

# 2024 PRC Community Engagement & Behavioral Health Survey

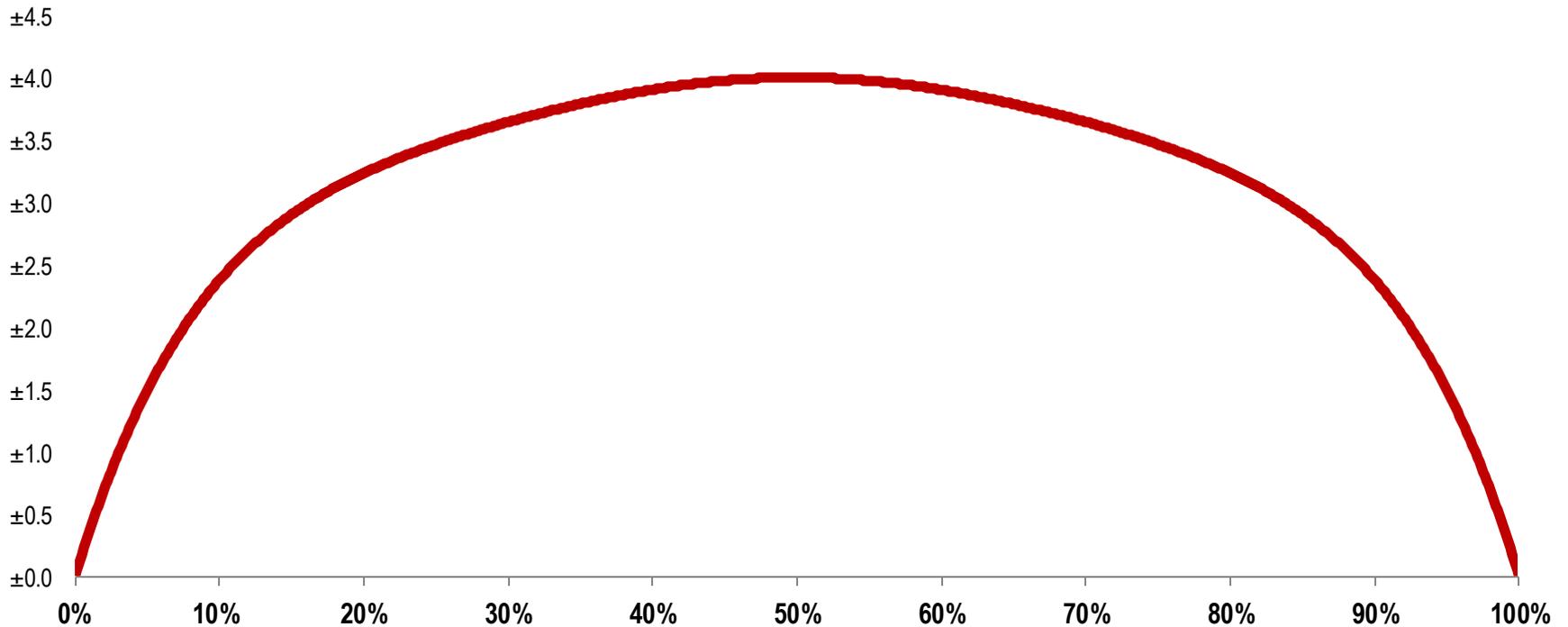
West Mountain Region, Colorado



# METHODOLOGY

**West Mountain Region**  
San Miguel & Montrose Counties, Colorado

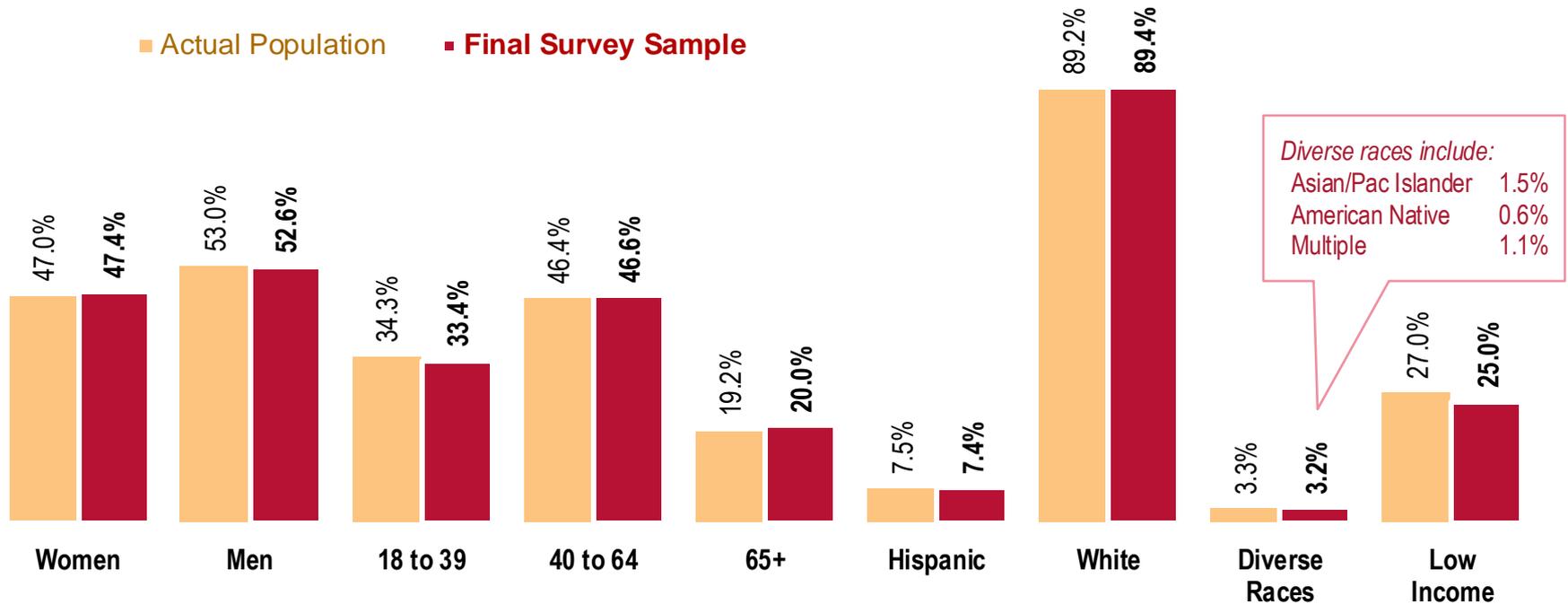
## Expected Error Ranges for a Sample of 606 Respondents at the 95 Percent Level of Confidence



Note: • The "response rate" (the percentage of a population giving a particular response) determines the error rate associated with that response. A "95 percent level of confidence" indicates that responses would fall within the expected error range on 95 out of 100 trials.

Examples: • If 10% of the sample of 606 respondents answered a certain question with a "yes," it can be asserted that between 7.6% and 12.4% (10% ± 2.4%) of the total population would offer this response.  
 • If 50% of respondents said "yes," one could be certain with a 95 percent level of confidence that between 46.0% and 54.0% (50% ± 4.0%) of the total population would respond "yes" if asked this question.

## Population & Survey Sample Characteristics (West Mountain Region)

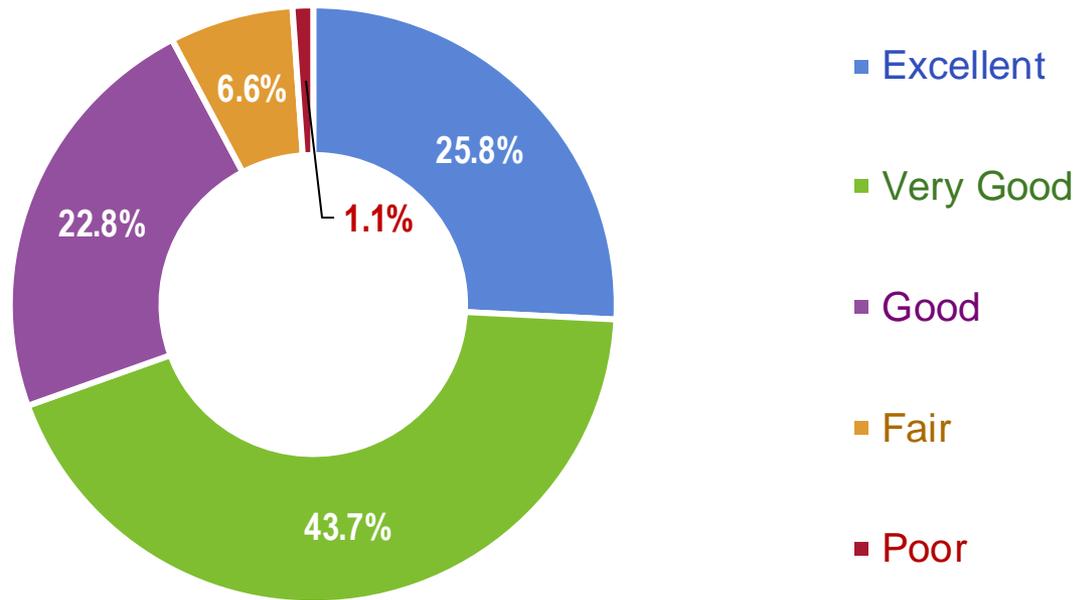


- Sources:
- US Census Bureau, 2016-2020 American Community Survey.
  - 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc.
- Notes:
- "Low Income" reflects those living under 200% of the federal poverty level, based on guidelines established by the US Department of Health & Human Services.
  - All Hispanic respondents are grouped, regardless of identity with any other race group. Race reflects those who identify with a single race category, without Hispanic origin. "Diverse Races" includes those who identify as Black or African American, American Indian or Alaska Native, Asian, Native Hawaiian/Pacific Islander, or as being of multiple races, without Hispanic origin.

# COMMUNITY LIFE

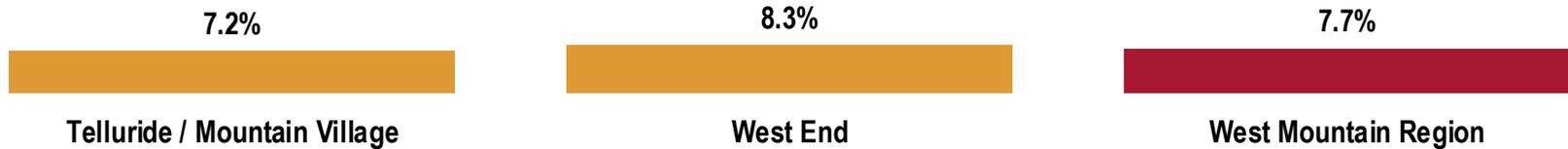
# Community as a Place to Live

## Rating of the Community as a Place to Live (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]  
Notes: ● Asked of all respondents.

## Perceive the Community as a “Fair” or “Poor” Place to Live (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]  
Notes: ● Asked of all respondents.

## Perceive the Community as a “Fair” or “Poor” Place to Live (West Mountain Region, 2024)

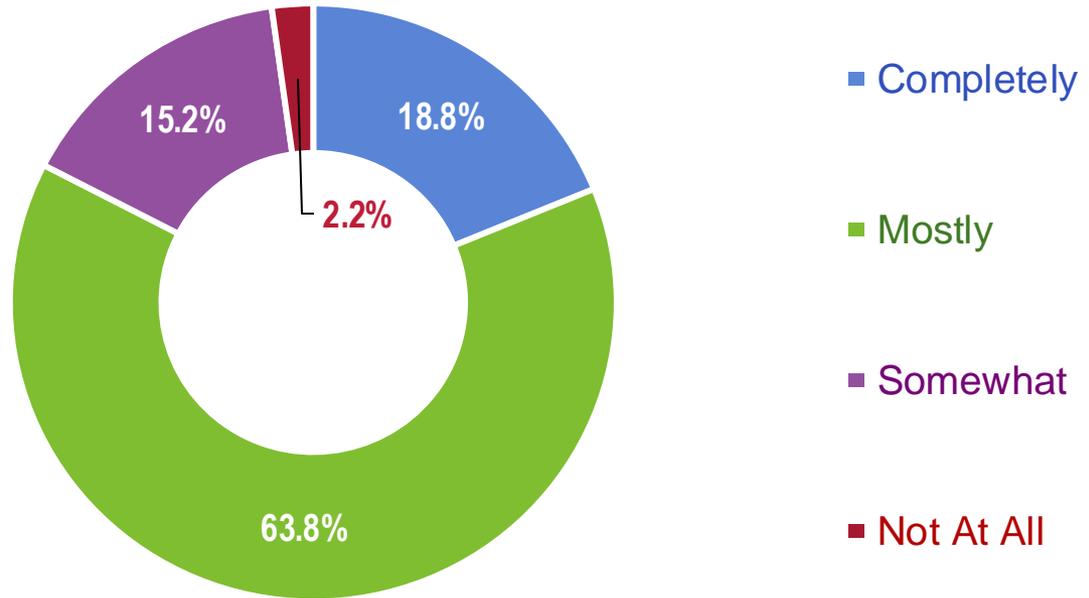


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]

Notes: • Asked of all respondents.

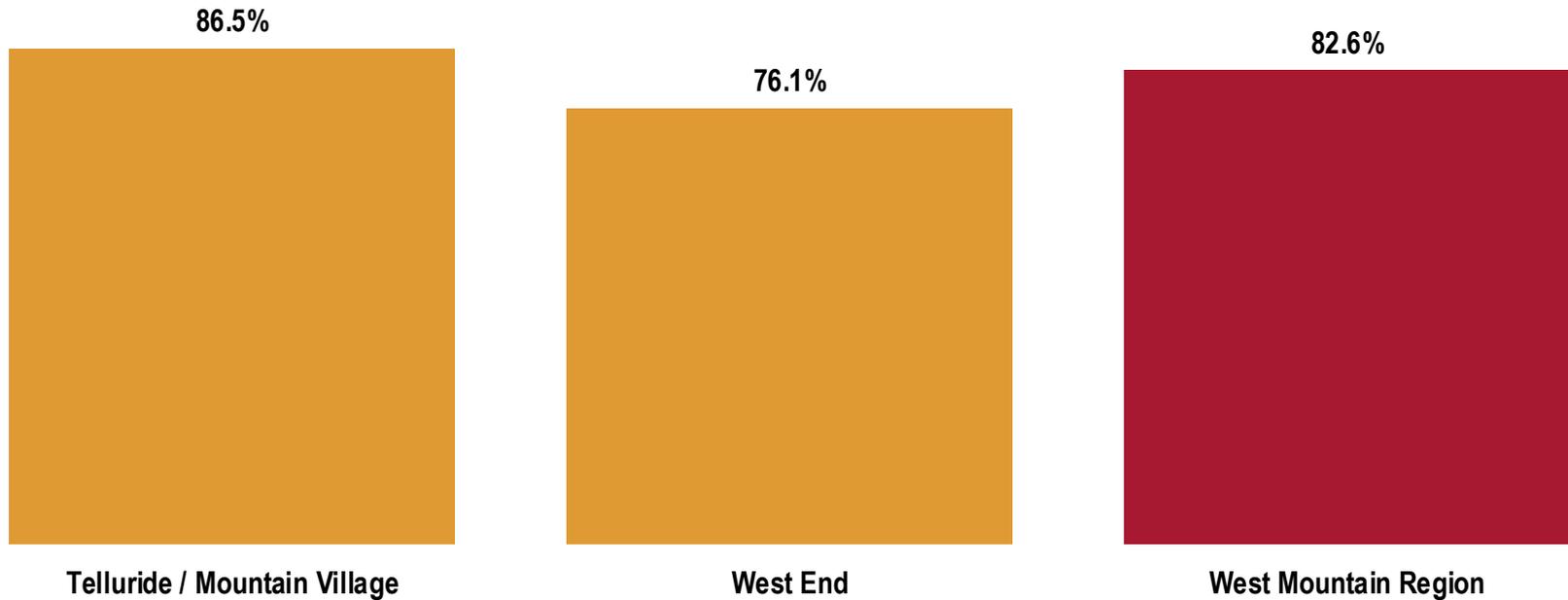
# Community Engagement

## “I Can Trust People in This Community” (West Mountain Region)



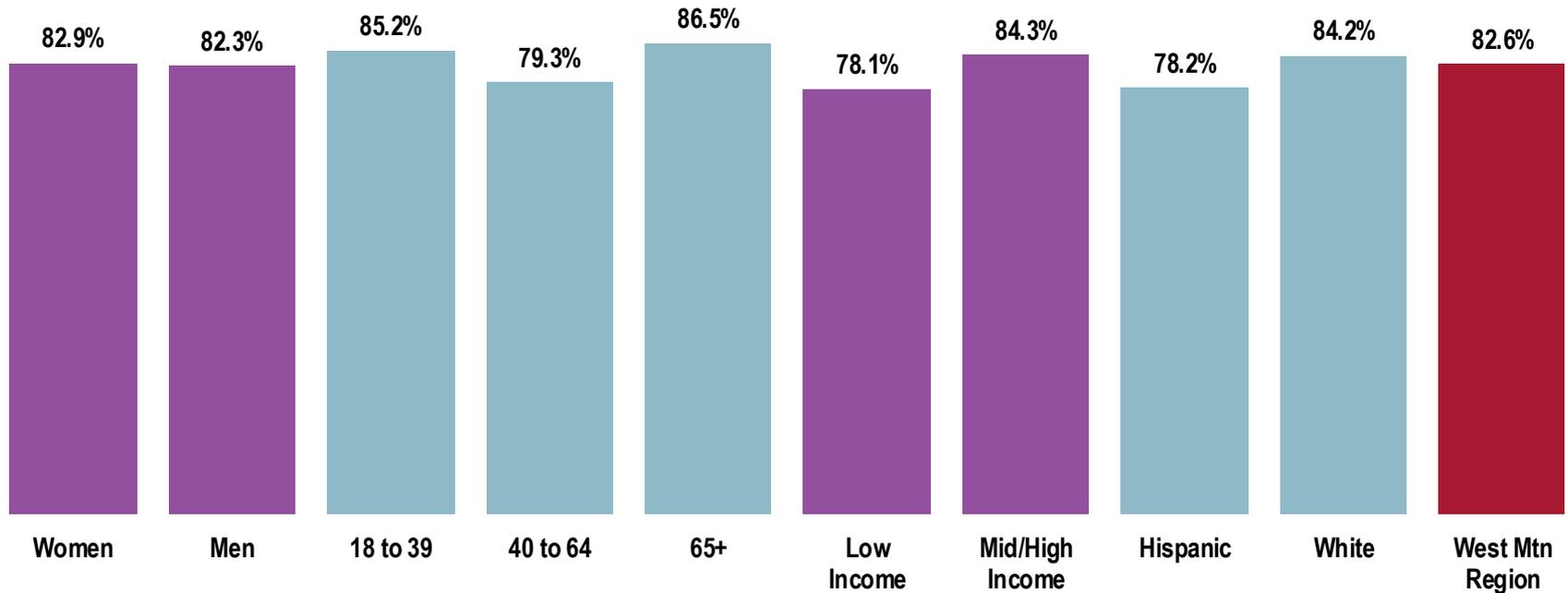
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]  
Notes: ● Asked of all respondents.

