

Mental Health Systems Assessment



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July 5, 2017

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Background

The Mental Health Systems Assessment was created by members of the BRIGHT coalition's Healthcare Stakeholder Workgroup with facilitation provided by the Barren River District Health Department staff. The goal of this assessment was to identify the needs for, use of, and barriers to mental health services in the Barren River Area Developmental District (BRADD). It was distributed online and in print to all the counties in BRADD from March 27, 2017, to June 12, 2017. Survey questions were determined by the Healthcare Stakeholder Workgroup and adjusted for cultural and educational level appropriateness for the target population. The survey was one page long and collected basic demographics about location, age, and gender; information on how the respondents' lives and the lives of other important people to the respondents have been affected by 7 mental health and/or substance abuse issues; information on how respondents have addressed mental health and/or substance abuse issues; information on how respondents will address mental health and/or substance abuse issues in the future; and information about the respondents' perceived barriers to mental health and/or substance abuse treatment .

Methodology and Results

Demographics

Demographic data tables can be found in Appendix I. Table I shows response rate with response goals. There were 566 respondents from within the Barren River Area Development District, and 36 from outside the desired area. To maximize the generalizability of the results, a sample goal was calculated using the sample size calculator provided by Survey Monkey. The goal was determined using county populations provided by Cubit's Kentucky Demographics website with a confidence level of 90% and a margin of error of 0.5%. Warren County had the highest percentage of goal met (81.04%) and Monroe County had the second highest percentage (59.70%). Edmonson, Metcalfe, and Butler counties had the lowest percentage of goal met: 1.52%, 1.53%, and 1.89% respectively. Monroe County had the highest percentage of its population to respond (1.5%). Overall, only 23% of the goal was met. Half of the counties did not have more than 20 respondents. While the sample does not meet the goal for statistical significance, the data sufficiently provides valuable information about the state of mental health needs and services in the BRADD.

As found on Table II in Appendix I, out of the 602 respondents, over 85% were female. Butler County had the highest percentage of males for its county (40%) and Allen County had the highest percentage of females for its county (90%). There was, however, a fairly nice distribution of age. This is depicted in Figure I Appendix I. Warren County had the highest percentage of respondents aged 18-24 (64.57%) and Allen, Butler, Edmonson, and Metcalfe had no respondents from this age group. Monroe had the highest percentage of respondents aged 25-44 (41%); Metcalfe and Butler only had one respondent each of this age (.48%). Monroe also had

the highest percentage of respondents aged 45-64 (30%); Butler and Edmonson had two respondents each (1.05%). Warren County had the highest percentage of respondents aged 65 and older (43%) with Logan close behind (37%); Edmonson, Metcalfe, and Simpson counties had no respondents of this age group.

Questions

The second question focused on identifying how the respondent's and people of 6 different relationships (spouse, sibling, parent, a child under 18, child over 18, and friend) lives had been affected by 7 mental health and/or substance abuse issues. The mental health and/or substance abuse issues addressed in this assessment were Mood Disorder (including Depression), Anxiety/Panic Disorder, Post Traumatic Stress Disorder (PTSD), Alcohol abuse/ addiction, Illegal substance abuse/ addiction (including prescription drug abuse), Self-harm, and Suicide/ Suicide attempt. The respondent was asked to indicate who in their lives have been affected by one of these mental health and/or substance abuse issues. The friend category had the most responses; the child under 18 category had the fewest responses on all but 2 mental health and/or substance abuse issues. 29.4% of respondents recorded that they have a friend whose lives has been affected by a mood disorder. This is the most frequent response. Not surprisingly, very few (0.33%) respondents recorded that they have a child under 18 whose life has been affected by PTSD. Response data is in Table III in Appendix I.

The third question was meant to gauge how respondents have addressed mental health and/or substance abuse issues in the past. The respondents were asked to check all the sources of help that were used to address the mental health and/or substance abuse issues that they indicated in the previous question. They had 9 resources to choose from: support group, counselor/ therapist, psychiatrist, treatment program, clergy, crisis hotline, community (friends, family), no help sought, and other. The most frequently reported resource was a counselor or therapist (40%), and very few used a crisis hotline (3%). Almost 30% relied on their community and a quarter used a treatment program. There was no significant difference between men and women in what resources were used. Response data is in Table IV in Appendix I.

The fourth question was meant to gauge how respondents will address mental health and/or substance abuse issues in the future. They were asked to check all that apply from a list of 12 different recourses: family and friends, psychiatrist, general practice physicians, counselor/ therapist, clergy, school psychologist/ counselor, emergency room, the internet, alternative medicine, community group, sought no help, and other. Over half of the respondents would turn to family and friends for help in the future (53%). Nearly half would seek a counselor or therapist (49%) and 40% would seek general practice physicians. The most infrequent responses were not seeking help at all (5%), using alternative medicine (6%), and using a community group (6%). There was no significant difference between men and women in what resources would be used. Response data is in Table V in Appendix I.

Question five sought to understand the perceived barriers to mental health and/ or substance abuse treatment. Respondents were asked what problems they have experienced in receiving mental health and/ or substance abuse treatment and to check all that applied to them. They had 9 different barriers to choose from: can't get an appointment with doctor or mental health provider when needed, doctor won't take insurance, can't afford doctor's fees, transportation, can't afford medication, don't know where to get information, don't know how to access care, crisis/ emergency services are hard to access, and other. Less than a quarter reported the inability to afford doctor's fees as a barrier, this is the most frequent response. The most infrequent responses were transportation (7%) and crisis/ emergency services being too difficult to access (7%). There was no significant difference between men and women in what barriers were perceived. Response data is in Table VI in Appendix I.

County by County

The following is a review of the data for the demographics and questions separated by counties within BRADD. Remember, the sample size is too small to make any conclusions on the mental health systems in BRADD. However, ideas can be generated on what issues to approach and what to do next to gather more information on this topic. Tables for this data are located in Appendix II and are separated into sections by county.

