



2024
**COMMUNITY ENGAGEMENT
& BEHAVIORAL HEALTH
SURVEY REPORT**
North Tahoe, California

Sponsored by

Community Collaborative of Tahoe Truckee

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INTRODUCTION

PROJECT OVERVIEW

Project Goals

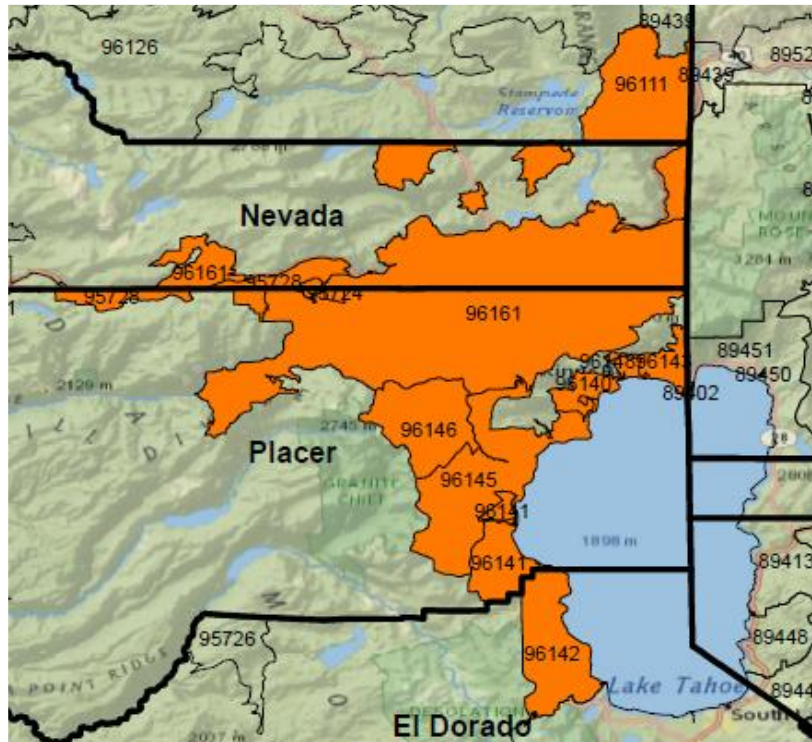
The 2024 PRC Community Engagement & Behavioral Health Survey, a follow-up to similar studies in 2020 and 2022, is a data-driven approach to measuring community engagement and behavioral health needs in the North Tahoe area of California. Subsequently, this information may be used to inform decisions and guide efforts to improve community health and wellness.

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

Methodology

Community Definition

The targeted population for this survey effort included residential ZIP Codes throughout the North Tahoe area, as outlined in the following map.



North Tahoe, California



Survey Instrument

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

The final survey instrument consisted of 42 questions and is very similar to the surveys administered in 2020 and 2022, allowing for data trending for most indicators.

Sample Approach & Design

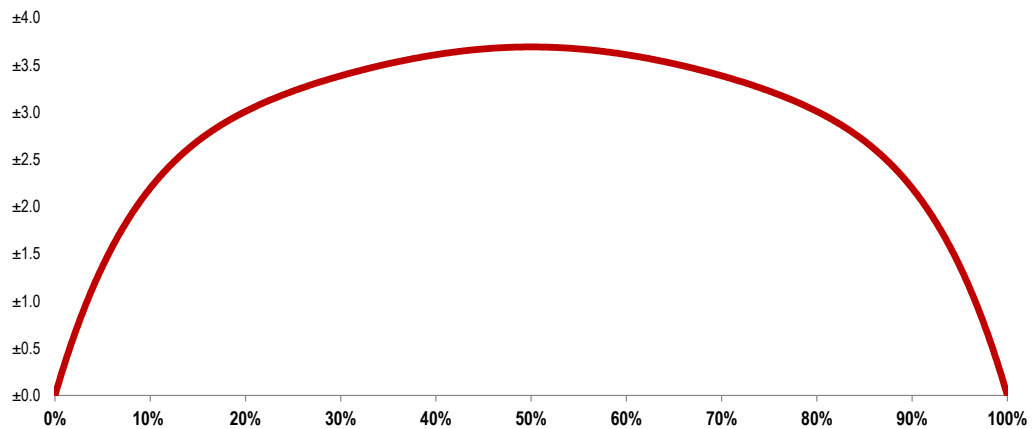
To ensure the best representation of the population surveyed, a mixed-mode methodology was implemented. This included surveys conducted via telephone (landline and cell phone) as well as through online questionnaires. The final sample for this effort included **713 total surveys** among individuals age 18 and older in the North Tahoe area.

PRC SAMPLING ► PRC conducted 350 surveys across North Tahoe 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 Community Collaborative of Tahoe Truckee 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 363 surveys were achieved through these methods.

For statistical purposes, the maximum rate of error associated with a sample size of 713 respondents is $\pm 3.7\%$ at the 95 percent confidence level.

Expected Error Ranges for a Sample of 713 Respondents at the 95 Percent Level of Confidence



- Note:
- The "response rate" (the percentage of a population giving a particular response) determines the error rate associated with that response. A "95 percent level of confidence" indicates that responses would fall within the expected error range on 95 out of 100 trials.
- Examples:
- If 10% of the sample of 713 respondents answered a certain question with a "yes," it can be asserted that between 7.8% and 12.2% ($10\% \pm 2.2\%$) 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 46.3% and 53.7% ($50\% \pm 3.7\%$) of the total population would respond "yes" if asked this question.

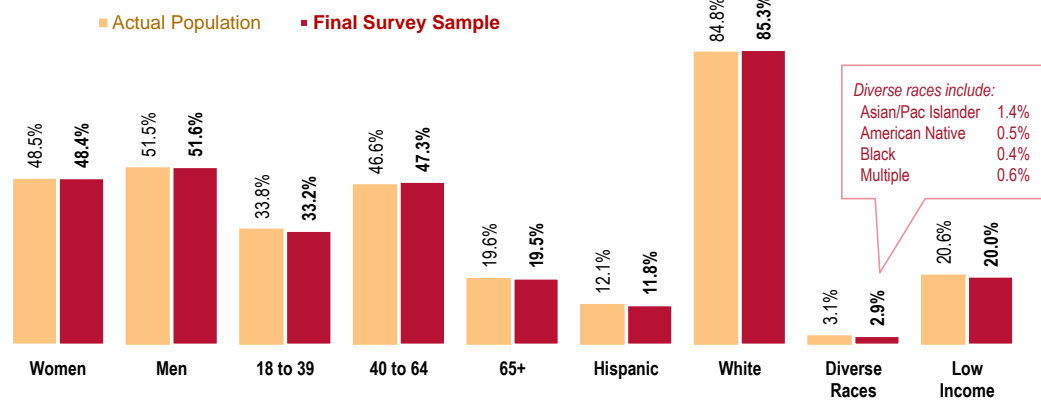


Sample Characteristics

Once all interviews were completed, these were combined and weighted to best reflect the community as a whole. To accurately represent the population studied, it is a common and preferred practice to “weight” the raw data to improve the representativeness of the sample. This is accomplished by adjusting the results of a random sample to match the geographic distribution and demographic characteristics of the population surveyed (poststratification), so as to eliminate any naturally occurring bias. Specifically, once the raw data are gathered, respondents are examined by key demographic characteristics (namely gender, age, race, ethnicity, and poverty status), and a statistical application package applies weighting variables that produce a sample which more closely matches the population for these characteristics. Thus, while the integrity of each individual’s responses is maintained, one respondent’s responses may contribute to the whole the same weight as, for example, 1.1 respondents. Another respondent, whose demographic characteristics may have been slightly oversampled, may contribute the same weight as 0.9 respondents.

The following charts outline the characteristics of samples for key demographic variables, compared to actual population characteristics revealed in census data. [Note that the sample consisted solely of area residents age 18 and older; children were not surveyed in this effort and are therefore not represented demographically in these charts.]

Population & Survey Sample Characteristics (North Tahoe, CA; 2024)



- 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 North Tahoe appear to be **highly engaged** in their community:
 - Over 85% agree that they trust people in their community.
 - Over 65% agree that they invest time and effort into the community, representing a significant increase from the 2020 survey.
 - Likewise, over 65% agree that their community is part of their identity.

In general, older residents and White residents tend to be more engaged by these measures.

- Residents' perception that their community is an **“excellent,” “very good,” or “good” place in which to live** has increased significantly since the most recent survey in 2022.
- Still, one-third of residents have **considered leaving North Tahoe** for reasons related to housing, employment, or income. This, however, is a significant decrease from 2022.

SOCIAL SUPPORT

- Most respondents 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.
- Although it is on the decline in North Tahoe, **loneliness** affects approximately 20% of area adults, 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, younger residents, and those who identify as LGBTQ+.
- One in five North Tahoe residents ever have suffered **physical or emotional abuse** from an intimate partner. This is more often reported among area women and adults age 40 to 64.

MENTAL HEALTH

- Most residents believe that the **community is sympathetic** to those with mental health concerns, but **fewer feel that it is easy for residents to discuss** issues related to mental health. On a positive note, the prevalence of respondents who feel the community is sympathetic has increased significantly since 2020.
- Residents of North Tahoe 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), although the percentage has decreased significantly from 2020 survey findings. Current prevalence tends to be higher in women, younger adults, and Hispanic respondents.
- 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 of local resources has increased significantly since 2020; however, the likelihood of using such services has decreased. Levels of awareness are lower among men, older adults, and White respondents.
- Among residents who have needed mental health services in the past year, nearly 30% report being **unable to get needed services**; this was primarily due to cost/insurance issues, not knowing where to seek help, availability of services, appointment availability, and lack of time. On a positive note, the inability to get services has decreased significantly since 2020.
- Likelihood of using **teletherapy** for behavioral health has increased significantly since 2020.



