

2024 COMMUNITY ENGAGEMENT & BEHAVIORAL HEALTH SURVEY REPORT

Gunnison Valley, Colorado

Sponsored by

Crested Butte State of Mind

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INTRODUCTION

PROJECT OVERVIEW

Project Goals

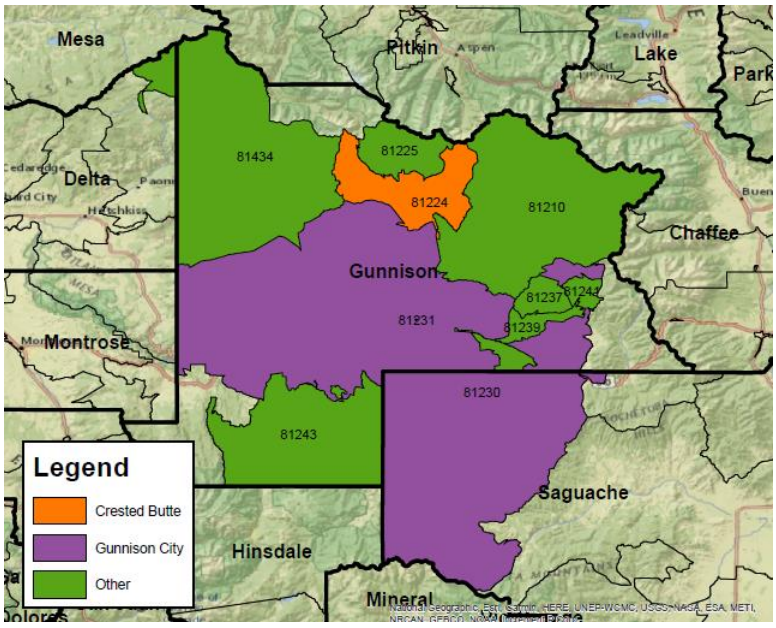
The 2024 PRC Community Engagement & Behavioral Health Survey is a data-driven approach to measuring community engagement and behavioral health needs in the Gunnison Valley of Colorado. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

This assessment was conducted on behalf of Crested Butte State of Mind by PRC, Inc., a nationally recognized health care consulting firm with extensive experience 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 encompasses the Gunnison Valley, including the communities of Crested Butte and Gunnison City, as outlined in the following map.



Gunnison Valley, Colorado

Survey Instrument

The survey used for this effort was developed by the sponsors 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 sponsors and the Katz Amsterdam Foundation to establish final question formats and question flow. The final survey instrument consisted of 42 questions.

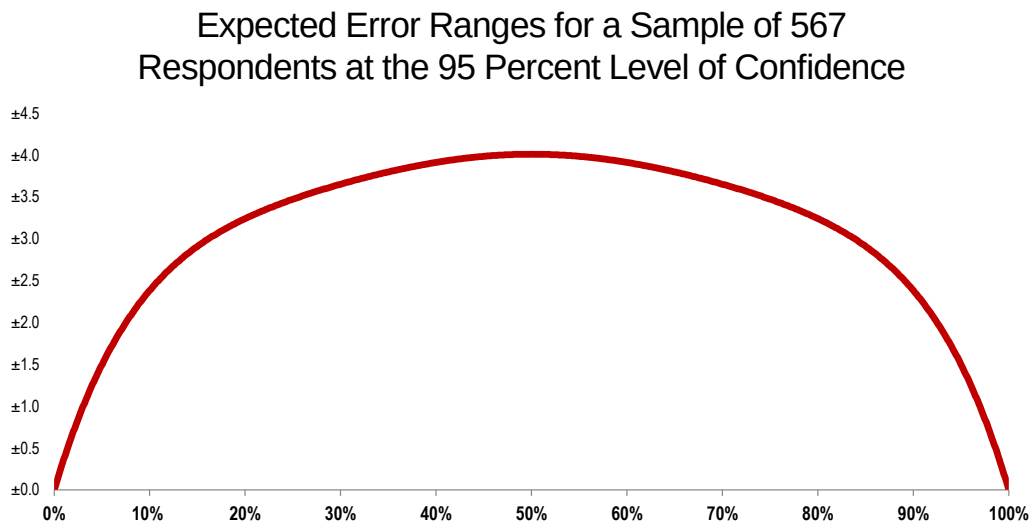
Sample Approach & Design

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 **567 total surveys** among individuals age 18 and older in the Gunnison Valley.

PRC SAMPLING ► PRC conducted 200 surveys across the Gunnison Valley 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 Crested Butte State of Mind 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 367 surveys were achieved through these methods.

For statistical purposes, the maximum rate of error associated with a sample size of 567 respondents is ±4.0% at the 95 percent confidence level.



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.

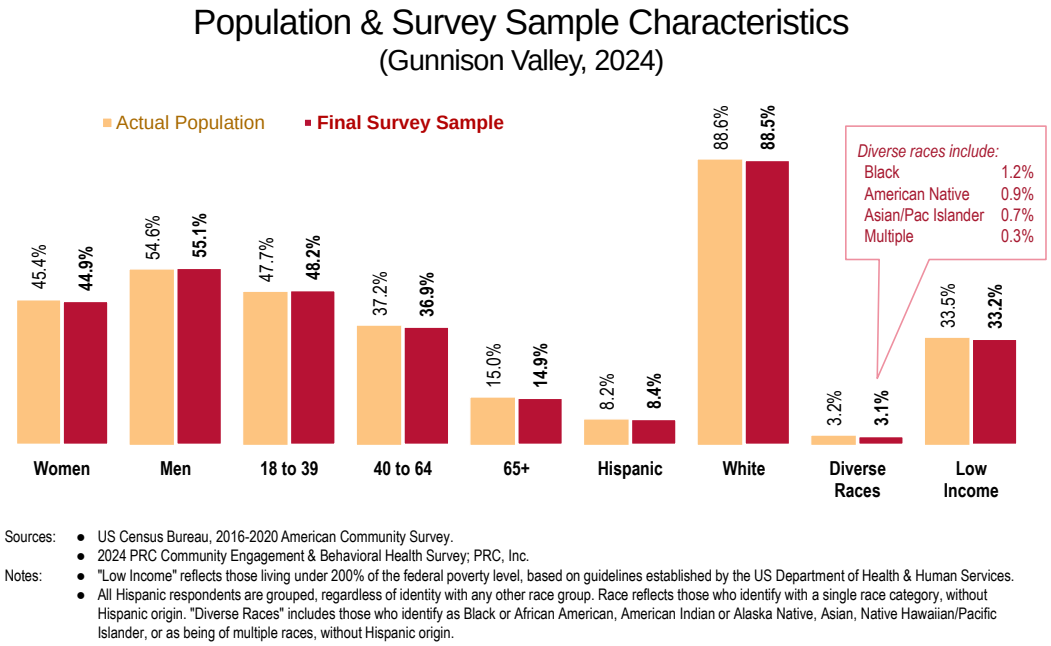
Examples: ● If 10% of the sample of 567 respondents answered a certain question with a "yes," it can be asserted that between 7.6% and 12.4% (10% ± 2.4%) of the total population would offer this response.

● 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.

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.]



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*.

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

- Residents of the Gunnison Valley appear to be **highly engaged** in their communities:
  - Over 80% agree that they trust people in their community, and about 70% report that they invest time and effort into the community.
  - Over half agree that their community is part of their identity.
- In general, older residents, those with higher incomes, and White respondents tend to be more engaged by these measures.
- On the other hand, residents' perception that their community is a **"fair/poor" place in which to live** is highest among People of Color and LGBTQ+ respondents.

SOCIAL SUPPORT

- Most Gunnison Valley residents feel that they have **adequate social support**, having someone they can turn to ("all" or "most" of the time) if they needed or wanted help.
- Still, across the Valley, over one-third of 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 women, residents in low-income households, and those identifying as LGBTQ+.

MENTAL HEALTH

- Most residents believe that their **communities are sympathetic** to those with mental health concerns, but **fewer feel that it is easy for residents to discuss** issues related to mental health. A total of 58.0% believe they would be able to tell if someone were struggling with a mental health concern (lower among men, young adults, those in low-income households, White respondents, and those who identify as LGBTQ+).
- Residents of the Gunnison Valley 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). The Gunnison Valley percentage is well above the Colorado percentage. Prevalence in the Gunnison Valley tends to be higher in women, younger adults, low-income residents, and those identifying as LGBTQ+.
- 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. Awareness levels vary considerably by demographics, as does the likelihood of using local services.
- Among the 44% of residents who have needed mental health services in the past year, more than one in four reports being **unable to get needed services**; this was primarily due to cost/insurance issues, lack of time, not knowing where to seek help, communication, and availability. Asked about the greatest challenge to their own **well-being**, survey respondents were most likely to reference issues of housing, family stress, and work stress.
- A total of 5.0% of all respondents report having a child in the household who has been diagnosed with mental or emotional issues.

- **Alcohol is strongly associated with social life** in the Gunnison Valley — over three-fourths of residents "strongly" or "somewhat agree" that alcohol is important to most peoples' social lives in their locale. This perception is stronger among White respondents and those with higher household incomes.
- **Very high percentages 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. The prevalence is much higher than state and national percentages.
- The **impact of substance use in peoples' lives is widespread** — nearly three in four (Gunnison Valley 74.1% 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 Gunnison Valley. These data are grouped by topic.

Reading the Summary Tables

In the following tables, Gunnison Valley results are shown in the larger, gray column.

The blue columns [to the left of the Gunnison Valley column] provide comparisons among the three community areas, identifying differences for each as "better than" (), "worse than" (), or "similar to" () the combined opposing areas.

The columns to the right of the Gunnison Valley column provide comparisons between the overall community data and any available state and national findings. Again, symbols indicate whether the Gunnison Valley 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 SUPPORT	DISPARITY AMONG SUBAREAS			Gunnison Valley	GUNNISON VALLEY vs. BENCHMARKS	
	Crested Butte	Gunnison City	Other		vs. CO	vs. US
% Community Is a "Fair/Poor" Place to Live	5.5	6.6	6.9	6.5		
% Trust People in the Community (Completely/Mostly Agree)	89.1	82.4	86.0	84.0		
% Invest Time/Effort Into the Community (Completely/Mostly Agree)	80.9	67.4	66.6	69.8		
% Community Member Is Part of My Identity (Completely/Mostly Agree)	68.9	51.6	57.0	55.5		
% “Always/Usually” Get Needed Social/Emotional Support	76.9	71.3	72.6	72.4		
% Lonely	37.6	35.3	34.8	35.7		38.5

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

better | similar | worse

MENTAL HEALTH	DISPARITY AMONG SUBAREAS: Crested Butte	Gunnison City	Other	Gunnison Valley	GUNNISON VALLEY vs. BENCHMARKS: vs. CO	vs. US
% People Are Sympathetic to Those With Mental Health Issues (Strongly/Somewhat Agree)	76.6	70.8	76.3	72.5		
% Easy for Residents to Discuss Mental Health (Strongly/Somewhat Agree)	58.6	60.6	65.4	60.8		
% Can Recognize a Person Struggling With Mental Health (Strongly/Somewhat Agree)	57.2	59.7	49.6	58.0		
% 3+ Days of Poor Mental Health in the Past Month	55.4	58.3	48.8	56.2	37.4	
% Needed Mental Health Services in Past Year	48.3	44.2	39.5	44.4		
% [Those Needing Services] Unable to Get Mental Health Services in Past Year	18.2	27.8		26.6		
% Aware of Local Mental Health Resources	85.3	80.9	84.2	82.1		
% "Very/Somewhat" Likely to Seek Mental Health Services Locally if Needed	88.6	80.5	79.1	81.8		
% "Very/Somewhat" Likely to Use Teletherapy for Behavioral Health	79.0	71.2	79.1	73.6		
% Household Has a Child Diagnosed With Mental Issues	8.2	4.8	1.6	5.0		

