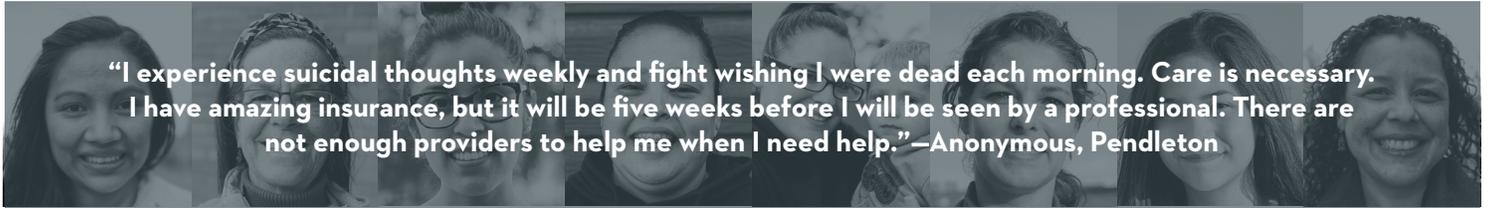




MENTAL HEALTH CHALLENGES

Nearly half of Oregon’s women and girls have experienced childhood trauma, such as abuse or neglect. Oregon women have the highest incidence of reported depression in the country.¹



“I experience suicidal thoughts weekly and fight wishing I were dead each morning. Care is necessary. I have amazing insurance, but it will be five weeks before I will be seen by a professional. There are not enough providers to help me when I need help.”—Anonymous, Pendleton

WHY IT MATTERS IN OREGON

Mental health challenges are a(n) . . .

- PUBLIC HEALTH
- ECONOMIC
- WORKFORCE
- RACIAL EQUITY
- EDUCATION
- HOUSING

. . . issue.

Oregon women have higher rates of childhood trauma (adverse childhood experiences, or ACEs) than the national average

This trauma can lead to lifelong mental and physical health problems, lower educational attainment, increased likelihood of juvenile and adult criminal justice involvement, homelessness, and/or suicide

The compounding effects of the other “Eight That Can’t Wait”—particularly violence against women, systemic racism, economic fragility, and gaps in reproductive health access—all contribute to the mental health challenges of women in Oregon

> Improving mental health outcomes for women and girls will require tackling all of these in tandem

COST OF THE STATUS QUO

\$210,000:
average lifetime cost per survivor of child abuse and neglect²

PROMISING POLICIES from experts, advocates, and other states

-  Ensure that culturally competent mental health services are covered and accessible for all Oregonians.
-  Support public-private collaboration to reduce childhood trauma, such as “Pay for Success/Pay for Prevention” 3-way funding models among government, providers, and private investors/philanthropy.
-  Establish a Governor’s Children’s Cabinet to set shared priorities, align policies and programs, launch and support cross-agency initiatives, and foster collaboration among state agencies.
-  Incorporate ACEs, trauma-informed, and culturally responsive approaches into child abuse prevention, family support services, and health care provision, specifically postpartum screening.
-  Require trauma-informed approaches be integrated into all law enforcement agencies and correctional facilities, and provide multi-agency support services for families affected by the criminal justice and foster care systems.

What’s happening elsewhere?

UT

“Pay for Success” in school readiness

VA

Children’s Cabinet

WA

Adverse Childhood Experiences



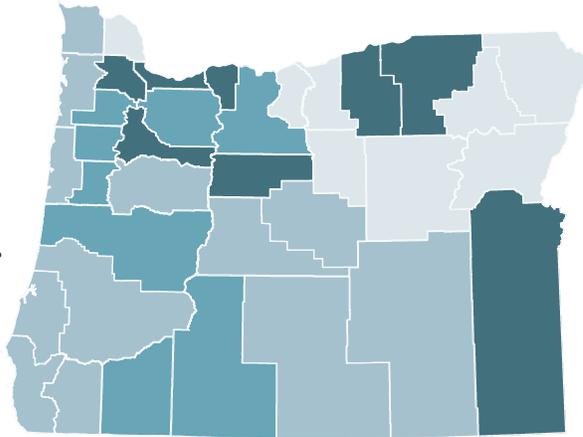
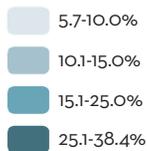
GOOD POLICYMAKING FOR WOMEN AND GIRLS REQUIRES...

> UNDERSTANDING SYSTEMIC RACISM

The “Eight That Can’t Wait” Issue That Intersects with All Others

For an Oregon where all women and girls thrive, all women and girls need to have equitable access to the opportunities it takes to thrive. But right now, many of Oregon’s women and girls of color do not.

Percentage of women who are women of color, by county



Source: Decennial Census 2010

Addressing these inequities requires looking at our state’s history of systemic racism—in particular, the policies and practices that benefited white people and harmed people of color. Throughout the years, laws and practices fostered discrimination in housing, healthcare, education, employment, and pay.

The 2015 Oregon Racial Equity Legislative Report reminds us that the cumulative effect of these policies and practices is the root cause of the economic, social, political, and health disparities identified in Count Her In.

Therefore, public policy must play a major role in correcting these disparities. And as the Women’s Foundation of Oregon develops its own capacity to advocate on behalf of all Oregon’s women and girls, we will continue to lift up the voices of those that have led the way for racial justice in our state.³

> EMBRACING INTERSECTIONALITY

Good policymaking incorporates an understanding of the multiple, overlapping factors that play a large role in the life of every Oregonian.

Gender and race are important components of identity, but there are many others. Age, location, disability status, income, religious affiliation, sexuality, gender identity, citizenship status, and primary language are just a few of the many elements that come together to shape our experiences and needs.



> WE’RE HERE TO HELP



WOMEN’S
FOUNDATION
of OREGON

The Women’s Foundation of Oregon is a member-supported, statewide foundation dedicated to improving the lives of women and girls in Oregon. w-for.org

Count Her In is the first report on the status of Oregon’s women and girls in 20 years. CountHerIn.org

COUNT
HER IN

Sources

1. [Count Her In](#), pages 22, 60
2. [U.S. Centers for Disease Control and Prevention](#), 2016
3. [Facing Race: The 2015 Oregon Racial Equity Legislative Report](#), 2015; [Coalition of Communities of Color in Multnomah County: An Unsettling Profile](#), 2010; [State of Black Oregon](#), 2015