



2024 COMMUNITY ENGAGEMENT & BEHAVIORAL HEALTH SURVEY REPORT

West Mountain Region
San Miguel & Montrose Counties, Colorado

Sponsored by

Tri-County Health Network

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INTRODUCTION

PROJECT OVERVIEW

Project Goals

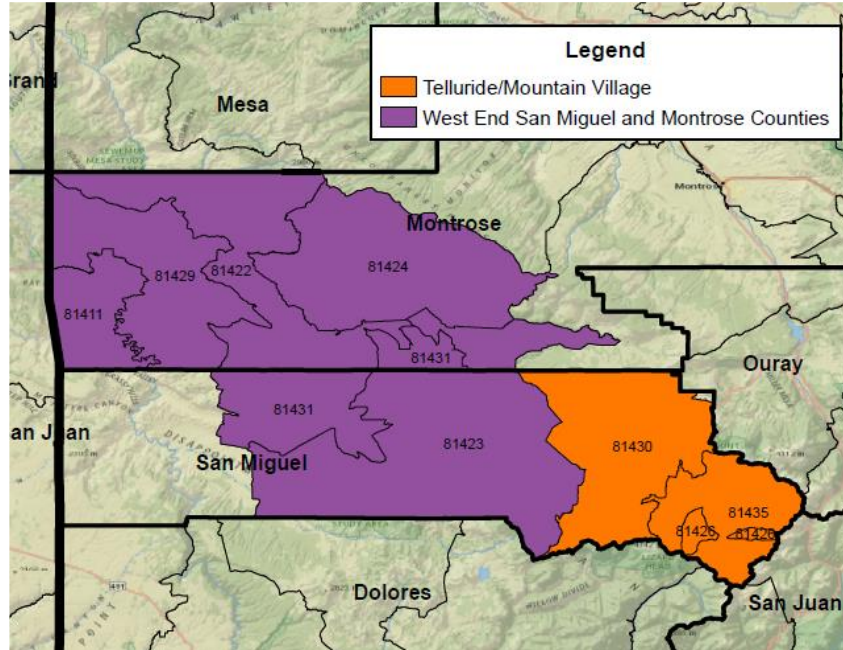
The 2024 PRC Community Engagement & Behavioral Health Survey is a data-driven approach to measuring community engagement and behavioral health needs in the West Mountain Region of Colorado. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

This assessment was funded through the Katz Amsterdam Foundation and conducted on behalf of Tri-County Health Network by PRC, Inc. PRC is a nationally recognized health care consulting firm with extensive experience conducting quality-of-life and health research in hundreds of communities across the United States since 1994.

Methodology

Community Definition

The targeted population for this survey effort includes ZIP Code-defined areas in and around the West Mountain Region in Colorado, including the subareas of Telluride/Mountain Village and western San Miguel and Montrose Counties (referred to as “the West End” in this report). The geographical definition of this community is outlined in the following map.



West Mountain Region
San Miguel & Montrose Counties, Colorado



Survey Instrument

The survey used for this effort was developed by the sponsor of this study in consultation with the Katz Amsterdam Foundation and PRC. Initially, the Foundation worked with consultants to investigate and identify actionable questions that might best measure community engagement and behavioral health needs. PRC further worked with the sponsor and the Katz Amsterdam Foundation to establish final question formats and question flow. The final survey instrument consisted of 42 questions.

Sample Approach & Design

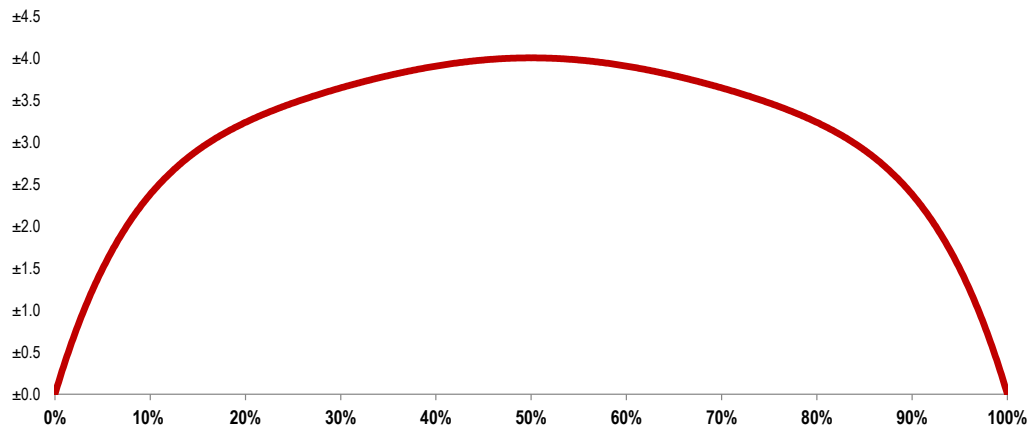
To ensure the best representation of the population surveyed, a mixed-mode methodology was implemented. This included surveys conducted via telephone (landline and cell phone) as well as through online questionnaires. The final sample for this effort included **606 total surveys** among individuals age 18 and older in the West Mountain Region.

PRC SAMPLING ► PRC conducted 201 surveys across the West Mountain Region through a random selection of households that were completed over the phone (landline or cell phone) or online.

COMMUNITY OUTREACH SAMPLING ► In addition, PRC hosted an online version of the survey, and Tri-County Health Network used a variety of communication tools to drive residents to take the survey. Examples include press releases, social media advertising, posting on organizational websites, and email campaigns to community members and community partners. In all, a total of 405 surveys were achieved through these methods.

For statistical purposes, the maximum rate of error associated with a sample size of 606 respondents is $\pm 4.0\%$ at the 95 percent confidence level.

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% ($10\% \pm 2.4\%$) 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% ($50\% \pm 4.0\%$) of the total population would respond "yes" if asked this question.

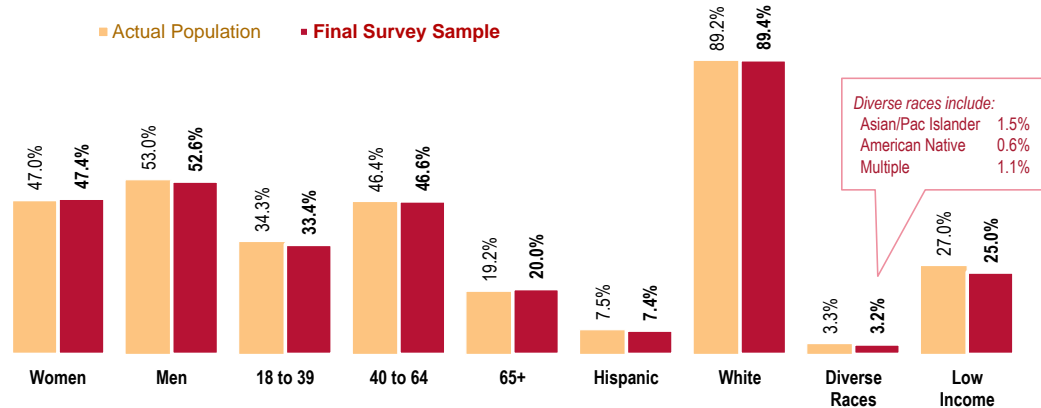


Sample Characteristics

Once all interviews were completed, these were combined and weighted to best reflect the community 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 (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.

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.



Benchmark Data

State-Level Comparisons

Statewide risk factor data are provided for select indicators where available through the most recent *BRFSS (Behavioral Risk Factor Surveillance System) Prevalence and Trends Data* published online by the Centers for Disease Control and Prevention.

National Comparisons

Comparisons to national data are provided where available through the *2023 PRC National Health Survey (PRC)*.

Determining Significance

Differences noted in this report represent those determined to be statistically significant. For these survey-derived indicators (which are subject to sampling error), statistical significance is determined based on confidence intervals (at the 95 percent confidence level), using question-specific samples and response rates.



SUMMARY OF FINDINGS

Key Findings

COMMUNITY LIFE & SOCIAL DETERMINANTS

- Residents of the West Mountain Region appear to be **highly engaged** in their communities:
 - About 80% agree that they trust people in their community, and about 70% agree that they invest time and effort into the community.
 - In addition, more than 60% agree that their community is part of their identity.
- In general, higher-income households and White residents tend to be more engaged by these measures.
- More than 90% of residents perceive their community as an **“excellent,” “very good,” or “good” place in which to live.**
- In all, 17.4% of community members report that their **housing situation is unstable.**
- **Food insecurity** affects 18.4% of area residents. This is considerably lower than the national percentage of 32.4%.

SOCIAL SUPPORT

- Across the West Mountain Region, four in 10 adults are **lonely**, 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 younger residents and those with lower incomes.

MENTAL HEALTH

- A majority of residents believes that their **community is sympathetic** to those with mental health concerns, but **fewer feel that it is easy for residents to discuss** issues related to mental health.
- Residents of the West Mountain Region 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). Current prevalence tends to be higher in women and younger adults.
- Most residents are **aware of local mental health resources** and most say that they would be **likely to seek mental health services locally** if needed. Hispanic respondents are less likely to express awareness of resources, and adults age 40 to 64 are less likely to seek services.
- Among the 40% of residents who have needed mental health services in the past year, nearly one-third report being **unable to get needed services**; this was primarily due to cost/insurance issues, not knowing where to seek help, lack of time, concerns about confidentiality, and lack of availability.
- More than 80% of respondents say they would be likely to use **teletherapy** for behavioral health, although this was found to be lower among male residents.

SUBSTANCE USE

- **Alcohol is strongly associated with social life** in the West Mountain Region — eight in 10 residents “strongly” or “somewhat agree” that alcohol is important to most peoples’ social lives in their locale. This perception is stronger among White respondents.



- **Almost 40% of residents engage in “excessive drinking”** — 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 the West Mountain Region, excessive drinking is more prevalent than found nationally (34.3%).
- **The impact of substance use in peoples’ lives is widespread** —three-fourths of respondents (West Mountain Region 76.0% vs. US 45.4%) say that their own life has been directly and negatively affected by someone’s substance use 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 West Mountain Region. These data are grouped by topic.

