



# City of Irvine Health and Wellness Survey 2023

Report of Results

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# Executive Summary

## Summary of Survey Methods

The 2023 City of Irvine Health and Wellness Survey provided residents the opportunity to rate aspects of their personal and household well-being, to indicate current knowledge of recovery services, to provide insight on community stigma and barriers to receiving behavioral health services, and to indicate preferences for receiving health and wellness information. Parents were also asked about their comfort level and frequency of talking to their children about topics related to mental health and substance use, as well as the types of and engagement with community supports for their children.

Surveys were mailed to 4,500 randomly selected resident households in June 2023. A total of 402 surveys were completed, yielding a response rate of 9%. In addition to the scientific survey of randomly selected households, a link to an online, community-wide, open participation survey was publicized through various channels. This open participation survey was identical to the scientific survey and open to all Irvine residents, and 140 responses were received. The key findings and body of this report focus on the 402 responses to the scientific survey; the results to the open-participation survey have been provided separately in *Appendix E: Open Participation Survey Results*.

Survey results were weighted so that respondent gender, age, housing unit type (attached or detached), housing tenure (rent or own), race, and ethnicity were represented in proportions reflective of the entire adult population of the city. The margin of error is plus or minus five percentage points around any given percentage point reported for all survey respondents.

## Key Findings

*Irvine residents are generally positive about their emotional well-being, but problems with mental health and substance use exist in households.*

- Irvine residents generally rate their current emotional well-being positively, with 78% rating it excellent or good. Fewer than 5% of respondents felt that their emotional well-being was poor.
- One-quarter of respondents indicated that their current emotional well-being has improved since before the COVID-19 pandemic, while 6 in 10 felt that their emotional well-being was about the same. Fewer than 2 in 10 residents felt that their emotional well-being is worse now than it was prior to the COVID-19 pandemic.
- More than half of survey respondents indicated that feeling nervous, anxious, or on-edge was at least a moderate problem in their household over the past 12 months.
- About half of respondents felt that their overall emotional/mental health was a moderate or major problem.

- More than 4 in 10 respondents also indicated that their overall physical health and not feeling in control were major or moderate problems in the last year.
- About 4 in 10 indicated that feeling alone/isolated or not being able to socialize with people was at least a moderate problem.
- One in 10 residents indicated that substance use was a major or moderate problem.

*While many residents feel that they generally know where to go and who to call if they needed services and feel they would be able to access services, most residents are unaware of services in Irvine and have not accessed them.*

- About 8 in 10 respondents somewhat or strongly agreed that they would be able to access mental health or substance use recovery services if they needed to.
- More than 7 in 10 agreed that they would know where to go or who to call if they needed mental health or substance use recovery services.
- Fewer than 1 in 10 residents indicated that they were very aware of services in Irvine, while about 3 in 10 indicated that they were somewhat aware of recovery services. About 6 in 10 respondents indicated that they were unaware of mental health and substance use recovery services in Irvine.
- When asked to indicate what mental health or substance use resources they or someone in their household had accessed or referred someone to, nearly 6 in 10 respondents indicated that they had not accessed or referred someone to any resource.
- Nearly 2 in 10 respondents indicated that they had accessed or referred someone to a website or the internet.
- One in 10 accessed or referred someone to a school counselor or nurse. Nearly 1 in 10 accessed or referred someone to workplace health services, social media groups/pages, a hospital or residential care, or an "other" resource.

*Some Irvine residents experience barriers to receiving mental health or substance use recovery services.*

- Nearly half of survey respondents indicated that they would not have any barriers to receiving mental health or substance use recovery services.
- However, about one-third of residents indicated that they have financial concerns related to treatment.
- About 2 in 10 indicated that waitlists or a lack of available services would be a barrier to receiving services.
- Around 1 in 10 respondents identified lack of translation and culturally sensitive services/providers, stigma of mental illness, and system navigation as potential barriers to receiving services.

*Programs to treat co-occurring disorders, advocacy, and better payment options are among the top resources needed in Irvine to better support those in need of services.*

- Nearly 4 in 10 residents felt that one of the top things needed to support those in need of services was programs that both treat mental health and substance use disorders.
- Over one-third of respondents indicated that top needs included advocacy for support services for people with behavioral health needs, pay-what-you-can (sliding fee scale) options for therapy, and school/teacher education.
- About 3 in 10 felt that phone or text crisis hotlines are needed.
- About one-quarter indicated that support groups, including culturally sensitive support groups available in different languages, were top needs.
- More than 2 in 10 felt that crisis intervention team training, social groups/activities, and peer support specialists are needed to support those who need services.

