



2022 COMMUNITY ENGAGEMENT & BEHAVIORAL HEALTH SURVEY REPORT

- Eagle County, Colorado
- Summit County, Colorado
- North Tahoe, California

Sponsored by
Eagle Valley Behavioral Health
Building Hope Summit County
Community Collaborative of Tahoe Truckee

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PROJECT OVERVIEW

Project Goals

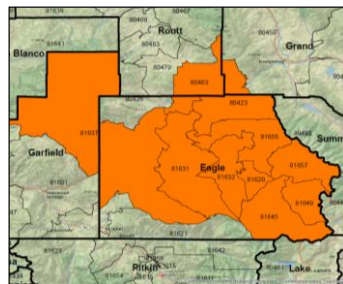
The 2022 PRC Community Engagement & Behavioral Health Survey, a follow-up to a similar study in 2020, is a data-driven approach to measuring community engagement and behavioral health needs in three mountain-resort communities. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

This assessment was conducted on behalf of Eagle Valley Behavioral Health, Building Hope Summit County, and Community Collaborative of Tahoe Truckee by PRC, Inc., with guidance and support from FSG consultants. FSG is a consulting firm that advises corporate, foundation, and nonprofit/NGO leaders on issues of social impact to create a more equitable and sustainable future. PRC is a nationally recognized healthcare consulting firm with extensive experience conducting community quality-of-life and health research in hundreds of communities across the United States since 1994.

Methodology

Community Definitions

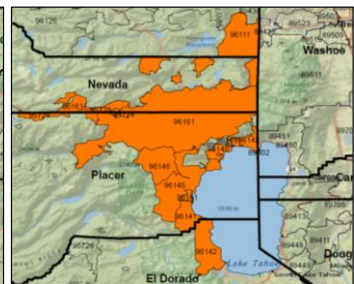
The targeted population for this survey effort was three distinct mountain communities in Colorado and California. These include ZIP Code–defined areas in and around Eagle and Summit counties in Colorado, and the North Tahoe area of California. The geographical definitions of these communities are outlined in the following maps.



Eagle County, CO



Summit County, CO



North Tahoe, CA

Survey Instrument

The survey used for this effort was developed by the sponsors of this study in consultation with FSG and PRC. Initially, the sponsors worked with FSG consultants to investigate and identify actionable questions that might best measure community engagement and behavioral health needs. PRC further worked with the sponsors to establish final question formats and question flow.

The final survey instrument consisted of 37 core questions (asked of respondents in each of the three communities) plus 15 community-specific questions (five custom questions per community, asked only of respondents in that community). It is very similar to the survey administered in 2020, allowing for data trending for most indicators.



Sample Approach & Design

To ensure the best representation of the population surveyed, a mixed-mode methodology was implemented. This included surveys conducted via telephone (landline and cell phone) as well as through online questionnaires.

Phone-Based Random Sampling

PRC conducted 1,050 surveys in the three communities through a random selection of households that were completed over the phone (landline or cell phone). The primary advantages of telephone interviewing are timeliness, efficiency, and random-selection capabilities.

Internet-Based Community Outreach Sampling

In addition, PRC hosted an online version of the survey on the internet, and sponsors in each of the three communities used a variety of communication tools to drive residents to take the survey online. Examples include press releases, social media advertising, posting on organizational websites, and email campaigns to community members and community partners. In all, a composite total of 1,143 surveys were achieved through these methods.

Samples Achieved by Community

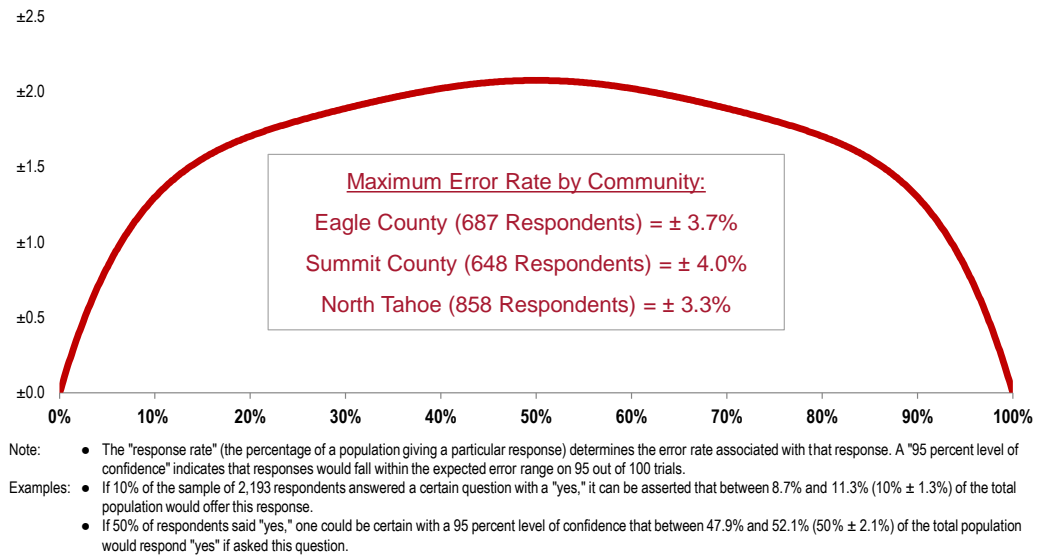
The final sample for this effort (from the methods described above) was **2,193 total surveys** among individuals age 18 and older in composite of the three communities. The following table outlines the numbers of survey completed in each community by each method.

	EAGLE COUNTY, COLORADO	SUMMIT COUNTY, COLORADO	NORTH TAHOE, CALIFORNIA	COMPOSITE AREA
Phone-Based Population Surveys	350	350	350	1,050
Internet-Based Community Outreach Surveys	337	298	508	1,143
TOTAL	687	648	858	2,193

For statistical purposes, the maximum rate of error associated with a sample size of 2,193 respondents is $\pm 2.1\%$ at the 95 percent confidence level.



Expected Error Ranges for a Sample of 2,193 Respondents at the 95 Percent Level of Confidence



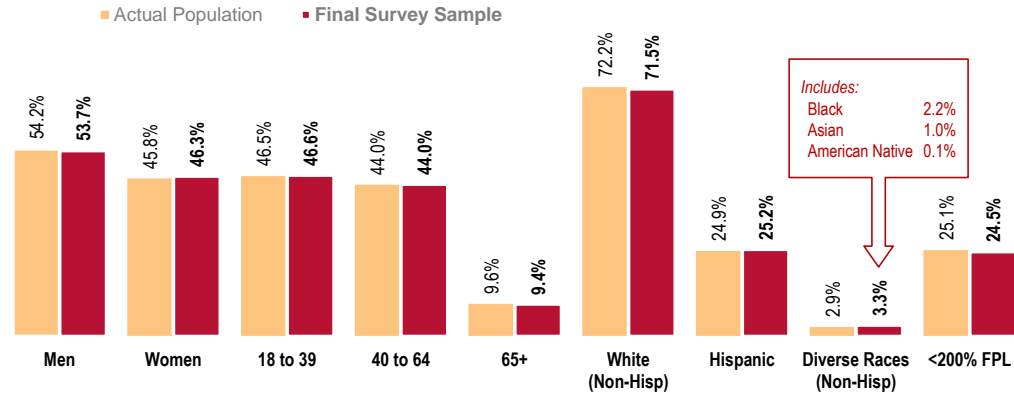
Sample Characteristics

Once all interviews were completed, these were combined and weighted to best reflect each of the three communities, as well as the composite area as a whole. To accurately represent the population studied, it is a common and preferred practice to "weight" the raw data to improve the representativeness of the sample. This is accomplished by adjusting the results of a random sample to match the geographic distribution and demographic characteristics of the population surveyed (poststratification), so as to eliminate any naturally occurring bias. Specifically, once the raw data are gathered, respondents are examined by key demographic characteristics (namely gender, age, race, ethnicity, and poverty status), and a statistical application package applies weighting variables that produce a sample which more closely matches the population for these characteristics. Thus, while the integrity of each individual's responses is maintained, one respondent's responses may contribute to the whole the same weight as, for example, 1.1 respondents. Another respondent, whose demographic characteristics may have been slightly oversampled, may contribute the same weight as 0.9 respondents.

The following charts outline the characteristics of samples for key demographic variables, compared to actual population characteristics revealed in census data. [Note that the sample consisted solely of area residents age 18 and older; children were not surveyed in this effort and are therefore not represented demographically in these charts.]



Population & Survey Sample Characteristics (Eagle County, CO; 2022)



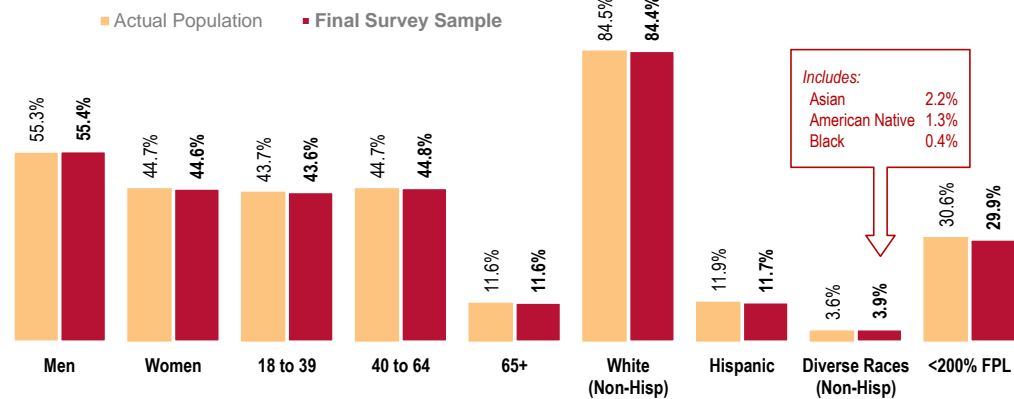
Sources:

- US Census Bureau, 2011-2015 American Community Survey.
- PRC Community Engagement & Behavioral Health Survey; PRC, Inc.

Notes:

- FPL is federal poverty level, based on guidelines established by the US Department of Health & Human Services.

Population & Survey Sample Characteristics (Summit County, CO; 2022)



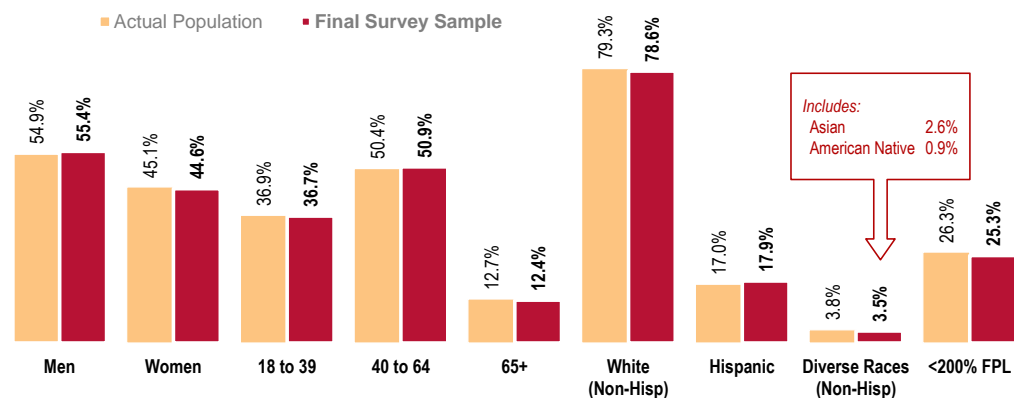
Sources:

- US Census Bureau, 2011-2015 American Community Survey.
- PRC Community Engagement & Behavioral Health Survey; PRC, Inc.

Notes:

- FPL is federal poverty level, based on guidelines established by the US Department of Health & Human Services.

Population & Survey Sample Characteristics (North Tahoe, CA; 2022)



Sources:

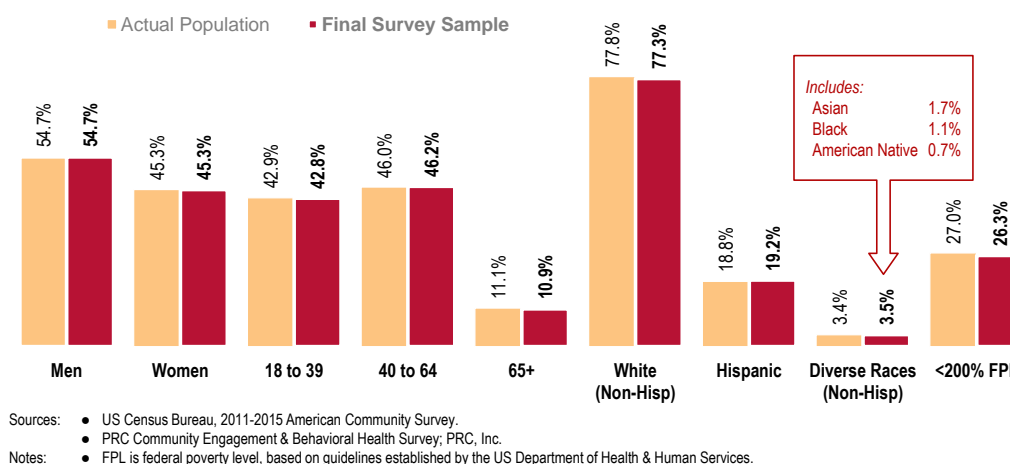
- US Census Bureau, 2011-2015 American Community Survey.
- PRC Community Engagement & Behavioral Health Survey; PRC, Inc.

Notes:

- FPL is federal poverty level, based on guidelines established by the US Department of Health & Human Services.



Population & Survey Sample Characteristics (Composite Area; 2022)



Additional data are provided in the **Community Sample Characteristics** section at the end of this report.

The sample design and the quality control procedures used in the data collection ensure that the sample is representative. Thus, the findings may be generalized to the total populations of community members in the defined areas with a high degree of confidence.

INCOME & RACE/ETHNICITY

INCOME ► Poverty descriptions and segmentation used in this report are based on administrative poverty thresholds determined by the US Department of Health & Human Services. These guidelines define poverty status by household income level and number of persons in the household (e.g., the 2021 guidelines place the poverty threshold for a family of four at \$26,500 annual household income or lower). In Eagle and Summit County sample segmentation: “low income” refers to community members living in a household with defined poverty status or living just above the poverty level, earning up to twice (<200% of) the poverty threshold; “mid/high income” refers to those households living on incomes which are twice or more (≥200% of) the federal poverty level. In North Tahoe sample segmentation: “very low income” refers to community members living in a household with defined poverty status; “low income” refers to households with incomes just above the poverty level and earning up to twice (100%-199% of) the poverty threshold; and “mid/high income” refers to those households living on incomes which are twice or more (≥200% of) the federal poverty level.

RACE & ETHNICITY ► In analyzing survey results, mutually exclusive race and ethnicity categories are used. All Hispanic respondents are grouped, regardless of identity with any race group. All race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).



SUMMARY OF FINDINGS

Key Findings

COMMUNITY LIFE

- Residents of the three communities appear to be **very highly engaged** in their communities:
 - Over 80% agree that they trust people in their community (Eagle 80.6%; Summit 77.0%; North Tahoe 83.9%). However, this prevalence has decreased significantly for the overall Composite Area since 2020.
 - Over 60% agree that they invest time and effort into the community (Eagle 59.1%; Summit 64.0%; North Tahoe 61.1%).
 - Nearly 60% agree that their community is part of their identity (Eagle 54.0%; Summit 63.2%; North Tahoe 59.8%).
- In general, older residents, those with higher incomes, and non-LGBTQIA+ adults tend to be more engaged by these measures.
- However, residents' perception that their community is a **“fair/poor” place in which to live** has increased significantly since 2020 (currently by community: Eagle 6.9%; Summit 12.6%; North Tahoe 11.8%).

SOCIAL SUPPORT

- Most composite area residents feel that they have **adequate social support**, having someone they can turn to (“all” or “most” of the time) if they needed or wanted help (Eagle 65.7%; Summit 68.1%; North Tahoe 74.5%).
- Still, across the three communities, approximately one-third of adults are **lonely** (Eagle 32.4%; Summit 35.8%; North Tahoe 27.5%), meaning that there are times when they lack companionship, feel left out, and/or feel isolated from others. By this measure, loneliness tends to be more prevalent in women, younger residents, those with lower incomes, Hispanics, and those identifying as LGBTQIA+.

MENTAL HEALTH

- Most residents believe that their **communities are sympathetic** to those with mental illness (Eagle 64.6%; Summit 68.2%; North Tahoe 55.8%), but **fewer feel that it is easy for residents to discuss** issues related to mental health (Eagle 56.7%; Summit 59.4%; North Tahoe 46.0%). On a positive note, the prevalence of respondents who feel it is easy for residents to discuss issues related to mental health has increased significantly since 2020.
- Residents of the three communities report a **high number of poor mental health days** in the past month (three or more days per month on which their mental health was not good: Eagle 49.9%; Summit 48.9%; North Tahoe 46.9%). The composite percentage has increased significantly from 2020 survey findings. Current prevalence tends to be higher in women, younger adults, low-income residents, and those in the LGBTQIA+ community.
- Most residents are **aware of local mental health resources** (Eagle 81.8%; Summit 80.6%; North Tahoe 62.6%) and most say that they would be **likely to seek mental health services locally** if needed (Eagle 88.7%; Summit 86.5%; North Tahoe 80.5%). Awareness of local resources has increased significantly since 2020; however, the likelihood of using such services has decreased. Awareness levels vary considerably by demographics, depending on the community.



- Among the nearly 40% of residents who have needed mental health services in the past year, more than one in five reports being **unable to get needed services** (Eagle 19.0%; Summit 27.6%; North Tahoe 21.9%); this was primarily due to cost/insurance issues, appointment availability, lack of providers, lack of time, and not knowing where to seek help.
- Likelihood of using **teletherapy** for behavioral health has increased significantly since 2020 (Eagle 80.7%; Summit 78.1%; North Tahoe 80.5%).

SUBSTANCE ABUSE

- **Alcohol is strongly associated with social life** in the three communities — over three-fourths of residents “strongly” or “somewhat agree” that alcohol is important to most peoples’ social lives in their locale (Eagle 76.3%; Summit 83.4%; North Tahoe 69.0%). This perception is stronger among those with higher household incomes in each community.
- While it has decreased somewhat, **very high percentages of residents are “excessive drinkers”** (Eagle 39.2% Summit 39.5% North Tahoe 39.8%; US 27.2%) — this means that they have had episodes of binge drinking in the past month and/or they average a high number of drinks per day over the past 30 days. In each of the three communities, excessive drinking is higher among men and younger adults.
- **The impact of substance abuse in peoples’ lives is widespread** — nearly two-thirds (Eagle 65.7%; Summit 66.9%; North Tahoe 60.0%; versus US 35.8%) say that their own life has been directly and negatively affected by someone’s substance abuse issue (their own or that of someone close to them).

Summary Tables: Comparisons With Benchmark Data

The following tables provide an overview of indicators in the Composite Area, including comparisons among the individual communities. These data are grouped by topic.

Reading the Summary Tables

■ In the following tables, Composite Area results are shown in the larger, blue column.



















■ The green columns [to the left of the Composite Area column] provide comparisons among the three communities, identifying differences for each as “better than” (☀), “worse than” (☹), or “similar to” (☺) the combined opposing areas.

■ ■ The columns to the right of the Composite Area column provide trending, as well as comparisons between composite community data and any available peer*, state, and national findings. Again, symbols indicate whether the Composite Area compares favorably (☀), unfavorably (☹), or comparably (☺) to these external data.













* Peer communities include Teton County, WY and Summit County, UT.

Note that blank table cells signify that data are not available for that area and/or for that indicator.



