



REIMAGINING SOCIAL CHANGE

Jackson Hole Behavioral Health Community Needs Assessment Survey Results and Implications

We have two primary objectives for today's meeting

Meeting Objectives



- ❖ Develop a **shared understanding** of behavioral health outcomes, risk factors and protective factors, the barriers and strengths related to treatment, and the population differences in each
- ❖ Surface the areas of **greatest opportunity** to advance behavioral health in Teton County based on the data in the community wellbeing survey

Introducing the FSG Team



Abigail Ridgway
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We are partnering with organizations across Teton County to collectively improve behavioral health

Our work is divided into three phases...

1	2	3
<p>Conduct Needs Research (June – August)</p>	<p>Identify Gaps and Opportunities (August – September)</p>	<p>Develop Action Steps (September - October)</p>



Community Entry Services
—Enriching Lives Since 1975—



Voices JH



JACKSON HOLE



Please keep in mind a handful of considerations as you explore the data

- **1,114 community members responded** to the survey, and this data should provide a representative picture of behavioral health in Teton County
- We distributed the survey by **an anonymous link and QR code** through the **newspaper, flyers, email, and personal contacts** over the course of **6 weeks** (July 12 – August 20)
- The survey was offered in **English and Spanish** via an **online platform**. We had a total of **361 Hispanic or Latinx** responses
- As you explore these findings consider the **implications of COVID-19**, especially for marginalized members of our communities

PARTICIPATE TODAY!

TETON COUNTY COMMUNITY MENTAL WELLBEING SURVEY

Do you live or work in Teton County?
Are you 18 or older?
If yes, your perspectives will help us improve
community wellbeing as we emerge from COVID-19!

Scan the QR code or follow the link to share your
experiences: www.prcsurvey.com/begin/TetonCounty2021

Logos at the bottom include: Jackson Hole, Currian Seely Foundation, Jackson Hole YMCA, Community Safety Network, Community Entry Services, Jackson Hole Community Counseling Center, Youth & Family Services, Jackson Hole Climbing, Senior Center of Jackson Hole, Teton Community Foundation, St. John's Health, and Children's Learning Center.

The community survey helps us understand several aspects of our community's behavioral health

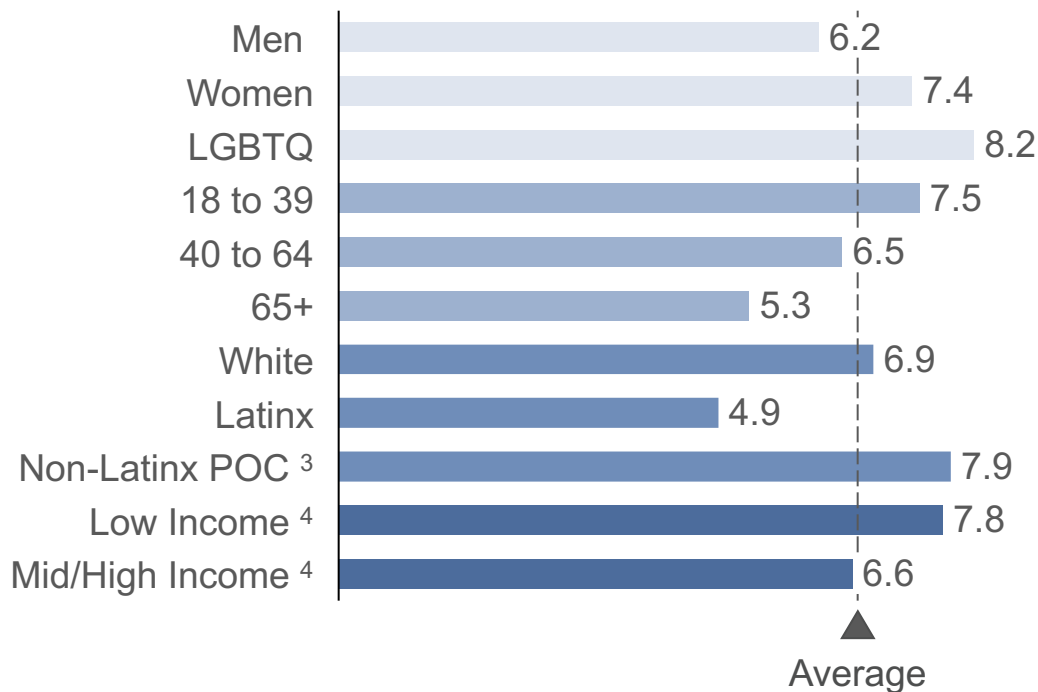
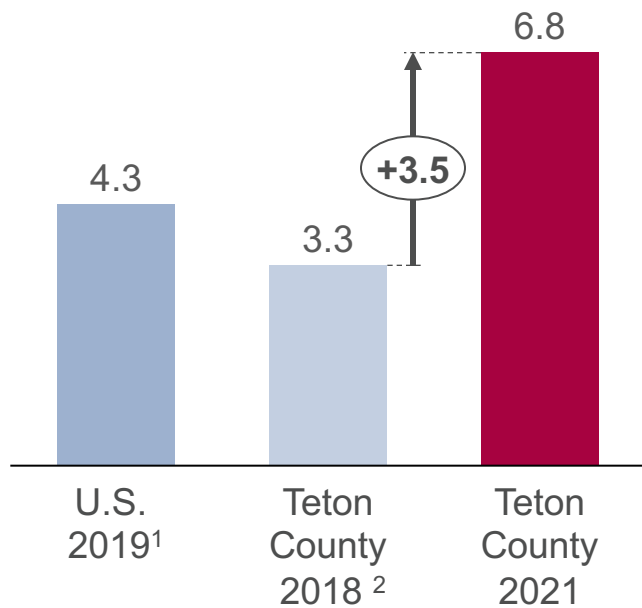
Outcomes	<p>1. What is the state of community members' behavioral health? Ex: poor mental health days, mental health stressors, COVID-19 impact, substance use</p>
Prevention	<p>2. What are the existing social, cultural, and economic dynamics that impact community behavioral health? Ex: loneliness, belonging, trust, community support and acceptance, stressors</p>
Treatment	<p>3. How accessible are behavioral health services to the community? Ex: Awareness of resources, stigma, type of care needed, affordability, barriers to access</p>

Adverse Behavioral Health Outcomes and COVID-19

Poor mental health days have increased significantly across the Teton County community

Poor mental health days

For how many days during the past 30 days would you say your mental health was NOT good?



While mental health has worsened overall, women, LGBTQ+, young adults, people of color, and low-income populations all experience more poor mental health days

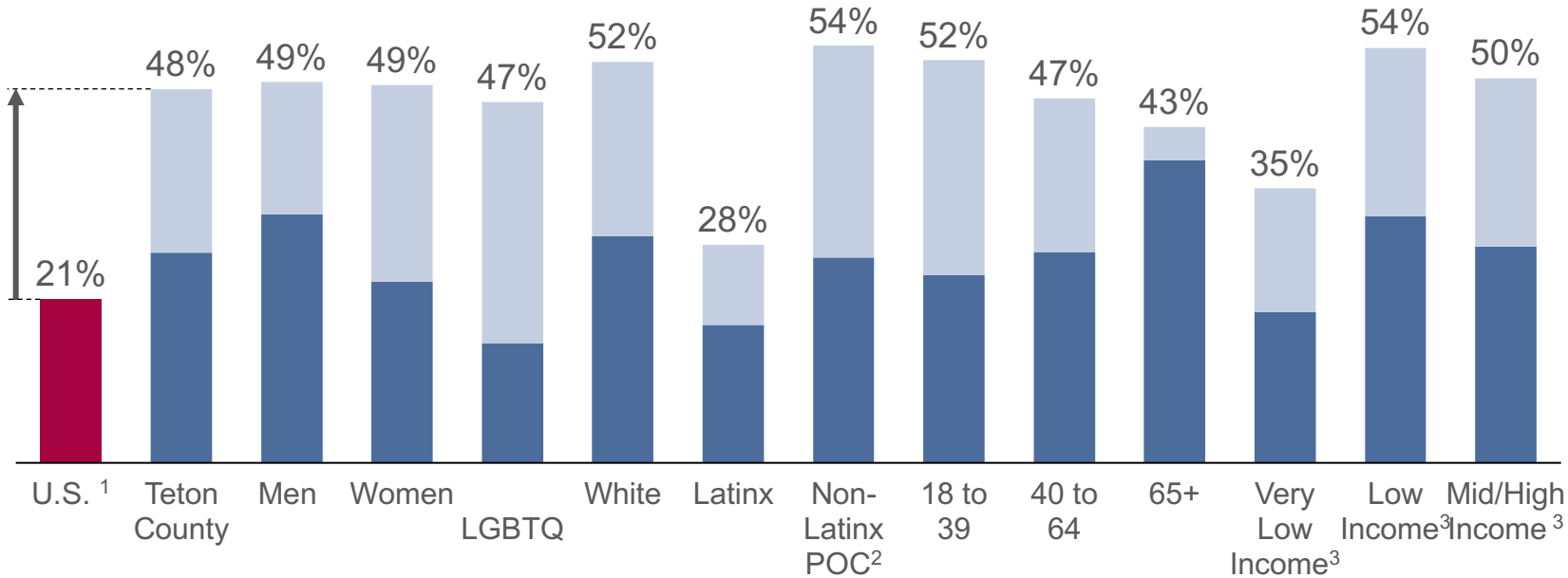
Source: FSG analysis based on community survey; ¹ BRFSS 2019; ² RWJF County Health Rankings; ³ POC: People of Color, Non-Latinx POC: Non Latinx Asian, Non Latinx Black, Non- Latinx American Native, "Other"; ⁴ "Low income": households with incomes 100%– 199% of the poverty threshold, "Mid/high income": households with incomes ≥200% of the federal poverty level.

