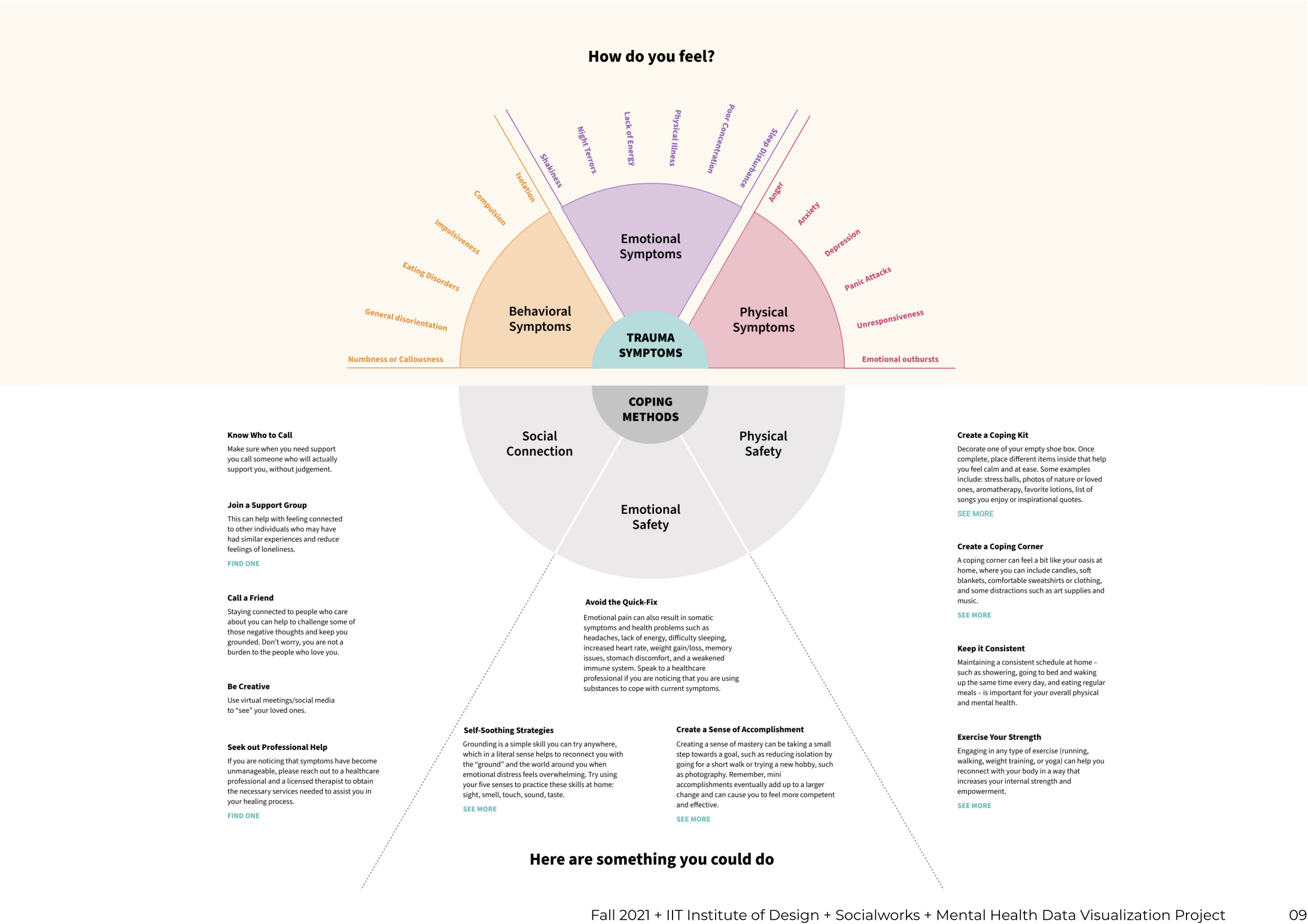
Use for young adults to become self-aware of trauma symptoms and be able to have a selection of trauma coping methods to react to.

Data or Research Needed

In depth research about Trauma symptoms & coping methods with mental health professions



Scan or click [here](#) to see interactive data visualization



How can I help myself or others overcome traumas

Author: Kelvin Yu

Description

A tool helps people diagnose different types of traumas and provide different types of resources and services to deal with this mental issue.

Intent

Requiring the right and adequate resources and services play a vital role in overcoming mental health issues. This visualization is meant to show the connection of what kind of service can provide when people encounter different types of trauma.

Use case

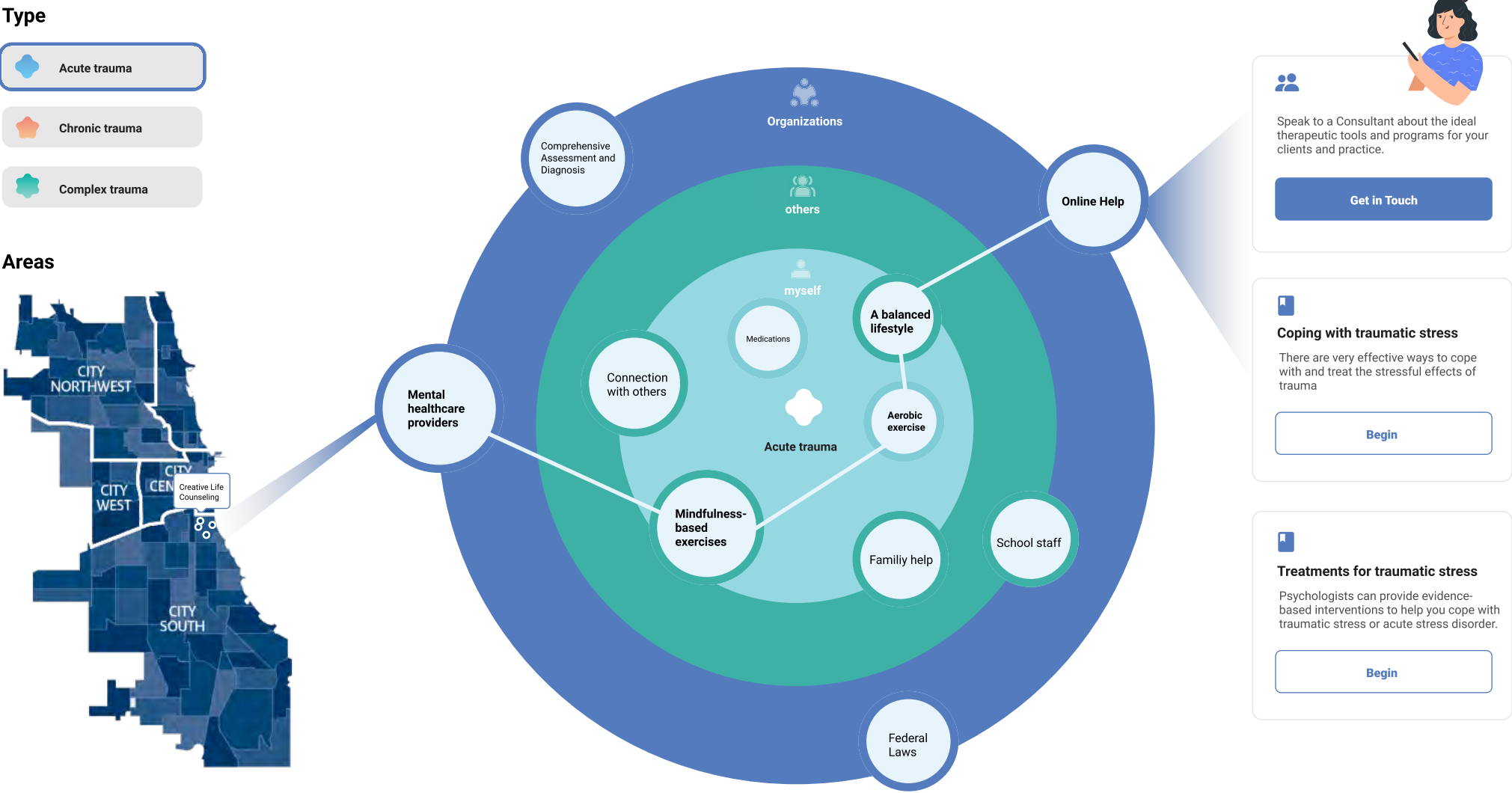
This visualization can be used as a tool on the Internet. People can leverage it by themselves or for family members and friends suffering from mental health issues. It can provide guidance and help from the physical health service provider and online tutorial.

Data or Research Needed

All kinds of services and activities can provide by health service providers.



Scan or click [here](#) to see interactive data visualization



Chapter 2

My Social Circle



The Social Circle is the network surrounding self that gives us our resilience. Social circles are essential for maintaining healthy mental health. Relationships with friends and family can play a huge role in our mental wellbeing as they provide support, primarily emotional support, along with upliftment and optimism.

Data visualizations could be beneficial in better informing those around the young adults (YA) such as parents, family, friends, and peers that form their social circle. Many members of their social ecosystem are not well-informed on how to help them with mental health issues. These data visualizations could be used to analyze behaviours and reactions of young adults dealing with mental health problems. It would assist the members of the social circle to identify intervention points to help the young adults cope and take appropriate action.

The Social Circle Chapter explains how social circles could be considered as a safe space for young adults to discuss mental health issues, share thoughts and feelings, and receive support. As individuals, we are more open to conversations on mental health when we relate to the people involved. Therefore, educating oneself and the social circle will help reduce stigma around mental health and improve ongoing care for young adults. Change takes place through the process of sharing one's vulnerabilities and leads to individual and collective wellbeing.

- How do I best help those that I regularly interact with?
- How can I emotionally support the people closest to me?
- How do I build safe spaces and conversations to support my social circle?
- I want to be there for my friend, but I don't know how? What can I do?

How can I help as a parent?

Author: Kavya Rai

Description

What forms of information would be beneficial to those who are close to and care for a young adult? Since many parents/guardians are not well-informed on how to support someone with mental health issues, this visualization collates all the information that they can refer to. Using this visualization to filter out the behaviors and changes that a parent has observed, they can take appropriate necessary action.

Intent

- To better inform a young adult's 'close circle' on how they can support someone going through mental health issues
- To build a connection between daily, mundane actions and clinical terms associated with mental health
- To provide a *first step* to a solution/remedy that they can offer immediately

Use case

- Can be made available as a digital tool as well as a static mural (in public spaces like parks, clinics, etc) and can be used by:
- Parents noticing changes in their teenager's behavior and actions, who want to learn how they can support their child
 - Close friends who want to learn more on how they can *be there and be present* for their friend

Data or Research Needed

Data listing common behaviors associated with mental health terms that are frequently experienced by young adults



Scan or click [here](#) to see interactive data visualization



How to Have a Safe Conversation

Description

A guide to language to use at certain points in the conversation and general non-verbal tips to help others feel safe.

Intent

Conducting safe or hard conversations is a skill. This visualization is meant to equip viewers with terms and tips that they can use to get what they need in conversations and help others feel respected.

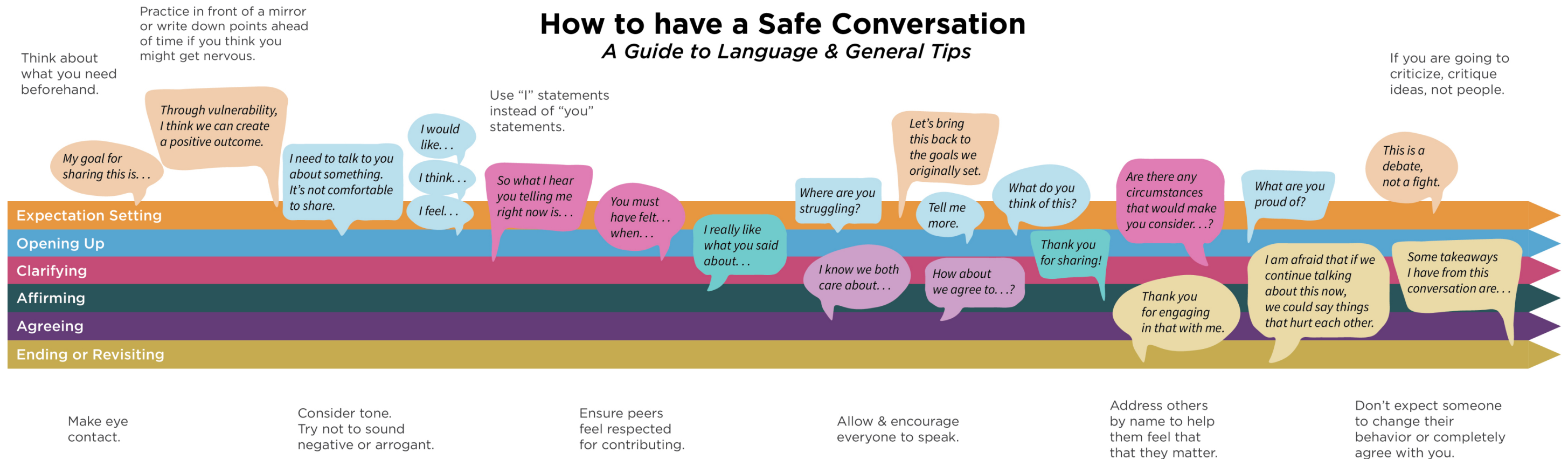
Use case

This visualization can be used as a mural in a high school hallway or classroom, where viewers pass by often so that they can remember the tips and terms when having future conversations.

Data or Research Needed

Secondary research on tips and terms needed to have a safe conversation

Author: Elizabeth C. Engele



How to build a Safe Space?

Author: Arijit Patra

Description

The visualization shows the process of setting up safe spaces for the discussion of mental health issues by their demographics. The visualization is in a network format which lets you explore and understand the relationship between the elements.

Intent

Safe space is an integral part for facilitating conversations on mental health, however the instruction of setting up one is hard to find. This visualization becomes a guide to setup safe spaces for anyone interested in it and MSOM can curate the knowledge base on this.