Reading the Summary Tables

- In the following tables, West Mountain Region results are shown in the larger, gray column.
- The columns to the left of the West Mountain Region column provide comparisons between the two subareas, identifying differences for each as “better than” (☀️), “worse than” (🌧️), or “similar to” (☁️) the opposing subarea.
- The columns to the right of the West Mountain Region column provide comparisons between community data and any available state and national findings. Again, symbols indicate whether the West Mountain Region compares favorably (☀️), unfavorably (🌧️), or comparably (☁️) to these external data.

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



COMMUNITY LIFE, SOCIAL DETERMINANTS & SOCIAL SUPPORT	DISPARITY BETWEEN SUBAREAS		West Mountain Region	vs. BENCHMARKS	
	Telluride/ Mountain Village	West End		vs. CO	vs. US
% Community Is a "Fair/Poor" Place to Live	 7.2	 8.3	7.7		
% Trust People in Community (Completely/Mostly Agree)	 86.5	 76.1	82.6		
% Invest Time/Effort Into Community (Completely/Mostly Agree)	 77.1	 64.3	72.2		
% Community Member Is Part of Identity (Completely/Mostly Agree)	 64.8	 61.4	63.5		
% "Often/Sometimes" Ran Out of Food in the Past Year	 18.6	 18.1	18.4		 32.6
% Worry About Having a Stable Place to Live for the Next Six Months	 24.4	 5.9	17.4		
% Lonely	 43.4	 37.5	41.2		 38.5

Note: In the section above, each subarea is compared against the other. 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.
















better







similar



worse

MENTAL HEALTH	DISPARITY BETWEEN SUBAREAS		West Mountain Region	vs. BENCHMARKS	
	Telluride/ Mountain Village	West End		vs. CO	vs. US
% People Are Sympathetic to Those With Mental Health Concerns (Strongly/Somewhat Agree)	 74.4	 57.4	68.0		
% Easy for Residents to Discuss Mental Health (Strongly/Somewhat Agree)	 58.9	 34.8	49.8		
% 3+ Days of Poor Mental Health in the Past Month	 52.8	 41.8	48.4	 37.4	
% Needed Mental Health Services in Past Year	 43.0	 34.7	39.9		
% [Those Needing Services] Unable to Get Mental Health Services in Past Year	 31.7	 33.2	32.2		
% Aware of Local Mental Health Resources	 83.2	 71.8	78.9		

MENTAL HEALTH (continued)	DISPARITY BETWEEN SUBAREAS		West Mountain Region	vs. BENCHMARKS	
	Telluride/ Mountain Village	West End		vs. CO	vs. US
% "Very/Somewhat" Likely to Seek Mental Health Services Locally if Needed	 85.0	 85.6	85.3		
% "Very/Somewhat" Likely to Use Teletherapy for Behavioral Health	 82.9	 81.8	82.5		

Note: In the section above, each subarea is compared against the other. 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.
























better



similar



worse

SUBSTANCE USE	DISPARITY BETWEEN SUBAREAS		West Mountain Region	vs. BENCHMARKS	
	Telluride/ Mountain Village	West End		vs. CO	vs. US
% Alcohol Is Important to Most People's Social Life (Strongly/Somewhat Agree)	 86.2	 71.9	80.8		
% Current Drinking	 79.1	 66.5	74.3	 61.4	 64.2
% Heavy Drinking	 23.8	 19.3	22.1	 8.1	 14.1
% Binge Drinking	 39.2	 27.2	34.6	 19.2	 30.6
% Excessive Drinking	 45.2	 29.5	39.2	 20.7	 34.3
% Personally Impacted by Substance Use	 75.8	 76.3	76.0		 45.4

Note: In the section above, each subarea is compared against the other. 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.







better



similar



worse

ACCESS TO HEALTH CARE	DISPARITY BETWEEN SUBAREAS		West Mountain Region	vs. BENCHMARKS	
	Telluride/ Mountain Village	West End		vs. CO	vs. US
% [Age 18-64] Lack Health Insurance	 10.4	 10.6	10.5	 11.1	 8.1

Note: In the section above, each subarea is compared against the other. 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.



better



similar



worse



COMMUNITY LIFE & SOCIAL DETERMINANTS

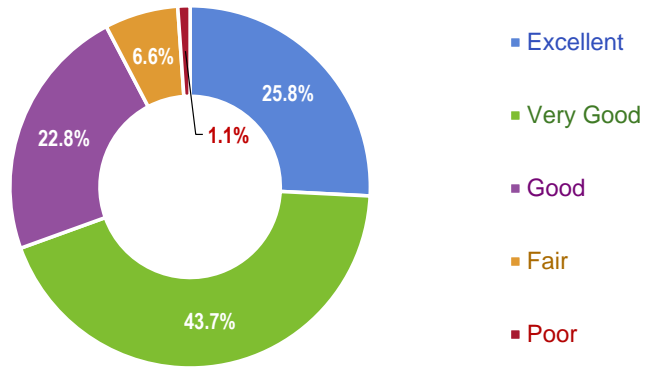
COMMUNITY AS A PLACE TO LIVE

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 West Mountain Region rate their community as an "excellent" or "very good" place to live.

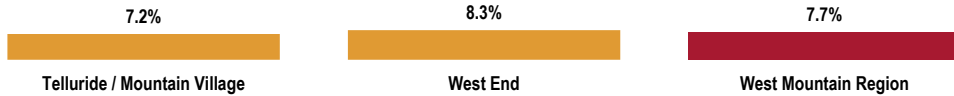
Rating of the Community as a Place to Live (West Mountain Region)



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

However, 7.7% of area residents gave "fair/poor" ratings of their community as a place to live.

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

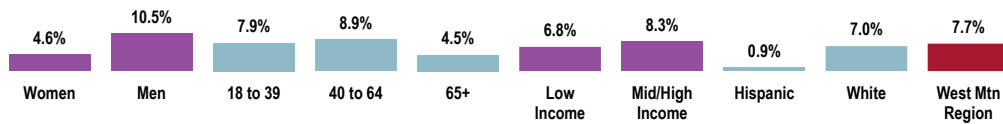


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]
 Notes: • Asked of all respondents.



DISPARITY ► Male respondents and White residents are more likely to give low ratings.

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.

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 2022 guidelines place the poverty threshold for a family of four at \$27,750 annual household income or lower). In 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.

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).



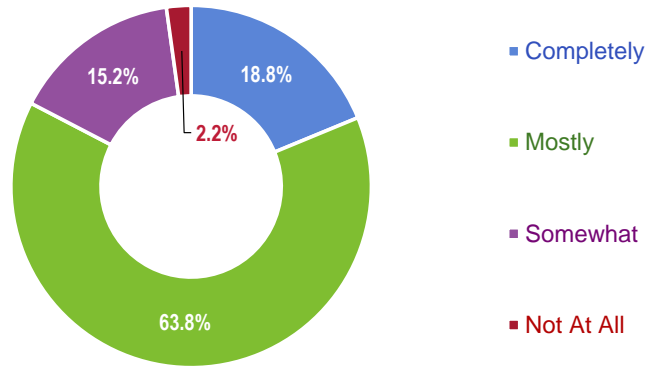
COMMUNITY ENGAGEMENT

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.

Just over 80% of residents in the community agree (“completely” or “mostly”) that *“I can trust people in this community.”*

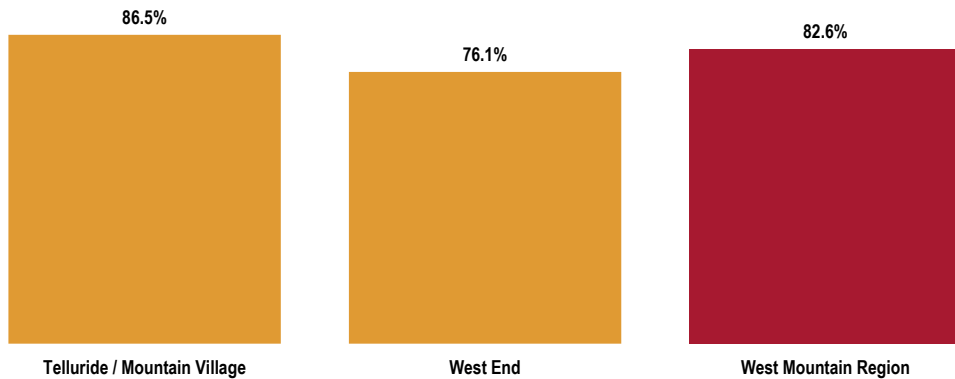
“I Can Trust People in This Community”
(West Mountain Region)



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

DISPARITY ► Lower in the West End.

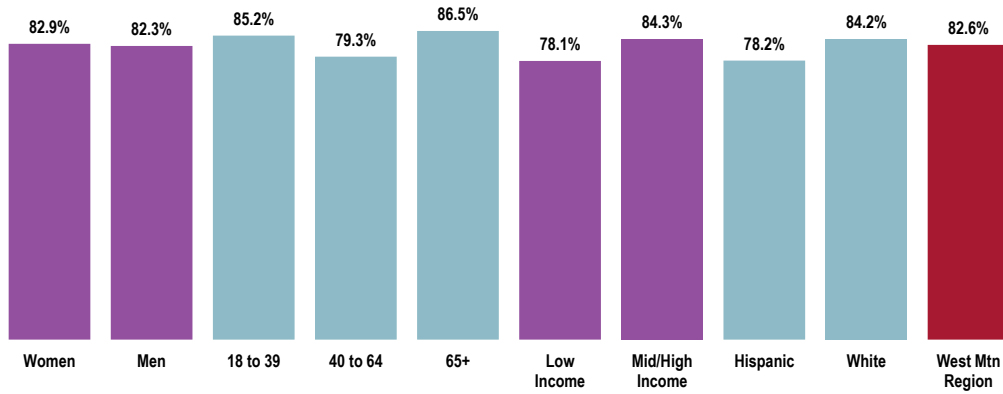
Completely/Mostly Agree:
“I Can Trust People in This Community”
(West Mountain Region)



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)



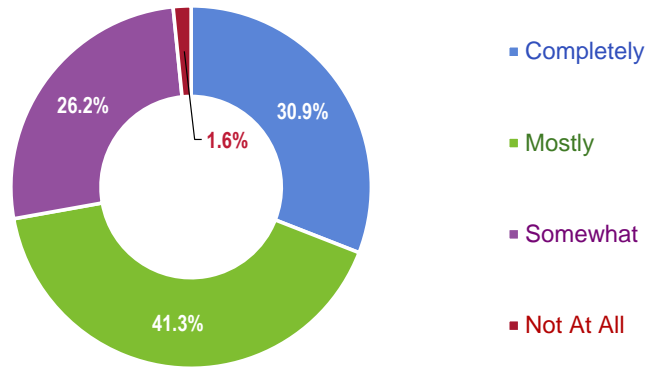
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]
Notes: • Asked of all respondents.