## Completely/Mostly Agree: “I Can Trust People in This Community” (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]  
Notes: ● Asked of all respondents.

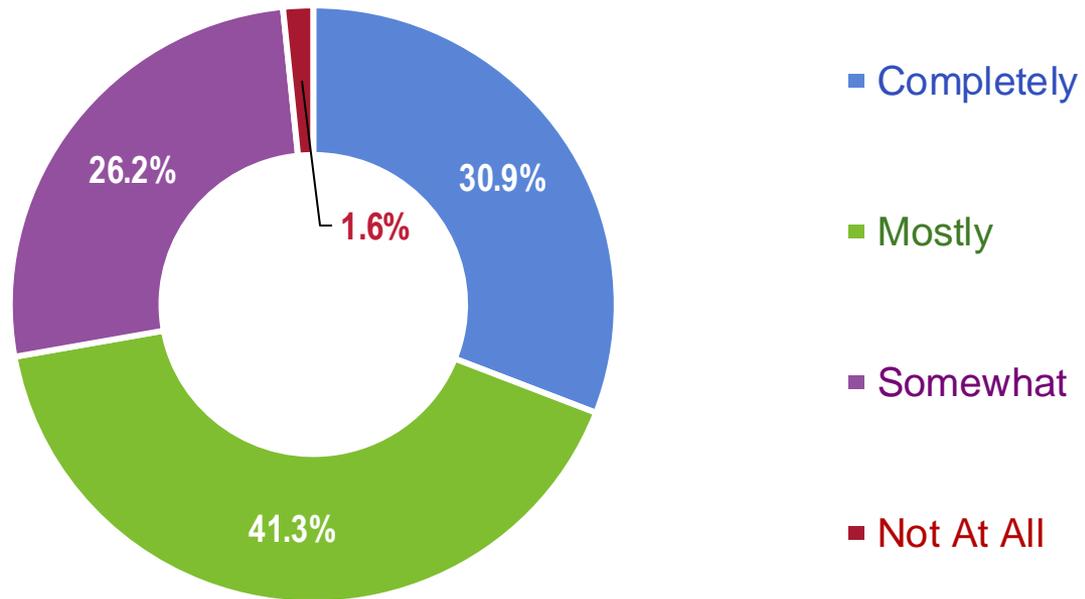
## Completely/Mostly Agree: “I Can Trust People in This Community” (West Mountain Region, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]

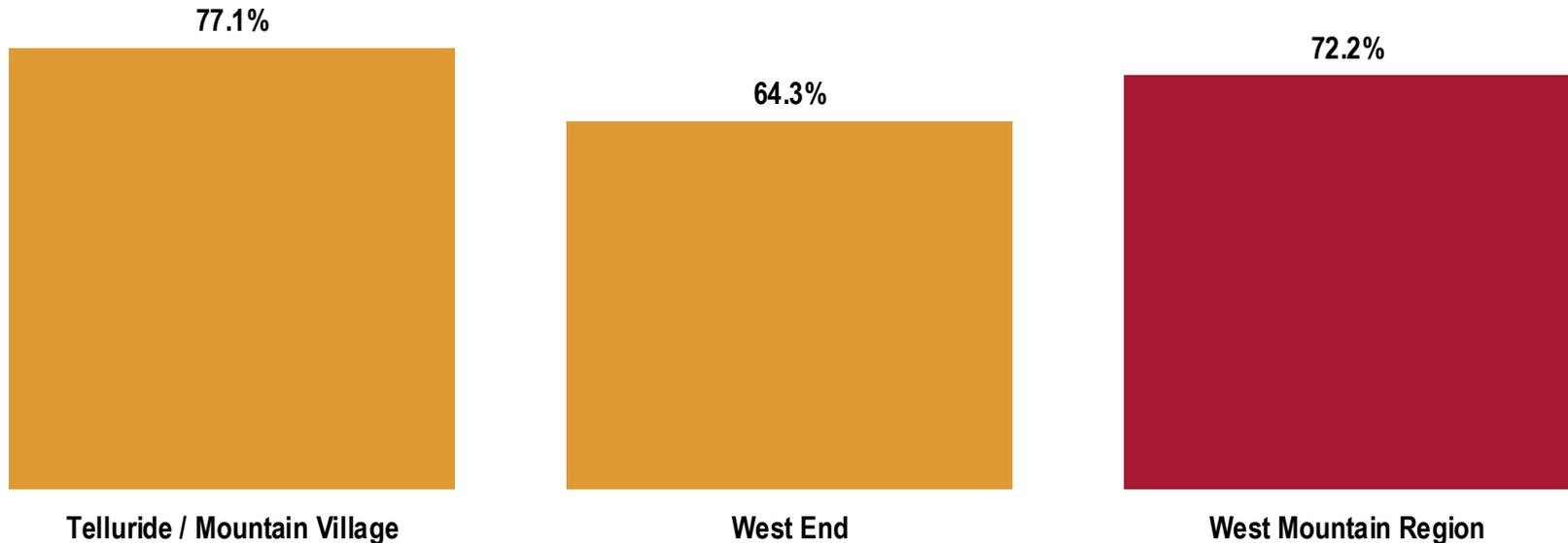
Notes: • Asked of all respondents.

## “I Put a Lot of Time and Effort Into Being Part of This Community” (West Mountain Region)



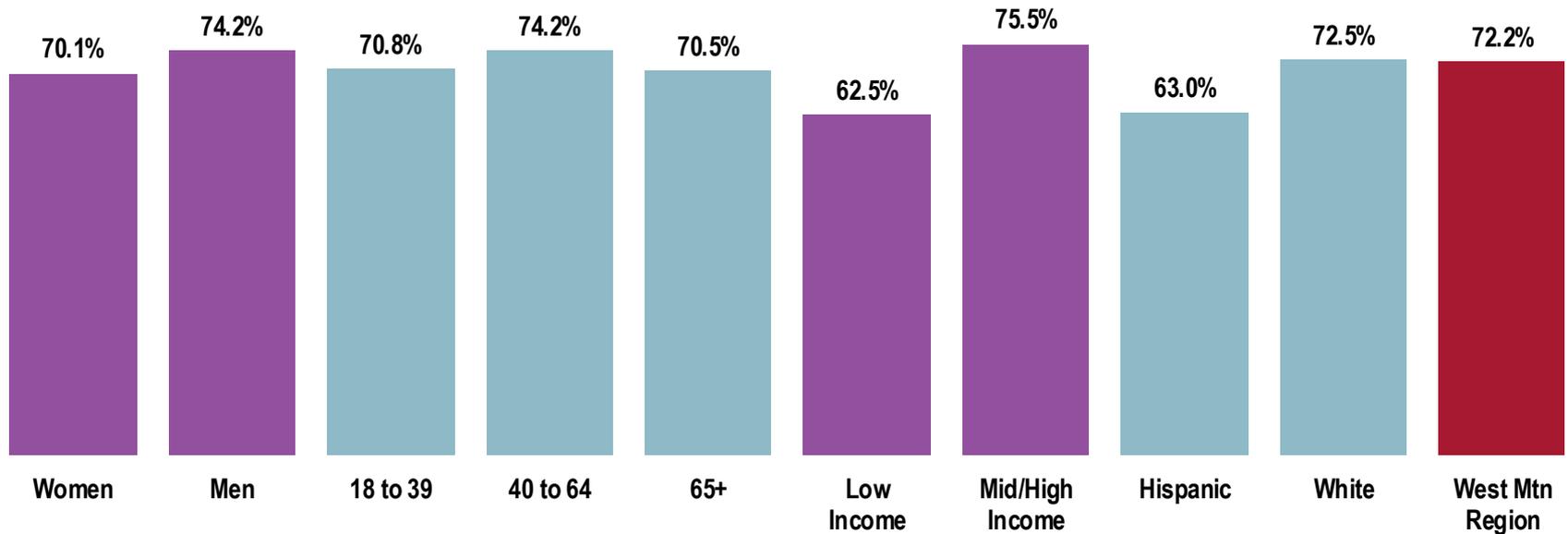
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]  
Notes: ● Asked of all respondents.

## Completely/Mostly Agree: “I Put a Lot of Time and Effort Into Being Part of This Community” (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]  
Notes: ● Asked of all respondents.

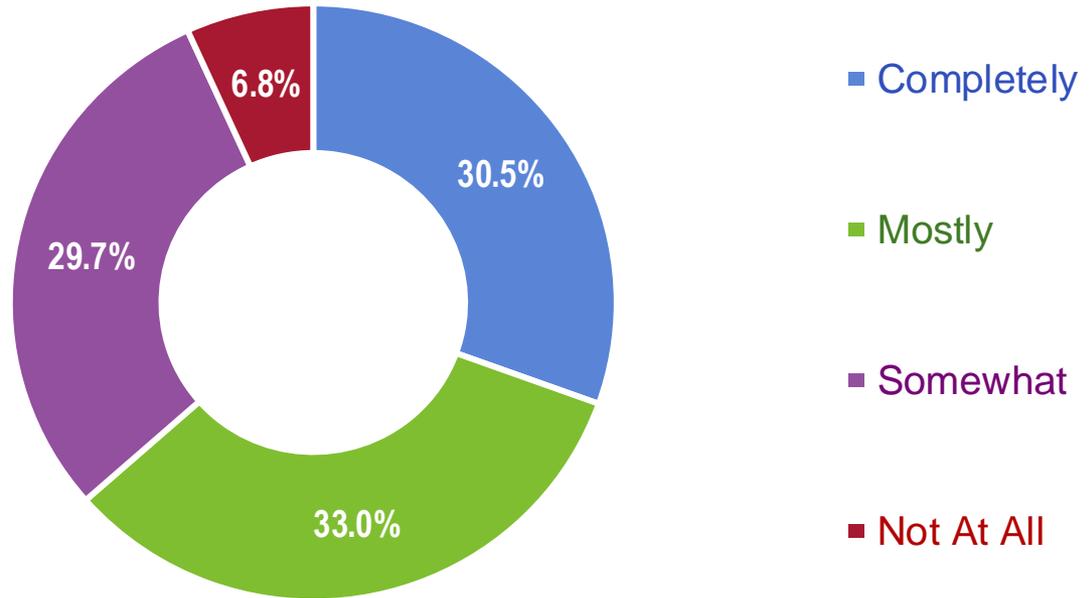
## Completely/Mostly Agree: “I Put a Lot of Time and Effort Into Being Part of This Community” (West Mountain Region, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]

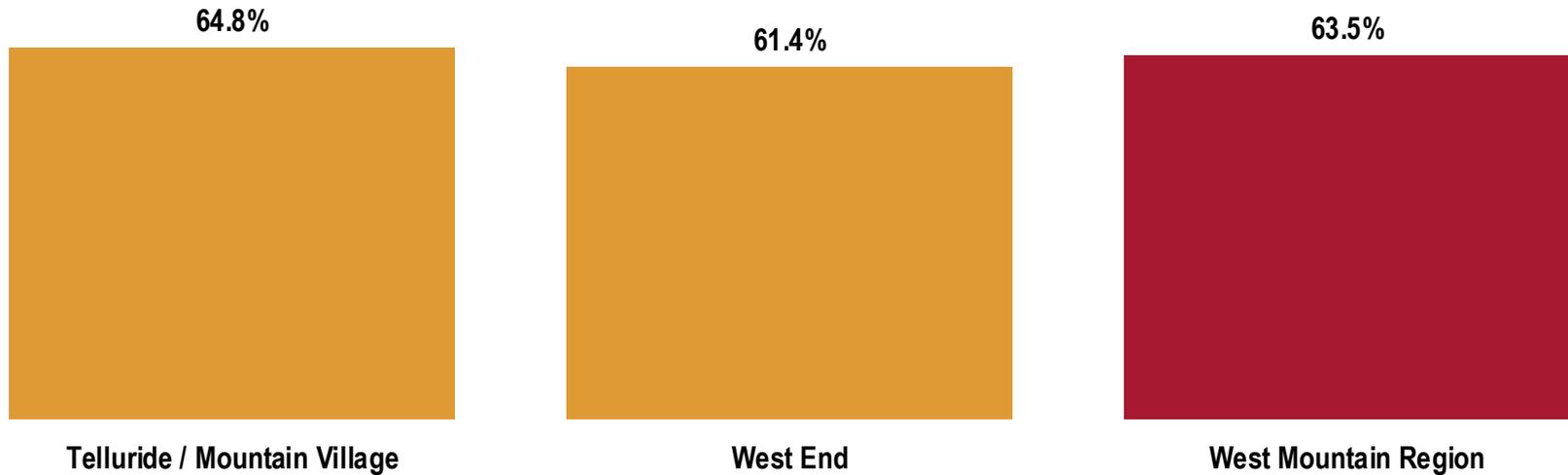
Notes: • Asked of all respondents.

## “Being a Member of This Community Is Part of My Identity” (West Mountain Region)



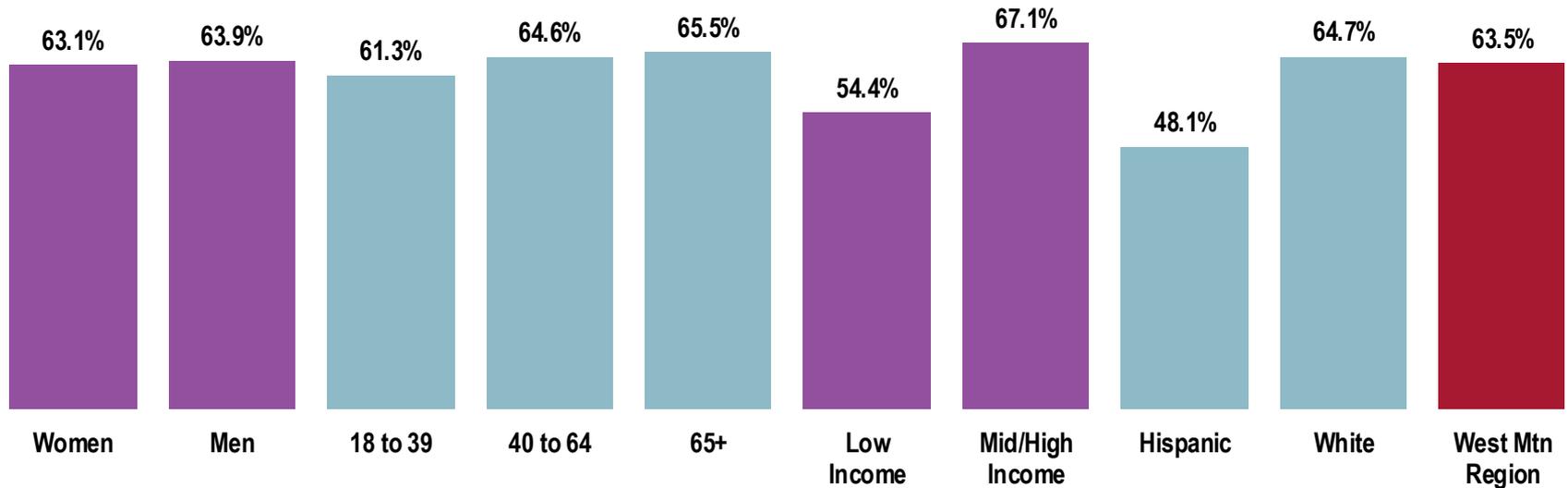
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 7]  
 Notes: ● Asked of all respondents.

# Completely/Mostly Agree: “Being a Member of This Community Is Part of My Identity” (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 7]  
Notes: ● Asked of all respondents.

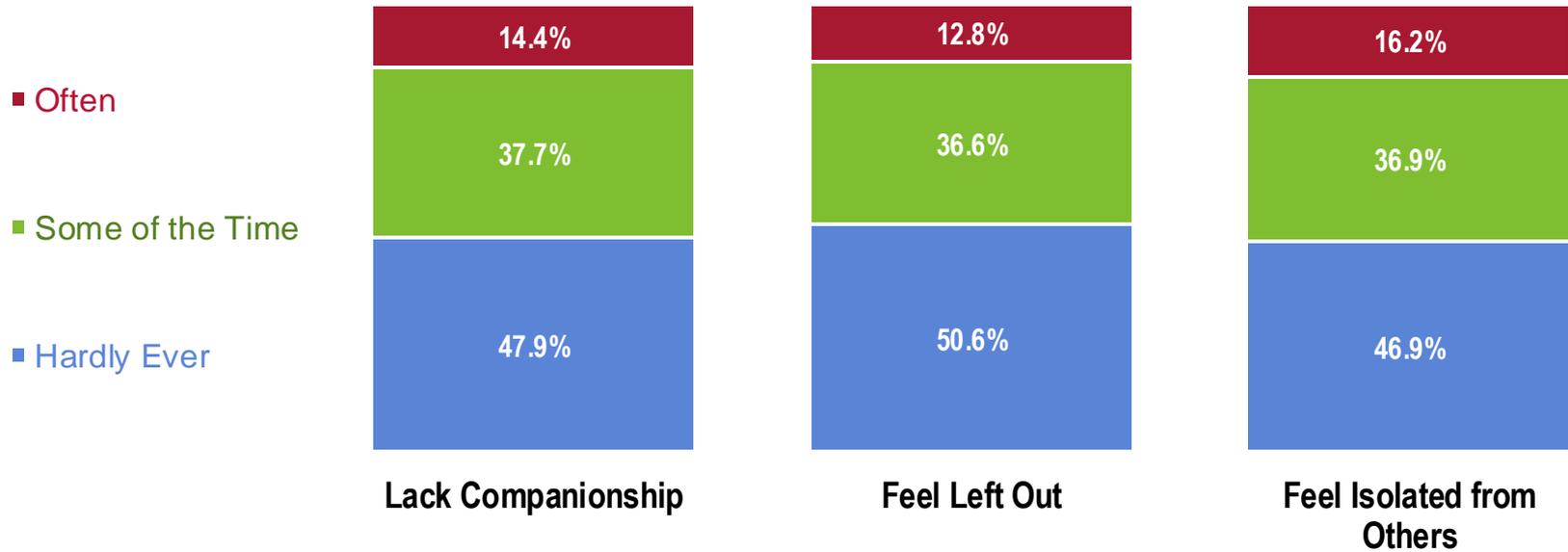
## Completely/Mostly Agree: “Being a Member of This Community Is Part of My Identity” (West Mountain Region, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 7]  
 Notes: • Asked of all respondents.