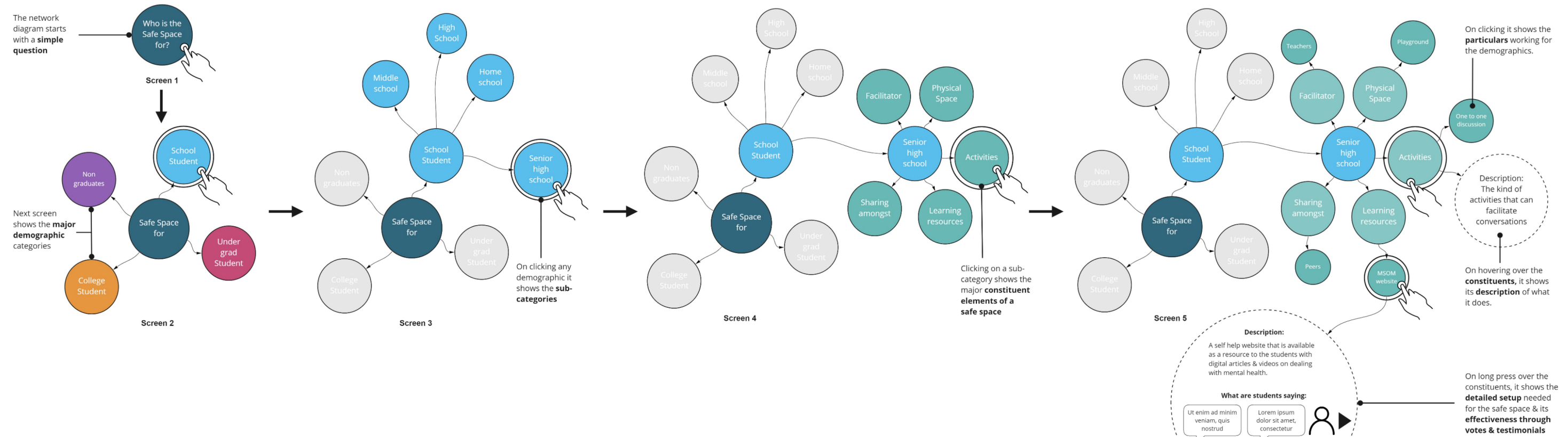
Use case

This visualization can be used to show how to setup safe spaces for mental health conversations to institutions or organizations like schools, community centers intending to do so for the young adults.

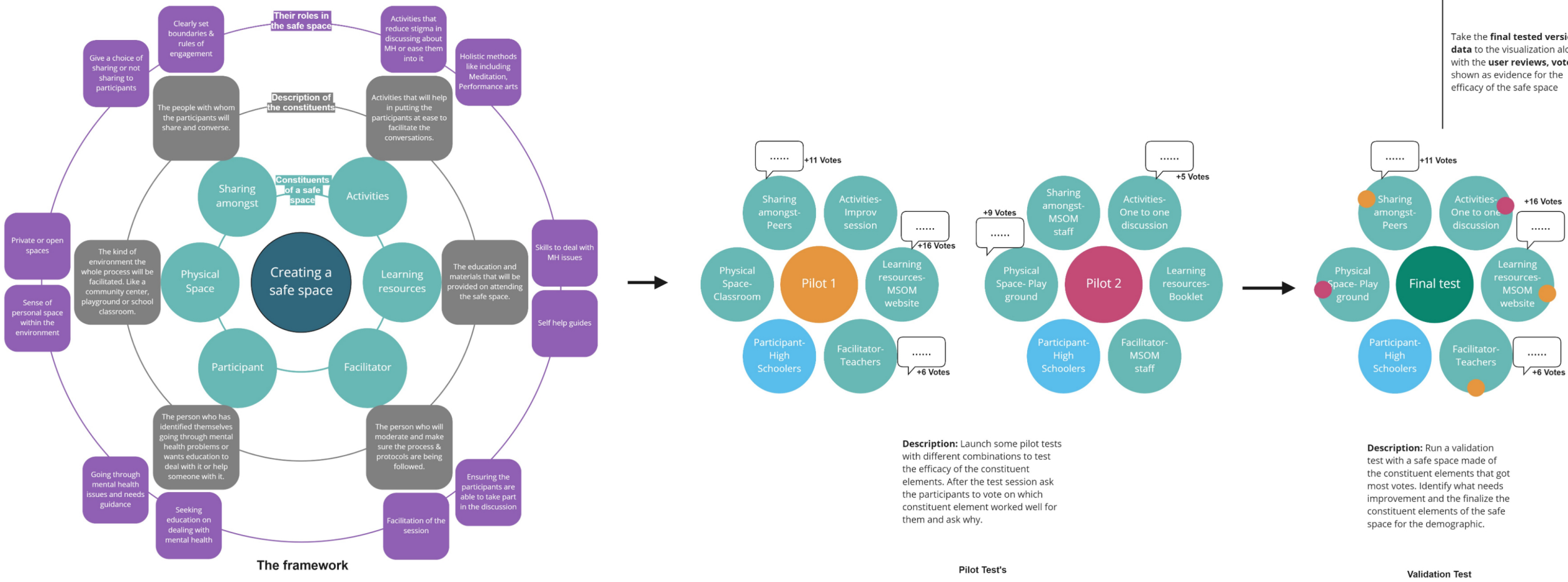
Data or Research Needed

The data for this visualization can be generated through the process given below the visualization. It is primarily based on participants feedback and voting. The current constituent elements of safe space example shown here is based on the interviews with experts, however it can change based on new findings during the research.

Network Diagram Visualization



Coming up with the Data for the Visualization





Chapter 3

My Community

Community encompasses people you relate or connect to but may or may not interact with, including those in your neighborhood. Community mental health has a deep rooted history in Chicago that is continuing to evolve to this day.

These visualizations provide tools for understanding mental health within communities on a macro level. Learning the history of mental health and the events that shaped community mental health care in Chicago can be beneficial for understanding how the mental health space and resources got to where they are today.

Additionally, specific Chicago neighborhood information reveals how different communities have been impacted and the factors contributing to care in those areas.

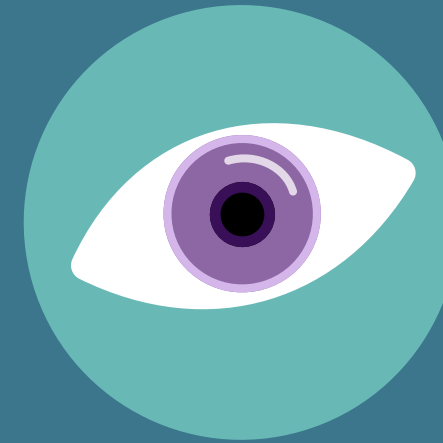
The Community chapter can provide clarity on the state of one's own or nearby communities to provide a sense of connection and understanding. The information presented here provides context for Cook County's mental health makeup and can have influence on new engagements with all residents and communities. While our past does not totally define us it can be a powerful gateway to empathy.





Chapter 3

My Community



- What resources are available in my neighbourhood?
- How does my neighborhood's available mental health support resources compare to other Chicago neighborhoods?
- What is the history of mental health-related issues and support in Chicago?
- Has Chicago's perception of mental health evolved over time? In what ways?
- How does my neighborhood respond/react to the topic of mental health?



Chicago Mental Health Service general info

Author: The class

Description

This Tableau data visualization maps out per capita income based on zip code and geographic data of mental health service providers and their general information (location, clinic name, phone number, zip code, language spoken, free service or not) in the Chicago area.

Intent

- To provide the basic service information of the Mental Health clinics (contact info, language spoken, free service or not)
- To see the relationship between area per capita incomes and distribution of mental health service availability

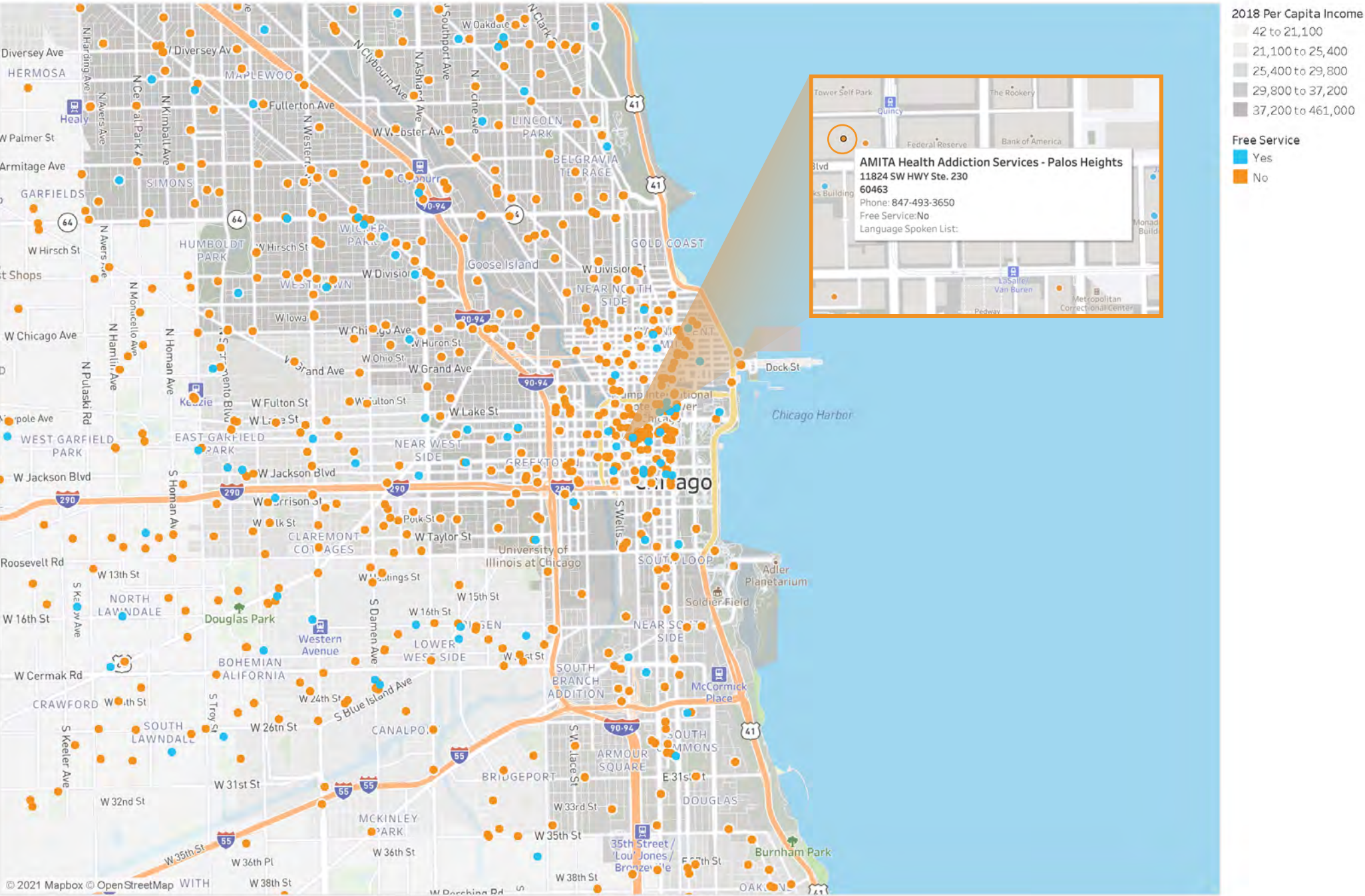
Use case

- Use for patients(youth) to gain information about mental health service available in Chicago area
- Use for mental health counselor to recommend clinics that meet patients(youth) needs
- Use for the local government to see the relationship between economic distribution and mental health service availability.

Data or Research Needed

Keep data up to date

Chicago Mental Health Service general info



Map based on average of Longitude and average of Latitude. Color shows details about Free Service. Details are shown for various dimensions.

Chicago Mental Health service availability

Author: The class

Description

This visualization informs the clinic that is accepting new patients. It shows information on which areas currently have the most clinics that can accommodate new patients, and which areas have the most shortages.

Intent

To show mental health service availability in Chicago.