Allen County

There was a total of 10 respondents from Allen County, less than 0.05% of the population. Most were female and in the 45-64 age group. Following the overall trend, there were consistently more responses in the friend category in question 2. Even with the small sample size, there was a notable absence of responses for the self-harm and suicide categories. In question 3, none of the respondents in Allen County reported using a crisis hotline. 40% reported using a counselor or therapist and 50% reported using a treatment program. In question 4, none of the respondents in Allen County reported planning to use the emergency room or a school psychologist/ counselor. More than half of the respondents recorded planning to seek friends and family for help and 40% plan on seeking a counselor or a therapist. None of the respondents in question 5 reported not knowing where to get information. There was not a majority in the responses for this question. 3 respondents noted not being able to get an appointment as a barrier and 3 noted that their inability to afford medication as a barrier.

Barren

There was a total of 26 respondents from Barren County, less than 0.06% of the population. Most were female and in the 45-64 age group. Following the overall trend, there were consistently more responses in the friend category for question 2. There were very few responses for children under 18. 50% of respondents reported personally experiencing an anxiety/ panic disorder. Almost 54% reported using a counselor or therapist in question 3. The most infrequent

response for this question was using clergy or a crisis hotline (7.7%). For question 4, none of the respondents in Barren County reported planning to use a community group. More than half of the respondents recorded planning to seek friends and family for help, 50% plan on seeking a counselor or a therapist, and almost 40% plan on seeking general practice physicians. As barriers in question 5, none of the respondents in Barren County reported not knowing where to get information or how to access care. 27% of respondents reported not being able to afford doctor's fees; this is the most frequent response.

Butler

There was a total of 5 respondents from Butler County, less than 0.04% of the population. Most were female and in the 25-44 or 45-64 age group. For question 2, none of the five respondents were aged 18-25. 3 respondents reported knowing a child under 18 affected by illegal substance abuse/ addiction, 3 reported children under 18 affected by alcohol abuse/ addiction, and 3 reported a friend being affected by illegal substance abuse/ addiction. None of the respondents reported going to a psychiatrist, the clergy, or using a crisis hotline in question 3. The most frequent response was not seeking help at all (40%). For question 4, none of the respondents in Butler County reported planning to use a psychiatrist, the clergy, the emergency room, a community group, a school psychologist/ counselor, or seeking no help at all. The most frequent responses were planning to seek help from family and friends, general practice physicians, a counselor/ therapist, or the internet (40%). As barriers, none of the respondents in Butler County reported the inability to get an appointment, the doctor not taking their insurance, or the inability to get transportation. 3 out of 5 reported the inability to afford doctor's fees.

Edmonson

There was a total of 4 respondents from Edmonson County, about 0.03% of the population. Most were female and were either in the 25-44 or 45-64 age group. None of the five respondents were 18-25 or older than 65. There only a few respondents and at most 2 people responded to any question. The highest recorded response for question 2 was a parent experiencing a mood disorder (50%). In question 3, none of the respondents reported using a support group or a crisis hotline. The most frequent recorded responses were using a counselor/ therapist, a psychiatrist, or going to the community. For question 4, none of the respondents in Edmonson County reported planning to use family and friends, the internet, alternative medicine, emergency room, the school psychologist/ counselor, or not seeking help at all. The most frequent responses were seeking a general practice physician, a counselor/ therapist, or a psychiatrist. As barriers in question 5, none of the respondents in Edmonson County reported the inability afford doctor's fees, transportation, the inability to afford medication, or not knowing where to access care. 50% reported that doctors would not take their insurance.

Hart

There was a total of 37 respondents from Hart County, less than 0.20% of the population. Most were female and were in the 25-44 (43.2%) or 45-64 (37.8%) age groups. The highest recorded response for question 2 was a personal experience with an anxiety/ panic disorder and a friend experiencing alcohol abuse/ addiction (40.5%). There were no responses for a personal experience with a mood disorder, a child under 18 experiencing PTSD, a parent experience with self-harm, or a parent experience with suicide. Compared with the other districts, Hart County had a higher response rate in the suicide and self-harm categories. The most frequently recorded response for question 3 was using a counselor/ therapist (46%). The most infrequent response was using a support group (2.7%). Almost a quarter reported not seeking help at all. The most frequent responses for question 4 was potentially seeking a counselor/ therapist (59.5%). The most infrequent response was seeking a community group or not seeking any help at all (5.4%). The most frequent response to question 5 from Hart County was the inability to afford doctor's fees as a barrier (48.7%). The most infrequently recorded barrier was transportation (10.8%).

Logan

There was a total of 89 respondents from Logan County, less than 0.33% of the population. Most were female and were in the 45-64 age group. The highest recorded response for the second question was a personal experience with an anxiety/ panic disorder (28.1%). There were few responses for a child under 18 experiencing a mental health and/or substance abuse issues. The most frequent recorded responses for question 3 were using a counselor/ therapist (31.5%). The most infrequent response was using a crisis hotline (2.3%). More than 20% reported not seeking help at all. The most frequent responses for question 4 were planning to seek help from family and friends (37.1%), seeking a counselor/ therapist (36%), or seeking a general practice physician (33.7%). The most infrequent responses were seeking alternative medicine or going to the emergency room (3.4%). About 6% said they would not seek help. The most frequent response as a barrier from care was the inability to afford doctor's fees (15.7%). The most infrequently recorded barrier was crisis/ emergency services being too difficult to access (2.3%).

Metcalfe

There was a total of 4 respondents from Metcalfe County, less than 0.04% of the population. Most were female and in the 25-44 or 45-64 age group. The highest recorded responses for question 2 had 2 records each and were a personal experience with an anxiety/ panic disorder and a child under 18 experiencing a mood disorder. There were no responses for the illegal substance abuse/ addiction, self-harm, and suicide categories; there were also no responses for the sibling category. For question 3, the most frequently recorded responses were using a counselor/ therapist or a psychiatrist (50%). The rest of the resources had no responses. In question 4, all the respondents from Metcalfe County plan to seek help from family and friends. 75% said they would seek a general practice physician. There were no responses for seeking a psychiatrist, alternative medicine, or not seeking help at all. There were no responses on barriers to care.