# Social Connections & Loneliness

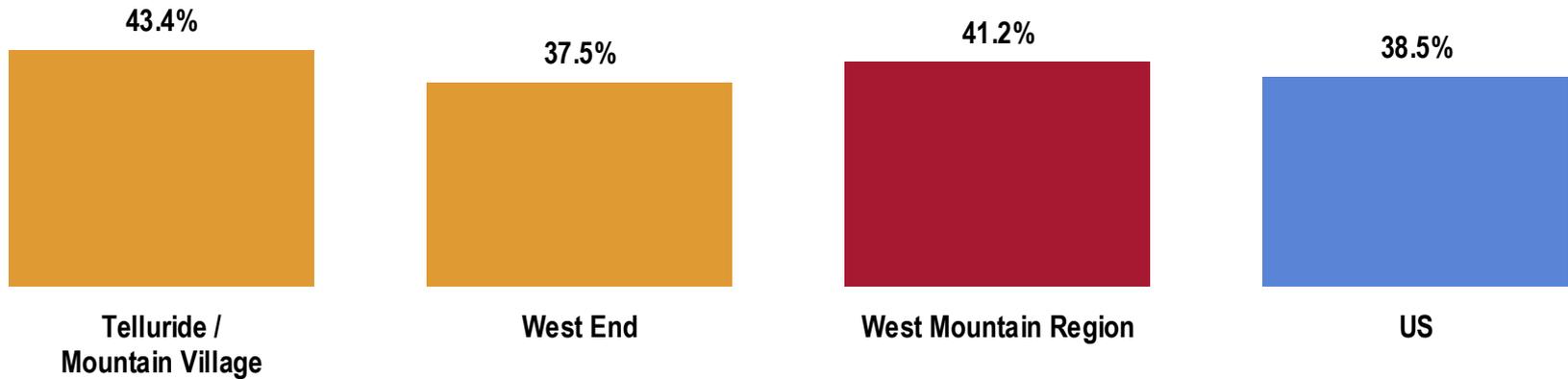
## Loneliness Factors (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 8-10]

Notes: ● Asked of all respondents.

# Lonely

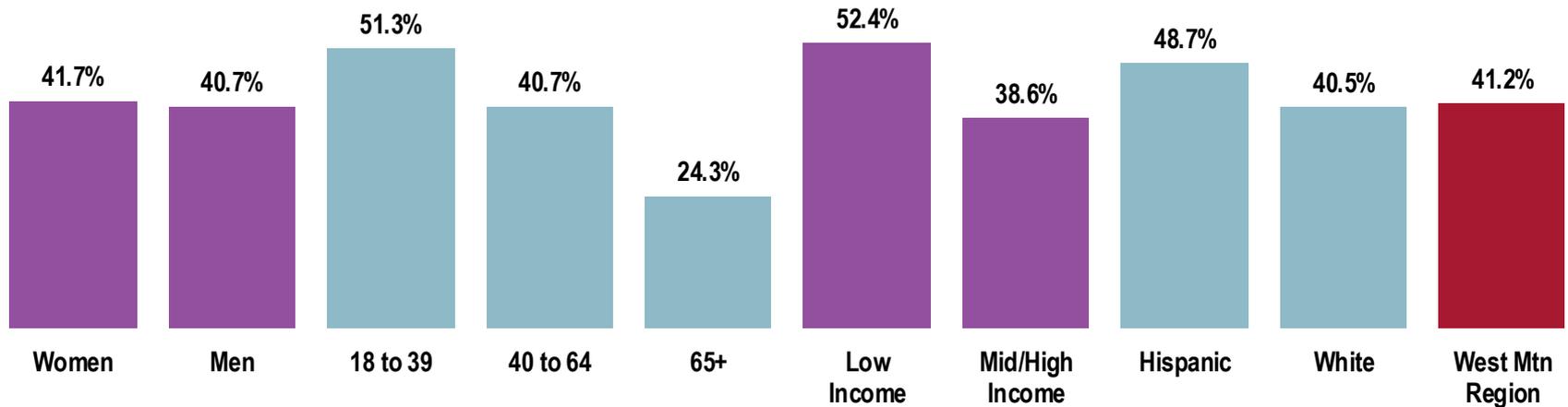


- Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 42]
  - 2023 PRC National Health Survey, PRC, Inc.

- 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.

# Lonely

(West Mountain Region, 2024)



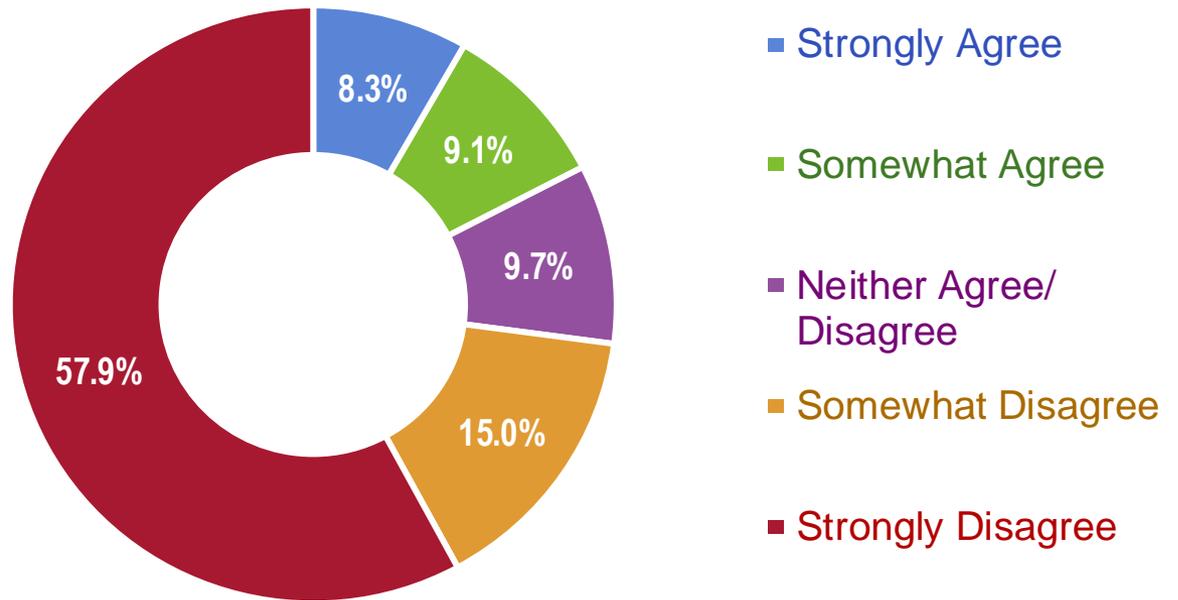
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 42]

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.

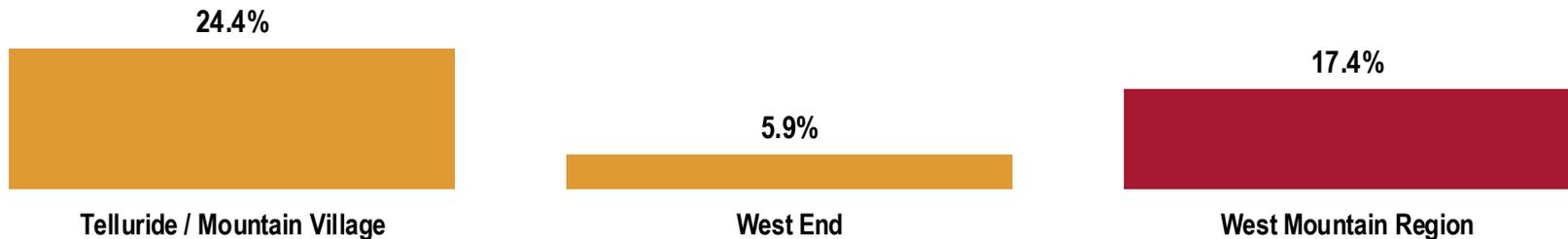
# Housing Instability

## “I Worry About Having a Steady or Consistent Place to Live for the Next Six Months” (West Mountain Region)



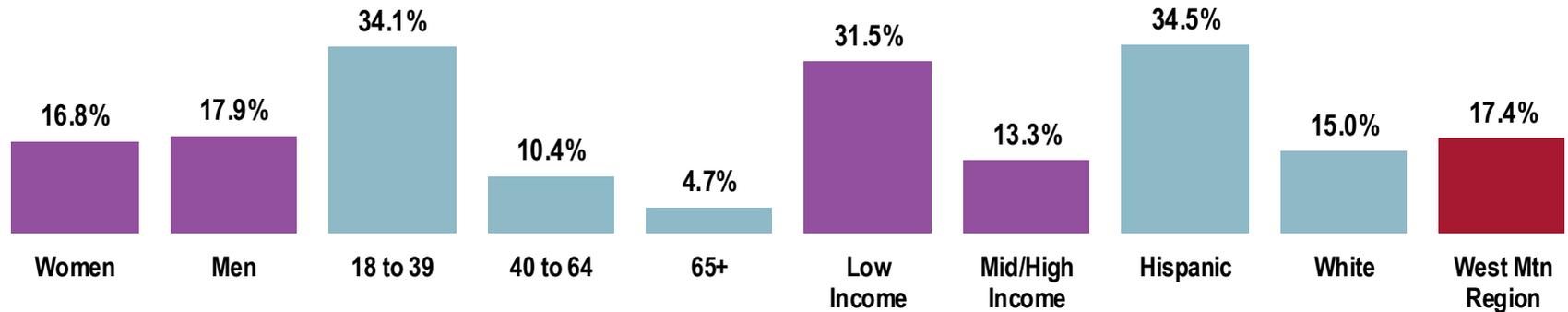
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 303]  
 Notes: ● Asked of all respondents.

# Strongly/Somewhat Agree: “I Worry About Having a Steady or Consistent Place to Live for the Next Six Months” (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 303]  
Notes: ● Asked of all respondents.

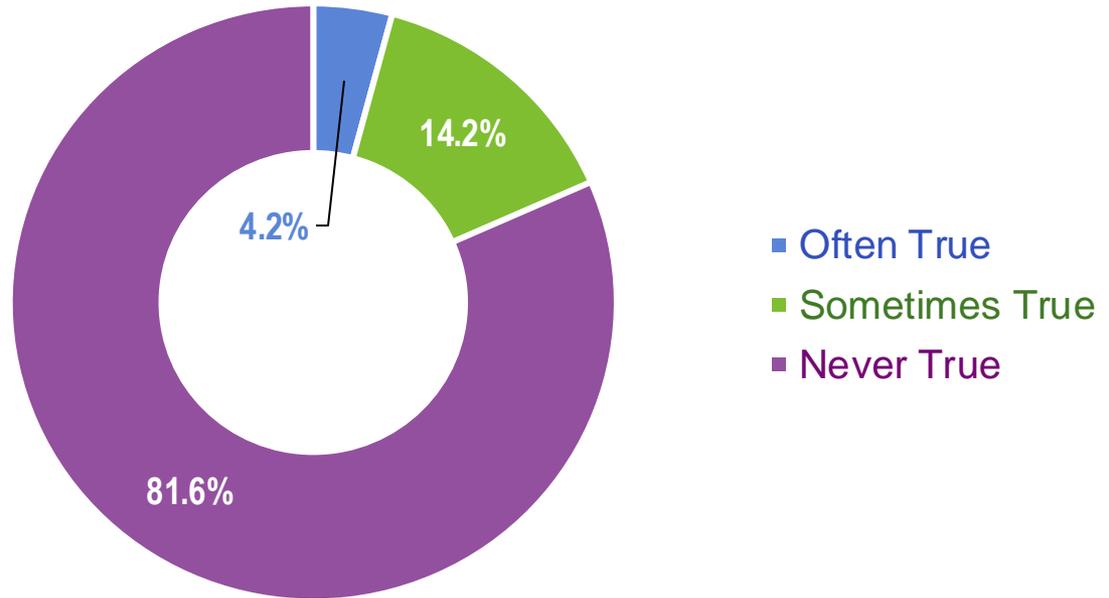
## Strongly/Somewhat Agree: “I Worry About Having a Steady or Consistent Place to Live for the Next Six Months” (West Mountain Region, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 303]  
 Notes: • Asked of all respondents.

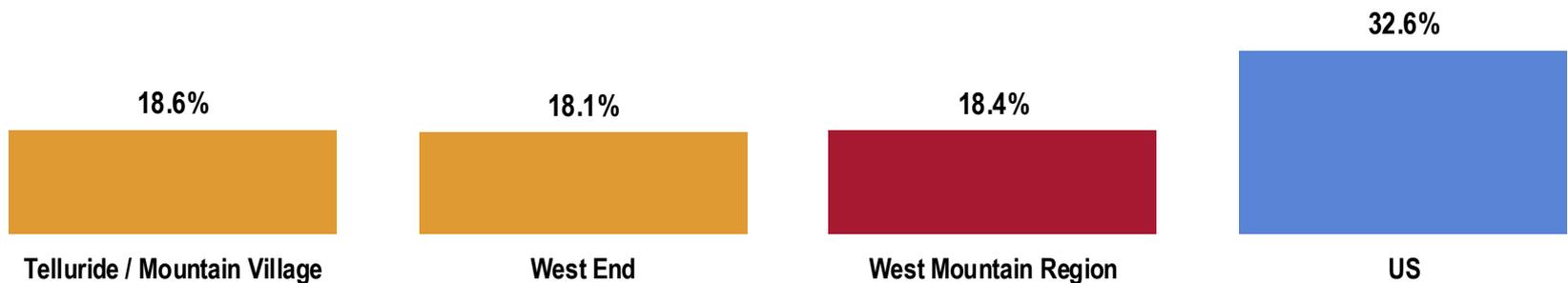
# Food Insecurity

## “The Food That We Bought Just Did Not Last, and We Did Not Have Money To Get More” (West Mountain Region)



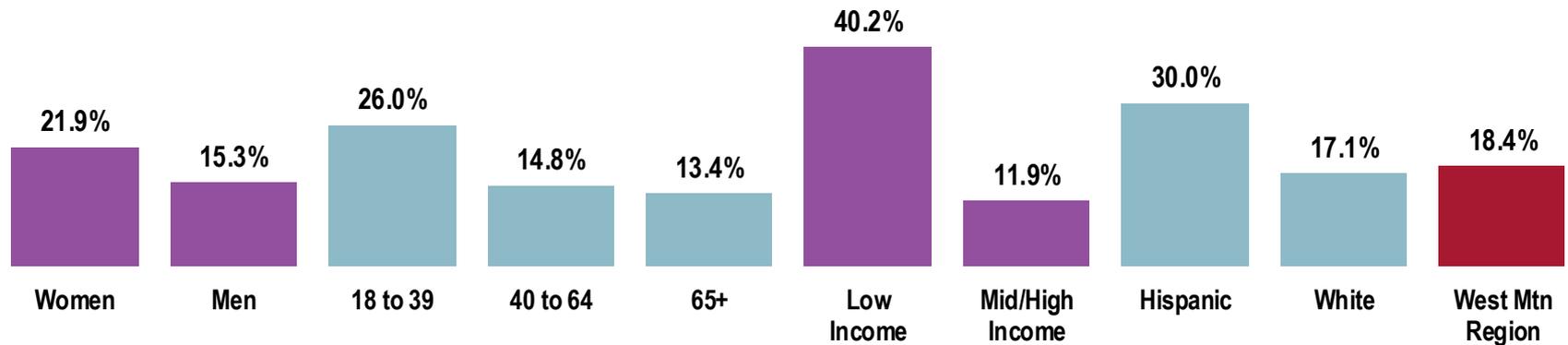
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 304]  
 Notes: ● Asked of all respondents.

## Often/Sometimes: The Food That We Bought Just Did Not Last, and We Did Not Have Money To Get More



- Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 304]
  - 2023 PRC National Health Survey, PRC, Inc.
- Notes:
- Asked of all respondents.

# Often/Sometimes: The Food That We Bought Just Did Not Last, and We Did Not Have Money To Get More (West Mountain Region , 2024)

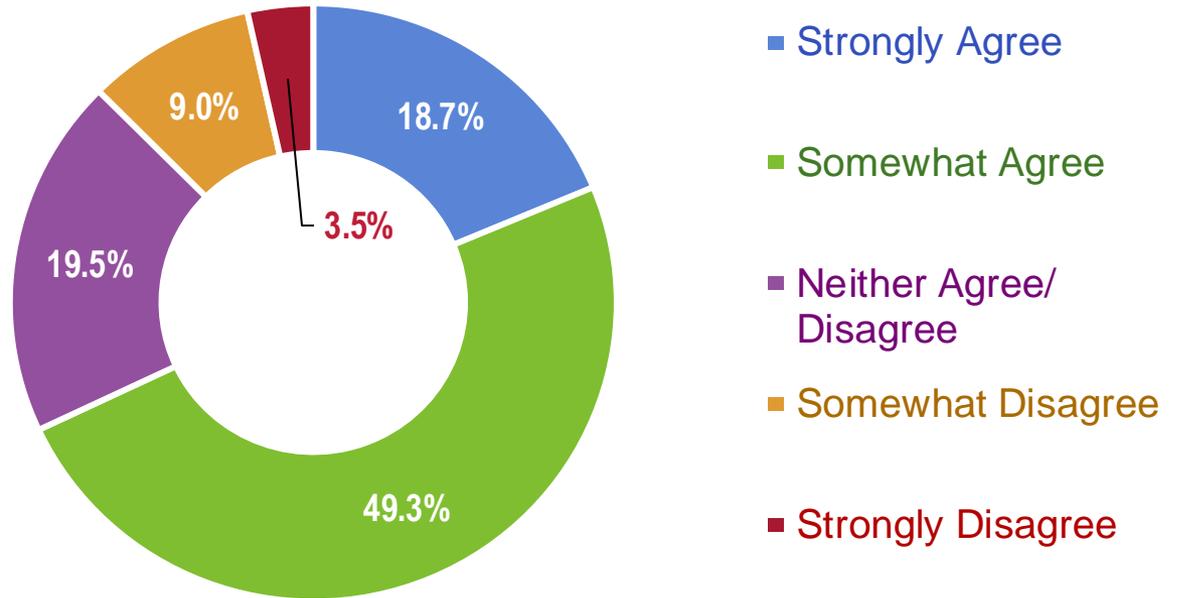


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 304]  
 Notes: • Asked of all respondents.