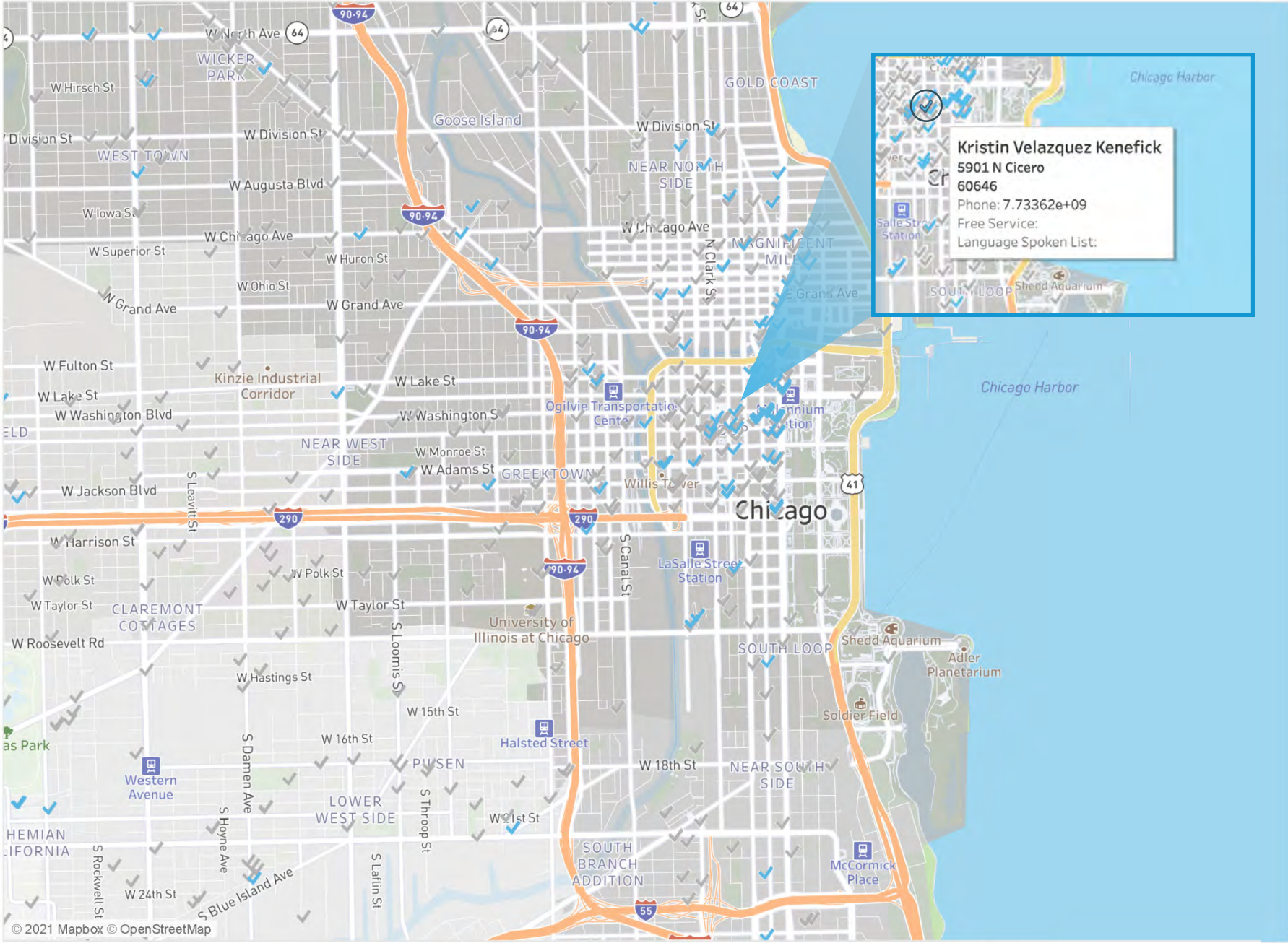
Use case

- Use for youth to find service providers which can accept new patients.
- Use for state /city government to consider future funds for provide mental health service

Data or Research Needed

Keep data up to date

Chicago Mental Health service availability



Map based on average of Longitude and average of Latitude. Color shows details about Accepting New Participants. Details are shown for various dimensions.

Price range with respect to mental health services provided and zipcode clustering

Author: Ujjwal Anand

Description

This Tableau generated treemap shows mental health service price ranges to help understand the common pricing and anomalies among all the service providers in the data set. It also shows the cluster of service providers within zip codes. The areas separated by thin white lines but within thick white lines belong to the same zip code.

Intent

The intent of this visualization is to uncover the variations in price range across all available service providers from the data set and also see which zip codes have more concentration of service providers and which have less. This helps us understand critical aspects of service providers distribution and find potential points of intervention in areas which have lower concentration of service providers.

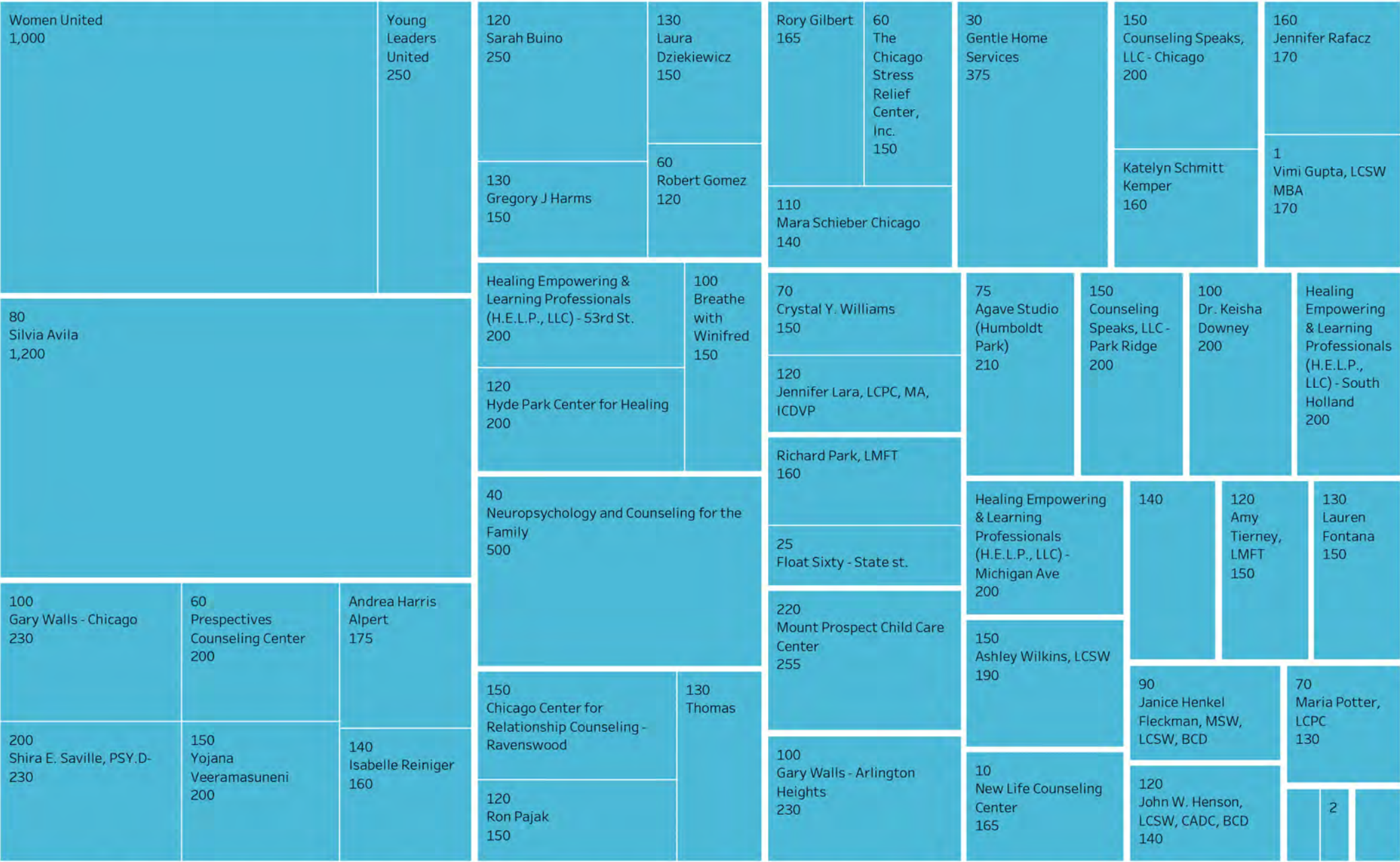
Use case

- Use for youth to gain information about mental health service price in Chicago area and know the range of the price they can afford to
- Use for government department (i.e. Chicago Department of Public Health – Division of Mental Health / Illinois Department of Human Services–Division of Mental Health (DMH) to understand the accessibility & affordability of mental health services in Chicago and understand gaps in distribution of services.

Data or Research Needed

To take this visualization further we can include the flexibility in charging fees that service provides on an individual level with the care receivers. Therefore further data can be collected on what amount is exactly being charged from patients by the care providers.

The Price range with respect to Mental Health service Provider and grouping based on zip code



Sum of Price Min, service provider name (All fields data MSOM 05232021 TI accepted - All fields data MSOM 052320 (2) (1).csv) and sum of Price Max. Size shows sum of Price Max. The marks are labeled by sum of Price Min, service provider name (All fields data MSOM 05232021 TI accepted - All fields data MSOM 052320 (2) (1).csv) and sum of Price Max. Details are shown for Zip. The view is filtered on Zip and Exclusions (service provider name (All fields data MSOM 05232021 TI accepted - All fields data MSOM 052320 (2) (1).csv),Zip). The Zip filter has multiple members selected. The Exclusions (service provider name (All fields data MSOM 05232021 TI accepted - All fields data MSOM 052320 (2) (1).csv),Zip) filter keeps 3,512 members.

Chicago mental health service in relation to public transportation(CTA bus)

Author: Sun Park

Description

The location of Bus stations play a significant role in the accessibility of mental healthcare providers. Lack of bus stops nearby the service locations poses a potential barrier for some patients. This map could help the participants get to the right clinic and the local government to optimize the resources and distribution of mental health services.

Intent

To provide information on how accessible the clinics are by public transportation.

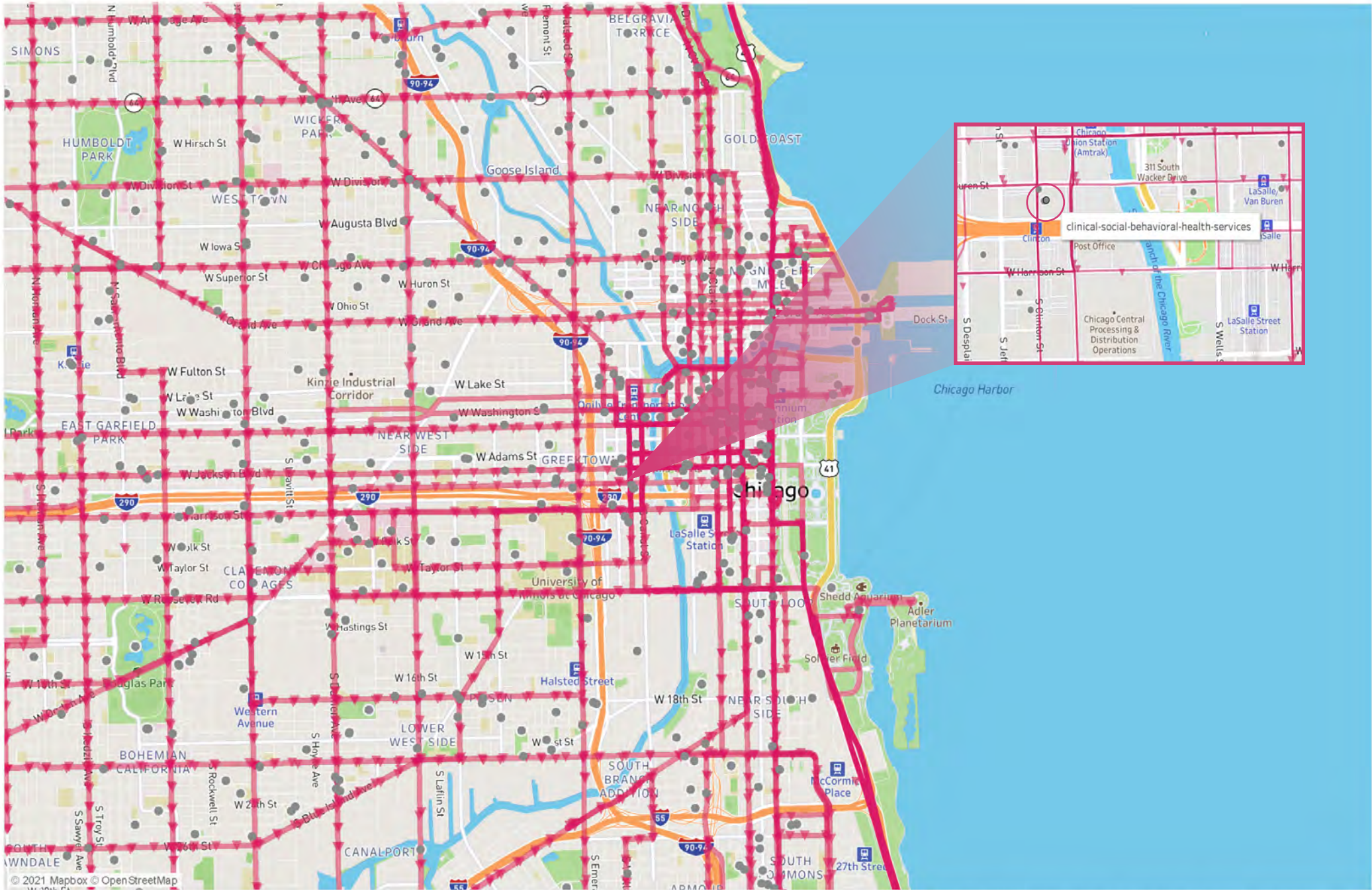
Use case

- Use for youth to find which clinics are accessible by CTA buses and which buses can take them to service providers.
- Use for the government - The Chicago Department of Planning and Development (DPD), i.e. Chicago Department of Public Health – Division of Mental Health / Illinois Department of Human Services–Division of Mental Health (DMH) to understand the relationship between public transportations(bus, trains) and locations of mental health services.

Data or Research Needed

Keep data up to date

Chicago mental health service in relation to public transportation(CTA bus)



Map based on Longitude (generated) and Latitude (generated). For marks layer CTA_BusStops.shp.Point Y: Details are shown for various dimensions. For marks layer All fields data MSOM 052320 (2).latitude (All fields data MSOM 052320 (2)), longitude (All fields data MSOM 052320 (2)) and Slug.

Chicago mental health service in relation to outdoor public spaces and public transportation

Author: Kavya Rai

Description

The CTA & Chicago public parks play a significant role in the accessibility of mental healthcare providers. This map can help participants identify and get to the right clinic via public transportation, and see the relationship between public parks, trains, and mental health service locations.

When looking into the space of mental health, the involvement of the government or legislation (whether it's at a city, state or national level) plays a large role in building awareness surrounding the topic. Not only does this reduce stigma over time, but also creates a sense of accountability when it comes to upkeep and maintenance of these public spaces.