Monroe

There was a total of 157 respondents from Monroe County, less than 1.5% of the population. Most were female and in the 25-44 age group. For question 2, there are consistently more responses in the friend category than the others. The highest recorded responses were a friend experiencing an anxiety/ panic disorder (30.6%) and a friend experiencing illegal substance abuse/ addiction (28.7%). There were no responses for a personal experience with a mood disorder, a spouse experiencing suicide, a child under 18 experiencing PTSD, and a child over 18 experiencing suicide. The most frequently recorded responses for question 3 were using a counselor/ therapist (34.4%) or a treatment program (31.9%). The most infrequent response was using a crisis hotline (1.3%). In Monroe County, most respondents recorded in question 4 that they plan to seek help from a general practice physician (57.3%) or from family and friends (56.1%). The most infrequently recorded sources for future help were alternative medicine, a school psychologist/ counselor, or not seeking help at all (4.5%). The most recorded barrier to care was the inability to afford doctor's fees (16.6%). The most infrequently recorded barriers were transportation (7.6%) and crisis/ emergency services being difficult to access (6.4%).

Simpson

There was a total of 16 respondents from Simpson County, less than 0.09% of the population. Most were female and in the 25-44 age group. There were more responses in the friend category in question 2 than the others. The highest recorded responses were a friend experiencing a mood disorder (37.5%) and a friend experiencing anxiety/ panic disorder (31.25%). The most frequent recorded responses in question 3 were using a counselor/ therapist (43.75%). There were no responses for using a support group or a crisis hotline. Based on question 4, most respondents from Simpson County plan to seek help from family and friends (56.25%), from general practice physicians (43.75%), or from a counselor/ therapist (37.5%). None of the respondents plan on using a psychiatrist, alternative medicine, a community group, or not seeking help at all. In question 5, the most recorded barriers to care were the inability to afford doctor's fees (25%), the inability to get an appointment or did not know where to get information (18.75%). The most infrequently recorded barriers were doctor's not taking their insurance, transportation, and not knowing how to access care (6.25%).

Warren

There were a total of 218 respondents from Warren County, less than 0.17% of the population. Most were female and in the 18-24 age group. The highest recorded responses for question 2 were a friend experiencing a mood disorder (34.4%) and a personal experience with anxiety/ panic disorder (31.2%). There were no responses for a child under 18 experiencing an illegal substance abuse/ addiction. The most frequent recorded response to question 3 was using a counselor/ therapist (41.7%). The least recorded response was using a crisis hotline (4.6%). Per

question 4, most respondents from Warren County plan to seek help from family and friends (54.6%) or from a counselor/ therapist (52.3%). The most infrequent response was using a community group (4.1%). The most recorded barrier to care in question 5 were the inability to afford doctor's fees (20.6%) and the inability to get an appointment (19.3%). The most infrequently recorded barriers were transportation (6.9%), crisis/ emergency services being difficult to access (7.3%), and not knowing where to get information (7.8%).

Other

There was a total of 36 respondents from outside the district. Most were female and in the 18-24 age group. There were 26 respondents from Kentucky; the rest were from Indiana, Missouri, Tennessee, Texas, and West Virginia. The highest recorded responses for question 2 were a personal experience with anxiety/ panic disorder (44.4%), a friend experiencing an anxiety/ panic disorder (33.3%), and a friend experiencing a mood disorder (30.6%). There were very few responses for children under and over 18 experiencing a mental health and/or substance abuse issue. In question 3, the most frequently recorded response was using a counselor/ therapist (55.6%). The least recorded responses were using a crisis hotline (2.3%) and not seeking help at all (5.6%). Most respondents from outside the district recorded in question 4 that they plan to seek help from family and friends (75%) or from a counselor/ therapist (72.2%). The most infrequent response was not planning to seek help (2.8%). In question 5, the most recorded barriers to care were the inability to afford doctor's fees (27.8%), doctors not taking their insurance (22.2%), and the inability to afford medication (19.4%). The most infrequently recorded barriers were not knowing where to get information, not knowing how to access care, and crisis/ emergency services being difficult to access (5.6%).

Limitations

The results of the Mental Health Systems Assessment highlighted the need to have large sample sizes. Over half of the counties having less than 20 respondents and almost 86% of the respondents being female were clear indicators that the sample size was too small. To be able to make conclusions on the mental health systems of BRADD, more assessments will need to be done. There are a few ways to increase the response rate of these future assessments. The easiest may be to simply have a larger distribution- circulating more surveys in more places. The Mental Health Systems Assessment was made available in the newspaper as well as online, which was a great start. Maybe assessments could be advertised or made available in workplaces and in popular public spaces. Another way to increase the response rate is to incentivize participation. This could be a monetary reward for everyone who takes the assessments or entry into a drawing for a larger prize. This would attract more interest in participation as well as encourage advertisement by word of mouth.

Discussion

For now, we have some ideas on some general themes. A fair percentage of respondents said they used a counselor or a therapist (40%) and another large percent recorded that they would go to one for future problems (50%). This could be biased depending on where the assessments were distributed (like in counseling clinics) but indicate some preference for using a counselor or a therapist. Half of the respondents would seek future help from family and friends. This preference for non-professionals could indicate a cultural opinion on mental health care providers. A relatively good statistic to see is that only about 5% of the population would not seek help at all. However, this could be biased if this assessment was disseminated primarily in health care settings since those seeking health care now are probably going to seek health care again. So, a next step could include evaluating the BRADD cultural approach to mental health care and being particular about trying to reduce the bias of circulating such an assessment in only particular areas. There seems to be a lack of use for services that already exist. Take the crisis hotline for example. There is already such a service in BRADD. However, according to Table IV in Appendix I, only 3% of respondents have used a crisis hotline. A possible next step would be to further market the crisis hotline service so the public knows more about this resource. Another theme seen in Table VI in Appendix I is the inability to afford health care, whether it be the inability to afford fees or medication, or doctors not taking their insurance. There are a few different ways to approach this issue, all of which require partnerships and the power of the BRIGHT Coalition.

Acknowledgements

The Mental Health Systems Assessment (MHSA) was conceived and established by members of the BRIGHT Coalition. Key participants were members of the Healthcare Stakeholder Group and the Barren River District Health Department (BRDHD). From BRDHD, Ashli Alford, Zona Ascensio, Dennis Chaney, Stephanie Johnson, Haley Siler were predominant coordinators for the MHSA.

