



BUILDINGHOPE
SUMMIT COUNTY



State of Mental Health in Summit County

Overview

- Trends from the data
- View of the system and major improvements
- Building Hope in 2024
- Next steps



What the Data says

1. **Adult mental health** appears to have worsened in Summit County
 - Poor mental health days increased from 3.4 in 2017 to 4.4 in 2021.
 - 3+ days of poor mental health in the past month--55% in 2024, up from 46% in 2020
 - Notably, low-income households, BIPOC individuals, LGBTQ+ folks, women, and young adults (ages 18 to 38 y.o.) most vulnerable
2. **Excessive use of alcohol** remains a significant issue
 - Roughly 80% report that, alcohol is important to social life- hasn't changed much since 2020.
 - Since 2017, the rate of binge or heavy drinking in the community has hovered around 22%
 - 2024, ~70% adults reported that their lives have been negatively affected by substance use
 - "Booze Less Summit" campaign-- "Booze a little less, do a lot more"
3. **Mental health among middle and high school students** appears to be improving
 - 2019, nearly 30% of Summit High School students reported "feeling so sad or hopeless almost every day for two weeks or more in a row; 2023 this dropped to 20%
 - Summit Middle School data shows less change - 2019 roughly 23% and roughly 22% in 2024

What the Data says

4. **Alcohol use** for high school students appears to be declining
 - In 2019, roughly 42% of Summit High School students had reported alcohol use in the past month when surveyed, and this dropped to nearly 23% of students reporting alcohol use in the last month in 2023.
5. **Access to behavioral health services** has improved and many still wait for care
 - In 2020, 37% of adult respondents reported they were UNABLE to get needed mental health services that year and this dropped to 28% of in 2024
 - The Building Hope scholarship network ended 2024 with 251 total active providers, again 34 of these providers are bilingual Up from 102 providers in 2021 - partnering with Vail Health Behavioral Health and Mountain Strong
 - Providers accepting insurance, and offering payment plans & sliding scales help to make services more financially accessible
 - Gaps and needs in our provider network for specialty care, after hour and weekend appointments, and in person Spanish speaking sessions
 - Bilingual providers has increased to 34 in 2024, from 26 just 2 years ago. This is a 30% increase in the number of bilingual providers serving Spanish speaking Summit County locals

Program Development-Strong Future Funding

Prevention:

- Family and Intercultural Resource Center- Peer programs (Alma and Accion)
- Building Hope-Suicide Prevention & Behavioral Health Education Fund

Intervention:

- Summit Community Care Clinic- Clinic Immediate Access
- Common Spirit- ED Behavioral Health Specialist
- Recovery Resources- Withdrawal Management
- Sheriff's Office-STARR Program

Crisis Services:

- Building Hope- Immediate Access Slots (Sunset June 2024)
- Sheriff's Office-SMART Program
- Paragon Behavioral Health Connections- Community Stabilization and Acute Treatment Program

Treatment:

- Summit Community Care Clinic- School Based Behavioral Health Services
- Building Hope-Support Groups; Provider Support; & Scholarships and Navigation Services
- Mile High Behavioral Healthcare- Adolescent Enhanced Outpatient Program & Wellness Hub Operations
- Porch Light Health/Front Range Clinic- Medication Assisted Treatment
- Wild Nature Wellness- Wild Youth Passages & DBT Therapy Group
- Paragon Behavioral Health Connections- In home Wrap Around Program



Gaps being Filled

Mental Health & Substance Use:

- Mile High Behavioral Healthcare
- Porchlight Health-Front Range Clinic
- Vail Health Behavioral Health
- Summit Community Care Clinic & School Based Health
- Building Hope Programs
- Wild Youth Passages

Mobile Crisis Response:

- Paragon Behavioral Health Connections
- SMART Team

Peer Support:

- FIRC - ALMA & Accion
- NAMI
- Mountain Dreamers
- Youth and Family Services
- Summit School District- Programs at SHS and Snowy Peaks



Building Hope in the Community

Building Hope has played an important role in providing system capacity building:

- Overseeing provider engagement and retention efforts
- Communicating and coordinating across providers and provider entities
- Implementing provider directories
- Launching screening, mental health trainings, and community education tools
- Outpatient provider supports of insurance billing, facilitating networking opportunities, and providing training grants to providers
- Scholarships for making mental health treatment accessible to all