Time & Effort

Just over 70% of residents in the West Mountain Region agree (“completely” or “mostly”) that “I put a lot of time and effort into being part of this community.”

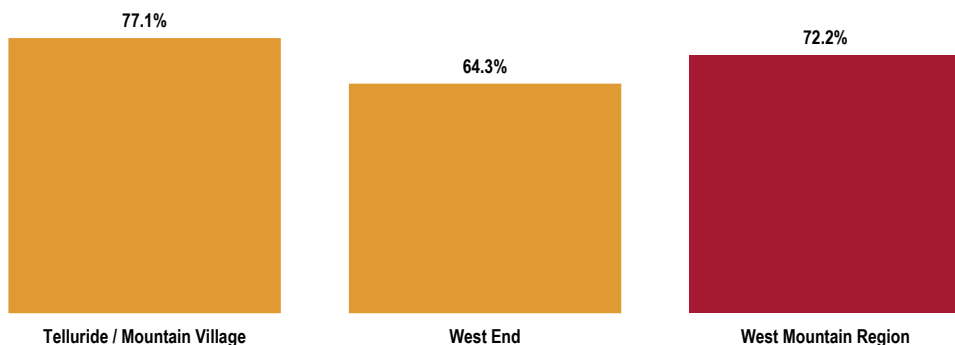
“I Put a Lot of Time and Effort Into Being Part of This Community”
(West Mountain Region)



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

DISPARITY ► Lower in the West End. Adults with lower incomes also are less likely to agree that they are engaged in the community.

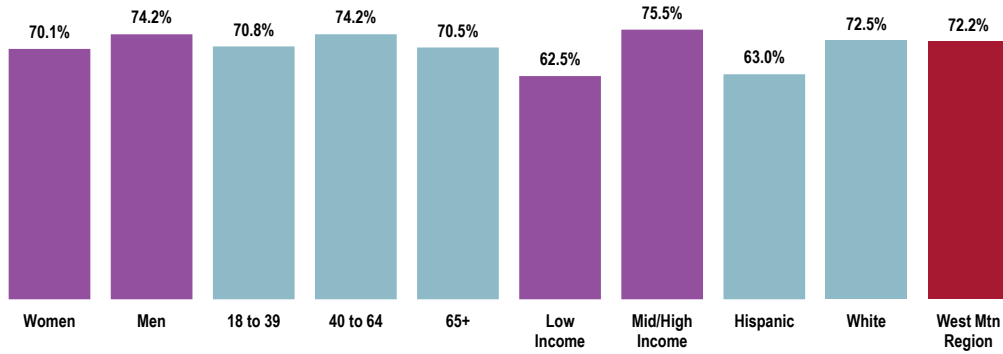
Completely/Mostly Agree: “I Put a Lot of Time and Effort Into Being Part of This Community”
(West Mountain Region)



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)



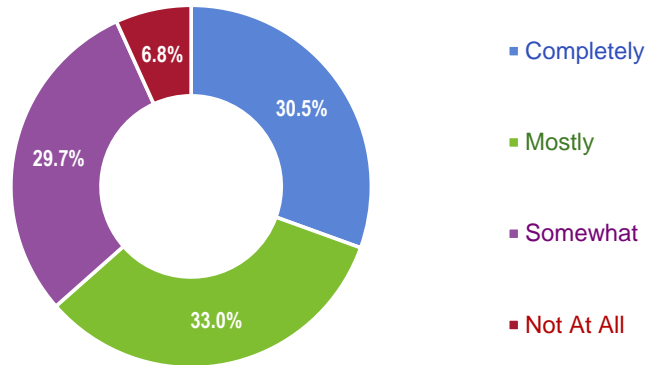
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents.



Identity

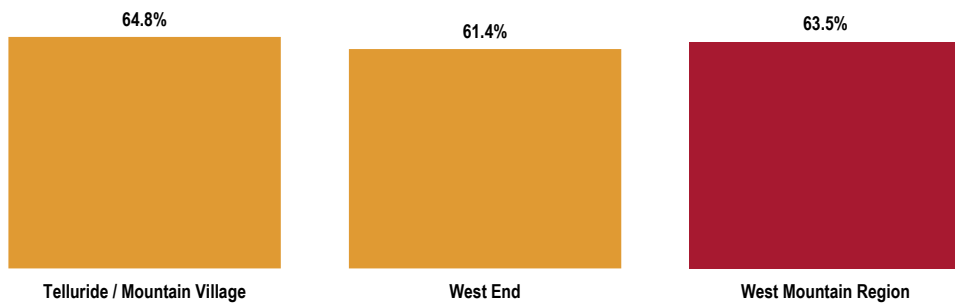
Nearly two-thirds of residents in the West Mountain Region agree (“completely” or “mostly”) that *“being a member of this community is part of my identity.”*

“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)

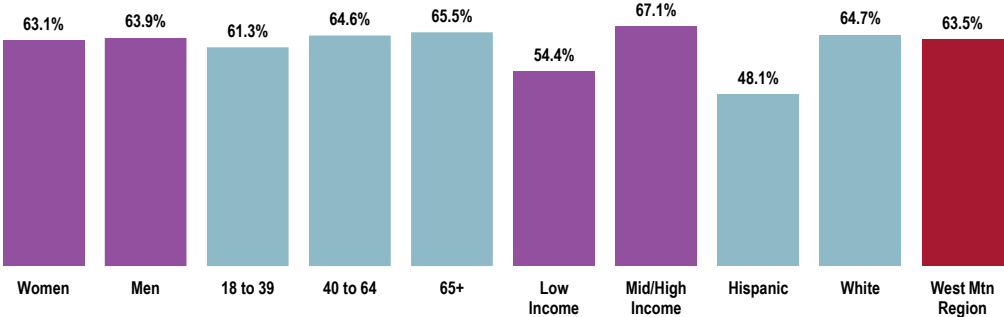


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 7]
Notes: • Asked of all respondents.



DISPARITY ► Lower-income households and Hispanic residents are less likely to agree that the community is part of their identity.

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

Isolation & Loneliness

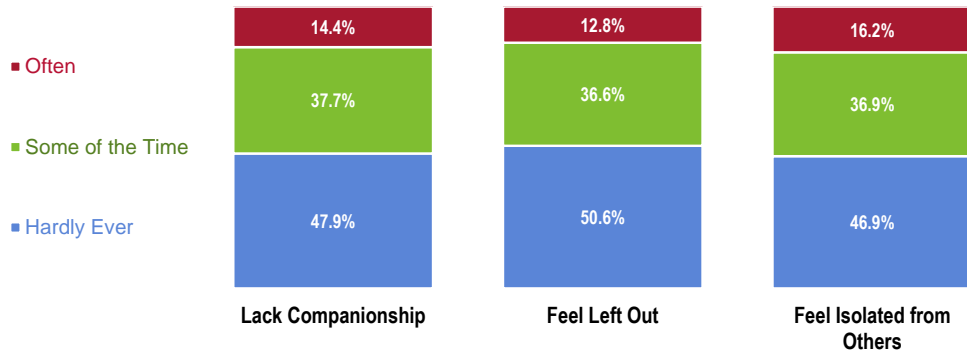
The following chart outlines responses to three questions used to define “loneliness” among residents in the West Mountain Region.

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 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).

Loneliness Factors
(West Mountain Region)

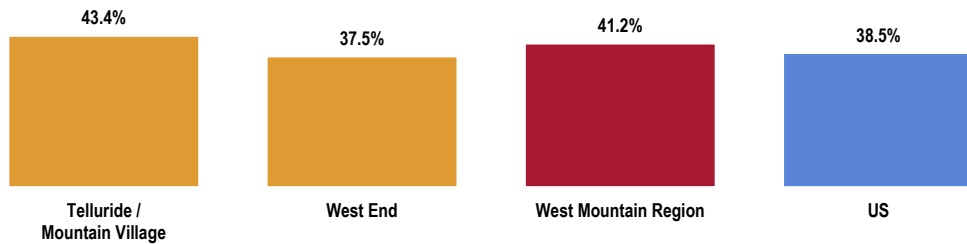


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 8-10]
Notes: • Asked of all respondents.

Loneliness Scale

Based on their responses to the three survey questions, 41.2% of residents in the West Mountain Region are found to be “lonely.”

Lonely

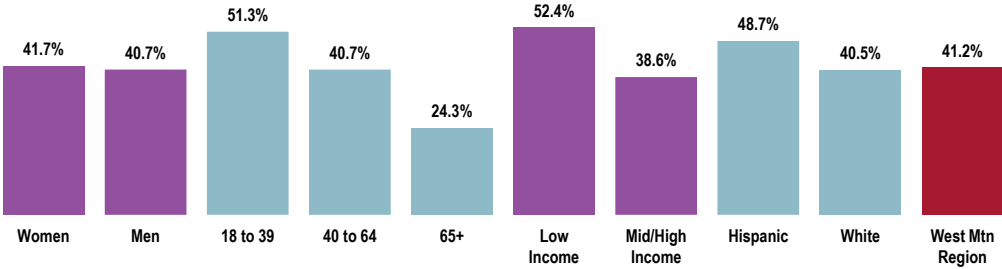


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 42]
• 2023 PRC National Health Survey, PRC, Inc.
Notes: • Asked of all respondents.
• Here, “lonely” is defined as respondents who score 6-9 points in the series of three questions from the Loneliness Scale (regarding 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.



DISPARITY ► Feelings of loneliness are more prevalent among adults younger than 65 (especially those age 18 to 39) and those with lower incomes.

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.