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

better | similar | worse

SUBSTANCE USE	DISPARITY AMONG SUBAREAS			Gunnison Valley	GUNNISON VALLEY vs. BENCHMARKS	
	Crested Butte	Gunnison City	Other		vs. CO	vs. US
% Alcohol Is Important to Most People's Social Life	84.3	75.2	83.9	77.9		
% Current Drinking	79.2	74.4	83.8	76.5	61.4	64.2
% Heavy Drinking	28.2	24.5	30.2	25.8	8.1	14.1
% Binge Drinking	44.4	37.8	53.1	40.8	19.2	30.6
% Excessive Drinking	48.4	43.4	58.6	46.2	20.7	34.3
% Personally Impacted by Substance Use	73.8	74.1	74.5	74.1		45.4

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

better | similar | worse

ACCESS TO HEALTH CARE	DISPARITY AMONG SUBAREAS			Gunnison Valley	GUNNISON VALLEY vs. BENCHMARKS	
	Crested Butte	Gunnison City	Other		vs. CO	vs. US
% [Age 18-64] Lack Health Insurance	11.0	7.9	9.7	8.7	11.1	8.1

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

better | similar | worse



COMMUNITY LIFE

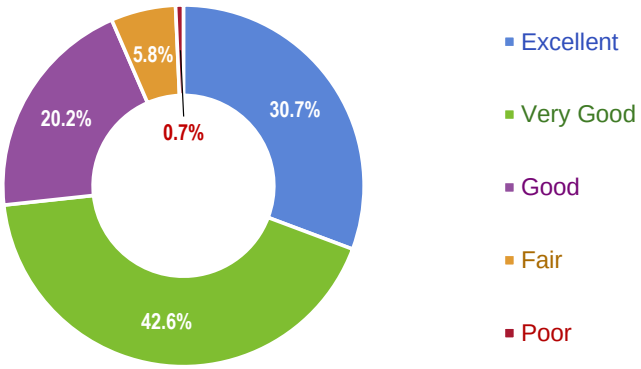
COMMUNITY AS A PLACE TO LIVE

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

"Overall, how would you rate your community as a place to live? Would you say: excellent, very good, good, fair, or poor?"

By and large, most residents in the Gunnison Valley rate their community as "excellent" or "very good" places to live.

Rating of the Community as a Place to Live
(Gunnison Valley, 2024)



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

However, 6.5% of area residents gave "fair/poor" ratings of their community as a place to live.

DISPARITY ► Reported more often among respondents age 40 to 59, People of Color, and LGBTQ+ adults.

Perceive the Community as a "Fair" or "Poor" Place to Live
(Gunnison Valley, 2024)



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
(Gunnison Valley, 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.

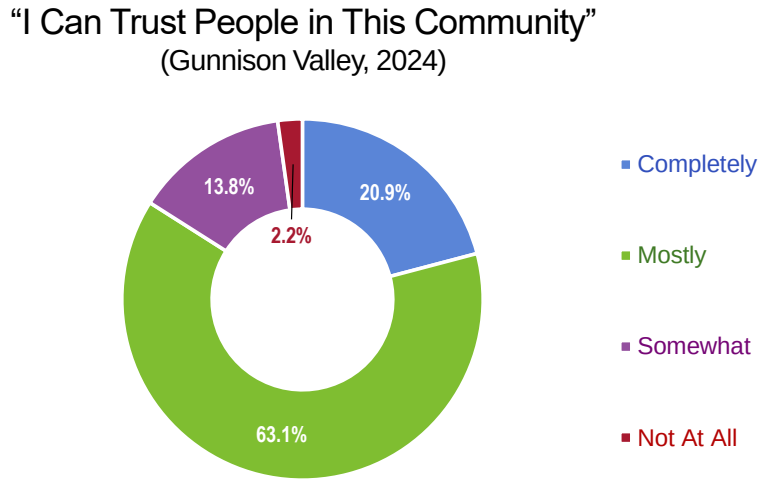
RACE & ETHNICITY ► In analyzing survey results, mutually exclusive race and ethnicity categories are used.. “White” reflects those who identify as White alone, without Hispanic origin. “People of Color” includes those who identify as Hispanic, Black or African American, American Indian or Alaska Native, Asian, Native Hawaiian/Pacific Islander, or as being of multiple races, without Hispanic origin.

COMMUNITY ENGAGEMENT

Trust

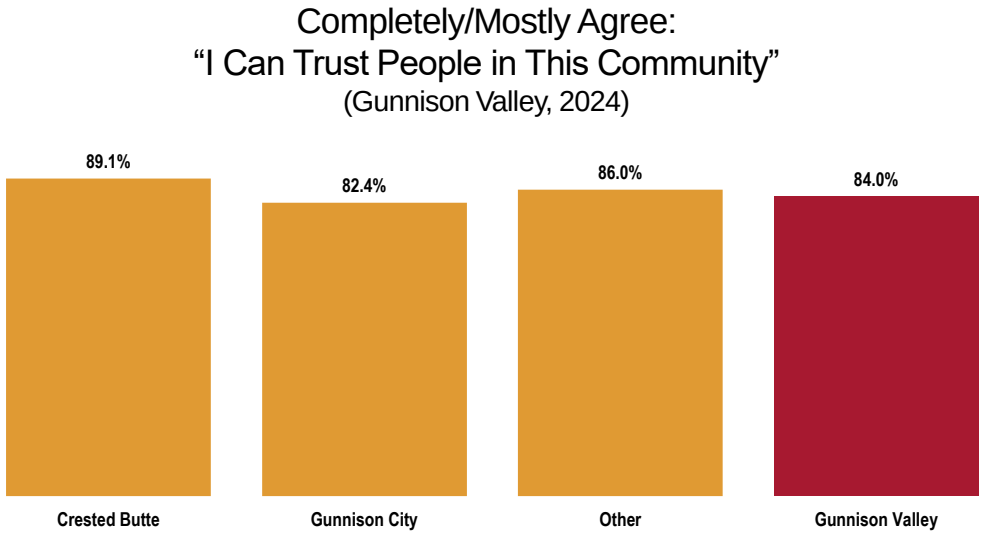
Community engagement was measured in the PRC Community Engagement & Behavioral Health Survey by asking respondents to report their level of agreement with three statements about their attachment to and identification with their local community.

Around 84% of residents in the community agree ("completely" or "mostly") that *"I can trust people in this community."*



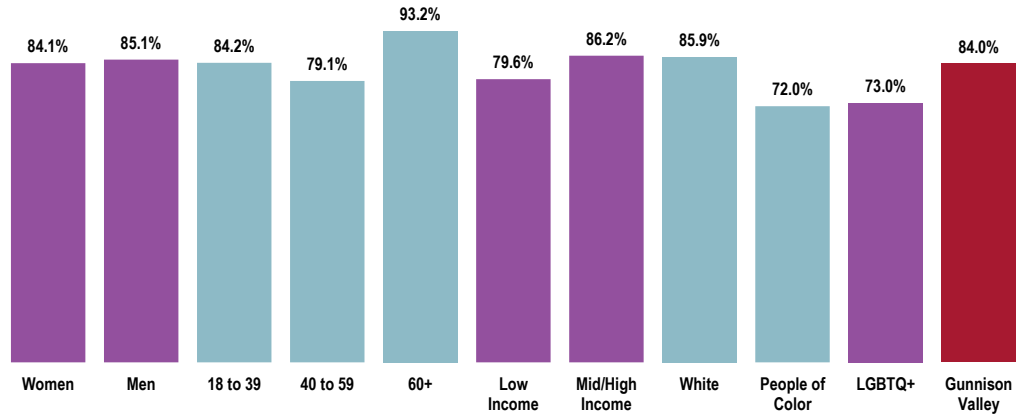
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]
Notes: • Asked of all respondents.

DISPARITY ► Agreement is highest among Crested Butte respondents. Agreement is lower, on the other hand, among adults age 40 to 59, People of Color, and LGBTQ+ respondents.



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

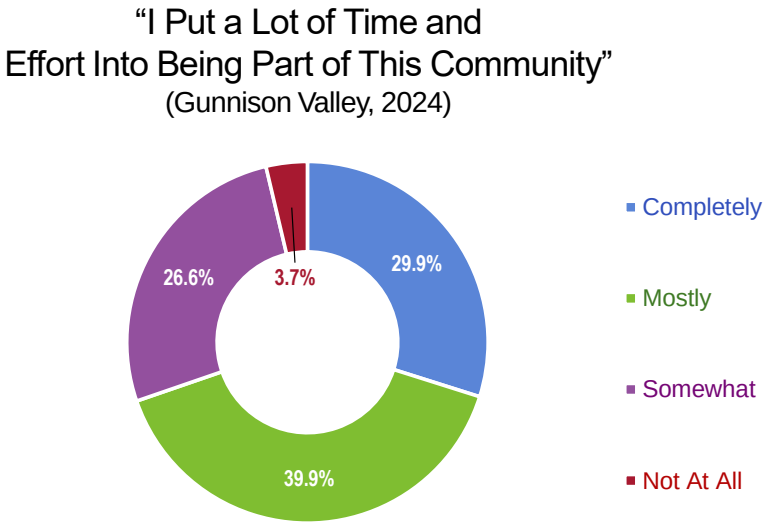
Completely/Mostly Agree: "I Can Trust People in This Community" (Gunnison Valley, 2024)



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

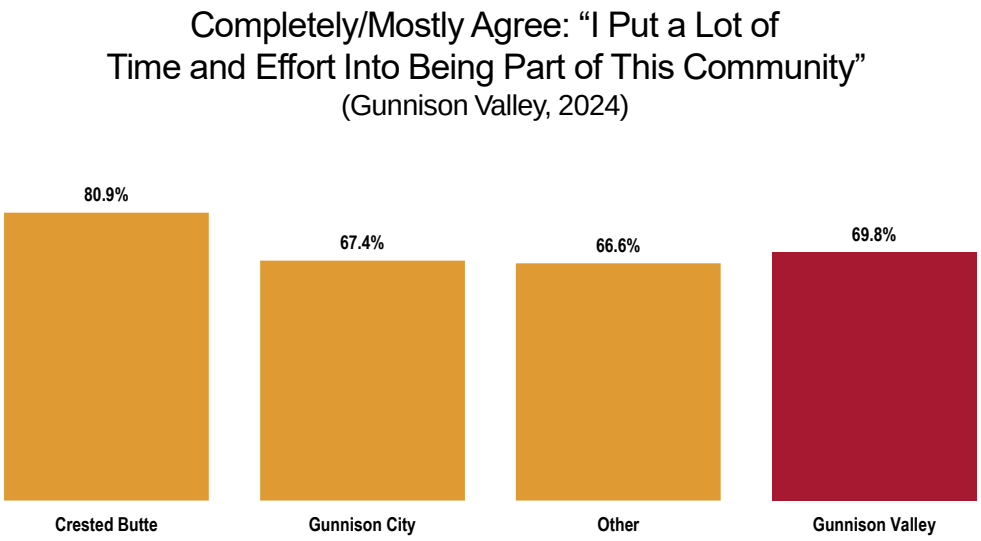
Time & Effort

Approximately 70% of residents in the Gunnison Valley agree ("completely" or "mostly") that *"I put a lot of time and effort into being part of this community."*



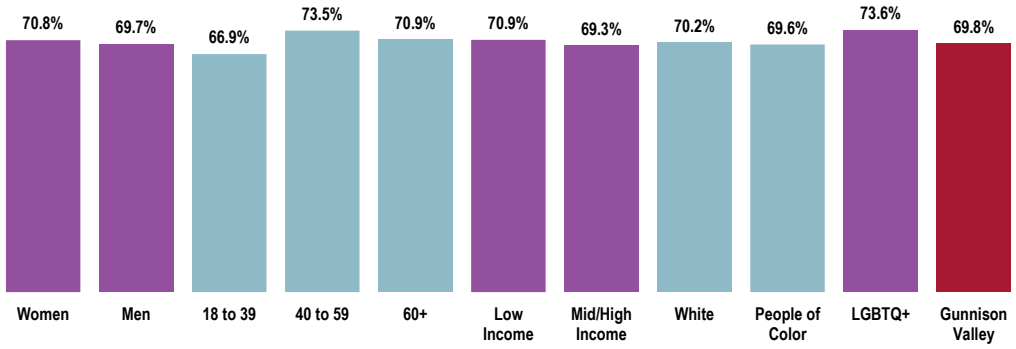
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents.