We are making progress AND there's always more work to be done

Building Hope in the Community

- ★ **119 grants** to mental health providers and peer professionals for professional development, licensing supervision, paid internship stipends, and provider or peer led support groups
- ★ **581 scholarships** to access therapy, resulting in over **5000 sessions** completed
- ★ Building Hope supported close to **300 residents** with mental health **navigation services**
- ★ **38** community connectedness and bilingual events and **6** special events, impacting almost **1300 individuals**
- ★ **37 HYPE** events and impacted over **500 Summit County youth**
- ★ **20** mental health **training sessions** in Spanish and English for **636 people** in the community.
- ★ **“It’s okay to not be okay”** and **“Booze Less Summit”** attack Stigma Reduction



What's Needed and What's Next:

1. Additional coordination of crisis behavioral health services
2. Expansion of services for children and families and enhanced collaboration
3. Continued support for small providers
4. Targeted Strong Future funding to address County priorities



Thank you!

- ★ Summit County Government
- ★ Town Municipalities
- ★ Community Partners & Providers
- ★ Donors and Supporters
- ★ Summit County Community
- ★ Innovela Consulting, Nancy Vandemark
- ★ Building Hope (MSW intern)

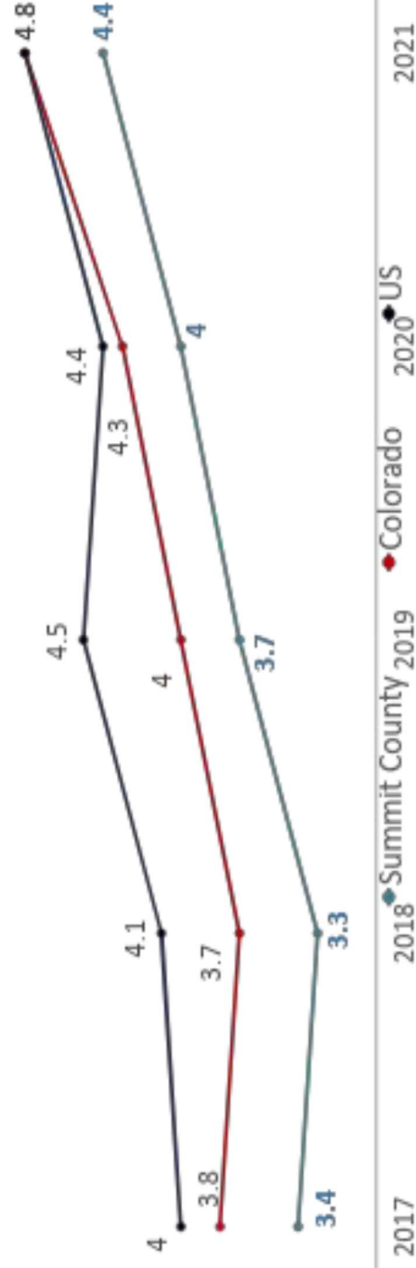


Sources:

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Colorado Health Institute. Colorado Health Access Survey. (2023).
PRC. *2024 Community Engagement & Behavioral Health Survey Report Summit County, Colorado*. (2024).
Center for Behavioral Health Statistics and Quality & Substance Abuse and Mental Health Services Administration. National Survey on Drug Use and Health, 2021 and 2022.
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Colorado School of Public Health. *Healthy Kids Colorado Survey, High School-Level Survey Results: Summit High School*.
Colorado Public Health. *Healthy Kids Colorado Survey, Middle School-Level Survey Results: Summit Middle School*. (2023).

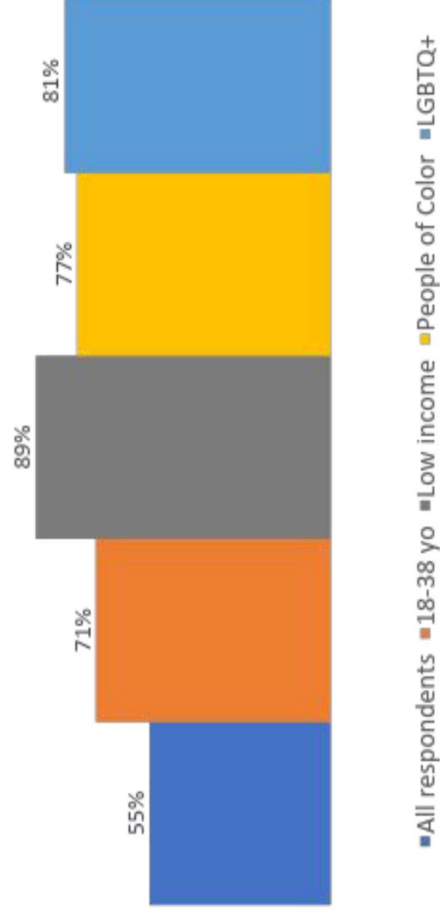
1. Adult mental health appears to have worsened particularly in vulnerable populations.