Appendix I: Demographic Data

Table I: Sample Size N=602

County	Sample Goal	Actual Sample	Percent of Goal Met %
Allen	266	10	3.76
Barren	268	26	9.70
Butler	264	5	1.89
Edmonson	264	4	1.52
Hart	266	37	13.91
Logan	267	89	33.33
Metcalf	262	4	1.53
Monroe	263	157	59.70
Simpson	266	16	6.02
Warren	269	218	81.04
Unidentified		36	
Total	2655	602	22.67

Table II: Respondent Gender and Age N=602

Characteristics	Frequency	Percent %
Gender		
Male	75	12.5

Female	517	85.9
No response	10	1.7
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Age		
18-24	127	21.1
24-44	207	34.4
45-64	191	31.7
65 and older	63	10.5
No response	14	2.3
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Figure I: Age Distribution N=602

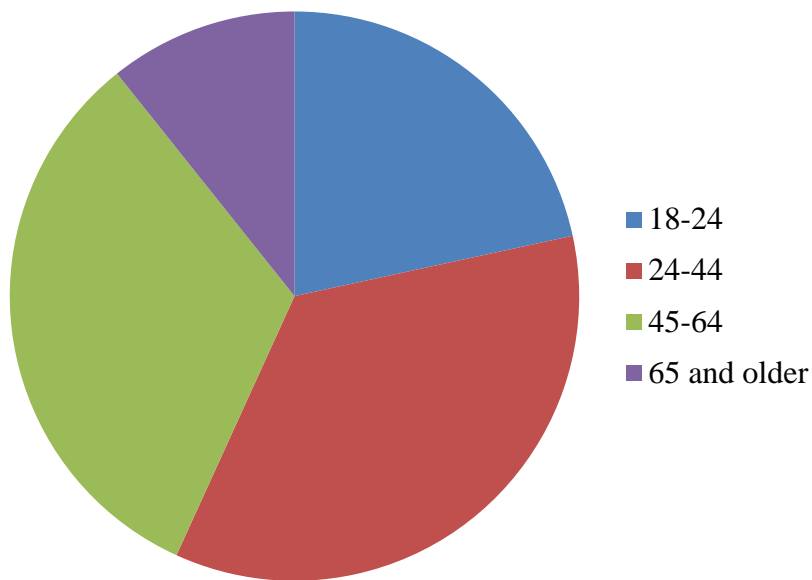


Table III: Responses to Question 2 N=602

You	Spouse	Sibling	Parent	Child under 18	Child over 18	Friend
%	%	%	%	%	%	%

Mood Disorder, including Depression	1.16	11.96	12.13	19.1	5.98	6.64	29.4
Anxiety/ Panic Disorder	28.9	6.98	8.64	10.32	5.32	7.14	23.92
Post-Traumatic Stress Disorder (PTSD)	6.98	2.99	3.32	4.32	.33	.83	10.47
Alcohol abuse/ addiction	3.65	4.65	8.14	22.56	1.5	5.32	22.59
Illegal substance abuse/ addiction	2.66	2.99	7.81	22.76	.83	5.98	22.76
Self-harm	2.99	1.16	2.16	.66	1.99	1.66	14.62
Suicide/ suicide attempt	3.99	2.16	2.16	1.66	1.33	1	15.61

**Table IV: What help was sought to address mental health and/or substance abuse issues?
N=602**

	Frequency	Total %	Male %	Female %
Support group	87	14	3	12
Counselor/ Therapist	239	40	5	36
Psychiatrist	125	21	2	19
Treatment Program	153	25	3	23
Clergy	45	7	1	7
Crisis Hotline	21	3	0	3
Community (Friends, Family)	167	28	3	25
No Help Sought	92	15	3	13
Other	91	15	1	15

Table V: Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=602

	Frequency	Total %	Male %	Female %
Family and friends	322	53	12	87
General practice physicians	240	40	12	88
Counselor/Therapist	294	49	11	89
Psychiatrist	119	20	13	87

Clergy	93	15	13	87
The internet	91	15	11	88
Alternative medicine	34	6	3	97
Emergency room	47	8	6	94
Community group	37	6	5	95
School psychologist/counselor	54	9	6	94
Sought no help	31	5	6	94
Other	31	5	13	87

Table VI: What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=602

	Frequency	Total %	Male %	Female %
Can't get an appointment with doctor or mental health provider when needed	98	16	8	92
Doctor won't take insurance	79	12	13	87
Can't afford doctor's fees	129	21	11	89
Transportation	44	7	7	93
Can't afford medication	76	13	11	89
Don't know where to get information	49	8	20	80
Don't know how to access care	52	9	15	85
Crisis/emergency services are hard to access	45	7	18	82
Other	82	14	6	94

Appendix II: County by County

Allen County

Table I: Allen County Response Demographics N=10

Gender	Frequency	Percent %
Male	1	10
Female	9	90
No response	0	0
Age		
18-24	1	10
25-44	1	10
45-64	6	60
65+	2	20
No response	0	0
Total	10	100

Table II: Allen County; Who in our life has been affected by the following? N=10

Who in our life has been affected by the following?	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	0	10	0	0	10	30	20
Anxiety/Panic Disorder	10	10	0	0	0	20	30
Post Traumatic Stress Disorder	0	0	0	0	0	0	10
Alcohol abuse/addiction	10	10	10	10	0	10	30
Illegal substance abuse/addiction (including prescription drug abuse)	0	10	0	0	0	30	10
Self harm	0	0	0	0	0	0	0
Suicide/suicide attempt	0	0	0	0	0	0	10

Table III: Allen County; What help was sought to address mental health and/or substance abuse issues? N=10

	Frequency	Percent %
Support group	2	20
Counselor/ Therapist	4	40
Psychiatrist	1	10

Treatment Program	5	50
Clergy	10	10
Crisis Hotline	0	0
Community (Friends, Family)	2	20
No Help Sought	1	10
Other	3	30

Table IV: Allen County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=10

	Frequency	Percent %
Family and friends	6	60
General practice physicians	3	30
Counselor/Therapist	4	40
Psychiatrist	1	10
Clergy	3	30
The internet	2	20
Alternative medicine	1	10
Emergency room	0	0
Community group	1	10
School psychologist/counselor	0	0
Sought no help	1	10
Other	0	0