# MENTAL HEALTH

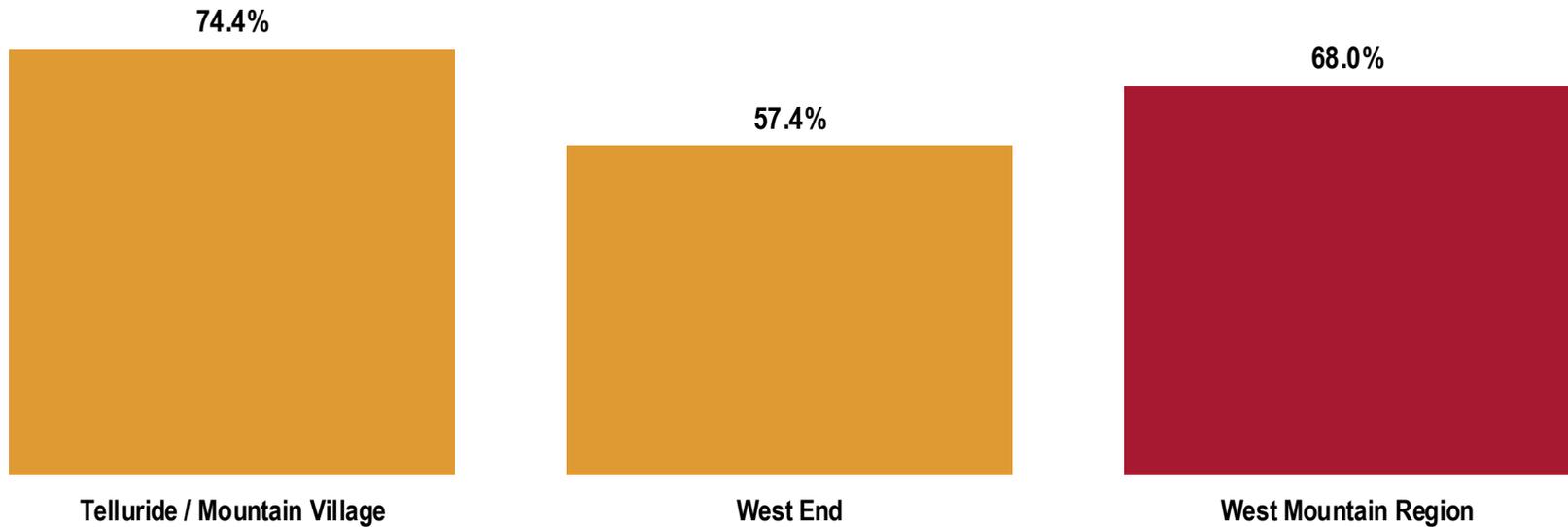
# Community Attitudes

## “People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns” (West Mountain Region)



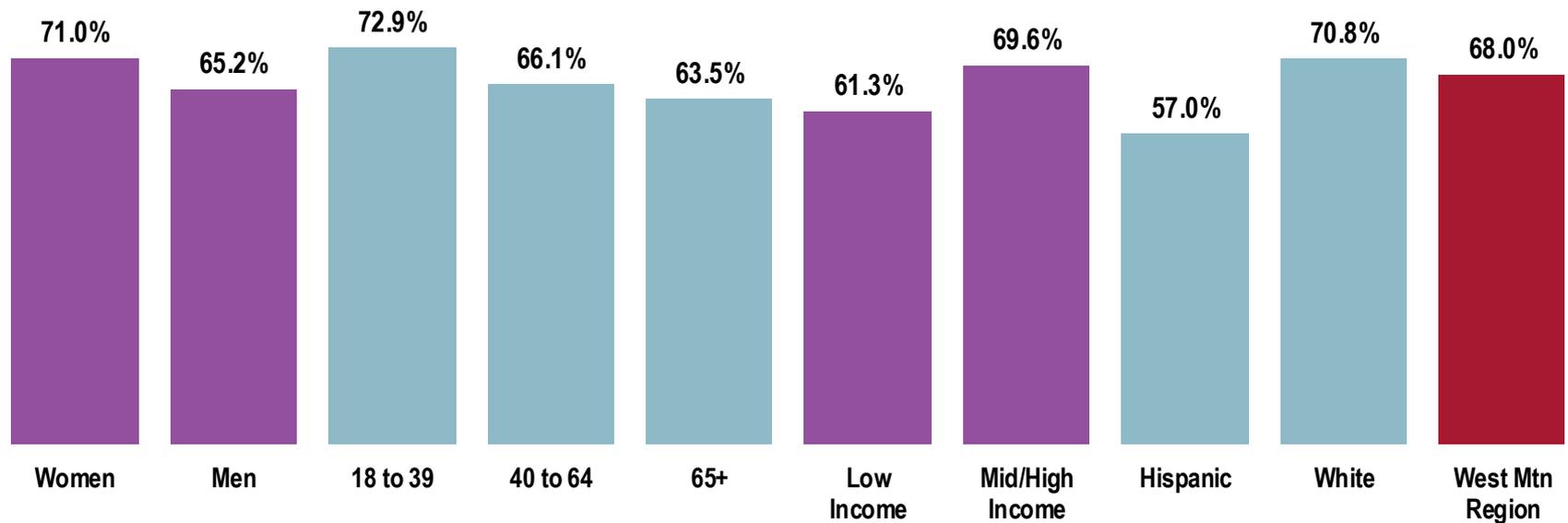
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]  
 Notes: ● Asked of all respondents.

# Strongly/Somewhat Agree: “People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns” (West Mountain Region)



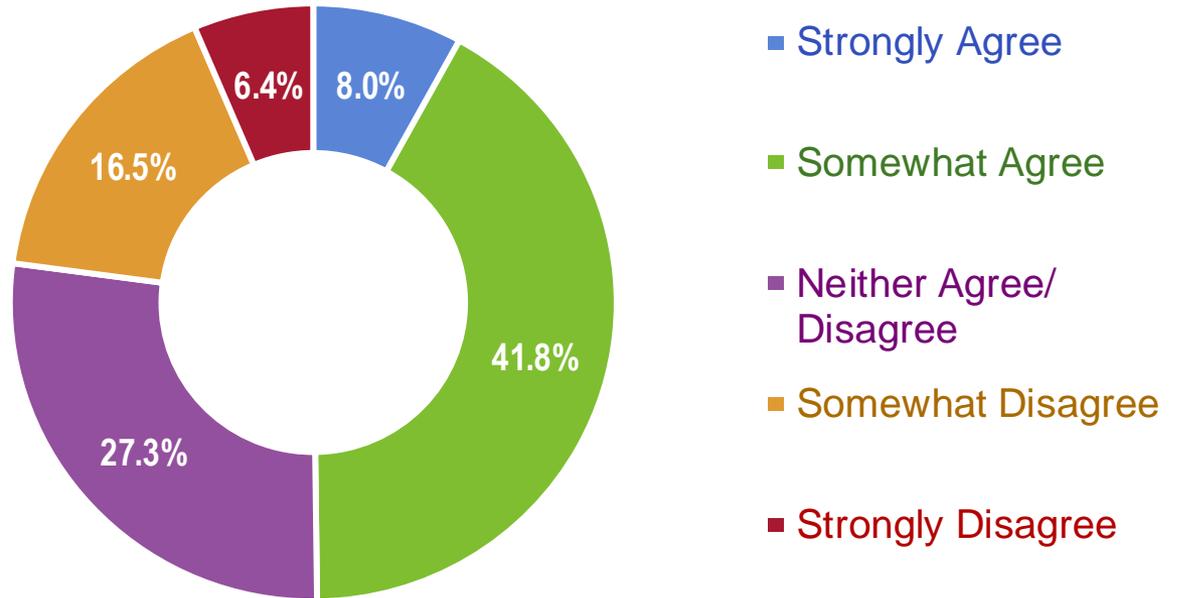
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]  
Notes: ● Asked of all respondents.

# Strongly/Somewhat Agree: “People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns” (West Mountain Region, 2024)



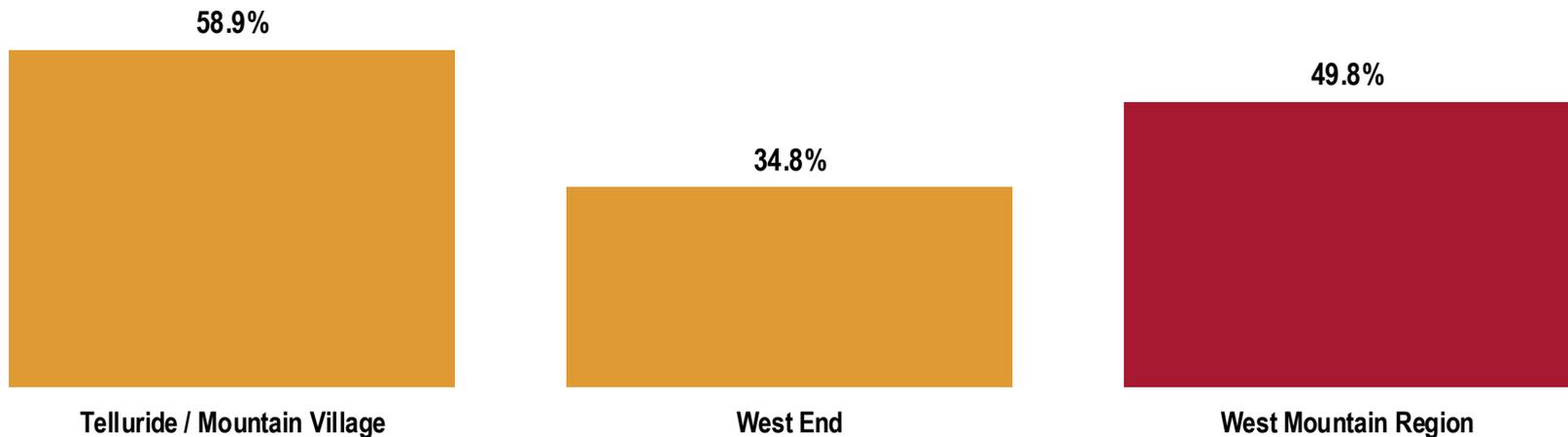
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]  
 Notes: ● Asked of all respondents.

## “It Is Easy for Residents to Talk About Mental Health or Emotional Challenges” (West Mountain Region)



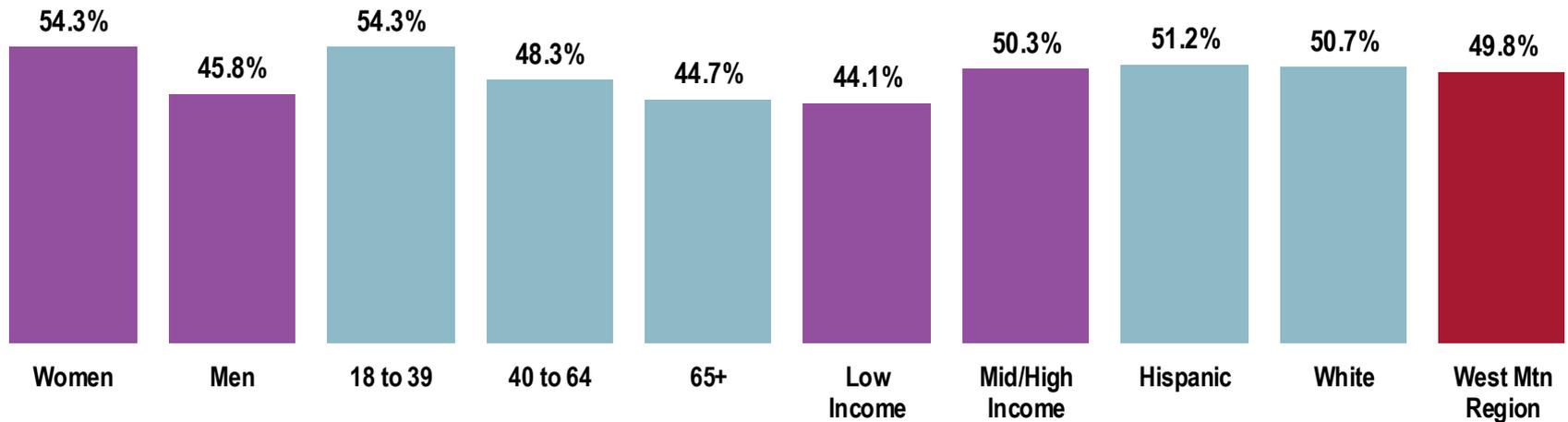
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 12]  
 Notes: ● Asked of all respondents.

# Strongly/Somewhat Agree: “It Is Easy for Residents to Talk About Mental Health or Emotional Challenges” (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 12]  
Notes: ● Asked of all respondents.

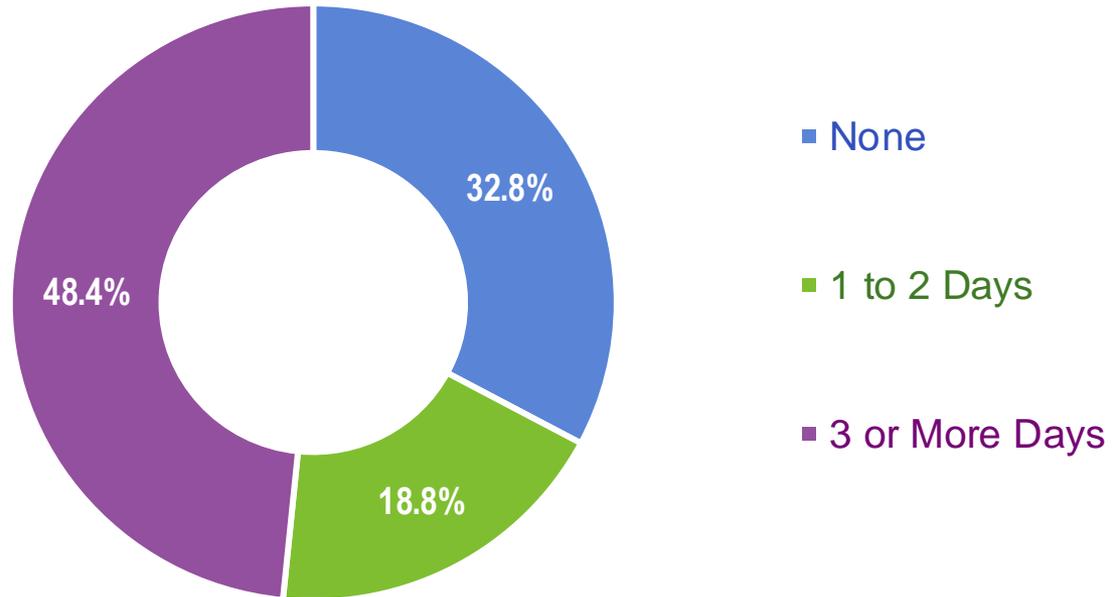
# Strongly/Somewhat Agree: “It Is Easy for Residents to Talk About Mental Health or Emotional Challenges” (West Mountain Region, 2024)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 12]  
 Notes: ● Asked of all respondents.

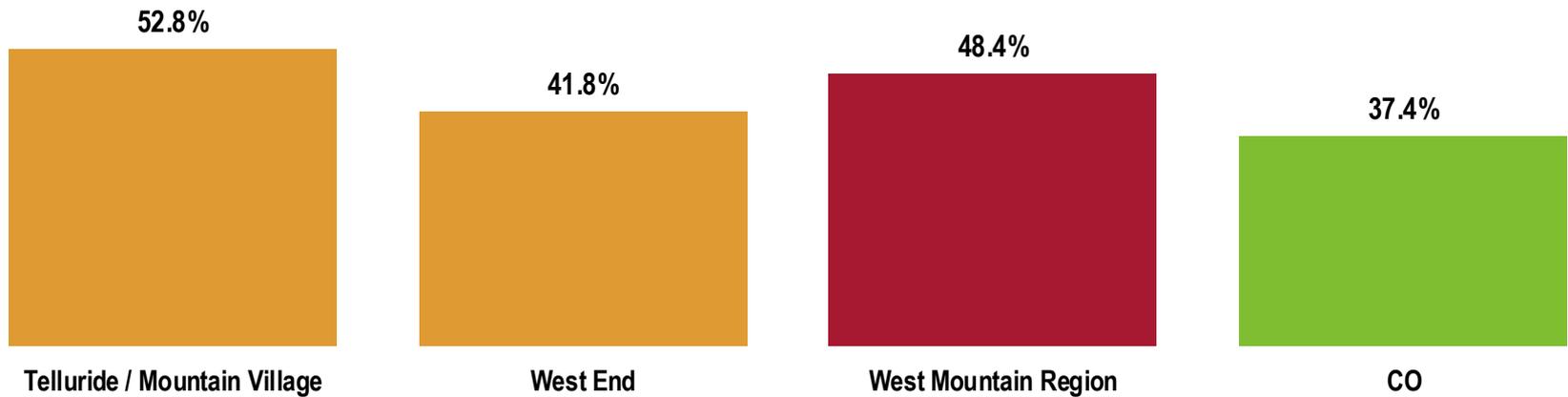
# Personal Mental Health

## Days of Poor Mental Health (West Mountain Region)



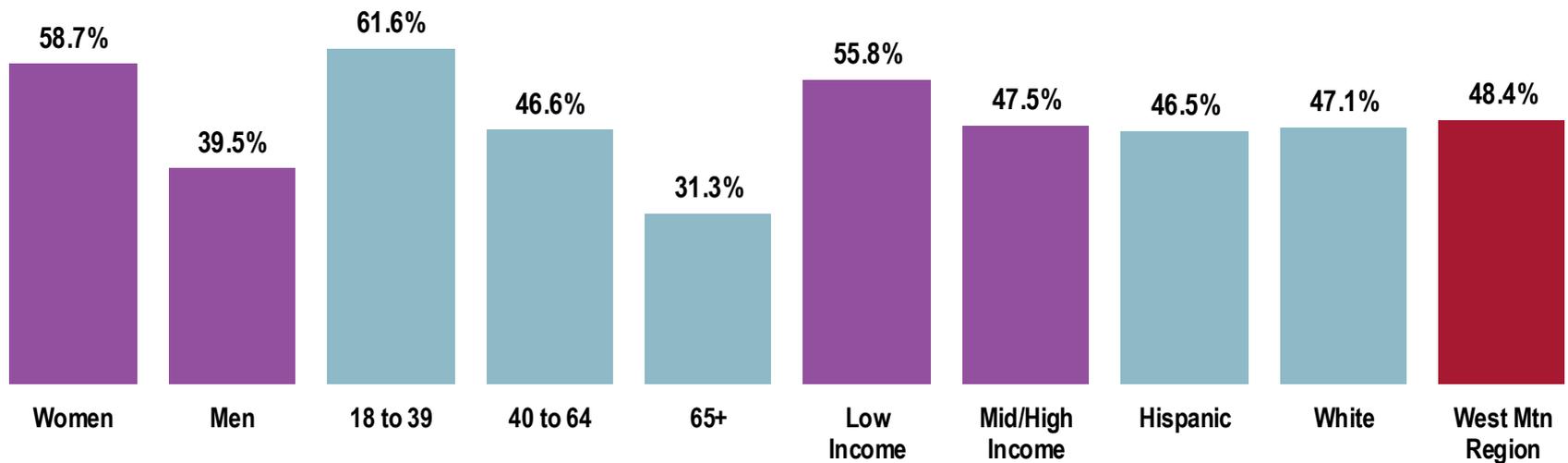
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 18]  
Notes: ● Asked of all respondents.

## Three or More Days of Poor Mental Health in the Past Month (West Mountain Region)



- Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 18]
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2024 data.
- Notes:
- Asked of all respondents.

## Three or More Days of Poor Mental Health in the Past Month (West Mountain Region, 2024)

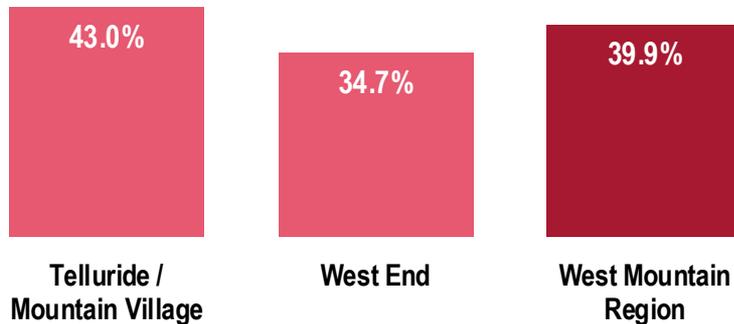


Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 18]  
 Notes: ● Asked of all respondents.