Average number of poor mental health days in last month in adults
(Behavioral Risk Factor Surveillance System , 2022)



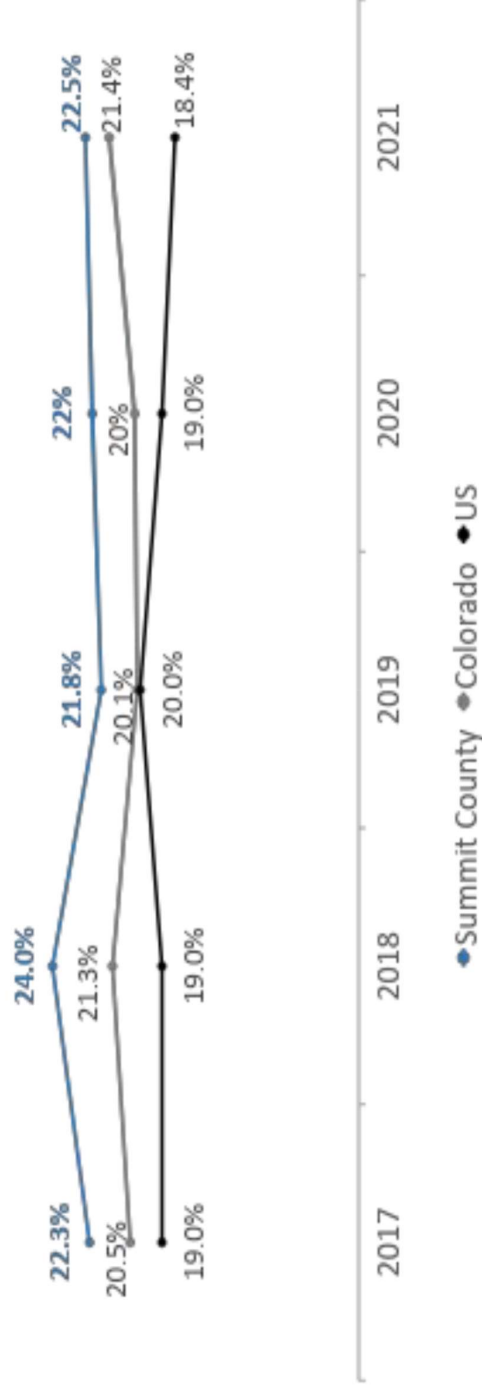
1. The County's more vulnerable populations of adults experience the highest rates of poor mental health.

Adults with three or more days of poor mental health in past month
(Community Engagement & Behavioral Health Survey, 2024; N=537)