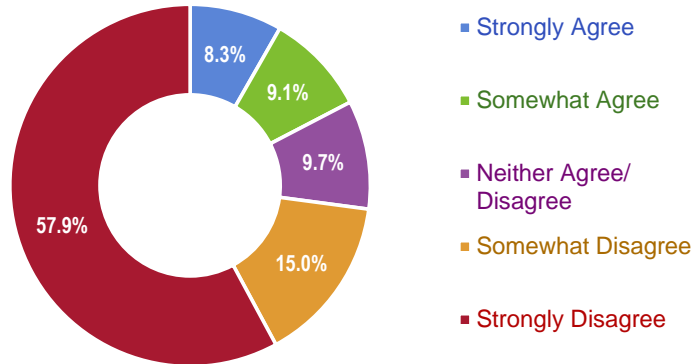


HOUSING INSTABILITY

“What is your level of agreement or disagreement with the following statement: ‘I worry about having a steady or consistent place to live over the next six months.’ Do you: strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree?”

In all, 17.4% of area residents report that they worry about having a steady or consistent place to live over the next six months.

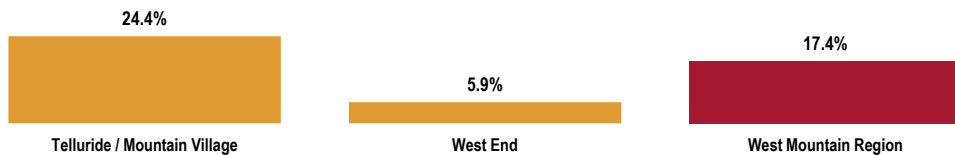
“I Worry About Having a Steady or Consistent Place to Live for the Next Six Months”
(West Mountain Region)



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

DISPARITY ► Considerably higher in Telluride/Mountain Village. More often reported among adults younger than 65 (especially those age 18 to 39), those with lower incomes, and Hispanic respondents.

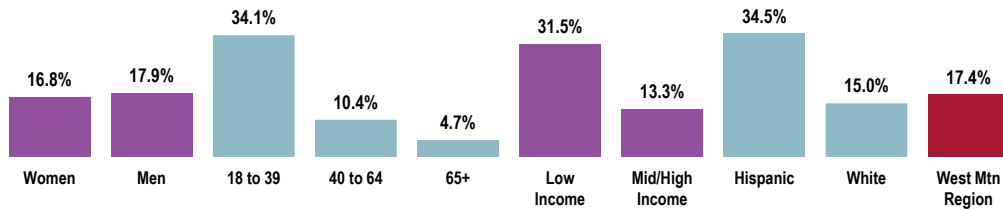
Strongly/Somewhat Agree: “I Worry About Having a Steady or Consistent Place to Live for the Next Six Months”
(West Mountain Region)



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.

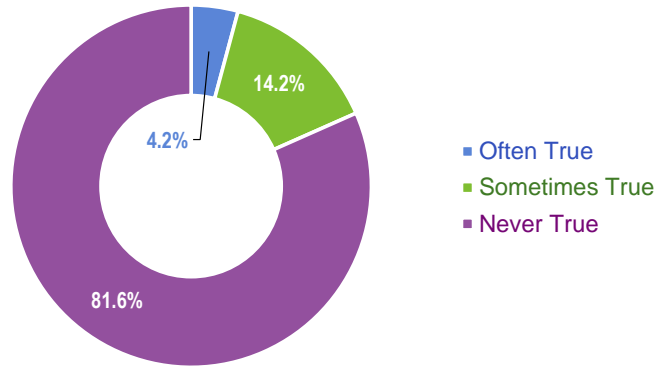


FOOD INSECURITY

“Please tell me whether this statement was ‘often true,’ ‘sometimes true,’ or ‘never true’ for you in the past 12 months. The statement is: ‘The food that we bought just did not last, and we did not have money to get more.’”

A total of 18.4% of West Mountain Region respondents report that they “often” or “sometimes” ran out of food in the past year, without resources to buy more.

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

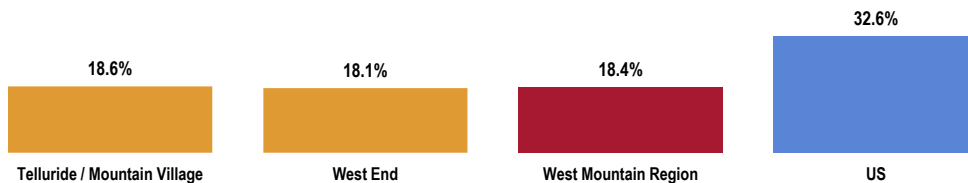


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 304]
Notes: • Asked of all respondents.

BENCHMARK ► Much lower than found nationally.

DISPARITY ► More often reported among women, adults age 18 to 39, and Hispanic residents. Especially high among lower-income households.

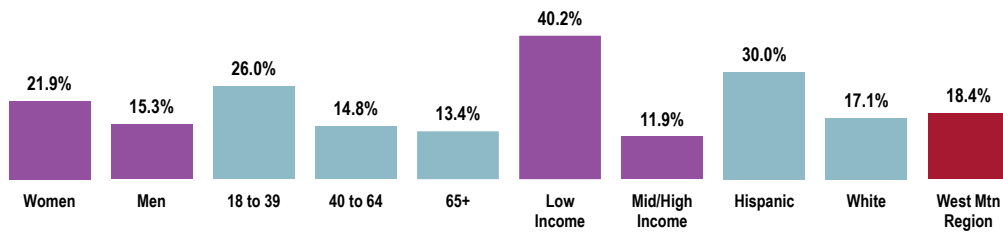
Often/Sometimes: The Food That We Bought Just Did Not Last, and We Did Not Have Money To Get More



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 TOWARD MENTAL HEALTH

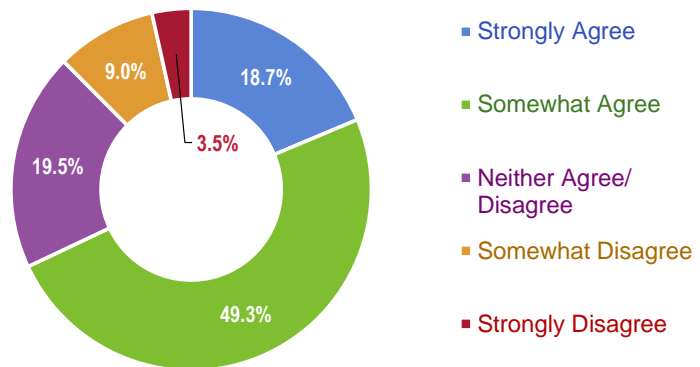
Caring & Sympathy Toward Those With Mental Health Concerns

While most agree that the community is generally caring and sympathetic to people with mental health concerns, one in eight residents in the West Mountain Region disagree.

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 health concerns.”

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

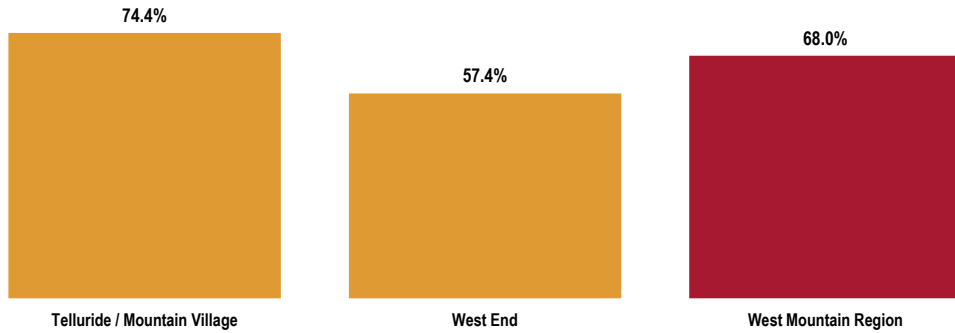


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
Notes: • Asked of all respondents.

DISPARITY ► Agreement is lower in the West End. Also, Hispanic respondents are less likely to agree.

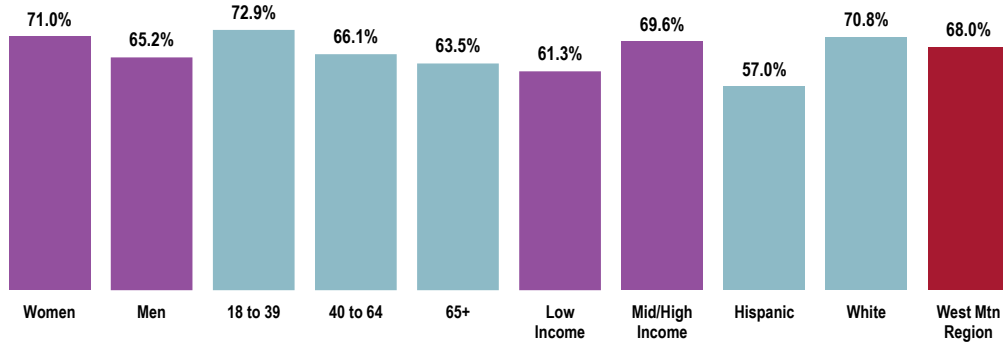


Strongly/Somewhat Agree: “People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns”
(West Mountain Region)



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.



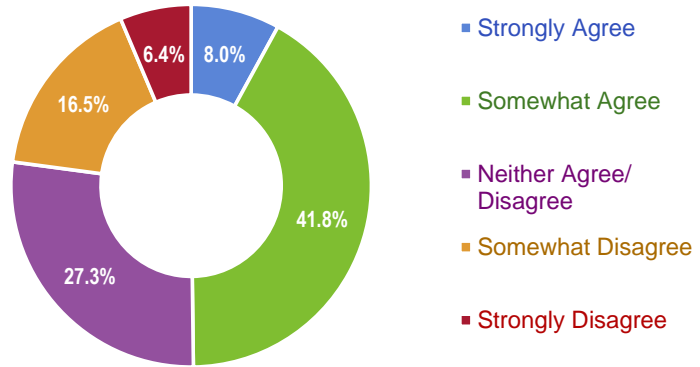
Discussing Mental Health & Emotional Challenges

About half of area residents agree that people in the community can easily discuss mental health; however, 23% do not.

Responding adults were further asked their level of agreement with the following statement:

“Generally, it is easy for people in this community to talk about mental health or emotional challenges.”