	DISPARITY AMONG COMMUNITIES		
COMMUNITY LIFE & SOCIAL SUPPORT	Eagle County	Summit County	North Tahoe
% Community Is a "Fair/Poor" Place to Live	 6.9	 12.6	 11.8
% Trust People in Community (Completely/Mostly Agree)	 80.6	 77.0	 83.9
% Invest Time/Effort Into Community (Completely/Mostly Agree)	 59.1	 64.0	 61.1
% Community Member Is Part of Identity (Completely/Mostly Agree)	 54.0	 63.2	 59.8
% Have Someone to Turn to "All/Most of the Time"	 65.7	 68.1	 74.5
% [Eagle Co.] Have Someone to Turn to "All/Most of the Time"	65.7		
% Lonely	 32.4	 35.8	 27.5
% [Summit Co.] Considering Leaving the County	39.9		
% [North Tahoe] Considering Leaving the County	39.8		
% [North Tahoe] Victim of Intimate Partner Violence/Emotional Abuse	24.5		

Note: In the section above, each community is compared against the other two combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

	COMPOSITE AREA VS. BENCHMARKS				
Composite Area	vs. Peers	vs. CO	vs. CA	vs. US	TREND
10.0	 4.6				 6.0
80.5	 84.4				 85.4
61.1	 56.6				 59.7
58.3	 51.3				 57.1
69.0					
					 68.0
32.0	 37.0			 23.8	 32.2













































better



similar





















worse


MENTAL HEALTH	DISPARITY AMONG COMMUNITIES			Composite Area	COMPOSITE AREA VS. BENCHMARKS				
	Eagle County	Summit County	North Tahoe		vs. Peers	vs. CO	vs. CA	vs. US	TREND
% People Are Sympathetic to Those With Mental Illness (Strongly/Somewhat Agree)	 64.6	 68.2	 55.8	63.1	 59.3				 60.6
% Easy for Residents to Discuss Mental Health (Strongly/Somewhat Agree)	 56.7	 59.4	 46.0	54.3	 43.6				 46.8
% [Eagle Co.] Can Recognize a Person w/MH Struggles (Strongly/Somewhat Agree)	65.8								
% [Summit Co.] Can Recognize a Person w/MH Struggles (Strongly/Somewhat Agree)	65.3								 62.1
% 3+ Days of Poor Mental Health in the Past Month	 49.9	 48.9	 46.9	48.6	 53.0				 43.0
% Needed Mental Health Services in Past Year	 40.1	 43.3	 32.9	38.9	 39.3				 33.9
% [Those Needing Services] Unable to Get Mental Health Services in Past Year	 19.0	 27.6	 21.9	22.6	 26.4				 39.9
% Aware of Local Mental Health Resources	 81.8	 80.6	 62.6	75.9	 64.9				 71.1
% "Very/Somewhat" Likely to Seek Mental Health Services Locally if Needed	 88.7	 86.5	 80.5	85.6	 84.9				 87.4
% "Very/Somewhat" Likely to Use Teletherapy for Behavioral Health	 80.7	 78.1	 80.5	80.1	 81.3				 71.3
% [Eagle Co.] Children's Mental Health Resources Are "Fair/Poor"	35.3								 45.7

DISPARITY AMONG COMMUNITIES			
MENTAL HEALTH (continued)	Eagle County	Summit County	North Tahoe
% [Eagle Co.] Household Has a Child Diagnosed With Mental Issues	12.7		

Note: In the section above, each community is compared against the other two combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

DISPARITY AMONG COMMUNITIES			
SUBSTANCE ABUSE	Eagle County	Summit County	North Tahoe
% Alcohol Is Important to Most People's Social Life (Strongly/Somewhat Agree)	 76.3	 83.4	 69.0
% Current Drinker	 72.2	 76.9	 74.4
% Heavy Drinker	 18.3	 20.5	 20.9
% Binge Drinker	 36.8	 35.2	 34.0
% Excessive Drinker	 39.2	 39.5	 39.8
% Personally Impacted by Substance Abuse	 65.7	 66.9	 60.0

Note: In the section above, each community is compared against the other two combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

COMPOSITE AREA VS. BENCHMARKS					
Composite Area	vs. Peers	vs. CO	vs. CA	vs. US	TREND
					 7.9




























better



similar



worse

COMPOSITE AREA VS. BENCHMARKS					
Composite Area	vs. Peers	vs. CO	vs. CA	vs. US	TREND
76.2	 65.3				 78.7
74.2	 75.0	 59.3	 52.4	 59.8	 82.0
19.7	 22.4	 7.8	 6.3	 9.1	 23.2
35.5	 35.7	 17.9	 16.0	 24.5	 40.0
39.5	 40.0	 19.7	 18.0	 27.2	 44.7
64.4	 62.0			 35.8	 67.5






better








similar



worse

INSURANCE	DISPARITY AMONG COMMUNITIES		
	Eagle County	Summit County	North Tahoe
% [Age 18-64] Lack Health Insurance	 12.2	 17.3	 18.8

Note: In the section above, each community is compared against the other two combined. Throughout these tables, a blank or empty cell indicates that data are not available for this indicator or that sample sizes are too small to provide meaningful results.

Composite Area	COMPOSITE AREA VS. BENCHMARKS				
	vs. Peers	vs. CO	vs. CA	vs. US	TREND
15.6	 8.0	 14.5	 13.2	 8.7	 13.6

 better
  similar
  worse



COMMUNITY LIFE

COMMUNITY AS A PLACE TO LIVE

In the initial inquiry, respondents were asked the following question (for the purposes of this study, they were asked to consider their "community" to be their own neighborhood):

Overall, how would you rate your community as a place to live? Would you say: Excellent, Very Good, Good, Fair, or Poor?

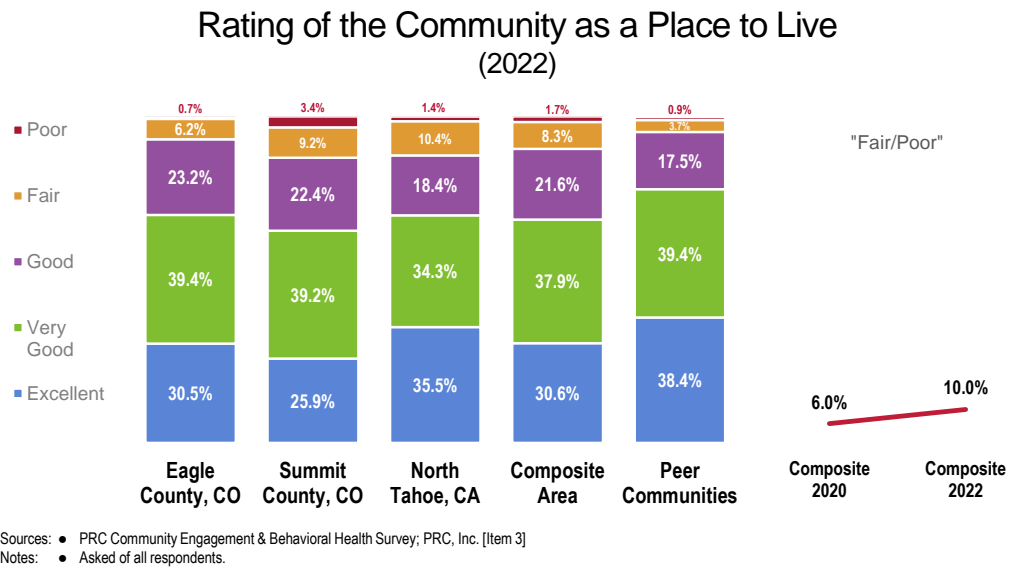
By and large, most residents in the composite of the three communities rate their communities as "excellent" or "very good" places to live.

However, 10.0% of composite area residents gave "fair/poor" ratings of their community as a place to live.

BENCHMARK ► Twice the prevalence given among residents of peer communities.

TREND ► Increasing significantly from 2020 survey findings.

DISPARITY ► Respondents in Summit County gave the highest "fair/poor" response.



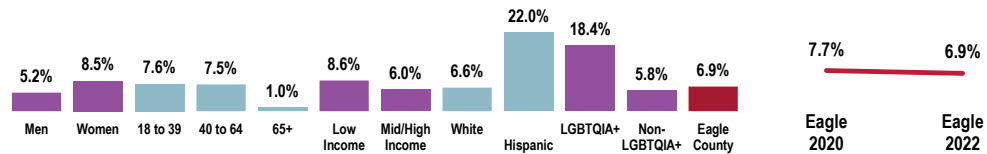
Note the following community-specific findings for "fair/poor" responses, segmented by key demographic characteristics:

Eagle County, CO

DISPARITY ► Adults under 65, Hispanics, and those in the LGBTQIA+ community are more critical of quality of life in Eagle County.



Perceive Eagle County as a "Fair" or "Poor" Place to Live (Eagle County, CO; 2022)



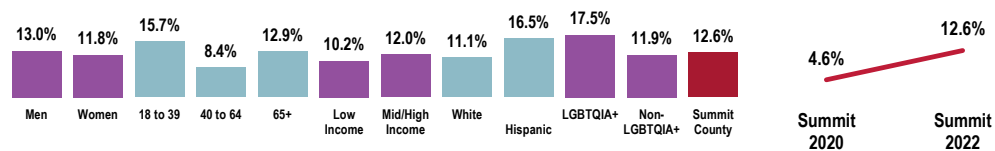
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 3]
Notes: • Asked of all respondents in Eagle County.

Summit County, CO

TREND ► "Fair/poor" ratings among residents have increased significantly since 2020.

DISPARITY ► Young adults in Summit County are significantly more likely to give "fair/poor" response to the question.

Perceive Summit County as a "Fair" or "Poor" Place to Live (Summit County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 3]
Notes: • Asked of all respondents in Summit County.

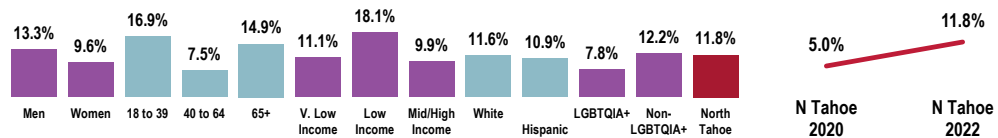


North Tahoe, CA

TREND ► The prevalence has increased significantly among North Tahoe respondents.

DISPARITY ► Low ratings were significantly greater among young adults, seniors (age 65+), and residents with low household incomes.

Perceive North Tahoe as a "Fair" or "Poor" Place to Live (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 3]
Notes: • Asked of all respondents in North Tahoe.



COMMUNITY ENGAGEMENT

Trust

Community engagement was measured in the PRC Community Engagement & Behavioral Health Survey by asking respondents to report their level of agreement with three statements about their attachment to and identification with their local community.

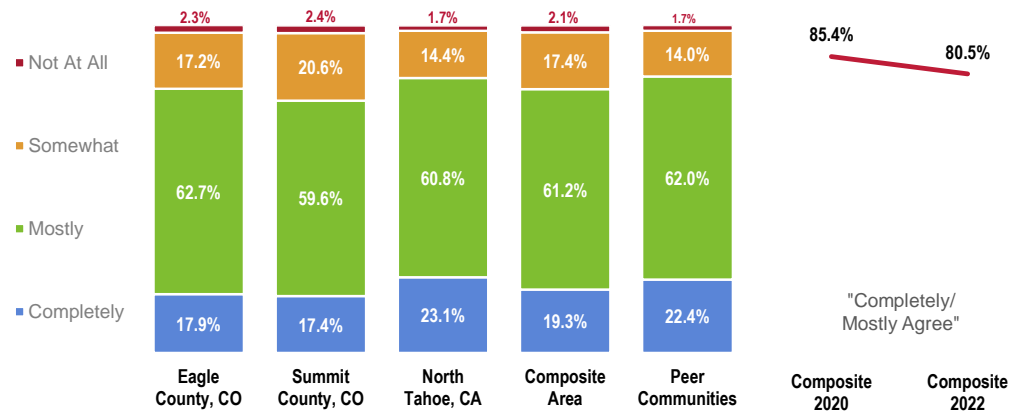
Around 80% of residents in the composite of the three communities agree (“completely” or “mostly”) that *“I can trust people in this community.”*

BENCHMARK ► A lower prevalence than reported among residents in peer communities.

TREND ► Marking a significant decrease since 2020.

DISPARITY ► Lowest among Summit County respondents.

"I Can Trust People in This Community"
(2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]
Notes: • Asked of all respondents.

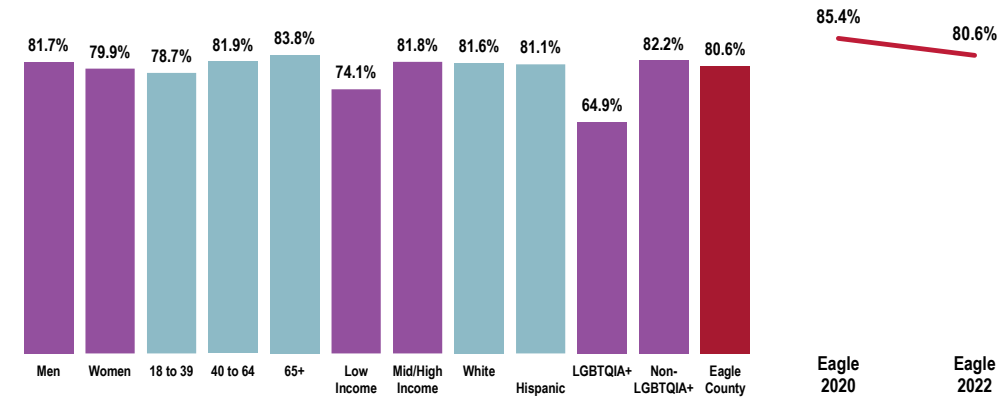


Eagle County, CO

TREND ► A significant decrease among Eagle County respondents since 2020.

DISPARITY ► Trust is lowest in the LGBTQIA+ community.

Completely/Mostly Agree: "I Can Trust People in This Community" (Eagle County, CO; 2022)



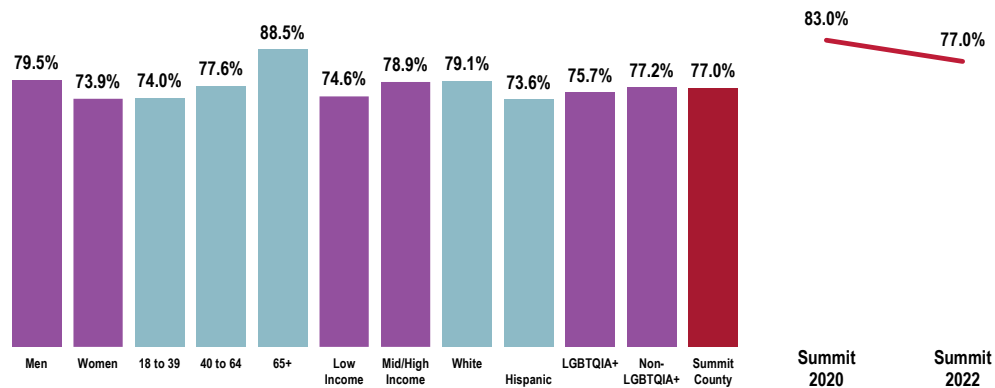
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]
Notes: • Asked of all respondents in Eagle County.

Summit County, CO

TREND ► Denotes a statistically significant decrease in trust since 2020.

DISPARITY ► Trust increases with age in Summit County.

Completely/Mostly Agree: "I Can Trust People in This Community" (Summit County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]
Notes: • Asked of all respondents in Summit County.

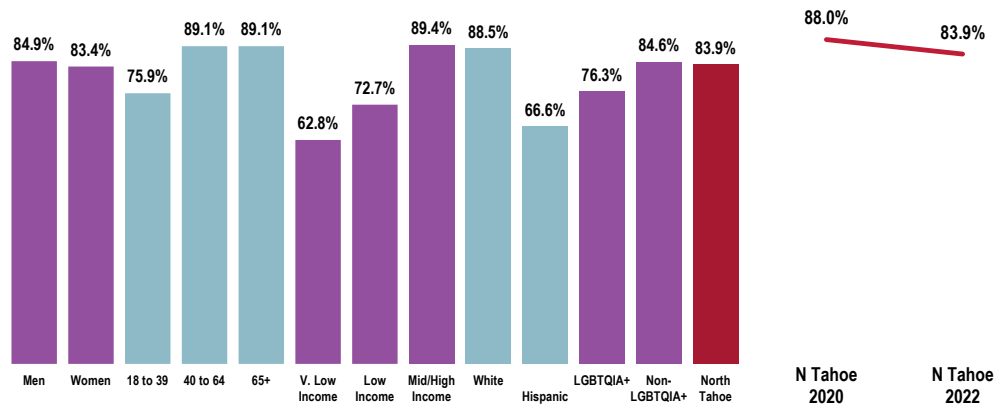


North Tahoe, CA

TREND ► Decreasing significantly from 2020 survey results in North Tahoe.

DISPARITY ► Increasing with income level but significantly lower among Hispanics and young adults.

Completely/Mostly Agree: "I Can Trust People in This Community" (North Tahoe, CA; 2022)



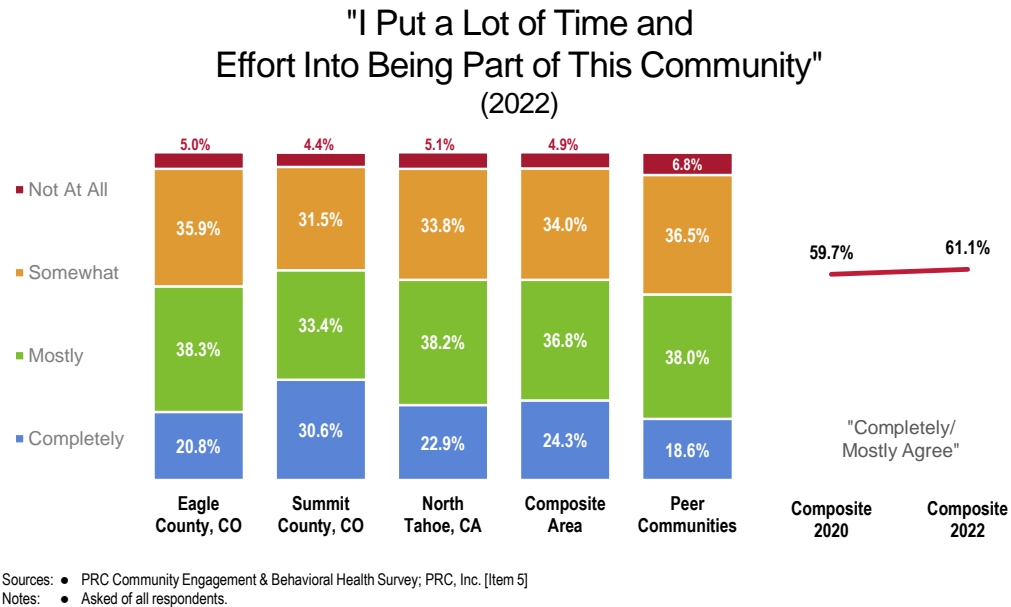
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]
Notes: • Asked of all respondents in North Tahoe.



Time & Effort

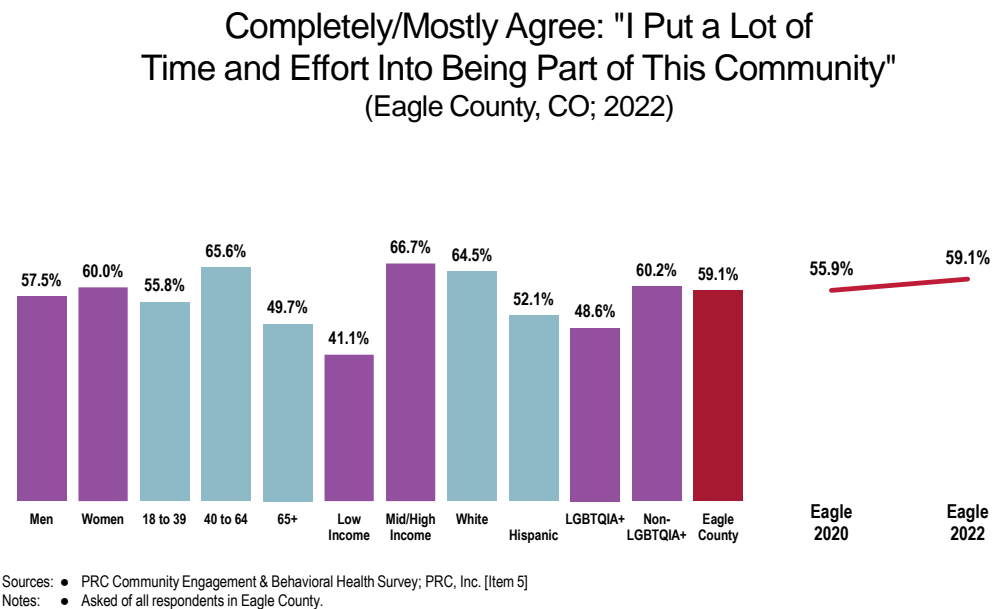
Just over 60% of residents in the composite of the three communities agree (“completely” or “mostly”) that *“I put a lot of time and effort into being part of this community.”*

BENCHMARK ► A greater proportion than found among residents in the peer communities.