Table V: Allen County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=10

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	3	30
Doctor won't take insurance	2	20

Can't afford doctor's fees	2	20
Transportation	1	10
Can't afford medication	3	30
Don't know where to get information	0	0
Don't know how to access care	1	10
Crisis/emergency services are hard to access	1	10
Other	2	20

Barren County

Table I: Barren County Response Demographics N=26

Gender	Frequency	Percent %
Male	4	15.4
Female	21	80.8
No response	1	3.9
Age		
18-24	4	15.4
25-44	9	34.6
45-64	11	42.3
65+	1	3.9
No response	1	3.9
Total	26	100

Table II: Barren County; Who in our life has been affected by the following? N=26

Who in our life has been affected by the following?	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	0	11.5	23.1	30.8	3.9	0	26.9
Anxiety/Panic Disorder	50	3.9	19.2	15.4	0	3.9	30.8
Post Traumatic Stress Disorder	11.5	0	0	3.9	3.9	0	3.9
Alcohol abuse/addiction	0	3.9	7.7	15.4	0	3.9	15.4

Illegal substance abuse/addiction (including prescription drug abuse)	0	0	11.5	0	0	7.7	15.4
Self harm	3.9	0	3.9	0	0	0	11.5
Suicide/suicide attempt	0	0	7.7	0	0	0	11.5

Table III: Barren County; What help was sought to address mental health and/or substance abuse issues? N=10

	Frequency	Percent %
Support group	5	19.2
Counselor/ Therapist	14	53.9
Psychiatrist	5	19.2
Treatment Program	6	23.1
Clergy	2	7.7
Crisis Hotline	2	7.7
Community (Friends, Family)	7	26.9
No Help Sought	3	11.5
Other	7	26.9

Table IV: Barren County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=10

	Frequency	Percent %
Family and friends	14	53.9
General practice physicians	10	38.5
Counselor/Therapist	13	50.0
Psychiatrist	5	19.2
Clergy	6	23.1
The internet	4	15.4
Alternative medicine	1	3.9
Emergency room	4	15.4
Community group	0	0
School psychologist/counselor	2	7.7
Sought no help	1	3.9
Other	2	7.7

Table V: Barren County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=10

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	5	19.2
Doctor won't take insurance	4	15.4
Can't afford doctor's fees	7	26.9
Transportation	3	11.5
Can't afford medication	2	7.7
Don't know where to get information	0	0
Don't know how to access care	0	0
Crisis/emergency services are hard to access	4	15.4
Other	3	11.5

Butler County

Table I: Butler County Response Demographics N=5

Gender	Frequency	Percent %
Male	2	40
Female	3	60
No response	0	0
Age		
18-24	0	0
25-44	1	20
45-64	2	40
65+	2	40
No response	0	0

Total	5	100
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Table II: Butler County; Who in our life has been affected by the following? N=5

	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	0	0	0	20	20	40	0
Anxiety/Panic Disorder	0	20	0	20	20	40	0
Post-Traumatic Stress Disorder	0	0	0	0	0	0	40
Alcohol abuse/addiction	20	0	0	20	0	60	20
Illegal substance abuse/addiction (including prescription drug abuse)	0	0	0	20	0	60	60
Self-harm	0	0	0	0	0	0	20
Suicide/suicide attempt	0	0	0	0	0	0	20

Table III: Butler County; What help was sought to address mental health and/or substance abuse issues? N=5

	Frequency	Percent %
Support group	1	20
Counselor/ Therapist	1	20
Psychiatrist	0	0
Treatment Program	1	20
Clergy	0	0
Crisis Hotline	0	0
Community (Friends, Family)	1	20
No Help Sought	2	40
Other	1	20

Table IV: Butler County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=5

	Frequency	Percent %
Family and friends	2	40

General practice physicians	2	40
Counselor/Therapist	2	40
Psychiatrist	0	0
Clergy	0	0
The internet	2	40
Alternative medicine	1	20
Emergency room	0	0
Community group	0	0
School psychologist/counselor	0	0
Sought no help	0	0
Other	0	0

Table V: Butler County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=5

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	0	0
Doctor won't take insurance	0	0
Can't afford doctor's fees	3	60
Transportation	0	0
Can't afford medication	2	40
Don't know where to get information	2	40
Don't know how to access care	1	20
Crisis/emergency services are hard to access	1	20
Other	1	20

Edmonson County

Table I: Edmonson County Response Demographics N=4

Gender	Frequency	Percent %
Male	1	25
Female	3	75
No response	0	0
Age		
18-24	0	0
25-44	2	50
45-64	2	50
65+	0	0
No response	0	0
Total	4	100

Table II: Edmonson County; Who in our life has been affected by the following? N=4

	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	0	25	0	50	0	0	0
Anxiety/Panic Disorder	25	25	25	25	0	0	0
Post-Traumatic Stress Disorder	25	0	0	0	0	0	0
Alcohol abuse/addiction	0	0	25	0	0	0	0
Illegal substance abuse/addiction (including prescription drug abuse)	0	0	25	0	0	0	0
Self-harm	0	0	0	0	0	0	0
Suicide/suicide attempt	0	25	0	0	0	0	0

Table III: Edmonson County; What help was sought to address mental health and/or substance abuse issues? N=4

	Frequency	Percent %
Support group	0	0
Counselor/ Therapist	2	50
Psychiatrist	2	50

Treatment Program	1	25
Clergy	1	25
Crisis Hotline	0	0
Community (Friends, Family)	2	50
No Help Sought	1	25
Other	0	0

Table IV: Edmonson County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=4

	Frequency	Percent %
Family and friends	0	0
General practice physicians	2	50
Counselor/Therapist	2	50
Psychiatrist	2	50
Clergy	1	25
The internet	0	0
Alternative medicine	0	0
Emergency room	0	0
Community group	1	25
School psychologist/counselor	0	0
Sought no help	0	0
Other	0	0

Table V: Edmonson County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=4

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	1	25
Doctor won't take insurance	2	50

Can't afford doctor's fees	0	0
Transportation	0	0
Can't afford medication	0	0
Don't know where to get information	1	25
Don't know how to access care	0	0
Crisis/emergency services are hard to access	1	25
Other	0	0