## Have Needed Mental Health Services in the Past Year (2024)

Type of service sought:

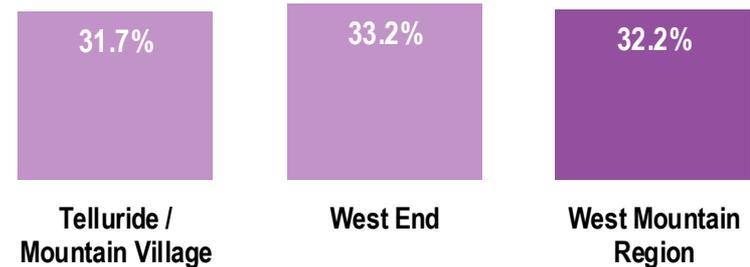
- Counseling/therapy
- Psychiatry
- Substance use



## NOT Able to Get the Services Needed (Among Those Needing Services, 2024)

Top reasons for not getting needed services:

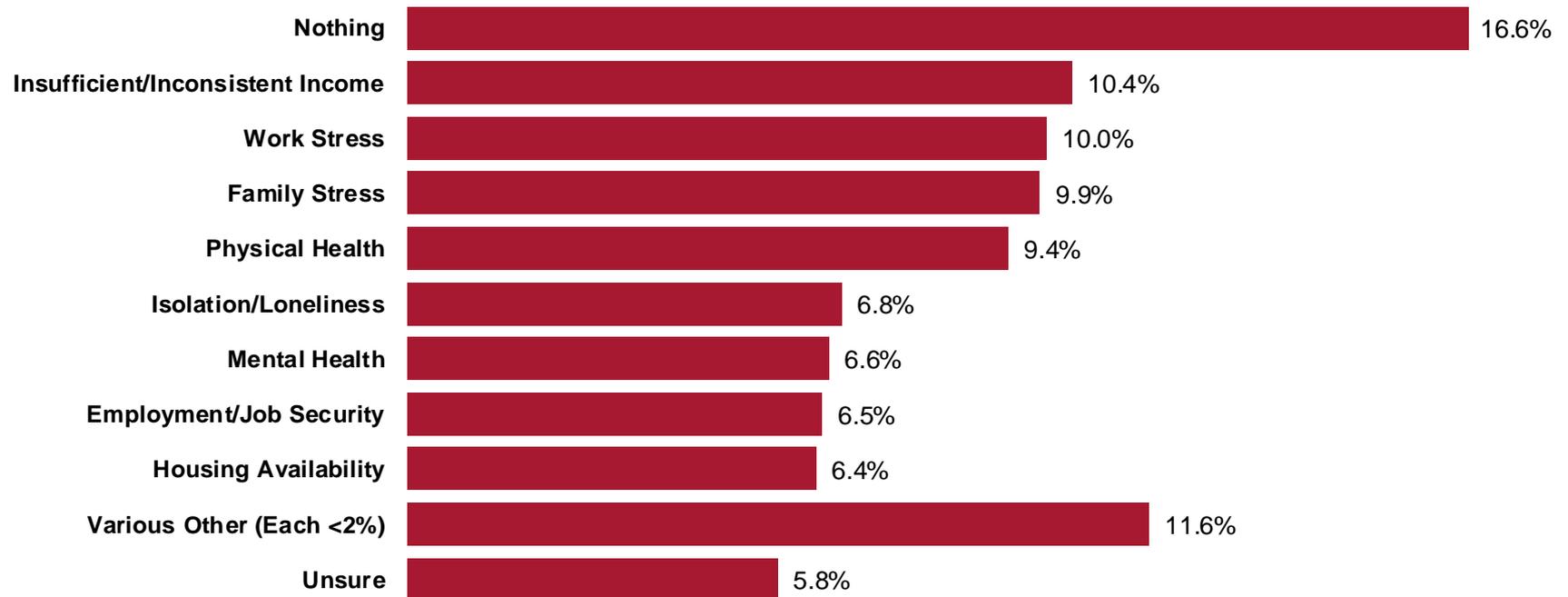
- Cost
- Didn't know where to go
- No time
- Concerns about confidentiality
- Not available



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 13-15, 301]

Notes: • Asked of all respondents.

## “Greatest Challenge to My Own Overall Health and Well-Being” (West Mountain Region)



Sources: 

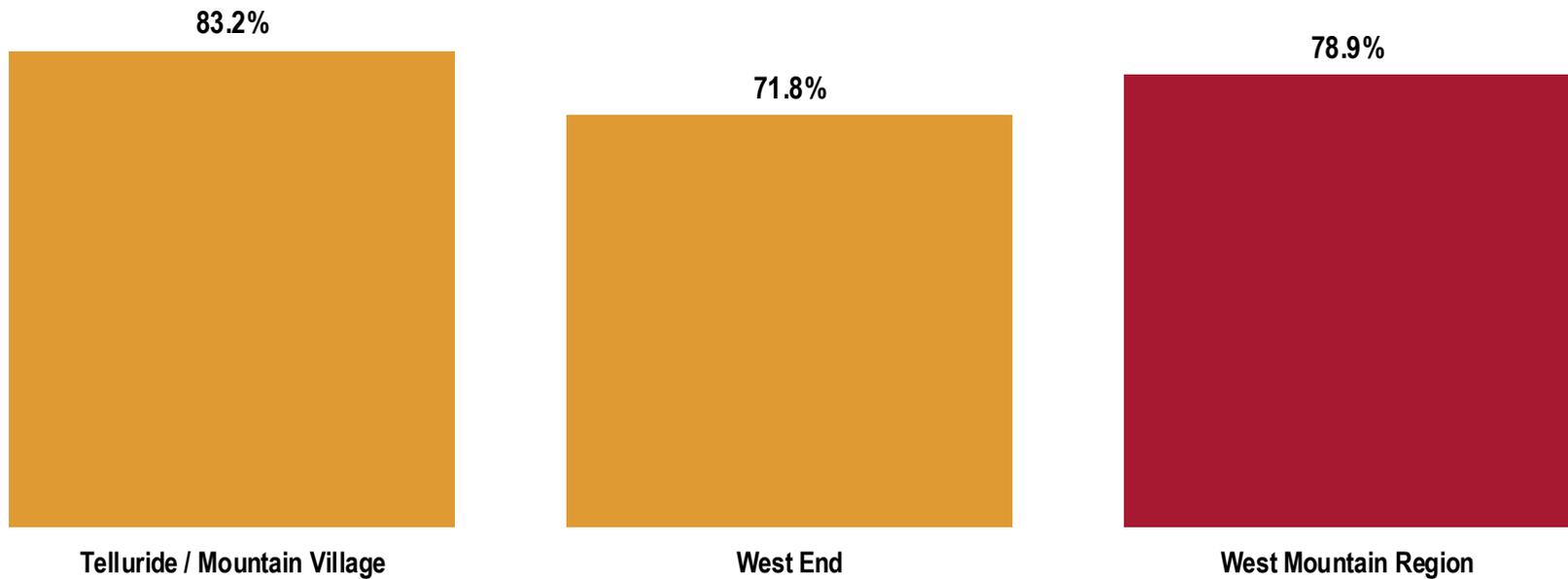
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]

  
 Notes: 

- Asked of all respondents.

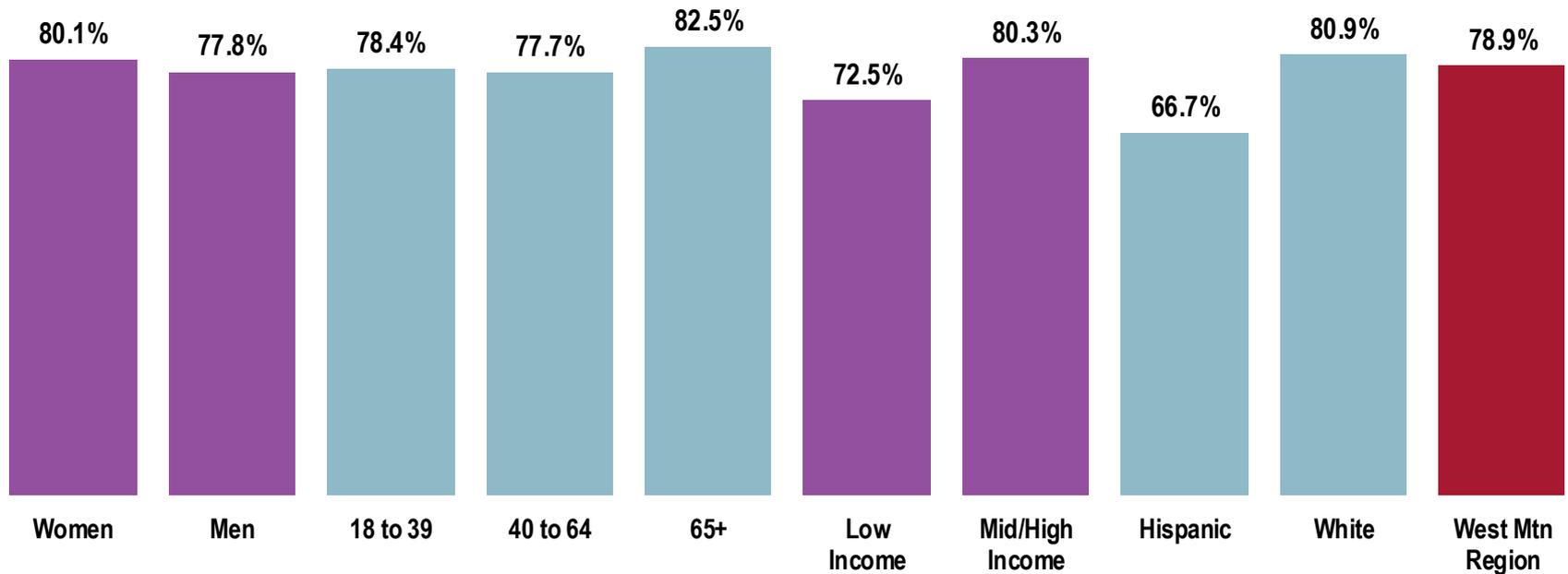
# Awareness of Resources

## Aware of Local Resources for Mental Health (West Mountain Region)



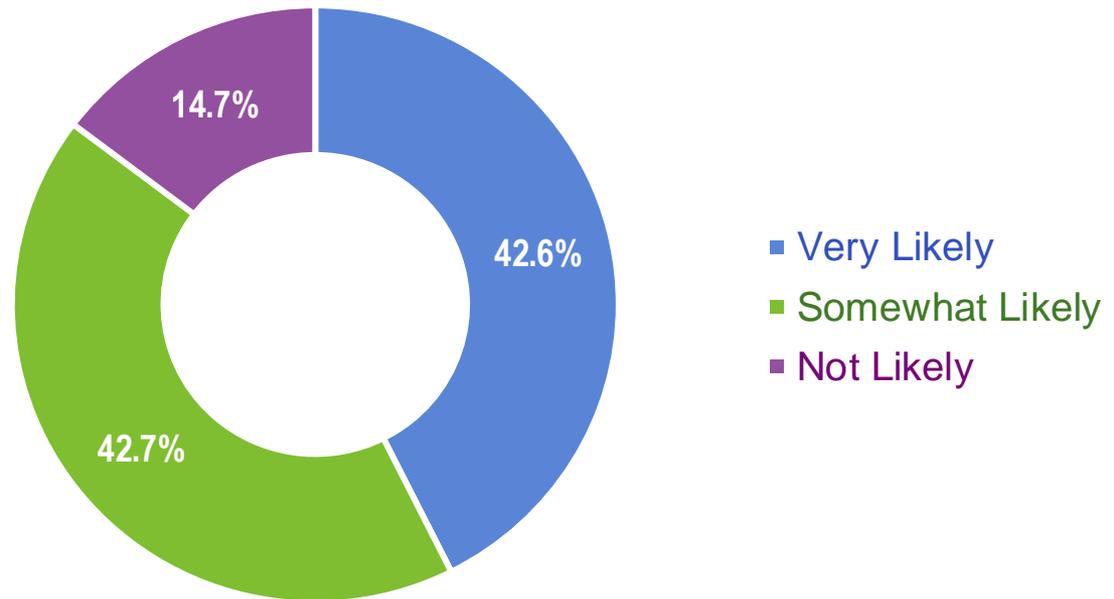
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]  
Notes: ● Asked of all respondents.

## Aware of Local Resources for Mental Health (West Mountain Region, 2024)



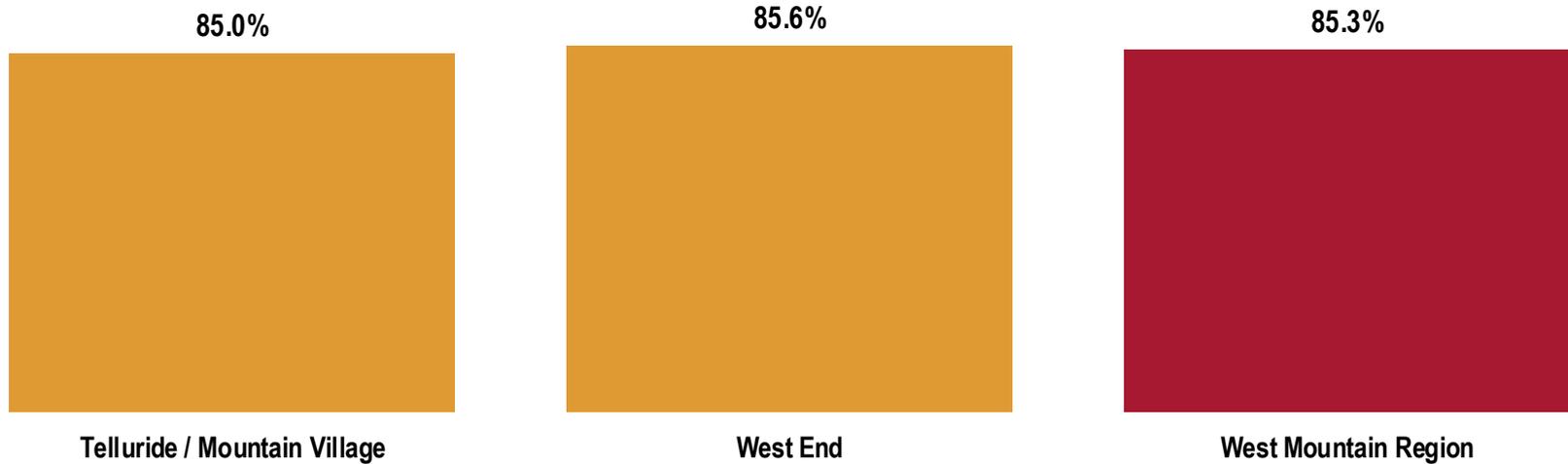
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]  
 Notes: ● Asked of all respondents.

## Likelihood of Seeking Mental Health Services Locally if Needed in the Future (West Mountain Region)



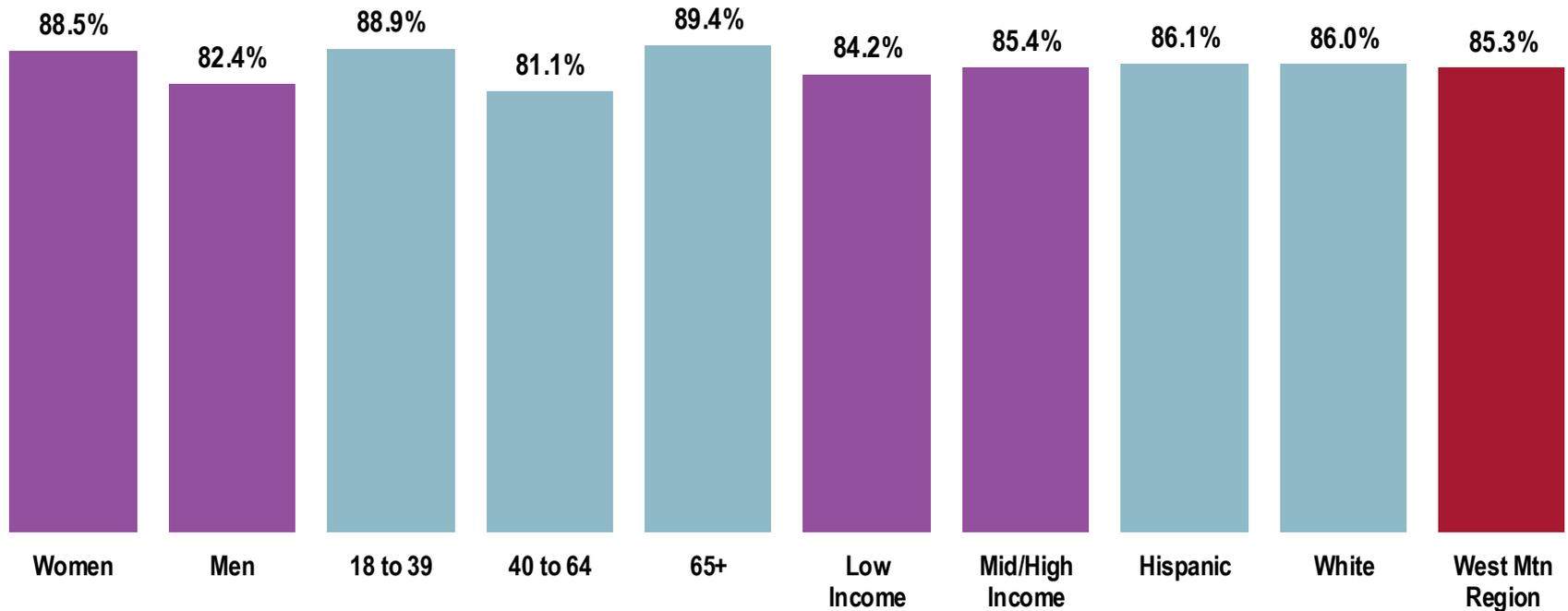
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]  
Notes: ● Asked of all respondents.