Eagle County, CO

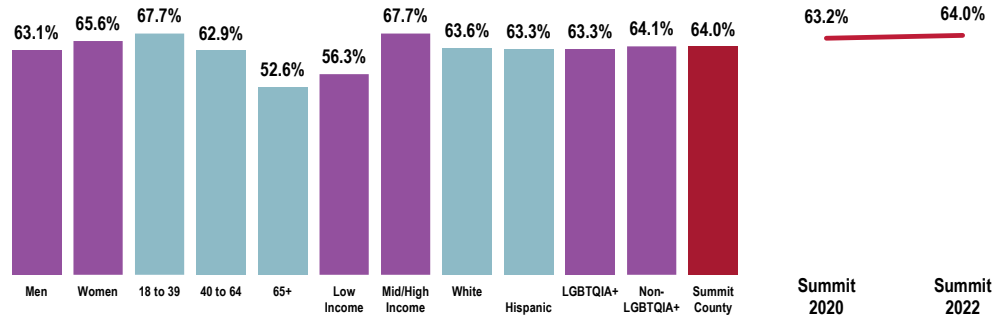
DISPARITY ► County residents less likely to agree include young adults and seniors, those living on low incomes, and Hispanics.



Summit County, CO

DISPARITY ► The prevalence decreases with age and is lower among those living at low income levels.

Completely/Mostly Agree: "I Put a Lot of Time and Effort Into Being Part of This Community" (Summit County, CO; 2022)

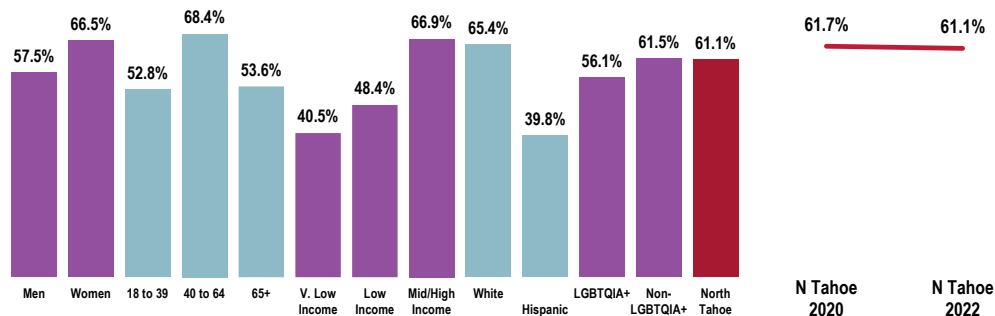


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]
Notes: • Asked of all respondents in Summit County.

North Tahoe, CA

DISPARITY ► Respondents less likely to agree include men, young adults, seniors, residents living below 200% of the federal poverty level, and Hispanics.

Completely/Mostly Agree: "I Put a Lot of Time and Effort Into Being Part of This Community" (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]
Notes: • Asked of all respondents in North Tahoe.



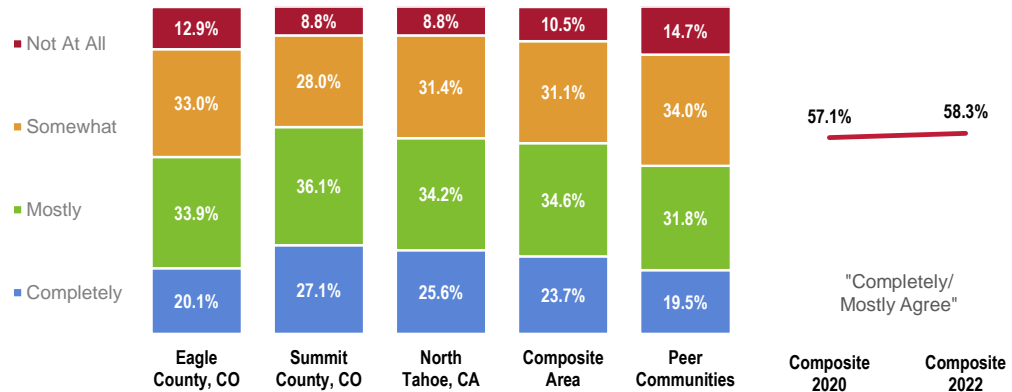
Identity

Over half of residents in the composite of the three communities agree (“completely” or “mostly”) that *“being a member of this community is part of my identity.”*

BENCHMARK ► Higher than the prevalence reported in peer communities.

DISPARITY ► Reported least often among Eagle County residents.

"Being a Member of This Community Is Part of My Identity" (2022)

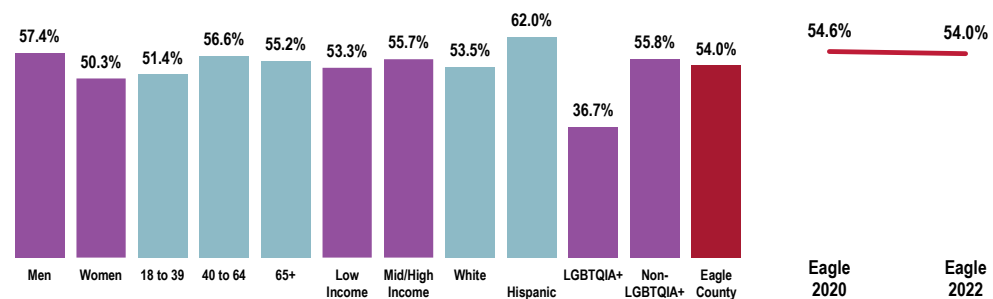


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents.

Eagle County, CO

DISPARITY ► The prevalence is lowest in the LGBTQIA+ community.

Completely/Mostly Agree: "Being a Member of This Community Is Part of My Identity" (Eagle County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents in Eagle County.

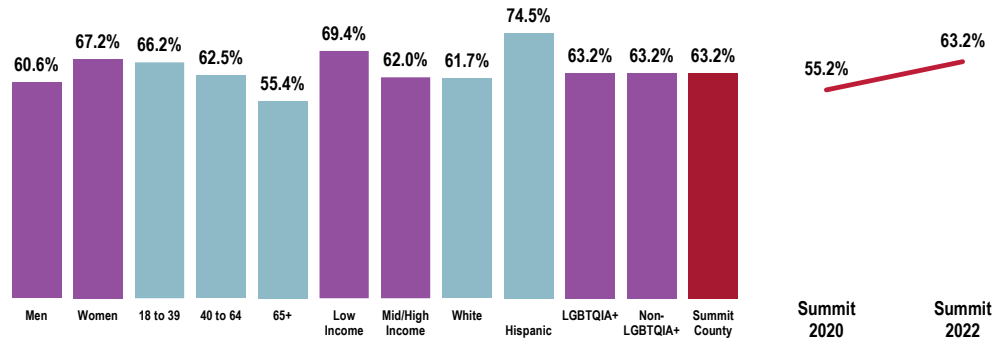


Summit County, CO

TREND ► Marks a statistically significant increase in the county since 2020.

DISPARITY ► Notably lower among Whites than Hispanics.

Completely/Mostly Agree: "Being a Member of This Community Is Part of My Identity" (Summit County, CO; 2022)

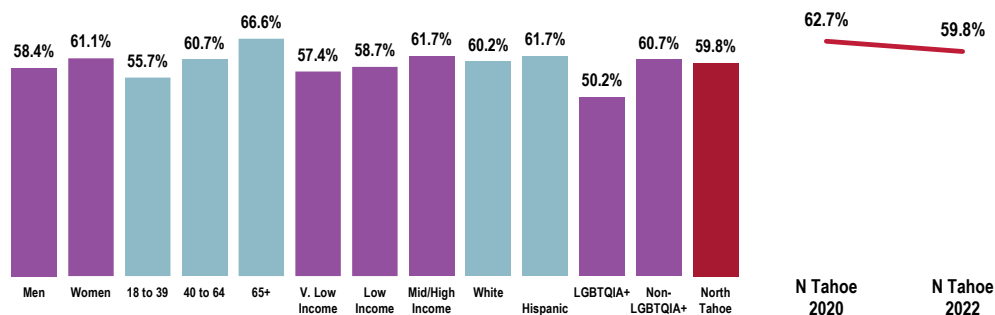


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents in Summit County.

North Tahoe, CA

DISPARITY ► The prevalence strongly correlates with age in North Tahoe.

Completely/Mostly Agree: "Being a Member of This Community Is Part of My Identity" (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents in North Tahoe.



SOCIAL CONNECTIONS & LONELINESS

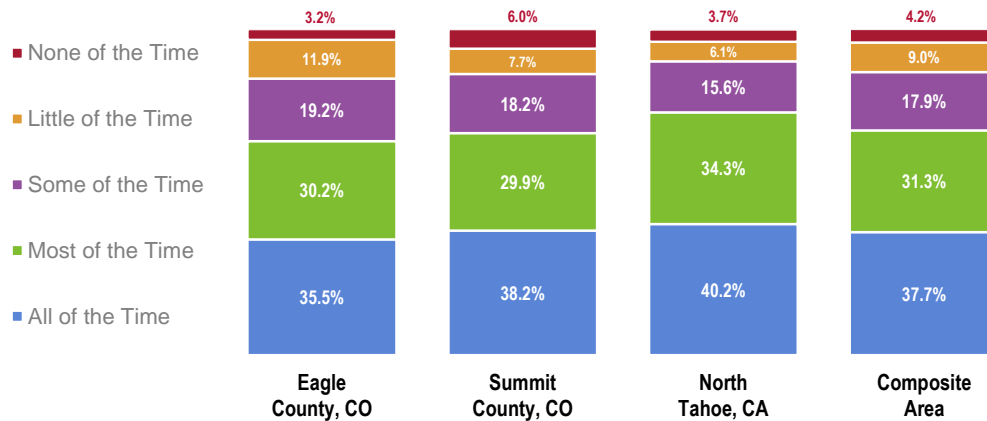
Social Support

"In the past month, how often have you had someone in your community you could turn to if you needed or wanted help? Would you say: All of the Time, Most of the Time, Some of the Time, Little of the Time, or None of the Time?"

A total of 69.0% of adults in the composite area feel that they have had someone they can turn to for help in the community "all" or "most" of the time during the past month.

DISPARITY ► The prevalence is lowest among Eagle County respondents.

Frequency of Having Someone in the Community to Turn to if Help Were Needed/Wanted in the Past Month (2022)

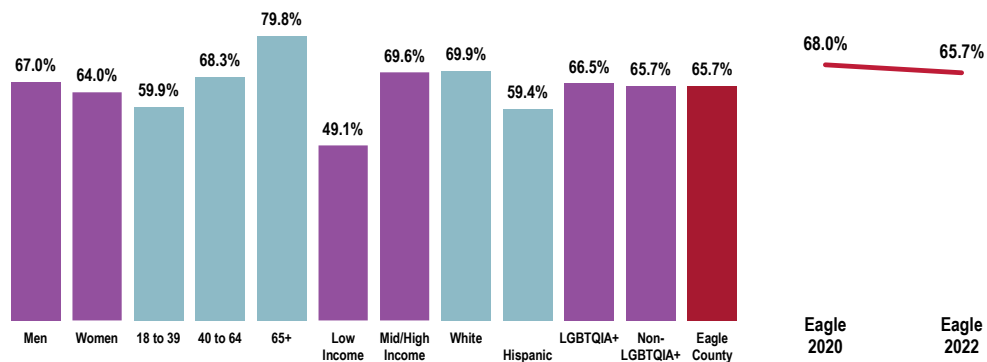


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: • Asked of all respondents.

Eagle County, CO

DISPARITY ► Eagle County residents less likely to feel they have someone to turn to include younger adults, those living on low incomes (especially), and Hispanics.

Have Someone To Turn To "All/Most of the Time" (Eagle County, CO; 2022)



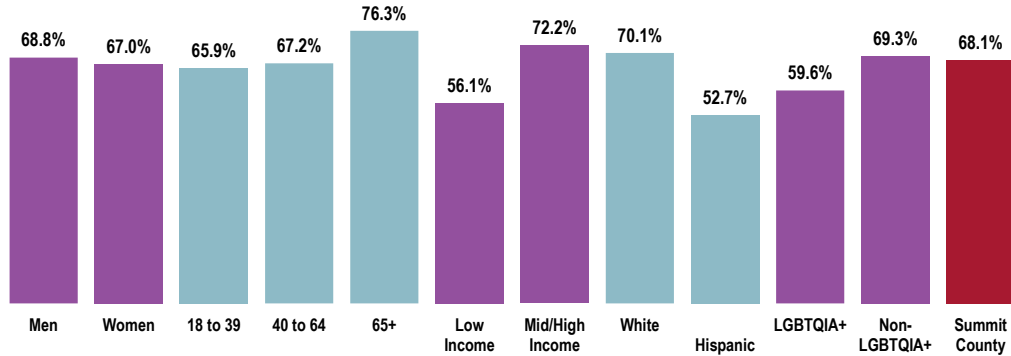
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: • Asked of all respondents in Eagle County.



Summit County, CO

DISPARITY ► Reported less often among adults under 65, those living in the lower income breakout, and Hispanics.

Have Someone To Turn To "All/Most of the Time" (Summit County, CO; 2022)

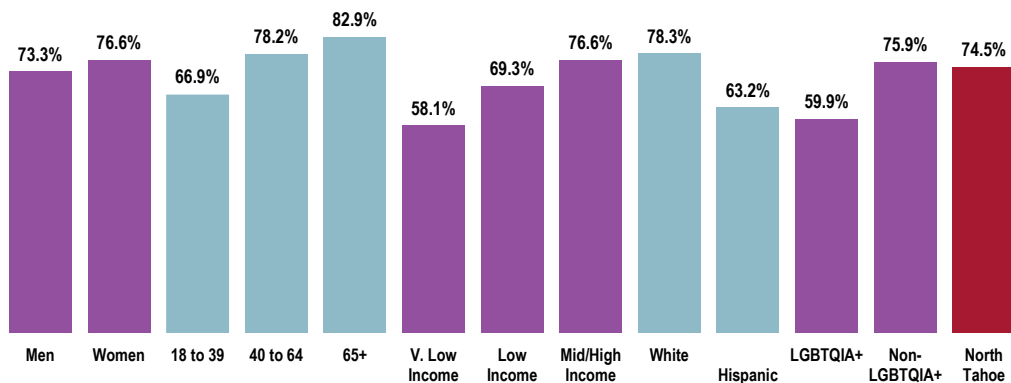


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: • Asked of all respondents in Summit County.

North Tahoe, CA

DISPARITY ► The prevalence increases with age and income level, and is lower among Hispanics and the LGBTQIA+ community.

Have Someone To Turn To "All/Most of the Time" (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: • Asked of all respondents in North Tahoe.



Isolation & Loneliness

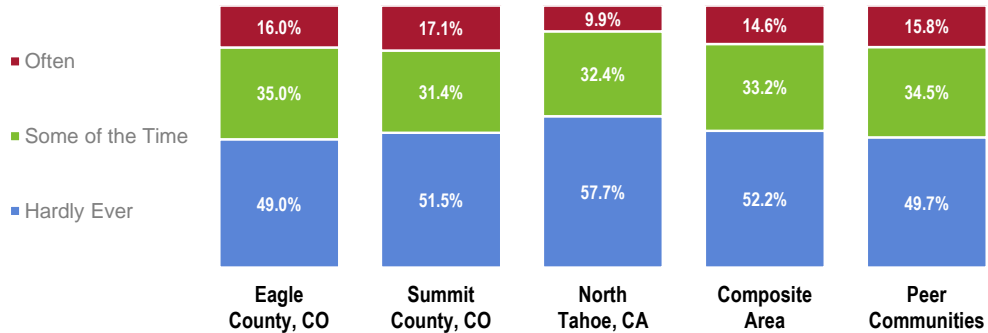
Adults taking part in the survey answered three questions as part of the loneliness index, asking how often ("often," "some of the time," or "hardly ever") they feel:

- Left out;
- Isolated from others; or
- That they lack companionship.

The following charts outline the findings for these questions for each of the three communities, as well as the composite percentage of those who fit the criteria of being "lonely" (here, "lonely" is defined as respondents who score 6-9 points in the series of three questions from the loneliness index. Points were awarded based on "hardly ever" (1), "some of the time" (2), or "often" (3) responses).

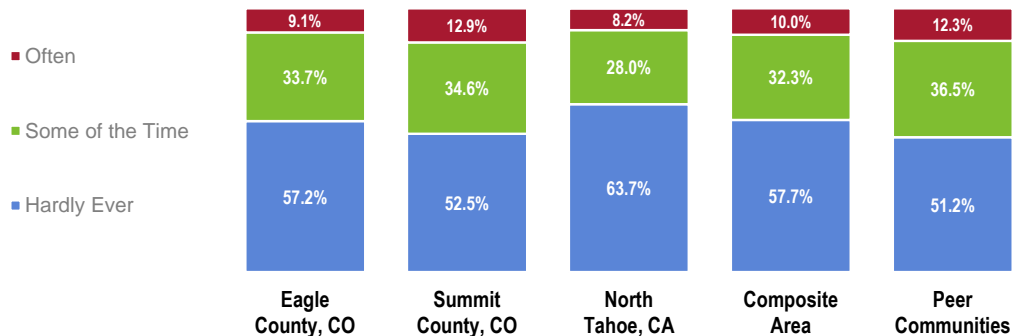
The following charts outline responses to three questions used to define "loneliness" among residents in the three communities.

Lack Companionship (2022)



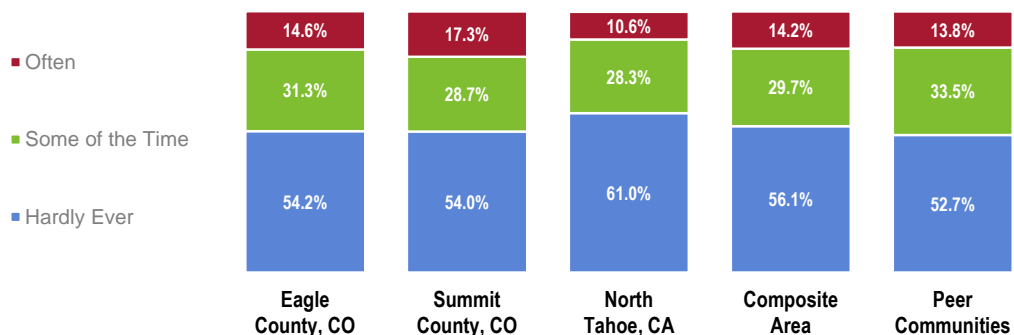
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 7]
Notes: • Asked of all respondents.

Feel Left Out (2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 8]
Notes: • Asked of all respondents.

Feel Isolated From Others (2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 9]
Notes: • Asked of all respondents.



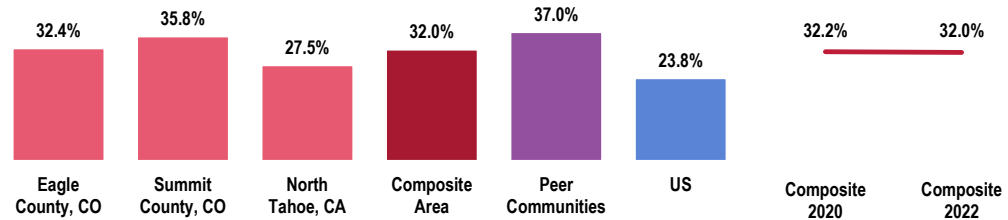
Loneliness Scale

Based on their responses to three survey questions, 32.0% of residents in the three communities are found to be “lonely.”

BENCHMARK ► Lower than the peer prevalence but much higher than the national figure.

DISPARITY ► Highest among Summit County respondents.

Lonely (2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 41]
• 2020 PRC National Health Survey; PRC, Inc.

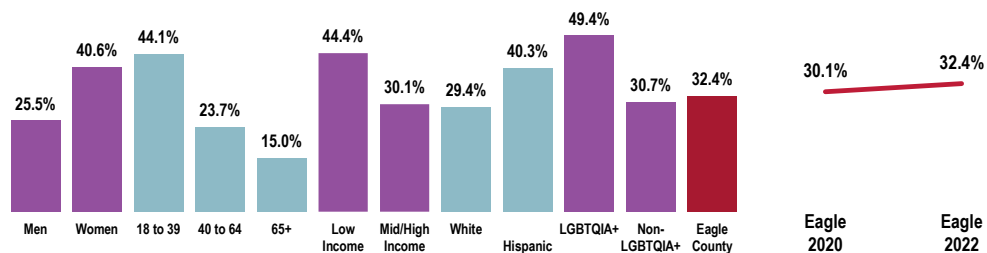
Notes: • Asked of all respondents.

