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.
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.
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.
Warning Signs of Mental Disorders Common in Young Adults

Author: Sue Kim, Sun Park

Description
An interactive board showing the early signs 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 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.
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.

**Description**

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.
Effective resources that are commonly used

Authors: Kavya Rai & Urvi Bidasaria

Description
This Visualization 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.

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

What kinds of support do I have available to me?
Select a resource to learn more

- Medication
- Trauma Resiliency Model
- Cognitive Behaviour Therapy
- Eye Movement Desensitization and Reprocessing
- Mindfulness-Based Cognitive Therapy
- Trauma Releasing Exercises
- Spend Time with Others
- Seek Help at a Trauma Treatment Centre

- You don’t have to talk about the trauma
- You don’t have to talk about the trauma
- You don’t have to talk about the trauma
- Ask for support
- Validate Your Experience

- Eat a well-balanced diet
- Breathe Slowly And Deeply
- Avoid alcohol and drugs

- Try to exercise for 30 minutes
- Participate in social activities
- Reconnect with an old friend
- Use The “Window Of Tolerance”

- Get plenty of sleep
- Volunteer

- Don’t isolate

- A volunteer

- Good
- Promising
- Effective
- Slight
- SLIGHT
- EFFECTIVE
- PROMISING
- GOOD

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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 severe
- Audio recorded interviews, stories, focus group discussion about different symptoms

Click Speech Bubbles to Listen to Stories

Color Code: How severe the symptom is?
Severe ▼▼▼▼▼ Gentle

Mental Disorders or Conditions
- Depression
- Anxiety
- Addiction
- Eating Disorders
- PTSD
- Bipolar
- Psychosis

Audio recorded interviews, stories, focus group discussion about different symptoms
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.

Distribute
Share pocket journals during a MIND event. Encourage young adults to carry it with them for a week, tracking what they're listening to.

Track and reflect
Young adults track music and mood. Create a key of symbols that resonates with them to note their mood during songs.

Regroup and share
What was it like using the journal for a week? Did participants notice anything new about themselves?

Merge
What different music keywords and vibes appeared for everyone in this week? Any patterns showing up?

Envision
What could a community mural with this new information look like? Is it a word map? tones or colors representing vibes that came up?
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 preferences. 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

How do you feel?

Social Connection

Emotional Safety

Emotional Symptoms

Behavioral Symptoms

Physical Symptoms

Coping Methods

Know Who To Call
Make sure when you need support you call someone you trust and who you support, without judgment.

Join a Support Group
This can help with feeling connected to other individuals whom have felt similar experiences and understand feelings of confusion.

Call a Friend
Talking connected to someone who is or someone who has experiences and understand similar experiences can be a help.

Be Creative
Use visual meetings on social media to “tell” your lived story.

Seek out Professional Help
If you are finding that you can’t be the same and each time参谋也建议你了解熟悉你身上的症状并从中成长。对于你的未来认知，要去做这些技能。例如：

Self-Soother Strategies
Something is a small thing you carry with you, such as a small box that contains you and your things that may help you feel calm.

Create a Sense of Accomplishment
Creating a sense of nature can be taking a phone, or a walk. In addition to walking, you can go on a hike, a bike ride, or a yoga class.

Here are some things you could do

Create a Coping Kit

Create a Coping Center

Keep in Mind

Exercise Your Strength

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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 to see interactive data visualization

Scan or click 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: Kayya 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

How can I help?

Outdoor activities
Anger management techniques
Movie night with friends
Consulting with your doctor

My teen is...

...anxious around others
...experiencing a loss of appetite
...having trouble sleeping
...in their room all the time
...experiencing drastic changes in energy
...not interested in going to school
...not eating
...having thoughts of suicide
...less motivated
...self-consciousness in public

It might be

Depression
Anxiety
Social Phobia

How can I help

Fall 2021 • IIT Institute of Design • SocialWaves • Mental Health Data Visualization Project
How to Have a Safe Conversation

Author: Elizabeth C. Engele

How to Have a Safe Conversation

A Guide to Language & General Tips

Expectation Setting
Opening Up
Clarifying
Affirming
Agreeing
Ending or Revisiting

Think about what you need beforehand.

Practice in front of a mirror or write down points ahead of time if you think you might get nervous.

Though vulnerability, I think we can create a positive outcome.

My goal for sharing this is...

I need to talk to you about something, it's not comfortable to share.

So what I hear you telling me right now is...

You must have felt...

Where are you struggling?

What do you think of this?

Are there any circumstances that would make you consider...

I know we both care about...

How about we agree to...

Thank you for sharing!

Thank you for engaging in that with me.

I am afraid that if we continue talking about this now, we could say anything that hurts each other.

Some takeaways I have from this conversation are...

If you are going to criticize, critique ideas, not people.

This is a debate, not a fight.

Data or Research Needed
Secondary research on tips and terms needed to have a safe conversation

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.

Author: Elizabeth C. Engele

How to Have a Safe Conversation

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 "I" statements instead of "you" statements.

Let's bring this back to the goals we originally set.

Tell me more.

What do you think of this?