- Among area households, 16.9% have a child or youth younger than 24 who is experiencing **mental or emotional challenges**.

SUBSTANCE USE

- Although **alcohol is strongly associated with social life** in North Tahoe — over 70% “strongly” or “somewhat agree” that alcohol is important to most peoples’ social lives — this perception has decreased significantly since 2020. This is more often reported among women, adults age 40 to 64, higher-income households, and White respondents.
- While it is declining in North Tahoe, **more than one-third 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. Excessive drinking is more prevalent among men, younger adults, those with higher incomes, and White respondents.
- The **impact of substance use in peoples’ lives is widespread** — nearly two-thirds (North Tahoe 65.8% 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 North Tahoe. These data are grouped by topic.

Reading the Summary Tables

- In the following tables, North Tahoe results are shown in the larger, gray column.
- ■ The columns to the right of the North Tahoe column provide trending, as well as comparisons between community data and any available state and national findings. Symbols indicate whether North Tahoe 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	North Tahoe	vs. BENCHMARKS		
		vs. CA	vs. US	TREND
% Community Is a "Fair/Poor" Place to Live	4.2			 5.0
% Trust People in Community (Completely/Mostly Agree)	87.2			 88.0
% Invest Time/Effort Into Community (Completely/Mostly Agree)	68.8			 61.7
% Community Member Is Part of Identity (Completely/Mostly Agree)	66.7			 62.7
% Have Someone to Turn to "All/Most of the Time"	77.8			 74.5
% Lonely	21.7		 38.5	 29.3
% Intimate Partner Violence, Including Emotional Abuse (Ever)	21.4			 24.5
% HH Member Has Considered Leaving North Tahoe Due to Housing, Employment, or Income	33.6			 39.8









better







similar



worse

MENTAL HEALTH	North Tahoe	vs. BENCHMARKS		
		vs. CA	vs. US	TREND
% People Are Sympathetic to Those With Mental Health Concerns (Strongly/Somewhat Agree)	66.1			 56.1
% Easy for Residents to Discuss Mental Health (Strongly/Somewhat Agree)	51.5			 46.8
% 3+ Days of Poor Mental Health in the Past Month	36.7	 33.7		 41.9
% Needed Mental Health Services in Past Year	27.4			 28.6
% [Those Needing Services] Unable to Get Mental Health Services in Past Year	28.7			 43.3

MENTAL HEALTH (continued)	North Tahoe	vs. BENCHMARKS		
		vs. CA	vs. US	TREND
% Aware of Local Mental Health Resources	65.6			 54.8
% "Very/Somewhat" Likely to Seek Mental Health Services Locally if Needed	83.2			 86.8
% "Very/Somewhat" Likely to Use Teletherapy for Behavioral Health	79.4			 72.7
% HH Member Under 24 is Experiencing Mental or Emotional Challenges	16.9			 17.3


















better



similar



worse

SUBSTANCE USE	North Tahoe	vs. BENCHMARKS		
		vs. CA	vs. US	TREND
% Alcohol Is Important to Most People's Social Life (Strongly/Somewhat Agree)	71.2			 77.4
% Current Drinking	77.1	 52.3	 64.2	 78.6
% Heavy Drinking	16.5	 6.3	 14.1	 23.7
% Binge Drinking	30.0	 17.5	 30.6	 37.4
% Excessive Drinking	34.7	 19.1	 34.3	 43.2
% Personally Impacted by Substance Use	65.8		 45.4	 66.9






better



similar



worse

ACCESS TO HEALTH CARE	North Tahoe	vs. BENCHMARKS		
		vs. CA	vs. US	TREND
% [Age 18-64] Lack Health Insurance	7.8	 8.6	 8.1	 15.1



better



similar



worse



COMMUNITY LIFE

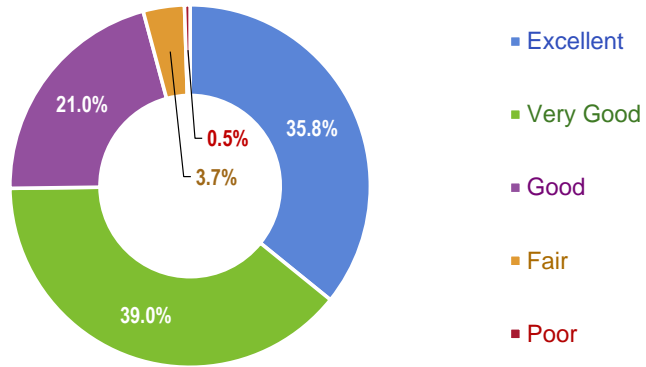
COMMUNITY AS A PLACE TO LIVE

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 North Tahoe area rate their community as an "excellent" or "very good" place to live.

Rating of the Community as a Place to Live
(North Tahoe, CA; 2024)

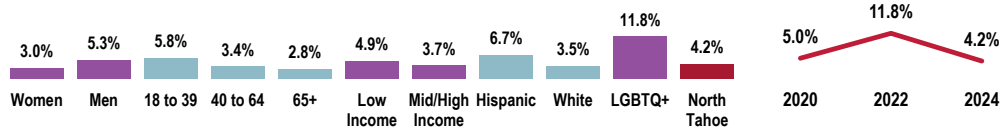


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 4]
Notes: • Asked of all respondents.

However, 4.2% of area residents gave "fair/poor" ratings of their community as a place to live.

Perceive the Community as a "Fair" or "Poor" Place to Live
(North Tahoe, CA; 2024)

North Tahoe, CA



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



INCOME & RACE/ETHNICITY

INCOME ► Poverty descriptions and segmentation used in this report are based on administrative poverty thresholds determined by the US Department of Health & Human Services. These guidelines define poverty status by household income level and number of persons in the household (e.g., the 2022 guidelines place the poverty threshold for a family of four at \$27,750 annual household income or lower). In sample segmentation: “low income” refers to community members living in a household with defined poverty status or living just above the poverty level, earning up to twice (<200% of) the poverty threshold; “mid/high income” refers to those households living on incomes which are twice or more (≥200% of) the federal poverty level.

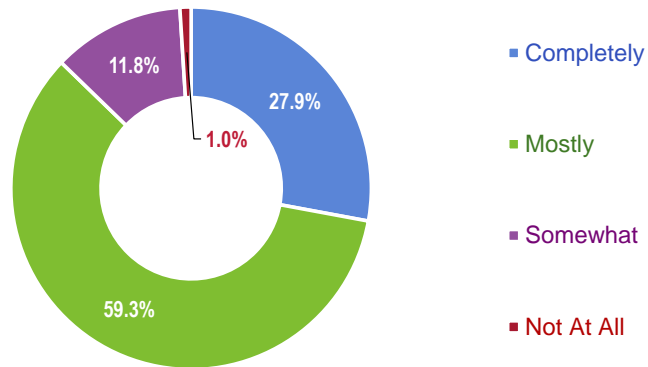
RACE & ETHNICITY ► In analyzing survey results, mutually exclusive race and ethnicity categories are used. All Hispanic respondents are grouped, regardless of identity with any race group. All race categories are non-Hispanic categorizations (e.g., “White” reflects non-Hispanic White respondents).

COMMUNITY ENGAGEMENT

Trust

Just over 87% of residents in the community agree (“completely” or “mostly”) that “I can trust people in this community.”

“I Can Trust People in This Community”
(North Tahoe, CA; 2024)



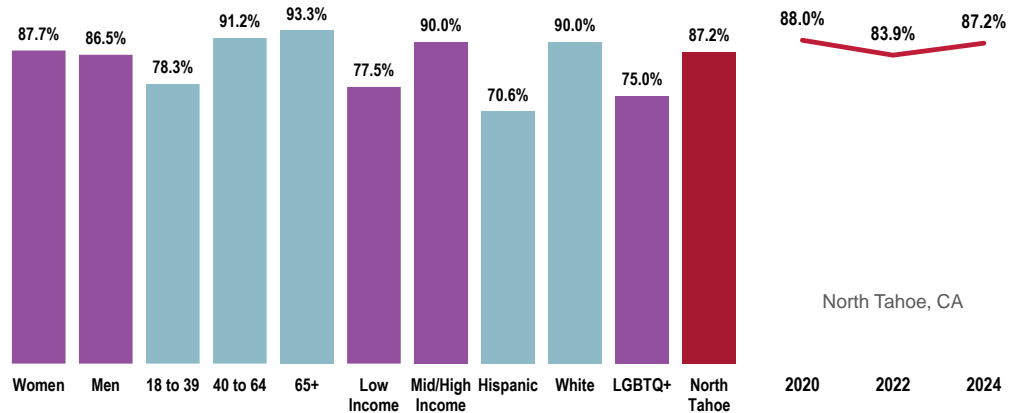
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]
Notes: • Asked of all respondents.

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.



DISPARITY ► Adults age 18 to 39, those with lower incomes, Hispanic residents, and those who identify as LGBTQ+ are less likely to say they trust people in the community.

Completely/Mostly Agree: “I Can Trust People in This Community” (North Tahoe, CA; 2024)

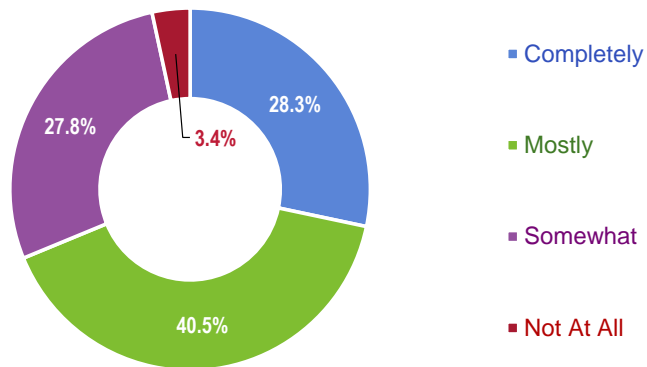


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 5]
Notes: • Asked of all respondents.