Teton County has been hit harder by the pandemic than the U.S. overall and many have not gotten help

Effect of COVID-19 on community mental health

Since the beginning of the pandemic, would you say your mental health has gotten **worse**?

■ Has gotten worse and I have sought care
 ■ Has gotten worse and I have NOT sought care



Men, elderly, and low income populations are not seeking the mental health care they may need, highlighting potential accessibility barriers for these populations

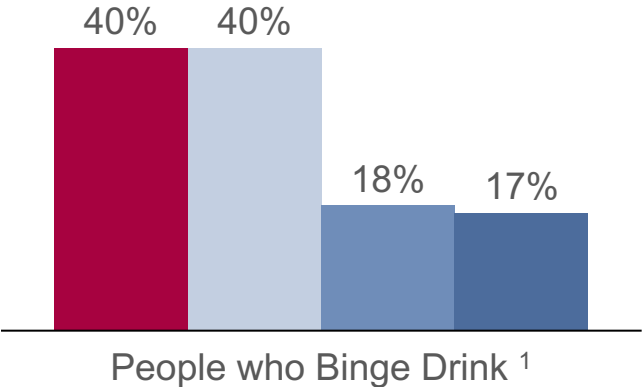
Source: FSG analysis based on community survey and Based on latest national data from PRC survey; 1: 2021 PRC National Coronavirus Community Impact Survey, PRC, Inc.; 2: POC: People of Color, Non-Latinx POC: Non Latinx Asian, Non Latinx Black, Non- Latinx American Native, "Other"; 3: "Very low income": households with defined poverty status; "Low income": households with incomes 100%– 199% of the poverty threshold; "Mid/high income": households with incomes ≥200% of the federal poverty level.

People who live and work in Teton County drink significantly more than the rest of the country

Binge drinking

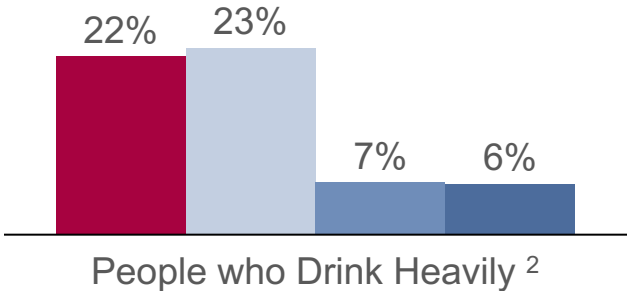
Individuals who drank 4-5 or more drinks on a single occasion during the past 30 days

From 2018 to 2021, the **binge drinking rates** in Teton county have almost **doubled** (23% in 2018) ⁵



Heavy drinking

Individuals who drank more than 1-2 drinks per day on average during the past 30 days



■ Teton County
 ■ Peer Communities ³
■ Wyoming ⁴
■ U.S. ⁴

Like people in other ski towns, many Teton County community members engage in high levels of drinking, showing the cultural importance of alcohol

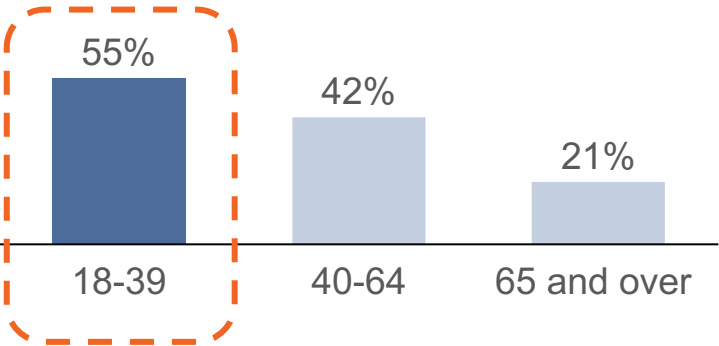
Source: FSG analysis based on community survey; 1: Binge drinkers are adults who drank 5 or more drinks on a single occasion (for men) or 4 or more drinks on a single occasion (for women) during the past 30 days; 2: Excessive drinkers are those who report either heavy drinking or binge drinking in the past 30 days; 3: 2020 PRC Community Engagement & Behavioral Health Survey; 4: 2019 BRFSS ; 5: 2019 CHNA

Half of all men, young adults, and high income people are drinking excessively

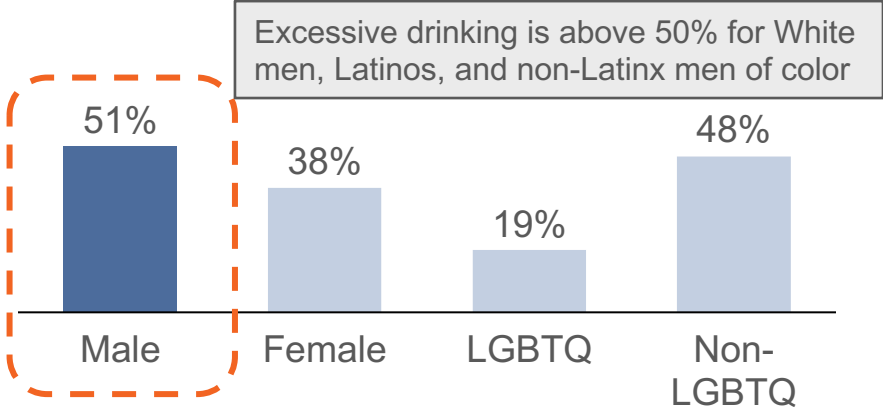
Excessive drinking¹

People who drink excessively reported either heavy drinking or binge drinking in the past 30 days

By age

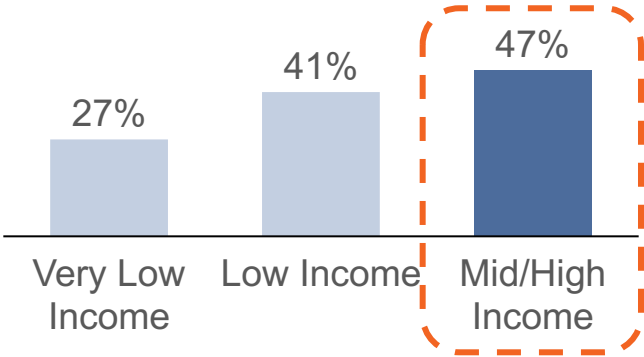


By gender and sexual orientation



Excessive drinking is above 50% for White men, Latinos, and non-Latinx men of color

By income²

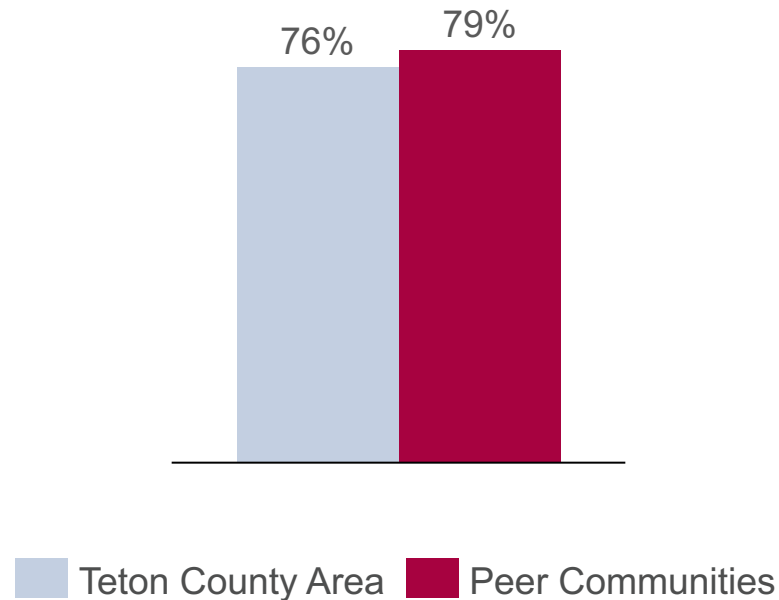


Source: FSG analysis based on community survey; 1: Excessive drinkers are those who report either heavy drinking or binge drinking in the past 30 days; 2: "Very low income": households with defined poverty status; "Low income": households with incomes 100%– 199% of the poverty threshold; "Mid/high income": households with incomes ≥200% of the federal poverty level.