• Here, “lonely” is defined as respondents who score 6-9 points in the series of three questions from the Loneliness Scale (regarding lacking companionship or feeling isolated or feeling left out). Points were awarded based on “hardly ever” (1), “some of the time” (2), or “often” (3) responses

Eagle County, CO

DISPARITY ► Residents more likely to report loneliness include women, young adults, those living on low incomes, Hispanics, and those identifying as LGBTQIA+.

Lonely (Eagle County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 41]

Notes: • Asked of all respondents in Eagle County.

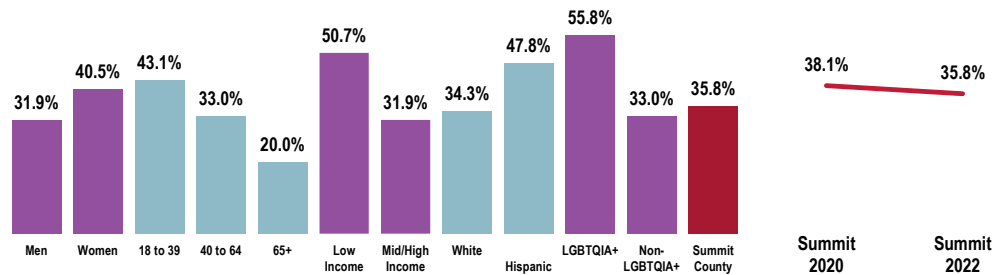
• In this case, “lonely” is defined for respondents who score 6–9 points in a series of three questions from the Loneliness Scale. Points are awarded based on “Hardly ever” (1), “Some of the time” (2), or “Often” (3) responses as to how often they lack companionship, feel left out, and/or feel isolated from others.



Summit County, CO

DISPARITY ► In Summit County, the prevalence of loneliness decreases with age and is notably higher among women, low-income residents, Hispanics, and respondents in the LGBTQIA+ community.

Lonely (Summit County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 41]

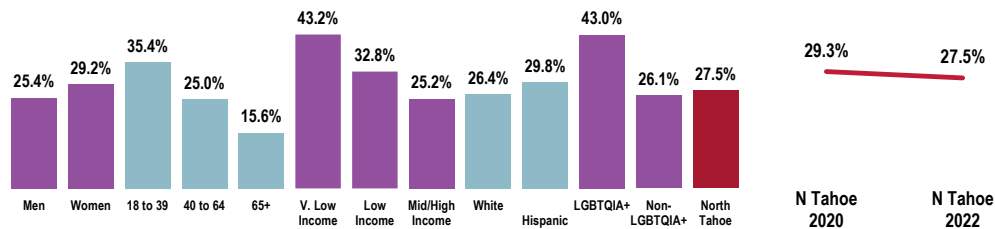
Notes: • Asked of all respondents in Summit County.

• In this case, "lonely" is defined for respondents who score 6–9 points in a series of three questions from the Loneliness Scale. Points are awarded based on "Hardly ever" (1), "Some of the time" (2), or "Often" (3) responses as to how often they lack companionship, feel left out, and/or feel isolated from others.

North Tahoe, CA

DISPARITY ► Loneliness in North Tahoe decreases with age and income and is notably high in the LGBTQIA+ population.

Lonely (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 41]

Notes: • Asked of all respondents in North Tahoe.

• In this case, "lonely" is defined for respondents who score 6–9 points in a series of three questions from the Loneliness Scale. Points are awarded based on "Hardly ever" (1), "Some of the time" (2), or "Often" (3) responses as to how often they lack companionship, feel left out, and/or feel isolated from others.



INTIMATE PARTNER VIOLENCE & ABUSE (NORTH TAHOE)

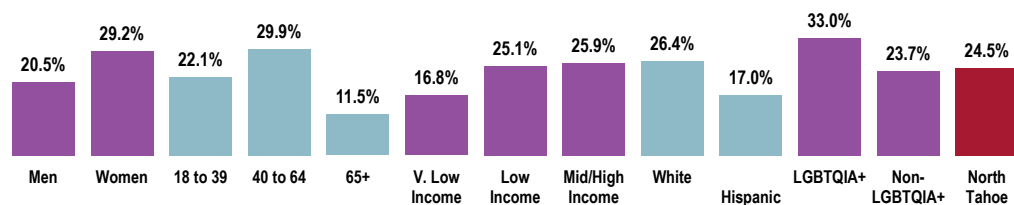
[NORTH TAHOE RESPONDENTS]

"For the purposes of this study, 'intimate partner' means any current or former spouse, boyfriend, or girlfriend. Someone you were dating, or romantically or sexually intimate with, would also be considered an intimate partner. Has an intimate partner ever physically hurt you, hurt you emotionally through put-downs or belittling, isolated you from friends and family, or tried to control you or your finances?"

A total of 24.5% of North Tahoe adults have experienced physical violence or emotional abuse from an intimate partner.

DISPARITY ► Reported more often among women, adults under 65, those living above poverty, and White respondents.

Have Ever Been the Victim of Intimate Partner Violence or Emotional Abuse (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 304]
• 2020 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: • Asked of all respondents.



CONSIDERING LEAVING THE COMMUNITY (SUMMIT COUNTY & NORTH TAHOE)

[SUMMIT COUNTY RESPONDENTS]

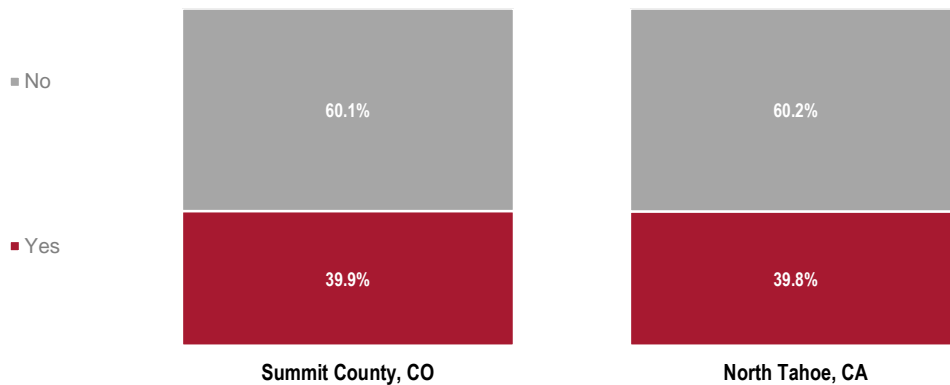
"During the past 12 months, have you or has a family member seriously considered leaving Summit County because of housing instability, lack of stable employment, or insufficient income to cover expenses?"

[NORTH TAHOE RESPONDENTS]

"During the past 12 months, have you or has a family member seriously considered leaving North Tahoe because of housing instability, lack of stable employment, or insufficient income to cover expenses?"

A total of 39.9% of Summit County adults and 39.8% of North Tahoe adults have seriously considered leaving the community in the past year because of economic factors.

Have Considered Leaving the Community Because of Housing Instability, Lack of Stable Employment, or Insufficient Income to Cover Expenses (Summit County, CO, and North Tahoe, CA; 2022)

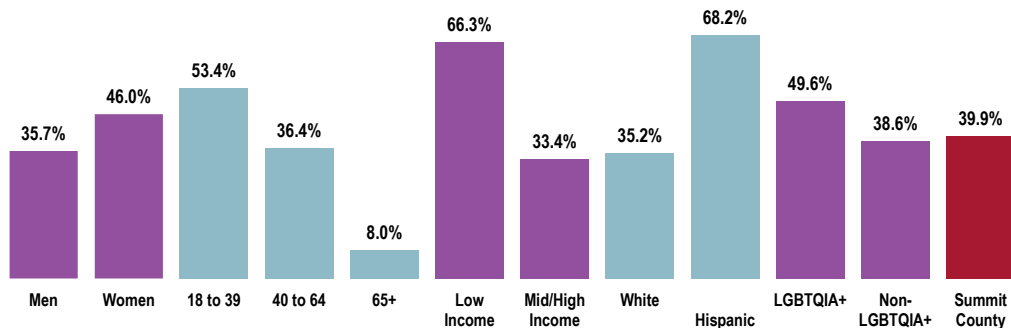


Source: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 308 and 309]
Notes: • Asked of all respondents.

Summit County, CO

DISPARITY ► Residents more likely to have considered leaving Summit County include women, young adults, those living on lower incomes, and Hispanics.

Have Considered Leaving Summit County Because of Housing Instability, Lack of Stable Employment, or Insufficient Income to Cover Expenses (Summit County, CO; 2022)



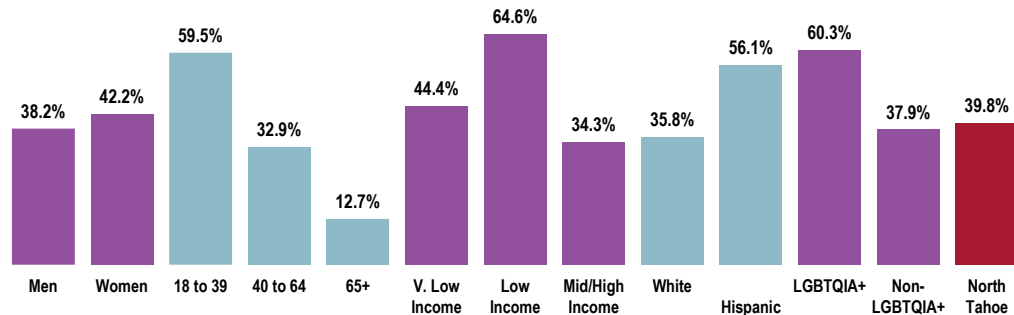
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 308]
Notes: • Asked of all respondents in Summit County.



North Tahoe, CA

DISPARITY ► The prevalence decreases with age and is especially high among low-income residents, Hispanics, and the LGBTQIA+ community.

Have Considered Leaving North Tahoe Because of Housing Instability, Lack of Stable Employment, or Insufficient Income to Cover Expenses (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 309]
Notes: • Asked of all respondents in North Tahoe.





MENTAL HEALTH

COMMUNITY ATTITUDES TOWARD MENTAL HEALTH

Caring & Sympathy Toward Those With Mental Health Issues

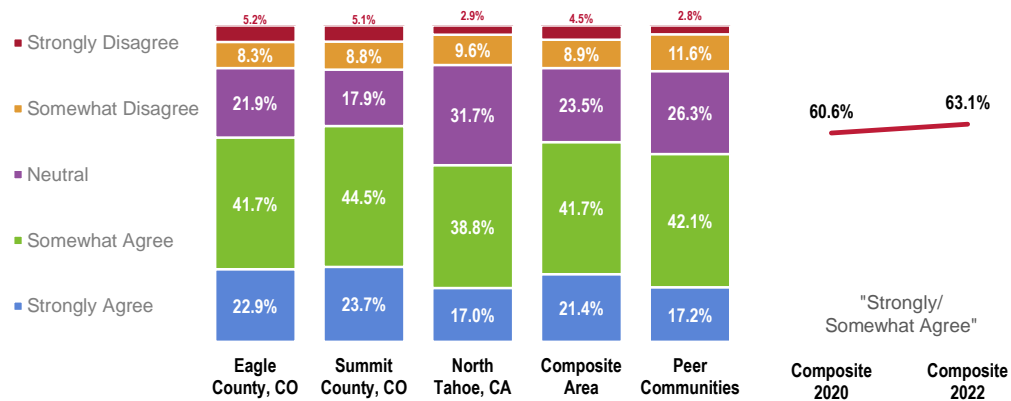
To gauge community attitudes toward mental health, respondents taking part in the survey were asked their level of agreement with the following statement:

"People in this community are generally caring and sympathetic to people with mental illness."

While most agree that the community is generally caring and sympathetic to people with mental health issues, roughly one in seven residents in the three-community composite disagree.

DISPARITY ► Residents of North Tahoe are least likely to consider community members to be caring and sympathetic to people with mental health issues.

"People in This Community Are Generally Caring and Sympathetic to People With Mental Illness" (2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 10]
Notes: • Asked of all respondents.

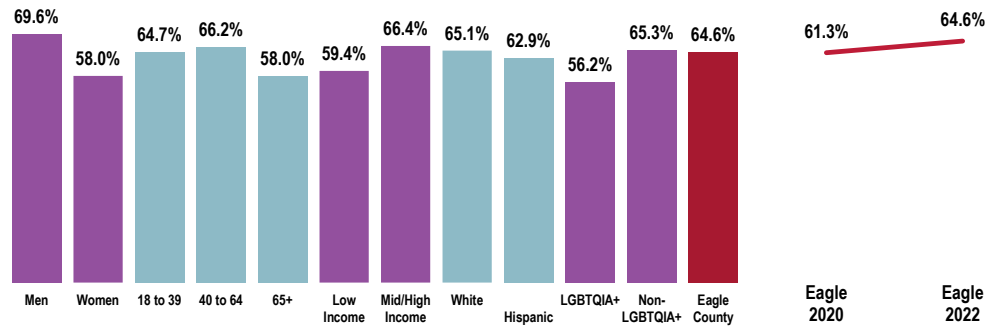
Note the following community-specific findings for "strongly" or "somewhat" agree responses, segmented by key demographic characteristics:



Eagle County, CO

DISPARITY ► Women in Eagle County are less likely to agree with the statement.

Strongly/Somewhat Agree: "People in This Community Are Generally Caring and Sympathetic to People With Mental Illness" (Eagle County, CO; 2022)

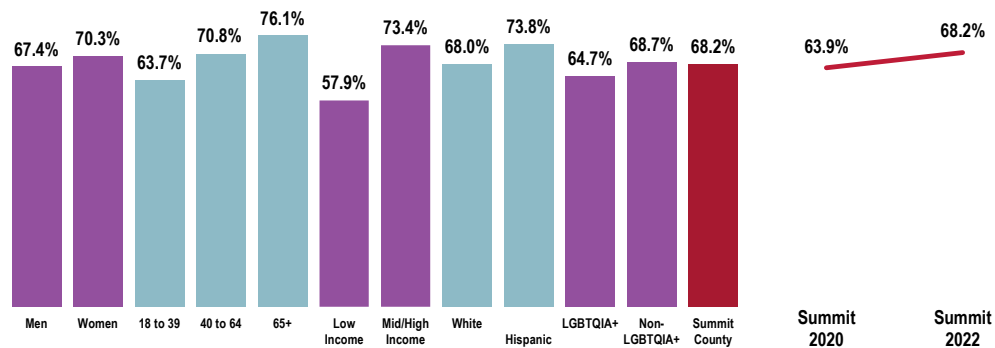


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 10]
Notes: • Asked of all respondents in Eagle County.

Summit County, CO

DISPARITY ► The prevalence increases with age in Summit County and is lowest among low-income respondents.

Strongly/Somewhat Agree: "People in This Community Are Generally Caring and Sympathetic to People With Mental Illness" (Summit County, CO; 2022)



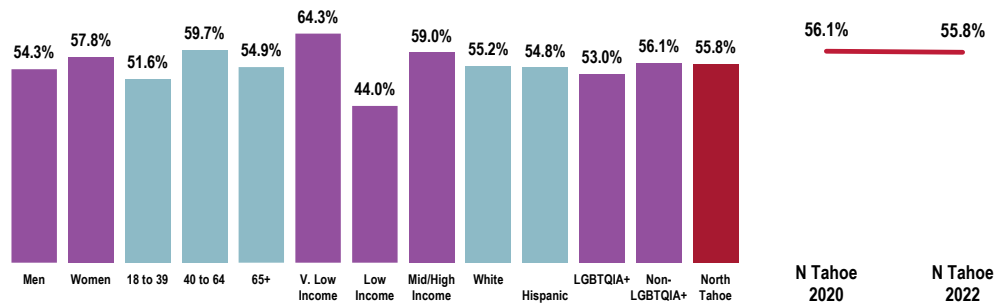
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 10]
Notes: • Asked of all respondents in Summit County.



North Tahoe, CA

DISPARITY ► Reported less often among young adults, seniors, and respondents living just above the poverty level.

Strongly/Somewhat Agree: "People in This Community Are Generally Caring and Sympathetic to People With Mental Illness" (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 10]
Notes: • Asked of all respondents in North Tahoe.



Discussing Mental Health & Emotional Challenges

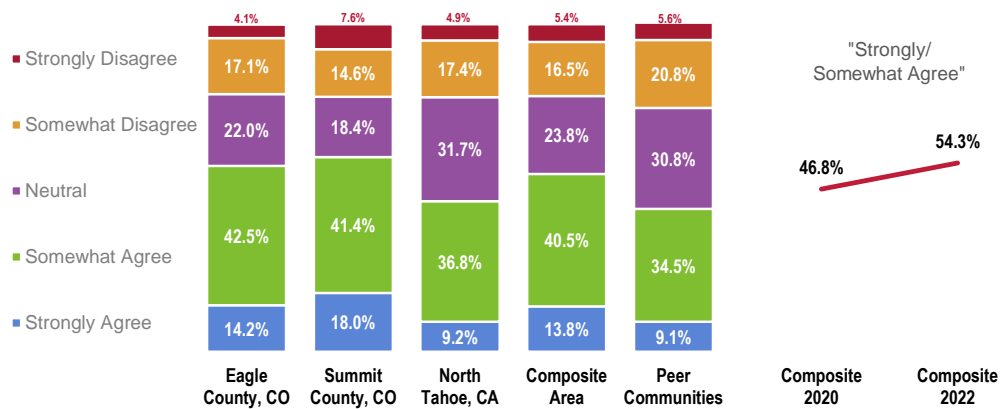
Over half of residents agree that people in the community can easily discuss mental health; however, 22% in the composite of the three communities do not.

BENCHMARK ► Residents in peer communities are less likely to agree that local people can easily discuss mental health.

TREND ► The three-community response indicates a statistically significant increase since 2020.

DISPARITY ► Respondents in North Tahoe are least likely to agree with the sentiment.

"It Is Easy for Residents to Talk About Mental Health or Emotional Challenges" (2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
 Notes: • Asked of all respondents.

Note the following community-specific findings for “strongly” or “somewhat” agree responses, segmented by key demographic characteristics:

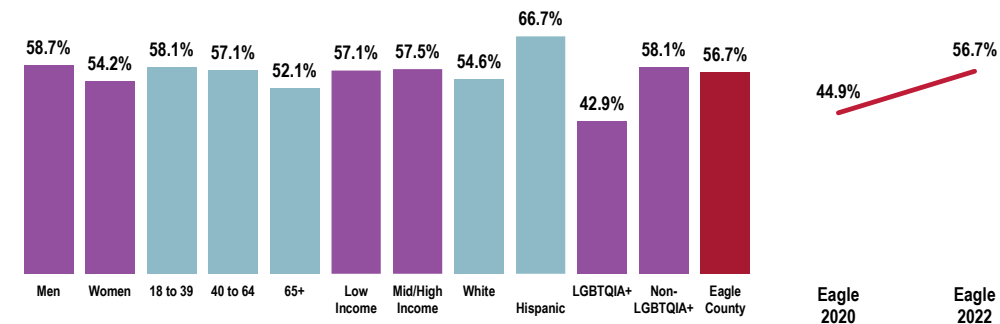


Eagle County, CO

TREND ► Agreement has increased significantly since 2020.

DISPARITY ► Agreement is lower among Whites and in the LGBTQIA+ community in Eagle County.

Strongly/Somewhat Agree: "It Is Easy for Residents to Talk About Mental Health or Emotional Challenges" (Eagle County, CO; 2022)



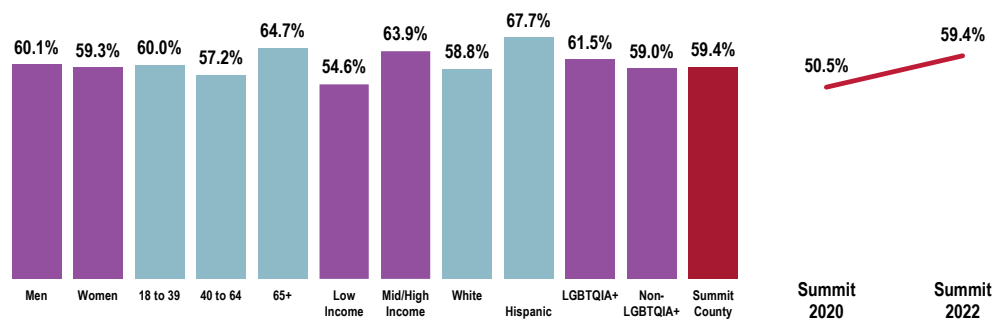
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
Notes: • Asked of all respondents in Eagle County.