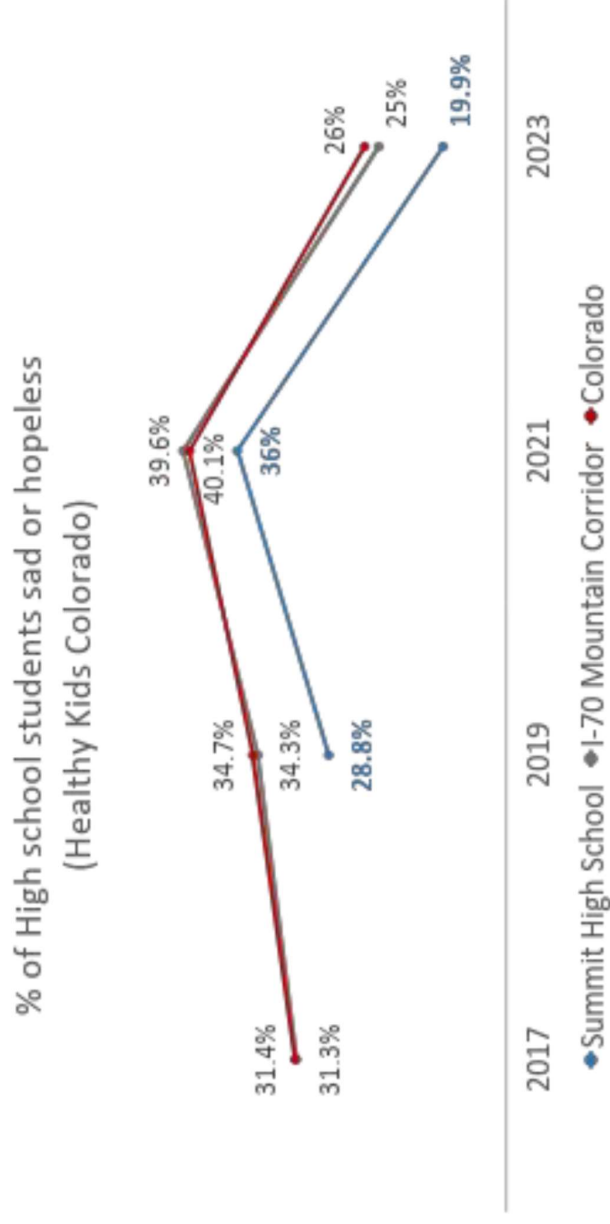


2. Rates of excessive use of alcohol are high and have not changed in recent years.

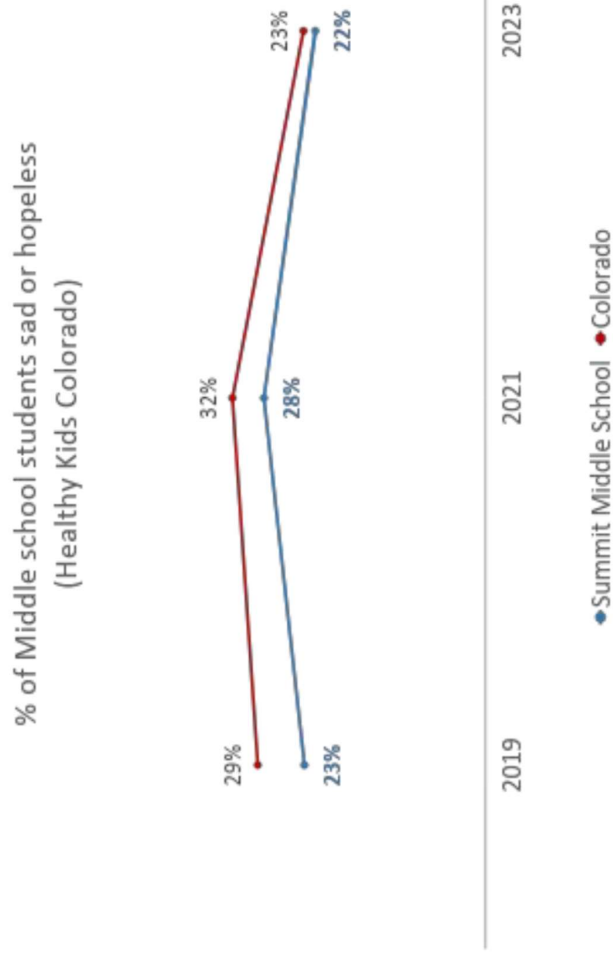
Percent of population engaging in binge or heavy drinking
(National Survey on Drug Use and Health - SAMHSA 2022)