Alcohol is central to social life, especially among White people and those with higher incomes

Alcohol perceptions

% Agree that for most people in this community alcohol is important to social life ¹

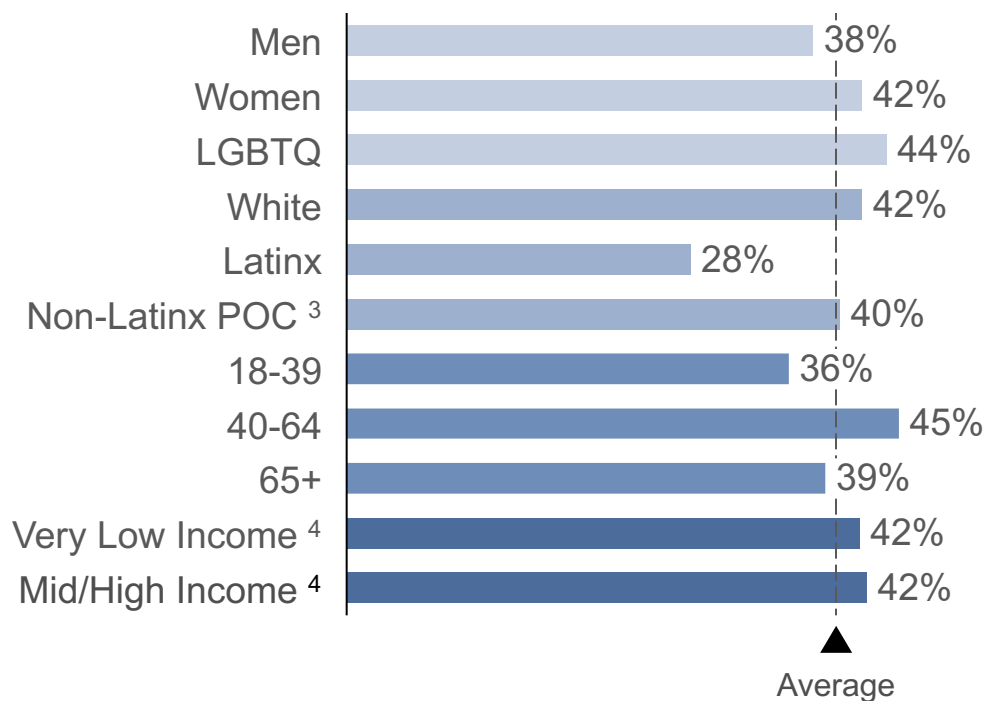
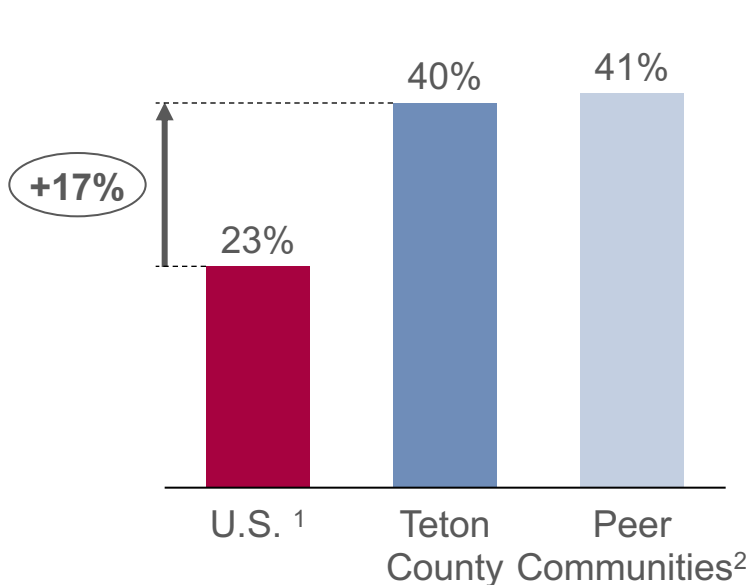


In order to feel a sense of belonging, those who are isolated or feeling lonely may feel pressure to drink which could worsen mental health outcomes

40% of people in Teton County report their lives are negatively affected by substance use

Community members negatively affected by substance use

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?



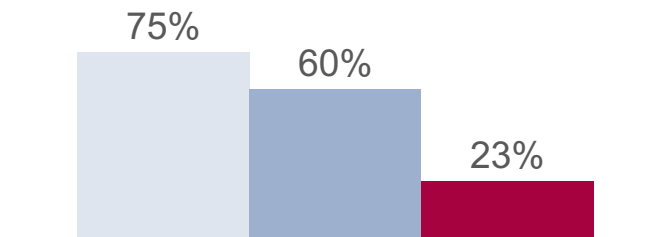
While every group is above the national average, women, middle-aged people, and the LGBTQ community have been particularly affected by substance use

Source: FSG analysis based on community survey; 1: 2020 Community Engagement & Behavioral Health Survey Report, PRC; 2: 2020 PRC Community Engagement & Behavioral Health Survey; 3” POC: People of Color, Non-Latinx POC: Non Latinx Asian, Non Latinx Black, Non- Latinx American Native, “Other”;43: “Very low income”: households with defined poverty status; “Low income”: households with incomes 100%– 199% of the poverty threshold; “Mid/high income”: households with incomes ≥200% of the federal poverty level.

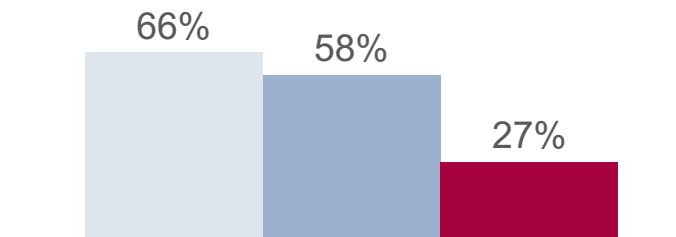
Social, cultural, and economic dynamics

Many more people find Teton County a desirable place to live than in other places across the U.S.

% Agree that being a member of the community is part of identity¹

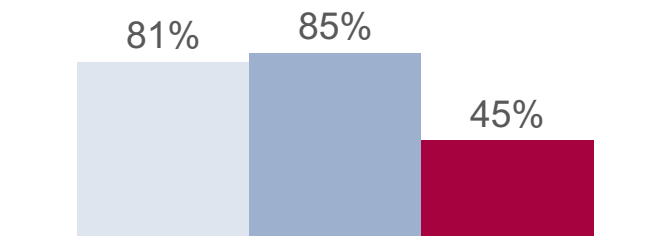


% Agree that they put time and effort into community¹

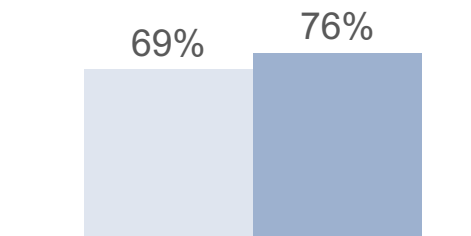


Teton County Peer Communities² U.S.²

% Agree that they can trust people in their community¹



% Believe the community is an excellent or very good place to live



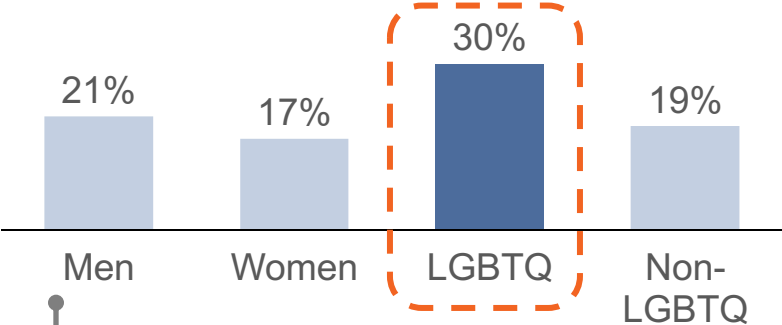
The strong community social fabric is a protective factor that can support mental health and wellbeing and serve as a foundation for future interventions

Source: FSG analysis based on community survey and Based on latest national data from PRC survey; ¹ Question in a series: How well do each of the following statements represent how you feel about your community? I can trust people in this community; I put a lot of time and effort into being part of this community; Being a member of this community is part of my identity; ² 2020 PRC Community Engagement & Behavioral Health Survey;

However, LGBTQ, Non-Latinx POC, and low-income individuals are less likely to trust the community