DISPARITY ► Much higher in Crested Butte.



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"
(Gunnison Valley, 2024)

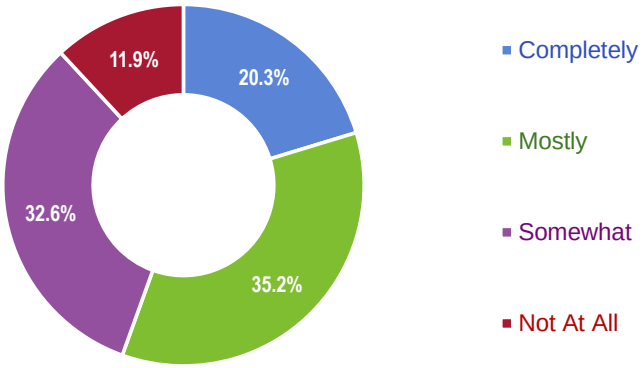


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents.

Identity

Over half of residents in the Gunnison Valley agree ("completely" or "mostly") that *"being a member of this community is part of my identity."*

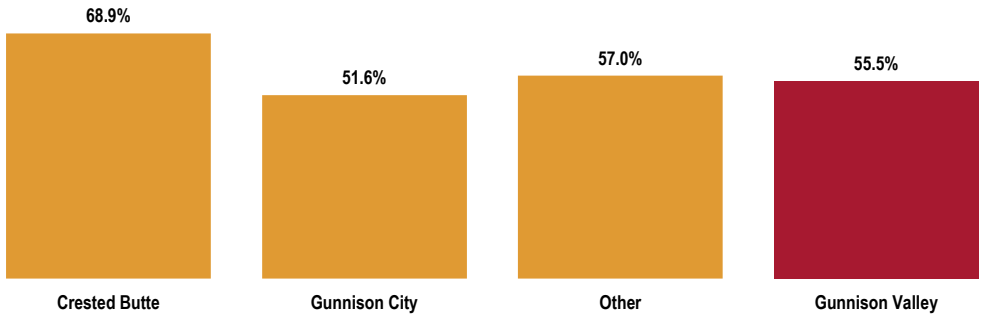
"Being a Member of This Community Is Part of My Identity"
(Gunnison Valley, 2024)



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

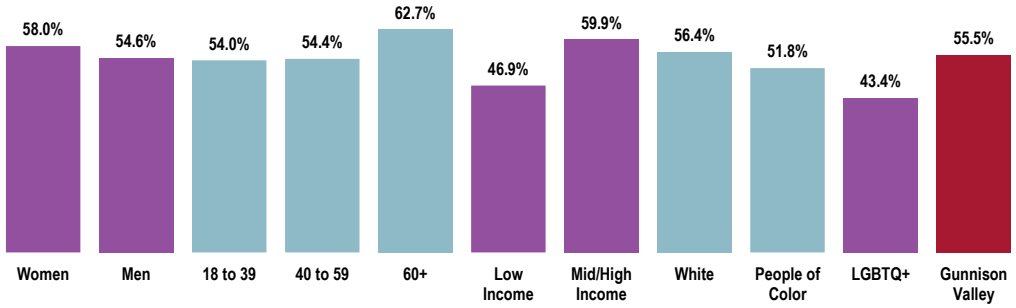
DISPARITY ► Highest among residents of Crested Butte. Reported less often among adults in low-income households and those who identify as LGBTQ+.

Completely/Mostly Agree:
"Being a Member of This Community Is Part of My Identity"
(Gunnison Valley, 2024)



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"
(Gunnison Valley, 2024)



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

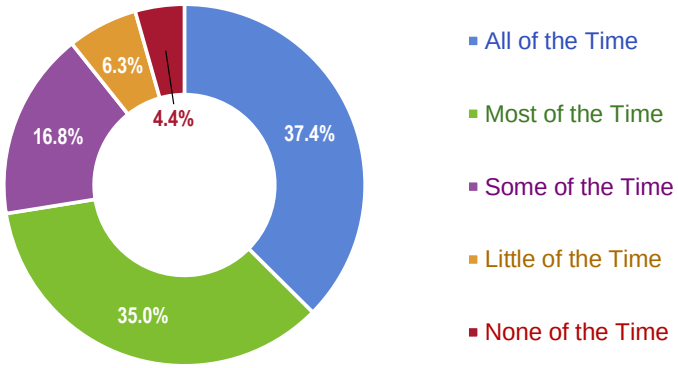
SOCIAL CONNECTIONS & LONELINESS

Social Support

"In the past month, how often have you had someone in your community you could turn to if you needed or wanted help? Would you say: all of the time, most of the time, some of the time, little of the time, or none of the time?"

A total of 72.4% of adults in the Gunnison Valley feel that they have had someone they can turn to for help in the community "all" or "most" of the time during the past month.

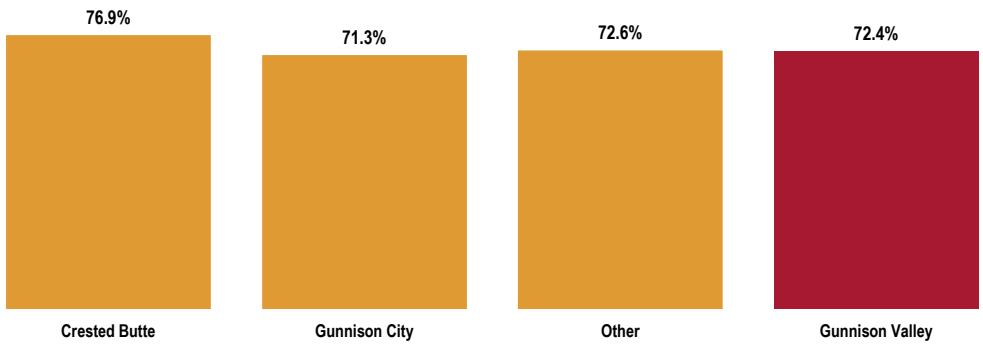
Frequency of Having Someone to Turn to in the Past Month
(Gunnison Valley, 2024)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: ● Asked of all respondents.

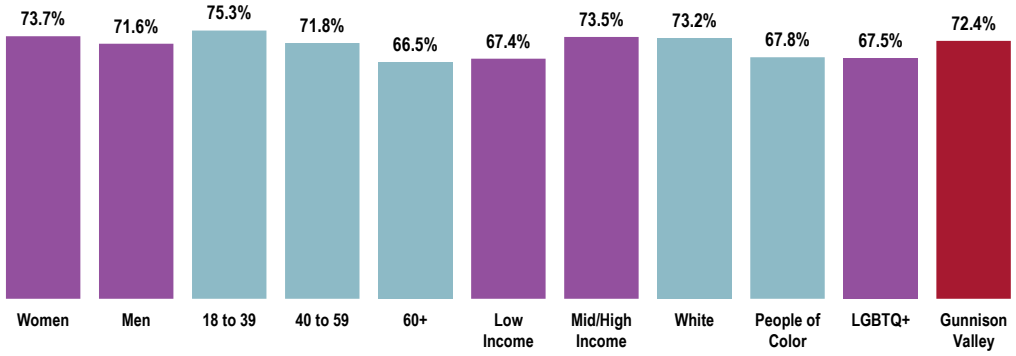
DISPARITY ► No statistical disparity across geography or demographic characteristics.

Have Someone to Turn to "All" or "Most" of the Time
(Gunnison Valley, 2024)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: ● Asked of all respondents.

Have Someone to Turn to “All” or “Most” of the Time
(Gunnison Valley, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 301]
Notes: • Asked of all respondents.

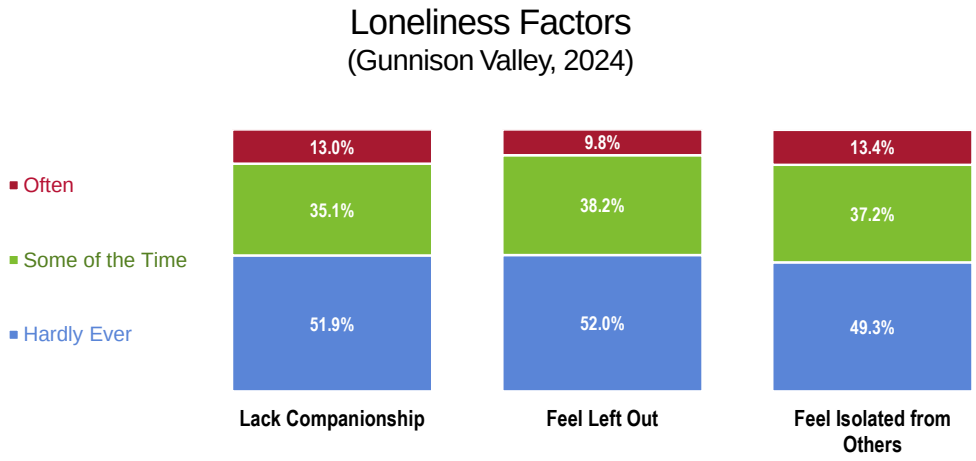
Isolation & Loneliness

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

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

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

The following chart outlines responses to three questions used to define "loneliness" among residents in the Gunnison Valley.

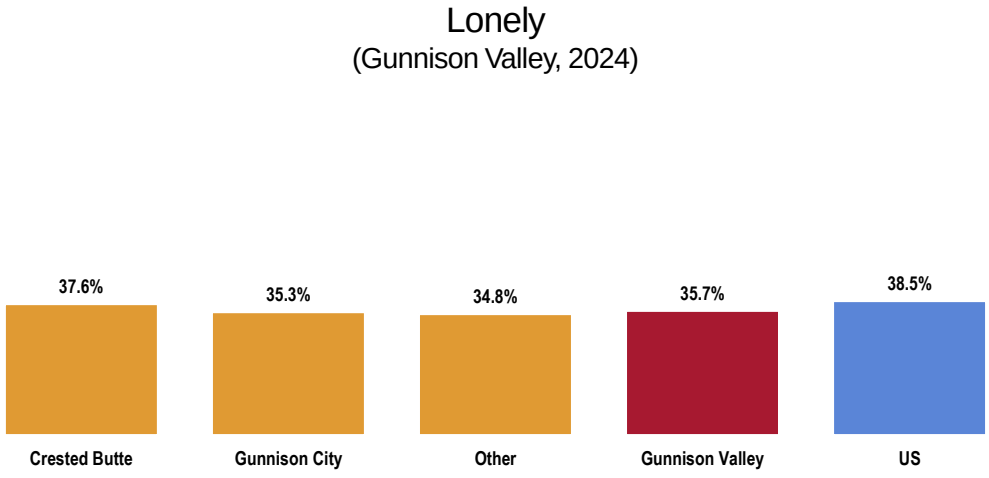


Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 8-10]
Notes: • Asked of all respondents.

Loneliness Scale

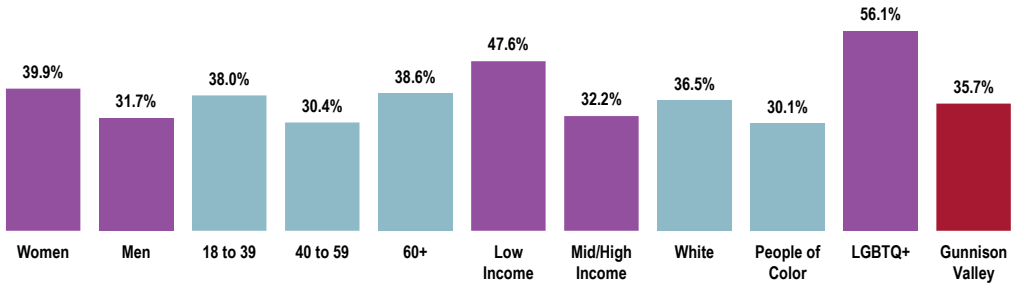
Based on their responses to the three survey questions, 35.7% of residents in the Gunnison Valley are found to be "lonely."

DISPARITY ► The prevalence is highest among women, respondents in low-income households, and LGBTQ+ adults.