Summit County, CO

TREND ► Marks a statistically significant increase in Summit County since 2020.

DISPARITY ► No statistically significant disparity when viewed by basic demographic characteristics.

Strongly/Somewhat Agree: "It Is Easy for Residents to Talk About Mental Health or Emotional Challenges" (Summit County, CO; 2022)



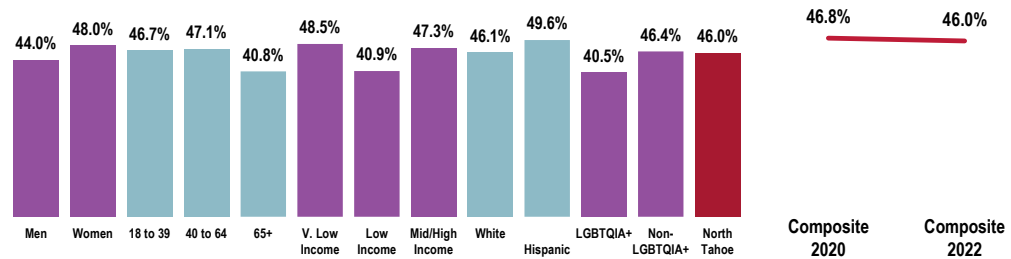
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
Notes: • Asked of all respondents in Summit County.



North Tahoe, CA

DISPARITY ► Statistically similar findings when viewed by demographic characteristics.

Strongly/Somewhat Agree: "It Is Easy for Residents to Talk About Mental Health or Emotional Challenges" (North Tahoe, CA; 2022)



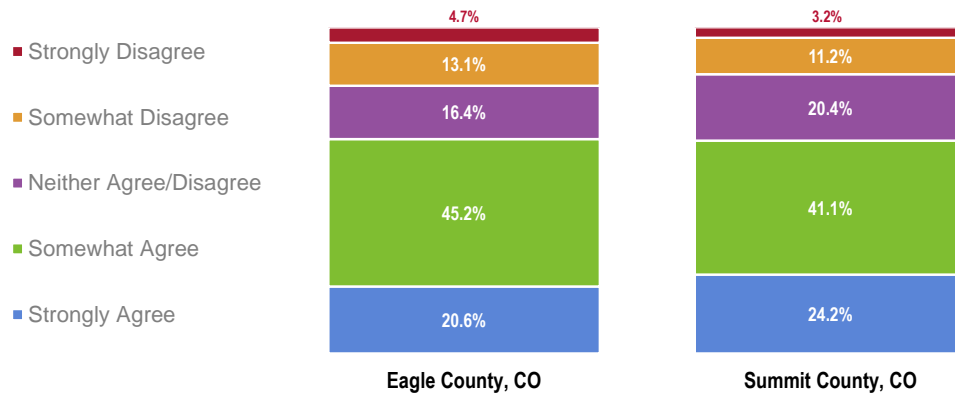
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
Notes: • Asked of all respondents in North Tahoe.



IDENTIFYING MENTAL HEALTH ISSUES (EAGLE & SUMMIT COUNTIES)

A total of 65.8% of Eagle County adults and 65.3% of Summit County adults agree that they *"would be able to tell if someone were struggling with a mental health concern."*

"I Would Be Able to Tell if Someone Were Struggling With a Mental Health Concern" (2022)

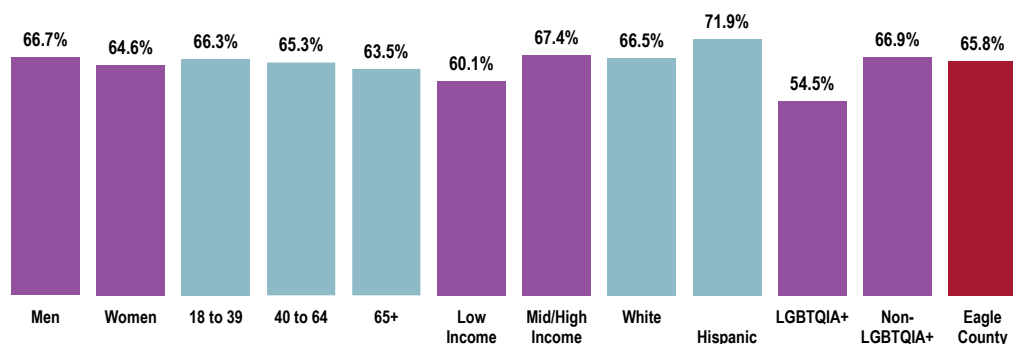


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]
Notes: • Asked of all respondents.

Eagle County, CO

DISPARITY ► Statistically similar findings by demographic characteristics in Eagle County.

Strongly/Somewhat Agree: "I Would Be Able to Tell if Someone Were Struggling With a Mental Health Concern" (Eagle County, CO; 2022)



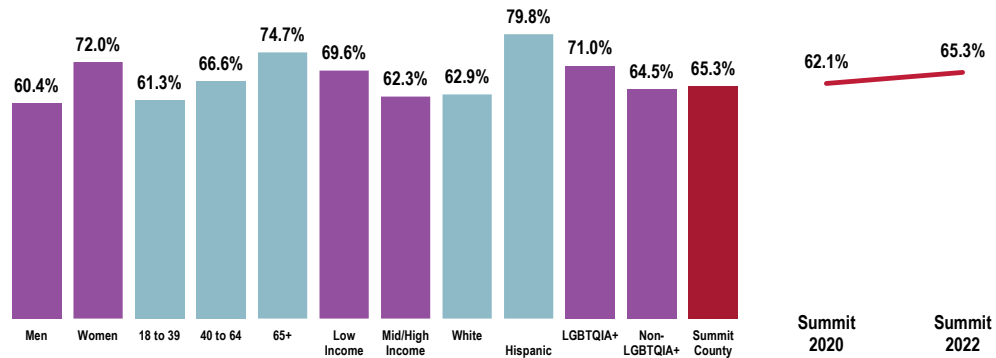
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]
Notes: • Asked of all respondents in Eagle County.



Summit County, CO

DISPARITY ► Agreement is lower among men, adults under 65, and Whites in Summit County.

Strongly/Somewhat Agree: "I Would Be Able to Tell if Someone Were Struggling With a Mental Health Concern" (Summit County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]
Notes: • Asked of all respondents in Summit County.



PERSONAL MENTAL HEALTH

Mental Health Status

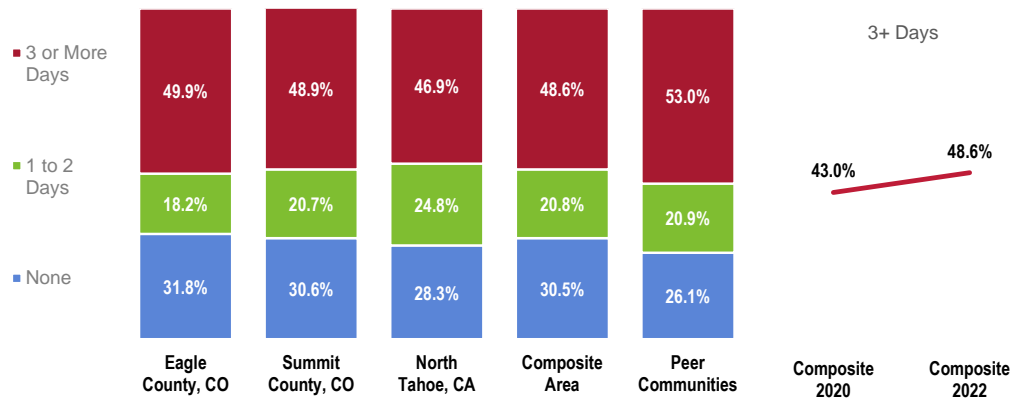
“Still thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days would you say your mental health was NOT good?”

Thinking about their mental health, which includes stress, depression, and problems with emotion, about 30% of residents of the three communities report no days of poor mental health in the past month; however, nearly half report three or more days in the past 30 days when their mental health was not good.

BENCHMARK ► Lower than the prevalence reported among peer communities.

TREND ► Denotes a statistically significant worsening since 2020.

Days of Poor Mental Health in the Past Month
(2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]
Notes: • Asked of all respondents.

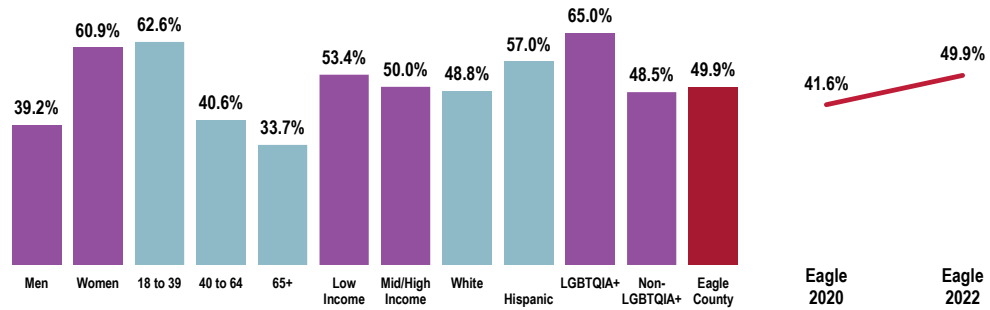


Eagle County, CO

TREND ► Increasing significantly in Eagle County since 2020.

DISPARITY ► Higher among women, young adults, and the LGBTQIA+ community.

Three or More Days of Poor Mental Health in the Past Month (Eagle County, CO; 2022)

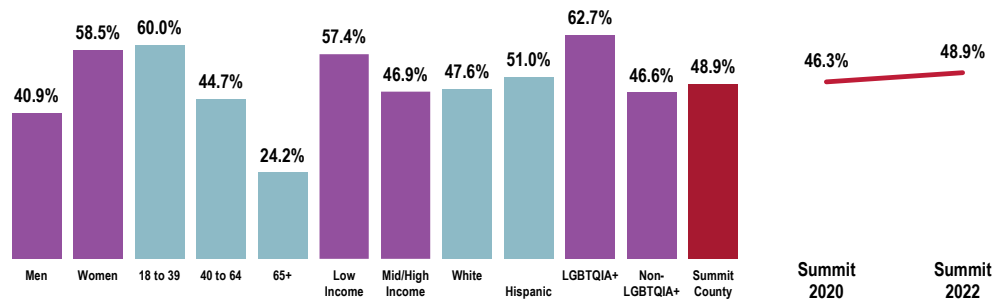


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]
Notes: • Asked of all respondents in Eagle County.

Summit County, CO

DISPARITY ► Higher among women, young adults, low-income residents, and those in the LGBTQIA+ population.

Three or More Days of Poor Mental Health in the Past Month (Summit County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]
Notes: • Asked of all respondents in Summit County.

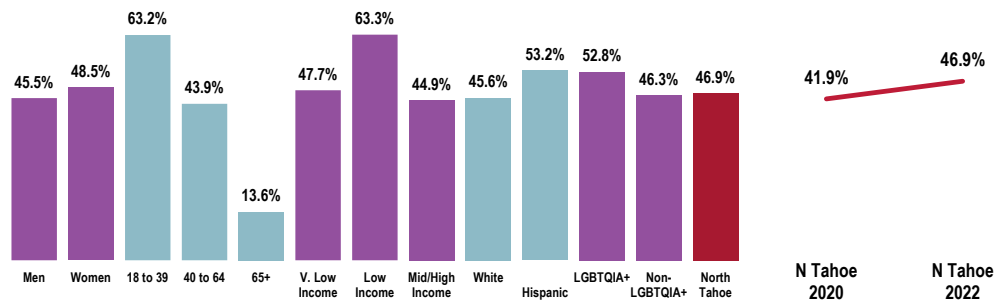


North Tahoe, CA

TREND ► Denotes a statistically significant increase since 2020.

DISPARITY ► Strongly correlates with age and is higher among adults living just above poverty, Hispanics, and the LGBTQIA+ community.

Three or More Days of Poor Mental Health in the Past Month (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]

Notes: • Asked of all respondents in North Tahoe.



Need for Mental Health Services

Respondents were asked the following questions:

"During the past 12 months, was there any time when you needed mental health treatment or counseling for yourself?"

[IF YES] "Were you able to get the treatment or counseling that you needed?"

[IF NO] "What would you say was the MAIN reason that you did not get these services?" (These respondents were given an opportunity to mention up to three reasons.)

Approximately 39% of adults in the composite area say there was a time in the past year when they needed mental health services. Among these respondents, most were able to get the services they needed, while 23% were not.

TREND ► The prevalence of residents needing mental health services increased significantly from 2020 survey findings. On a positive note, the percentage of adults who were **unable to get the services they needed** has decreased significantly in each of the communities since 2020.

DISPARITY ► Adults in Summit County were more likely to have needed mental health services and also more likely to have had issues receiving those services.

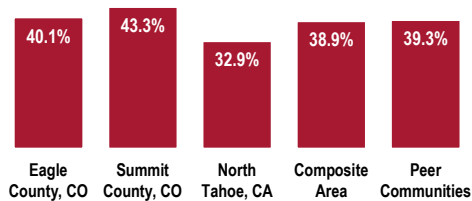
The leading types of services sought included counseling/therapy, psychiatry, and help for substance abuse.

Cost, appointment availability, lack of providers, lack of time, and not knowing where to go were the main reasons given by those not getting the services they needed. Cost-related reasons primarily related to insurance issues.

Have Needed Mental Health Services in the Past Year (2022)

Type of service sought:

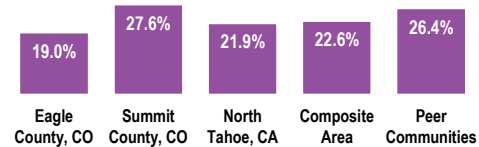
- Counseling/therapy
- Psychiatry
- Substance abuse



NOT Able to Get the Services Needed (Among Those Needing Services; 2022)

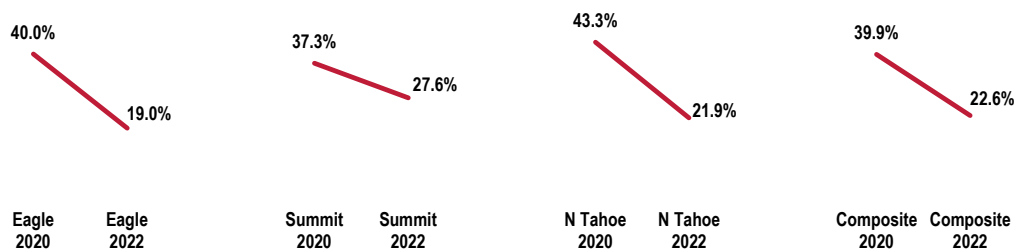
Top reasons for not getting needed services:

- Cost (especially insurance not covering)
- Appointment availability
- Lack of providers
- No time
- Didn't know where to go



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 12-18]
Notes: • Asked of all respondents.

NOT Able to Get Mental Health Services Needed in the Past Year



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 14]
Notes: • Among respondents needing mental health services in the past year.



LOCAL RESOURCES FOR MENTAL HEALTH

Awareness of Resources

"Are you aware of any providers, programs, or resources available in this community to help people with mental health needs?"

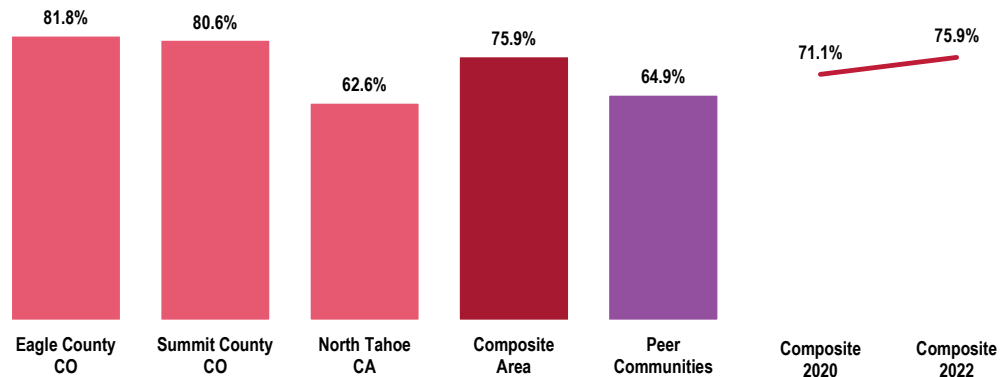
Three in four adults in the three communities are aware of local providers, programs, or resources available to help people with mental health needs

BENCHMARK ► Awareness is higher in the composite area than in peer communities.

TREND ► Awareness has increased significantly since 2020.

DISPARITY ► Adults in North Tahoe area much less likely to be aware of local mental health resources.

Aware of Local Resources for Mental Health
(2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
Notes: • Asked of all respondents.

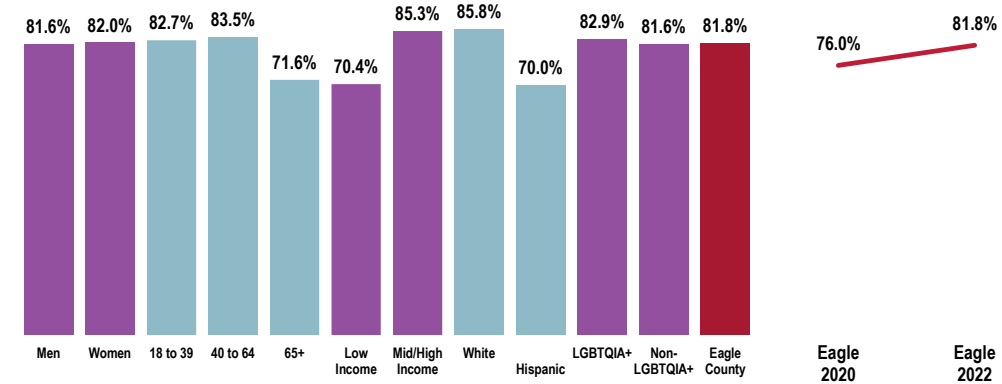


Eagle County, CO

TREND ► Awareness has increased significantly in Eagle County since 2020.

DISPARITY ► In Eagle County, awareness is lower in seniors, low-income residents, and Hispanics.

Aware of Local Resources for Mental Health (Eagle County, CO; 2022)

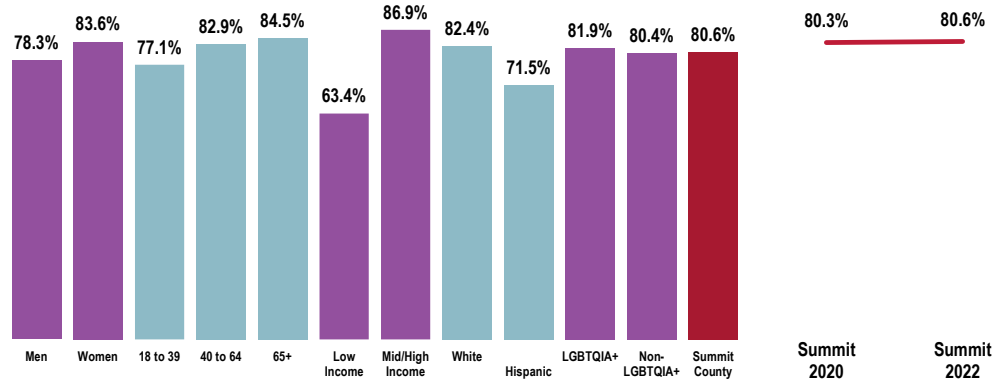


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
Notes: • Asked of all respondents in Eagle County.

Summit County, CO

DISPARITY ► Awareness is particularly low among low-income residents in Summit County.

Aware of Local Resources for Mental Health (Summit County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
Notes: • Asked of all respondents in Summit County.