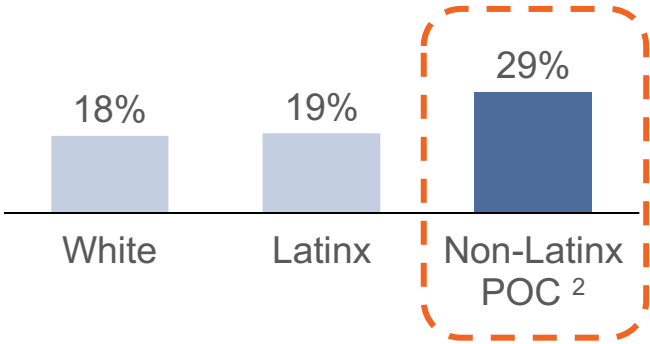
% of respondents who “somewhat” or “not at all” trust people in the community¹

By gender & sexual orientation

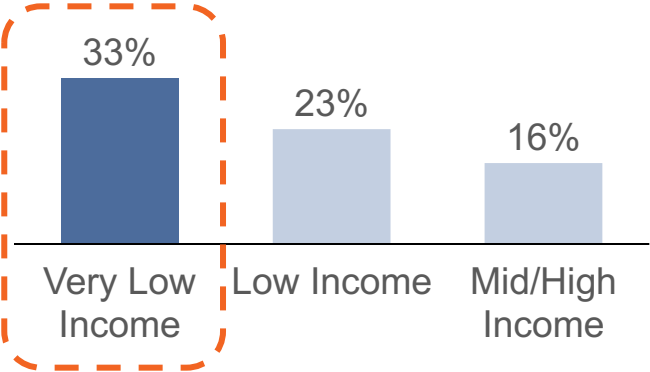


31% of Men of Color have low levels of trust in the community

By ethnicity



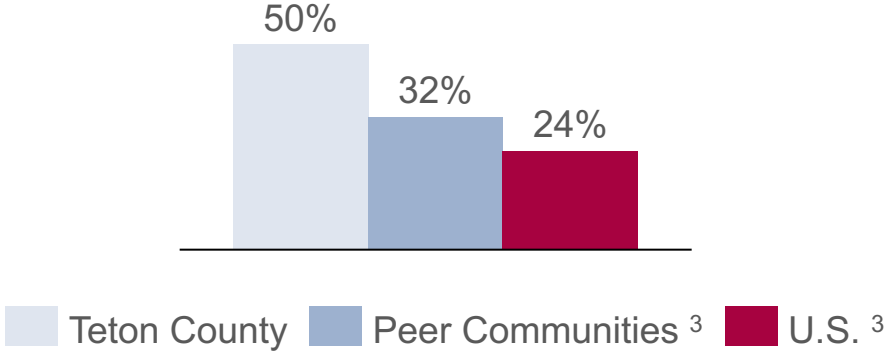
By income³



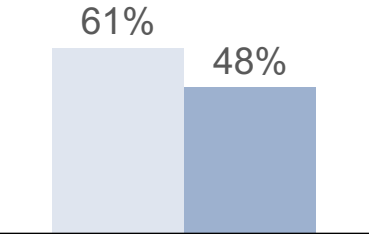
Source: FSG analysis based on community survey; 1: “I can trust people in this community.” (Somewhat/Not at all); 2: POC: People of Color; Non-Latinx POC: Non Latinx Asian, Non Latinx Black, Non-Latinx American Native, “Other”; 3: “Very low income”: households with defined poverty status; “Low income”: households with incomes 100%– 199% of the poverty threshold; “Mid/high income”: households with incomes ≥200% of the federal poverty level.

Despite a strong sense of community, many are experiencing loneliness, likely exacerbated by COVID

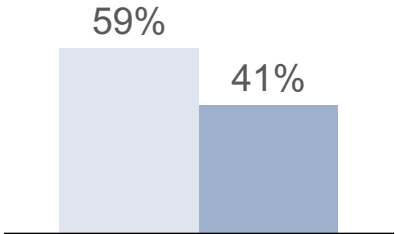
% Lonely ¹



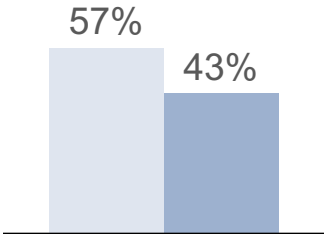
% Lack companionship ²



% Feel left out ²



% Feel isolated from others ²

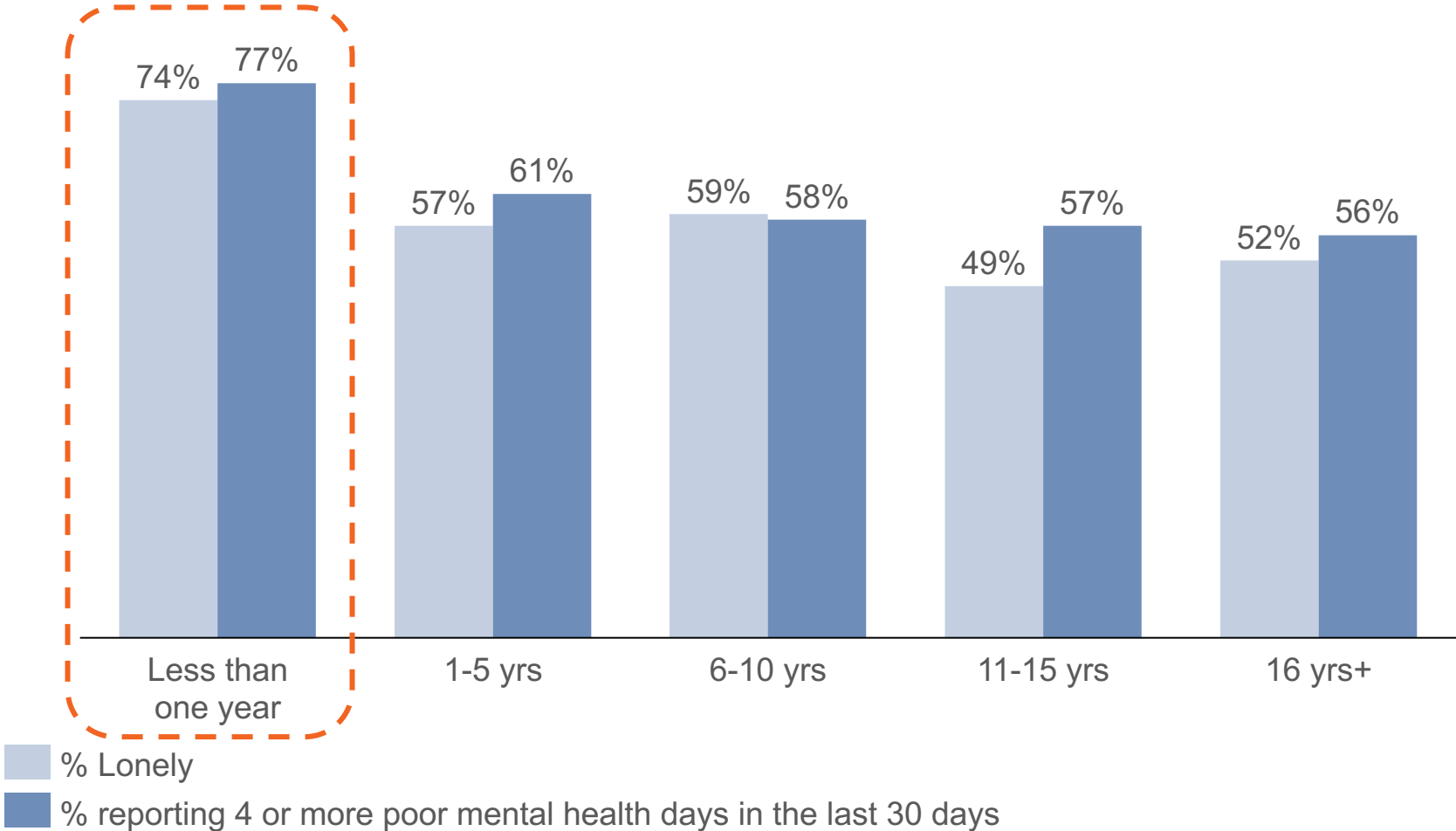


Source: FSG analysis based on community survey and Based on latest national data from PRC survey; 1: Composite score of three questions as part of the loneliness index, asking how often (“often,” “some of the time,” or “hardly ever”) they feel: Left out; Isolated from others; or That they lack companionship. here, “lonely” is defined as respondents who score 6-9 points in the series of three questions from the loneliness index.; 2: Percent of respondents who answered “often” or “some of the time”; 3: : 2020 PRC Community Engagement & Behavioral Health Survey

Among young adults, those new to the area seem to have the most challenges with mental health