Time & Effort

Nearly 69% of residents in North Tahoe agree (“completely” or “mostly”) that *“I put a lot of time and effort into being part of this community.”*

“I Put a Lot of Time and Effort Into Being Part of This Community” (North Tahoe, CA; 2024)



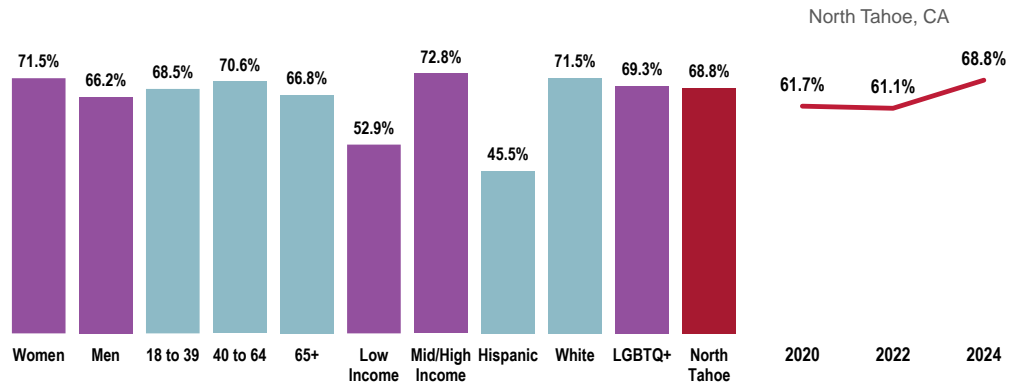
Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents.



TREND ► Represents a significant increase from previous surveys.

DISPARITY ► Lower-income households and Hispanic respondents are less likely to agree that they put a lot of time and effort into being a part of the community.

Completely/Mostly Agree: “I Put a Lot of Time and Effort Into Being Part of This Community” (North Tahoe, CA; 2024)

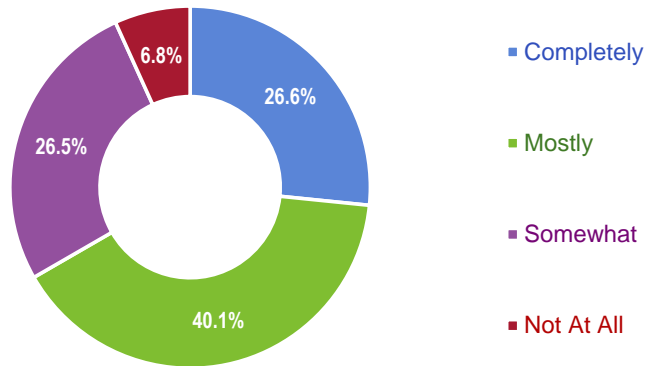


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 6]
Notes: • Asked of all respondents.

Identity

Two-thirds of residents in North Tahoe 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” (North Tahoe, CA; 2024)

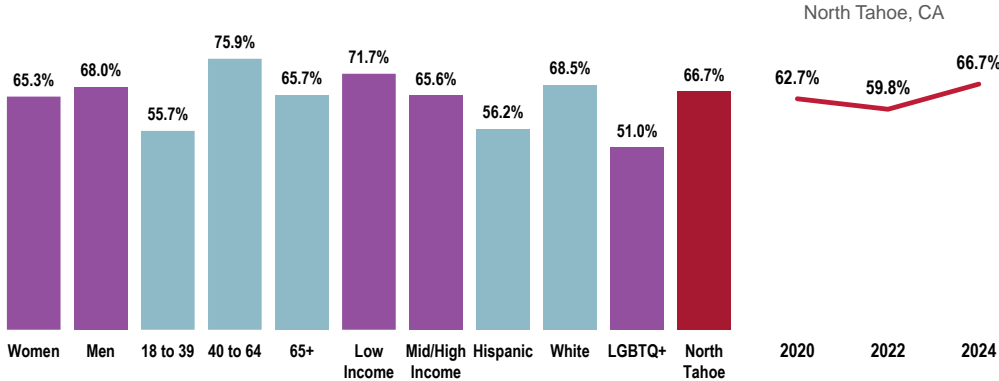


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 7]
Notes: • Asked of all respondents.



DISPARITY ► Agreement is lower among adults age 18 to 39 or age 65+, Hispanic residents, and LGBTQ+ respondents.

Completely/Mostly Agree:
“Being a Member of This Community Is Part of My Identity”
(North Tahoe, CA; 2024)



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



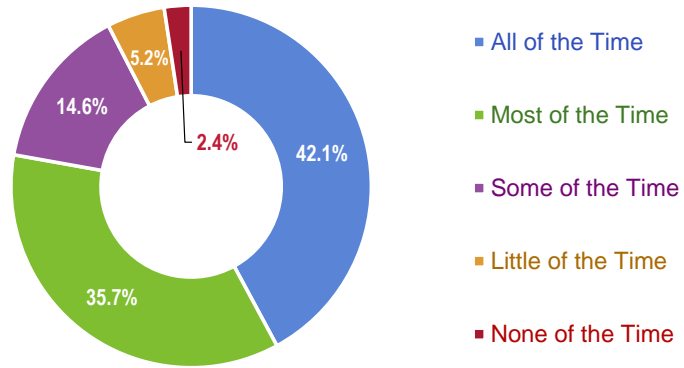
SOCIAL CONNECTIONS & LONELINESS

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 77.8% of adults in the North Tahoe area feel that they have had someone in the community they can turn to for help “all” or “most” of the time during the past month.

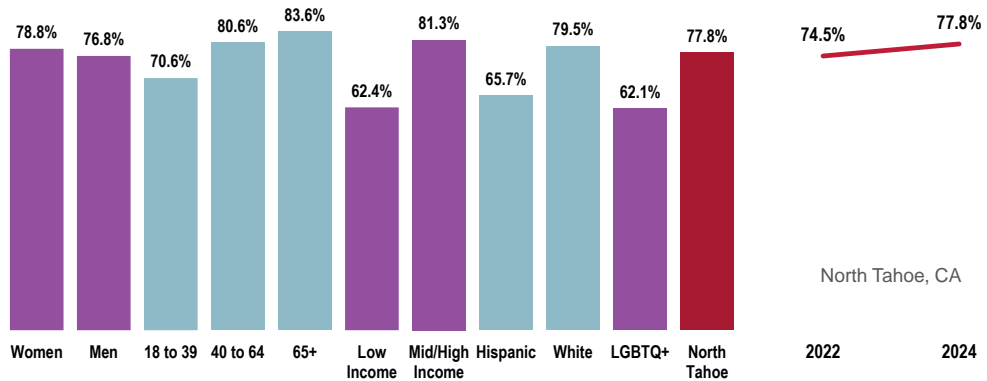
Frequency of Having Someone in the Community to Turn to if Help Were Needed/Wanted in the Past Month (North Tahoe, CA; 2024)



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

DISPARITY ► Adults age 18 to 39, lower-income respondents, Hispanic respondents, and LGBTQ+ respondents were less likely to report having social support.

Have Someone To Turn To “All/Most of the Time” (North Tahoe, CA; 2024)



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



Isolation & Loneliness

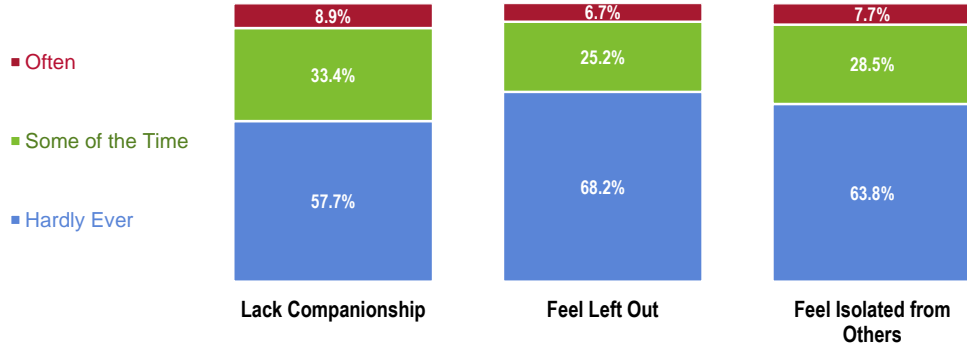
The following chart outlines responses to three questions used to define “loneliness” among residents in the North Tahoe.

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

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

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

Loneliness Factors (North Tahoe, CA; 2024)



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

Loneliness Scale

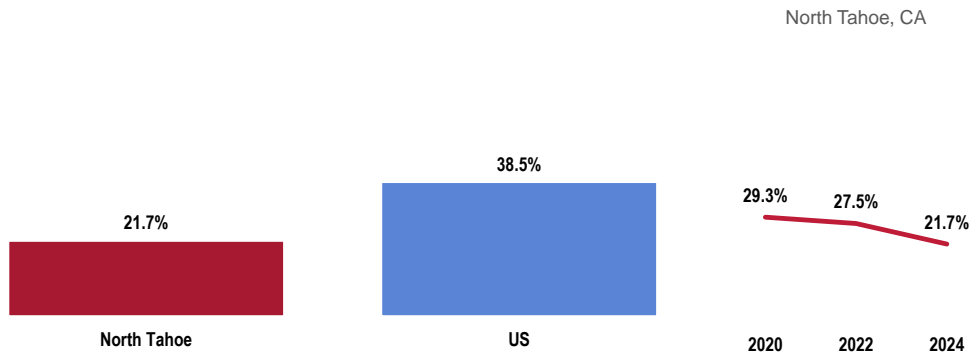
Based on their responses to the three survey questions, 21.7% of residents in North Tahoe are found to be “lonely.”

BENCHMARK ▶ Considerably lower than found across the US.

TREND ▶ Decreasing significantly over time.