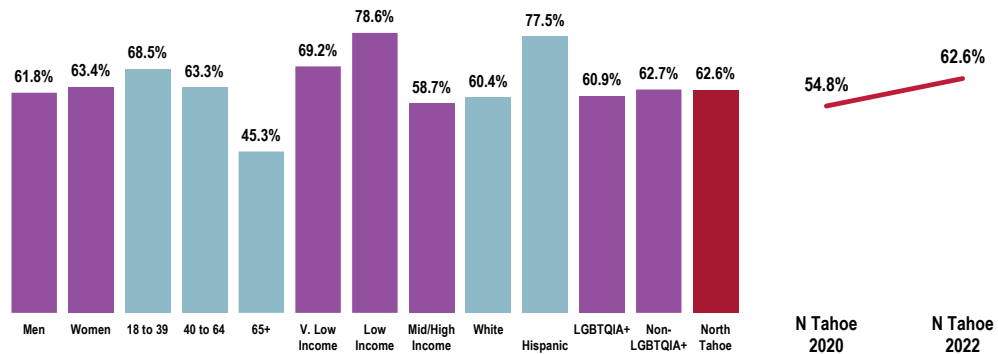


North Tahoe, CA

TREND ► Awareness has increased significantly among North Tahoe respondents.

DISPARITY ► Decreases with age and is lower among upper-income residents and Whites.

Aware of Local Resources for Mental Health (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
Notes: • Asked of all respondents in North Tahoe.



Likelihood of Using Local Resources

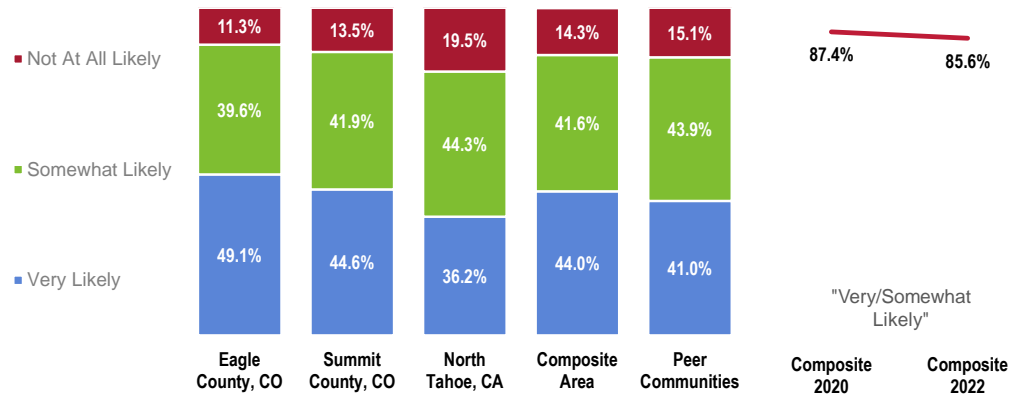
"If you needed mental health services in the future, how likely would you be to reach out to local providers, programs, or resources for help? Would you be: Very Likely; Somewhat Likely; or Not At All Likely?"

Most residents in the three communities say that, if they needed mental health services in the future, they would be "very" or "somewhat" likely to reach out to local providers, programs, or resources for help.

TREND ► Likelihood has decreased significantly since 2020.

DISPARITY ► Likelihood is lowest among North Tahoe survey respondents.

Likelihood of Seeking Mental Health Services Locally if Needed in the Future (2022)

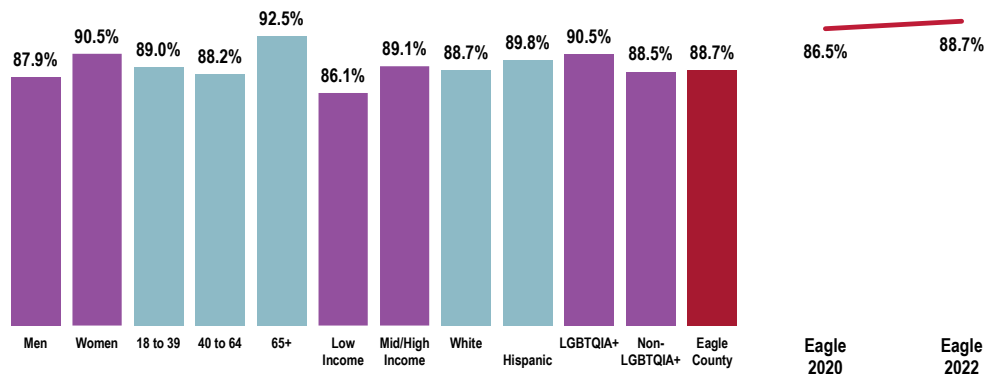


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
Notes: • Asked of all respondents.

Eagle County, CO

DISPARITY ► Lower among adults under 65.

"Very/Somewhat" Likely to Seek Mental Health Services Locally if Needed in the Future (Eagle County, CO; 2022)



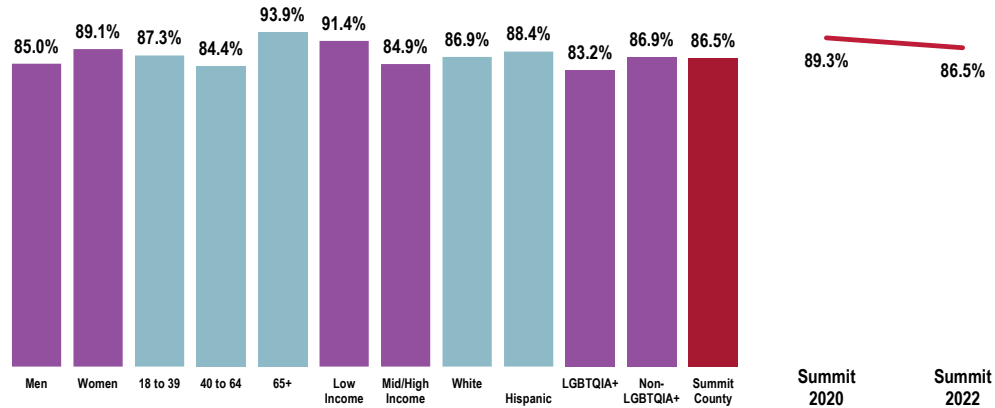
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
Notes: • Asked of all respondents in Eagle County.



Summit County, CO

DISPARITY ► Lower among adults under 65.

"Very/Somewhat" Likely to Seek Mental Health Services Locally if Needed in the Future (Summit County, CO; 2022)



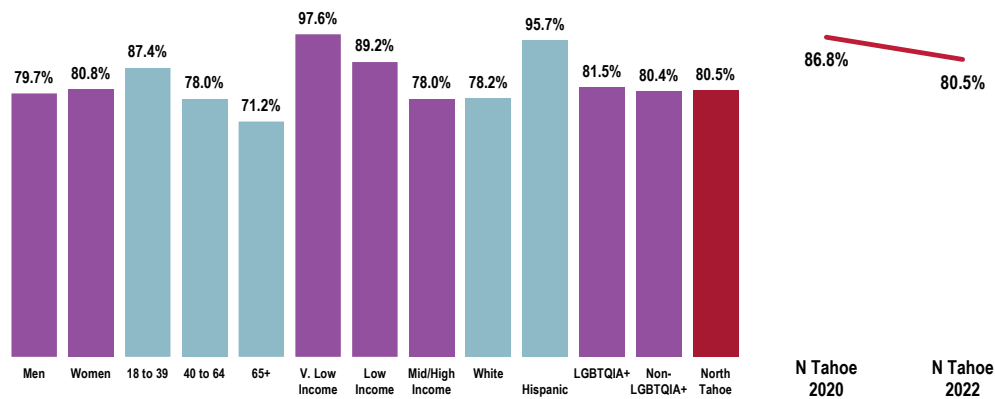
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
Notes: • Asked of all respondents in Summit County.

North Tahoe, CA

TREND ► Likelihood has decreased significantly since 2020.

DISPARITY ► Likelihood decreases with age and income level and is lower among Whites than Hispanics.

"Very/Somewhat" Likely to Seek Mental Health Services Locally if Needed in the Future (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
Notes: • Asked of all respondents in North Tahoe.



Likelihood of Using Teletherapy Services

Respondents were read the following:

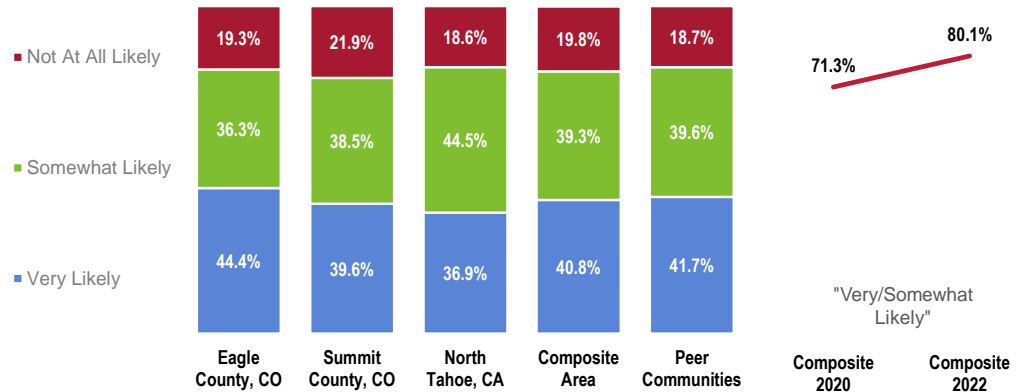
"Some mental health care providers are beginning to offer teletherapy visits, in which a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face-to-face.

If teletherapy were available to you at a cost you could afford, how likely would you be to use this type of visit for mental health or substance abuse support? Would you be: Very Likely; Somewhat Likely; or Not At All Likely?"

Most residents in the three communities say that they would be "very" or "somewhat" likely to use teletherapy visits if needed and if they were available and affordable to them.

TREND ► Likelihood of using teletherapy services has increased significantly since 2020.

Likelihood of Using Teletherapy for Mental Health or Substance Abuse Support if Needed and It Were Affordable (2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]

Notes: • Asked of all respondents.

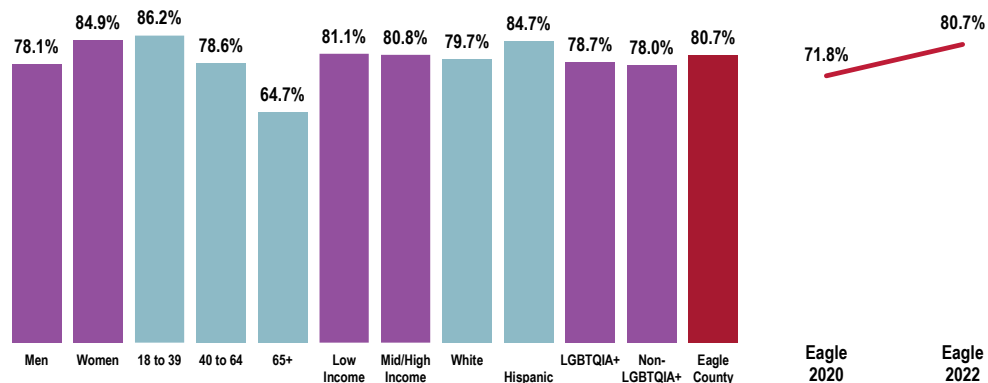
• During a teletherapy visit, a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face to face.

Eagle County, CO

TREND ► Marks a statistically significant increase since 2020.

DISPARITY ► Likelihood decreases with age and is higher among women in Eagle County.

"Very/Somewhat" Likely to Use Teletherapy for Mental Health or Substance Abuse Support (Eagle County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]

Notes: • Asked of all respondents in Eagle County.

• During a teletherapy visit, a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face to face.

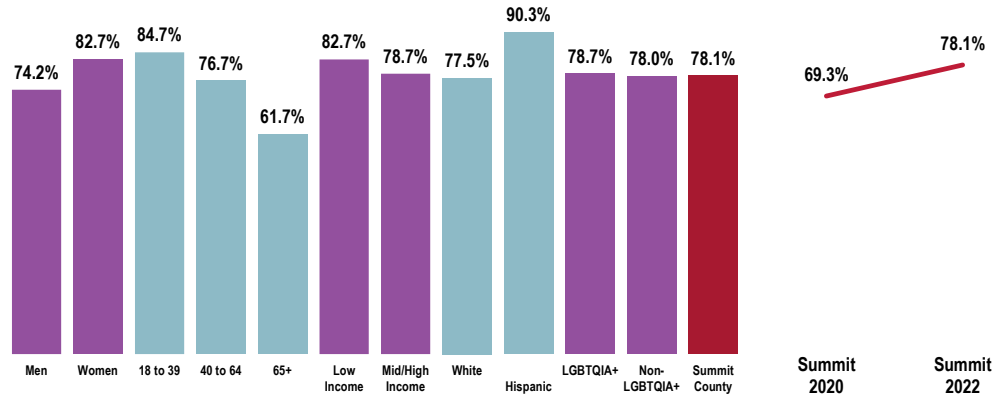


Summit County, CO

TREND ► Denotes a statistically significant increase since 2020.

DISPARITY ► Women and young adults are more likely to use teletherapy services, as are Hispanic residents.

"Very/Somewhat" Likely to Use Teletherapy for Mental Health or Substance Abuse Support (Summit County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]

Notes: • Asked of all respondents in Summit County.

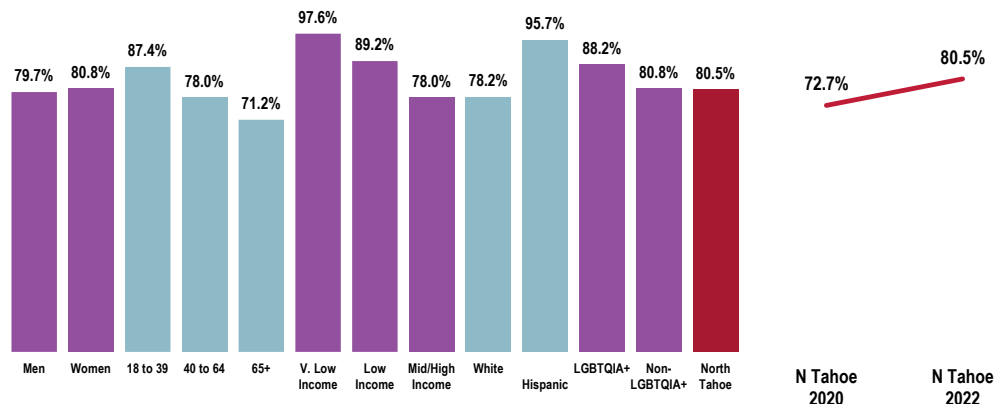
• During a teletherapy visit, a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face to face.

North Tahoe, CA

TREND ► Marks a statistically significant increase since 2020.

DISPARITY ► Likelihood decreases with age and income level and is much higher among Hispanics.

"Very/Somewhat" Likely to Use Teletherapy for Mental Health or Substance Abuse Support (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]

Notes: • Asked of all respondents in North Tahoe.

• During a teletherapy visit, a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face to face.



CHILDREN'S MENTAL HEALTH

Quality of Services (Eagle County)

[EAGLE COUNTY RESPONDENTS]

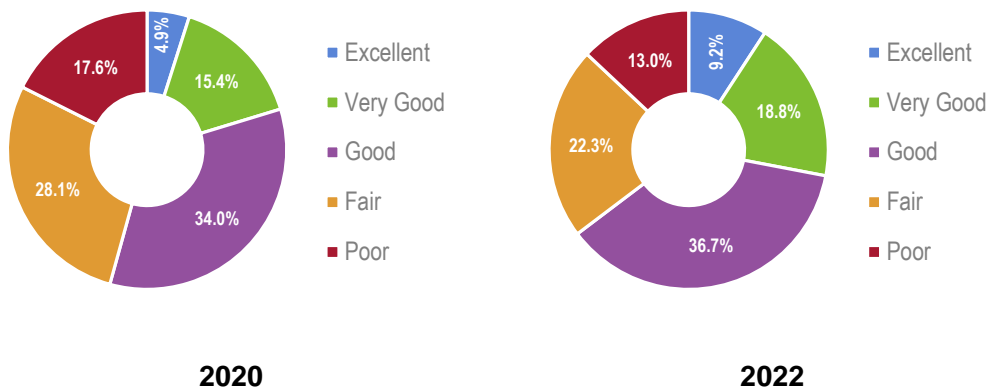
"In general, how would you rate the quality of services available in your community for children under the age of 18 who have mental or emotional issues? Would you say: Excellent; Very Good; Good; Fair; or Poor?"

While most Eagle County adults view the quality of local services for children with mental health issues as "excellent," "very good," or "good," a total of 35.3% perceive them as only "fair" or "poor."

TREND ► This marks a statistically significant improvement from 2020 survey findings.

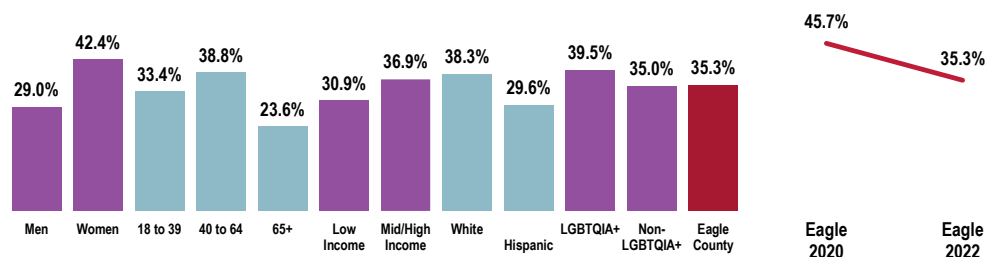
DISPARITY ► Women and adults age 40 to 64 are more critical of local children's health services for mental health.

Perceived Quality of Local Mental Health Resources for Children
(Eagle County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 305]
Notes: • Asked of all respondents in Eagle County.

Perceive Local Mental Health
Resources for Children as "Fair" or "Poor"
(Eagle County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 305]
Notes: • Asked of all respondents in Eagle County.



Households With Children With Mental Health Needs (Eagle & Summit Counties)

Eagle County, CO

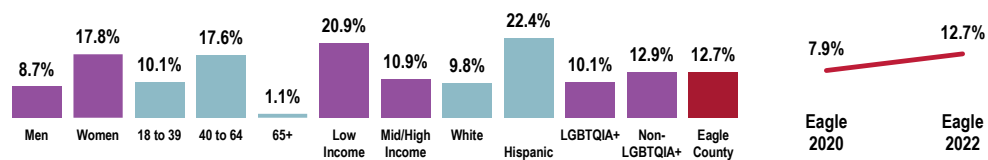
Among all households in Eagle County, 12.7% have a child in the household who has been diagnosed with a mental or emotional issue.

TREND ► A statistically significant increase among Eagle County children since 2020.

DISPARITY ► Reported more often among women, adults age 40 to 64, low-income adults, and Hispanics.

There Is a Child in the Household Who Has Been Diagnosed With Mental or Emotional Issues (Eagle County, CO; 2022)

Note: Among all households, including those with and those without children living at home.



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 306]
Notes: • Asked of all respondents in Eagle County.



Summit County, CO

Among all households in Summit County, 8.1% have a child in the household who has been diagnosed with a mental or emotional issue.

DISPARITY ► Higher among women, adults age 40 to 64, and Hispanics.

There Is a Child in the Household Who Has Been Diagnosed With Mental or Emotional Issues (Summit County, CO; 2022)

Note: Among all households, including those with and those without children living at home.



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 306]
Notes: • Asked of all respondents in Summit County.

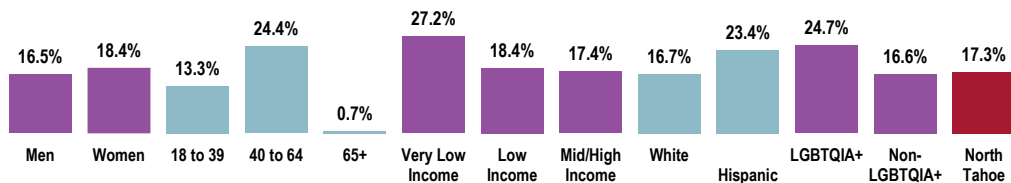
Households With Youth With Mental or Emotional Challenges (North Tahoe)

Among all households in North Tahoe, 17.3% have a child or youth (up to age 24) who is experiencing mental or emotional challenges.

DISPARITY ► Higher among adults age 40 to 64, those living on very low incomes, and Hispanics.