Loneliness and poor mental health days by time in community

Young Adults, ages 18-39

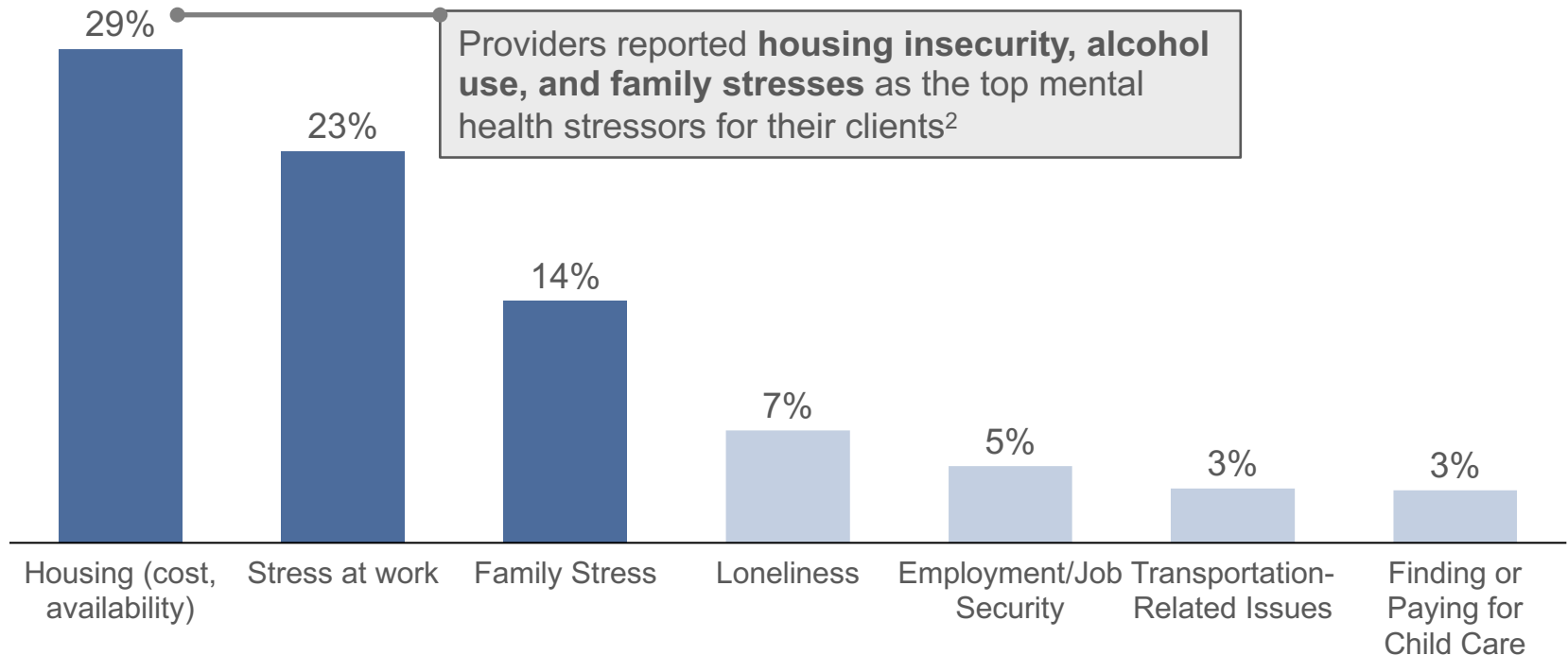


Source: FSG analysis based on community survey

Community members are struggling to deal with housing and work stress

Greatest challenges for community mental health

In general, what do you feel creates the biggest challenge for your mental well being?¹

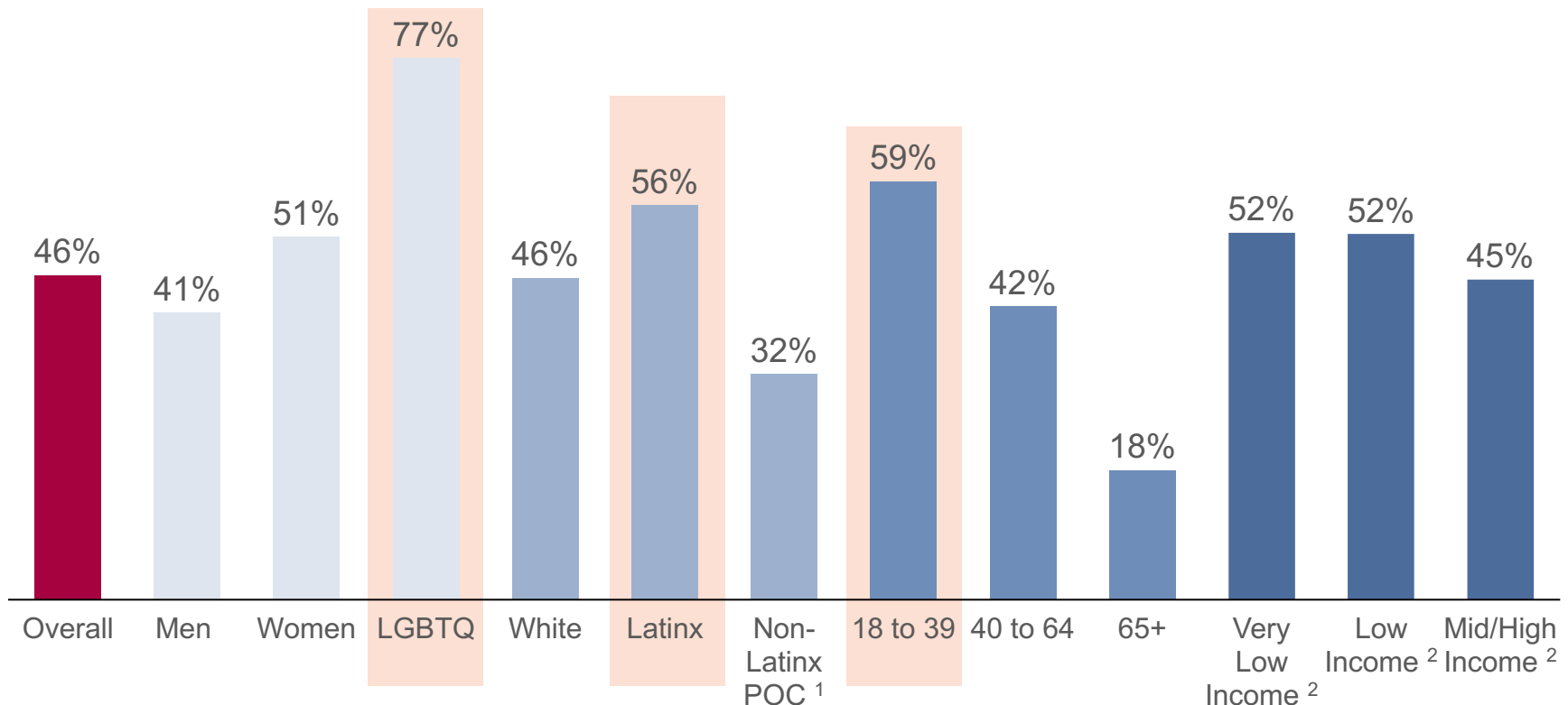


Economic pressures create the biggest challenge for mental health, addressing these systemic barriers may improve behavioral health overall

Many young, LGBTQ, and Latinx residents considered leaving Teton County for economic reasons