3. Mental health indicators among middle and high school students appear to be improving since 2021

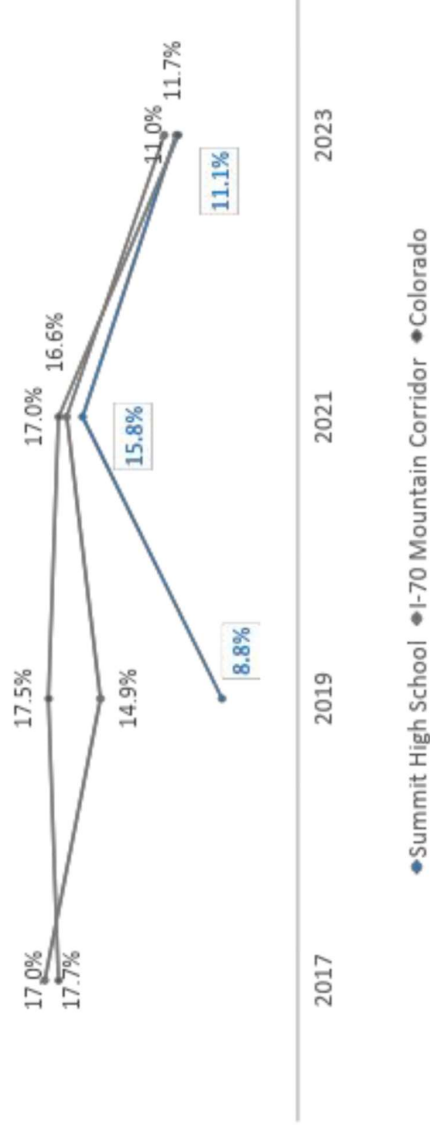


3. Indicators of poor mental health among middle school students have changed less than among high school students.

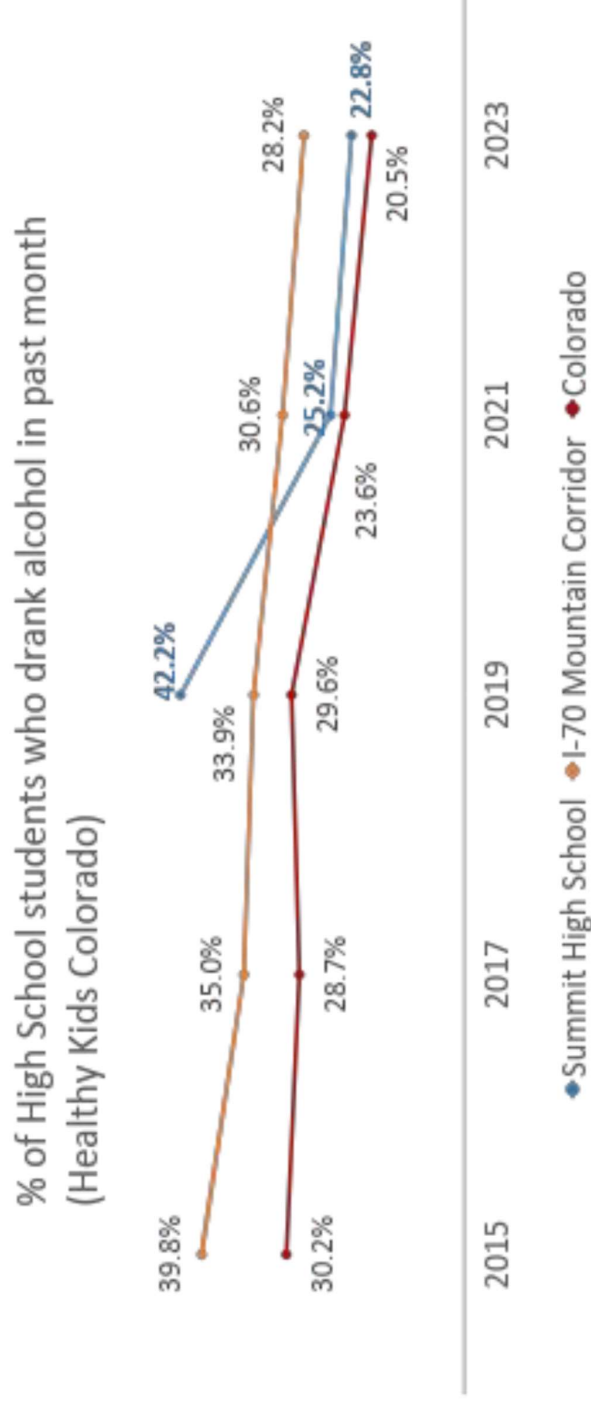


3. While the proportion of high school students who have recently considered suicide has dropped since 2021, more than one in ten students report serious thoughts of suicide.

