

**HELP FIRST:**  
*Sharing Strengths, building healthier lives*

**COMMUNITY PROVIDER SURVEYS**

**10/21/09**

1) In your experience, what are the reasons that persons with mental health needs do not receive treatment within SB County? (check all that apply)

- 7 Do not meet financial qualifications and therefore the cost of services is too high
- 5 Embarrassment or fear of being labeled
- 4 Shortage of needed services or programs
- 4 Limited or no bilingual services
- 3 Elect not to receive treatment
- 2 Transportation problems
- 2 Location of services-not convenient
- 1 Hours of service-not convenient
- 1 Other: Marketing of services is lacking

2) Please select the services that you consider the most important to provide

- 7 Crisis services
- 6 Medication and psychiatric services
- 6 Youth and family services
- 5 Integrated substance abuse and mental health services
- 5 Adolescent services
- 4 Client advocacy
- 4 Elder services
- 4 Family support and consultation
- 2 Education regarding how to learn/assess what you need, types of services that might meet your needs, and where to find them
- 1 Services for the College population

3) I feel that the following treatment options are needed to augment existing services? (check all that apply)

- 5 Family
- 4 Dialectical Behavior Therapy
- 4 Educational
- 3 Group
- 2 Social
- 2 Couple
- 1 Recreational

4) In your opinion what would be the most helpful for your clients (please check all that apply):

- 6 Drug and alcohol counseling services
- 5 Help with anxiety management
- 5 Help with anger management
- 4 Knowledge about community treatment services
- 4 Help with trauma issues
- 3 Help with low mood depression
- 3 Help with Social skills
- 3 Family therapy
- 3 Dialectical Behavior Therapy
- 3 Help with parenting skills
- 2 Help with communication skills
- 2 Children's therapy, individual and/or group
- 2 Adolescent services, individual and/or group
- 1 Couples therapy

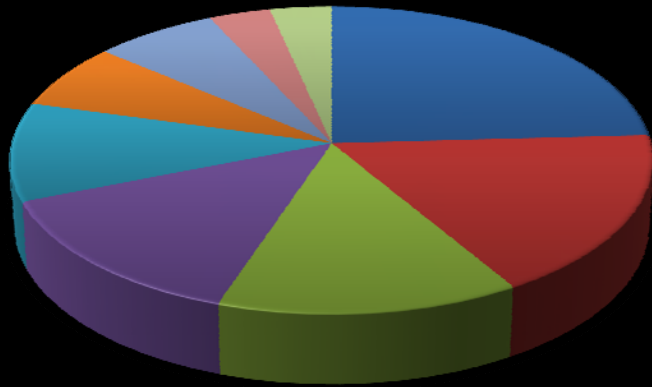
- 5) What prevention, early intervention or innovative services and programming should be provided?

Educational services in school, prevention through community support; isolation is a root problem, health and wellness, outreach to minority population; home visits to families; low cost nutrition services, more crisis intervention teams, residential treatment center

- 6) In your opinion, what barriers are clients facing that prevent them from getting the services they need?

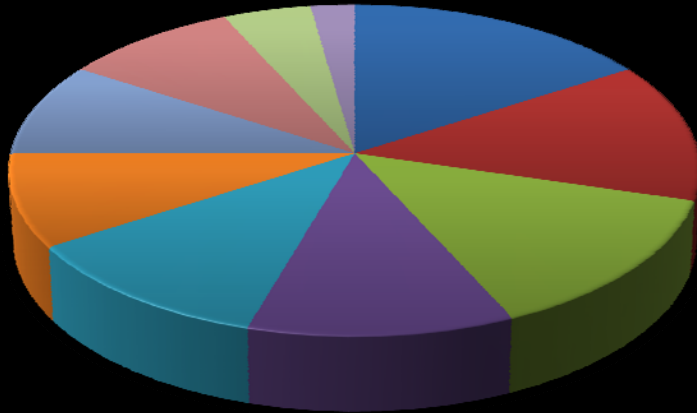
Money; being under-insured, financial, social stigma, the stigma of being a mental health client, not knowing what's available; lack of financial resources, insurance coverage for psychiatry, long term chemical dependency and psych programs, fear, knowledge of where to go, cost, chaotic health system which has no coordinated mental health component

# In your experience, what are the reasons that persons with mental health needs do not receive treatment within Santa Barbara county?