% Considered leaving Teton County

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



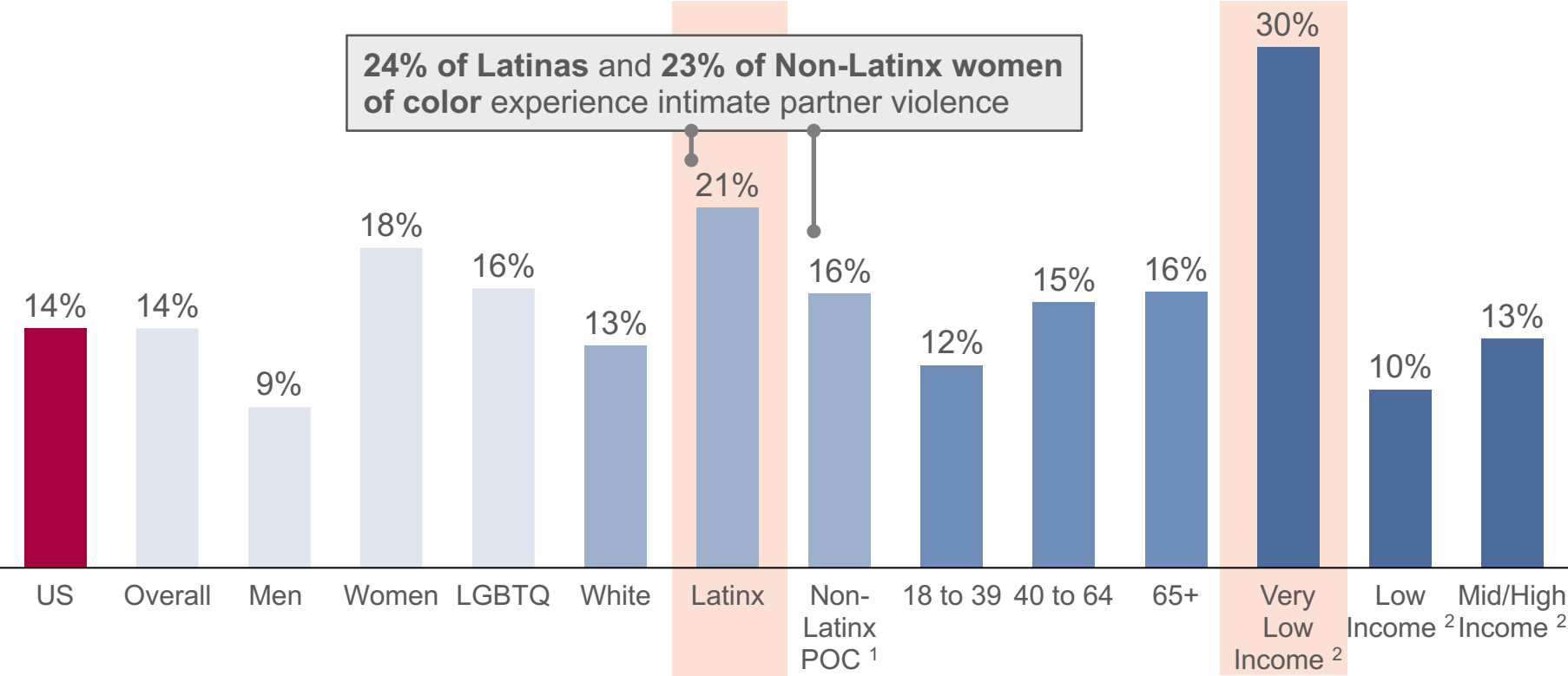
Housing and income insecurity undermine populations ability to feel a part of and trust the community, decreasing protective factors for mental health

Source: FSG analysis based on community survey and based on latest national data from PRC survey; 2: Households with defined poverty status; "Low income": households with incomes 100%– 199% of the poverty threshold; "Mid/high income": households with incomes ≥200% of the federal poverty level; 3: POC: People of Color, Non-Latinx POC: Non-Latinx Asian, Non-Latinx Black, Non-Latinx American Native, "Other"

Many Latinx and low income community members are also suffering from intimate partner violence

Intimate partner violence

Has an intimate partner ever hit, slapped, pushed, kicked, or hurt you in any way?



Latinas, who make up a large proportion of low-income community members, suffer disproportionately from intimate partner violence

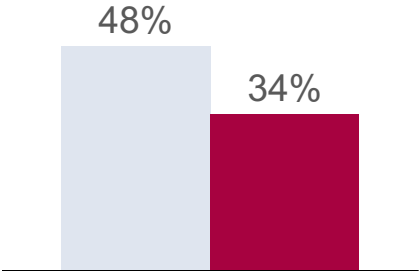
Source: FSG analysis based on community survey; 1: POC: People of Color, Non-Latinx POC: Non Latinx Asian, Non Latinx Black, Non-Latinx American Native, "Other"; 2: "Very low income": households with defined poverty status; 2: "Very low income": households with defined poverty status; "Low income": households with incomes 100%– 199% of the poverty threshold; "Mid/high income": households with incomes ≥200% of the federal poverty level.

Behavioral Health Care Access and Affordability

Nearly half of all people needed mental health services, and 4 out of 5 people were able to get them

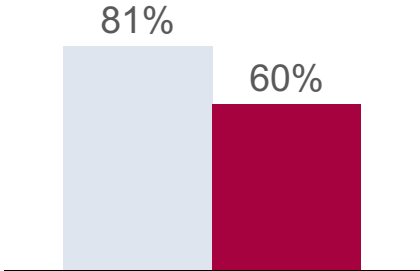
% Needed mental health services

During the past 12 months, was there any time when you needed mental health treatment or services for yourself? (yes)



% Getting needed services

Were you able to get the treatment or services that you needed? (yes)



■ Teton County ■ Peer Communities ¹

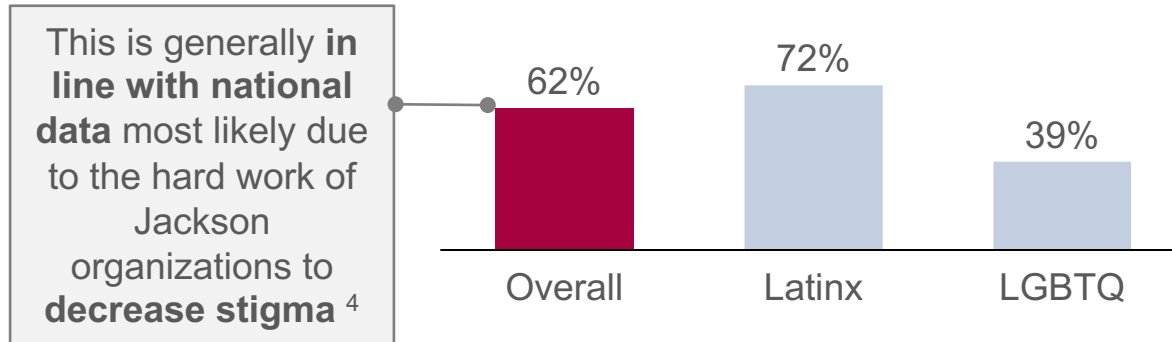
- Teton county has a **mental health provider to resident ratio of 200:1**, far outperforming WY and US averages ²
- **88%** of providers surveyed are **accepting new patients** ³
- **74%** of providers have a wait time **less than 1 week** ³

Despite a high need for mental health services, the community's strong supply of mental health providers and resources appears to keep pace with the need

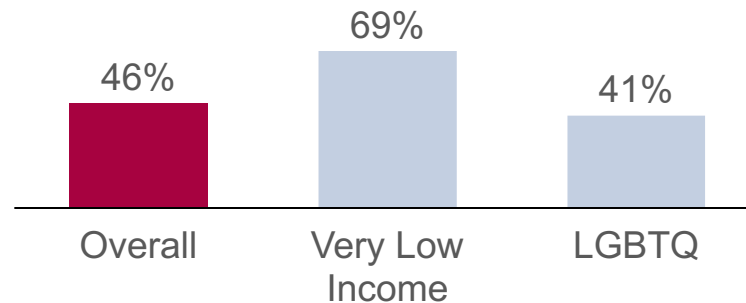
Source: FSG analysis based on community survey; 1: 2020 PRC Community Engagement & Behavioral Health Survey; 2: 2020 CMS, National Provider Identification. RWJF County Health Rankings; 3: FSG Jackson Hole Provider Survey Analysis

People find the community sympathetic to those with mental illness, but many still find it hard to talk about

% Believe people are sympathetic to those with mental illness¹



% Easy for residents to discuss mental health²



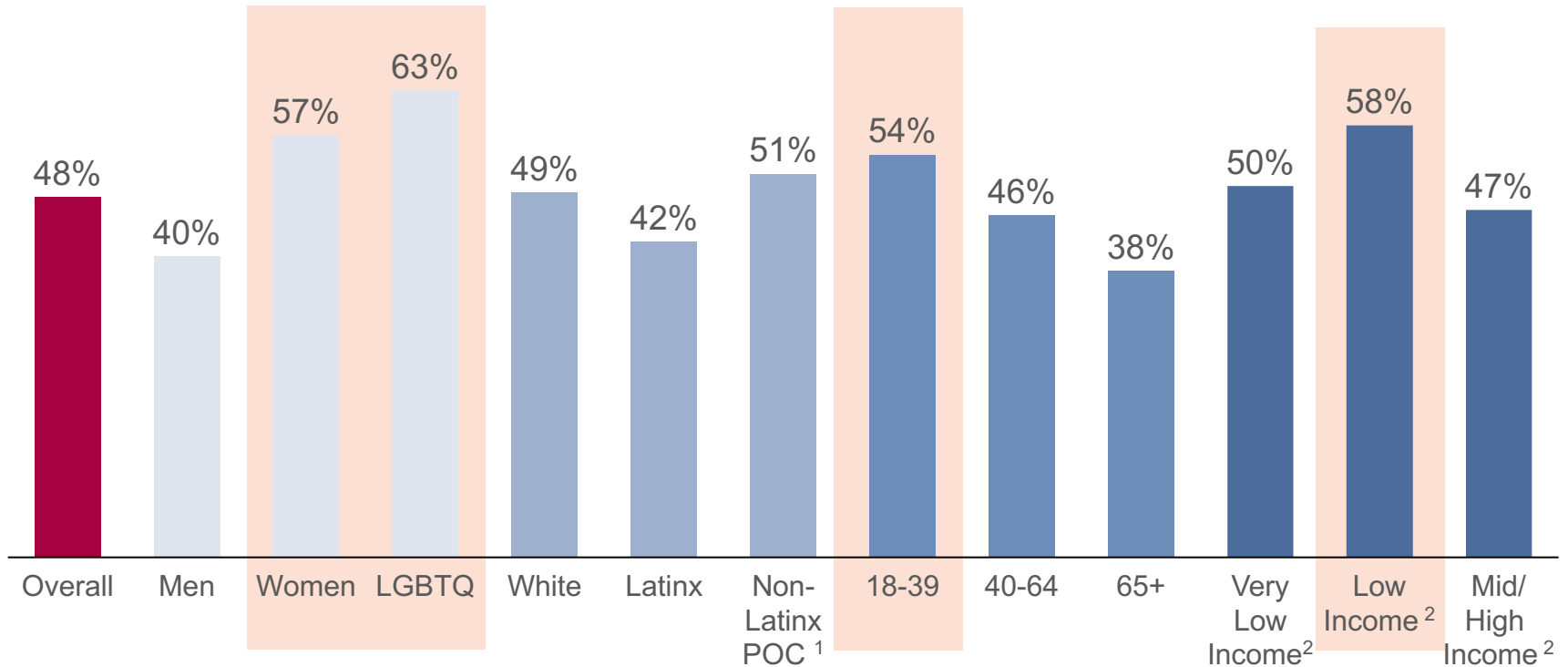
Societal narratives and community norms may prevent white men, LGBTQ, and Non-Latinx POC from discussing or reaching out for mental health support