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
(Gunnison Valley, 2024)



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

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



MENTAL HEALTH

COMMUNITY ATTITUDES TOWARD MENTAL HEALTH

Caring & Sympathy Toward Those With Mental Health Issues

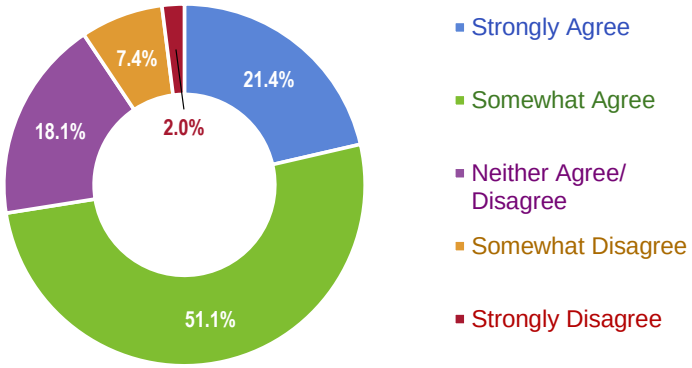
To gauge community attitudes toward mental health, respondents taking part in the survey were asked their level of agreement with the following statement:

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

Most survey respondents agree that the community is generally caring and sympathetic to people with mental health issues.

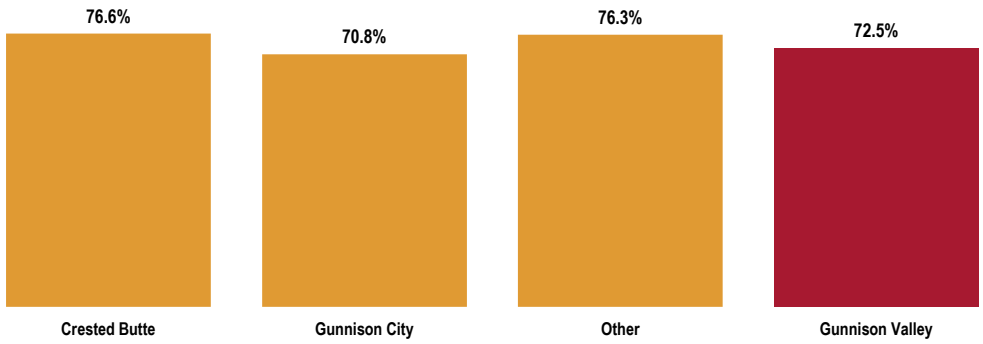
DISPARITY ► Statistically stable results by subarea and demographic characteristics.

"People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns"
(Gunnison Valley, 2024)



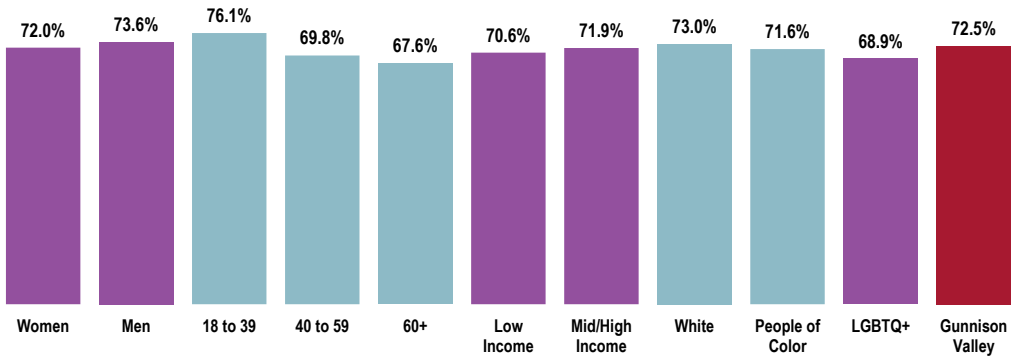
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
Notes: • Asked of all respondents.

Strongly/Somewhat Agree: "People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns"
(Gunnison Valley, 2024)



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”
(Gunnison Valley, 2024)



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

Discussing Mental Health & Emotional Challenges

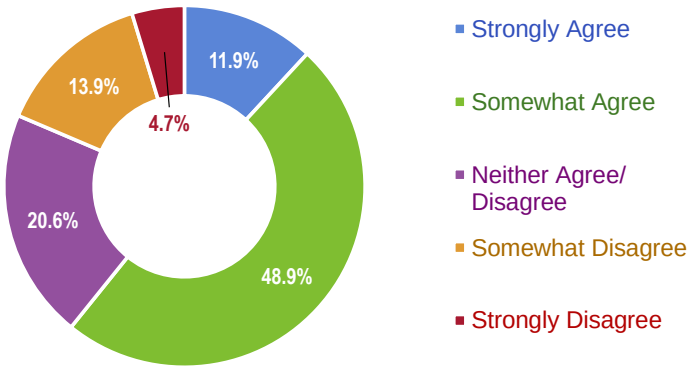
Responding adults were further asked their level of agreement with the following statement:

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

A total of 60.8% of residents agree that people in the community can easily discuss mental health; however, 18.6% in the Gunnison Valley do not.

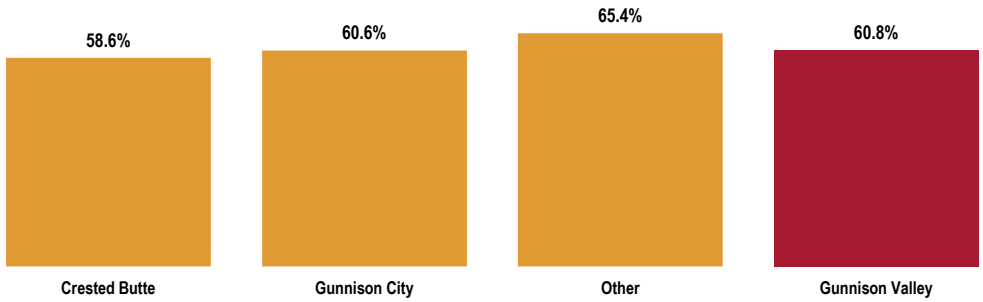
DISPARITY ► Reported less often among LGBTQ+ respondents.

"It Is Easy for Residents to Talk About Mental Health or Emotional Challenges"
(Gunnison Valley, 2024)



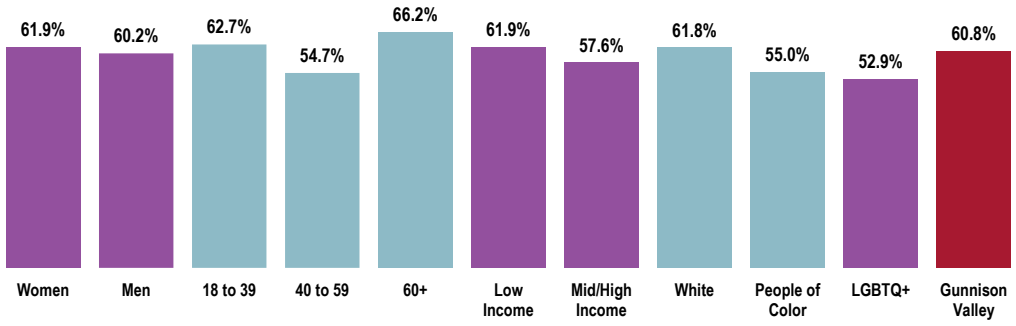
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 12]
Notes: • Asked of all respondents.

Strongly/Somewhat Agree: "It Is Easy for Residents to Talk About Mental Health or Emotional Challenges"
(Gunnison Valley, 2024)



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”
(Gunnison Valley, 2024)



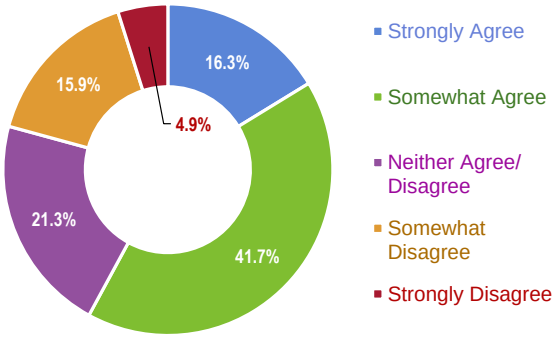
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 12]
Notes: • Asked of all respondents.

IDENTIFYING MENTAL HEALTH ISSUES

A total of 58.0% of Gunnison Valley adults agree that they *"would be able to tell if someone were struggling with a mental health concern."*

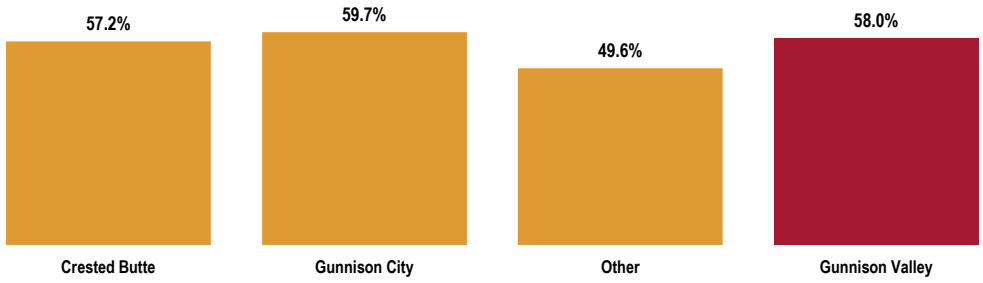
DISPARITY ► Agreement is lower among men, young adults, and LGBTQ+ respondents.

"I Would Be Able to Tell if Someone Were Struggling With a Mental Health Concern"
(Gunnison Valley, 2024)



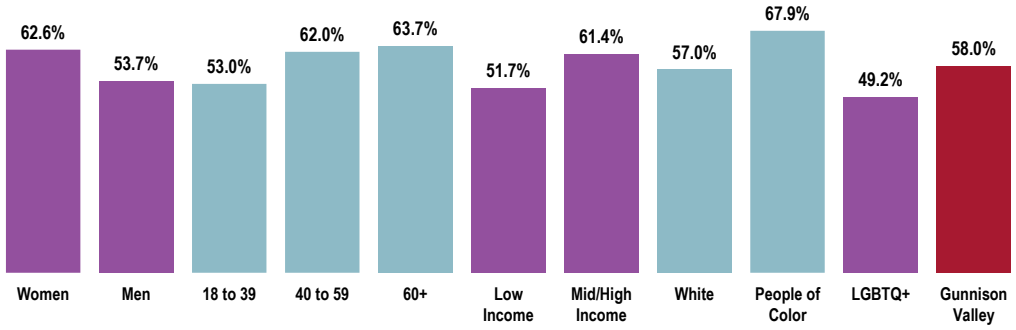
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]
Notes: ● Asked of all respondents.

Strongly/Somewhat Agree: "I Would Be Able to Tell if Someone Were Struggling With a Mental Health Concern"
(Gunnison Valley, 2024)



Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]
Notes: ● Asked of all respondents.

Strongly/Somewhat Agree: “I Would Be Able to Tell if Someone Were Struggling With a Mental Health Concern”
(Gunnison Valley, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 302]
Notes: • Asked of all respondents.

PERSONAL MENTAL HEALTH

Mental Health Status

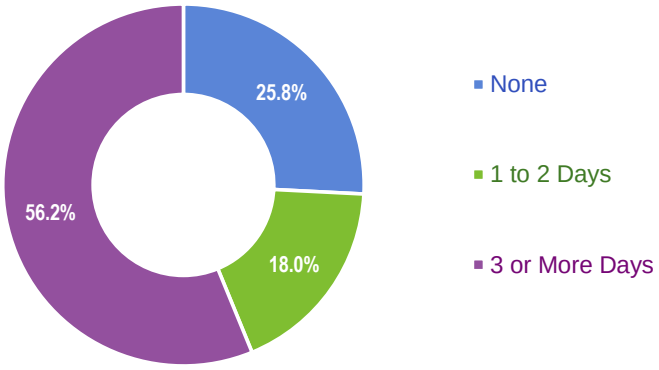
"Still thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days would you say your mental health was NOT good?"

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

BENCHMARK ► Well above the statewide prevalence.