DISPARITY ▶ Higher among women, adults age 18 to 39, and especially among LGBTQ+ respondents.

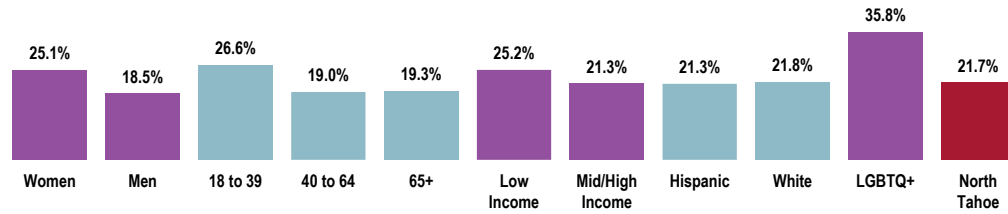
Lonely (North Tahoe, CA)



Sources: • 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 (North Tahoe, CA; 2024)



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

Notes: • Asked of all respondents.

• Here, "lonely" is defined as respondents who score 6-9 points in the series of three questions from the Loneliness Scale (regarding lacking companionship or feeling isolated or feeling left out). Points were awarded based on "hardly ever" (1), "some of the time" (2), or "often" (3) responses.



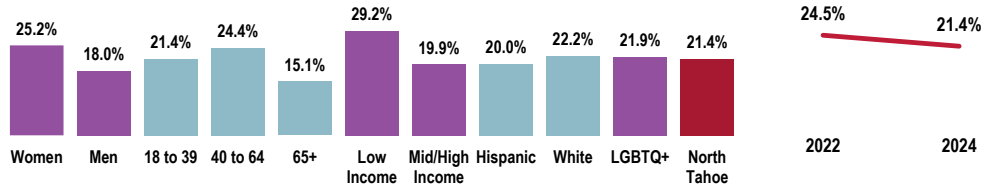
INTIMATE PARTNER VIOLENCE & ABUSE

A total of 21.4% of North Tahoe adults have experienced physical violence or emotional abuse from an intimate partner.

DISPARITY ▶ More often reported among women and residents age 40 to 64.

Have Ever Been the Victim of Intimate Partner Violence or Emotional Abuse (North Tahoe, CA; 2024)

North Tahoe, CA



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 305]
 Notes: • Asked of all respondents.
 • In this case, "intimate partner" means any current or former spouse, boyfriend, or girlfriend, or someone the respondent was dating or otherwise romantically or sexually intimate with.



CONSIDERING RELOCATION

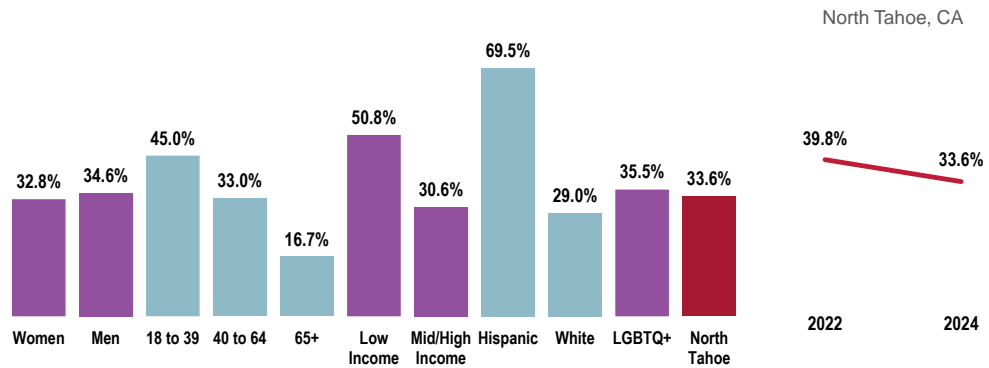
“During the past 12 months, have you or has a family member seriously considered leaving North Tahoe because of housing instability, lack of stable employment, or insufficient income to cover expenses?”

One-third (33.6%) of respondents say a member of their household has seriously considered leaving North Tahoe during the past year because of housing instability, lack of stable employment, or insufficient income to cover expenses.

TREND ▶ Marks a significant decrease since 2022.

DISPARITY ▶ Much higher among lower-income and especially among Hispanic households. Strongly correlated with age.

Considered Leaving the Area in the Past Year Because of Housing Instability, Lack of Stable Employment, or Insufficient Income to Cover Expenses (North Tahoe, CA; 2024)



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





MENTAL HEALTH

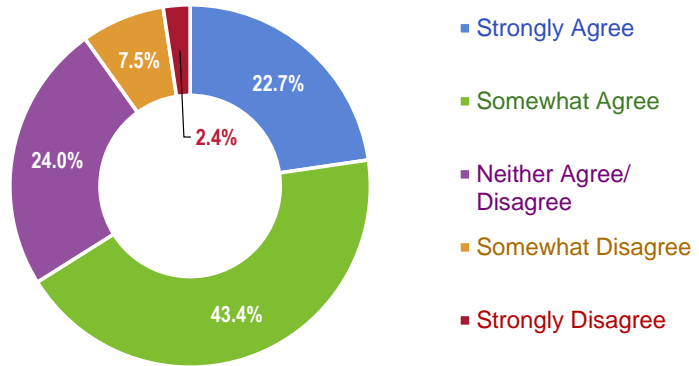
COMMUNITY ATTITUDES TOWARD MENTAL HEALTH

Caring & Sympathy Toward Those With Mental Health Concerns

While most agree that the community is generally caring and sympathetic to people with mental health concerns, one in 10 respondents in North Tahoe disagree.

To gauge community attitudes toward mental health, respondents taking part in the survey were asked their level of agreement with the following statement:
 “People in this community are generally caring and sympathetic to people with mental health concerns.”

“People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns”
 (North Tahoe, CA; 2024)

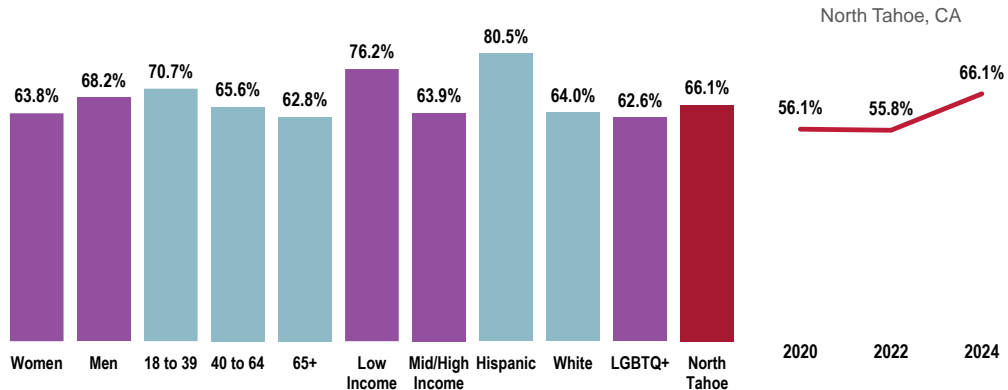


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 11]
 Notes: • Asked of all respondents.

TREND ▶ Agreement is significantly higher than found in previous surveys.

DISPARITY ▶ Those with higher incomes and White residents are less likely to agree.

Strongly/Somewhat Agree: “People in This Community Are Generally Caring and Sympathetic to People With Mental Health Concerns”
 (North Tahoe, CA; 2024)



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



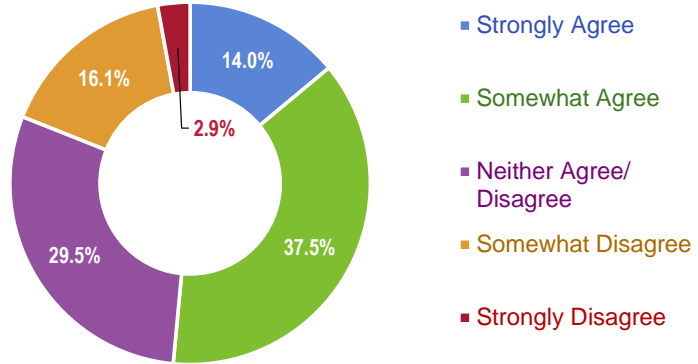
Discussing Mental Health & Emotional Challenges

Just over half of residents agree that people in the community can easily discuss mental health; however, 19% do not.

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

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

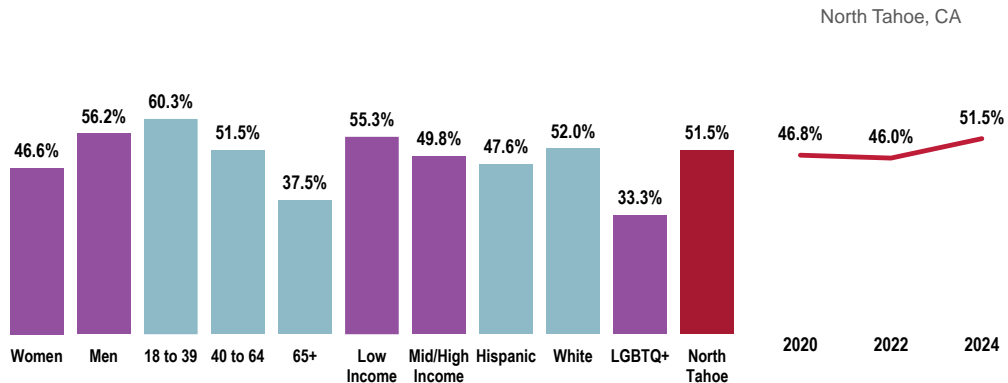
“It Is Easy for Residents to Talk About Mental Health or Emotional Challenges”
(North Tahoe, CA; 2024)



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

DISPARITY ► Those less likely to agree include women, adults age 65 and older, and LGBTQ+ respondents.