*Most parents feel comfortable talking to their children about mental health and substance use, and most children experience positive engagement with community supports.*

- Nearly all parents (99%) indicated that they were comfortable discussing mental health with their child/children, while slightly fewer (94%) indicated that they were comfortable talking to their child/children about substance use.
- Nearly all parents also indicated that they at least occasionally talk to their children about how valuable they are and about their values as they grow.
- About 9 in 10 parents indicated that they talk to their children about how important having goals is, take the time to listen to their children's questions or concerns about mental health and substance use, and set an example of different ways they have fun and celebrate that do not include substance use.
- About 8 in 10 indicated that they occasionally, pretty regularly, or at every opportunity talk to their children about how substance use could get in the way of reaching goals and put away alcohol, marijuana, and prescription drugs so they are inaccessible to children.
- Seven in 10 parents indicated that they at least occasionally tell their children that they don't approve of them using substances, including sipping and tasting alcohol, until after age 21.
- At least 8 in 10 parents indicated that their child/children's community supports at least occasionally keep parents informed and involved, discuss the consequences of substance use, and offer children a judgement-free safe space for conversation about mental health and substance use.

- Over 7 in 10 indicated that their community supports host activities or provide spaces for children to go (substance free, with adults present) and recognize the signs that may indicate a children is struggling with substance use or their mental health.
- More than 6 in 10 parents indicated that their child/children's supports at least occasionally look for ways to incorporate substance use education.



## Survey Background

The City of Irvine contracted with Polco/National Research Center (NRC) to conduct a community-wide health and wellness survey. The primary goal of the survey was to assess the attitudes and opinions of residents by:

- Evaluating aspects of residents' current health and well-being
- Determining knowledge of behavioral health services
- Identifying barriers to accessing services
- Discovering residents' preferences for receiving health and wellness information
- Evaluating how parents and community members support children with mental health and substance use

Conducting a comprehensive health and wellness survey focused on mental health and substance use is of paramount importance. In recent years, the significance of addressing mental health and substance use issues has gained widespread recognition due to their profound impact on individual well-being as well as the community as a whole.

By conducting such a survey, communities can gain valuable insights into the specific needs, attitudes, and issues surrounding mental health and substance use locally. This data-driven approach allows jurisdictions to identify vulnerable demographics, prevalent mental health issues, and substance abuse trends that might otherwise remain hidden. With this information, communities can tailor their healthcare policies, community programs, and resources to effectively address the most pressing concerns and deliver targeted support where it is most needed.

## Survey Administration

A postcard was mailed to 4,500 size Irvine households, selected at random, notifying residents that they had been chosen to participate in the survey. A paper copy of the survey followed in the mail after one week, followed by a reminder postcard one week later. Both postcards included a web link so that residents could take the survey online, if desired. There were 402 respondents to the mailed questionnaire (with 100 undeliverable addresses), yielding a response rate of 9%. The margin of error was plus or minus five percentage points around any given percentage for all respondents. In addition to the scientific, random sample, a link to an online "open-participation" survey was publicized through various channels including the Irvine website and social media. This open-participation survey was identical to the scientific survey and open to all Irvine residents. A total of 140 online, open participation surveys were completed. The key findings and body of this report focus on the 402 responses to the scientific survey; the results to the open-participation survey have been provided separately in *Appendix E: Open Participation Survey Results*.

Survey results were weighted so that respondent gender, age, housing unit type (attached or detached), housing tenure (rent or own), race, and ethnicity were represented in the proportions

reflective of the entire city. More information about the survey methodology can be found in *Appendix F: Survey Methodology*.

## How the Results Are Reported

For the most part, the full set of frequencies or the “percent positive” are presented in the body and narrative of the report. The percent positive is the combination of the top two most positive response options (i.e., “excellent” and “good,” “strongly agree” and “somewhat agree,” etc.).

On many of the questions in the survey, respondents could give an answer of “don’t know.” The proportion of respondents giving this reply is shown in the full set of responses included in *Appendix B: Complete Survey Frequencies* and is discussed in the body of this report if it is 30% or greater. However, these responses have been removed from the analyses presented in the body of the report, unless otherwise indicated. In other words, the majority of the tables and graphs in the body of the report display the responses from respondents who had an opinion about a specific item.

For some questions, respondents were permitted to select multiple responses. When the total exceeds 100% in a table for a multiple response question, it is because some respondents are counted in multiple categories. When a table for a question that only permitted, a single response does not total to exactly 100%, it is due to the customary practice rounding values to the nearest whole number.

## Precision of Estimates

It is customary to describe the precision of estimates made from surveys by a “level of confidence” and accompanying “confidence interval” (or margin of error). The margin of error for this survey is generally no greater than plus or minus five percentage points around any given percent reported for the entire sample (N=402).

## Comparison of Results By Subgroups

Selected survey results were compared by race and ethnicity, presence of children in the home, respondent length of residency, age, gender, housing unit type (attached or detached), housing unit tenure (rent or own) and income. These crosstabulations are summarized and presented in tabular form in *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*. For each pair of subgroups that has a statistically significant difference, an upper-case letter denoting significance is shown in the category with the larger column proportion.