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What do you think of this?
**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**

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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.
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

![Map of Chicago Mental Health Service general info](image)
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
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 providers 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

<table>
<thead>
<tr>
<th>Women United 1,000</th>
<th>Young Leaders United 200</th>
<th>120 Sarah Buino 250</th>
<th>130 Laura Donlevyicz 150</th>
<th>60 The Chicago Stress Relief Center, inc. 150</th>
<th>100 Penny with Winfield 150</th>
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<td>120 Hyde Park Center for Healing 160</td>
<td>70 Crystal Y. Williams 130</td>
<td>75 Agave Studio (Humabdick Park) 210</td>
<td>100 Dr. Kesha Downey 200</td>
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<td>100 Breathe with Winfield 150</td>
<td>100 Mount Prospect Child Care Center 175</td>
<td>150 Ashley Wilkens, LCSW 190</td>
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Sum of Price Min, service provider name (All fields data DSM 05232021 accepted - All fields data DSM 05232020 (2 (1).csv) and sum of Price Max, Service provider name (All fields data DSM 05232021 accepted - All fields data DSM 05232020 (2 (1).csv) and sum of Price Max, Data are shown for Zip. The view is filtered on Zip and Exclusions (service provider name (All fields data DSM 05232021 accepted - All fields data DSM 05232020 (2 (1).csv))zip). The zip filter has multiple members selected. The Exclusions service provider name (All fields data DSM 05232021 accepted - All fields data DSM 05232020 (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 transportation (bus, trains) and locations of mental health services.

Data or Research Needed
Keep data up to date
Chicago mental health service in relation to outdoor public spaces and public transportation

Author: Kayya 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 (e.g. 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 sponsors 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

Fall 2021 • IIT Institute of Design • SocialWaves • Mental Health Data Visualization Project
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
What is a “Safe Space”?  

**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.
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
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 use them to make effective decisions.

Data or Research Needed
Contact 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.

North

West

South

Loop

Individual Support Care
Individual psychotherapy 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 various 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.

Psychosocial 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 external cause problems focuses on biological factors such as genes or brain chemistry.
Mental Health Issues and their symptoms

Author: Ujjval 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 visualization fuses and consolidates the information related to mental health issues.

Intent
This visualization (interactive: follow link on extreme right) intends to uncover patterns by putting 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 visualization 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.

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 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 unravel 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.
Sentiments in Music Streams Across Neighborhoods

Author: Aamena Ansari

**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.

**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.

**Use case**
After compiling neighborhood stream data, this visualization is best shared openly. Painted as a mural 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 streaming 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 Cohanim

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 educational 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.

Events we see...
- Neurology is introduced into medical school curricula
- Juvenile delinquency becomes a rampant problem in Chicago
- WWI causes a spike in emotional trauma
- Previous inmates don’t have resources to support their needs reentering society
- Federal spending is scaled back, mental health centers are shut down
- COVID-19 causes a spike in mental health symptoms

How they impact...
- Neurology Psychiatry is embedded within neurology. The focus is on managing symptoms, diagnosis, and treatment was rare
- Edward Mead founded the Chicago Retreat for the Insane
- Illinois State Hospital for the Insane
- The first state-sponsored institution
- Mental “Hygiene” Developed along with the “guidance movement” for children’s emotional problems and juvenile delinquency
- At the Institute of Juvenile Research, William Healy started an era of organized interest in child and adolescent behaviors
- Hospitals set up Psychiatric units
- Psychiatrists in the medical corps treated large numbers of emotional casualties among the troops. About 10% of WWI soldiers had PTSD at some point
- Psychology separated from neurology, training, and clinics become active at Medical schools
- Establishment of a Chicago mental health system
- Lack of resources for individuals returning to the community led to untreated, medical conditions, homelessness, and substance abuse
- Chicago develops a system of 19 community mental health centers covering nearly the entire city
- Fight for mental health centers to stay open
- Mayor Rahm Emanuel shut down 50% of Chicago’s mental health clinics; critical patients are forced to drive over an hour to get the care they need
- The Coalition to Save our Mental Health Centers works to develop a community-owned model of mental healthcare
- Remote Mental Health Care
- Pandemic leads to more virtual resources; Illinois expands access to telehealth services
- 44% of Chicago youth experienced an increase in at least one mental or behavioral health symptom during the pandemic compared to before
Mobile Applet

Website

In 1847, Edward Mead, a general practitioner trained in Ohio, came to Chicago and founded the Chicago Retreat for the Insane.
Chapter 2: My Social Circle

How To Build a Safe Space? / Arijit Prata
Anonymous source: Founder at Light of loving kindness, Personal communications, September 13, 2021
Yee, Megan. "Why Safe Spaces are Important for Mental Health." Healthline, June 4, 2018, Why ‘Safe Spaces’ Are Important for Mental Health — Especially in College (healthline.com)

Chapter 3: My Community

What Is a "Safe Space"? / Elizabeth Engle

Characteristics For Effective Safe Space Building / Ruohua Huang


Medicaid Accepted Mental Health Clinics in Chicago / Sue Kim, Sun Park

Medicaid Accepted Mental Health Clinics in Chicago 2 / Sue Kim, Sun Park

Health of Neighborhoods / Urvi Bidharsia


History of Mental Health in Chicago / Sami Cohani

Mental Health and History Animated Map and Timeline / Parker Jockey, Sara Kim

References
Institute of Design
Illinois Institute of Technology

Social Works
My State of Mind

PROJECT TEAM
Ujjwal Anand  Sue Kim
Aamena Ansari  Sun Park
Gauri Bhatt  Sara Park
Urvi Bidasaria  Arijit Patra
Sami Cohanim  Kavya Rai
Elizabeth Engele  Kelvin Yu
Ruohua Huang  Minyi Zhang
Parker Joyner

FACULTY ADVISOR
Tomoko Ichikawa