There Is a Child or Youth (Up to Age 24) in the Household Who Is Experiencing Mental or Emotional Challenges (North Tahoe, CA; 2022)

Note: Among all households, including those with and those without children or youth living at home.



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 307]
Notes: • Asked of all respondents in North Tahoe.





SUBSTANCE ABUSE

ALCOHOL

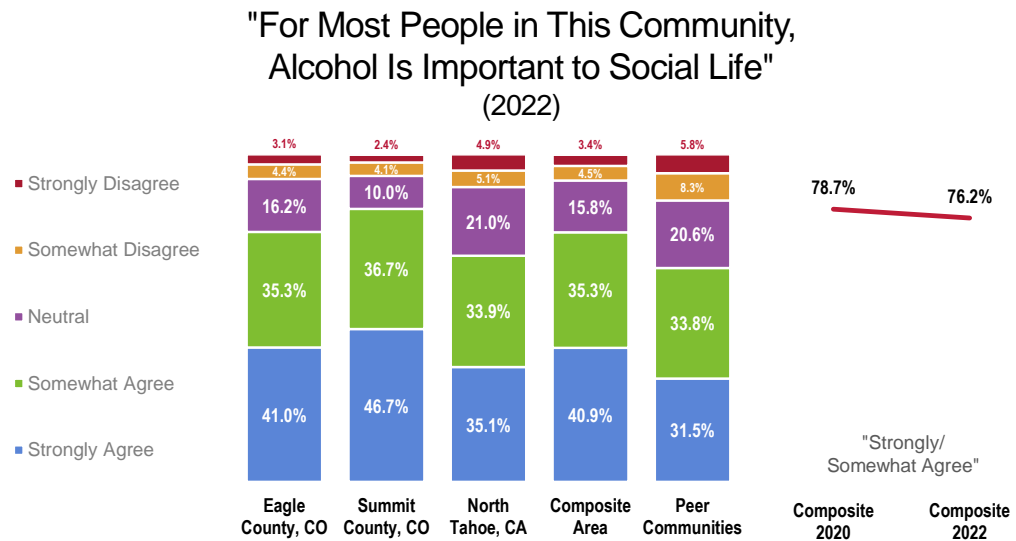
Community Perceptions of Alcohol

Three in four residents in the three-community composite agree (“strongly” or “somewhat”) that *“for most people in this community, alcohol is important to social life.”*

BENCHMARK ► Higher than the percentage reported in peer communities.

TREND ► Decreasing significantly since 2020.

DISPARITY ► Respondents in Summit County gave the highest response.



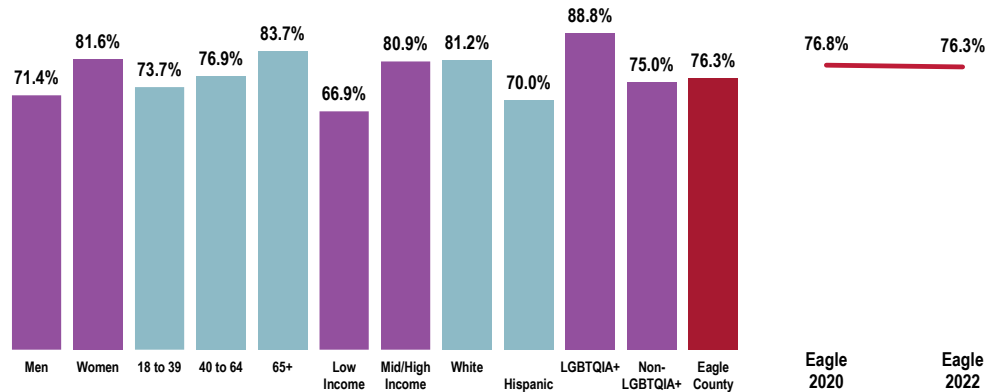
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
Notes: • Asked of all respondents.



Eagle County, CO

DISPARITY ► Agreement increases with age and is higher among women, upper-income residents, Whites, and adults in the LGBTQIA+ community.

Strongly/Somewhat Agree: "For Most People in This Community, Alcohol Is Important to Social Life" (Eagle County, CO; 2022)

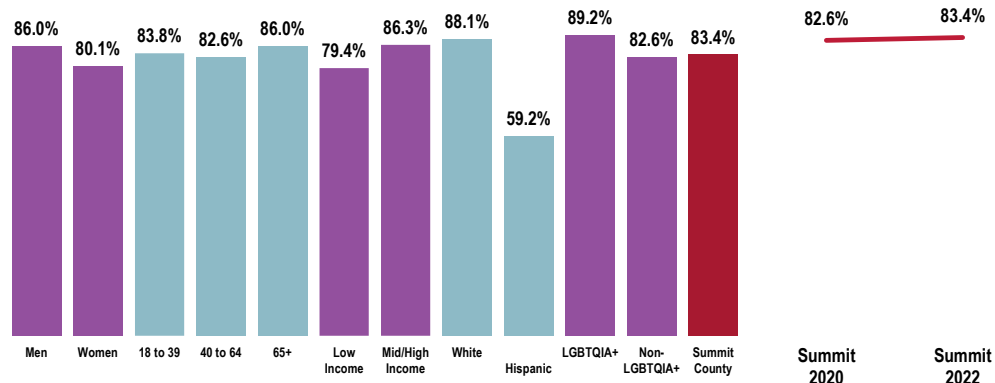


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
Notes: • Asked of all respondents in Eagle County.

Summit County, CO

DISPARITY ► Agreement is particularly low in the Hispanic community.

Strongly/Somewhat Agree: "For Most People in This Community, Alcohol Is Important to Social Life" (Summit County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
Notes: • Asked of all respondents in Summit County.

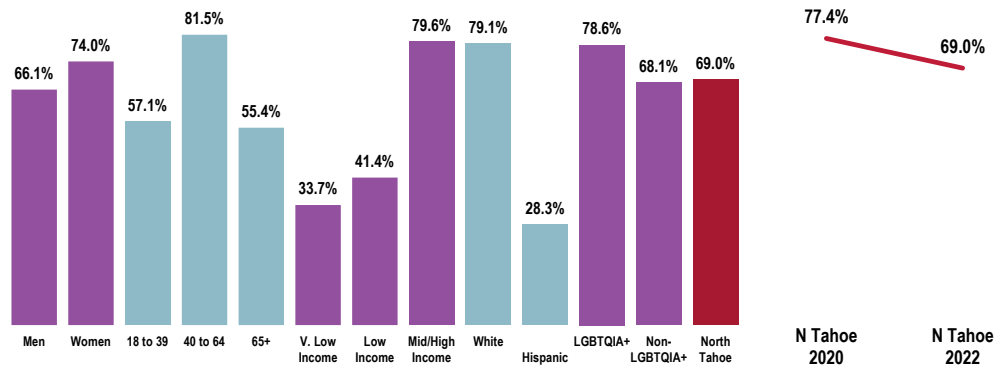


North Tahoe, CA

TREND ► Agreement has decreased significantly since 2020 in North Tahoe.

DISPARITY ► Agreement varies considerably by demographic characteristic and is highest among women, adults age 40 to 64, upper-income residents, Whites, and the LGBTQIA+ community.

Strongly/Somewhat Agree: "For Most People in This Community, Alcohol Is Important to Social Life" (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
Notes: • Asked of all respondents in North Tahoe.



Personal Alcohol Use

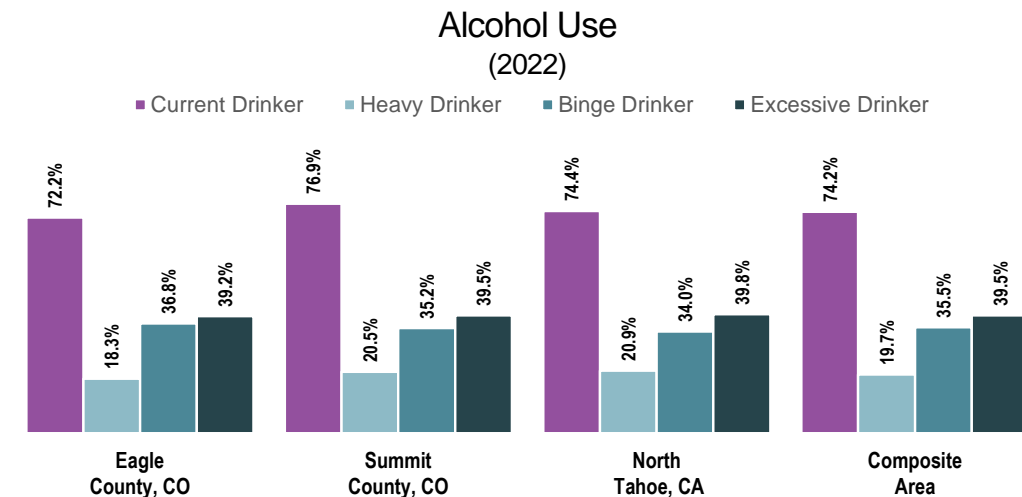
DEFINITIONS

- **Current drinkers** are adults who had at least one drink of alcohol in the past 30 days.
- **Heavy drinkers** are those who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) during the past 30 days.
- **Binge drinkers** are adults who drank 5 or more drinks on a single occasion (for men) or 4 or more drinks on a single occasion (for women) during the past 30 days.
- **Excessive drinkers** are those who report either heavy drinking or binge drinking (as defined above) in the past 30 days.

About three in four residents in the three communities report some alcohol use in the past 30 days, and a significant share (39.5% in the Composite Area) are found to be “excessive drinkers.”

BENCHMARK ► Composite area drinking levels are much higher than reported for California and US for each of the uses surveyed (current, heavy, binge, and excessive).

TREND ► On a positive note, composite area alcohol-related findings have decreased significantly for each indicator since 2020.



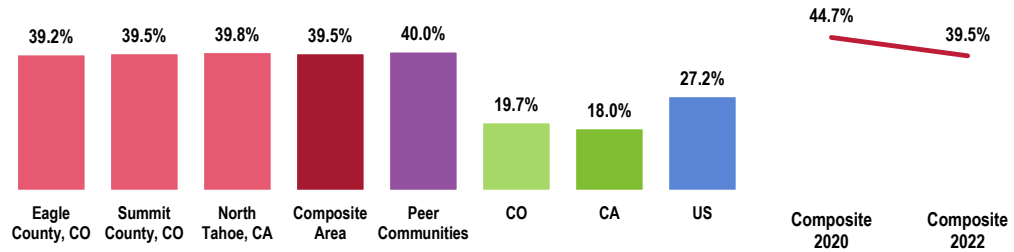
- Sources:**
- PRC Quality of Life Surveys, Professional Research Consultants, Inc. [Items 49-53]
 - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 data.
- Notes:**
- Asked of all respondents.
 - **Current drinkers** had at least one drink of alcohol in the past 30 days.
 - **Heavy drinkers** are adults who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) during the past 30 days.
 - **Binge drinkers** are adults who drank 5 or more drinks on a single occasion (for men) or 4 or more drinks on a single occasion (for women) during the past 30 days.
 - **Excessive drinkers** are those who report either heavy drinking or binge drinking in the past 30 days.



Excessive Drinking

The following outlines community-level data for the prevalence of excessive drinking.

Excessive Drinkers (2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 53]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 data.
 • 2020 PRC National Health Survey; PRC, Inc.

Notes: • Asked of all respondents.

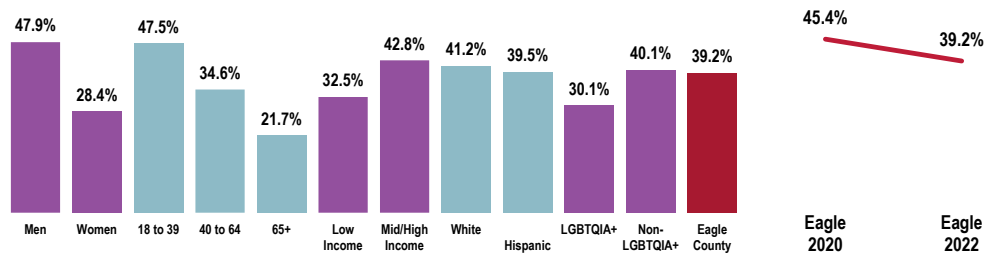
Eagle County, CO

BENCHMARK ► The county prevalence of excessive drinking is twice as high as the statewide figure and well above the US (not shown).

TREND ► The prevalence has decreased significantly in the county since 2020.

DISPARITY ► Decreasing with age, and higher among men and upper-income adults in the county.

Excessive Drinkers (Eagle County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 53]
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 data.

Notes: • Asked of all respondents in Eagle County.
 • Excessive drinking reflects the number of persons aged 18 years and over who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.



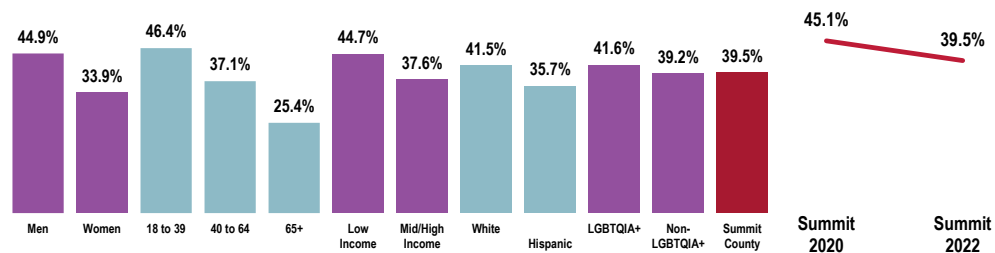
Summit County, CO

BENCHMARK ► The Summit County prevalence of excessive drinking is considerably worse than state and national figures (not shown).

TREND ► However, the prevalence has decreased from 2020 survey findings.

DISPARITY ► Higher among men, young adults, and low-income residents.

Excessive Drinkers (Summit County, CO; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 53]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2020 data.

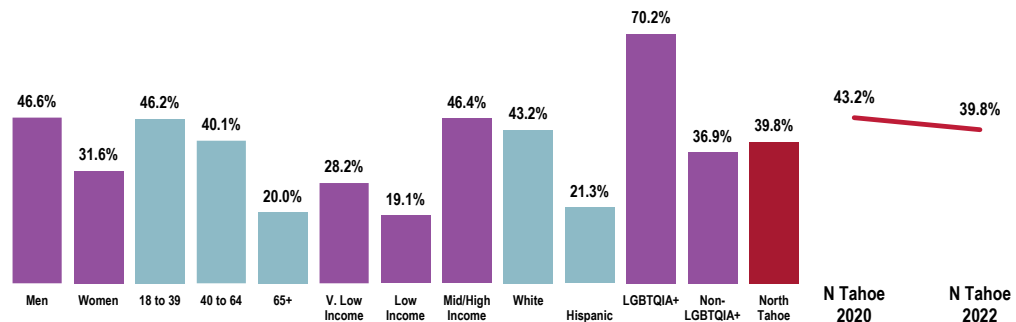
Notes: • Asked of all respondents in Summit County.
• Excessive drinking reflects the number of persons aged 18+ who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.

North Tahoe, CA

BENCHMARK ► The prevalence is more than twice as high as the California figure and higher than the US percentage (not shown).

DISPARITY ► Particularly high among men, younger adults, upper-income residents, Whites, and the LGBTQIA+ community.

Excessive Drinkers (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 53]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2020 data.

Notes: • Asked of all respondents in North Tahoe.
• Excessive drinking reflects the number of persons aged 18+ who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) OR who drank 5 or more drinks during a single occasion (for men) or 4 or more drinks during a single occasion (for women) during the past 30 days.



PERSONAL IMPACT OF SUBSTANCE ABUSE

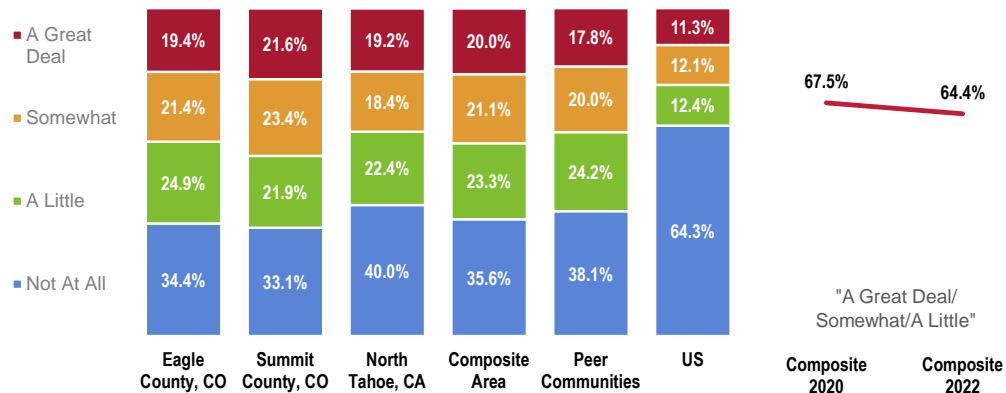
"To what degree has your life been negatively affected by your own or someone else's substance abuse issues, including alcohol, prescription, and other drugs? Would you say: A Great Deal; Somewhat; A Little; or Not at All?"

In the three communities, nearly two in three residents say that their lives have been negatively affected by substance abuse (either their own or someone else's) to some degree ("a little," "somewhat," or "a great deal").

BENCHMARK ► Well above the national figure.

TREND ► A statistically significant decrease since 2020.

Degree to Which Life Has Been Negatively Affected by Substance Abuse (Self or Other's) (2022)

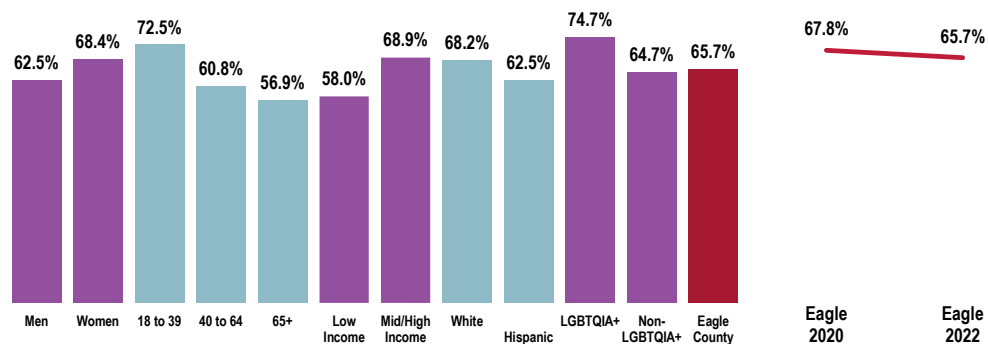


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 30]
• 2020 PRC National Health Survey; PRC, Inc.
Notes: • Asked of all respondents.

Eagle County, CO

DISPARITY ► Higher among younger adults and upper-income residents.

Life Has Been Negatively Affected by Substance Abuse (by Self or Someone Else) (Eagle County, CO; 2022)



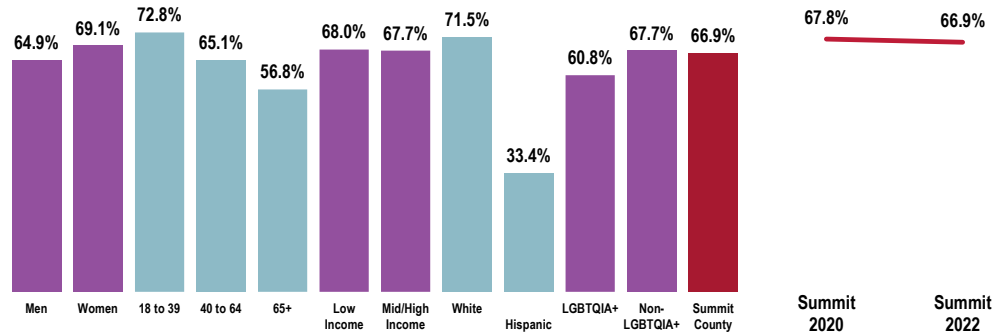
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 30]
• 2020 PRC National Health Survey; PRC, Inc.
Notes: • Asked of all respondents in Eagle County.
• Includes response of "a great deal," "somewhat," and "a little."



Summit County, CO

DISPARITY ► Decreases with age and is significantly higher among Whites than Hispanics.