## Resident Health and Wellness

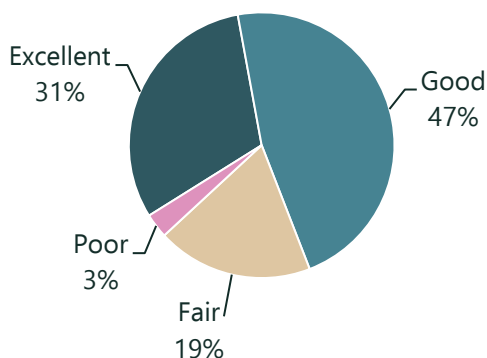
The City of Irvine Health and Wellness Survey contained a set of questions related to residents’ health and wellness, ranging from current emotional well-being and household problems to behavioral health services, barriers and stigma, and preferences of receiving information about health and wellness.

### Current Emotional Well-being

Irvine residents generally rated their current emotional well-being positively, with 78% rating it as excellent or good. Fewer than 5% of respondents felt that their emotional well-being was poor.

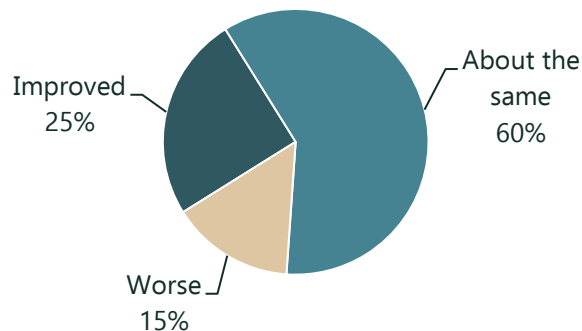
Survey results were compared by select respondent demographic characteristics. Survey participants age 55+, those identifying as Asian alone, not Hispanic, and those with an income that does not impact their ability to access resources were more likely than their counterparts to rate their current emotional well-being as excellent or good (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

**Figure 1: Current Emotional Well-Being**



Residents were also asked to rate their current emotional well-being compared to before the COVID-19 pandemic. One-quarter of respondents indicated that their current emotional well-being had improved, while 6 in 10 felt that their emotional well-being was about the same. Fewer than 2 in 10 residents felt that their emotional well-being is worse now than it was prior to the COVID-19 pandemic.

Those identifying as another race (not white or Asian alone) or multi-racial, and those with an income that impacts their ability to access resources in the community were more likely than their counterparts feel that their current emotional well-being is worse now than it was before the COVID-19 pandemic (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

**Figure 2: Current Emotional Well-Being Compared to Before the COVID-19 Pandemic**

## Household Problems

More than half of survey respondents indicated that feeling nervous, anxious, or on-edge was at least a moderate problem in their household over the past 12 months. About half of respondents felt that their overall emotional/mental health was a moderate or major problem. More than 4 in 10 also indicated that their overall physical health and not feeling in control were problems in the last year. About 4 in 10 indicated that feeling alone/isolated or not being able to socialize with people was at least a moderate problem, while 1 in 10 residents indicated that substance use was a major or moderate problem.

Overall, where there were differences, those under age 55, those with an income that impacts their ability to access community resources, those identifying as another race/multi-racial, and those identifying as Hispanic were more likely than their counterparts to indicate that these issues were either a major or moderate problem in their household. Parents were less likely to indicate that feeling nervous, anxious, or on-edge was a major or moderate problem in their household. Those identifying as white alone were more likely than their counterparts to feel that substance use was at least a moderate problem in their household. Women were more likely than men to feel that their overall physical health and emotional/mental health was at least a moderate problem in their household (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

**Figure 3: Potential Problems in Household**

<b>How much of a problem, if at all, have each of the following been to you or your household over the past 12 months?</b>	<b>Percent major or moderate problem</b>
Feeling nervous, anxious, or on-edge	54%
Overall emotional/mental health	48%
Overall physical health	44%
Not feeling in control	42%
Feeling alone/isolated, not being able to socialize with people	39%
Substance use	10%

### Mental Health and Substance Use Recovery Services

The City of Irvine asked residents to indicate their general knowledge of, and access to, mental health and substance use recovery services. More than 8 in 10 respondents somewhat or strongly agreed that they would be able to access mental health or substance use recovery services if they needed to. Further, more than 7 in 10 agreed that they would know where to go or who to call if they needed mental health or substance use recovery services.