Strongly/Somewhat Agree: “It Is Easy for Residents to Talk About Mental Health or Emotional Challenges”
(North Tahoe, CA; 2024)



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



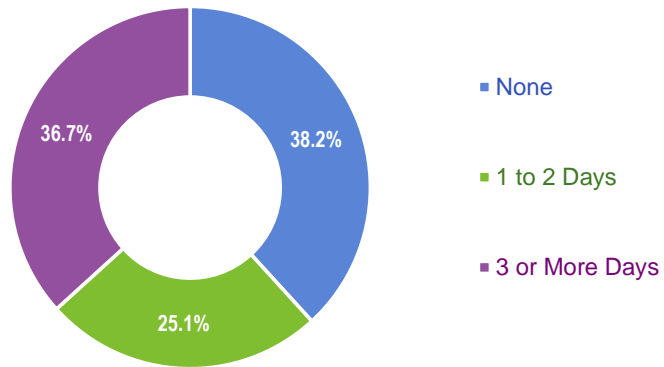
PERSONAL MENTAL HEALTH

Mental Health Status

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

Thinking about their mental health, which includes stress, depression, and problems with emotion, 38.2% of North Tahoe residents report no days of poor mental health in the past month; however, nearly the same percentage of residents (36.7%) report three or more days in the past 30 days when their mental health was not good.

Days of Poor Mental Health
(North Tahoe, CA; 2024)

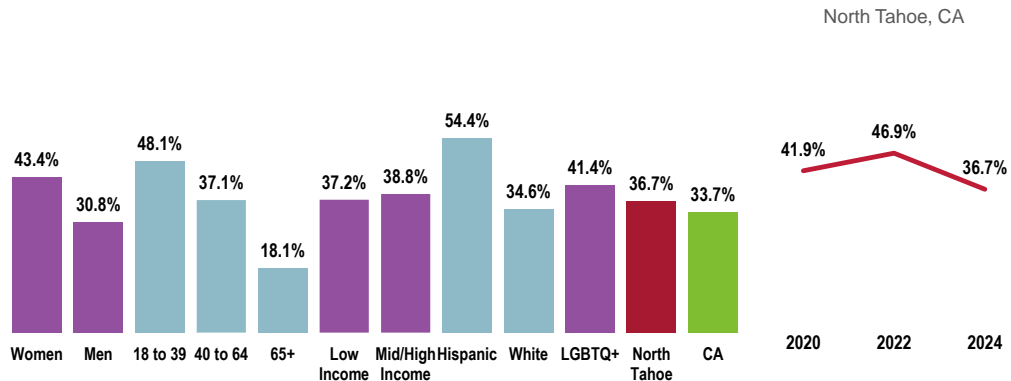


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 18]
Notes: • Asked of all respondents.

TREND ► Denotes a significant decrease (improvement) from previous studies.

DISPARITY ► More often reported among women, those younger than 65, and especially Hispanic respondents.

Three or More Days of Poor Mental Health in the Past Month
(North Tahoe, CA; 2024)



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



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 services for yourself?”

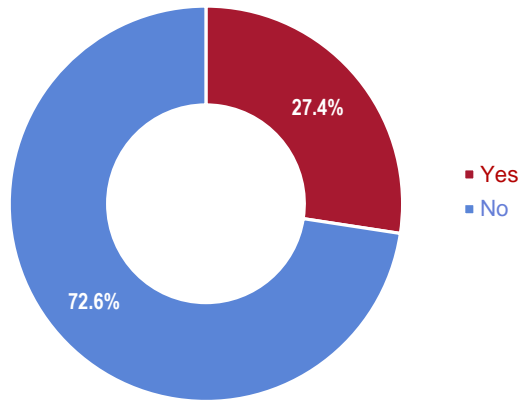
[IF YES] “Were you able to get the treatment or services that you needed?”

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

More than one-fourth of adults in North Tahoe 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 28.7% were not.

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

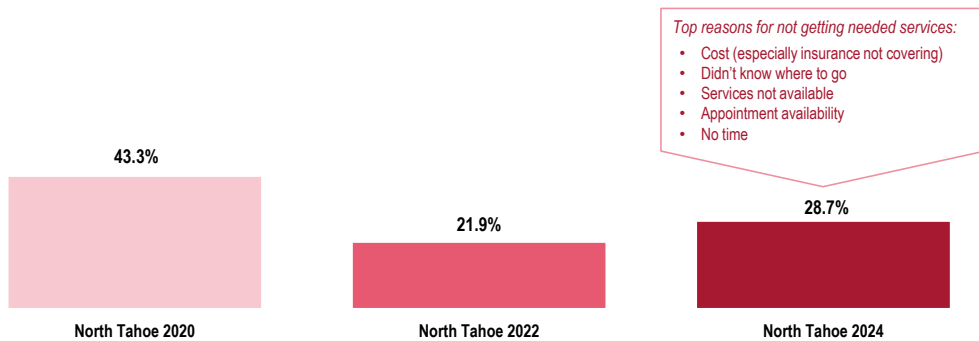
Needed Mental Health Services in the Past Year
(North Tahoe, CA; 2024)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 13]
Notes: • Asked of all respondents.

TREND ► The need for mental health services is significantly lower than found in the 2020 survey.

NOT Able to Get Mental Health Services Needed in the Past Year
(Among Those Needing Mental Health Services; North Tahoe, CA)



Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Items 14-15]
Notes: • Asked of all respondents.

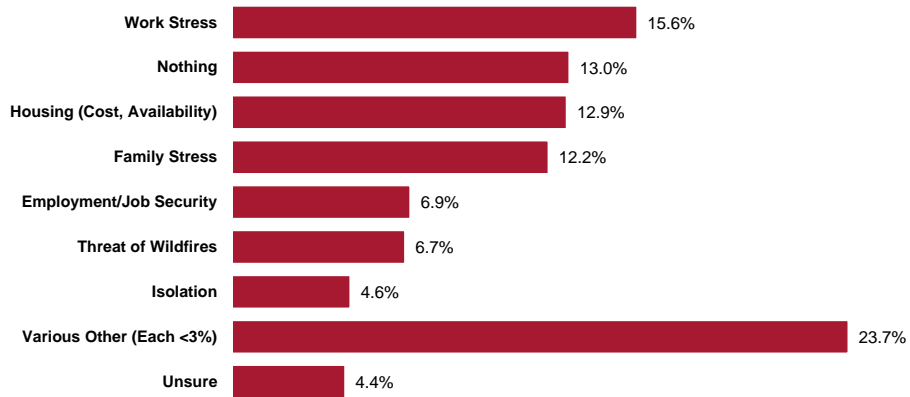


Greatest Challenge to Mental Well-Being

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

When asked to state the greatest challenge to their own mental well-being, survey respondents most often said work stress (15.6%), nothing (13.0%), housing cost and/or availability (12.9%), and family stress (12.2%).

“Greatest Challenge to My Own Mental Well-Being” (North Tahoe, CA; 2024)



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



LOCAL RESOURCES FOR MENTAL HEALTH

Awareness of Resources

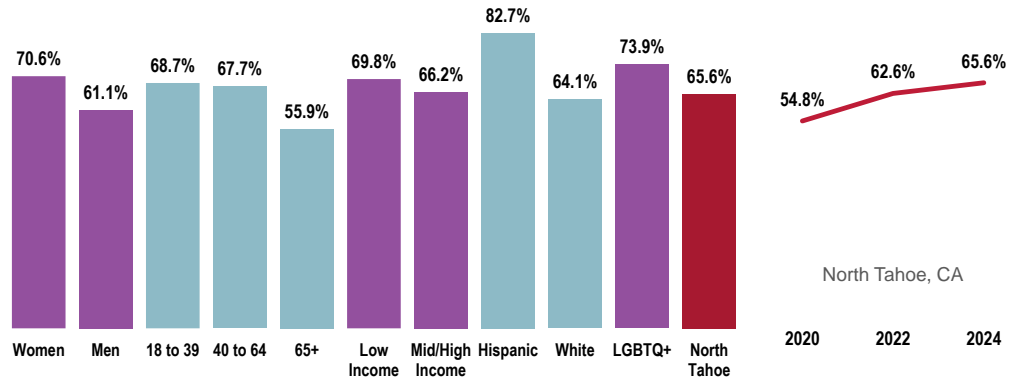
“Are you aware of any providers, programs, or resources available in this community to help people with mental health concerns?”

About two-thirds of adults in North Tahoe are aware of local providers, programs, or resources available to help people with mental health concerns.

TREND ▶ Marks a significant increase over time.

DISPARITY ▶ Awareness is lower among men, adults age 65 and older, and White residents.