Hart

Table I: Hart County Response Demographics N=37

Gender	Frequency	Percent %
Male	6	16.2
Female	30	81.1
No response	1	2.7
Age		
18-24	4	10.8
25-44	16	43.2
45-64	14	37.8
65+	2	5.4
No response	1	2.7
Total	37	100

Table II: Hart County; Who in our life has been affected by the following? N=37

	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	0	37.8	16.2	27.0	13.5	8.1	32.4
Anxiety/Panic Disorder	40.5	24.3	10.8	16.2	8.1	10.8	24.3
Post-Traumatic Stress Disorder	5.4	16.2	5.4	2.7	0	2.7	16.2
Alcohol abuse/addiction	16.2	18.9	21.6	27.0	5.4	10.8	40.5

Illegal substance abuse/addiction (including prescription drug abuse)	5.4	10.8	16.2	10.8	2.7	8.1	37.8
Self-harm	8.1	10.8	2.7	0	8.1	2.7	29.7
Suicide/suicide attempt	8.1	16.2	5.4	0	8.1	2.7	34.1

Table III: Hart County; What help was sought to address mental health and/or substance abuse issues? N=37

	Frequency	Percent %
Support group	1	2.7
Counselor/ Therapist	17	46.0
Psychiatrist	12	32.4
Treatment Program	10	27.0
Clergy	3	8.1
Crisis Hotline	4	10.8
Community (Friends, Family)	9	24.3
No Help Sought	9	24.3
Other	5	13.5

Table IV: Hart County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=37

	Frequency	Percent %
Family and friends	16	43.2
General practice physicians	17	46.0
Counselor/Therapist	22	59.5
Psychiatrist	9	24.3
Clergy	8	21.6
The internet	4	10.8
Alternative medicine	5	13.5
Emergency room	8	21.6
Community group	2	5.4
School psychologist/counselor	3	8.1
Sought no help	2	5.4

Other	2	5.4
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Table V: Hart County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=37

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	15	40.5
Doctor won't take insurance	10	27.0
Can't afford doctor's fees	18	48.7
Transportation	4	10.8
Can't afford medication	11	29.7
Don't know where to get information	8	21.6
Don't know how to access care	9	24.3
Crisis/emergency services are hard to access	6	16.2
Other	3	8.1

Logan County

Table I: Logan County Response Demographics N=89

Gender	Frequency	Percent %
Male	11	12.4
Female	75	84.3
No response	3	3.4
Age		
18-24	3	3.4
25-44	27	30.3

45-64	34	38.2
65+	23	25.8
No response	2	2.3
Total	89	100

Table II: Logan County; Who in our life has been affected by the following? N=89

	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	0	11.2	5.6	14.6	2.3	6.7	16.9
Anxiety/Panic Disorder	28.1	6.7	2.3	10.1	3.4	6.7	14.6
Post-Traumatic Stress Disorder	11.2	3.4	1.1	0	0	0	9
Alcohol abuse/addiction	4.5	1.1	6.7	7.9	0	4.5	13.5
Illegal substance abuse/addiction (including prescription drug abuse)	4.5	0	2.3	4.5	0	4.5	15.7
Self-harm	2.3	0	0	1.1	0	1.1	7.9
Suicide/suicide attempt	5.6	3.4	0	1.1	1.1	2.3	11.2

Table III: Logan County; What help was sought to address mental health and/or substance abuse issues? N=89

	Frequency	Percent %
Support group	15	16.9
Counselor/ Therapist	28	31.5
Psychiatrist	15	16.9
Treatment Program	22	24.7
Clergy	7	7.9
Crisis Hotline	2	2.3
Community (Friends, Family)	16	18.0
No Help Sought	19	21.4
Other	9	10.1

Table IV: Logan County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=89

	Frequency	Percent %
Family and friends	33	37.1
General practice physicians	30	33.7
Counselor/Therapist	32	36.0
Psychiatrist	17	19.1
Clergy	17	19.1
The internet	7	7.9
Alternative medicine	3	3.4
Emergency room	3	3.4
Community group	7	7.9
School psychologist/counselor	6	6.7
Sought no help	5	5.6
Other	4	4.5

Table V: Logan County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=89

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	11	12.4
Doctor won't take insurance	6	6.7
Can't afford doctor's fees	14	15.7
Transportation	5	5.6
Can't afford medication	11	12.4
Don't know where to get information	3	3.4
Don't know how to access care	5	5.6

Crisis/emergency services are hard to access	2	2.3
Other	10	11.2

Metcalfe County

Table I: Metcalfe County Response Demographics N=4

Gender	Frequency	Percent %
Male	1	25
Female	3	75
No response	0	0
Age		
18-24	0	0
25-44	1	25
45-64	3	75
65+	0	0
No response	0	0
Total	4	100

Table II: Metcalfe County; Who in our life has been affected by the following? N=4

	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	0	25	0	25	50	25	25
Anxiety/Panic Disorder	50	25	0	0	25	0	0
Post-Traumatic Stress Disorder	0	25	0	0	0	0	0
Alcohol abuse/addiction	0	0	0	25	0	0	0
Illegal substance abuse/addiction (including prescription drug abuse)	0	0	0	0	0	0	0
Self-harm	0	0	0	0	0	0	0
Suicide/suicide attempt	0	0	0	0	0	0	0

Table III: Metcalfe County; What help was sought to address mental health and/or substance abuse issues? N=4

	Frequency	Percent %
Support group	0	0
Counselor/ Therapist	1	25
Psychiatrist	1	25
Treatment Program	0	0
Clergy	0	0
Crisis Hotline	0	0
Community (Friends, Family)	0	0
No Help Sought	0	0
Other	2	50

Table IV: Metcalfe County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=4

	Frequency	Percent %
Family and friends	4	100
General practice physicians	3	75
Counselor/Therapist	1	25
Psychiatrist	0	0
Clergy	1	25
The internet	2	25
Alternative medicine	0	0
Emergency room	1	25
Community group	1	25
School psychologist/counselor	1	25
Sought no help	0	0
Other	1	25