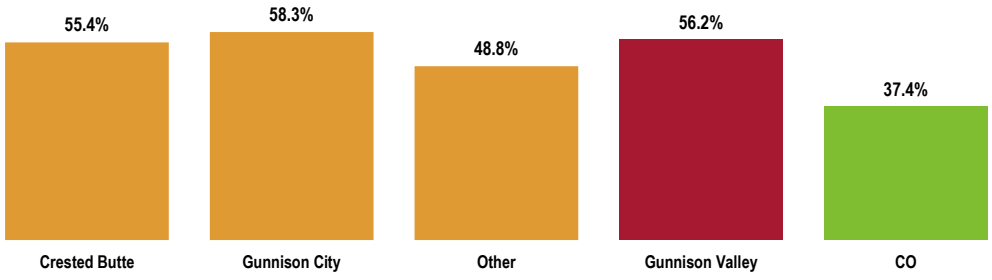
DISPARITY ► Highest among young adults, those in low-income households, and those who identify as LGBTQ+.

Days of Poor Mental Health
(Gunnison Valley, 2024)



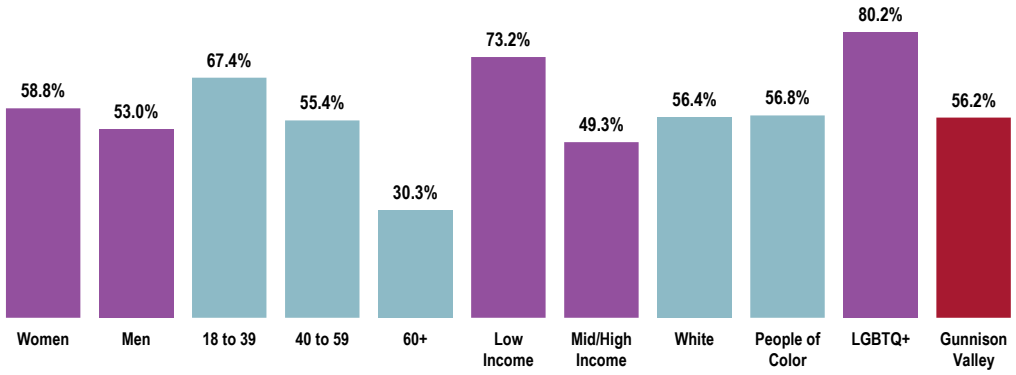
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 18]
Notes: ● Asked of all respondents.

Three or More Days of Poor Mental Health in the Past Month
(Gunnison Valley, 2024)



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): 2022 data.
Notes: ● Asked of all respondents.

Three or More Days of Poor Mental Health in the Past Month
(Gunnison Valley, 2024)



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

Need for Mental Health Services

Respondents were asked the following questions:

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

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

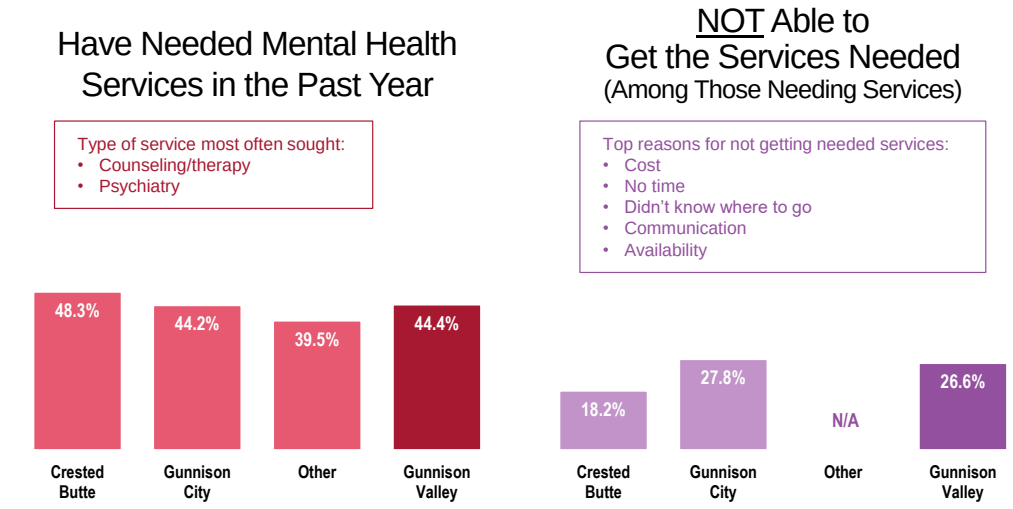
[IF NO] "What would you say was the MAIN reason that you did not get these services?" (These respondents were given an opportunity to mention up to three reasons.)

A total of 44.4% of adults in the Gunnison Valley 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 26.6% were not.

DISPARITY ► Adults in Gunnison City were more likely to cite issues with getting the mental health services they needed.

The leading types of services sought included general counseling/therapy and psychiatry.

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

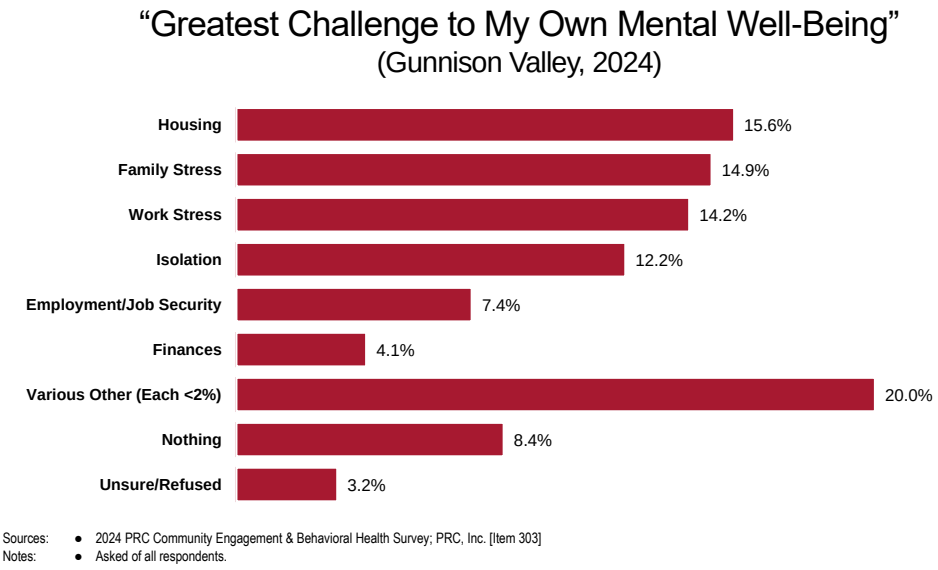


Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 13-17, 304]
Notes: ● Asked of all respondents.

Greatest Challenge to Mental Well-Being

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

When asked, 15.6% of survey respondents reported that the greatest challenge to their own mental well-being is housing-related, followed by family stress (mentioned by 14.9%), work stress (14.2%), and isolation (12.2%).



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

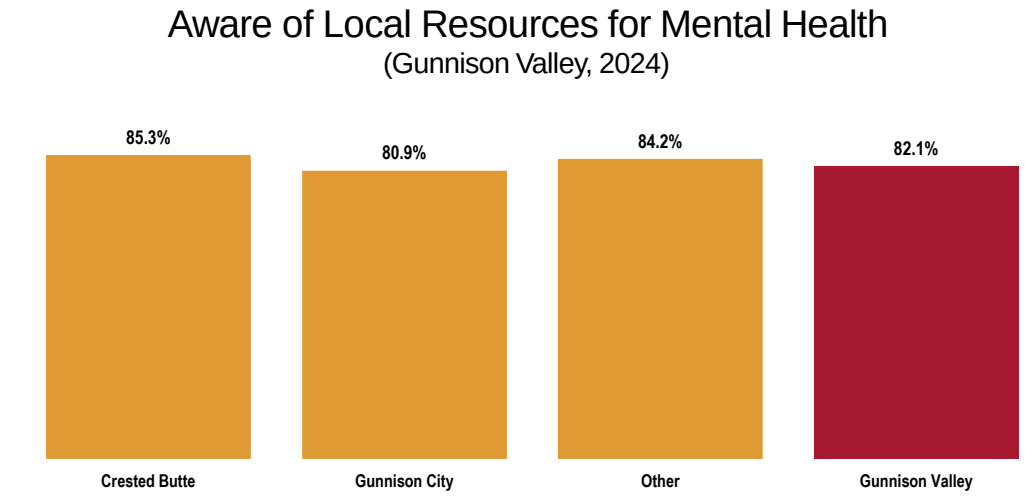
LOCAL RESOURCES FOR MENTAL HEALTH

Awareness of Resources

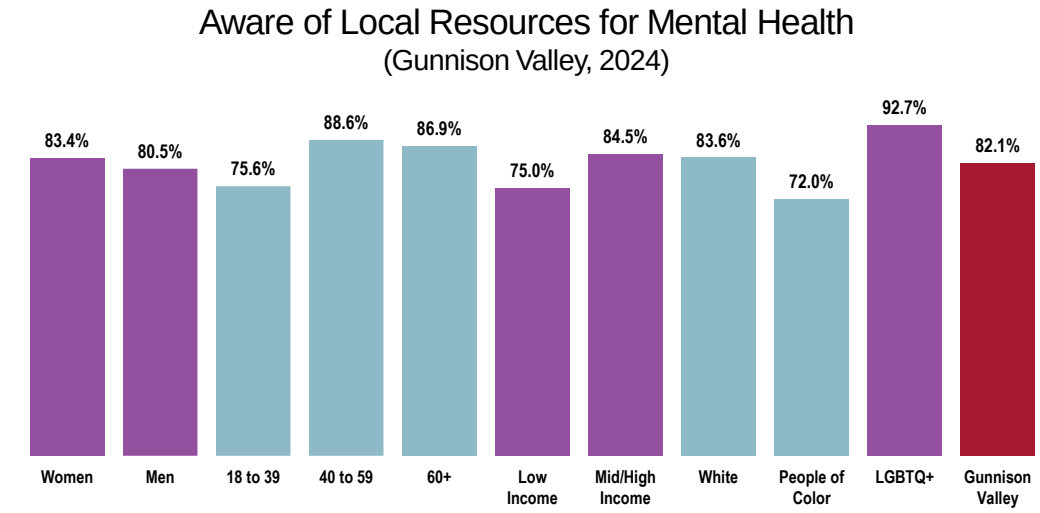
"Are you aware of any providers, programs, or resources available in this community to help people with mental health needs?"

More than four in five adults in the Gunnison Valley are aware of local providers, programs, or resources available to help people with mental health needs.

DISPARITY ► Awareness is lower among young adults, those in low-income households, and People of Color.



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



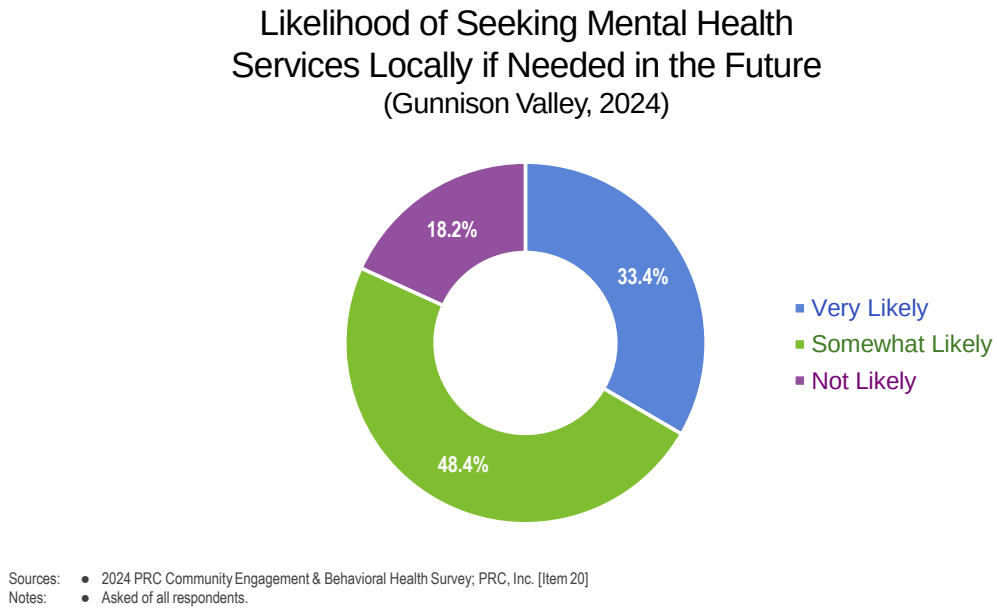
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 19]
Notes: • Asked of all respondents.