Aware of Local Resources for Mental Health
(North Tahoe, CA; 2024)



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

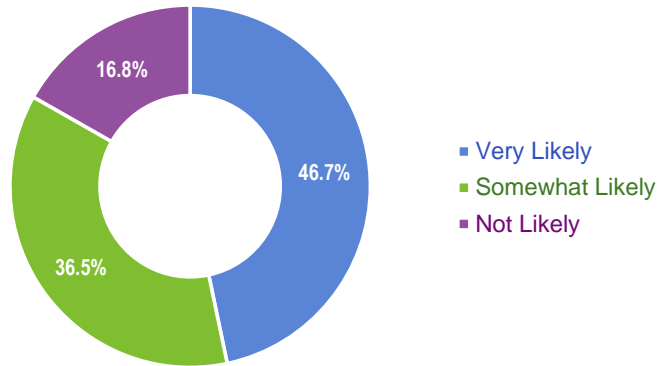


Likelihood of Using Local Resources

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

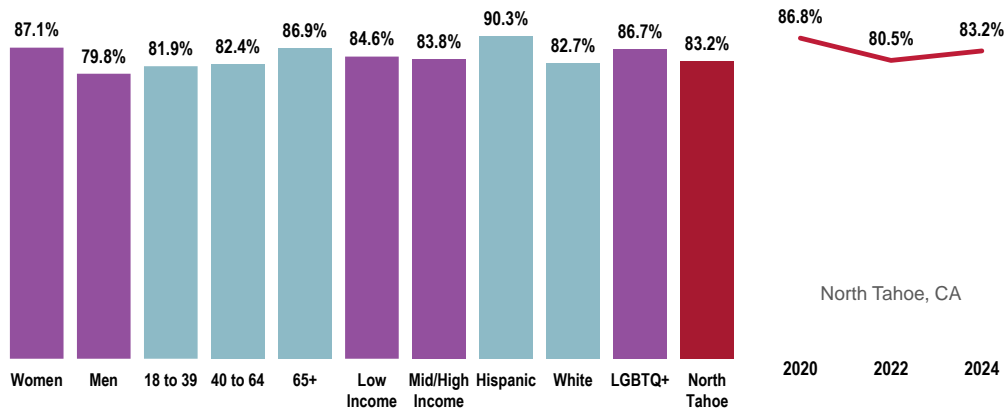
Likelihood of Seeking Mental Health Services Locally if Needed in the Future (North Tahoe, CA; 2024)



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

- TREND ► Denotes a significant decrease since 2020 (although similar to 2022 findings).
- DISPARITY ► Men and White residents are less likely to use local services, if needed.

“Very/Somewhat” Likely to Seek Mental Health Services Locally if Needed in the Future (North Tahoe, CA; 2024)



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



Likelihood of Using Teletherapy Services

Respondents were read the following:

“Currently, mental health providers offer teletherapy visits, in which a patient uses a computer or smartphone to communicate with a mental health professional in real time without being face-to-face.

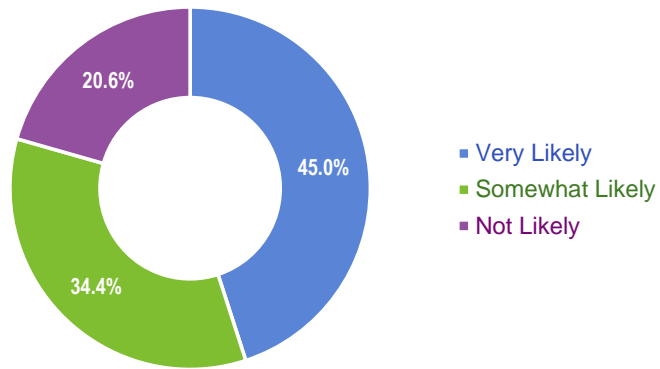
If teletherapy were available to you at a cost you could afford, how likely would you be to use this type of visit for mental health or substance use support? Would you be: very likely; somewhat likely; or not at all likely?”

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

TREND ▶ Maintains a significant increase from 2020 findings.

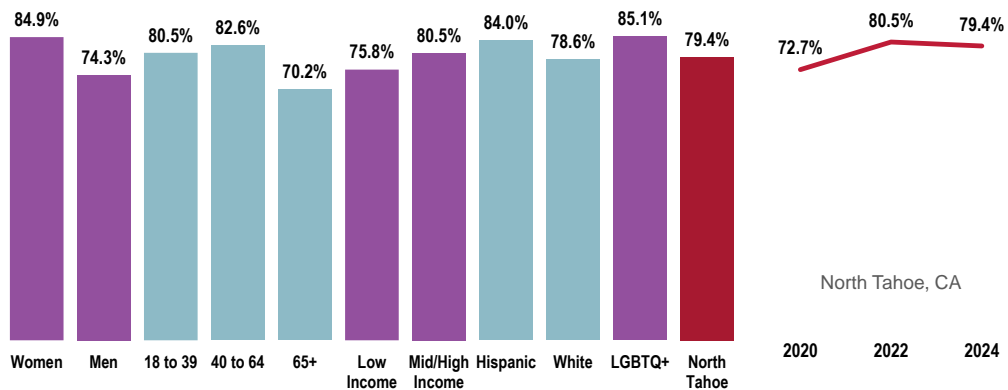
DISPARITY ▶ Men and adults age 65 and older are less likely to use teletherapy for mental health or substance use support.

Likelihood of Using Teletherapy for Mental Health or Substance Use Support if Needed and It Were Affordable (North Tahoe, CA; 2024)



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

“Very/Somewhat” Likely to Use Teletherapy for Mental Health or Substance Use Support (North Tahoe, CA; 2024)



Sources: • 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

Youth With Mental or Emotional Challenges

"Are there any children or youth, under the age of 24, currently living in your household who are experiencing mental or emotional challenges?"

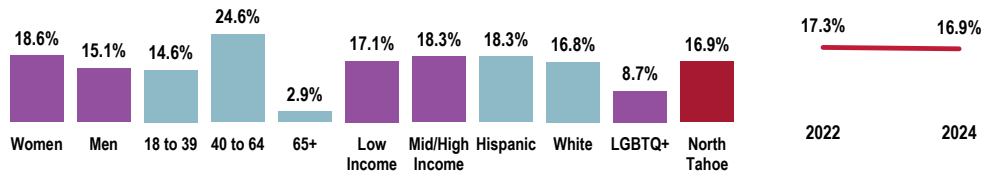
Among all households in North Tahoe, 16.9% have a child or youth (up to age 24) who is experiencing mental or emotional challenges.

DISPARITY ► More often reported among adults younger than 65, especially those age 40 to 64.

A Person Under Age 24 in the Household Is Experiencing Mental or Emotional Challenges (North Tahoe, CA; 2024)

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

North Tahoe, CA



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





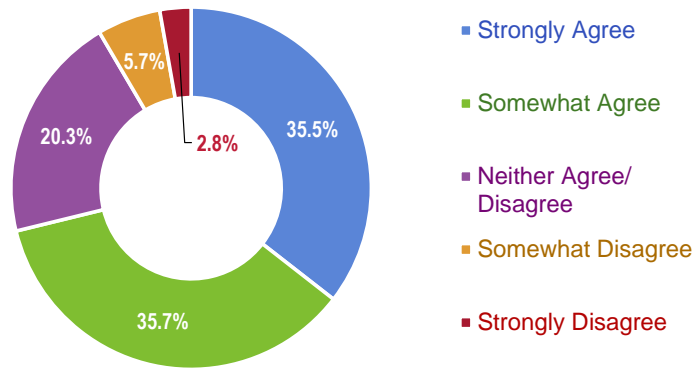
SUBSTANCE USE

ALCOHOL

Community Perceptions of Alcohol

Seven in 10 residents in North Tahoe agree (“strongly” or “somewhat”) that *“for most people in this community, alcohol is important to social life.”*

“For Most People in This Community, Alcohol Is Important to Social Life”
(North Tahoe, CA; 2024)

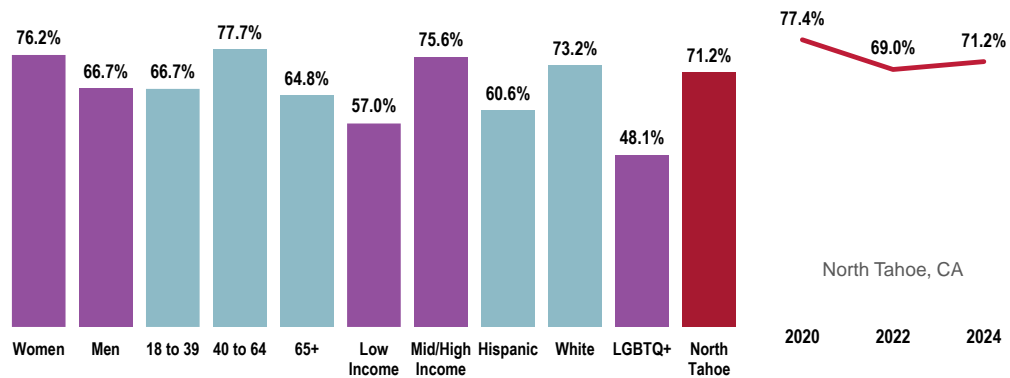


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 22]
Notes: • Asked of all respondents.

TREND ▶ Denotes a significant decrease from 2020 (similar to 2022 findings).

DISPARITY ▶ Agreement is higher among women, adults age 40 to 64, those with higher incomes, and White residents; agreement is notably lower among LGBTQ+ residents.

Strongly/Somewhat Agree: “For Most People in This Community, Alcohol Is Important to Social Life”
(North Tahoe, CA; 2024)



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



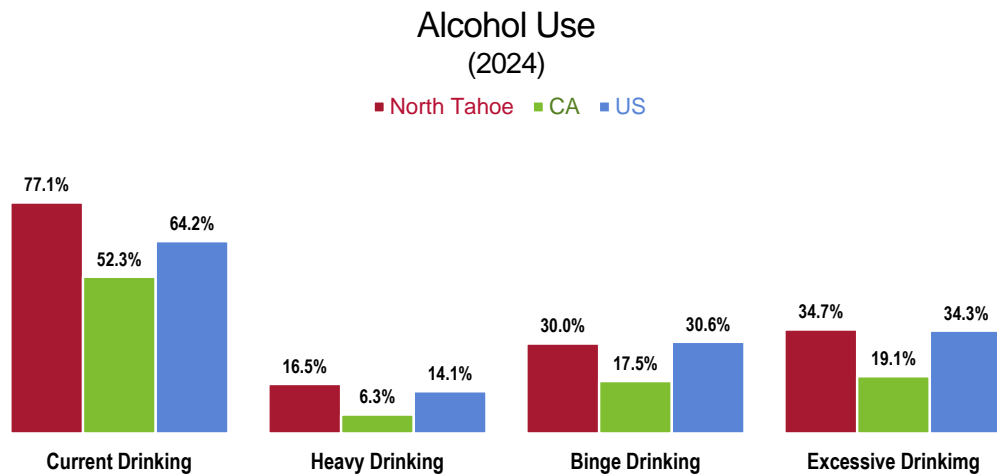
Personal Alcohol Use

DEFINITIONS

- **Current drinking** includes adults who had at least one drink of alcohol in the past 30 days.
- **Heavy drinking** includes those who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) during the past 30 days.
- **Binge drinking** includes adults who drank 5 or more drinks on a single occasion (for men) or 4 or more drinks on a single occasion (for women) during the past 30 days.
- **Excessive drinking** includes those who report either heavy drinking or binge drinking (as defined above) in the past 30 days.