Intent

- To provide information on how accessible the clinics are by public transportation
- To see the relationship (proximity) between public parks, trains, and mental health service locations
- To introduce an additional sense of accountability at the government level

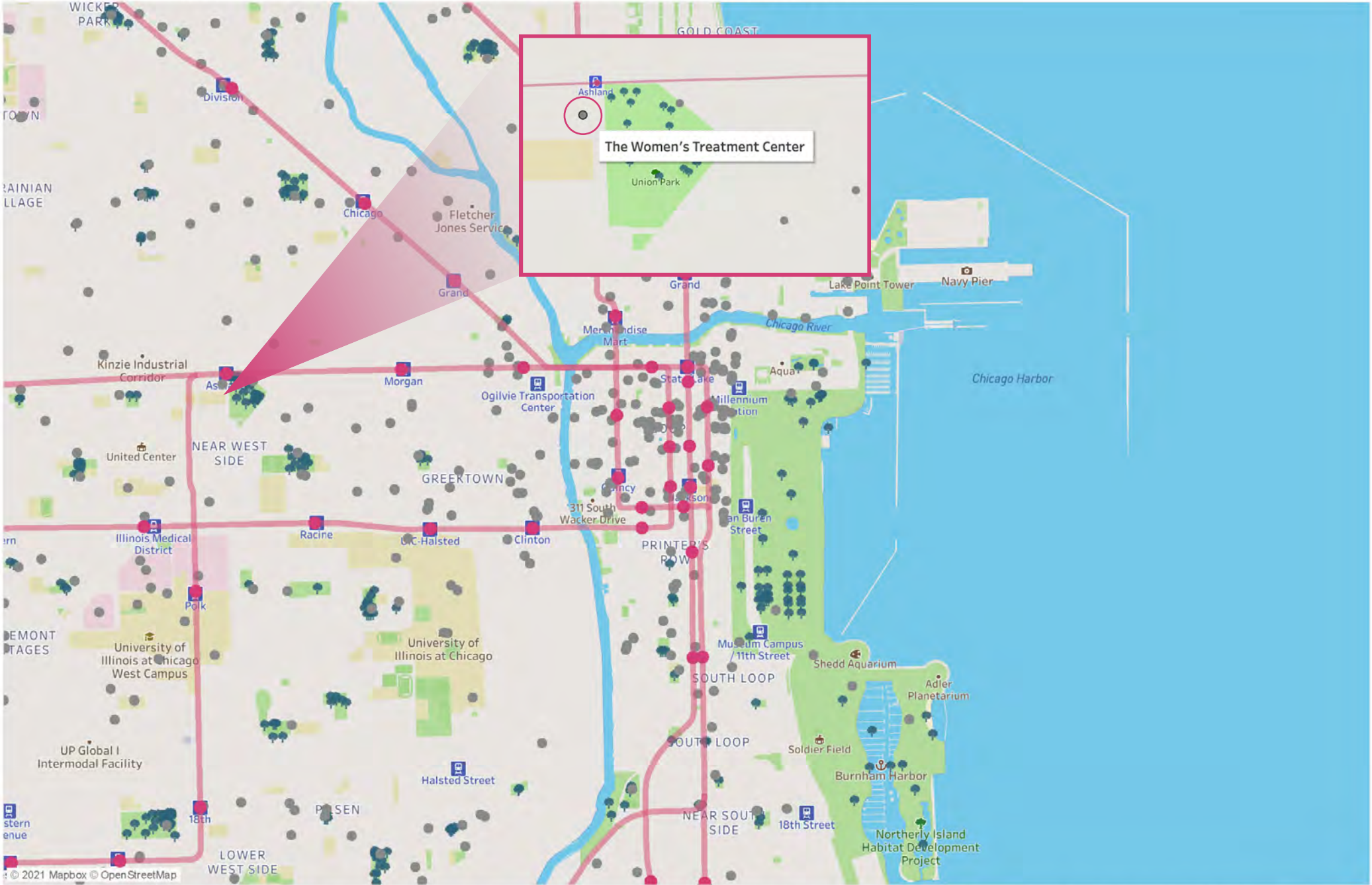
Use case

- Use for therapist to combine certain physical activities to a patient's treatment (eg : go for a 5 min walk in the park)
- Use for patients who are looking for a relaxing outdoor space
- Use for government (The Chicago Park District) to see if future sponsons are needed for public places and mental health

Data or Research Needed

- Mental Health clinic and service providers location
- Public transport network (route + stops) throughout Cook County
- Public space locations throughout Cook County

Chicago mental health service in relation to outside activities space and public transportation



Map based on Longitude (generated) and Latitude (generated). For marks layer Geo_export_dd0ea745-9d42-4e4c-a068-49957cd35ff4.sh: Details are shown for X Coord and Y Coord. For marks layer All fields data MSOM 05232021_TI accepted - address (3): Details are shown for Latitude, Longitude and Service Provider Name.

Chicago mental health service in relation to public school

Author: Sue Kim

Description

This visualization shows access to mental health clinics from public schools in Chicago, and provides information on whether students are in an environment with easy access to mental health services. Also, by providing information on whether free services are around, it is also possible to know whether students in various environments can receive the necessary mental health support.

Intent

- To provide information which public schools have enough mental health clinics near by
- To provide information on whether free mental health clinics available to students are accessible near public school

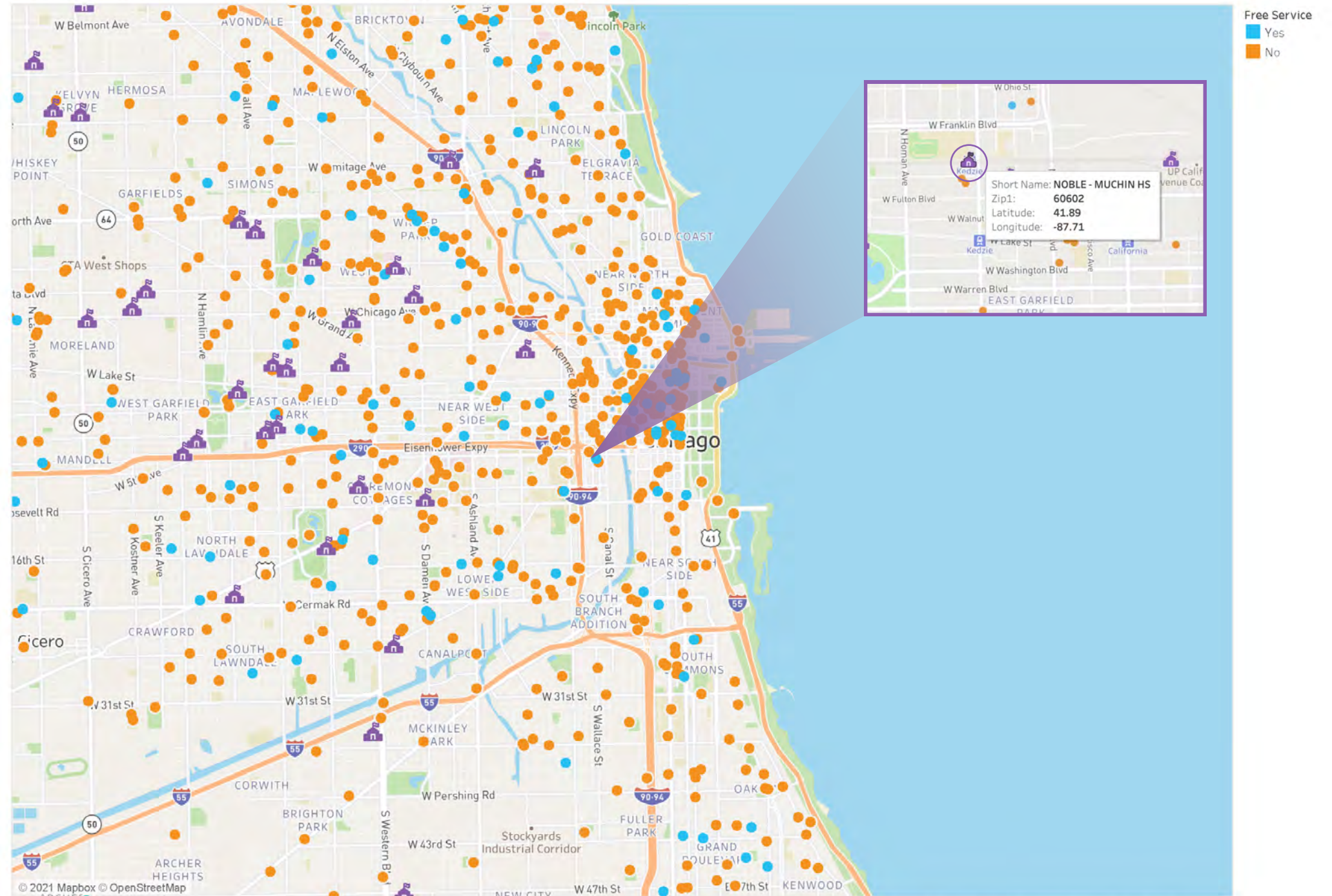
Use case

- Use for youth to find which clinics are available around public schools in Chicago
- Use for service providers to think about future locations for mental health services

Data or Research Needed

Keep data up to date

Chicago mental health service in relation to public school



Map based on average of Longitude and average of Latitude. For marks layer All fields data MSOM 052320 (2). Latitude: Color shows details about Free Service. Details are shown for Service Provider Name. For marks layer School_Locations_SY1718.csv.Zip1: Details are shown for Zip1 and Short Name.

What is a “Safe Space”?

Author: Elizabeth C. Engele

Description

The term “safe space” can be interpreted differently depending on what context you’re in and who you’re talking to. Each of the three layers of the data visualization share different depictions of what the term “safe space” means.

Intent

With more of an understanding on what a safe space means to different populations, youth educators and leaders can create appropriate safe spaces for those they are working with. For example, it may be too difficult to create a “brave space” (layer 3) for someone who views a safe space purely as a place of refuge (layer 1).

Use case

Teachers, guidance counselors, after school club leaders are given this visualization in a pamphlet at the beginning of the school year and can use it as a reference point when discussing safe spaces.

Data or Research Needed

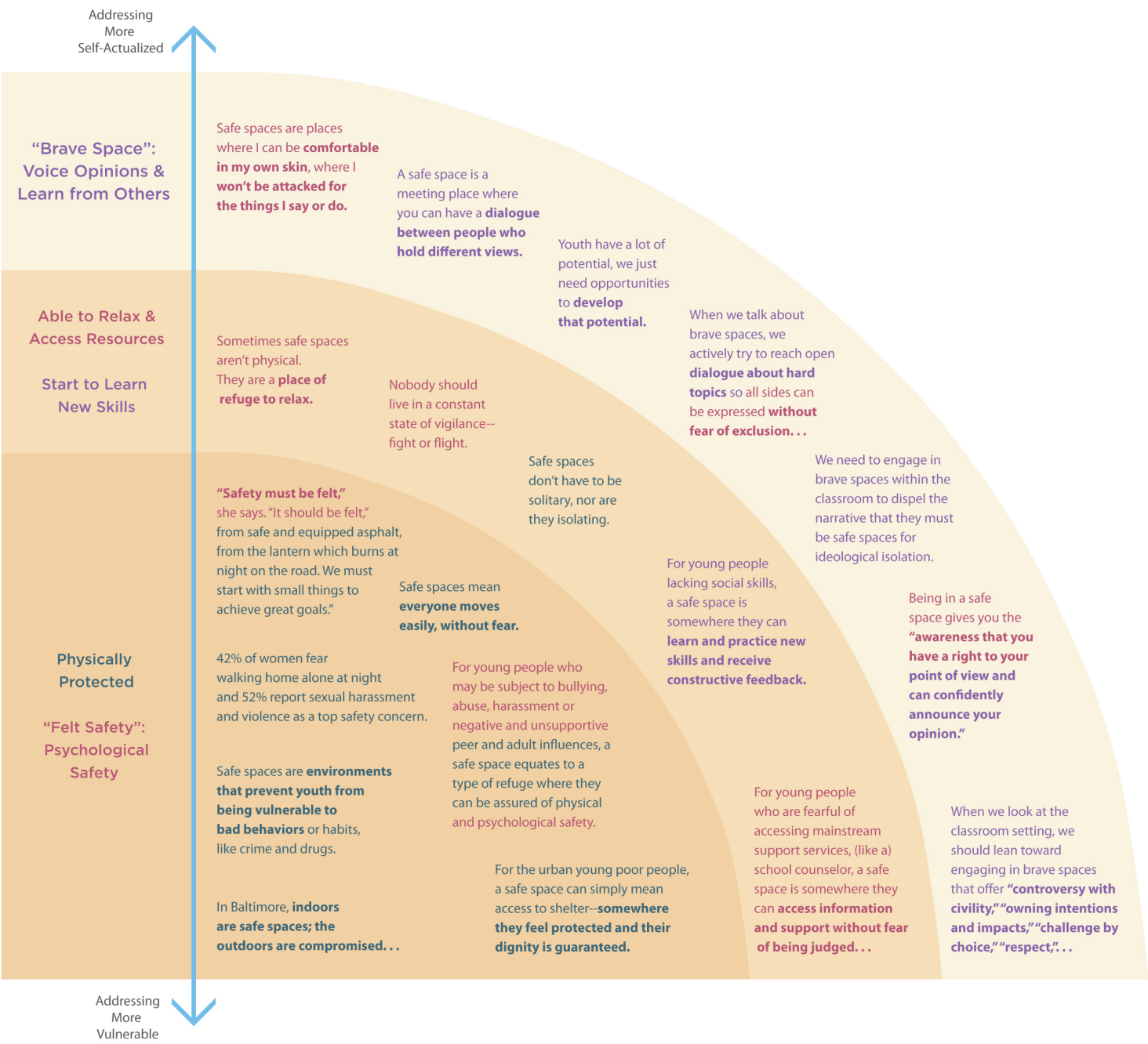
Secondary research was conducted on how different communities define safe spaces

What is a “Safe Space”?

The term “safe space” represents different things to different people. To the most vulnerable, a “safe space” represents a physical place of refuge. As young people get physical and emotional needs met, a “safe space” might moreso represent a space for learning and growth around different, sometimes controversial, ideas.