Likelihood of Using Local Resources

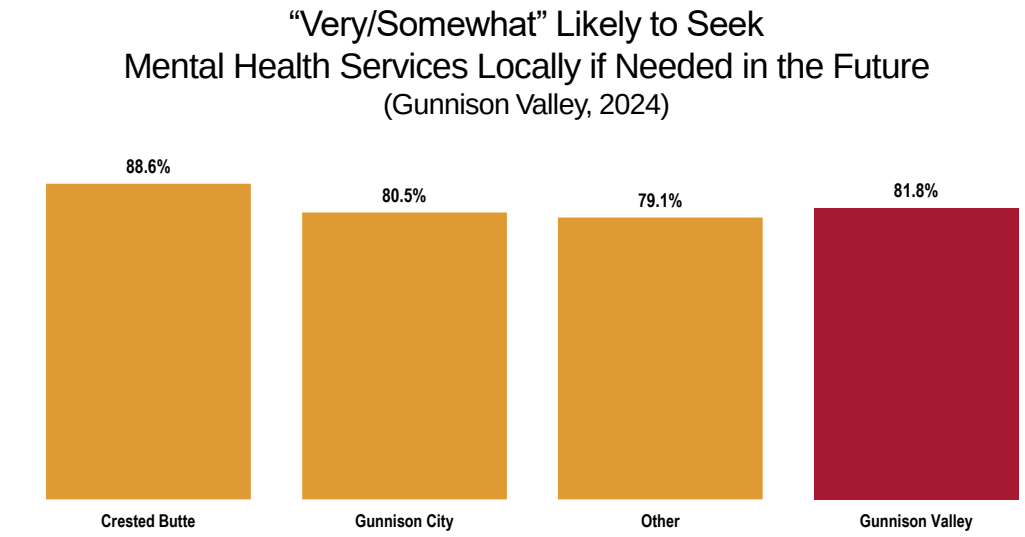
"If you needed mental health services in the future, how likely would you be to reach out to local providers, programs, or resources for help? Would you be: very likely; somewhat likely; or not at all likely?

Most residents in the Gunnison Valley 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.

DISPARITY ► Highest in Crested Butte. Reported less often among adults age 40 to 59 and those in low-income households.

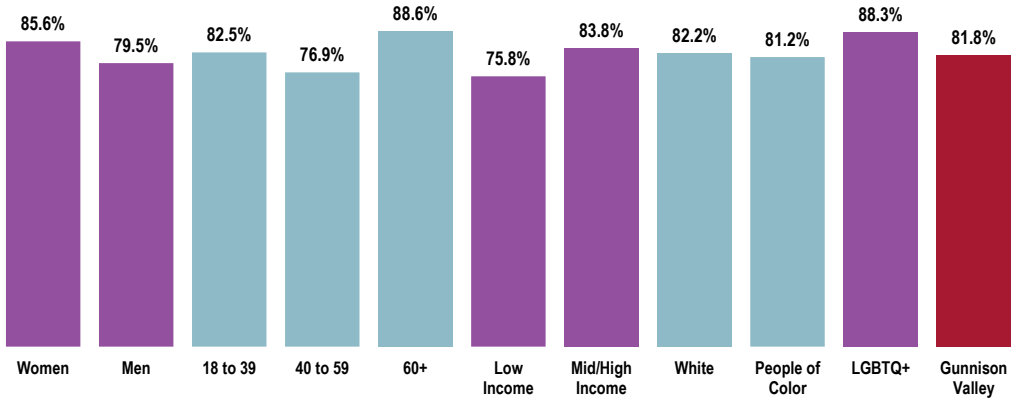


Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 20]
Notes: ● Asked of all respondents.



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
(Gunnison Valley, 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 Gunnison Valley say that they would be "very" or "somewhat" likely to use teletherapy visits if needed and if they were available and affordable to them.

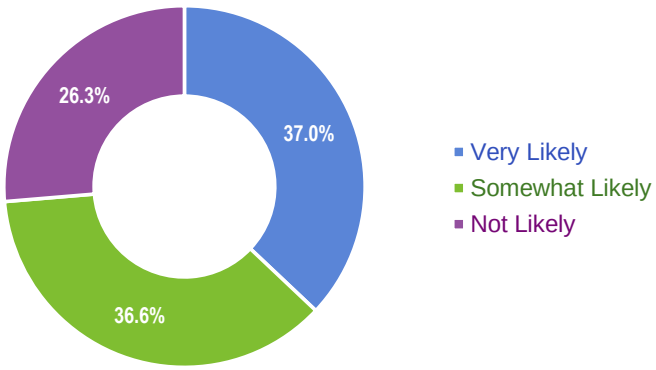
DISPARITY ► Likelihood is lower among Gunnison City respondents and among men and adults age 60+.

Respondents were read the following:

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

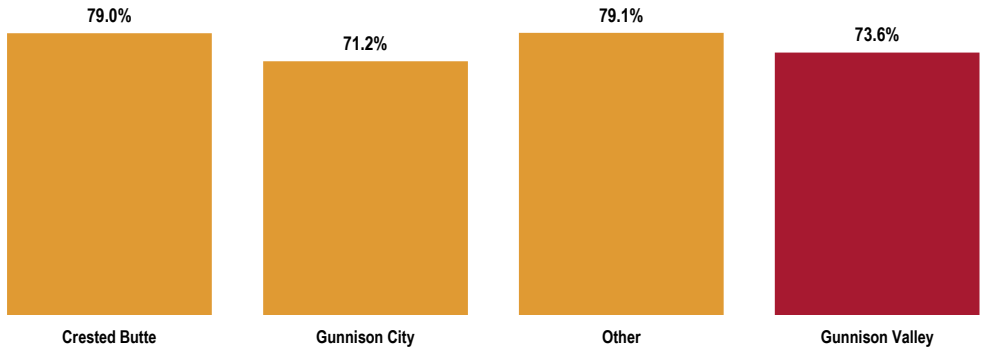
If teletherapy were available to you at a cost you could afford, how likely would you be to use this type of visit for mental health or substance use support? Would you be: very likely; somewhat likely; or not at all likely?"

Likelihood of Using Teletherapy for Mental Health or Substance Use Support if Needed and It Were Affordable
(Gunnison Valley, 2024)



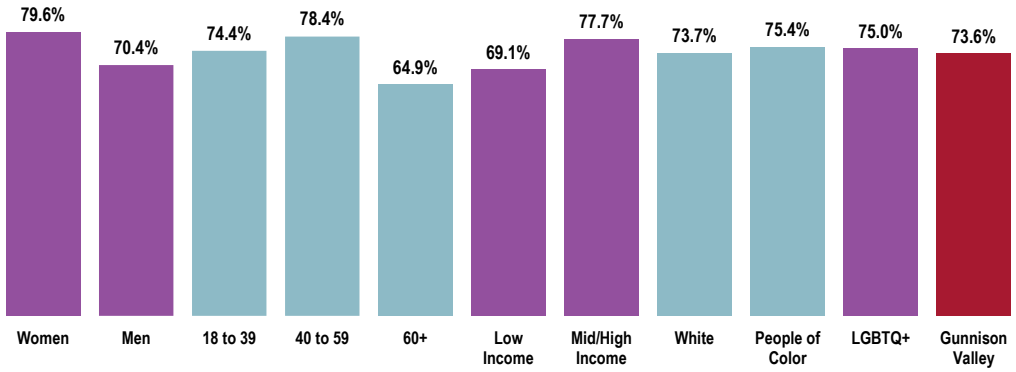
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
Notes: • Asked of all respondents.

“Very/Somewhat” Likely to Use Teletherapy for Mental Health or Substance Use Support
(Gunnison Valley, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 21]
Notes: • Asked of all respondents.

“Very/Somewhat” Likely to Use Teletherapy for Mental Health or Substance Use Support
(Gunnison Valley, 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.

CHILDREN'S MENTAL HEALTH

Children With Mental Health Needs

"Are there any children, under the age of 18, currently living in your household who have been diagnosed with any mental or emotional issues?"

Among all Gunnison Valley households, 5.0% have a child in the household who has been diagnosed with a mental or emotional issue.

DISPARITY ► Reported more often among women and adults age 40 to 59.

A Child in the Household Has Been Diagnosed With Mental or Emotional Issues (Gunnison Valley, 2024)

Note: Asked of all households, including those with without children living at home.



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

A Child in the Household Has Been Diagnosed With Mental or Emotional Issues (Gunnison Valley, 2024)

Note: Asked of all households, including those with without children living at home.



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





SUBSTANCE USE

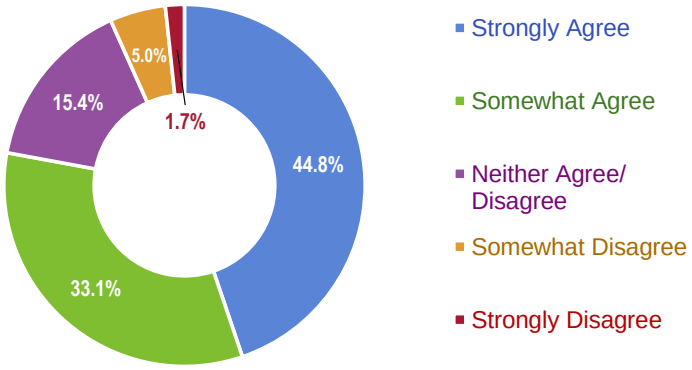
ALCOHOL

Community Perceptions of Alcohol

Over three-fourths of residents in the Gunnison Valley agree ("strongly" or "somewhat") that *"for most people in this community, alcohol is important to social life."*

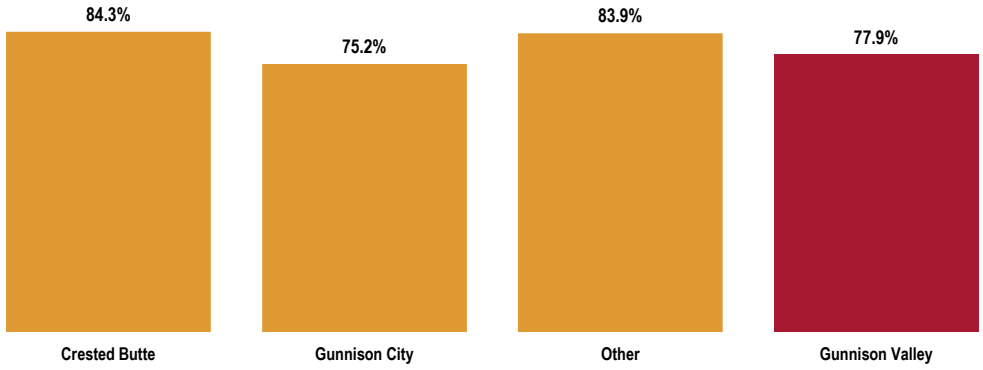
DISPARITY ▶ Highest in Crested Butte. Notably low among People of Color.

"For Most People in This Community, Alcohol Is Important to Social Life"
(Gunnison Valley, 2024)



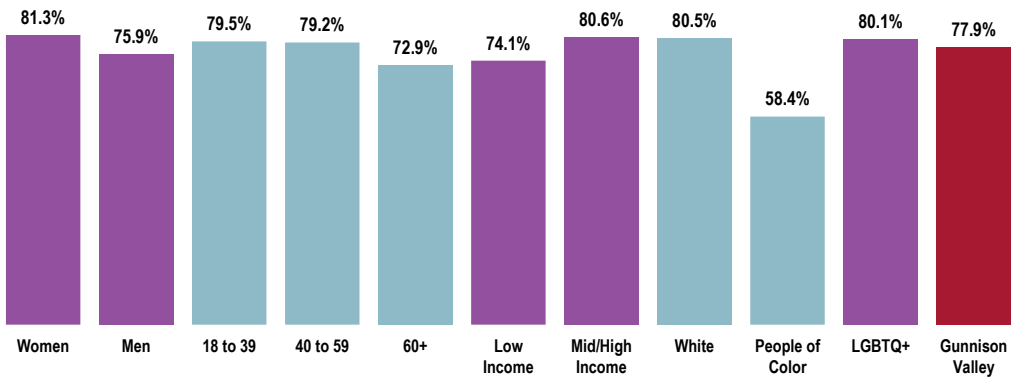
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]
Notes: ● Asked of all respondents.