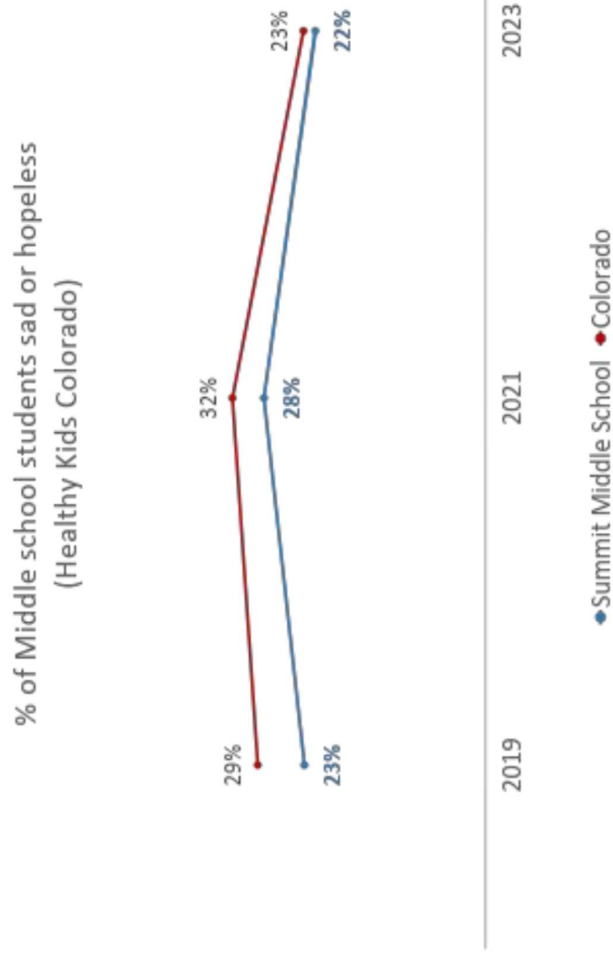
% of High school students who seriously considered suicide
(Healthy Kids Colorado)