When using the term “safe space,” it is important to know how your audience might interpret the term so that you can speak to their needs and create a space that is appropriate for their safety needs.

Key
Physical
Emotional
Developmental
Quotes that contain multiple colors cross multiple categories.



Characteristics for effective Safe Spaces building

Author: Ruohua Huang

Description

This diagram shows key attributes of an effective safe space for youth to engage in community and mental health topics. And it contains further explanations for each attribute to guide the actions for building safe spaces.

Intent

- To draw out characteristics for an effective safe space.
- To help understand the meanings of safe spaces from youth and mental health expert perspectives.

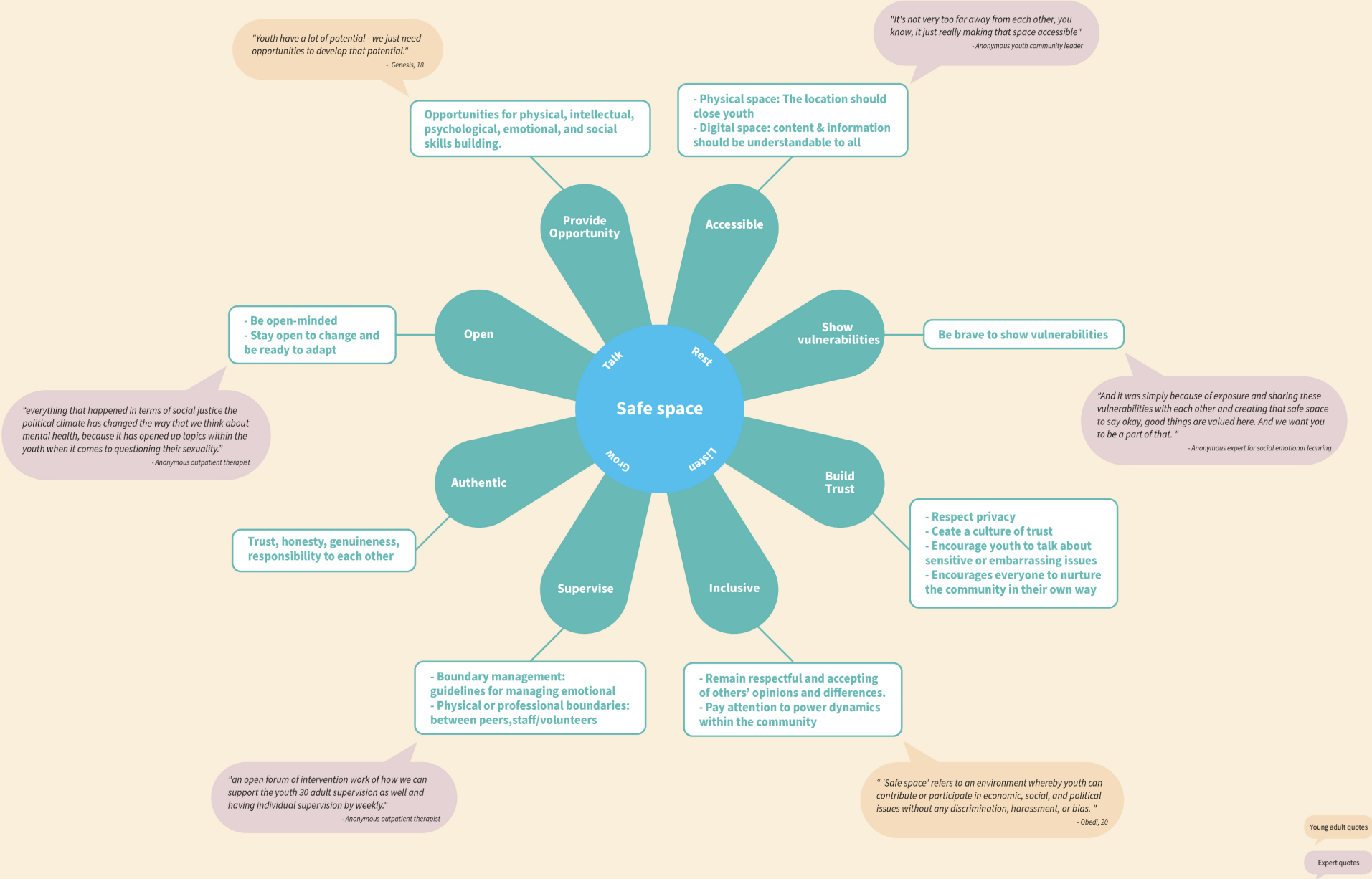
Use case

Use for youth community leaders to reflect on their current community structures and think about areas for improvement.

Data or Research Needed

Safe space definitions by Young adults & mental health professions

Characteristics for effective Safe Spaces building



Medicaid Accepted Mental Health Clinics in the City of Chicago : Wall Poster

Author: Sue Kim, Sun Park

Description

This booklet shows the information on how many Medicaid-accepted clinics are located in which area of the city of Chicago and what specific specialty care they offer. All the mental health care programs provided by clinics are categorized into seven specialty types, and the total number of those are shown per community, respectively.

Intent

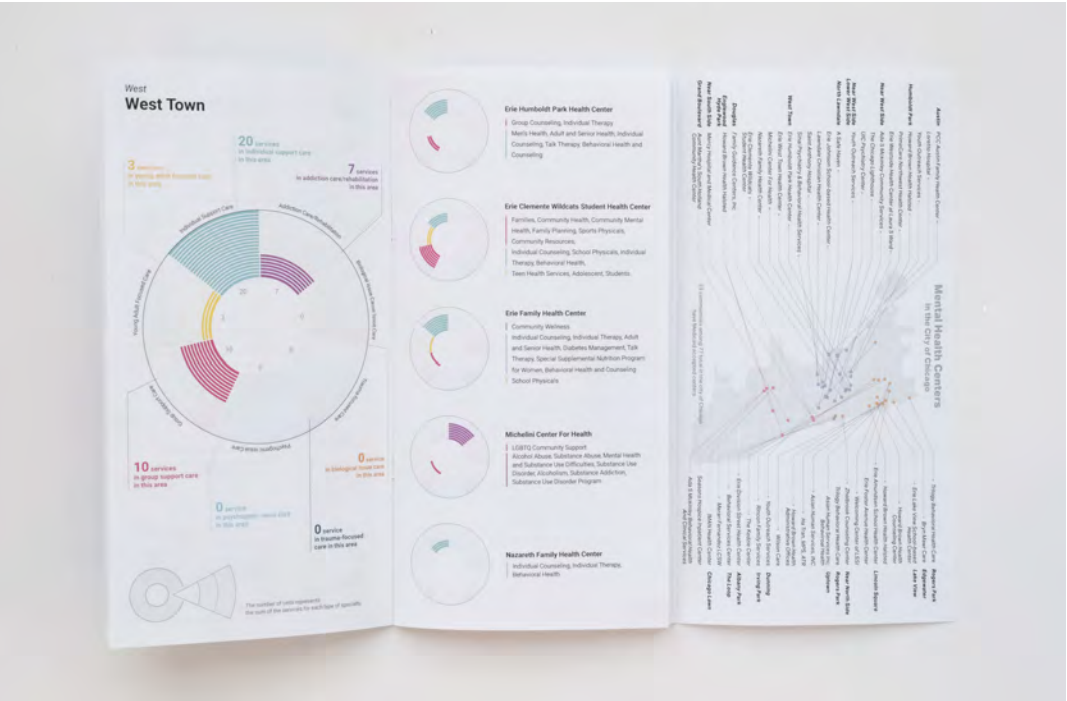
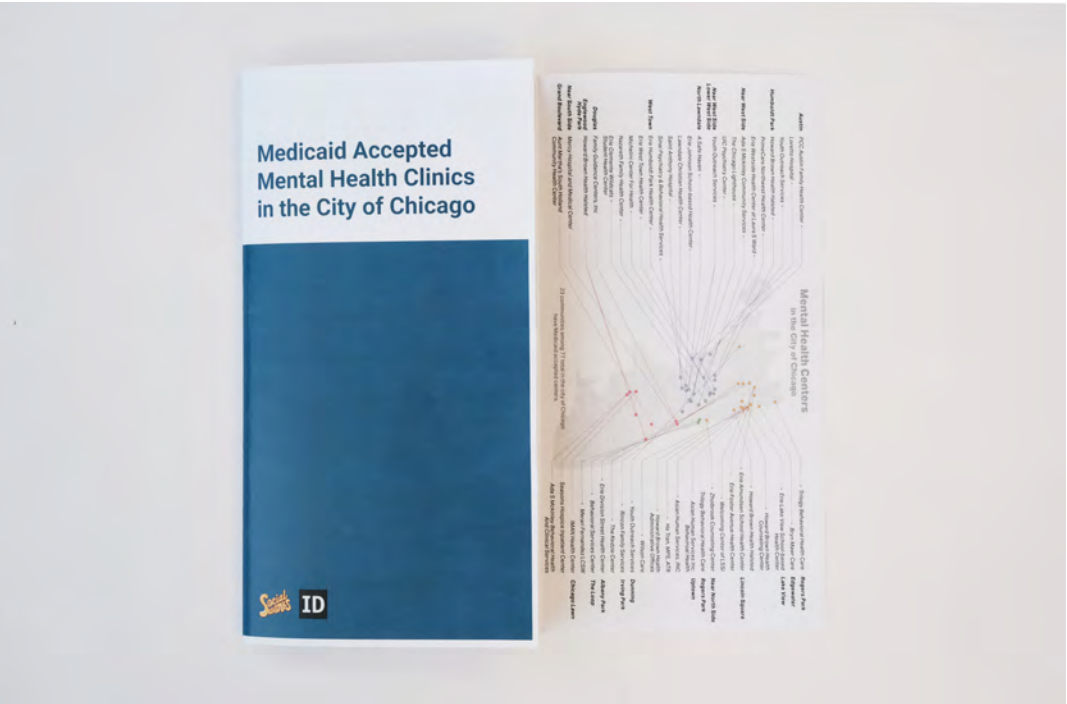
Medicaid-accepted mental health clinics are critical to providing more people with the opportunity to get the care they need. Unfortunately, it is not easy to find the appropriate clinics for Medicaid holders. By using this portable booklet, Medicaid patients can find affordable and needed specialty care, and mental health counselors can guide them.

Use case

Mental health counselors in public schools or organizations can use this book to provide clinics' information to young adults and other patients.

Data or Research Needed

Confirm with mental health clinics about the care program specialties, whether they are still accepting Medicaid insurance, and their location to accurately show the information.



Medicaid Accepted Mental Health Clinics in the City of Chicago: Wall Poster

Author: Sue Kim, Sun Park

Description

This board includes information comparing the distribution of young adults living in Chicago, the per capita income of each community in Chicago, and the location of mental health clinics. Additionally, it shows which type of specialty care is being provided most and least in the four Chicago areas, respectively.

Intent

People can know the current distribution of the overall mental health clinics in four Chicago areas. By comparing the locations of those clinics, the young adult population, and the per capita income of each community, they can get information about which areas need more clinics.

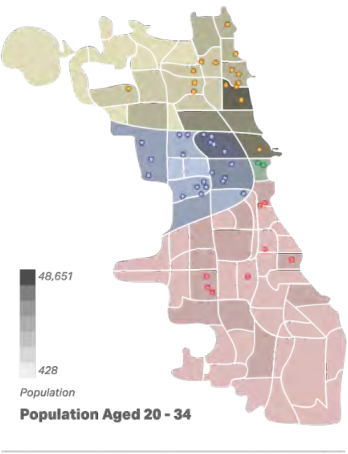
Use case

This data can help policymakers understand which neighborhoods may need more mental health clinics for young adults, low-income people, or specialty care and lead them to make effective decisions.

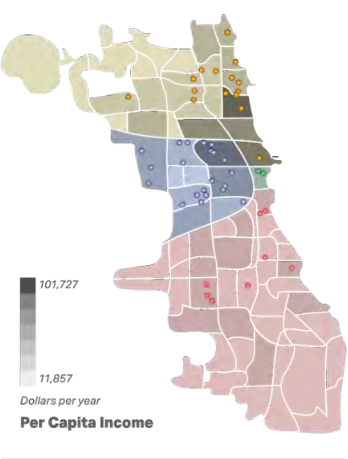
Data or Research Needed

Confirm with mental health clinics about the care program specialties, whether they are still accepting Medicaid insurance, and their location to accurately show the information.

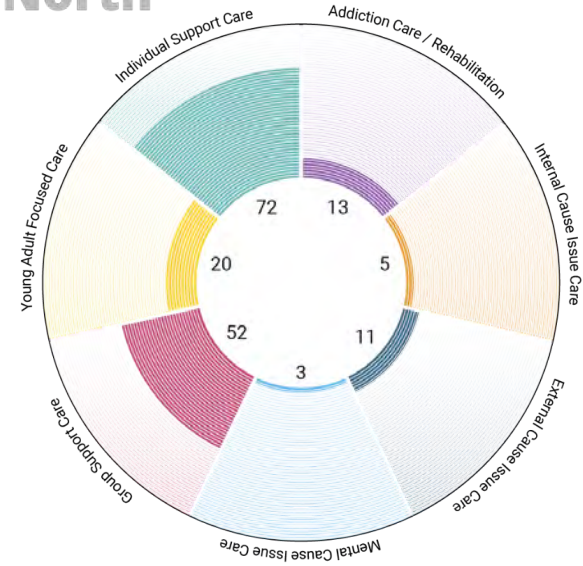
This map shows the number of young adults living in each Chicago neighborhood and the locations of Medicaid accepted clinics. People get information about which neighborhoods need more Medicaid accepted mental health clinics for young adults.