Those under age 35 were less likely than their counterparts to agree that they know where to go/who to call if they need mental health or substance use recovery services. Those identifying as Asian alone, Hispanic, and men were also less likely than their counterparts to agree that they knew where to go/who to call if they need services. Those without children at home and those identifying as Asian alone were less likely than their counterparts to agree that they would be able to access mental health or substance use recovery services if they needed to (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

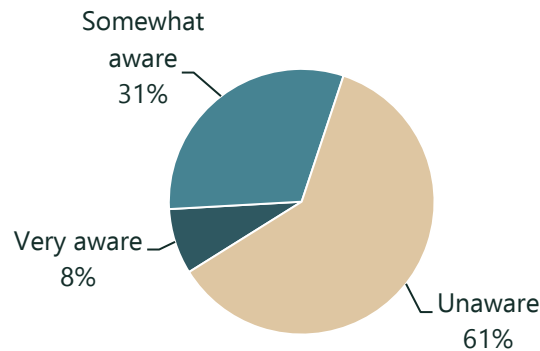
**Figure 4: Knowledge of and Access to Services**

<b>Please indicate your level of agreement:</b>	<b>Strongly agree</b>	<b>Somewhat agree</b>	<b>Percent positive</b>	<b>Somewhat disagree</b>	<b>Strongly disagree</b>
I would be able to access mental health or substance use recovery services if I needed to	34%	37%	81%	14%	15%
I know where to go/who to call if I need mental health or substance use recovery services	46%	35%	71%	8%	11%

Survey participants were also asked about their overall knowledge of mental health and substance use recovery services in the City of Irvine. About 2 in 10 residents indicated that they were very aware of services, while about 3 in 10 indicated that they were somewhat aware of recovery services. About 6 in 10 respondents indicated that they were unaware of mental health and substance use recovery services in Irvine.

Those age 55+ and those identifying as not Hispanic were more likely than their counterparts to indicate that they are somewhat or very aware of the mental health and substance use recovery resources in Irvine (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

**Figure 5: Knowledge of and Access to Services in Irvine**



When asked to indicate what mental health or substance use resources they or someone in their household had accessed or referred someone to, nearly 6 in 10 respondents indicated that they had not accessed or referred someone to any resource. Nearly 2 in 10 respondents indicated that they had accessed or referred someone to a website or the internet. One in 10 accessed or referred someone to a school counselor or nurse. Nearly 1 in 10 had accessed or referred someone to workplace health services, social media groups/pages, a hospital or residential care, or an “other” resource. Few respondents indicated accessing or referring someone to the remaining resources. Respondents were able to write, in their own words, an “other” resource. These verbatim responses can be found in *Appendix C: Verbatim Responses to Open-Ended Questions*.

**Figure 6: Mental Health and Substance Use Resources Accessed**

<b>What mental health/substance use resources have you or your household accessed or referred someone to? (Select all that apply.)</b>	<b>Percent selected</b>
None	57%
Website/internet	19%
School counselor/nurse	10%
Workplace health services	9%
Social media groups/pages	9%
Hospital or residential care	9%
Other	9%
Peer support specialist/parent peer	7%
Local mental health advocacy and services organization (NAMI, MHA, other)	5%
Educational components	5%
Law enforcement	4%
Recreation program	4%
Phone or text crisis lines	4%
Support group (AA, Al-Anon, suicide loss, etc.)	3%
Transitional housing	1%

*Total may exceed 100% as respondents could select more than one answer.*

## Barriers and Stigma

Nearly half of survey respondents indicated that they would not have any barriers to receiving mental health or substance use recovery services. However, nearly one-third of residents indicated that they had financial concerns related to treatment. Additionally, about 2 in 10 indicated that waitlists or a lack of available services would be a barrier to receiving services. Around 1 in 10 respondents identified lack of translation and culturally sensitive services/providers, stigma of mental illness, and system navigation as potential barriers to receiving services.

**Figure 7: Barriers to Receiving Services**

<b>Please indicate which of the following, if any, are or would be a barrier for you or your family to receiving mental health/substance use recovery-oriented services. (Select all that apply.)</b>	<b>Percent selected</b>
None	49%
Financial concerns related to treatment	32%
Waitlist or lack of available services	21%
Lack of translation and culturally sensitive services/providers	13%
Stigma of mental illness	11%
Need help with system navigation	10%
Lack of resources for family education and support	8%
Lack of transportation	3%
Other	2%
Lack of phone or computer access	0%

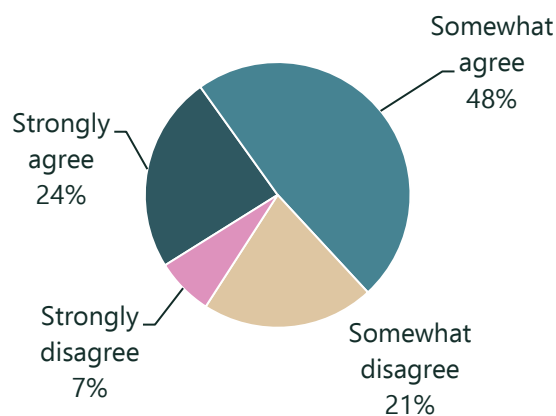
*Total may exceed 100% as respondents could select more than one answer.*



Survey respondents were also asked the extent to which they agreed that there is stigma associated with mental illness and substance abuse in the Irvine community. Over 7 in 10 residents somewhat or strongly agreed that there is stigma associated with behavioral health issues in Irvine. About 2 in 10 somewhat disagreed, while 7% strongly disagreed.