Life Has Been Negatively Affected by Substance Abuse (by Self or Someone Else) (Summit County, CO; 2022)



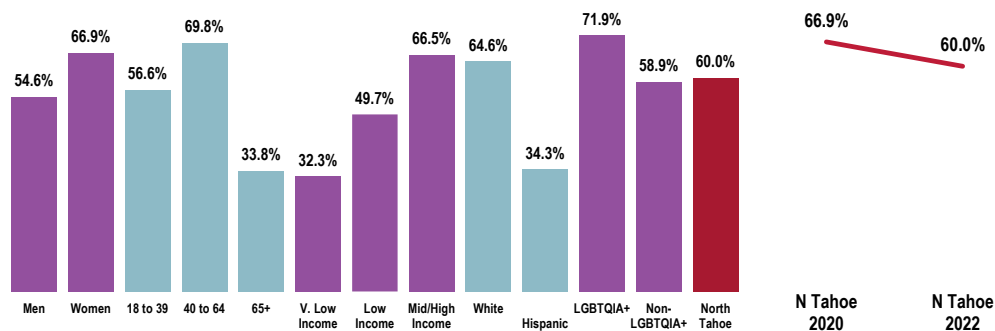
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 30]
• 2020 PRC National Health Survey; PRC, Inc.
Notes: • Asked of all respondents in Summit County.
• Includes response of "a great deal," "somewhat," and "a little."

North Tahoe, CA

TREND ► Decreasing significantly in North Tahoe since 2020.

DISPARITY ► Higher among women, adults age 40 to 64, upper-income residents, Whites, and the LGBTQIA+ community (especially).

Life Has Been Negatively Affected by Substance Abuse (by Self or Someone Else) (North Tahoe, CA; 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 30]
• 2020 PRC National Health Survey; PRC, Inc.
Notes: • Asked of all respondents in North Tahoe.
• Includes response of "a great deal," "somewhat," and "a little."

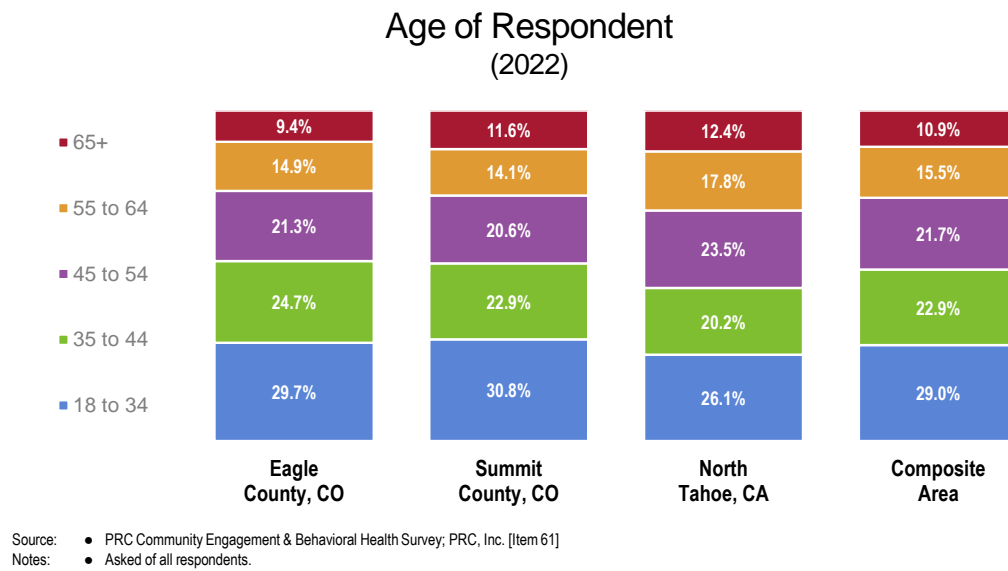




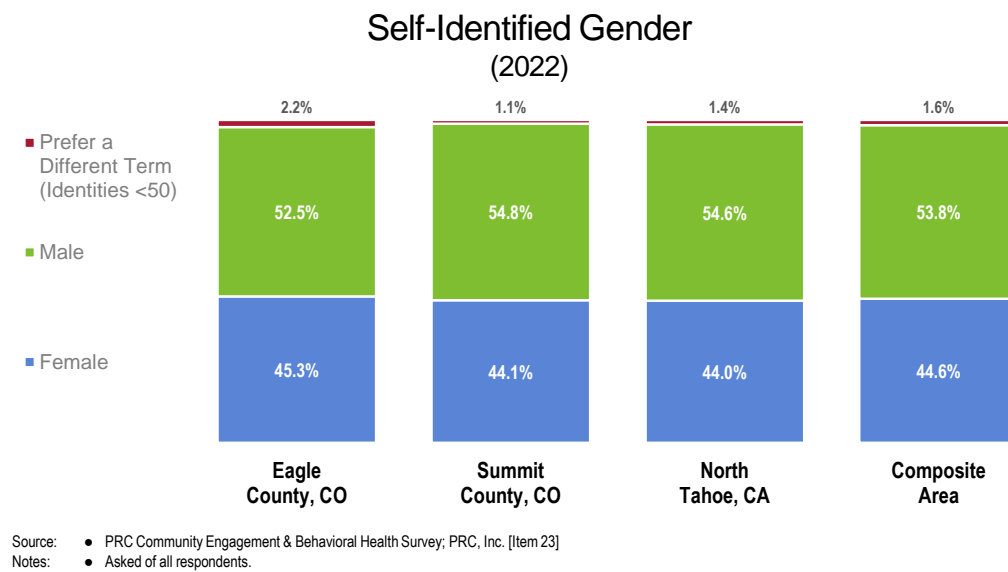
COMMUNITY SAMPLE CHARACTERISTICS

Charts in the following section detail the sample characteristics for the Eagle County, Summit County, and North Tahoe communities. Note that the samples closely match the actual populations of the three communities in terms of gender, age, race/ethnicity, and income level.

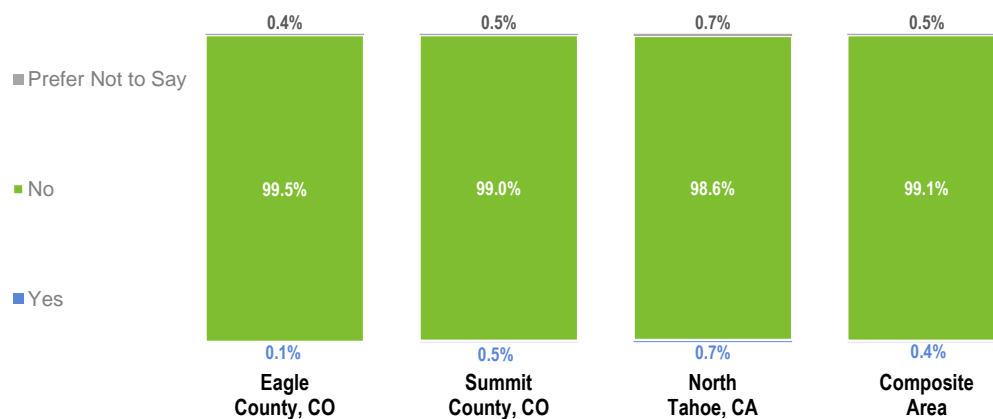
AGE



GENDER



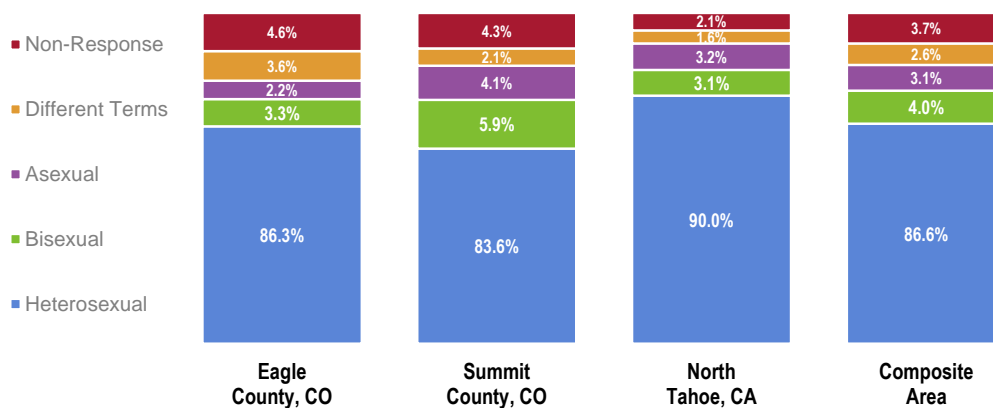
Transgender (2022)



Source: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 24]
 Notes: • Asked of all respondents.

SEXUAL ORIENTATION

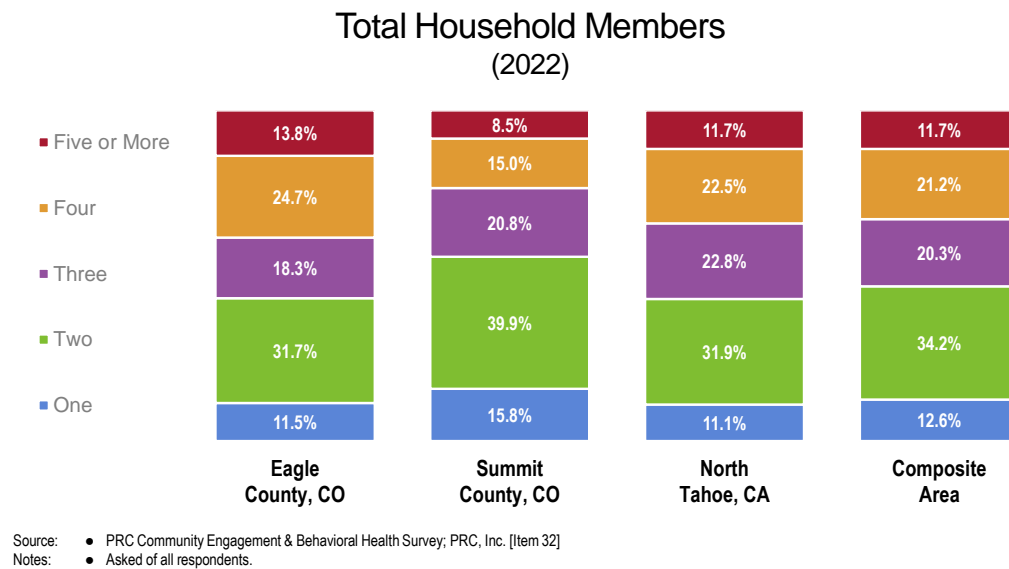
Self-Identified Sexual Orientation (2022)



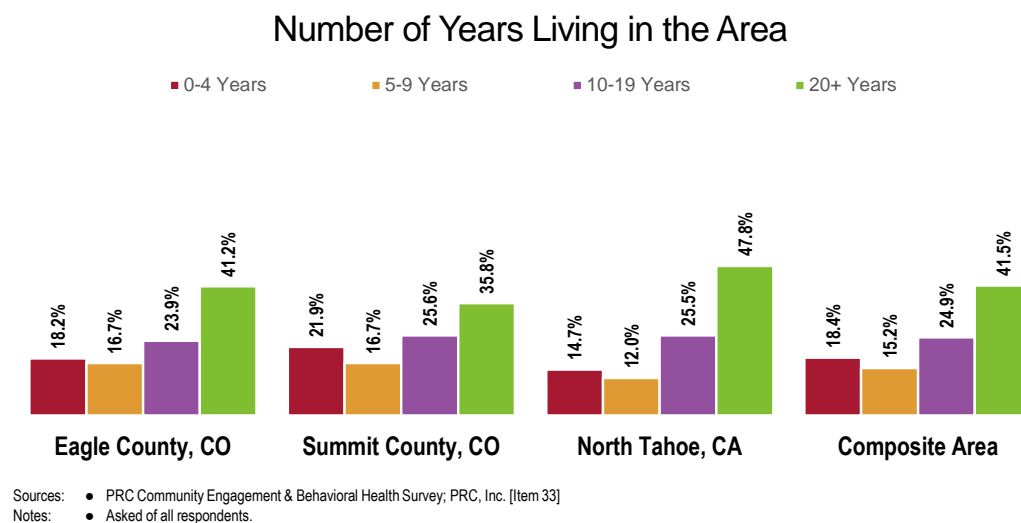
Source: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 25]
 Notes: • Asked of all respondents.



HOUSEHOLD SIZE

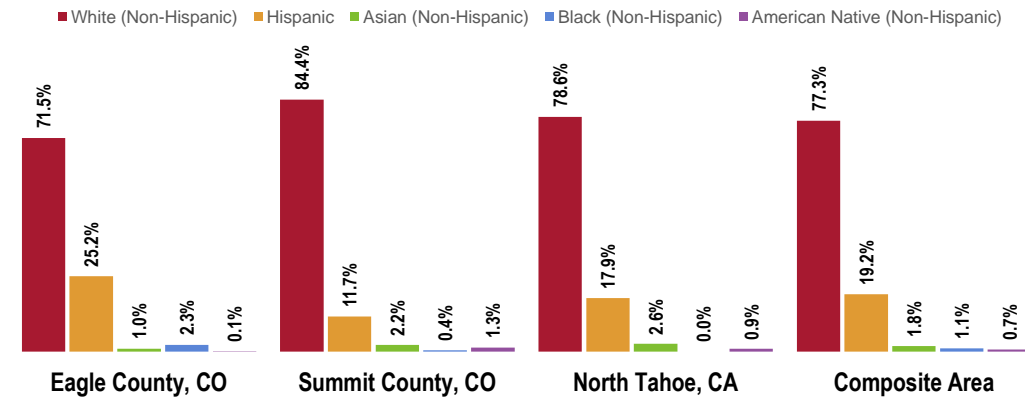


RESIDENCY



RACE & ETHNICITY

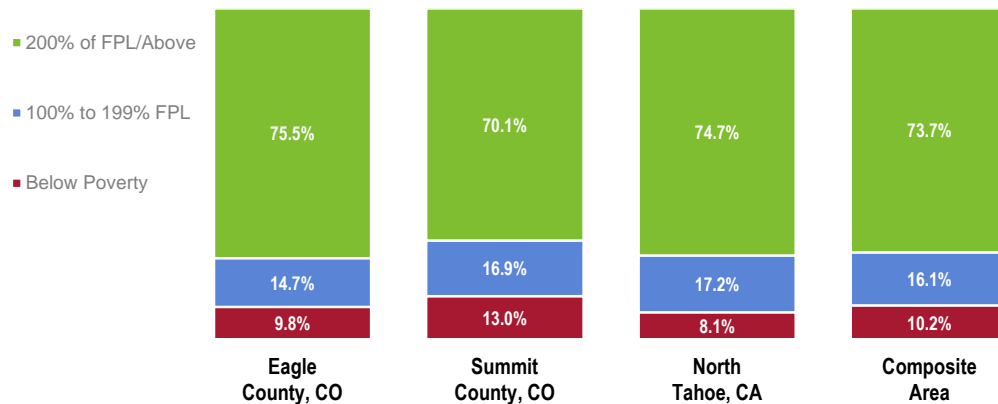
Self-Identified Race/Ethnicity (2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 62]
Notes: • Asked of all respondents.

INCOME

Household Poverty Status (2022)



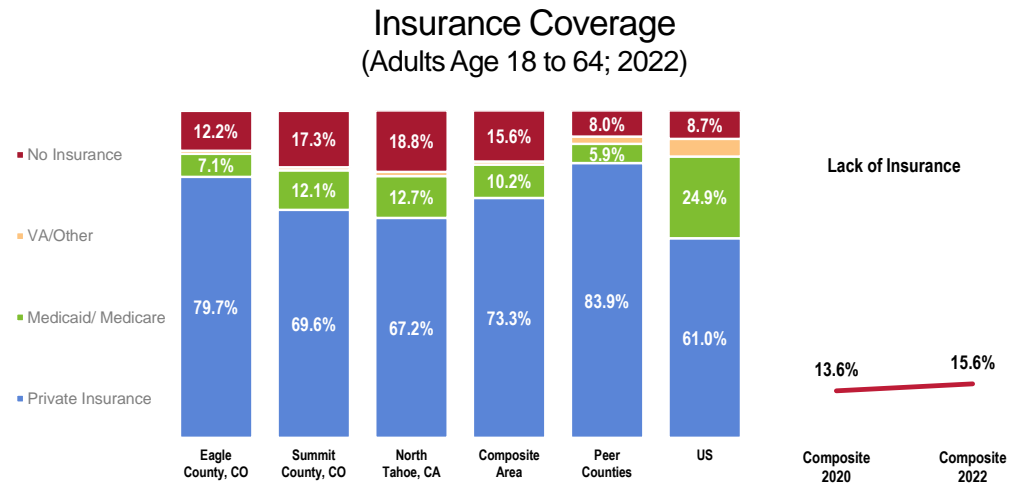
Source: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 64]
Notes: • Asked of all respondents.



HEALTH INSURANCE COVERAGE (AGE 18-64)

BENCHMARK ► Lack of health insurance coverage among composite area adults under 65 is nearly twice as high as found among peer communities. The prevalence is also higher than the US figure.

DISPARITY ► Lack of healthcare coverage is unfavorably high among North Tahoe respondents.

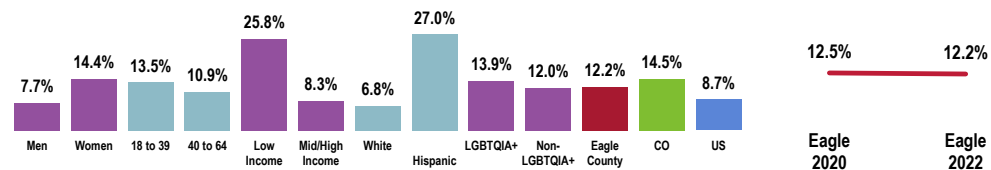


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 54]
• 2020 PRC National Health Survey, Professional Research Consultants, Inc.
Notes: • Asked of all respondents.

Eagle County, CO

DISPARITY ► Lack of healthcare coverage among adults under 65 is unfavorably high among women, low-income residents, and Hispanics in Eagle County.

Lack of Healthcare Insurance Coverage

(Adults Age 18-64; Eagle County, 2022)


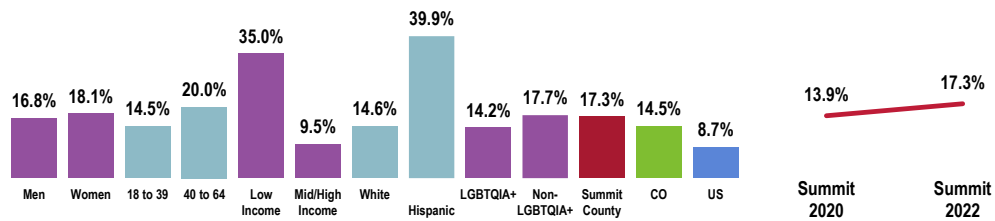
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 54]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2020 data.
Notes: • Asked of all Eagle County respondents under the age of 65.



Summit County, CO

DISPARITY ► Lack of healthcare coverage among adults under 65 is unfavorably high among low-income residents and Hispanics in Summit County.

Lack of Healthcare Insurance Coverage (Adults Age 18-64; Summit County, 2022)



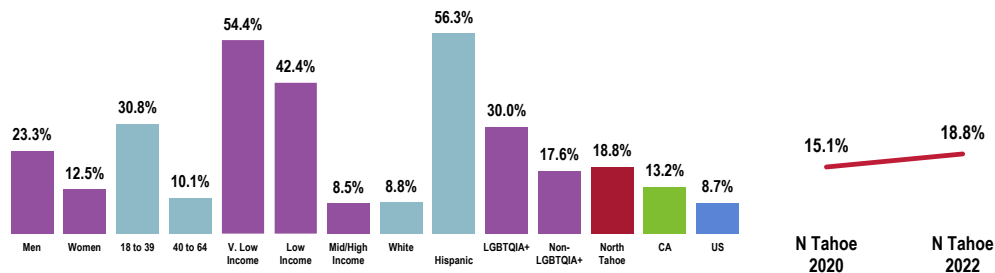
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 54]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 data.
Notes: • Asked of all Summit County respondents under the age of 65.

North Tahoe, CA

TREND ► The uninsured prevalence has increased significantly since 2020.

DISPARITY ► Lack of healthcare coverage among adults under 65 is reported more often among men, young adults, those living on lower incomes, Hispanics (especially), and the LGBTQIA+ community.

Lack of Healthcare Insurance Coverage (Adults Age 18-64; North Tahoe, 2022)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 54]
• Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2020 data.
Notes: • Asked of all North Tahoe respondents under the age of 65.