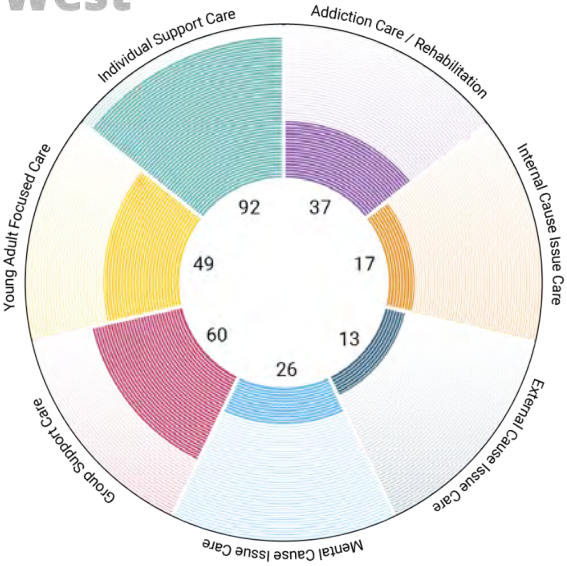
This visualization shows the per capita income of each Chicago neighborhood and Medicaid accepted clinic locations. People can get information about which neighborhoods need more Medicaid accepted mental health clinics.



North



West



Individual Support Care

Individual psychiatric care regarding guidelines, strategies or educational purposes.

Young Adult Focused Care

It is a care focused on young adult who are suffering from mental health problems due to personal relationships, academic achievement, job search, etc.

Group Support Care

With vary formats of group support including teleconferences, face-to-face meetings, and workshops, the treatment brings together several people with similar conditions under the guidance of a care provider.

Psychogenic Issue Care

Care aims to help patients to handle stress, manage relationship, treat depression and make choices.

Biological Issue Care

Treatment of internal cause problems focuses on biological factors such as genes or brain chemistry.

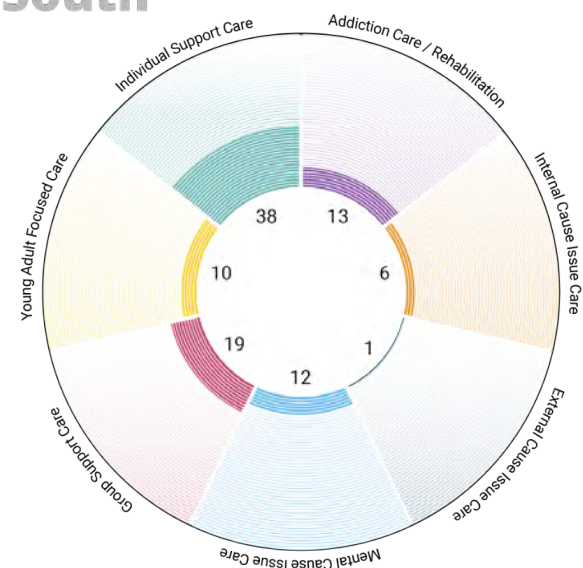
Trauma-focused Care

A specific approach care that know how the traumatic experience impacts a patient's emotional, physical, mental, behavioral, and spiritual well-being.

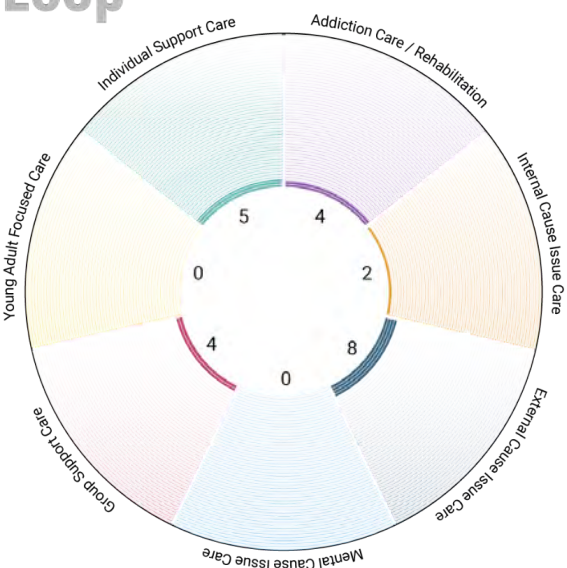
Addiction Care/Rehabilitation

Treatment of internal cause problems focuses on biological factors such as genes or brain chemistry.

South



Loop



Mental Health Issues and their symptoms

Author: Ujjwal Anand

Description

Mental health issues can be highly deceptive because it's not evident most of the time . Hence it is essential to understand the nature of its symptoms and predict situations from the behaviour and lifestyle of the individuals. **The data and information on Mental health is highly fragmented and not well understood** and hence this visualisation fuses and consolidates the information related to mental health issues.

Intent

This visualisation(interactive : follow link on extreme right) intends to uncover patterns by putting the mental health disorders in a chronology based on prevalence in the United States as well as simplify the understanding of mental health categories and its symptoms by building relationships between them. (Refer link on extreme right to see relationships between disorder and symptoms).

Use case

This visualization can be used by anybody ranging from care providers and counselors, all the way till individuals who are suspecting mental health issues. It could be used by parents and friends of individuals who are showing signs of mental health issues to intervene proactively before the symptoms aggravate. Hence this visualization becomes an **effective tool to address mental health awareness and education**.

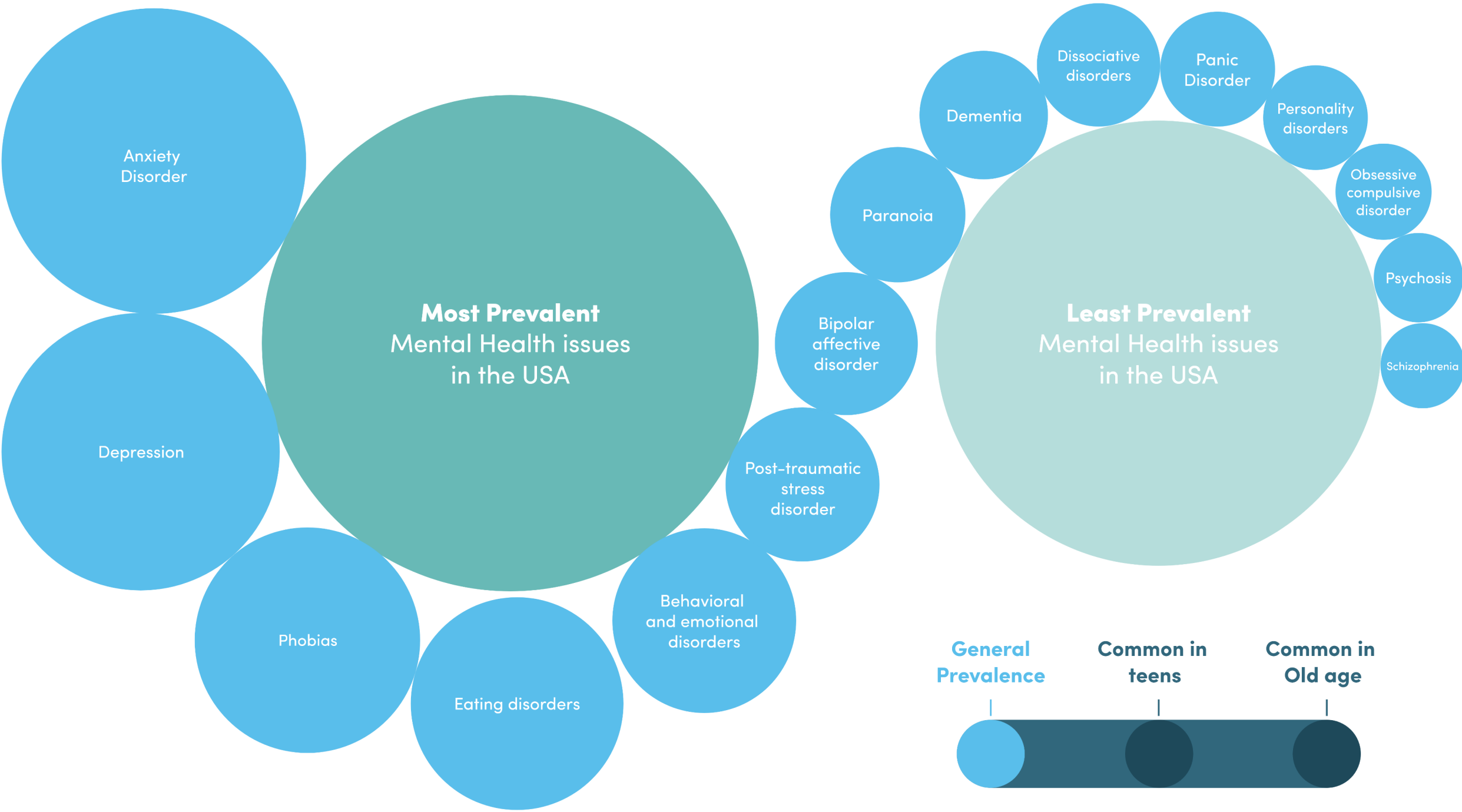
Data or Research Needed

Currently the chronology has been created based on data gathered from different sources (both government and non-government). To make this visualisation more accurate **a research to assess the prevalence of mental health issues in the USA** needs to be conducted and also studies to understand the **most common mental health issues among the teenager children and elderly** can be done.



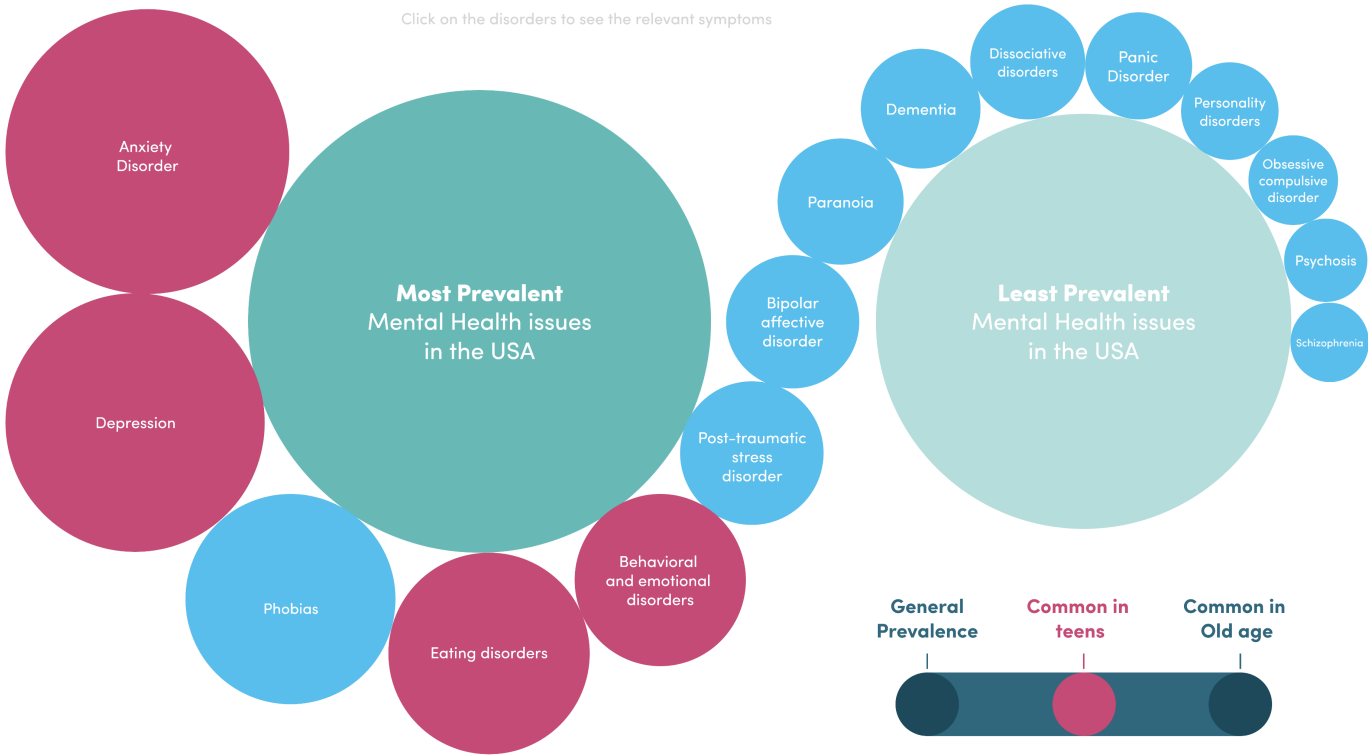
Scan or click [here](#) to see interactive data visualization

This visualization was conceived as a need for mental health awareness and education from qualitative user research.