More than three-fourths of residents in the North Tahoe area report some alcohol use in the past 30 days, and a significant share (34.7%) are found to engage in “excessive drinking.”

BENCHMARK ▶ Each of the four drinking indicators in North Tahoe is higher than found across California. In addition, prevalence of current drinking is significantly higher than found nationally.



- Sources:
- PRC Quality of Life Surveys, Professional Research Consultants, Inc. [Items 50-52, 54]
 - 2023 PRC National Health Survey; PRC, Inc.
 - Behavioral Risk Factor Surveillance System Survey Data, Atlanta, Georgia. United States Department of Health and Human Services, Centers for Disease Control and Prevention (CDC); 2024 data.
- Notes:
- Asked of all respondents.
 - **Current drinking** includes adults who had at least one drink of alcohol in the past 30 days.
 - **Heavy drinking** includes adults who drank more than two drinks per day on average (for men) or more than one drink per day on average (for women) during the past 30 days.
 - **Binge drinking** includes adults who drank 5 or more drinks on a single occasion (for men) or 4 or more drinks on a single occasion (for women) during the past 30 days.
 - **Excessive drinking** includes those who report either heavy drinking or binge drinking in the past 30 days.



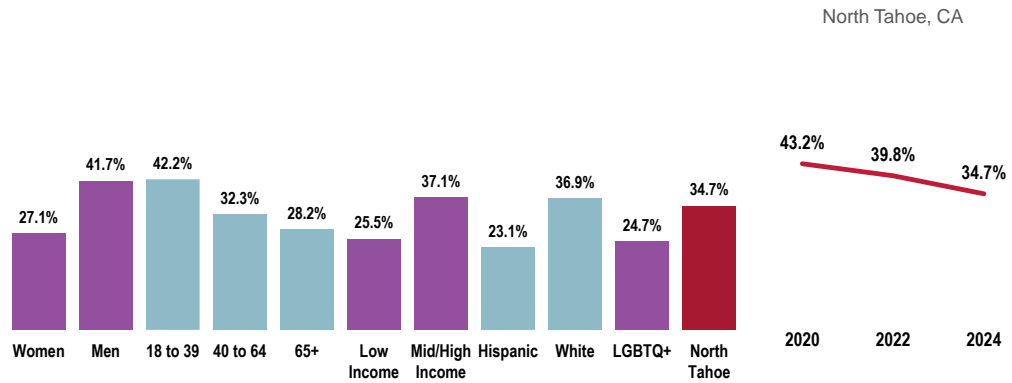
Excessive Drinking

The following further outlines North Tahoe data for the prevalence of excessive drinking.

TREND ▶ Marks a significant decline over time.

DISPARITY ▶ Higher among men, adults age 18 to 39, those with higher incomes, and White respondents.

Excessive Drinking (North Tahoe, CA; 2024)



Sources: • 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.

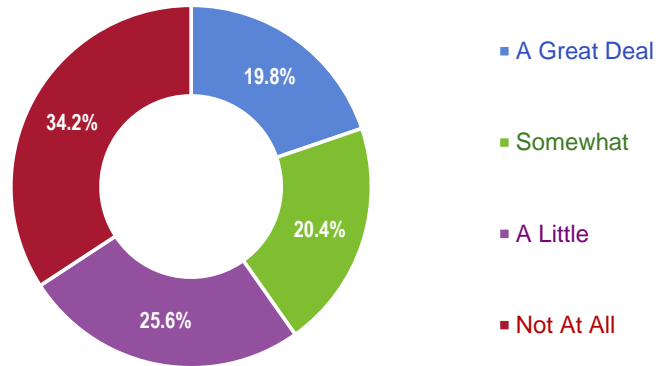


PERSONAL IMPACT OF SUBSTANCE USE

“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 North Tahoe, nearly two in three residents say that their lives have been negatively affected by substance use (either their own or someone else’s) to some degree (“a little,” “somewhat,” or “a great deal”).

Degree to Which Life Has Been Negatively Affected by Substance Use (Self or Other’s)
(North Tahoe, CA; 2024)

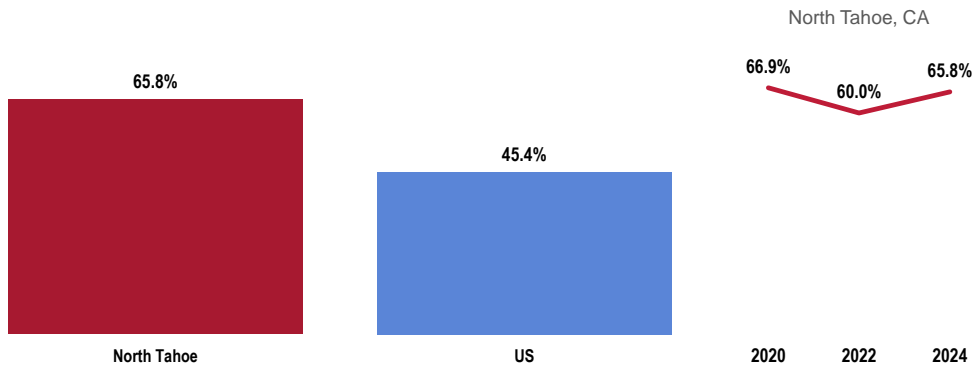


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 26]
Notes: • Asked of all respondents.

BENCHMARK ► Considerably higher than found nationally.

DISPARITY ► More often reported among adults younger than 65; less often reported among LGBTQ+ respondents.

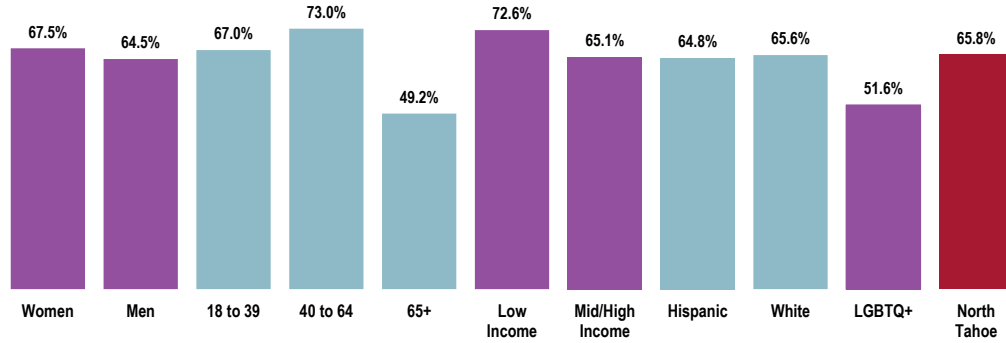
Life Has Been Negatively Affected by Substance Use (by Self or Someone Else)
(North Tahoe, CA)



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



Life Has Been Negatively Affected by Substance Use (by Self or Someone Else) (North Tahoe, CA; 2024)



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





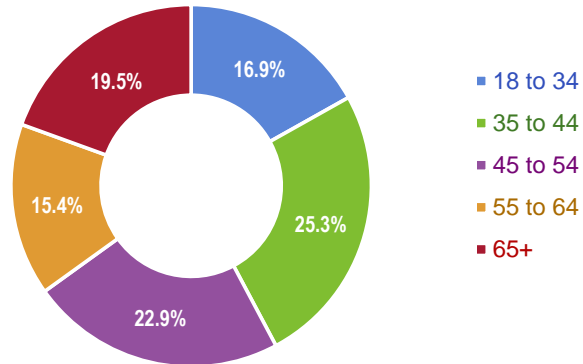
COMMUNITY SAMPLE CHARACTERISTICS

Charts in the following section detail the sample characteristics for North Tahoe.

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

AGE

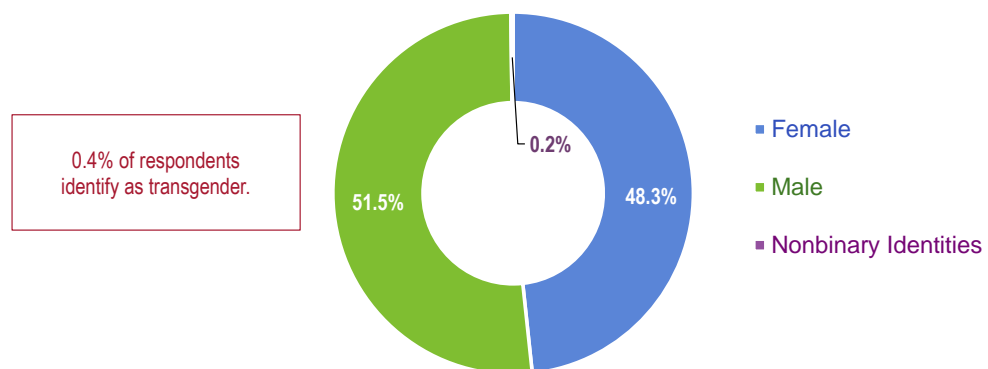
Age of Respondent
(North Tahoe, CA; 2024)