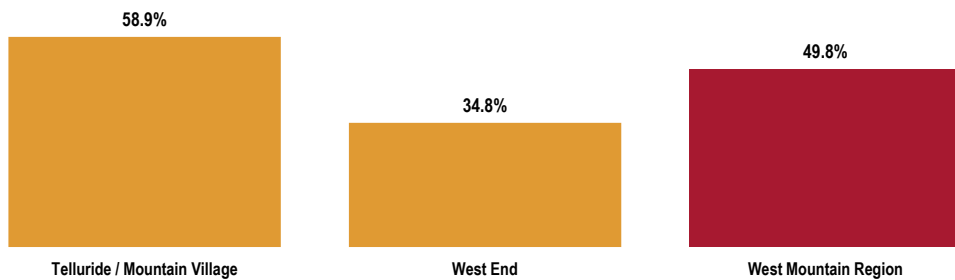
“It Is Easy for Residents to Talk About Mental Health or Emotional Challenges”
(West Mountain Region)



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

DISPARITY ► Agreement is lower in the West End.

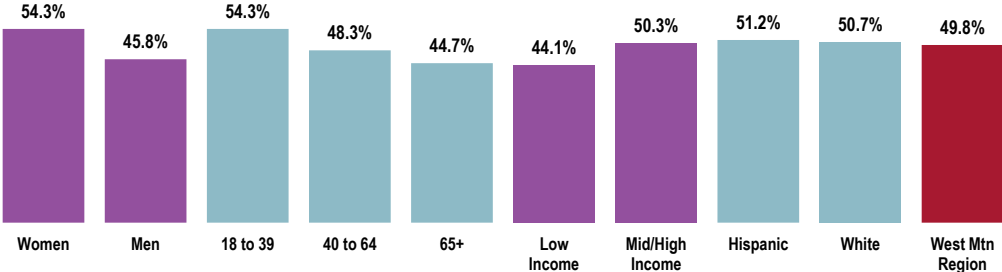
Strongly/Somewhat Agree: “It Is Easy for Residents to Talk About Mental Health or Emotional Challenges”
(West Mountain Region)



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.



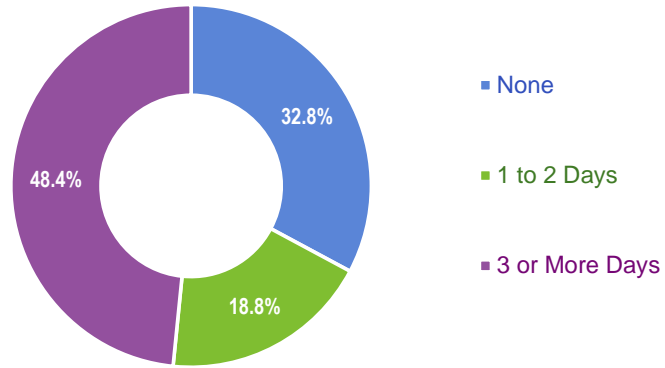
PERSONAL MENTAL HEALTH

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 one-third of residents of the West Mountain Region report no days of poor mental health in the past month; however, about one-half report three or more days in the past 30 days when their mental health was not good.

Days of Poor Mental Health
(West Mountain Region)

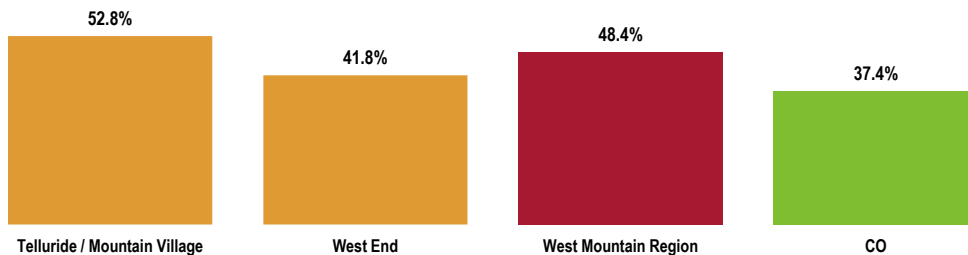


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 18]
Notes: • Asked of all respondents.

BENCHMARK ► Reports of three or more days of poor mental health in the past month are higher locally than found across Colorado.

DISPARITY ► Higher in Telluride/Mountain Village. More often reported among women and adults younger than 65 (especially those age 18 to 39).

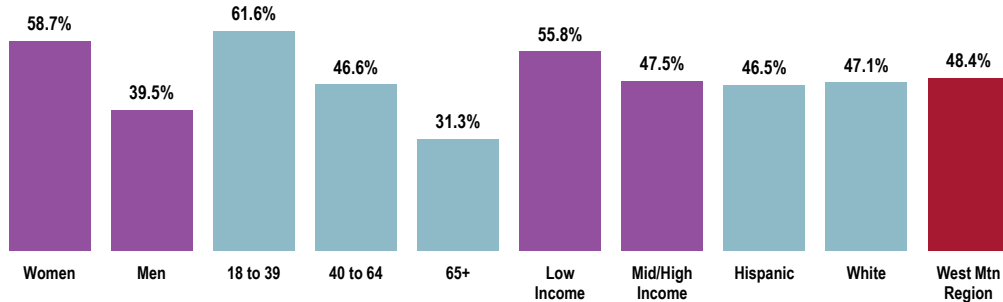
Three or More Days of Poor Mental Health in the Past Month
(West Mountain Region)



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.

Need for Mental Health Services

Approximately 40% of adults in the West Mountain Region 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 32% were not.

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

Cost, not knowing where to go, lack of time, concerns about confidentiality, and availability were the main reasons given by those not getting the services they needed.

DISPARITY ▶ The need for mental health services was higher in Telluride/Mountain Village.

Respondents were asked the following questions:

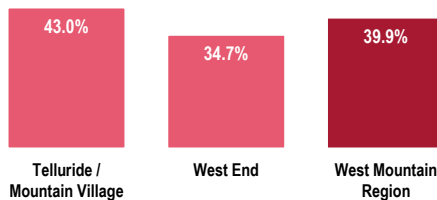
“During the past 12 months, was there any time when you needed mental health treatment or services for yourself?”

[IF YES] “Were you able to get the treatment or services 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.)

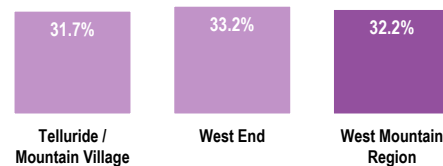
Have Needed Mental Health Services in the Past Year (2024)

- 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.

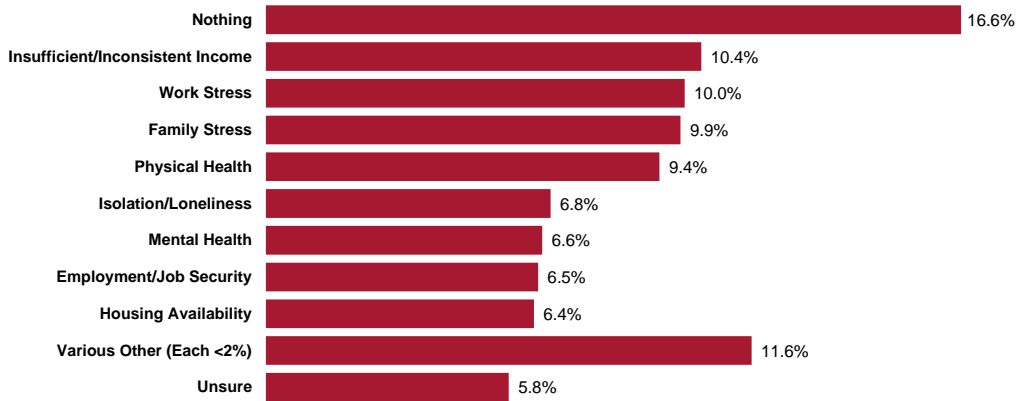


Greatest Challenge to Overall Health and Well-Being

“What do you feel creates the biggest challenge for your overall health and well-being?”

When asked to state the greatest challenge to their own overall health and well-being, survey respondents most often said nothing (16.6%), insufficient or inconsistent income (10.4%), work stress (10.0%), family stress (9.9%), or physical health (9.4%).

“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.



LOCAL RESOURCES FOR MENTAL HEALTH

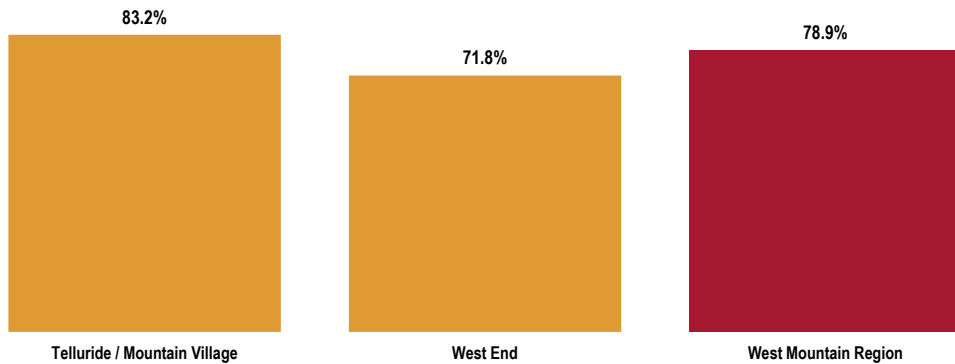
Awareness of Resources

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

Three in four adults in the West Mountain Region are aware of local providers, programs, or resources available to help people with mental health concerns.

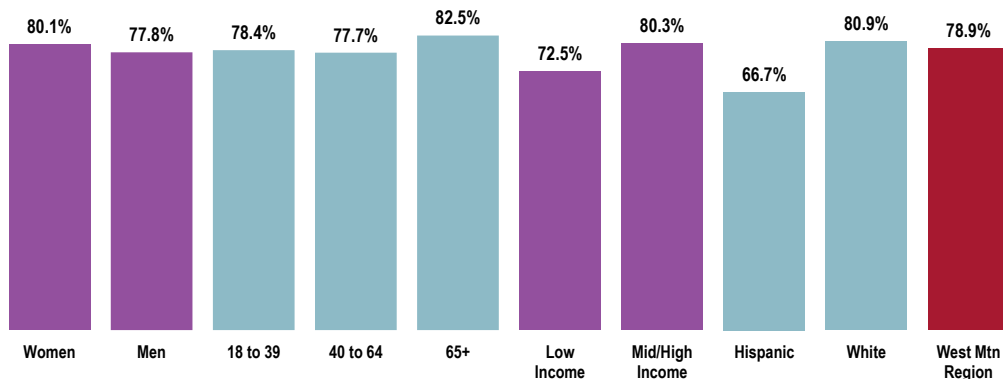
DISPARITY ▶ Lower in the West End. Also, Hispanic respondents express a lower level of awareness of resources.