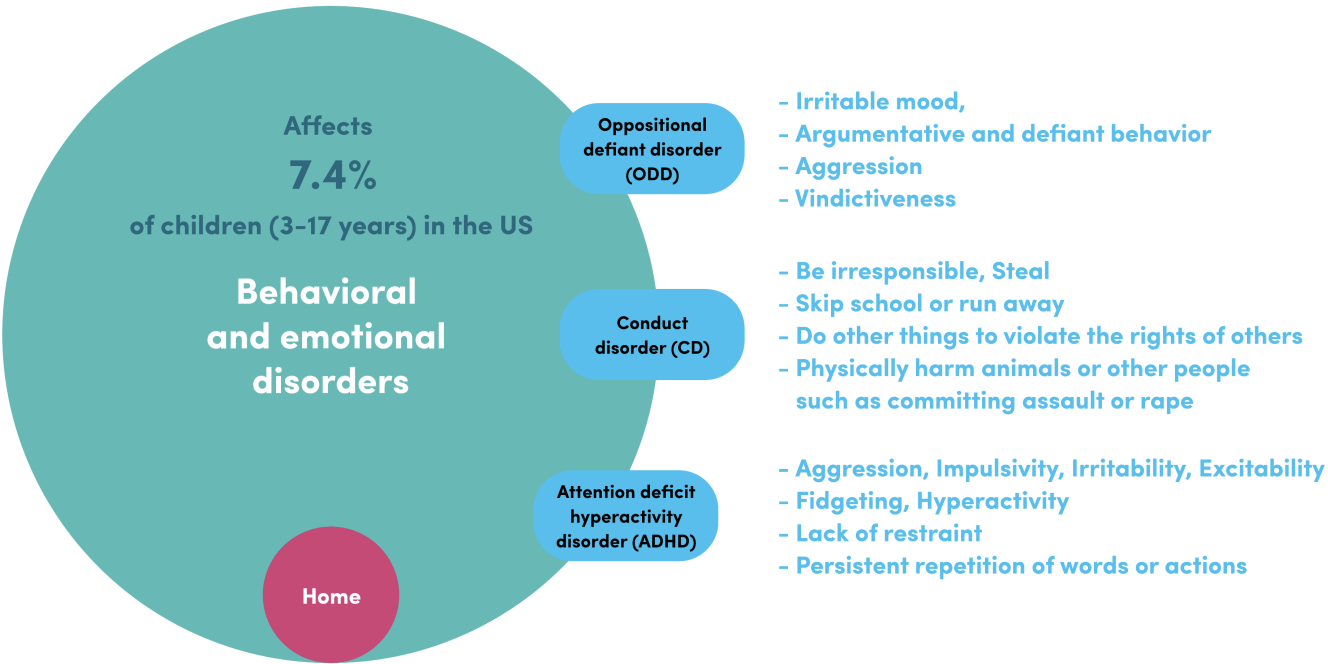


This visualization shows the most prevalent to least prevalent mental health disorder among the US population in a chronological order. To understand the presence of disorders categorically one can refer to the image below, which shows which disorders are most prevalent among the teenage population.

This controller helps you sort the mental health issues categorically between general prevalence of the issues, issues which are most common among teens and the ones which are common among the old age population.



This visualization shows the most common disorder among children. To get further details of the percentage of the US population affected by these disorders and what are the relevant symptoms, one can refer to the image on the bottom right.



This visualization takes viewers deeper into the information layers and shows the subcategories and symptoms within every mental health disorder or their sub-categories.

Health of a Neighborhood

Author: Urvi Bidasaria

Description

This interactive visualization is a tool for assessing a neighborhood. Social and environmental factors have an impact on mental health and illness. As a result, this visualization is an attempt to comprehend environmental aspects in Chicago's top 10 most vulnerable neighborhoods in order to evaluate their well-being over time.

Intent

This visualization aims to unveil multiple layers of what makes a healthy community, and poses concerns such as:

- Have there been enough job investments in the recent decade?
- In this neighborhood, how many high school graduates live?
- Is public transportation available in this neighborhood?

Use case

This will be used by a variety of mental health service providers, clinicians, and government authorities to make essential interventions in these neighborhoods.

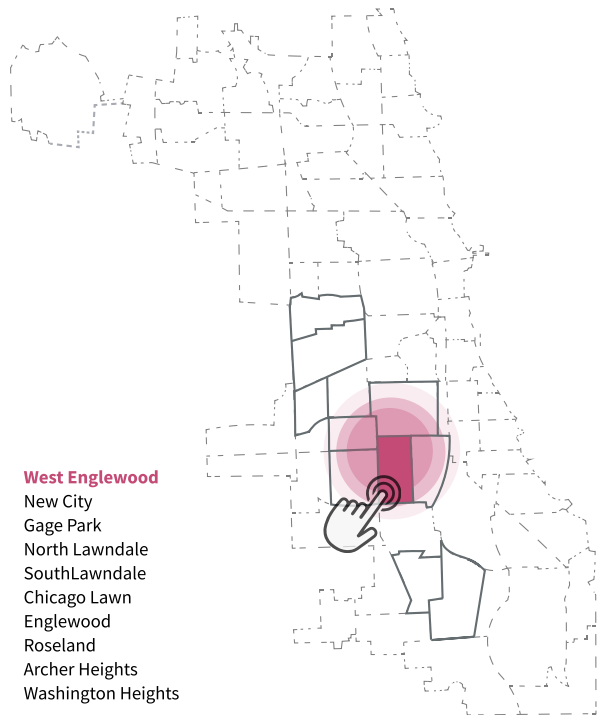
Data or Research Needed

Data describing environmental elements that have an impact on mental health. Statistics on crime rates, sexual abuse, drug misuse, poverty, and the causes of the aforementioned



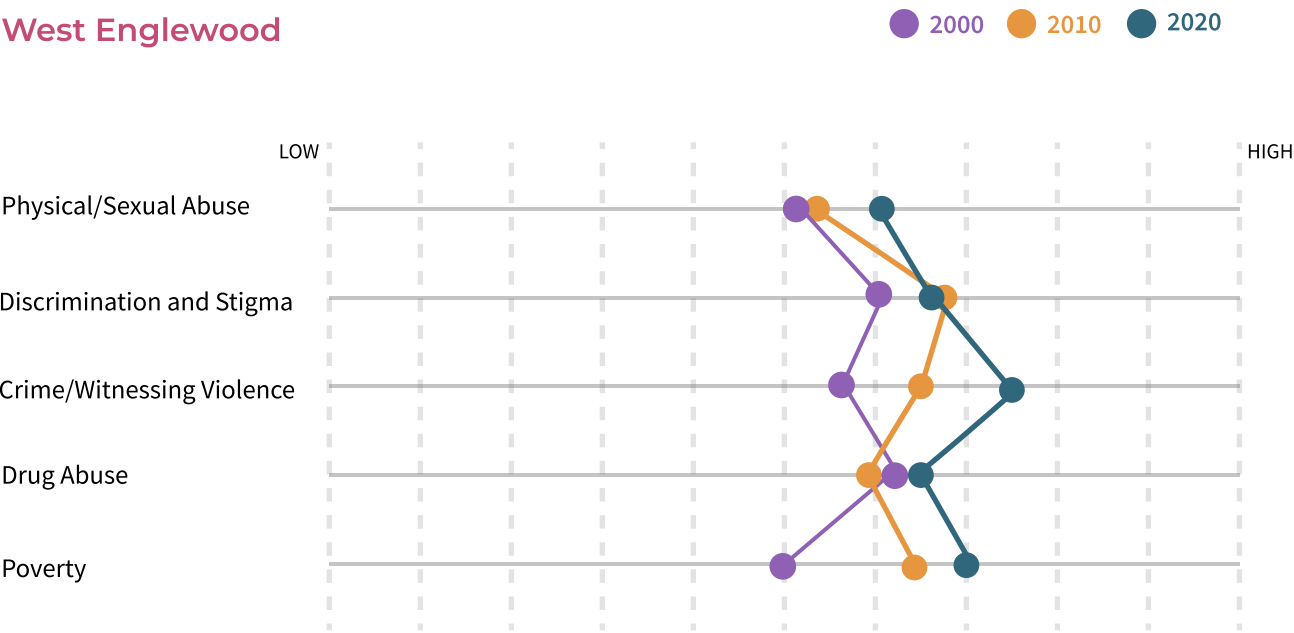
Scan or click [here](#) to see interactive data visualization

Chicago Neighborhood Map- 10 most vulnerable neighborhoods

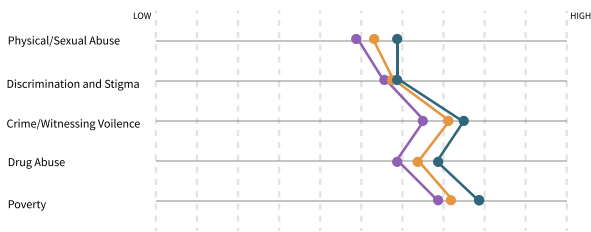


Factors Affecting Mental Health In Neighborhoods with respect to time

West Englewood



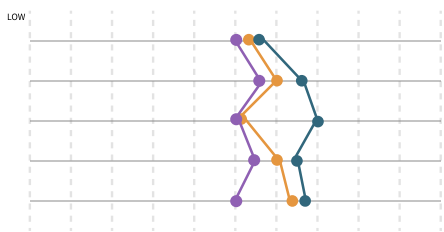
New City



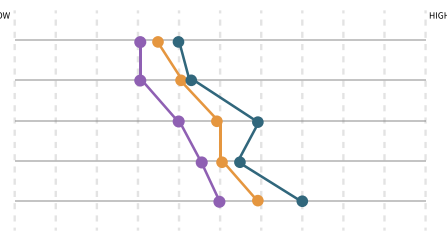
Gage Park



Chicago Lawn



Englewood



Sentiments in Music Streams Across Neighborhoods

Author: Aamena Ansari

Description

Music streaming data is collected by neighborhood, and coded for the sentiments that come up through lyrics. This is used to help reveal the tones and messages shared within communities as a way to engage in how those sentiments show up in individual and communal lives.

Intent

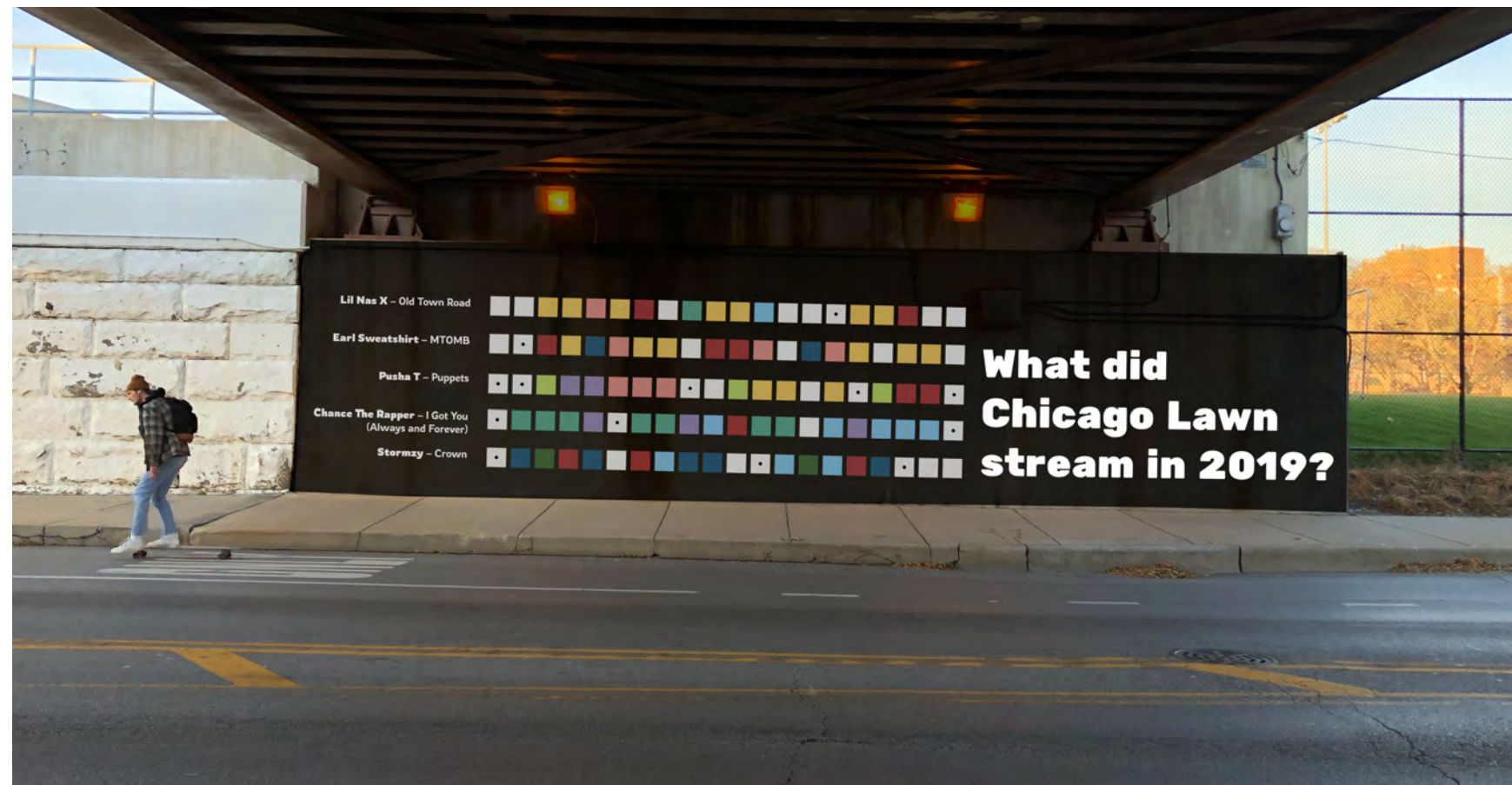
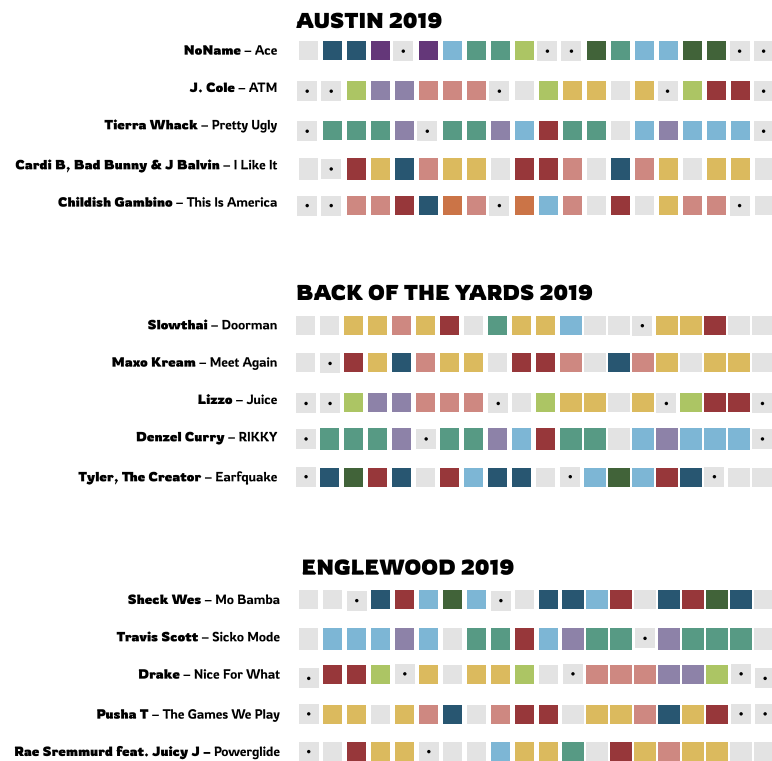
This approach is intended to start conversations on influences on our inner lives. Music is something we share with others, but also that influences us in our time alone. The intent is for music and the sentiments found in it to be an avenue through which to talk about emotional or reflective experiences.