4. Alcohol use among high school students appears to be declining.

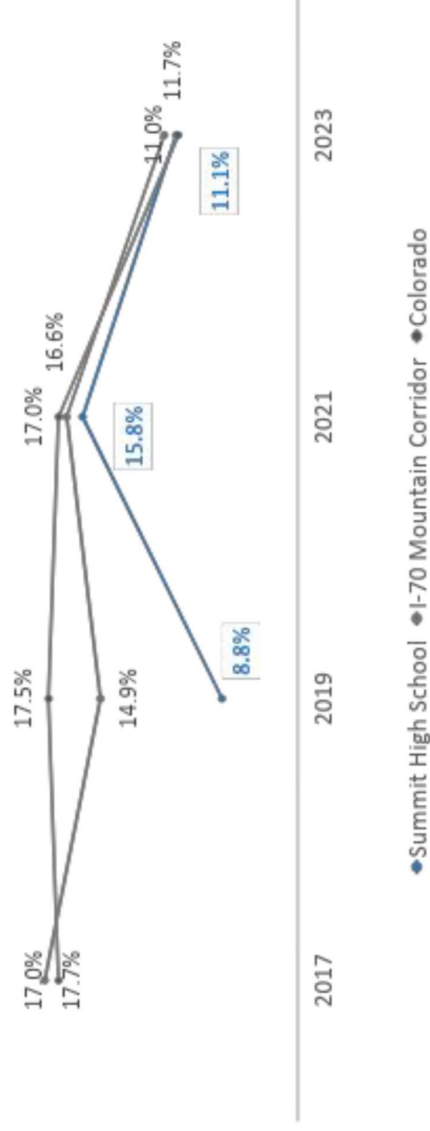


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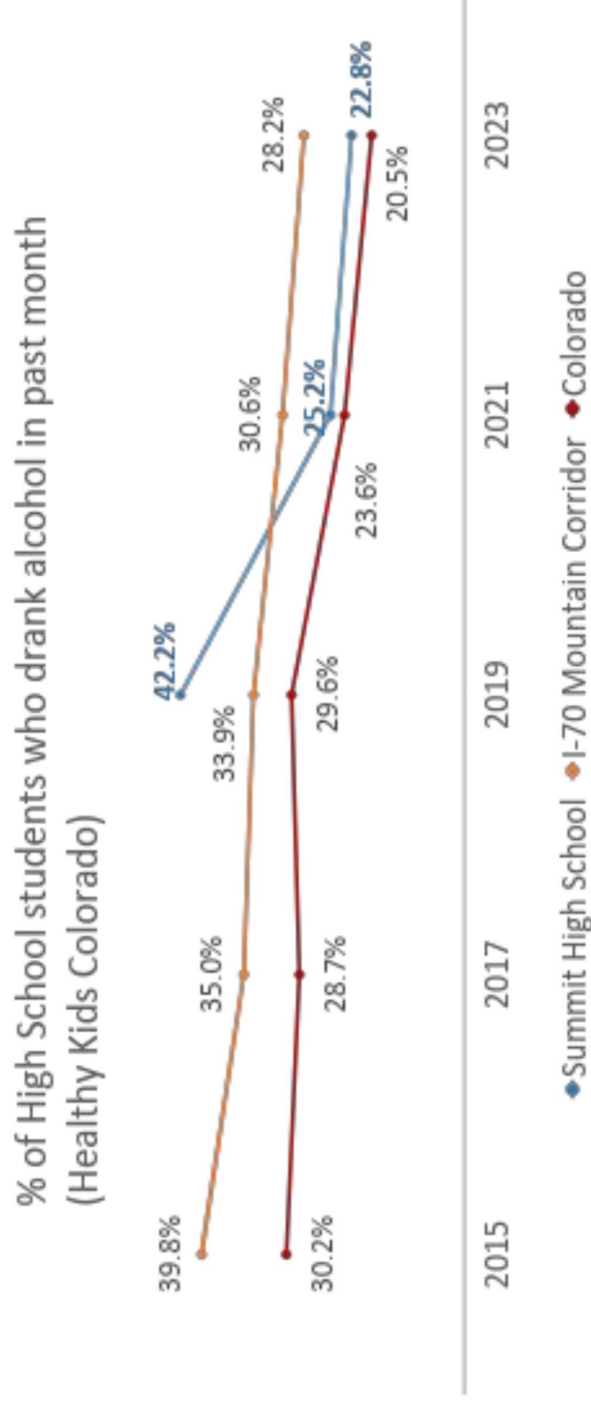


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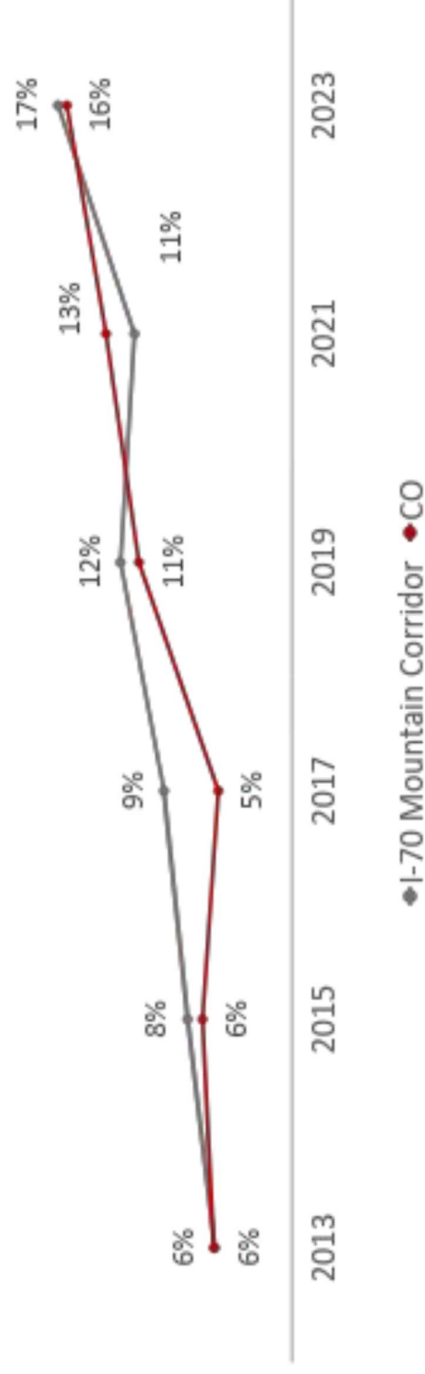