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.

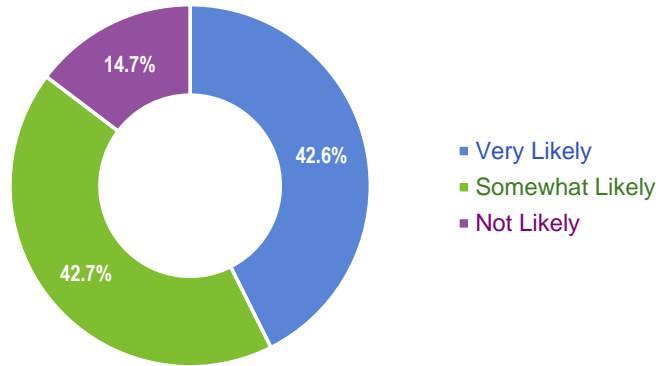


Likelihood of Using Local Resources

“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?”

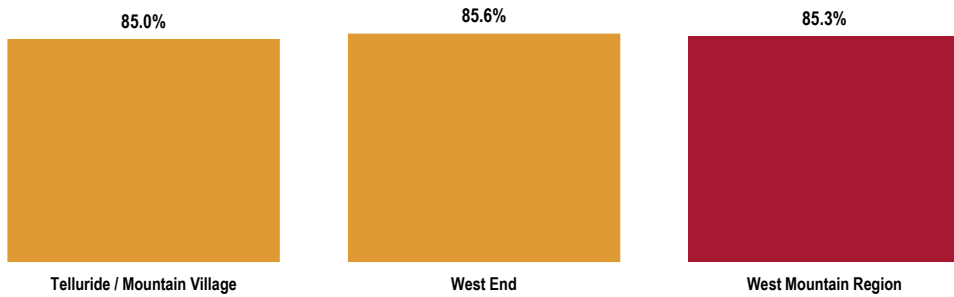
Most residents in the West Mountain Region say that, if they needed mental health services in the future, they would be “very” or “somewhat” likely to reach out to local providers, programs, or resources for help.

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)

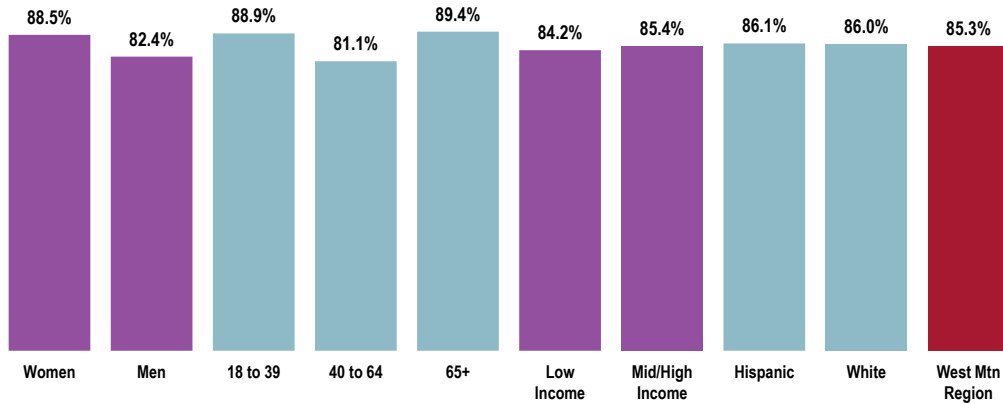


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
 Notes: • Asked of all respondents.



DISPARITY ► Adults age 40 to 64 are less likely to seek services if needed.

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

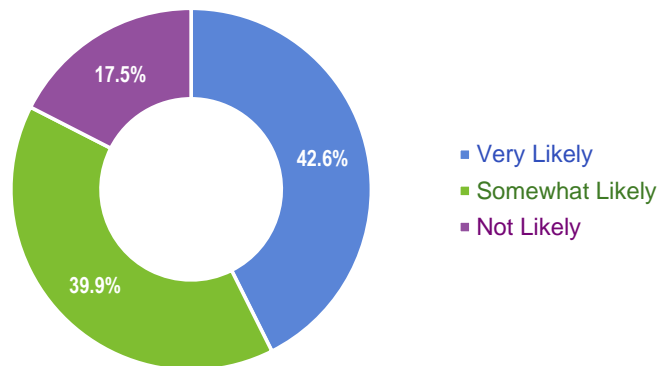


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
 Notes: • Asked of all respondents.

Likelihood of Using Teletherapy Services

Most residents in the West Mountain Region say that they would be “very” or “somewhat” likely to use teletherapy for mental health visits if needed and if they were available and affordable to them.

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.

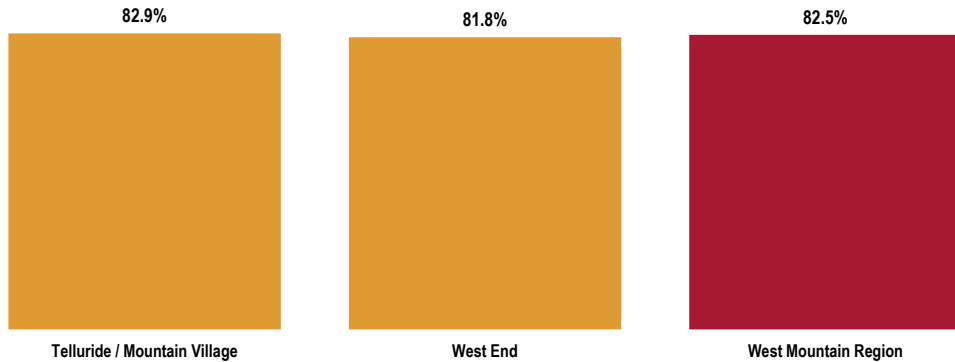
Respondents were read the following:

“Currently, mental health providers 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 use support? Would you be: very likely; somewhat likely; or not at all likely?”



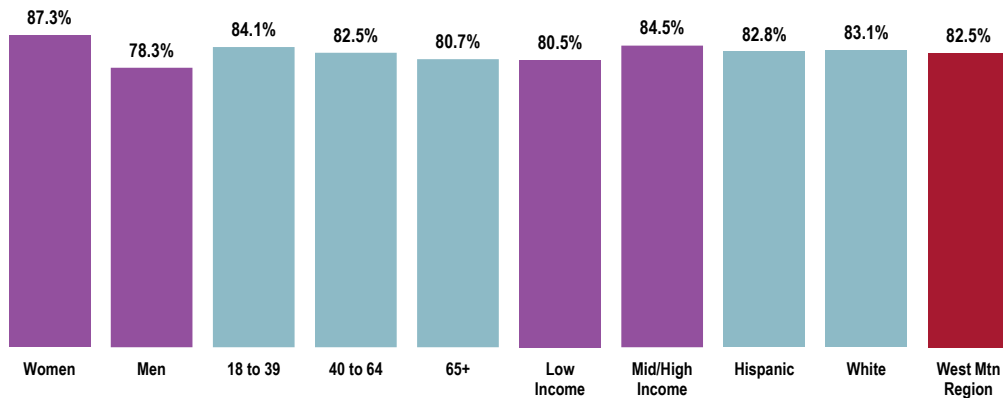
“Very/Somewhat” Likely to Use Teletherapy for Mental Health or Substance Abuse Support (West Mountain Region)



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.

DISPARITY ► The likelihood of using teletherapy for behavioral services is lower among male respondents.

“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.





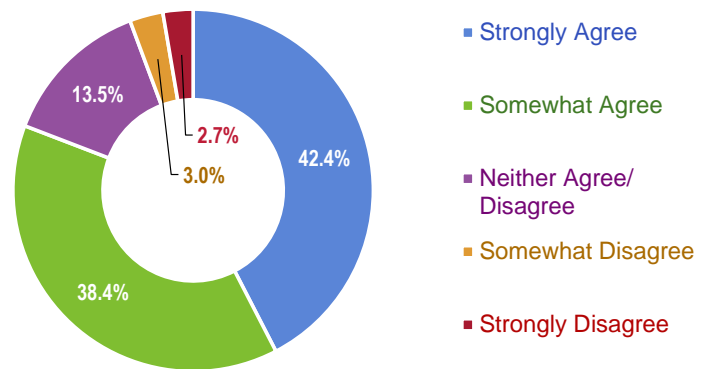
SUBSTANCE USE

ALCOHOL

Community Perceptions of Alcohol

Eight in 10 residents of the West Mountain Region agree (“strongly” or “somewhat”) that “for most people in this community, alcohol is important to social life.”

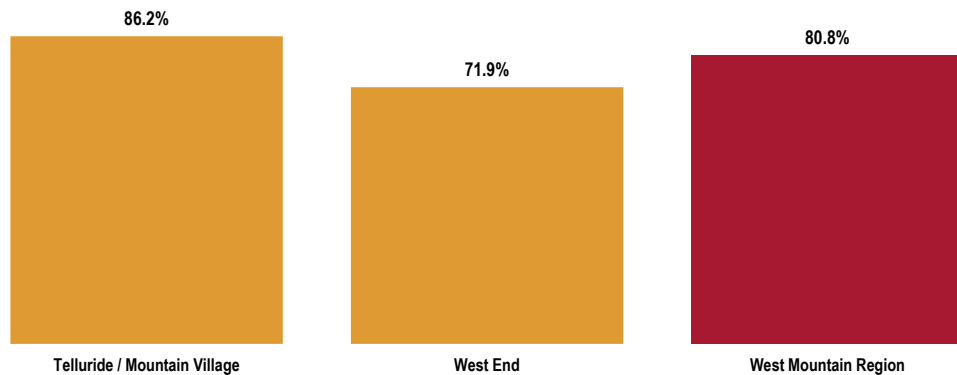
“For Most People in This Community, Alcohol Is Important to Social Life”
(West Mountain Region)



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

DISPARITY ► Higher in Telluride/Mountain Village. Also, agreement is higher among White respondents.