Source: FSG analysis based on community survey; 1: "People in this community are generally caring and sympathetic to people with mental illness?" (Strongly/Somewhat agree); 2: "Generally, it is easy for people in this community to talk about mental health or emotional challenges?" (Strongly/Somewhat agree); 3: "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?" (Very/somewhat likely) 4: 35 states participated in the 2007 BRFSS, which included this question (% "Agree strongly/slightly"); 5: Non-Latinx POC: Non-Latinx Asian, Non-Latinx Black, Non-Latinx American Native, "Other"

LGBTQ, women, young adults, and low income people reported most needing mental health services

% Needing mental health services

In the past 12 months, was there any time you needed mental health treatment or services?



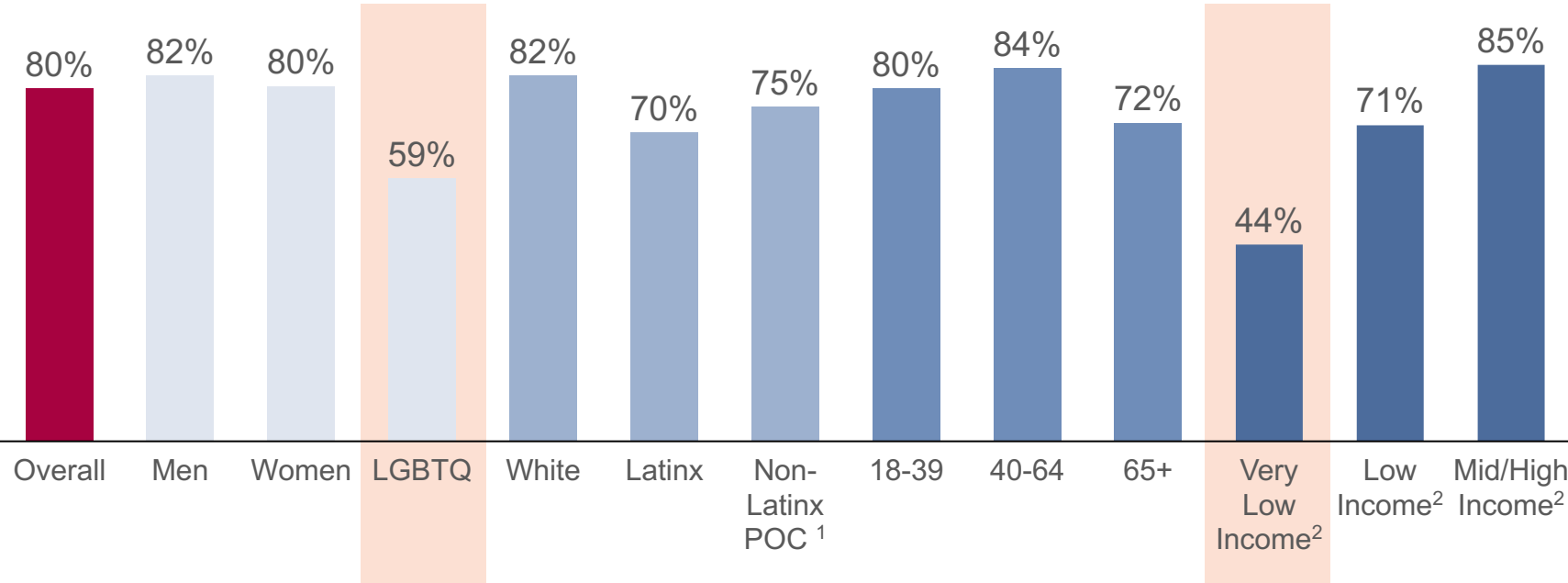
Populations that experience higher loneliness and less trust are also the populations in higher need of mental health services, signaling a need to broaden protective factors to marginalized communities

Source: FSG analysis based on community survey; 1: POC: People of Color, Non-Latinx POC: Non-Latinx Asian, Non-Latinx Black, Non-Latinx American Native, "Other"; 2: "Very low income": households with defined poverty status; "Low income": households with incomes 100%–199% of the poverty threshold; "Mid/high income": households with incomes ≥200% of the federal poverty level.

However, LGBTQ+ and people with low incomes least often accessed the services they needed

% Got the treatment or services they needed

Where you able to get the treatment or services that you needed?



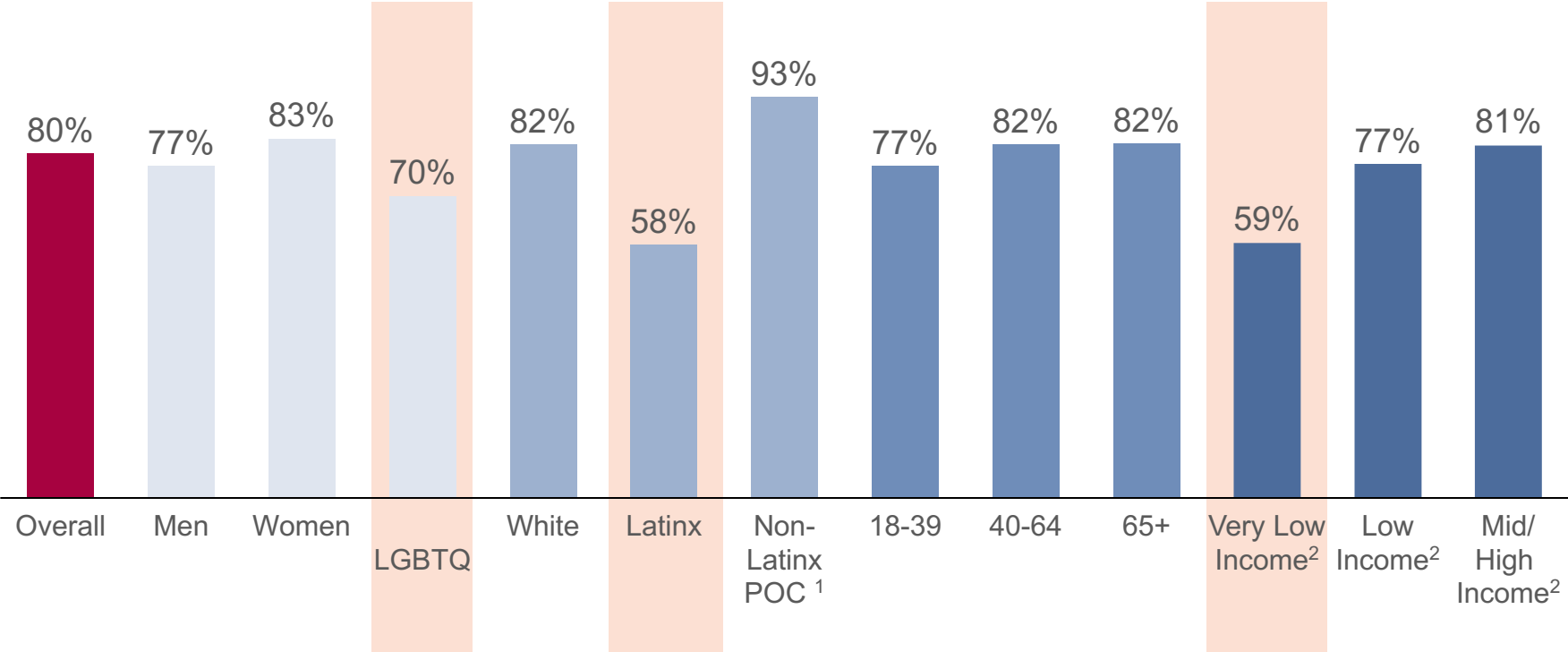
Marginalized populations who may have less access to culturally appropriate or affordable resources were less likely to access behavioral health services

Source: FSG analysis based on community survey; 1: POC: People of Color, Non-Latinx POC: Non-Latinx Asian, Non-Latinx Black, Non-Latinx American Native, "Other"; 2: "Very low income": households with defined poverty status; "Low income": households with incomes 100%– 199% of the poverty threshold; "Mid/high income": households with incomes ≥200% of the federal poverty level.