## “Very/Somewhat” Likely to Seek Mental Health Services Locally if Needed in the Future (West Mountain Region)



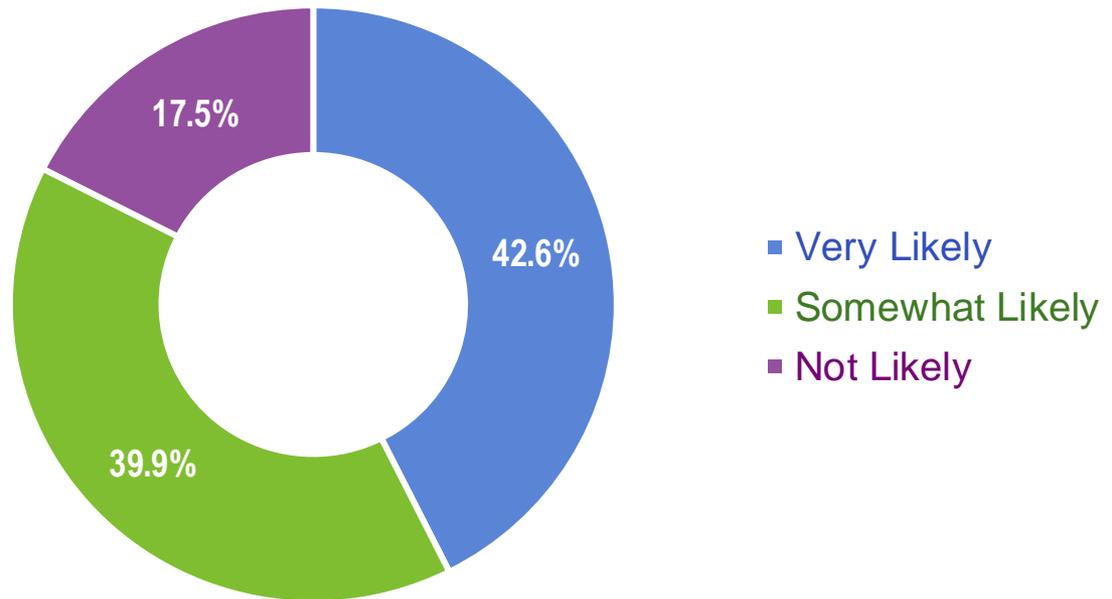
- Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]  
Notes: ● Asked of all respondents.

## “Very/Somewhat” Likely to Seek Mental Health Services Locally if Needed in the Future (West Mountain Region, 2024)



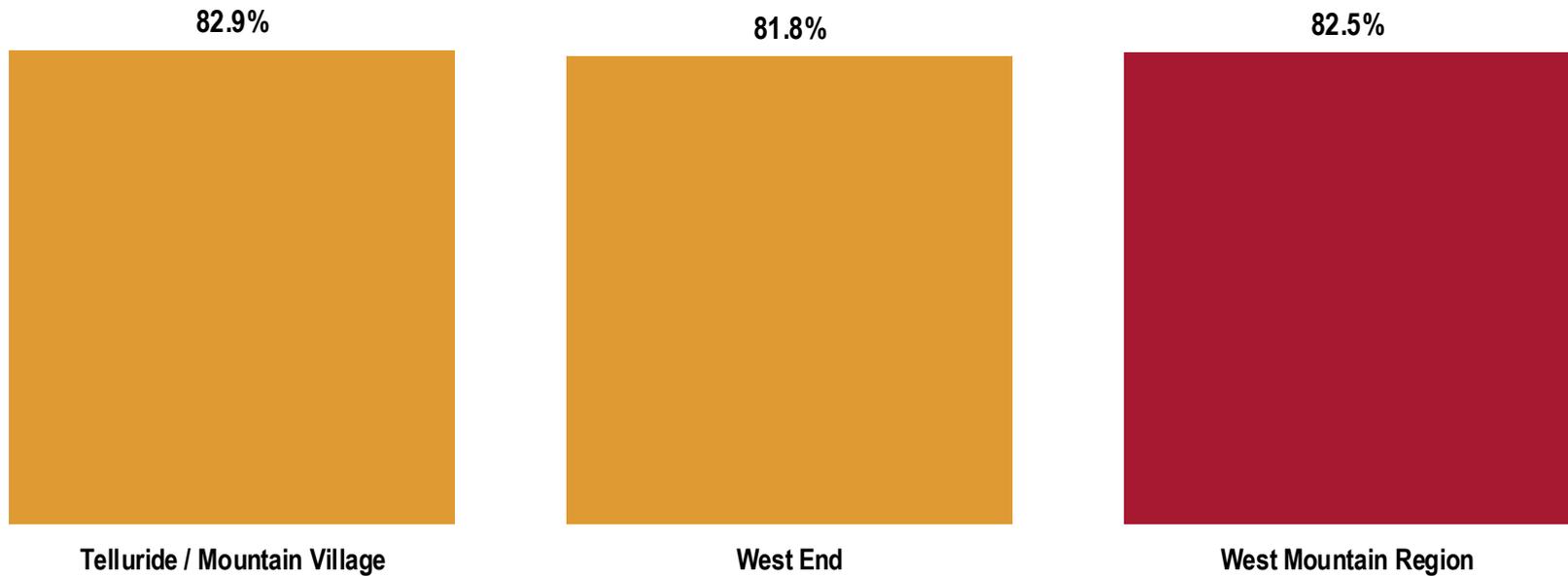
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]  
 Notes: ● Asked of all respondents.

## Likelihood of Using Teletherapy for Mental Health or Substance Abuse Support if Needed and It Were Affordable (West Mountain Region)



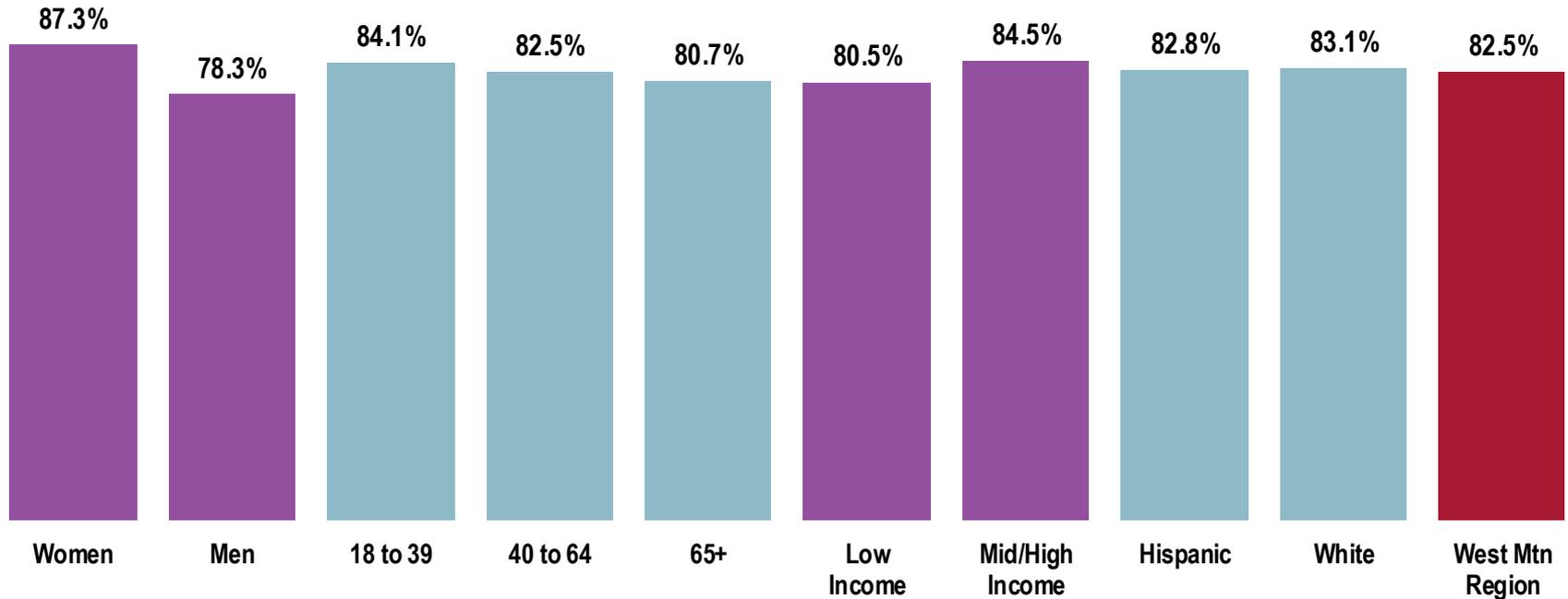
- Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
- Notes:
- Asked of all respondents.
  - During a teletherapy visit, a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face to face.

## “Very/Somewhat” Likely to Use Teletherapy for Mental Health or Substance Abuse Support (West Mountain Region)



- Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
- 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.

## “Very/Somewhat” Likely to Use Teletherapy for Mental Health or Substance Abuse Support (West Mountain Region, 2024)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]

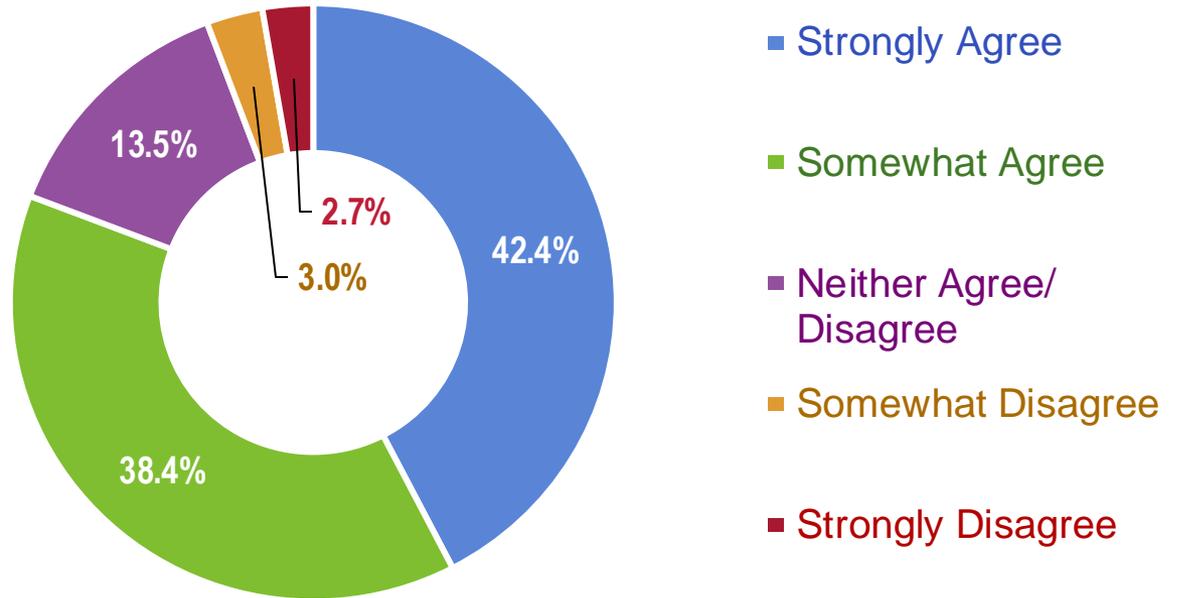
Notes: ● Asked of all respondents.

● 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.

# SUBSTANCE USE

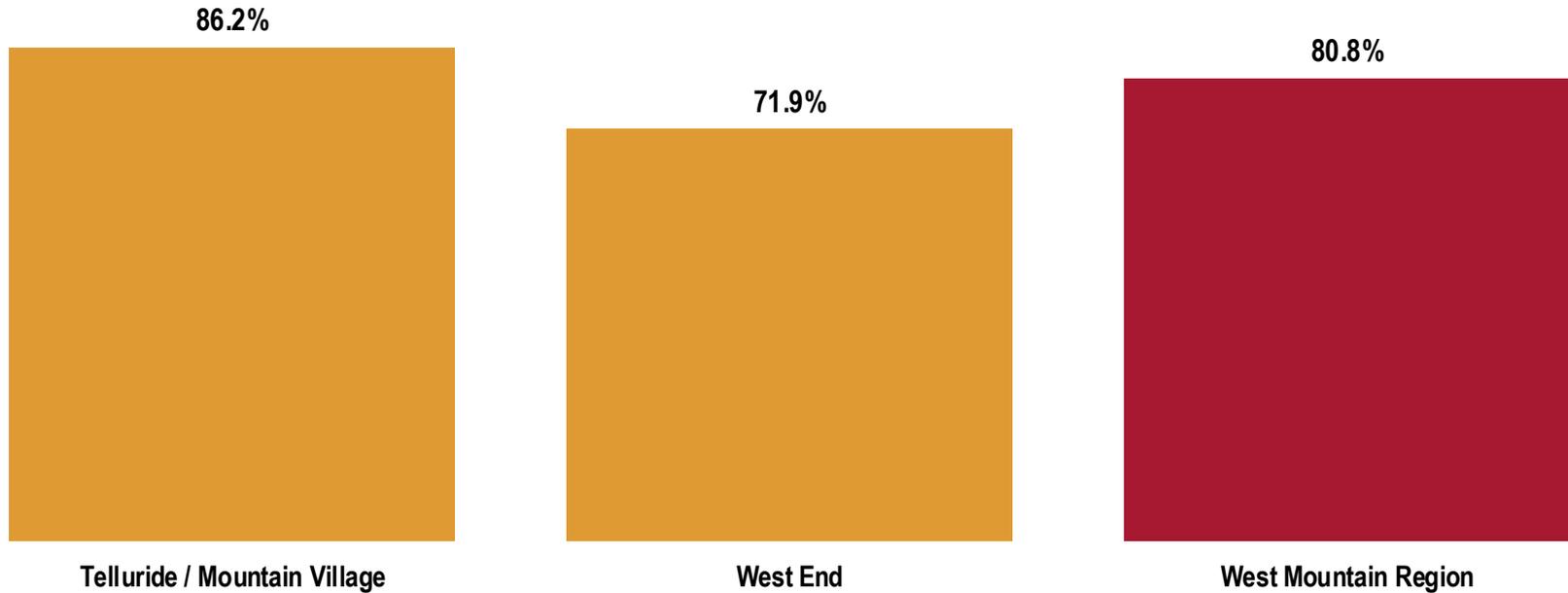
# Alcohol

## “For Most People in This Community, Alcohol Is Important to Social Life” (West Mountain Region)



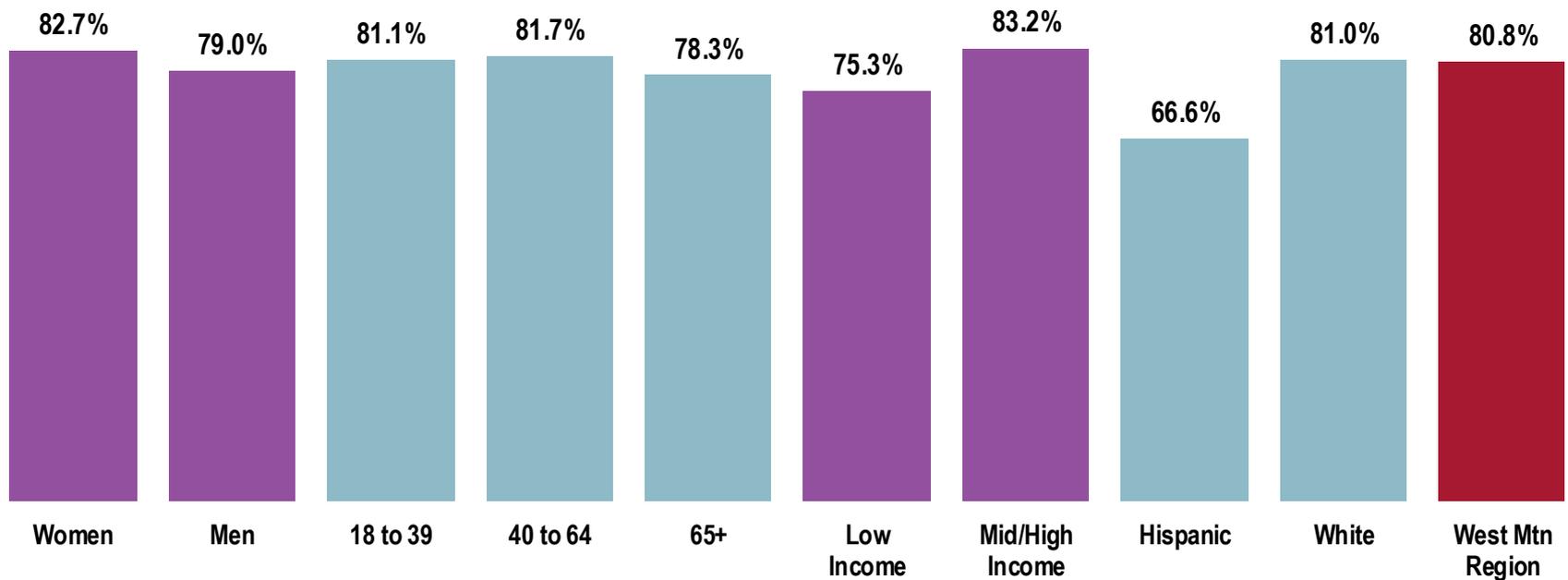
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]  
 Notes: ● Asked of all respondents.

# Strongly/Somewhat Agree: “For Most People in This Community, Alcohol Is Important to Social Life” (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]  
Notes: ● Asked of all respondents.

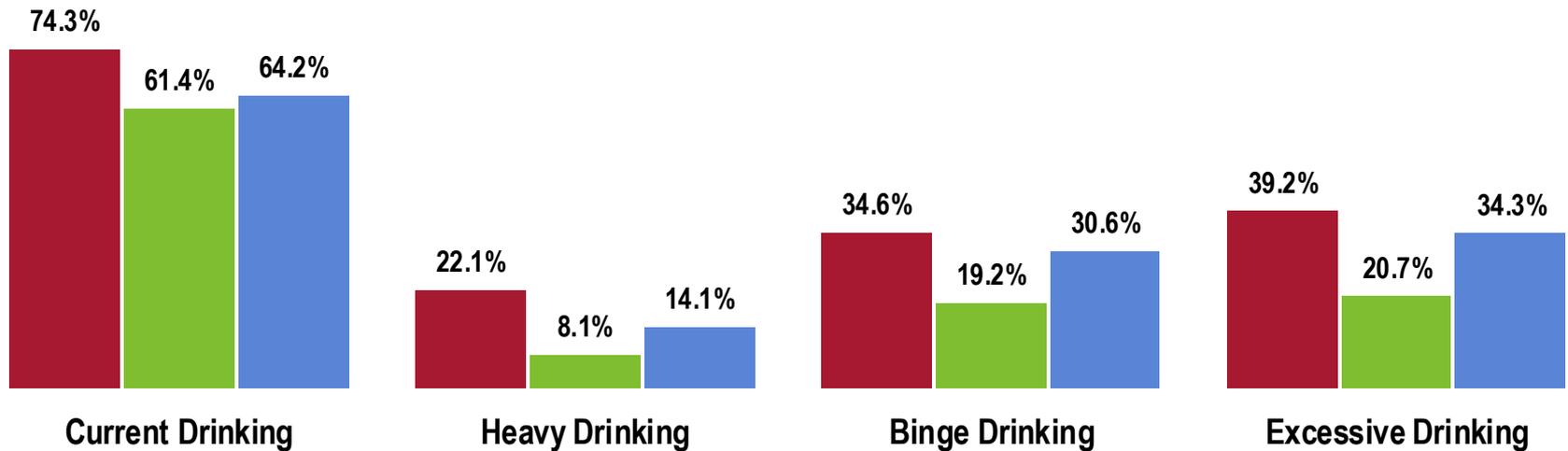
# Strongly/Somewhat Agree: “For Most People in This Community, Alcohol Is Important to Social Life” (West Mountain Region, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]  
 Notes: • Asked of all respondents.