Women were more likely than men to somewhat or strongly agree that there is stigma associated with mental illness and substance use in the Irvine community (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

**Figure 8: Community Stigma**



## Information and Programs

About 9 in 10 Irvine residents indicated that they prefer to receive information related to health and wellness from either a doctor or website. Over two-thirds indicated a preference for either emailed information, receiving information from friends or family, or informational brochures. More than 6 in 10 indicated that they prefer information from resource centers or in-person or virtual classes, presentations, and workshops. Fewer than half of respondents indicated that they prefer to receive information from newspapers/magazines, books or the library, or local TV. Respondents were able to write, in their own words, an "other" information source. These verbatim responses can be found in *Appendix C: Verbatim Responses to Open-Ended Questions*.

Those age 35+ were more likely than their counterparts to prefer receiving information by mail and from newsletters, newspapers/magazines, and local TV. Those aged 18-54 were more likely than those 55+ to prefer receiving information from social media. Parents with children at home were more likely than their counterparts to prefer receiving information from social media, mail, friends/family, and in-person or virtual classes, presentations, or workshops. Those with an income that impacts their ability to access community resources were more likely than their counterparts to prefer receiving information from brochures. Where there were differences, those identifying as Asian alone or another race/multi-racial, those identifying as not Hispanic, and women were more likely

than their counterparts to prefer receiving information from sources (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

**Figure 9: Information Sources**

<b>How do you prefer to receive information related to health and wellness?</b>	<b>Percent somewhat or strongly prefer</b>
Doctor	90%
Website	89%
Email	74%
Friends/family	73%
Brochures	68%
Resource Centers	64%
In-person (classes, presentations, workshops)	62%
Virtual (classes, presentations, workshops)	61%
Mail	57%
Newsletter	54%
Social media	52%
Newspapers/magazines	46%
Book/library	45%
Local TV	33%
Other (please specify)	11%

Respondents were also asked to indicate their awareness of several programs and initiatives in Irvine. One-third of residents indicated that they had heard of or used IPD School Resource Officers. About 2 in 10 respondents had used or heard of the City of Irvine On Campus Youth Outreach Services and the City of Irvine Child Care Coordination Resource Center. One in 10 or more indicated that they had heard of or used City of Irvine FOR Families and the Keen Center for Senior Resources. Fewer than 1 in 10 had heard of or used the Be Well OC Mobile Crisis Response Team and the Sweet Shade Ability Center.

Respondents age 55+ were more likely than their counterparts to have heard of or used the Be Well OC Mobile Crisis Response Team and the Keen Center for Senior Resources. Those between 35-54 years old were more likely than their counterparts to have heard of or used IPD School Resource Officers and City of Irvine Child Care Coordination Resource Center. Where there were differences, parents with children at home were more likely than their counterparts to have heard of or used programs and initiatives. Women were more likely than men to have heard of or used City of Irvine FOR Families and the City of Irvine Child Care Coordination Resource Center. Those identifying as not Hispanic were more likely than those identifying as Hispanic to have heard of or used the Be Well OC Mobile Crisis Response Team, City of Irvine On Campus Youth Outreach Services, and IPD School Resource Officers. Those identifying as white or Asian alone were less likely to have heard of or used the Sweet Shade Ability Center (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

**Figure 10: Awareness of Programs and Initiatives**

<b>Are you aware of the following programs/initiatives in the community?</b>	<b>Percent have used or heard of</b>
IPD School Resource Officers	33%
City of Irvine On Campus Youth Outreach Services	23%
City of Irvine Child Care Coordination Resource Center	19%
City of Irvine FOR Families	15%
Keen Center for Senior Resources	10%
Be Well OC Mobile Crisis Response Team	9%
Sweet Shade Ability Center	6%

Respondents were asked to select what they thought were the top five things needed to better support those in need of mental health and substance use recovery services. Nearly 4 in 10 residents felt that one of the top things needed to support those in need of services is programs that both treat mental health and substance use disorders. Over one-third of respondents indicated that top needs included advocacy for support services for people with behavioral health needs, pay-what-you-can (sliding fee scale) options for therapy, and school/teacher education. About 3 in 10 felt that phone or text crisis hotlines are needed. About one-quarter indicated that support groups and culturally sensitive support groups available in different languages are top needs. Additionally, more than 2 in 10 felt that crisis intervention team training, social groups/activities, and peer support specialists are needed to support those who need services.