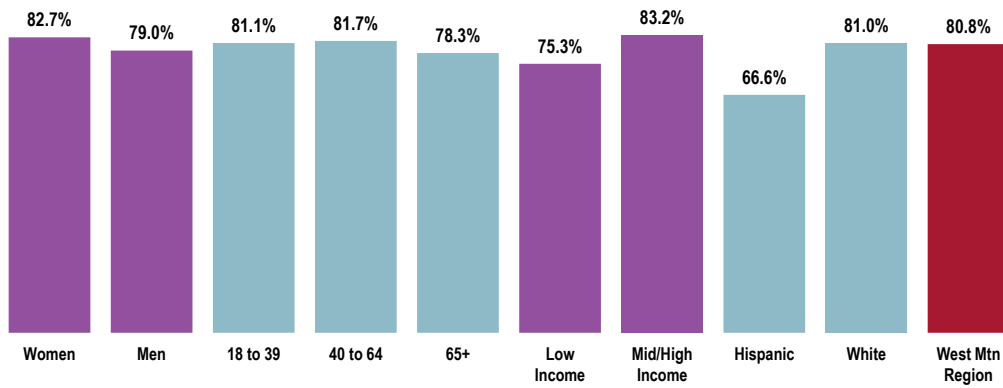
Strongly/Somewhat Agree: “For Most People in This Community, Alcohol Is Important to Social Life”
(West Mountain Region)



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.



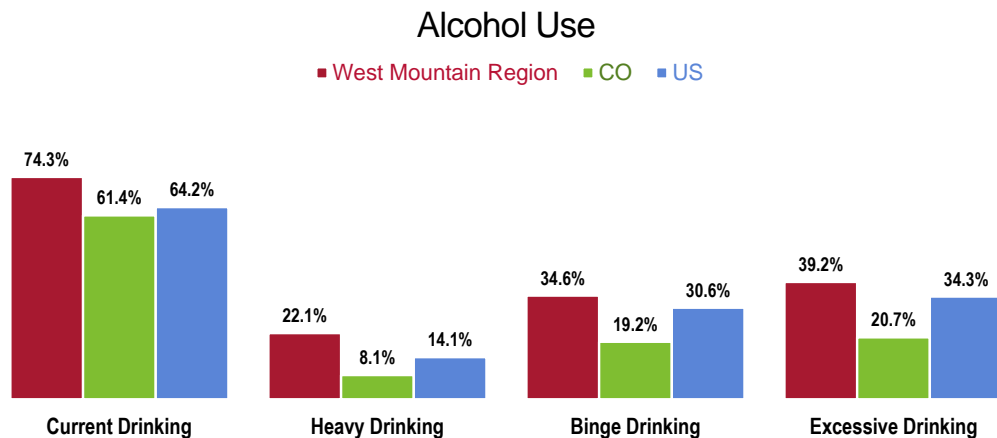
Personal Alcohol Use

DEFINITIONS

- **Current drinking** includes those adults who had at least one drink of alcohol in the past 30 days.
- **Heavy drinking** includes 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 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 (as defined above) in the past 30 days.

About three in four residents in the West Mountain Region report some alcohol use in the past 30 days, and a significant share (39.2%) are found to engage in “excessive drinking.”

BENCHMARK ► Each of the four drinking indicators in the West Mountain Region is higher than found across Colorado. Meanwhile, prevalence of current, heavy, and excessive drinking are higher than found nationally.



- 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.

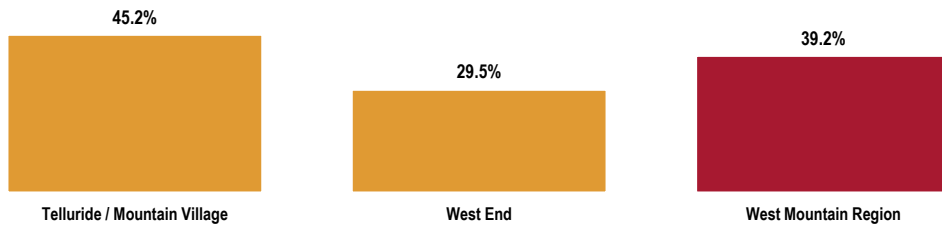


Excessive Drinking

The following further outlines West Mountain Region data for the prevalence of excessive drinking.

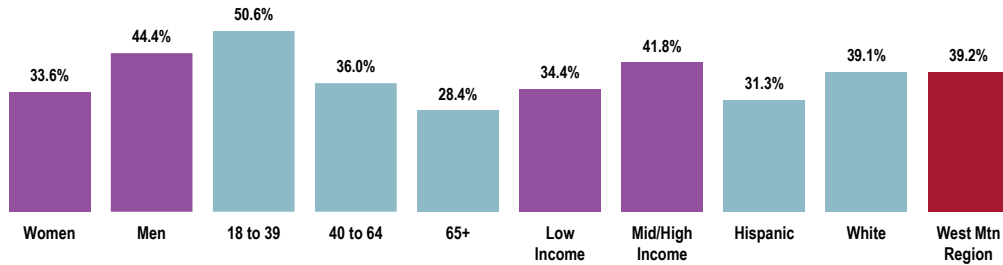
DISPARITY ► Higher in Telluride/Mountain Village. More often reported among men and adults age 18 to 39.

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.

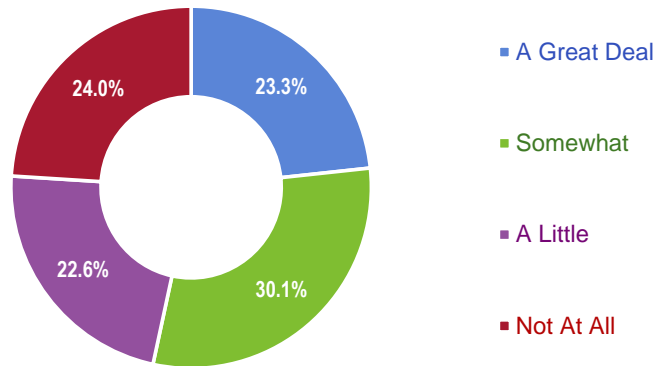


PERSONAL IMPACT OF SUBSTANCE USE

“To what degree has your life been negatively affected by your own or someone else’s substance use issues, including alcohol, prescription, and other drugs? Would you say: a great deal, somewhat, a little, or not at all?”

In the West Mountain Region, three in four residents say that their lives have been negatively affected by substance use (either their own or someone else’s) to some degree (“a little,” “somewhat,” or “a great deal”).

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

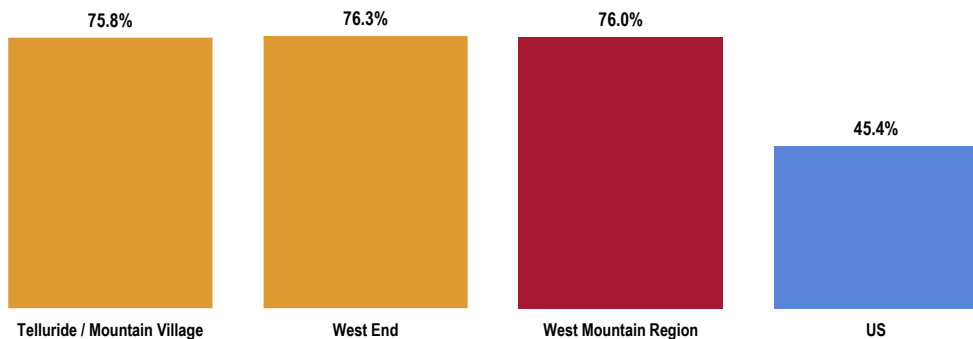


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
Notes: • Asked of all respondents.

BENCHMARK ► Considerably higher than the US finding.

DISPARITY ► More often reported among adults younger than 65 and White residents.

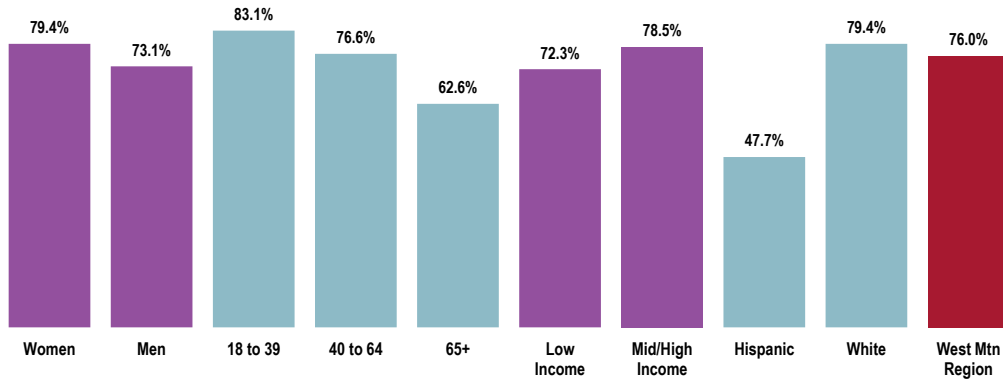
Life Has Been Negatively Affected by Substance Use (by Self or Someone Else)



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."





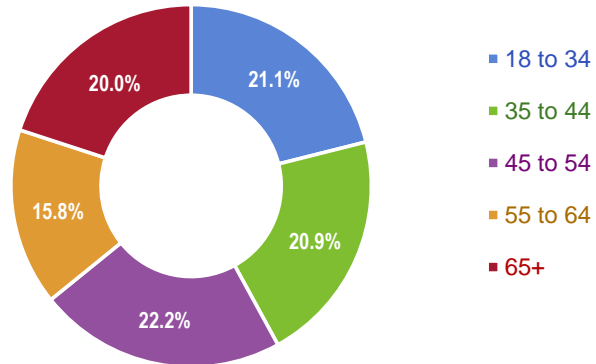
COMMUNITY SAMPLE CHARACTERISTICS

Charts in the following section detail the sample characteristics for the West Mountain Region.

Note that the samples closely match the actual population of the region
in terms of gender, age, race/ethnicity, and income level.