## Alcohol Use

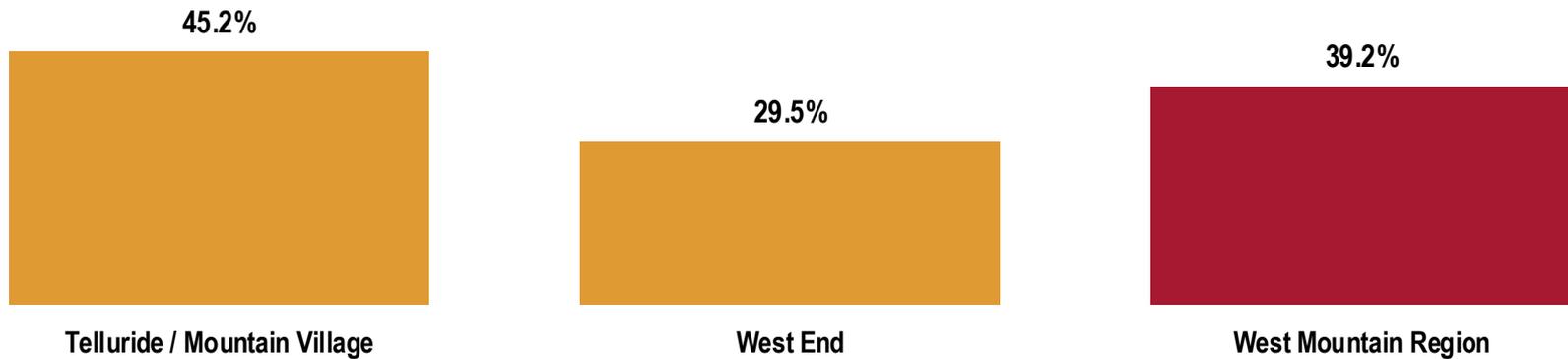
■ West Mountain Region ■ CO ■ US



- Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 50-52, 54]
  - 2023 PRC National Health Survey; PRC, Inc.
  - Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2024 data.

- Notes:
- Asked of all respondents.
  - **Current drinking** includes those who had at least one drink of alcohol in the past 30 days.
  - **Heavy drinking** includes 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 drinking** includes 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 drinking** includes those who report either heavy drinking or binge drinking in the past 30 days.

## Excessive Drinking (West Mountain Region)

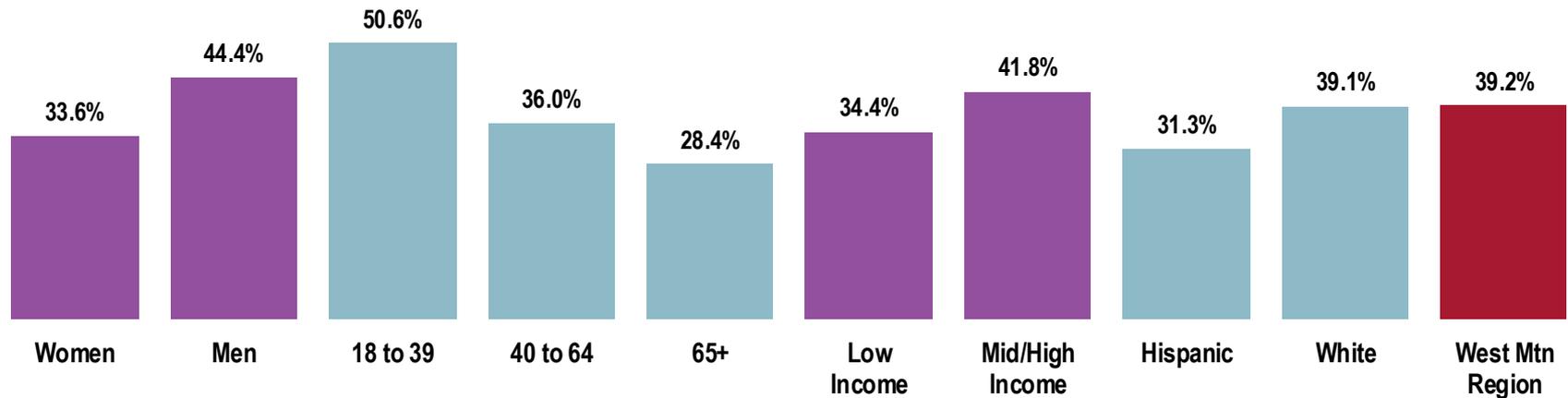


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 54]

Notes: • Asked of all respondents.

- 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.

## Excessive Drinking (West Mountain Region, 2024)



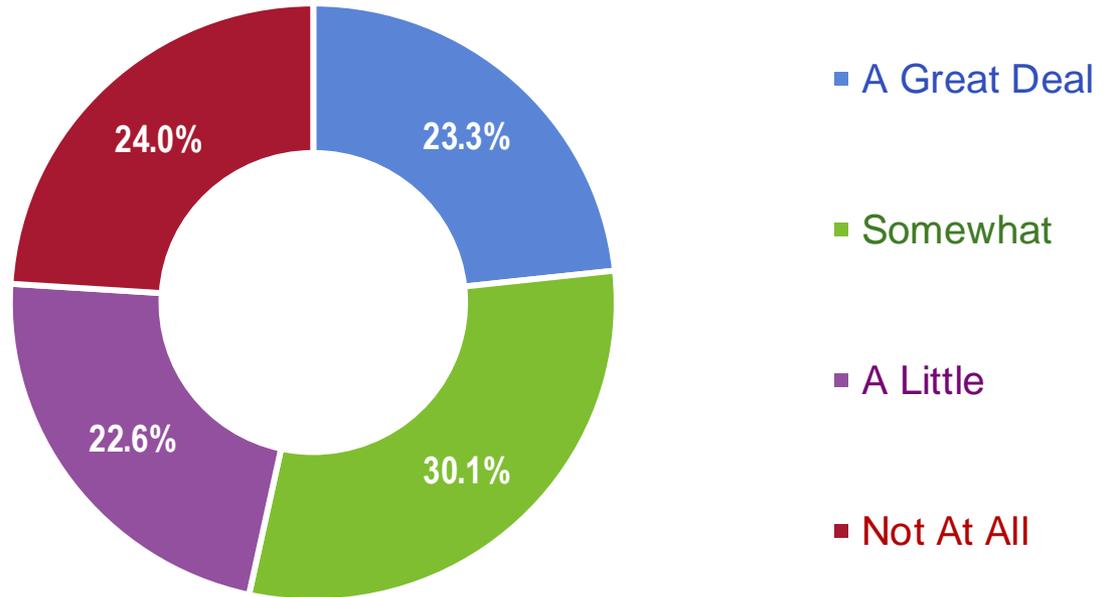
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 54]

Notes: • Asked of all respondents.

- 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.

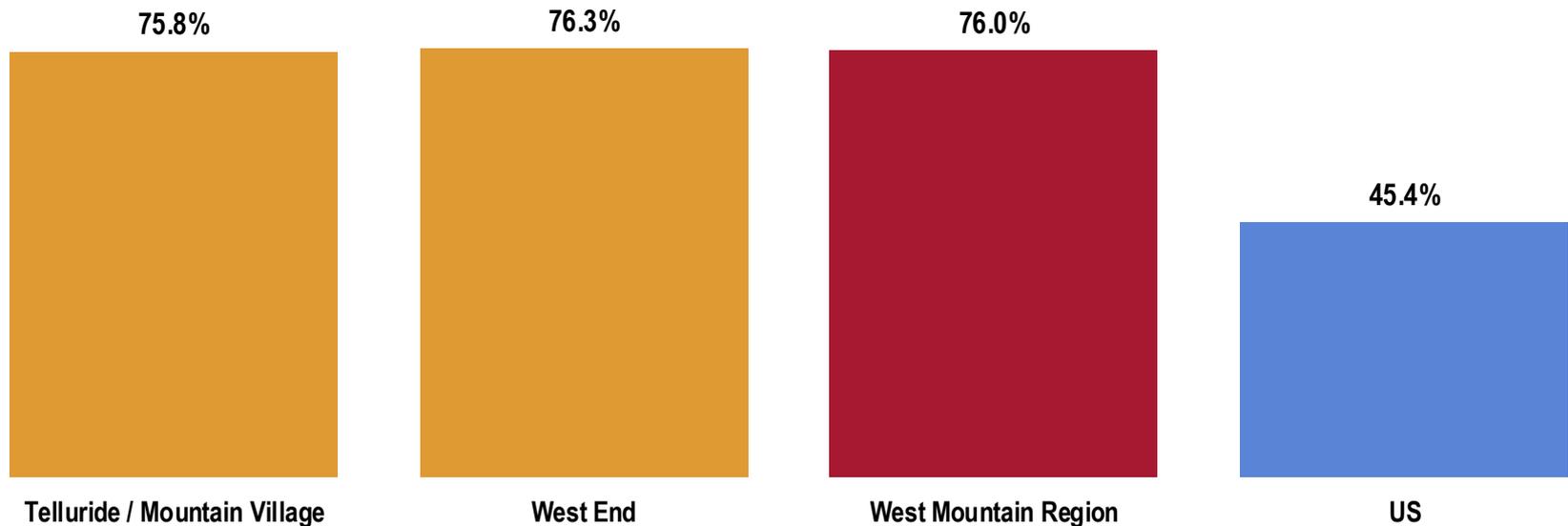
# Personal Impact of Alcohol & Drugs

## Degree to Which Life Has Been Negatively Affected by Substance Use (Self or Other's) (West Mountain Region)



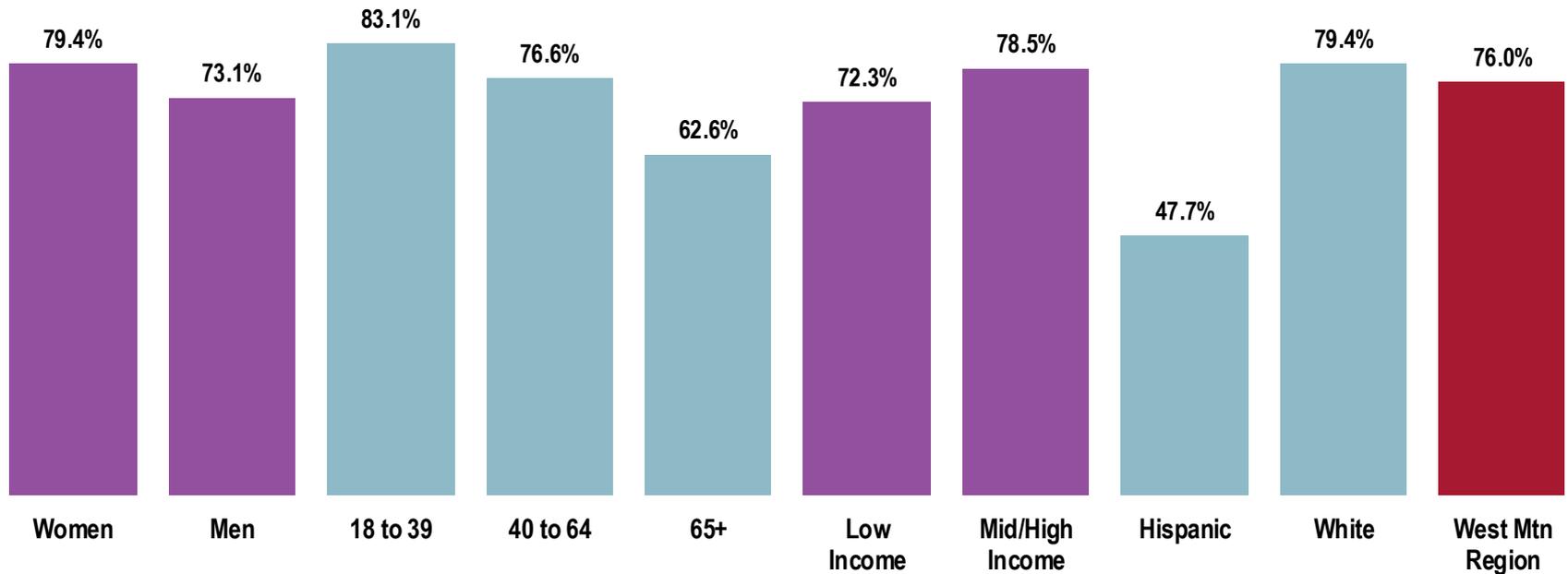
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]  
Notes: ● Asked of all respondents.

## Life Has Been Negatively Affected by Substance Use (by Self or Someone Else)



- Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
  - 2023 PRC National Health Survey, PRC, Inc.
- Notes:
- Asked of all respondents.
  - Includes response of "a great deal," "somewhat," and "a little."

## Life Has Been Negatively Affected by Substance Use (by Self or Someone Else) (West Mountain Region, 2024)



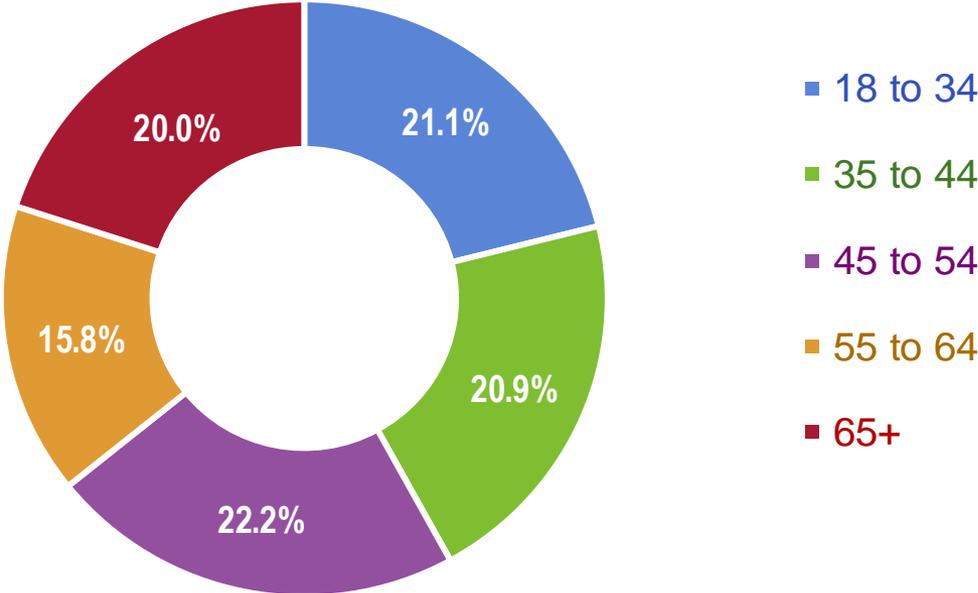
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]

Notes: • Asked of all respondents.

• Includes response of "a great deal," "somewhat," and "a little."

# COMMUNITY SAMPLE CHARACTERISTICS

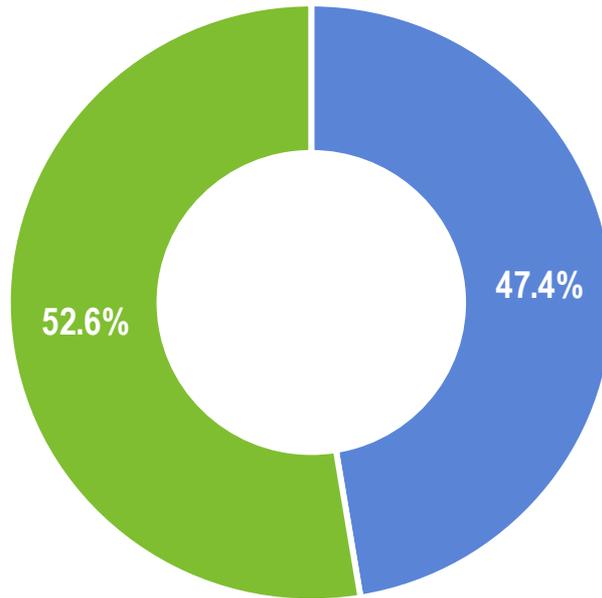
# Age of Respondent (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 27]  
Notes: ● Asked of all respondents.

## Gender Identity (West Mountain Region)

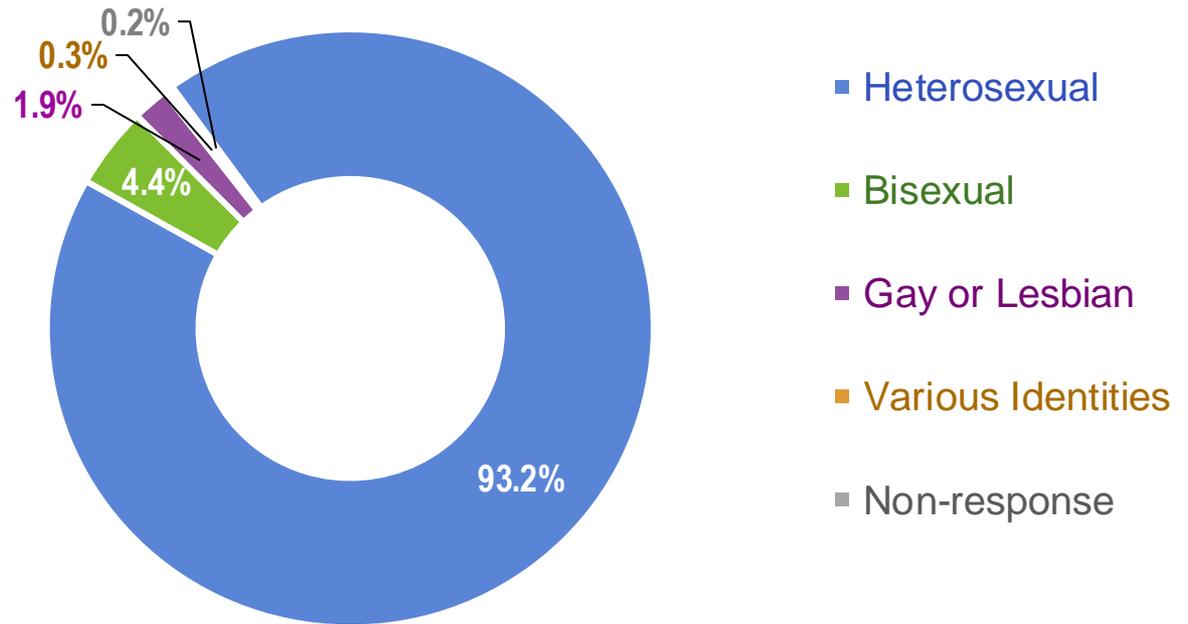
0.1% of respondents identify as transgender.