**Figure 11: Top Needs to Support Those In Need of Services**

<b>What do you think is most needed in Irvine to better support those in need of mental health and substance use recovery services? (Select top 5 priorities.)</b>	<b>Percent selected</b>
Programs that both treat mental health and substance use disorders	39%
Advocacy for support services for people with behavioral health needs	38%
Pay-what-you-can (sliding fee scale) options for therapy	37%
School/teacher education	35%
Phone or text crisis hotlines	31%
Support groups	26%
Culturally sensitive support groups available in different languages	25%
Crisis intervention team training	23%
Social groups/activities	23%
Peer support specialists	21%
Transitional housing/transition options after treatment	17%
Telehealth	16%
Other group wellness activities (yoga, meditation, etc.)	14%
Crisis respite centers	13%
Transportation to/from services	12%
Support prevention	12%
Medication-assisted treatment for opioid use	11%
Other	5%

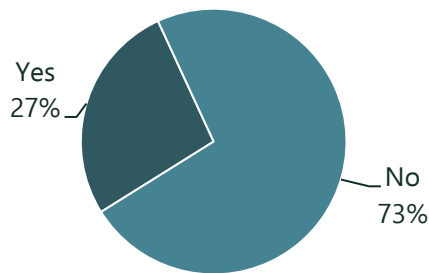
## Parents and Children

The City of Irvine Health and Wellness Survey included several questions for parents with children at home, including comfort discussing aspects of mental health and substance use and community supports for their children.

### Parents in Irvine

Over one-quarter of survey respondents indicated that they are a parent with children (under 18 years old) at home.

**Figure 12: Parents with Children at Home**



Those with children at home were asked to indicate the age(s) of their child/children. Nearly half of those with children at home indicated that they had at least one child between the ages of 13 and 17. Nearly 4 in 10 had at least one child between 8 and 12 years old. Additionally, about one-quarter had at least one child under 4 years old, and 2 in 10 had at least one child 4-8 years old.

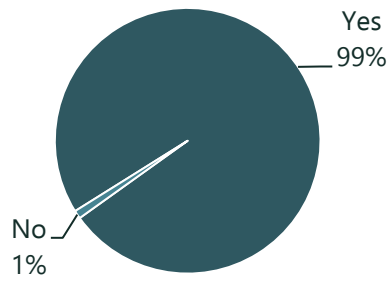
**Figure 13: Age of Children**

How old is/are your child(ren)? (Select all that apply.)	Percent selected
Under 4 years old	24%
4-8 years old	21%
8-12 years old	38%
13-17 years old	47%

*Total may exceed 100% as respondents could select more than one answer.*

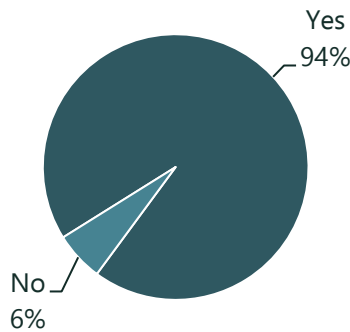
Parents were asked whether they were comfortable talking to their child/children about mental health and substance use. Nearly all parents (99%) indicated that they were comfortable discussing mental health with their child/children.

**Figure 14: Comfortable Discussing Mental Health**



Slightly fewer (94%) indicated that they were comfortable talking to their child/children about substance use. Parents identifying as white alone were more likely than those identifying as Asian to feel comfortable talking to their child/children about substance use (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

**Figure 15: Comfortable Discussing Substance Use**



## Resources

Nearly half of parents identified other parents, friends, or family as a resource they use to help them talk to their children about mental health and substance use. Over 4 in 10 indicated that they use resources provided by schools, a website, or the internet. About 3 in 10 used faith-based resources. About 2 in 10 parents indicated that they do not use any resources. Fewer than 2 in 10 indicated that they use community support groups, social media groups/pages, or an "other" resource. Respondents were able to write, in their own words, an "other" resource. These verbatim responses can be found in *Appendix C: Verbatim Responses to Open-Ended Questions*.

**Figure 16: Resources Used to Talk to Children**

<b>What resources, if any, do you use to help you talk to your child(ren) about mental health/substance use?(Select all that apply.)</b>	<b>Percent selected</b>
Other parents, friends, or family	48%
Resources provided by schools	42%
Website/internet	41%
Faith-based resources	31%
None	18%
Community support groups	14%
Social media groups/pages	10%
Other	6%

*Total may exceed 100% as respondents could select more than one answer.*

## Conversations

Nearly all parents indicated that they at least occasionally talk to their children about how valuable they are and about their values as they grow. About 9 in 10 parents indicated that they talk to their children about how important having goals is, take the time to listen to their children's questions or concerns about mental health and substance use, and set an example of different ways they have fun and celebrate that do not include substance use. About 8 in 10 indicated that they occasionally, pretty regularly, or at every opportunity talk to their children about how substance use could get in the way of reaching goals and put away alcohol, marijuana, and prescription drugs so they are inaccessible to children. Seven in 10 parents indicated that they at least occasionally tell their children that they don't approve of them using substances, including sipping and tasting alcohol, until after age 21.