Strongly/Somewhat Agree: "For Most People in This Community, Alcohol Is Important to Social Life"
(Gunnison Valley, 2024)



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”
(Gunnison Valley, 2024)



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

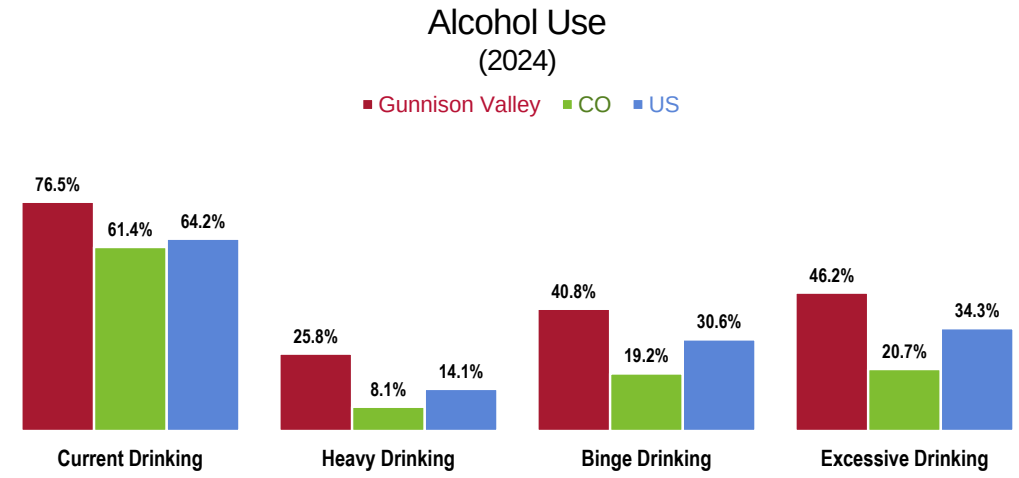
Personal Alcohol Use

DEFINITIONS

- **Current drinking** is having at least one drink of alcohol in the past 30 days.
- **Heavy drinking** is having 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** is having 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 either heavy drinking or binge drinking (as defined above) in the past 30 days.

About three in four residents in the Gunnison Valley report some alcohol use in the past 30 days, and a significant share (46.2%) are found to be engaged in "excessive drinking."

BENCHMARK ► Each Gunnison Valley drinking prevalence below is much higher than its state and national counterpart.



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): 2022 data.

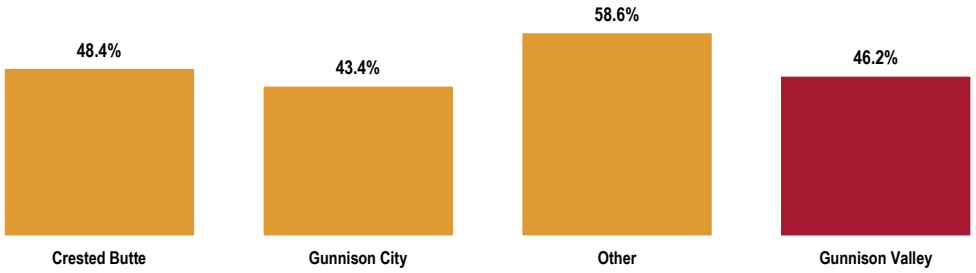
Notes:
- Asked of all respondents.
- **Current drinking** is having least one drink of alcohol in the past 30 days.
- **Heavy drinking** is having more than two drinks per day on average (for men) or more than one drink per day on average (for women) during the past 30 days.
- **Binge drinking** is having 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** is either heavy drinking or binge drinking in the past 30 days.

Excessive Drinking

The following further outlines Gunnison Valley data for the prevalence of excessive drinking.

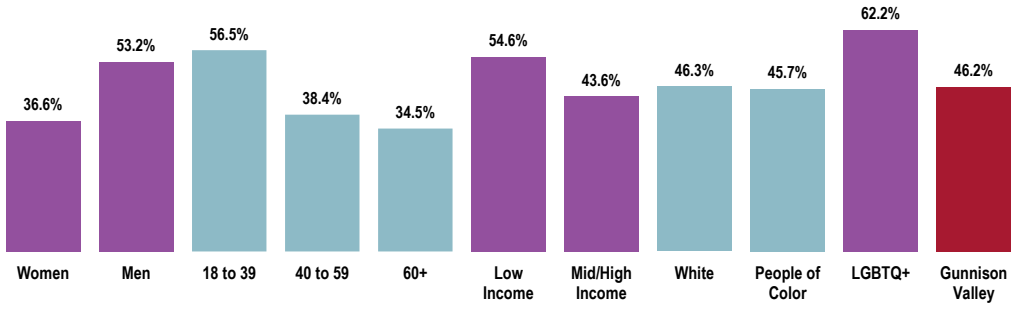
DISPARITY ► Highest outside the Crested Butte and Gunnison City communities. Higher among men, young adults, those in low-income households, and those who identify as LGBTQ+.

Excessive Drinking
(Gunnison Valley, 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.

Excessive Drinking
(Gunnison Valley, 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

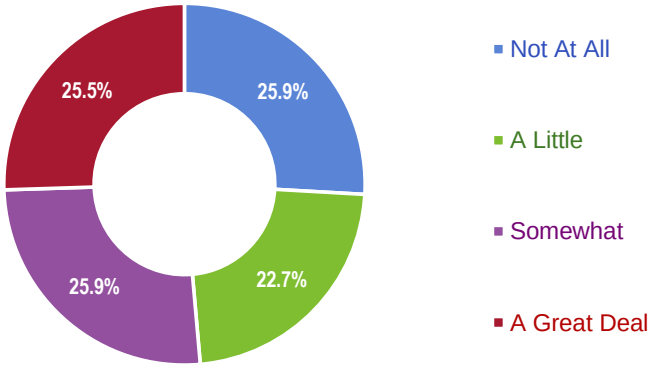
"To what degree has your life been negatively affected by your own or someone else's substance use issues, including alcohol, prescription, and other drugs? Would you say: a great deal, somewhat, a little, or not at all?"

In the Gunnison Valley, nearly 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").

BENCHMARK ► Well above the national prevalence.

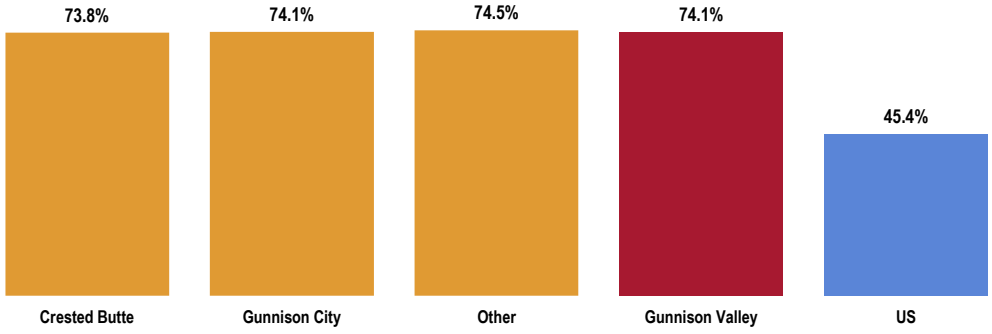
DISPARITY ► Highest among LGBTQ+ residents.

Degree to Which Life Has Been Negatively Affected by Substance Use (Self or Other's)
(Gunnison Valley, 2024)



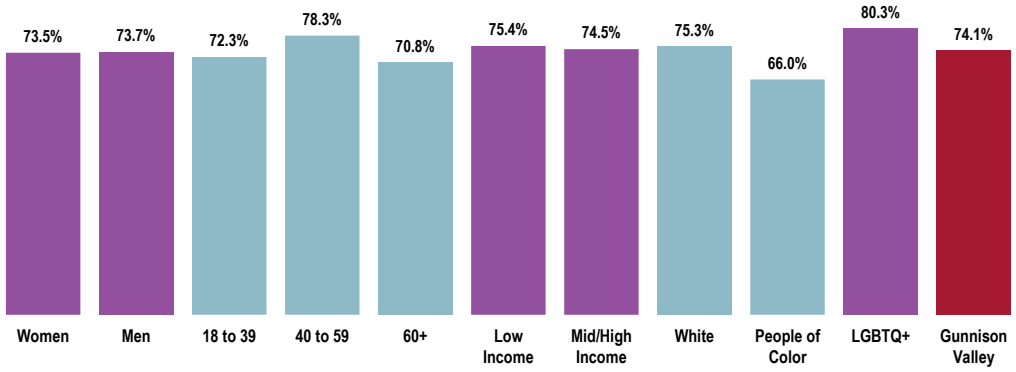
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
Notes: • Asked of all respondents.

Life Has Been Negatively Affected by Substance Use (by Self or Someone Else)
(Gunnison Valley, 2024)



Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 49]
• 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)
(Gunnison Valley, 2024)



Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 49]

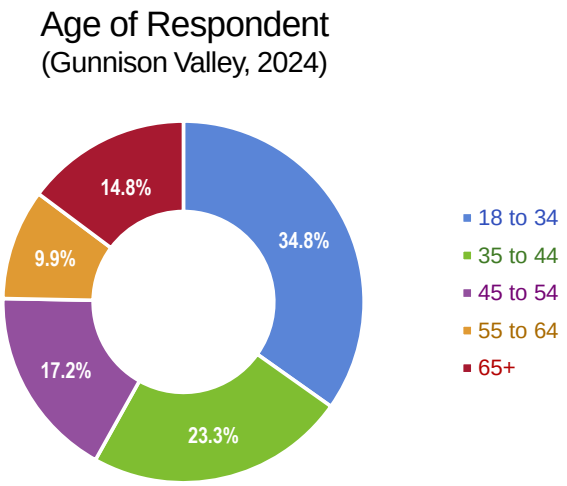
Notes:
- Asked of all respondents.
- Includes response of "a great deal," "somewhat," and "a little."



COMMUNITY SAMPLE CHARACTERISTICS

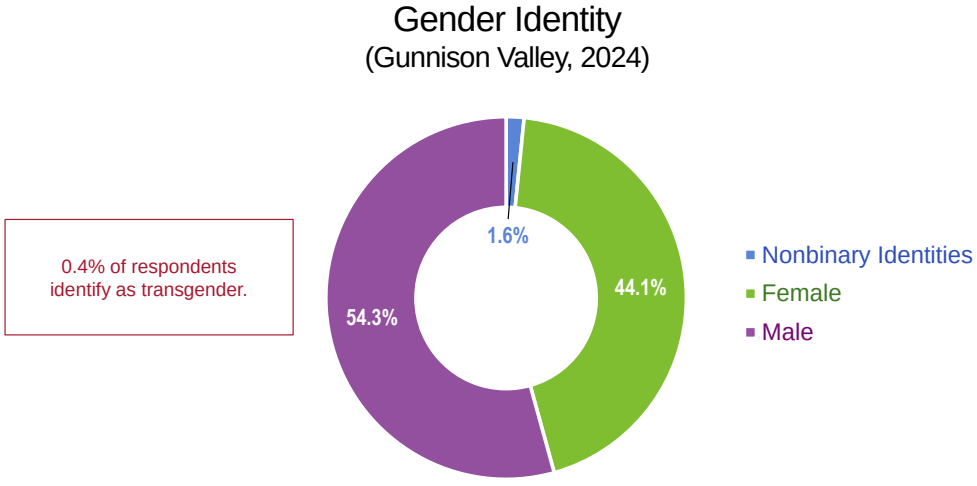
Charts in the following section detail the sample characteristics for the Gunnison Valley community. Note that the samples closely match the actual population of the area in terms of gender, age, race/ethnicity, and income level.