AGE

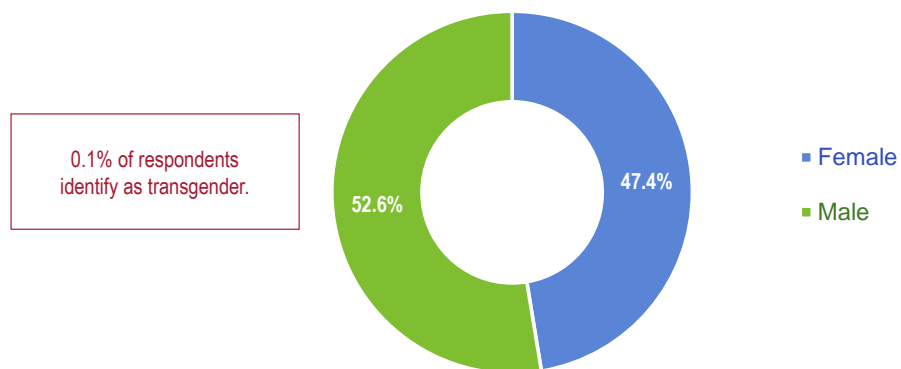
Age of Respondent (West Mountain Region)



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

GENDER

Gender Identity (West Mountain Region)

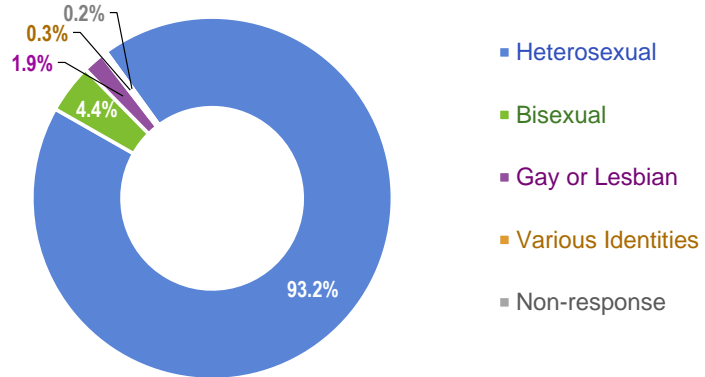


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 3, 29]
Notes: • Asked of all respondents.



SEXUAL ORIENTATION

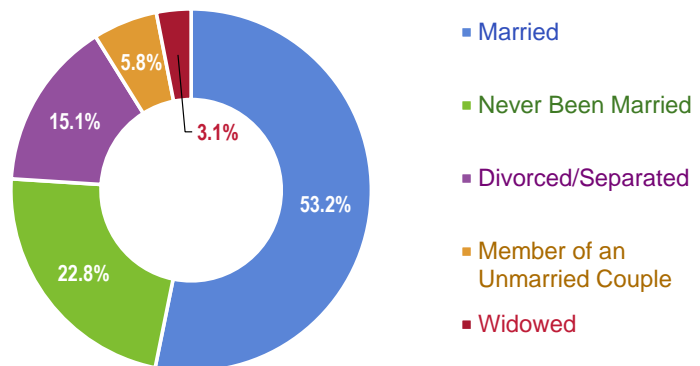
Sexual Orientation
(West Mountain Region)



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

MARITAL STATUS

Marital Status
(West Mountain Region)

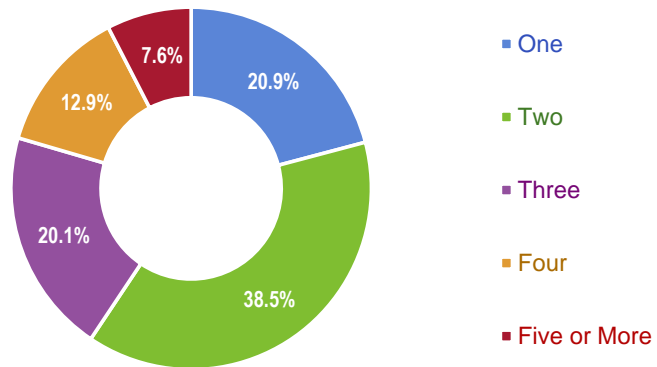


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 35]
Notes: • Asked of all respondents.



HOUSEHOLD SIZE

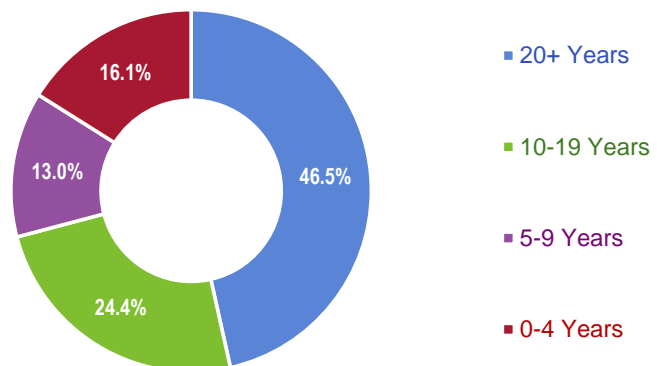
Total Household Members
(West Mountain Region)



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

RESIDENCY

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



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

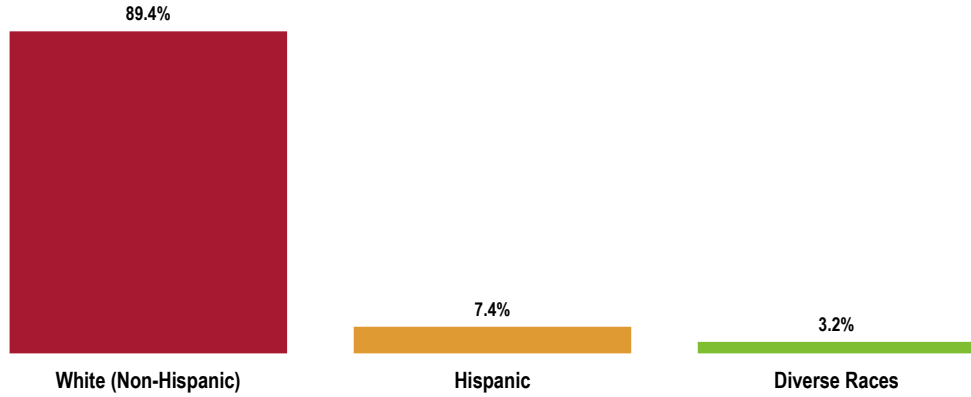
New full-time residents	25.8%
Seasonal employees	12.8%
Second homeowners	7.0%
Other	54.4%

Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 31-32, 305]
Notes: • Asked of all respondents.



RACE & ETHNICITY

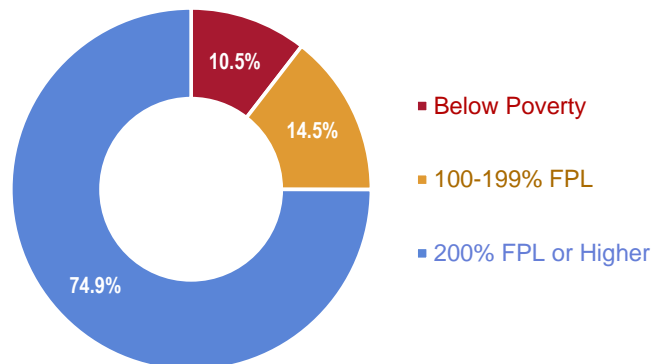
Self-Identified Race/Ethnicity (West Mountain Region)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 62]
Notes: • Asked of all respondents.

INCOME

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

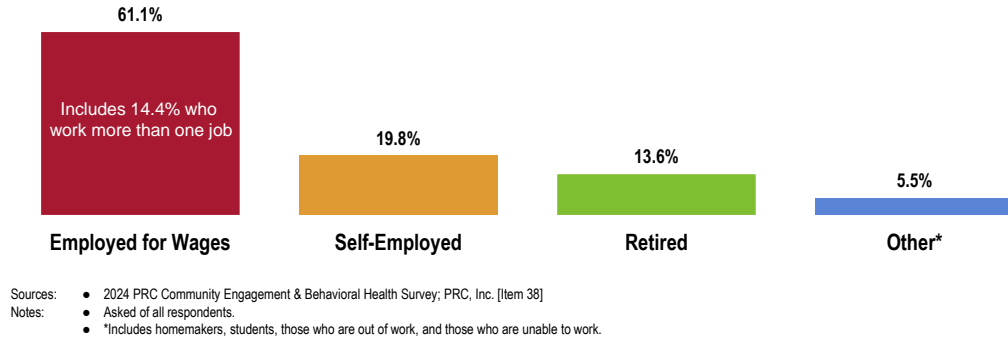


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 65]
Notes: • Asked of all respondents.



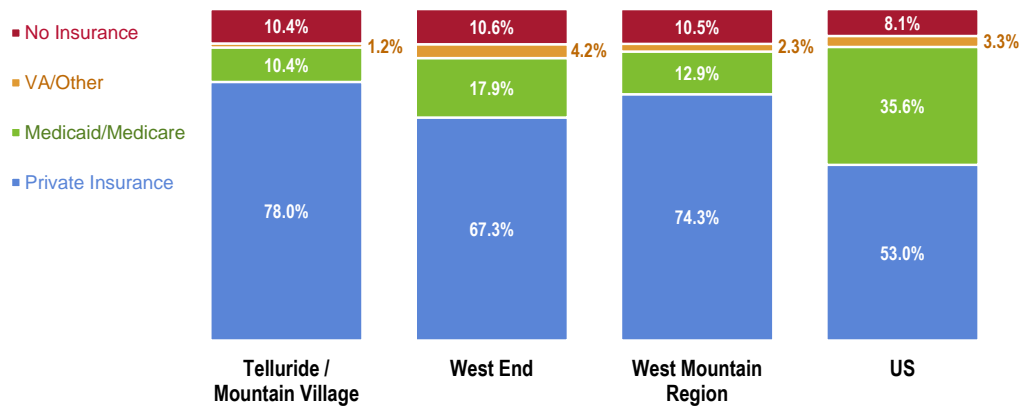
EMPLOYMENT

Employment Status (West Mountain Region)



HEALTH INSURANCE COVERAGE (AGE 18-64)

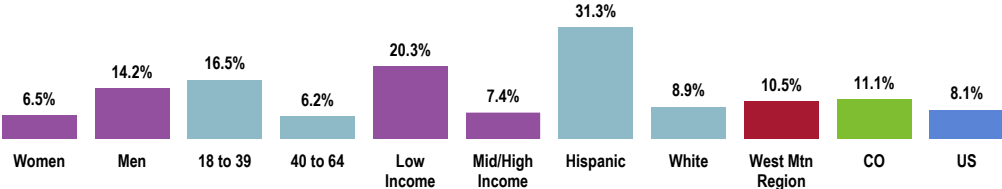
Insurance Coverage (Adults Age 18 to 64)



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.