Where there were differences, parents age 35+ were more likely than those under age 35 to have conversations at least occasionally with their children related to mental health and substance use. Those with an income that impacts their ability to access community resources were less likely than their counterparts to at least occasionally tell their children that they don't approve of them using substances including sipping and tasting alcohol, until after age 21 and put away alcohol, marijuana, and prescription drugs so they are inaccessible to their children. Women, and those identifying as white alone, were more likely than their counterparts to at least occasionally set an example of different ways they have fun and celebrate that do not include substance use. Those identifying as white alone or Asian alone were more likely than their counterparts to at least occasionally talk to their children about how important having goals is and how substance use could get in the way of reaching goals. Those identifying as Asian alone were less likely than their counterparts to at least occasionally put away alcohol, marijuana, and prescription drugs so they are inaccessible to their children.



**Figure 17: Frequency of Conversations**

<b>How often, if ever, do you...</b>	<b>Percent at least occasionally</b>
Talk to my children about how valuable they are	99%
Talk to my children about my values as they grow	98%
Talk to my children about how important having goals is	93%
Take the time to listen to my children's questions or concerns about mental health and substance use	89%
Set an example of different ways I have fun and celebrate that do not include substance use	88%
Talk to my children about how substance use could get in the way of reaching goals	80%
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children	78%
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21	70%

## Community Supports

Parents were asked about community supports for their child/children. Eight in 10 parents considered a teacher to be a community support to their child/children. About half of parents indicated that they consider another parent to be a support. About 3 in 10 indicated that they consider a faith-based leader or coach to be a community support to their child/children. Nearly one-quarter indicated that a neighbor is a community support, while fewer than 2 in 10 considered a community leader to be a support. About 1 in 10 parents indicated that they do not consider anyone to be a community support for their child/children, while 3% indicated that there is another person in the community who serves as a support. Respondents were able to write, in their own words, an “other” community support. These verbatim responses can be found in *Appendix C: Verbatim Responses to Open-Ended Questions*.

**Figure 18: Community Supports**

<b>Do you consider any of the following to be community supports to your child(ren)? (Select all that apply.)</b>	<b>Percent selected</b>
Teacher	80%
Another parent	49%
Faith-based leader	34%
Coach	31%
Neighbor	23%
Community leader	13%
None	12%
Other	3%

*Total may exceed 100% as respondents could select more than one answer.*

Parents were also asked about ways that their child/children’s community supports engage with their children. At least 8 in 10 parents indicated that their child/children’s community supports at least occasionally keep parents informed and involved, discuss the consequences of substance use, and offer children a judgement-free safe space for conversation about mental health and substance use. Over 7 in 10 indicated that their community supports host activities or provide spaces for children to go (substance free, with adults present) and recognize the signs that may indicate a children is struggling with substance use or their mental health. More than 6 in 10 parents indicated that their child/children’s supports at least occasionally look for ways to incorporate substance use education.

Where there were differences, those identifying as white alone were more likely than their counterparts to indicate that their children’s support at least occasionally engage with children in positive ways regarding mental health and substance use (see *Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*).

**Figure 19: Engagement of Community Supports**

<b>How often, if at all, do your child(ren)’s supports do each of the following:</b>	<b>Percent at least occasionally</b>
Keep parents informed and involved	84%
Discuss the consequences of substance use	81%
Offer children a judgement-free safe space for conversation about mental health and substance use	80%
Host activities or provide spaces for children to go (substance free, with adults present)	78%
Recognize the signs that may indicate a child is struggling with substance use or their mental health	73%
Look for ways to incorporate substance use education	62%

## Appendix A: Respondent and Household Characteristics

The following tables summarize the demographic and household characteristics of Irvine's survey respondents.

**Table 1: Storage of Prescription Medication**

<b>If you currently have prescription medication at your home, where is the medication usually kept?</b>	<b>Percent</b>	<b>Number</b>
Hidden	20%	N=76
Locked up	3%	N=12
Neither	44%	N=170
Both (hidden and locked up)	6%	N=22
N/A	28%	N=109
Total	100%	N=389

**Table 2: Well-being Activities**

<b>Which of the following activities do you engage in to maintain your well-being? (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
Exercise	84%	N=331
Meditation	18%	N=72
Yoga	17%	N=65
Hiking	41%	N=160
Reading	58%	N=228
Listening to music	71%	N=281
Spending time with friends/family	82%	N=324
Journaling	12%	N=48
Gardening	25%	N=98