- Female
- Male

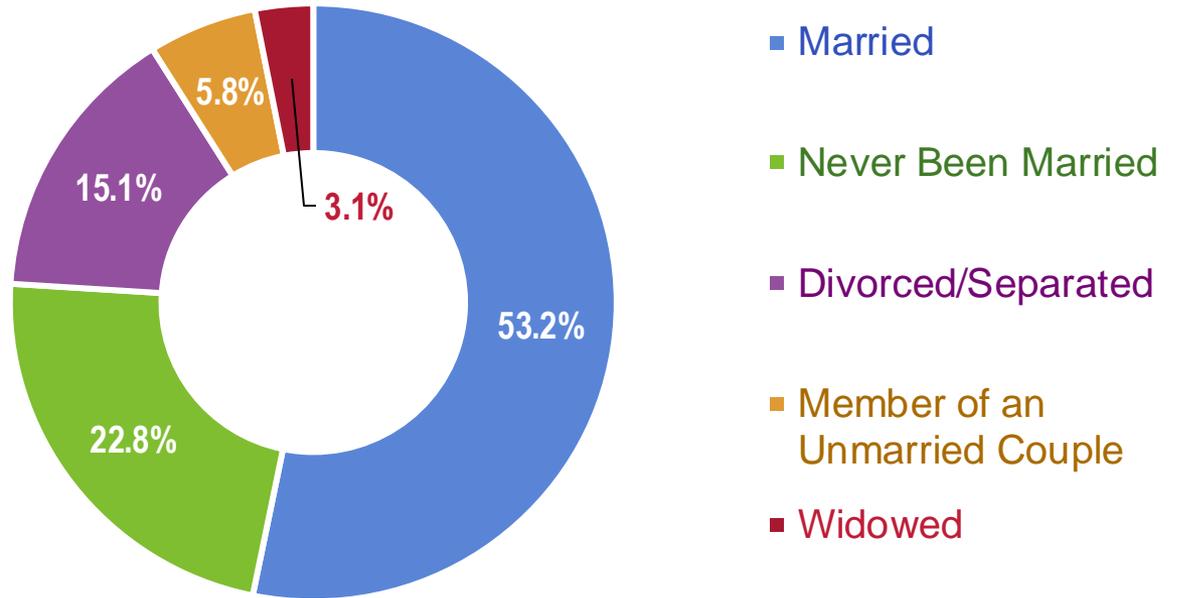
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 3, 29]  
Notes: ● Asked of all respondents.

## Sexual Orientation (West Mountain Region)



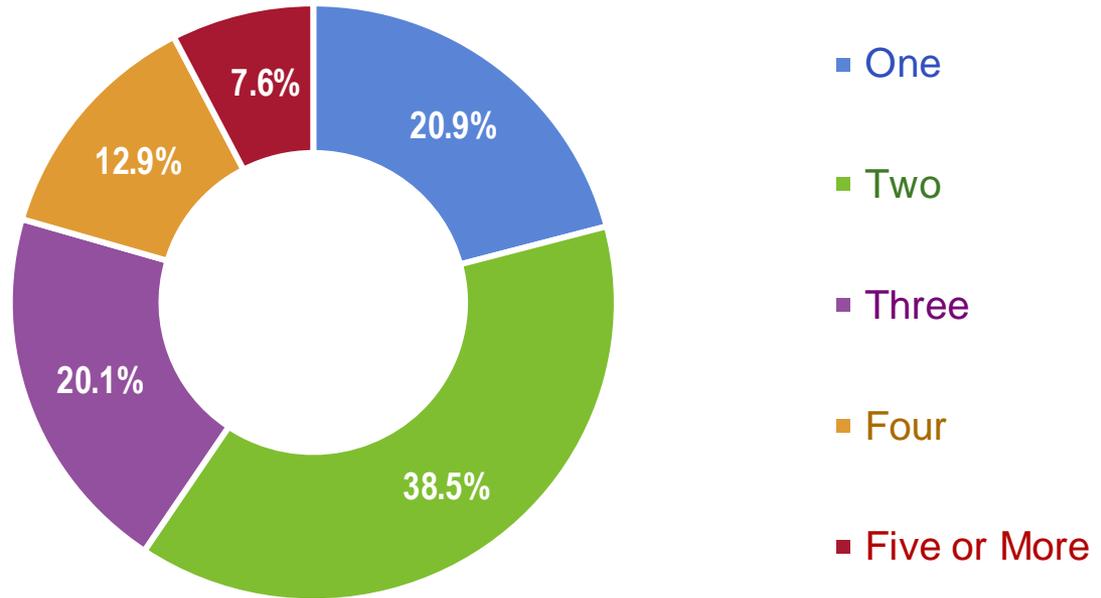
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 28]  
Notes: ● Asked of all respondents.

## Marital Status (West Mountain Region)



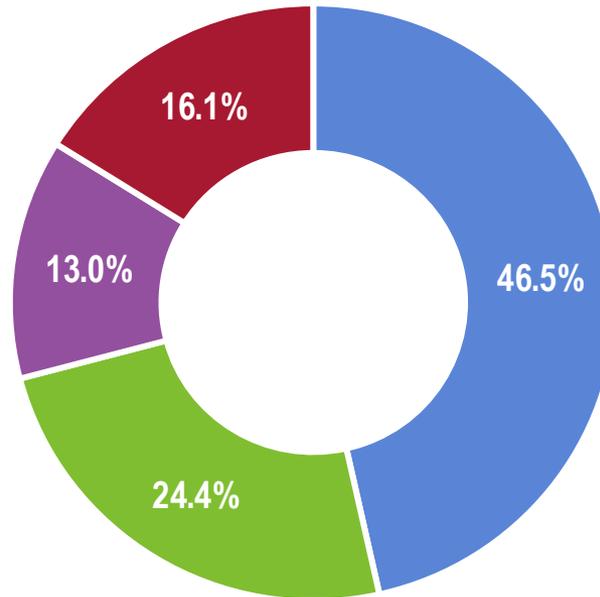
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 35]  
Notes: ● Asked of all respondents.

## Total Household Members (West Mountain Region)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 30]  
Notes: ● Asked of all respondents.

## Number of Years Living in the Area (West Mountain Region)



- 20+ Years
- 10-19 Years
- 5-9 Years
- 0-4 Years

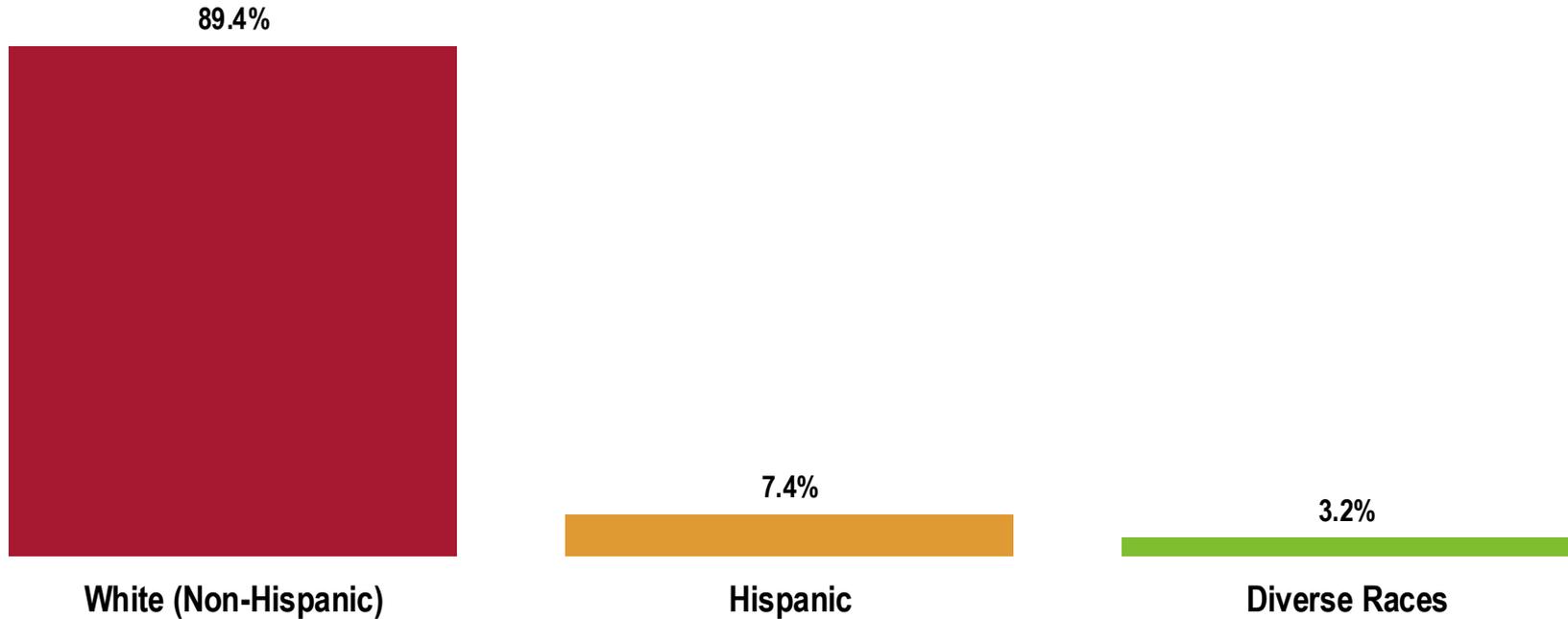
Note that 14.3% of respondents did not live in the area for all of the past 12 months. These residents are:

New full-time residents	25.8%
Seasonal employees	12.8%
Second homeowners	7.0%
Other	54.4%

Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 31-32, 305]

Notes: ● Asked of all respondents.

## Self-Identified Race/Ethnicity (West Mountain Region)



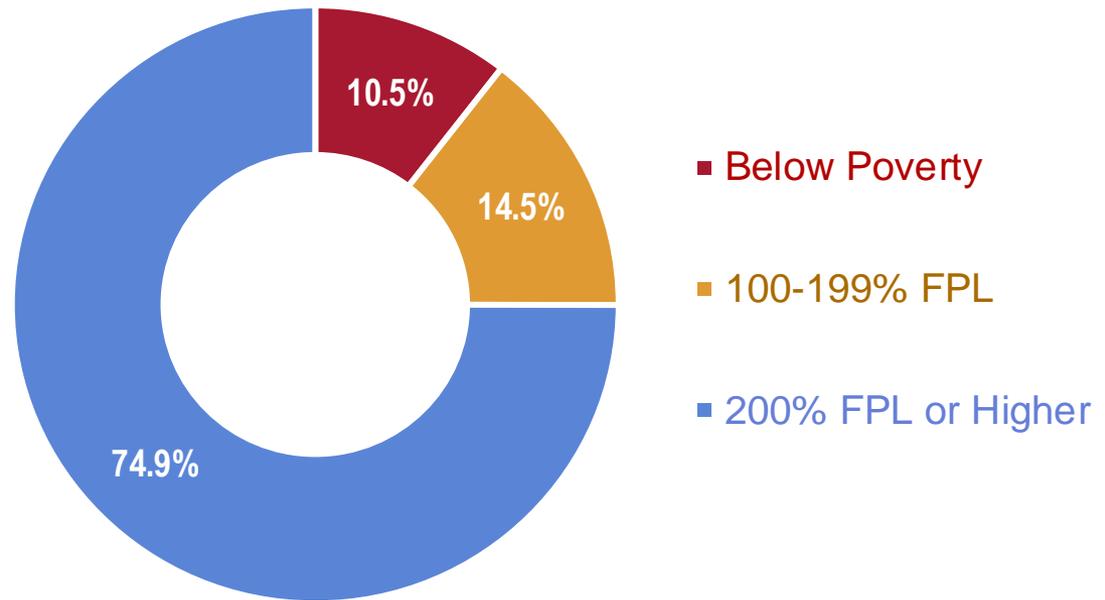
Sources: 

- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 62]

Notes: 

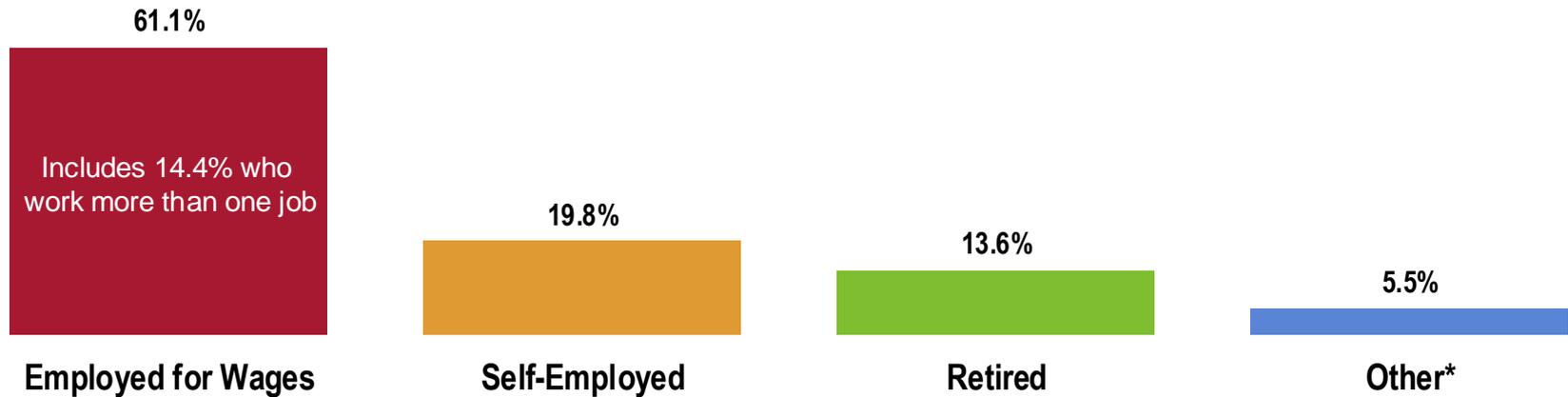
- Asked of all respondents.

## Ratio of Household Income to Federal Poverty Level (West Mountain Region)



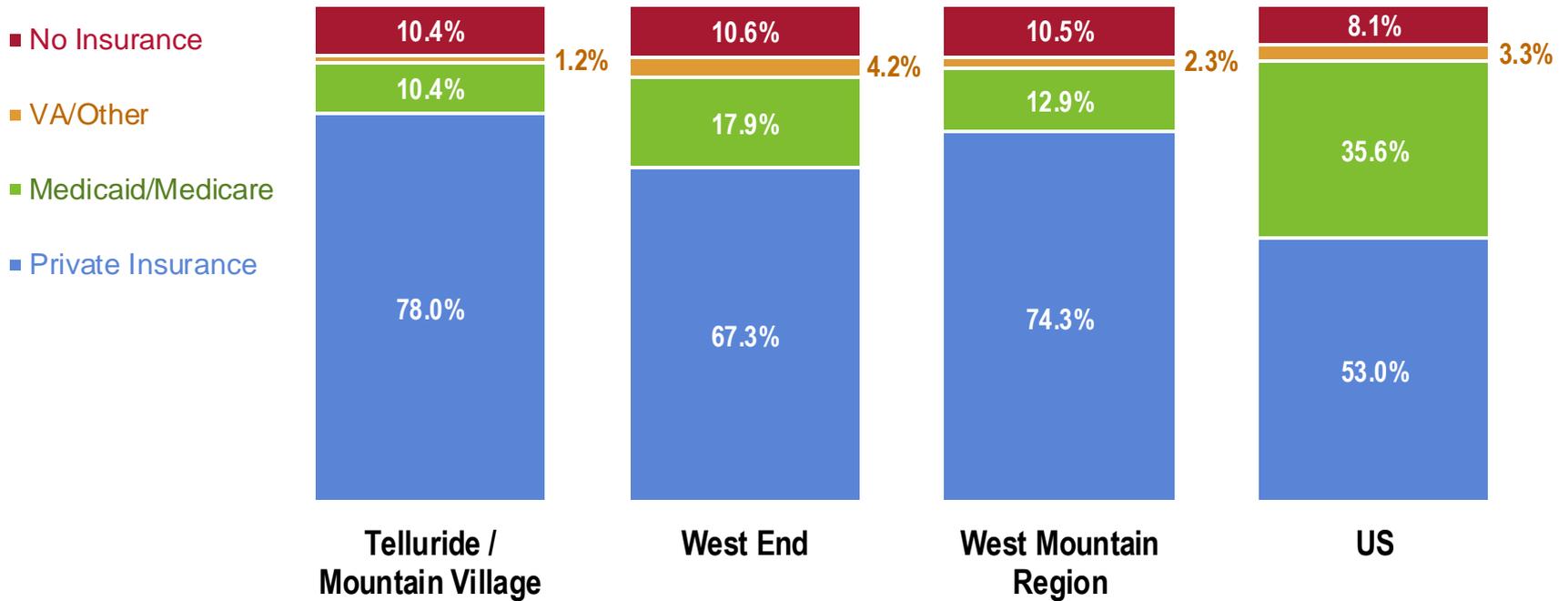
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 65]  
Notes: ● Asked of all respondents.

## Employment Status (West Mountain Region)



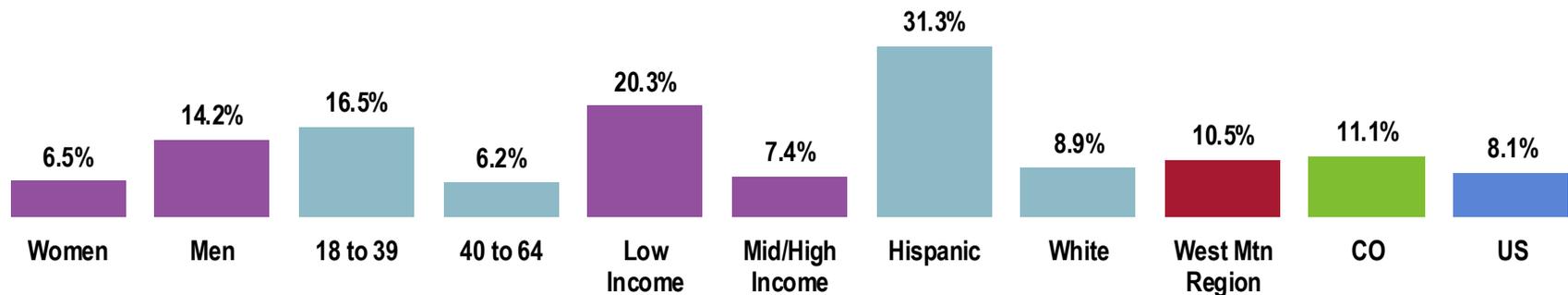
- Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 38]
- Notes:
- Asked of all respondents.
  - \*Includes homemakers, students, those who are out of work, and those who are unable to work.

## Insurance Coverage (Adults Age 18 to 64)



- Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 55]
  - 2023 PRC National Health Survey, PRC, Inc.
- Notes:
- Asked of all respondents.

## Lack of Health Care Insurance Coverage (Adults Age 18-64; West Mountain Region, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 55]  
 • 2023 PRC National Health Survey, PRC, Inc.  
 • Behavioral Risk Factor Surveillance System Survey Data. Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC): 2024 data.

Notes: • Asked of all respondents under the age of 65.