- Do not meet financial qualifications= 24%
- Embarrassment or fear of being labeled= 17%
- Shortage of services/programs= 14%
- Limited/no bilingual services= 14%
- Elect not to receive treatment= 10%
- Transportation Problems= 7%
- Location of services= 7%
- Hours of service inconvenient= 3%
- Marketing of services= 3%

## What are the services that you consider the most important to provide?



▣ Crisis services= 16%

▣ Medication and psychiatric services= 14%

▣ Youth and family services= 14%

▣ Integrated substance abuse and mental health services= 11%

▣ Adolescent services= 11%

▣ Client advocacy= 9%

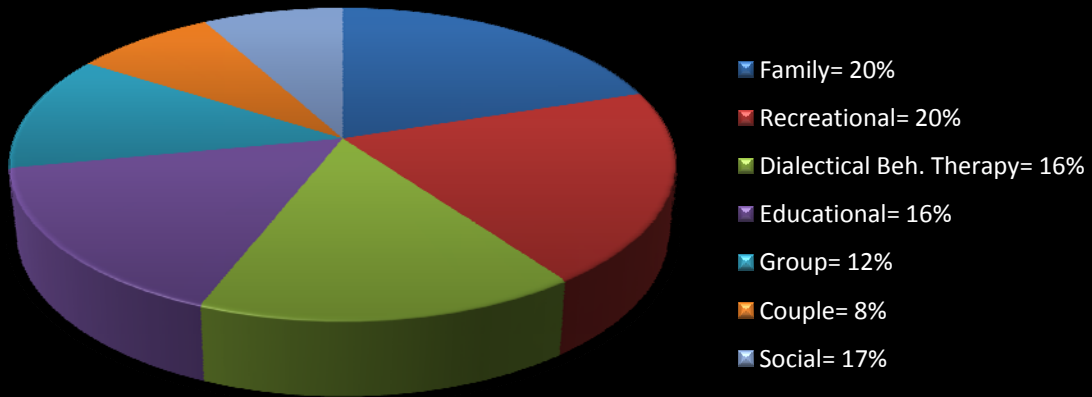
▣ Elder services= 9%

▣ Family support= 9%

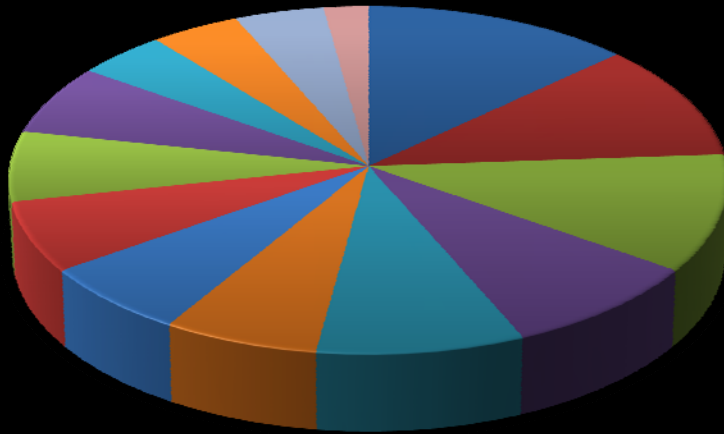
▣ Education around services= 5%

▣ Services for college population= 4%

**The following treatment options are needed to augment existing services**



## What would be the most helpful to you?



■ Drug and alcohol counseling services= 13%

■ Help with anxiety management= 11%

■ Help with anger management= 11%

■ Knowledge about community treatment services= 9%

■ Help with trauma issues= 9%

■ Help with low mood/depression= 7%

■ Help with social skills= 7%

■ Family therapy= 7%

■ Help with parenting skills= 7%

■ Dialectical Beh. Therapy= 7%

■ Help with communication skills= 4%

■ Children's therapy= 4%

■ Adolescent services= 4%