Table V: Metcalfe County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=4

	Frequency	Percent %
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Can't get an appointment with doctor or mental health provider when needed	0	0
Doctor won't take insurance	0	0
Can't afford doctor's fees	0	0
Transportation	0	0
Can't afford medication	0	0
Don't know where to get information	0	0
Don't know how to access care	0	0
Crisis/emergency services are hard to access	0	0
Other	1	25

Monroe County

Table I: Monroe County Response Demographics N=157

Gender	Frequency	Percent %
Male	18	11.5
Female	136	86.6
No response	3	1.9
Age		
18-24	2	1.3
25-44	85	54.1
45-64	58	36.9
65+	6	3.8
No response	6	3.8
Total	157	100

Table II: Monroe County; Who in our life has been affected by the following? N=157

	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
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Mood Disorder, including depression	0	10.2	8.9	16.6	7.6	6.4	30.6
Anxiety/Panic Disorder	19.8	6.4	5.7	7.6	5.7	8.3	23.6
Post-Traumatic Stress Disorder	3.2	3.8	1.9	1.9	0	0.6	8.3
Alcohol abuse/addiction	1.9	3.8	7.0	14.0	2.6	4.5	25.5
Illegal substance abuse/addiction (including prescription drug abuse)	1.9	3.8	8.3	3.2	1.9	7.6	28.7
Self-harm	1.3	0.6	1.3	0.6	1.3	1.9	9.6
Suicide/suicide attempt	1.3	0	0.6	1.3	1.3	0	15.3

Table III: Monroe County; What help was sought to address mental health and/or substance abuse issues? N=157

	Frequency	Percent %
Support group	22	14
Counselor/ Therapist	54	34.4
Psychiatrist	24	15.3
Treatment Program	50	31.9
Clergy	13	8.3
Crisis Hotline	2	1.3
Community (Friends, Family)	41	26.1
No Help Sought	23	14.7
Other	32	20.4

Table IV: Monroe County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=157

	Frequency	Percent %
Family and friends	88	56.1
General practice physicians	90	57.3
Counselor/Therapist	72	45.9
Psychiatrist	27	17.2
Clergy	29	18.5
The internet	24	15.3

Alternative medicine	7	4.5
Emergency room	8	5.1
Community group	12	7.6
School psychologist/counselor	7	4.5
Sought no help	7	4.5
Other	11	7

Table V: Monroe County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=157

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	15	9.6
Doctor won't take insurance	16	10.2
Can't afford doctor's fees	26	16.6
Transportation	12	7.6
Can't afford medication	15	9.6
Don't know where to get information	13	8.3
Don't know how to access care	14	8.9
Crisis/emergency services are hard to access	10	6.4
Other	24	15.9

Simpson County

Table I: Simpson County Response Demographics N=16

Gender	Frequency	Percent %
Male	2	12.5

Female	14	87.5
No response	0	0
Age		
18-24	2	12.5
25-44	6	37.5
45-64	8	50
65+	0	0
No response	0	0
Total	16	100

Table II: Simpson County; Who in our life has been affected by the following? N=16

	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	0	25	18.75	25	12.5	6.25	37.5
Anxiety/Panic Disorder	12.5	6.25	12.5	12.5	6.25	6.25	31.25
Post-Traumatic Stress Disorder	0	6.25	6.25	0	0	0	18.75
Alcohol abuse/addiction	0	0	6.25	12.5	6.25	18.75	6.25
Illegal substance abuse/addiction (including prescription drug abuse)	6.25	6.25	6.25	12.5	6.25	6.25	6.25
Self-harm	0	0	6.25	0	0	0	0
Suicide/suicide attempt	0	0	0	0	0	0	0

Table III: Simpson County; What help was sought to address mental health and/or substance abuse issues? N=16

	Frequency	Percent %
Support group	0	0
Counselor/ Therapist	7	43.75
Psychiatrist	2	12.5
Treatment Program	3	18.75
Clergy	3	18.75
Crisis Hotline	0	0
Community (Friends, Family)	3	18.75
No Help Sought	4	25
Other	0	0

Table IV: Simpson County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=16

	Frequency	Percent %
Family and friends	9	56.25
General practice physicians	7	43.75
Counselor/Therapist	6	37.5
Psychiatrist	0	0
Clergy	2	12.5
The internet	1	6.25
Alternative medicine	0	0
Emergency room	1	6.25
Community group	0	0
School psychologist/counselor	1	6.25
Sought no help	0	0
Other	2	12.5

Table V: Simpson County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=16

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	3	18.75
Doctor won't take insurance	1	6.25
Can't afford doctor's fees	4	25
Transportation	1	6.25
Can't afford medication	2	12.5
Don't know where to get information	3	18.75

Don't know how to access care	1	6.25
Crisis/emergency services are hard to access	2	12.5
Other	2	12.5

Warren County

Table I: Warren County Response Demographics N=218

Gender	Frequency	Percent %
Male	26	11.9
Female	190	87.2
No response	2	0.9
Age		
18-24	82	37.9
25-44	55	25.2
45-64	50	22.9
65+	27	12.4
No response	4	1.8
Total	218	100

Table II: Warren County; Who in our life has been affected by the following? N=218

	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	2.3	9.6	14.7	21.1	3.2	6	34.4
Anxiety/Panic Disorder	31.2	5.1	10.6	11	5.5	5.5	26.2
Post-Traumatic Stress Disorder	8.7	0.5	4.6	8.7	0.5	0.9	12.4
Alcohol abuse/addiction	2.8	5.5	7.8	14.2	0.9	5.1	22
Illegal substance abuse/addiction (including prescription drug abuse)	2.8	2.8	6.3	6.4	0	3.7	19.3
Self-harm	4.1	0.9	2.3	0.9	2.8	2.3	20.2
Suicide/suicide attempt	6	1.4	3.2	3.2	0.9	1.4	16.1

Table III: Warren County; What help was sought to address mental health and/or substance abuse issues? N=218

	Frequency	Percent %
Support group	34	15.6
Counselor/ Therapist	91	41.7
Psychiatrist	59	27.1
Treatment Program	47	21.6
Clergy	12	5.5
Crisis Hotline	10	4.6
Community (Friends, Family)	75	34.4
No Help Sought	28	12.8
Other	31	14.2