AGE



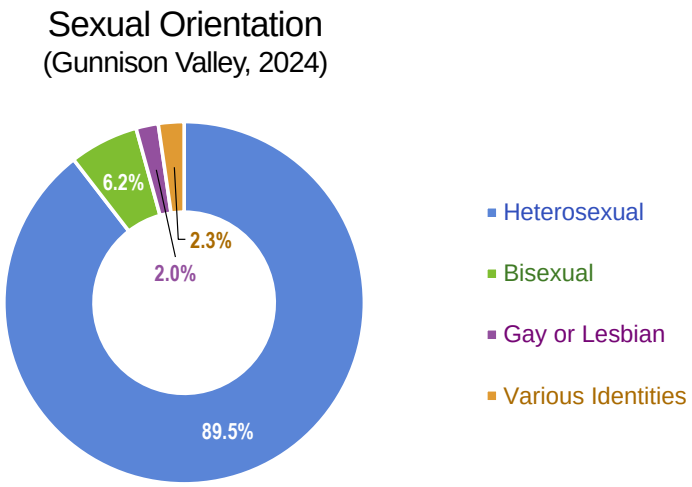
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 27]
Notes: ● Asked of all respondents.

GENDER



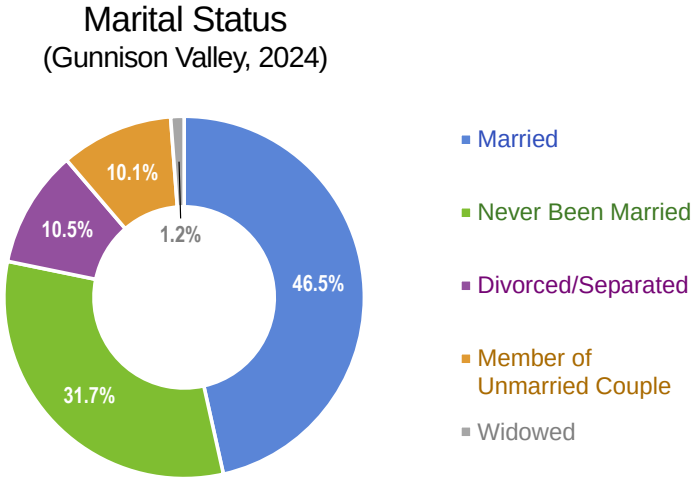
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 3, 29]
Notes: ● Asked of all respondents.

SEXUAL ORIENTATION



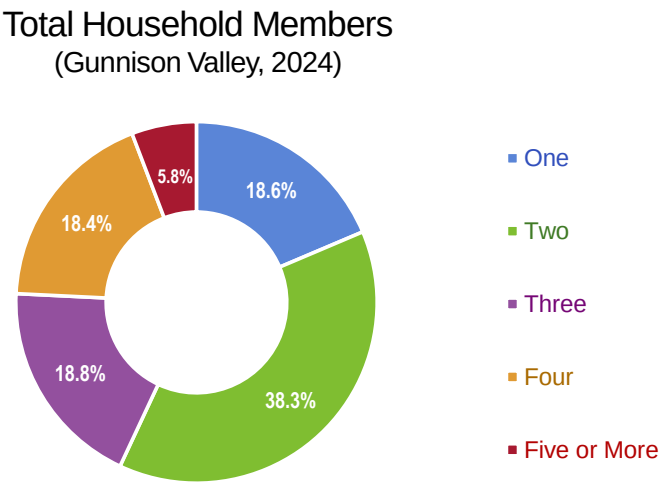
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 28]
Notes: ● Asked of all respondents.

MARITAL STATUS



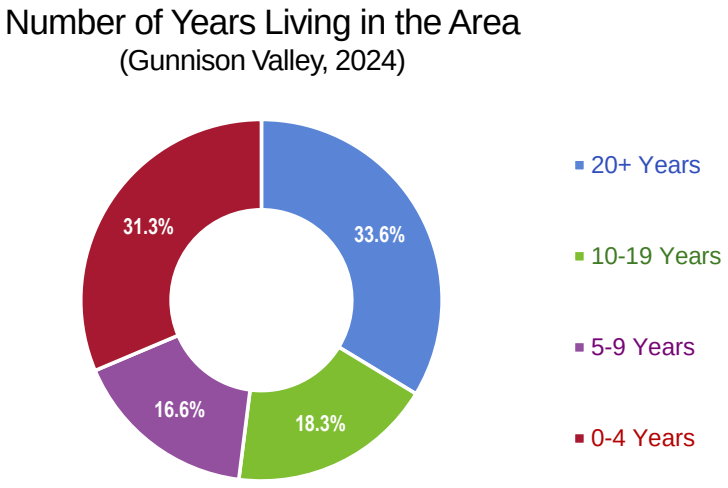
Sources: ● 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 35]
Notes: ● Asked of all respondents.

HOUSEHOLD SIZE



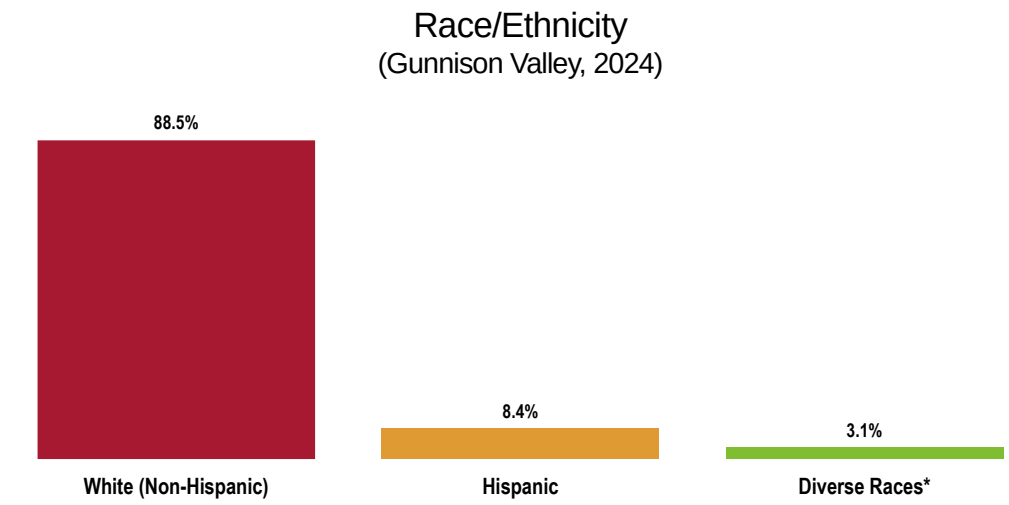
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 30]
Notes: • Asked of all respondents.

RESIDENCY



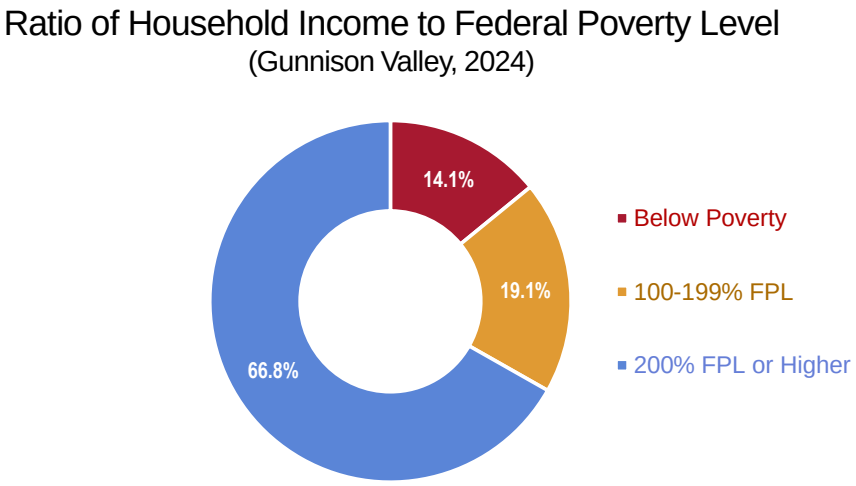
Sources: • 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 31]
Notes: • Asked of all respondents.

RACE & ETHNICITY



Sources: ● PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 62]
Notes: ● Asked of all respondents.
● *Includes Non-Hispanic Black, Non-Hispanic Asian, and Non-Hispanic American Native.

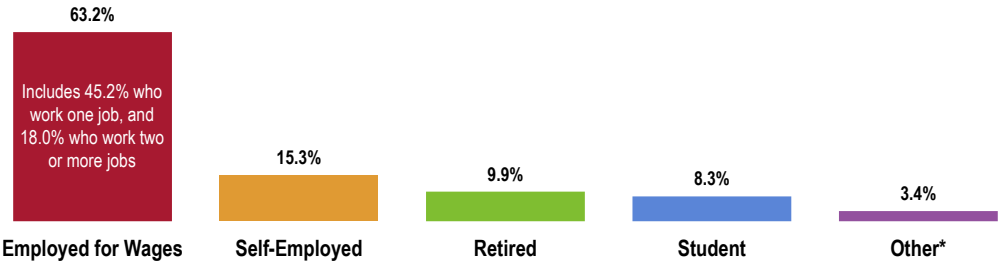
INCOME



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

EMPLOYMENT

Employment Status
(Gunnison Valley, 2024)

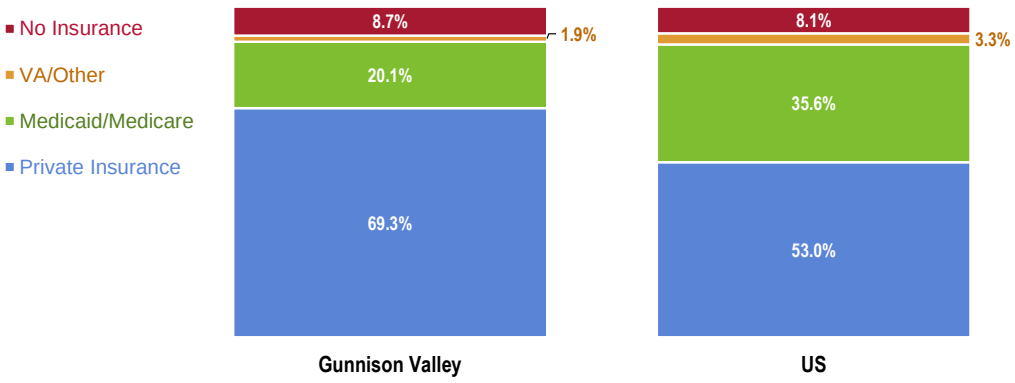


Sources:
- PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 38]

Notes:
- Asked of all respondents.
- *Includes homemakers, those who are out of work, and those who are unable to work.

HEALTH INSURANCE COVERAGE (AGE 18-64)

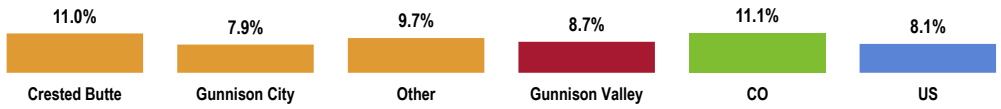
Insurance Coverage
(Adults Age 18 to 64; Gunnison Valley, 2024)



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

Notes:
- Asked of all respondents.

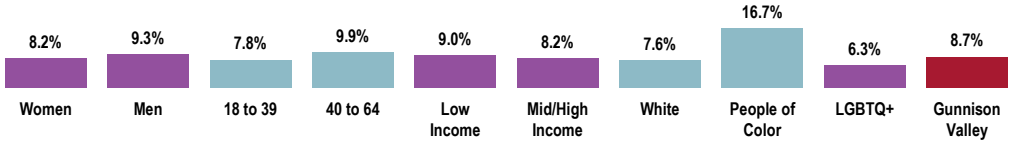
Lack of Healthcare Insurance Coverage
(Adults Age 18-64)



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): 2022 data.

Notes:
- Asked of all respondents.

Lack of Healthcare Insurance Coverage
(Adults Age 18-64; Gunnison Valley, 2024)



Sources:
- 2024 PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 55]

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