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

GENDER

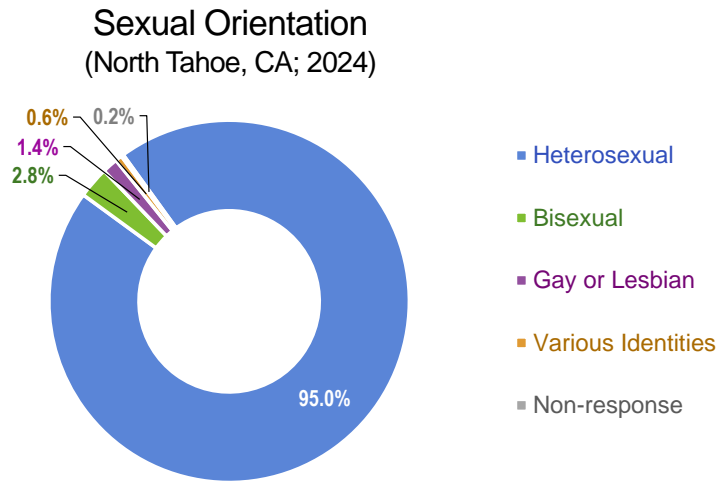
Gender Identity
(North Tahoe, CA; 2024)



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

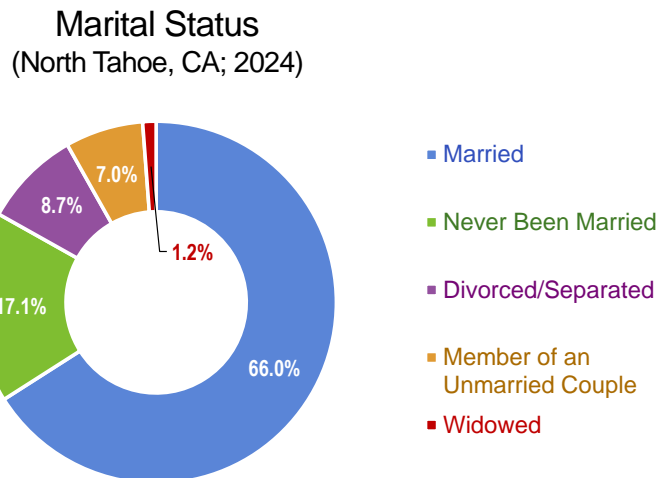


SEXUAL ORIENTATION



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

MARITAL STATUS

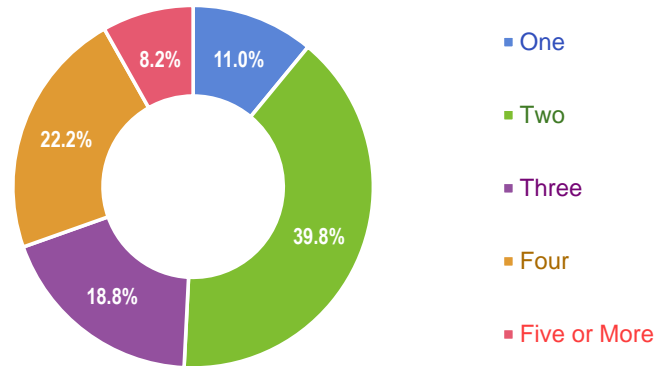


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 35]
Notes: • Asked of all respondents.



HOUSEHOLD SIZE

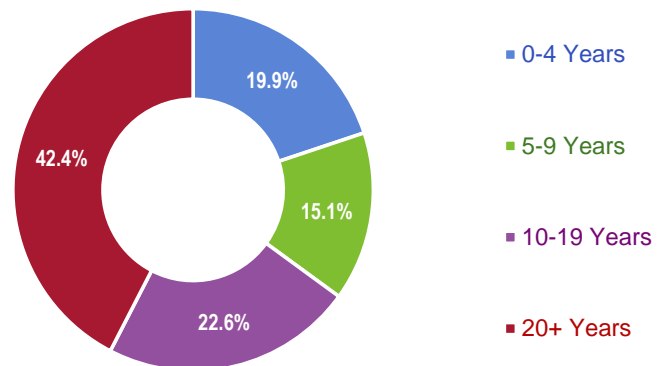
Total Household Members
(North Tahoe, CA; 2024)



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

RESIDENCY

Number of Years Living in the Area
(North Tahoe, CA; 2024)

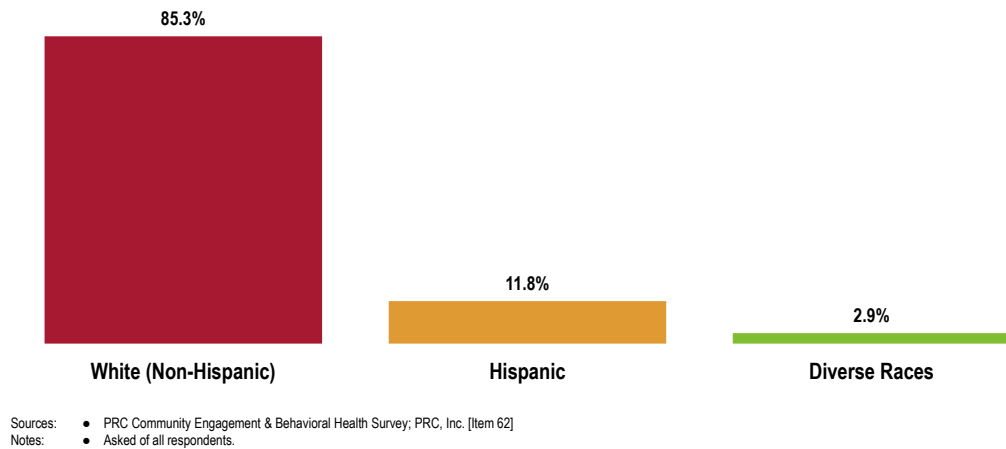


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 31]
Notes: • Asked of all respondents.



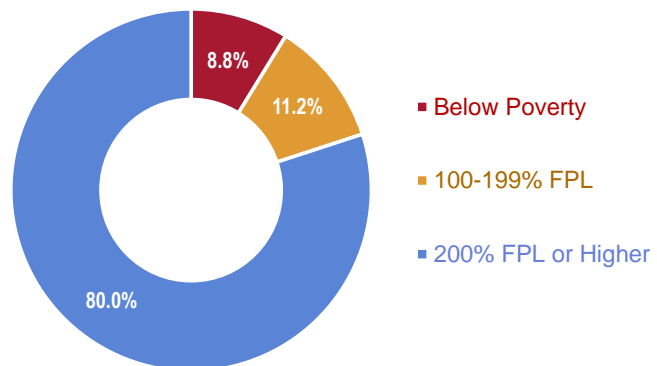
RACE & ETHNICITY

Race/Ethnicity
(North Tahoe, CA; 2024)



INCOME

Ratio of Household Income to Federal Poverty Level
(North Tahoe, CA; 2024)

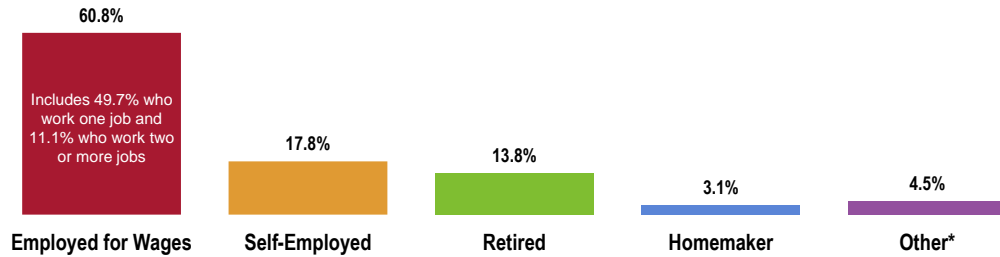


Sources: • PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 65]
Notes: • Asked of all respondents.



EMPLOYMENT

Employment Status (North Tahoe, CA; 2024)



Sources:

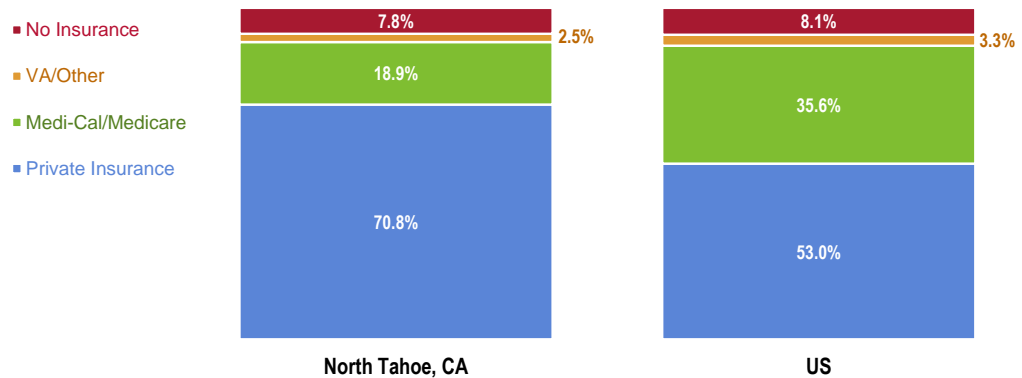
- PRC Community Engagement & Behavioral Health Survey; PRC, Inc. [Item 38]

 Notes:

- Asked of all respondents.
- *Includes students, 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)



Sources:

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

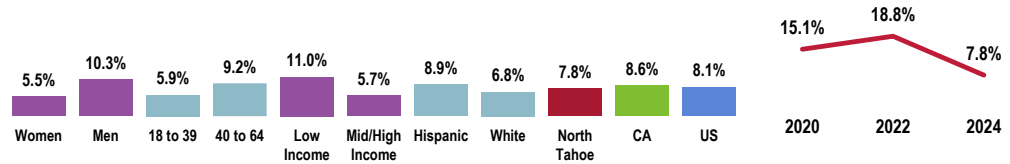
 Notes:

- Asked of all respondents.



Lack of Health Care Insurance Coverage (Adults Age 18-64; North Tahoe, CA)

North Tahoe, CA



Sources:

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

Notes:

- Asked of all respondents under the age of 65.