Table IV: Warren County; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=218

	Frequency	Percent %
Family and friends	119	54.6
General practice physicians	71	32.6
Counselor/Therapist	114	52.3
Psychiatrist	50	22.9
Clergy	23	10.6
The internet	38	17.4
Alternative medicine	14	6.4
Emergency room	16	7.3
Community group	9	4.1
School psychologist/counselor	25	11.5
Sought no help	14	6.4
Other	8	3.7

Table V: Warren County; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=218

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	42	19.3
Doctor won't take insurance	30	13.8
Can't afford doctor's fees	45	20.6
Transportation	15	6.9
Can't afford medication	23	10.6
Don't know where to get information	17	7.8
Don't know how to access care	19	8.7
Crisis/emergency services are hard to access	16	7.3
Other	33	15.1

Other

Table I: Other Locations Response Demographics N=36

Gender	Frequency	Percent %
Male	3	8.3
Female	33	91.7
No response	0	0.0
Age		
18-24	30	83.3
25-44	3	8.3
45-64	3	8.3
65+	0	0
No response	0	0
Total	36	100

Table II: Other Locations N=36

State	County	Frequency
IN	Warrick	1
KY	Boyle	1
	Bullitt	1
	Franklin	1
	Grayson	1
	Hardin	1
	Henry	1
	Jefferson	4
	Jessamine	1
	McCracken	1
	Muhlenberg	1
	Nelson	1
	Ohio	1
	Oldham	6
	Pulaski	1
	Russell	1
Todd	2	
Whitley	1	
MO	St. Charles	1
TN	Davidson	2
	Robertson	2
	Sumner	2
TX	Dallas	1
WV	Fayette	1

Table III: Other Locations; Who in our life has been affected by the following? N=36

	You %	Spouse %	Sibling %	Parent %	Child under 18 %	Child over 18 %	Friend %
Mood Disorder, including depression	5.6	2.8	19.4	11.1	8.3	2.8	30.6
Anxiety/Panic Disorder	44.4	0	16.7	13.9	5.6	5.6	33.3
Post-Traumatic Stress Disorder	5.6	0	8.3	5.6	0	2.8	5.6
Alcohol abuse/addiction	2.8	0	5.6	27.8	0	0	27.8
Illegal substance abuse/addiction (including prescription drug abuse)	0	0	8.3	5.6	0	0	36.1
Self-harm	2.8	0	8.3	0	2.8	0	19.4
Suicide/suicide attempt	2.8	0	2.8	0	0	0	19.4

Table IV: Other Locations; What help was sought to address mental health and/or substance abuse issues? N=36

	Frequency	Percent %
Support group	7	19.4
Counselor/ Therapist	20	55.6
Psychiatrist	4	11.1
Treatment Program	8	22.2
Clergy	3	8.3
Crisis Hotline	1	2.8
Community (Friends, Family)	11	30.6
No Help Sought	2	5.6
Other	1	2.8

Table V: Other Locations; Where would you go or where have you gone for help with mental health and/or substance abuse issues? N=36

	Frequency	Percent %
Family and friends	27	75

General practice physicians	5	13.9
Counselor/Therapist	26	72.2
Psychiatrist	8	22.2
Clergy	3	8.3
The internet	8	22.2
Alternative medicine	2	5.6
Emergency room	6	16.7
Community group	4	11.1
School psychologist/counselor	9	25.0
Sought no help	1	2.8
Other	1	2.8

Table VI: Other Locations; What have been problems for you or your family in receiving mental health and/or substance abuse treatment? N=36

	Frequency	Percent %
Can't get an appointment with doctor or mental health provider when needed	3	8.3
Doctor won't take insurance	8	22.2
Can't afford doctor's fees	10	27.8
Transportation	3	8.3
Can't afford medication	7	19.4
Don't know where to get information	2	5.6
Don't know how to access care	2	5.6
Crisis/emergency services are hard to access	2	5.6
Other	2	5.6

Appendix III: Survey

BRIGHT Community Survey 3 - Mental Health Systems

The Barren River Initiative to Get Healthy Together (BRIGHT) Coalition is a group of more than 50 local leaders from the 10-county region. Behavioral health care has been identified as a priority need for our area.

This survey will help us to move forward. The opinions that you and hundreds of your neighbors provide in this survey will be compiled into a report by the Barren River District Health Department. You can view the survey report in Fall 2017 at www.brightcoalition.org

The BRIGHT will use this information to improve local health care services and related priorities. Your privacy is important. Individual answers will not be shared. Thanks for your valuable help!

1. What county do you live in?

- Allen
- Barren
- Butler
- Edmonson
- Hart
- Logan
- Metcalfe
- Monroe
- Simpson
- Warren
- Other (please specify)

2. Please indicate who in your life has been affected by the following mental health and/or substance abuse issues.

	You	Spouse	Sibling	Parent	Child Under 18	Child Over 18	Friend
Mood Disorder, including Depression	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety/Panic Disorder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Post Traumatic Stress Disorder (PTSD)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol abuse/addiction	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Illegal substance abuse/addiction (includes prescription drug abuse)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self harm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suicide/suicide attempt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (please specify)

3. If you responded to question 2, what help was sought to address these mental health and/or substance abuse issues? Check all that apply

- Support group
- Counselor/ Therapist
- Psychiatrist
- Treatment program
- Clergy
- Crisis hotline
- Community (friends, family)
- No help sought
- Other (please specify)

4. Where would you go or where have you gone for help with mental health and/or substance abuse issues? Check all that apply

- Family and friends
- General practice physicians
- Counselor/ Therapist
- Psychiatrist
- Clergy
- The internet
- Alternative medicine
- Emergency room
- Community group
- School psychologist/ counselor
- Sought no help
- Other (please specify)

5. What have been problems for you or your family in receiving mental health and/or substance abuse treatment? Check all that apply

- Can't get an appointment with doctor or mental health provider when needed
- Doctor won't take insurance
- Can't afford doctor's fees
- Transportation
- Can't afford medication
- Don't know where to get information
- Don't know how to access care
- Crisis/ emergency services are hard to access
- Other (please specify)

6. Your age

7. Your gender

- Male
- Female

8. Your zip code