

Survey Final Comments



We are debuting the Healthy Barrington website, created to help Barrington Area community members facing difficult situations. This website will easily and quickly identify local providers who offer counseling, support, mental health and substance abuse treatment. Funding provided by the Barrington Area Community Foundation and administrative support provided by Advocate Good Shepherd Hospital.

[VISIT HEALTHYBARRINGTON.ORG](https://www.healthybarrington.org)

Healthier Barrington 2017



WHY BARRINGTON?

Respondents were asked why they chose to live in the Barrington Area

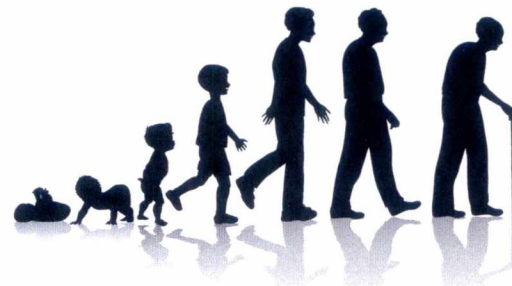
- 61% like the **neighborhoods**
- 61% like the **schools**
- 39% like the **nearby natural resources**

! ISSUES RATED MOST IMPORTANT !

2017		2014
Traffic Control	↑	Property Tax Equity
Youth Substance Abuse	↓	Public Transportation
Property Tax Equity		Teen Activities

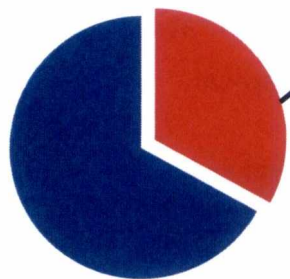


- ◆ **96%** Of respondents have medical insurance.
- ◆ Despite this, **28%** of respondents delayed medical care due to cost.



The median age in Barrington is quickly rising and is now 10 years higher than the Illinois median age

MENTAL HEALTH



33% reported that someone in their household considered seeking help for mental health in the past year



Behavioral and Mental Health issues remains major concern for the Barrington Area

Healthier Barrington Coalition Study 2017

Executive Summary

Introduction

The 2017 Healthier Barrington Study is a continuation of previous studies that have been completed triennially since 1996. The goal of this study was to collect both qualitative and quantitative data to assist in establishing the Barrington Area's community health related knowledge, attitudes and needs.

The primary purpose was:

- To understand the overall health of the Barrington Area (including physical, mental, and behavioral health);
- To identify community values, priorities, and perceptions;
- To identify gaps and unmet needs;
- To identify economic conditions;
- To identify the best methods to reach community members.

Method of Data Gathering and Analysis

The first part of the 2017 Healthier Barrington Study was accomplished through a survey questionnaire, completed online or in paper format. The second part of the study was accomplished through focus groups where a sampling of respondents was chosen to discuss the issue of behavioral health.

Overview of Findings

Barrington Culture

Respondents were asked why they chose to live in the Barrington Area.

- Over 60% responded that it was due to their like of the neighborhoods and schools.
- Schools were selected as the thing they liked the most, at 28%.

Community Services and Issues Needing Attention

Respondents were asked to rate several types of community services based on their quality and adequacy.

- Libraries and schools were once again the highest rated services with local government services and park districts close behind.

Respondents were asked to rate twenty possible community issues based on what they perceived as the most important.

- Traffic control and youth substance abuse were rated as the most important issues concerning the Barrington Area.

Respondents were asked if they thought that there was a need for more supportive services, supportive activities and educational programs in the Barrington Area.

- The need for more supportive activities was ranked highest at 59%, supportive services was second at 49% and educational programs was third at 32%.
- Further analysis of the data shows that there may be a need for supportive activities for teens, supportive services for adults with special needs and educational programs for youth.

Work and Household Finance

Respondents were asked if they had any difficulties paying their household or other expenses within the last year.

- Only a small percentage responded positively (13% for household expenses and 17% for other expenses).

Respondents were asked to report their primary work location.

- Half of the working respondents do not leave the Barrington Area for work (17% work from home and 33% work within the area).
- Thirteen percent (13%) of respondents had someone within their household who was having difficulty finding full-time employment and 9% of respondents had someone within their household who had been laid off or fired within the past year.

Water Quality and Use

Respondents were asked questions to measure their knowledge about their water source, concern for future water supplies, support for policies which seek to protect open areas and identify which water conservation action respondents have taken

- Fifty-five percent (55%) of respondents expressed concern for the future of clean water in the Barrington Area.

Health Care

- A significantly high percentage of respondents currently has some type of health insurance (96%).
- However, 28% of those that had health insurance noted that they had delayed health care within the last year due to cost.

Respondents were asked about possible care-giver needs.

- Almost 20% of respondents said that they were responsible for the care of an individual (spouse, parent, older adult or child with special needs) with most of those who need care residing within the caregivers home.
- More than half of the respondents noted that the caregiver was needed because the individual was an older adult who needed assistance.
- About 1/3 noted that the caregiver was needed because the individual had mental or behavioral health issues.
- Respondents expressed a much higher need for elder services in the 2017 study.

Behavioral and Mental Health

Respondents were asked questions regarding behavioral health and mental health.

- Nearly 38% of respondents reported that someone within their household had thought about seeking professional help for a behavioral or mental health issue within the last year.
- More than two-thirds of those who had considered getting professional help sought out counseling.
- For those who answered that they had thought about getting help but did not, financial concerns (23%) and uncertainty of where to get help (18%) were the main barriers.
- When asked about suicide, 5% of respondents said that someone within their house had considered suicide within the last year, which is up from previous years studies. Most of the individuals who had considered suicide were between the ages of 30 – 64.

Barrington Youth

Respondents who were parents of children under the age of 18 were asked to select from a list of twenty possible issues that their children may have experienced.

- More than 1/3 of parents noted that anxiety/nervousness was a problem that their child had experienced.
- Other common experienced problems were “excessive pressure to succeed” at 29% and “overscheduled” at 22%.

Respondents were asked for their thoughts about youth under-age drinking habits.

- Most of the respondents (93%) thought that there are unsupervised parties within the Barrington area where youth participate in under-age drinking at least some of the time.

Focus Groups

Focus groups were conducted to learn more detailed information about mental health and substance abuse (for both youth and adults) because these topics were deemed most important for further study by preliminary survey findings.

- The main issues for mental health were identified as anxiety and depression for both youth and adults.
- The main issues that were identified for substance abuse were misuse/overuse of prescription medication, particularly with older adults and alcohol and drug use with youth.
- Barriers identified to accessing mental health and substance abuse services were:
 - Negative stigma (particularly with mental health);
 - Lack of assistive housing and transportation;
 - Limited available finances;
 - Lack of trained professionals (particularly from the school district when discussing youth);
 - Lack of information about resources (particularly with mental health).