Residents that feel less a part of community's social fabric are least aware of local resources

% Aware of local resources for mental health ²

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

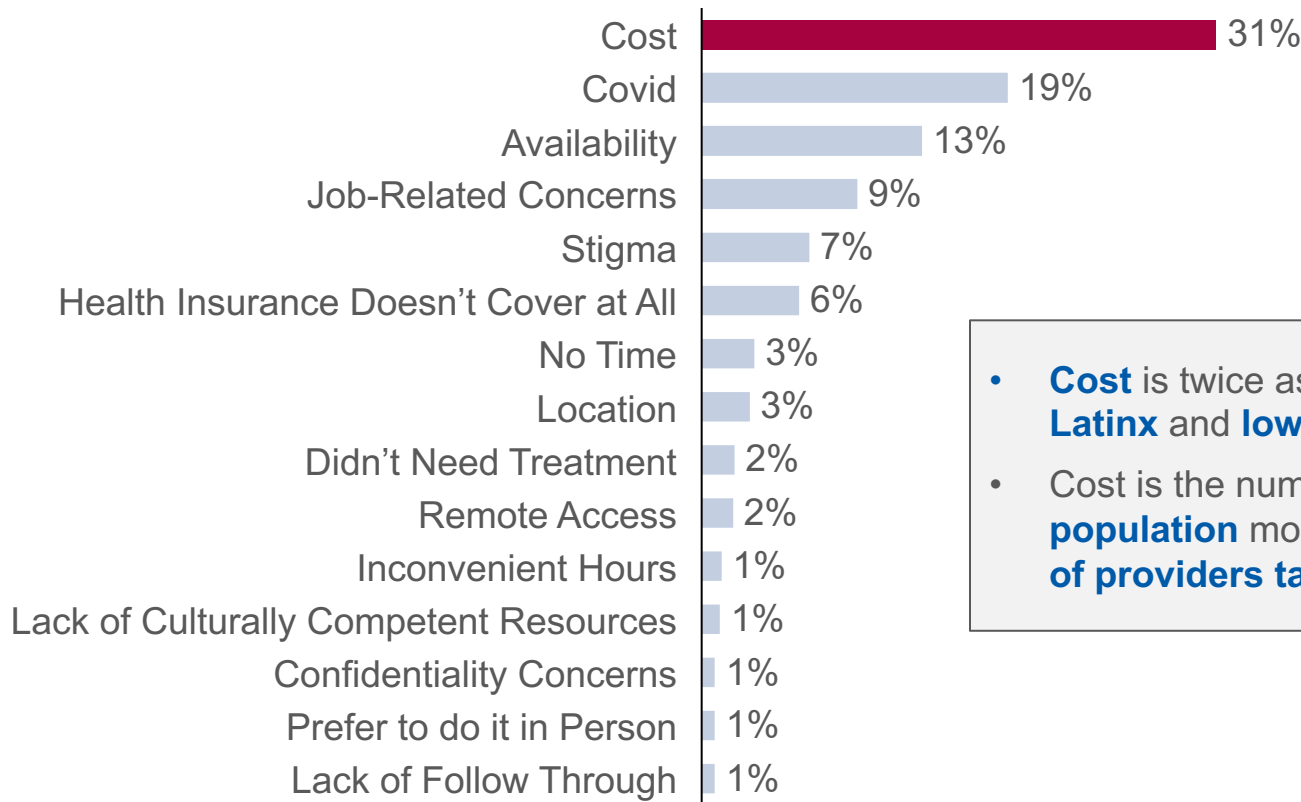


Source: FSG analysis based on community survey; 1: POC: People of Color, Non-Latinx POC: Non-Latinx Asian, Non-Latinx Black, Non-Latinx American Native, "Other"; 2: "Very low income": households with defined poverty status; "Low income": households with incomes 100%– 199% of the poverty threshold; "Mid/high income": households with incomes ≥200% of the federal poverty level. 2: "Are you aware of any providers, programs, or resources available in this community to help people with mental health needs?" (Yes)

Cost is the most significant barrier for community members to access behavioral health services

% Reason community members did not get needed services

What would you say was the MAIN reason that you did not get these services? ¹



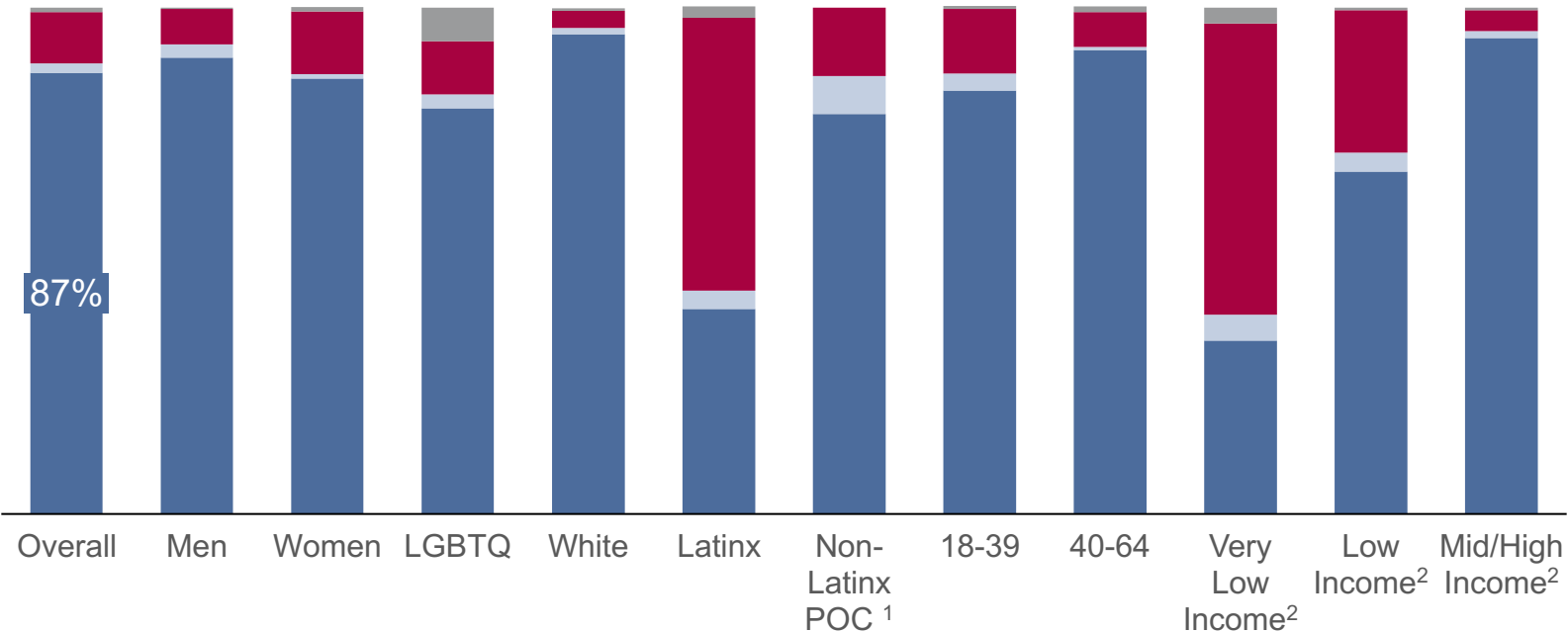
- **Cost** is twice as significant a barrier among **Latinx** and **low income** respondents
- Cost is the number one barrier for the **65+ population** most likely because **only ~30% of providers take Medicare**

While most are insured through employers, many Latinx and low income people do not have insurance

% Type of health insurance (Ages 18-64)

What type of health insurance do you currently have?

Through an employer or exchange website Government Assisted No Insurance Refused or unsure



Lack of insurance is likely a major barrier to accessing care for people with low incomes and Latinx people

Source: 1: POC: People of Color, Non-Latinx POC: Non-Latinx Asian, Non-Latinx Black, Non-Latinx American Native, "Other"; 2: "Very low income": households with defined poverty status; "Low income": households with incomes 100%– 199% of the poverty threshold; "Mid/high income": households with incomes ≥200% of the federal poverty level. © FSG | 29



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