Use case

After compiling neighborhood stream data, this visualization is best shared openly. Painted as a mural along roads in the communities featured, on the side of a popular restaurant, common meeting ground, safe space, or other prominent spots.

Data or Research Needed

Music stream data from YouTube, Spotify, Amazon Music, and other platforms localized to neighborhoods. What color key connects best with the young adult community?



History of Mental Health in Chicago

Author: Sami Cohananim

Description

A timeline of historical events that have occurred in the world with a focus on Chicago, and how those events impacted the study and state of mental health and it's progression throughout the decades.

Intent

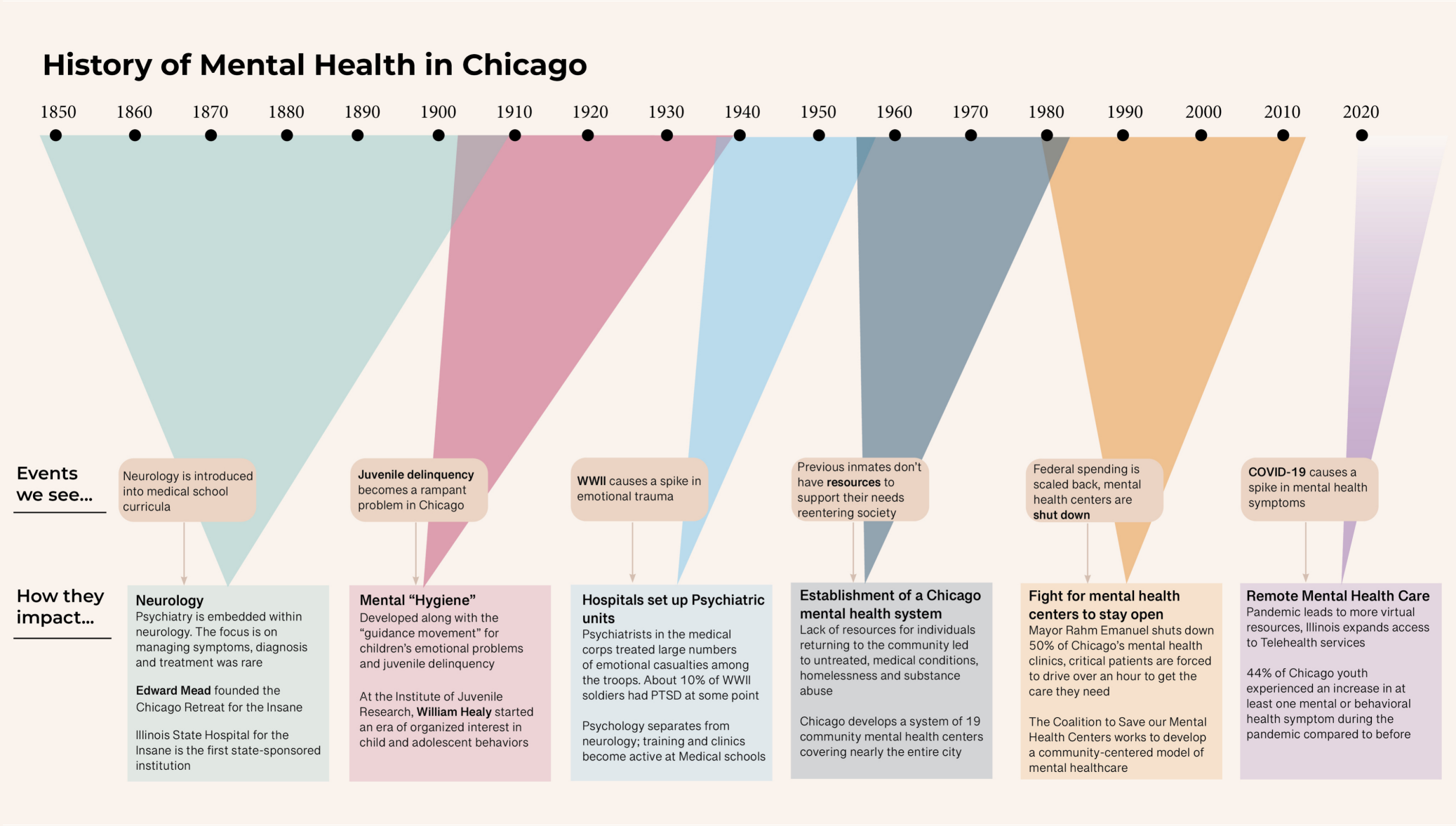
Visualizing the progression and the impactful events that shaped mental health care in Chicago can help the viewer understand how the mental health space and resources got to where they are today, and envision what may be coming in the future.

Use case

This timeline can serve as education material in psychology classes and training for therapists. It can be used as a launching pad for additional information to probe further and prompt deeper conversation. It also helps to contextualize a topic that typically has a stigma associated with it.

Data or Research Needed

Research on historical events related to mental health in Chicago.



Engaging History for the Future

Author: Parker Joyner, Sara Park

Description

For this Mental Health and History set, we employed two modes of engaging a timeline of important moments in Cook County and America's understanding of mental health. Connecting ways mental health was progressively viewed at the federal, state, municipal levels through fact sets and vocabulary and relating that to understanding of neighborhood geography.

Intent

With this suite of information we hope to educate users from late high school to young adulthood about the history of mental health in the different Chicago neighborhoods in order to give them a window into where we are now, what we have done well and what needs to be fixed. Hopefully, understanding this will help us sharpen the actions we take in our future.

Use case

For website, it can mainly be used for researching purposes. For example, psychology and medical students who are interested in mental health history can find related resources and research directions on this website.

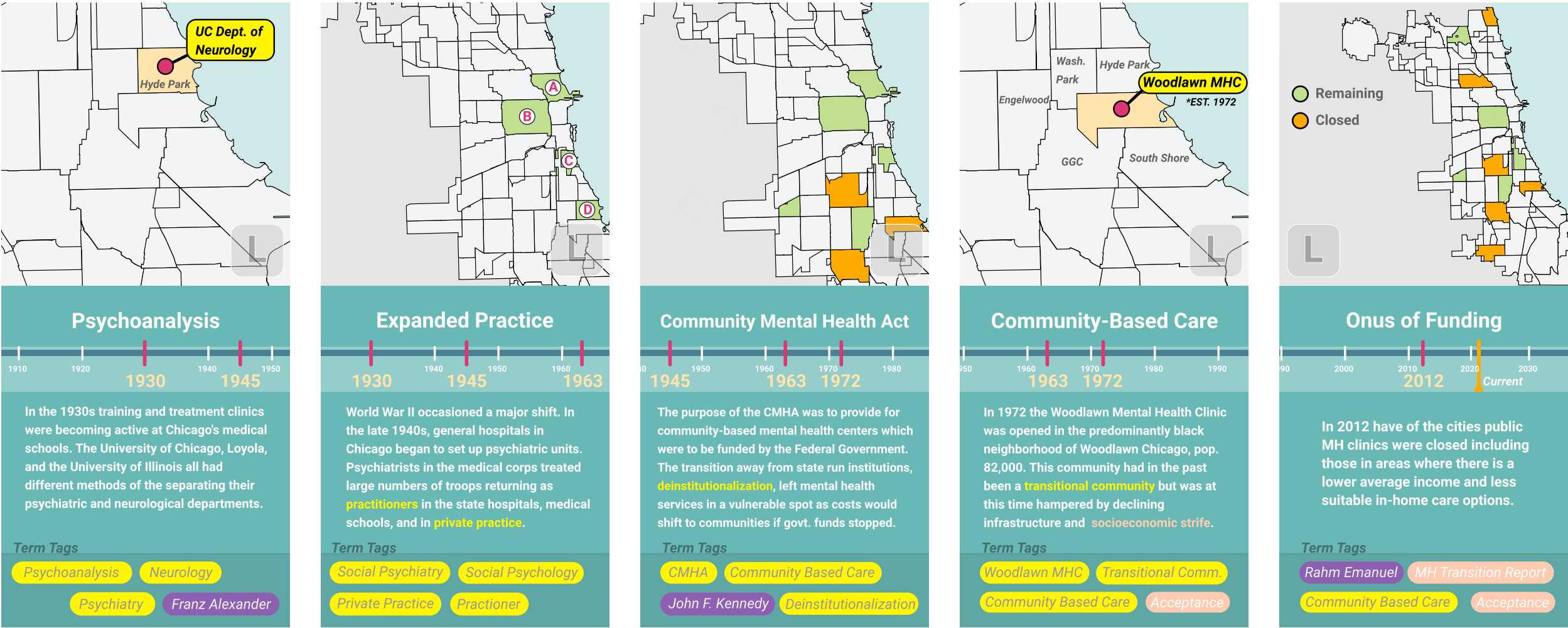
Data or Research Needed

- Collaboration with historians to collect historical mental health data.
- Demographic understanding of mental health
- Knowledge on how the CMHA affected Chicago
- Historical knowledge of legacy mental health institutions in Chicago and their urban footprint

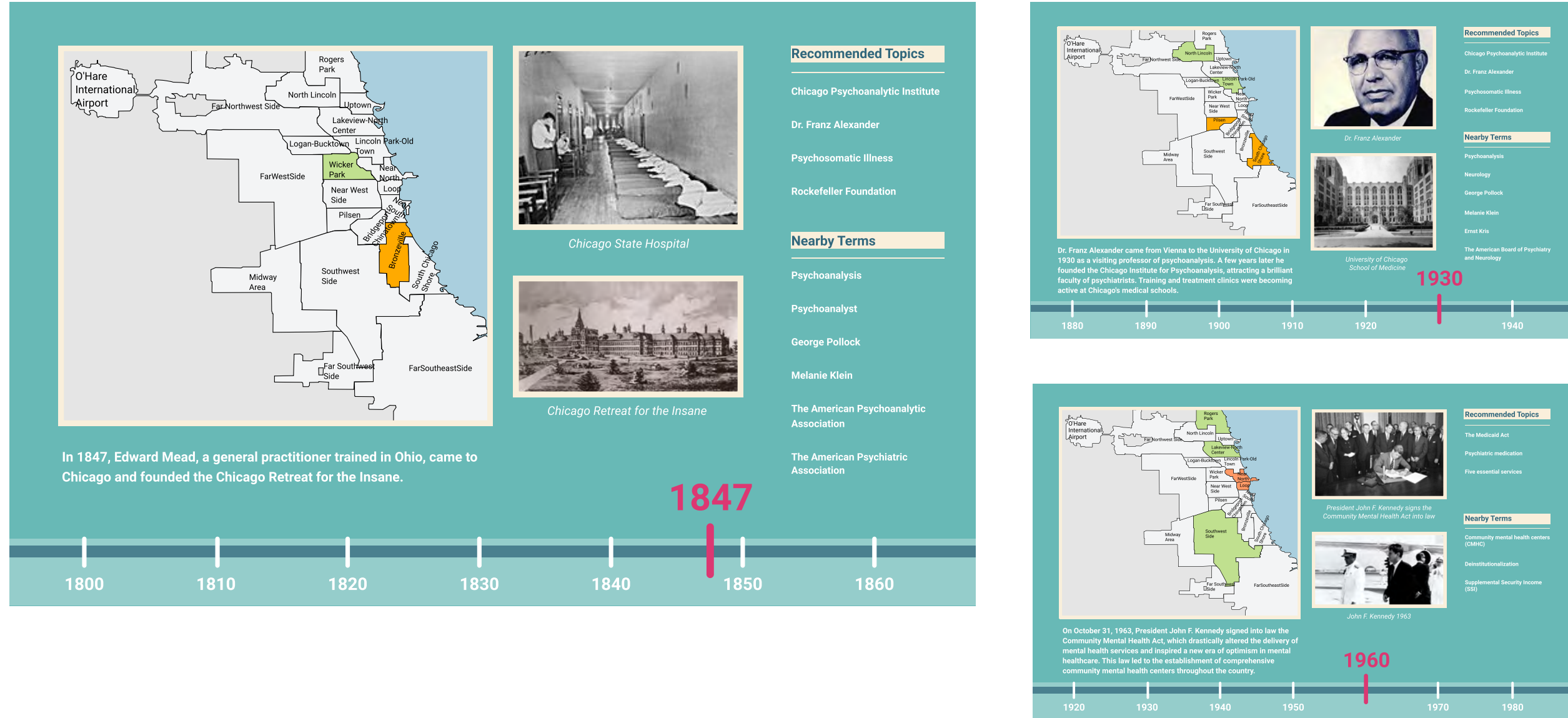


Scan or click [here](#) to see interactive data visualization

Mobile Applet



Website



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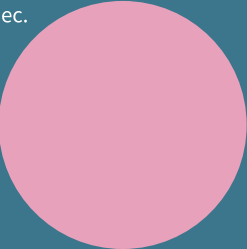
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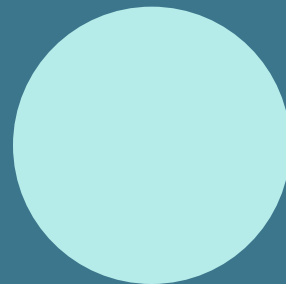
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