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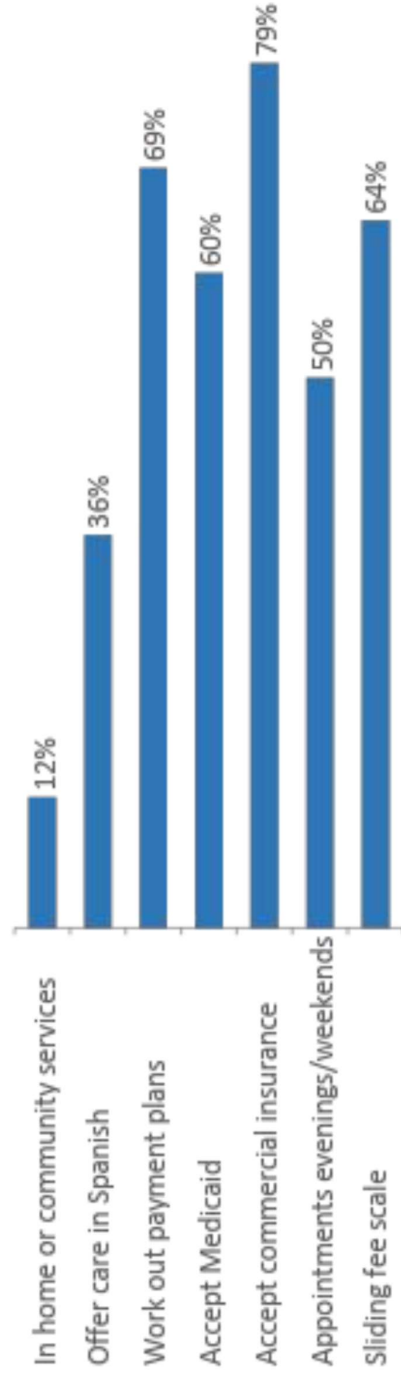
5. Across Colorado, the percentage of people who need behavioral health services and do not receive services continues to grow.

% of residents who needed but did not receive mental health services
(Colorado Health Access Survey)

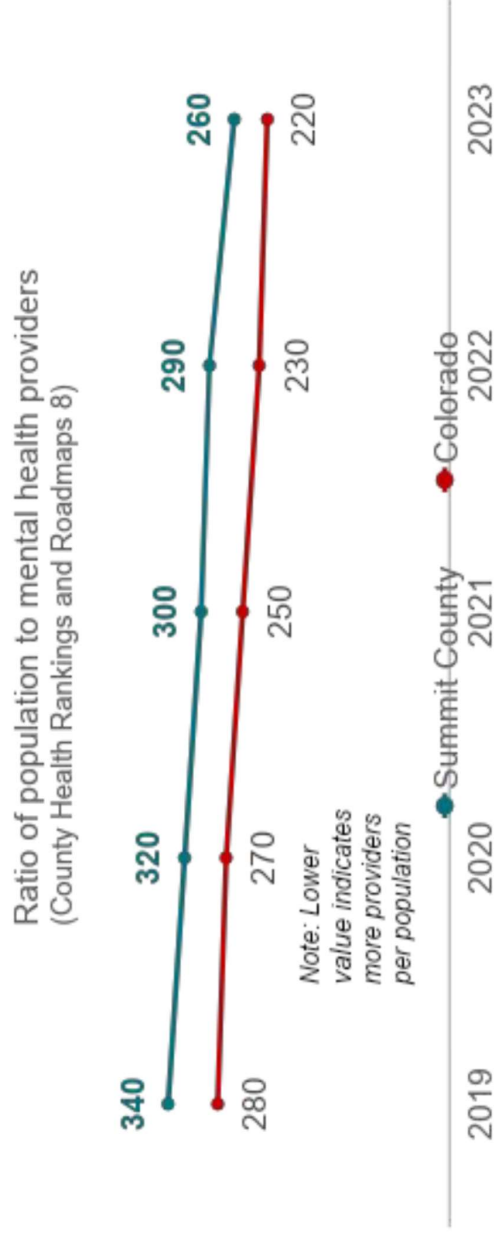


6. Accessibility of outpatient care has improved slightly from 2022 to 2024 but many still wait for care and the majority of providers do not offer care outside of regular business hours.

**Summit County providers offering accessibility improvements,
(N=45)
(Summit County Provider Survey, 2024)**



6. The number of mental health providers in the County has increased as compared with the total population.



6. Accessibility factors differ slightly when comparing providers serving adults and those serving children.

Accessibility factors among child providers versus all providers in Eagle and Summit Counties
(Mental Health Provider Survey, 2024 8)