<b>Which of the following activities do you engage in to maintain your well-being? (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
Volunteering	22%	N=85
Arts & Crafts	16%	N=63
Traveling	46%	N=179
Cooking	40%	N=157
Learning something new	36%	N=141
Participating in a club	17%	N=66
Photography	12%	N=48
Playing a musical instrument	14%	N=53
Engaging in spiritual or faith-based activity	29%	N=116
Spending time outside	62%	N=243
Cleaning	41%	N=160
Taking a class	12%	N=47
Turning off your phone/social media	19%	N=75
Dancing	13%	N=50
Other	6%	N=24

*Total may exceed 100% as respondents could select more than one option.*

**Table 3: Length of Residency**

<b>How many years have you lived in Irvine?</b>	<b>Percent</b>	<b>Number</b>
Less than 2 years	14%	N=56
2-5 years	22%	N=88
6-10 years	20%	N=79
11-20 years	15%	N=61
More than 20 years	28%	N=108
Total	100%	N=392

**Table 4: Housing Unit Type**

<b>Which best describes the building you live in?</b>	<b>Percent</b>	<b>Number</b>
Single-family detached home	38%	N=149
Townhouse or duplex (may share walls but no units above or below you)	15%	N=58
Condominium or apartment (have units above or below you)	45%	N=177
Mobile home	1%	N=4
Other	1%	N=4
Total	100%	N=393

**Table 5: Housing Tenure**

<b>Do you rent or own your home?</b>	<b>Percent</b>	<b>Number</b>
Rent	54%	N=210
Own	46%	N=181
Total	100%	N=391

**Table 6: Children in Household**

<b>Do any children 17 or younger live in your household?</b>	<b>Percent</b>	<b>Number</b>
No	70%	N=271
Yes	30%	N=114
Total	100%	N=384

**Table 7: Older Adults in Household**

<b>Are you or any other members of your household aged 65 or older?</b>	<b>Percent</b>	<b>Number</b>
No	74%	N=289
Yes	26%	N=102
Total	100%	N=391

**Table 8: Income**

<b>Does your income impact your ability to access resources in the community?</b>	<b>Percent</b>	<b>Number</b>
No	71%	N=274
Yes	29%	N=110
Total	100%	N=384

**Table 9: Race and Ethnicity**

<b>What is your race/ethnicity? (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
American Indian or Alaskan Native	1%	N=3
Arab	2%	N=6
Asian	30%	N=114
Black or African American	3%	N=12
Chinese	15%	N=56
Hispanic or Latino/a/x	13%	N=49
Japanese	4%	N=15
Korean	5%	N=20
Native Hawaiian or Other Pacific Islander	2%	N=7
Persian	3%	N=12
Vietnamese	1%	N=2
White	43%	N=168
A race not listed	2%	N=8
Total	100%	N=386

*Total may exceed 100% as respondents could select more than one option.*



Table 10: Age

In which category is your age?	Percent	Number
18-24 years	5%	N=18
25-34 years	31%	N=123
35-44 years	15%	N=60
45-54 years	21%	N=81
55-64 years	11%	N=43
65-74 years	9%	N=36
75 years or older	8%	N=31
Total	100%	N=393

Table 11: Gender

What is your gender?	Percent	Number
Woman	50%	N=195
Man	50%	N=193
Identify in another way	0%	N=0
Total	100%	N=388

## Appendix B: Complete Survey Frequencies

The following pages contain a complete set of responses to each question on the survey. For questions that included a “don’t know” or “no opinion” response option, two tables for that question are provided: the first excludes the “don’t know” or “no opinion” responses and the second includes those response options.

**Table 12: Question 1**

<b>How would you rate your current emotional well-being?</b>	<b>Percent</b>	<b>Number</b>
Excellent	31%	N=124
Good	47%	N=184
Fair	19%	N=74
Poor	3%	N=13
Total	100%	N=395

**Table 13: Question 2**

<b>Compared to before the COVID-19 pandemic, how would you rate your current emotional well-being?</b>	<b>Percent</b>	<b>Number</b>
Improved	25%	N=99
About the same	60%	N=241
Worse	15%	N=59
Total	100%	N=398

**Table 14: Question 3 without "don't know" responses**

How much of a problem, if at all, have each of the following been to you or your household over the past 12 months?	Major problem		Moderate problem		Minor problem		Not at problem		Total	
	%	N	%	N	%	N	%	N	%	N
Feeling alone/isolated, not being able to socialize with people	8%	N=30	12%	N=46	20%	N=77	61%	N=237	100%	N=391
Feeling nervous, anxious, or on-edge	7%	N=26	22%	N=86	26%	N=101	46%	N=178	100%	N=390
Not feeling in control	4%	N=15	13%	N=52	25%	N=97	58%	N=225	100%	N=390
Overall physical health	4%	N=17	13%	N=52	27%	N=104	56%	N=216	100%	N=389
Overall emotional/mental health	7%	N=27	14%	N=57	27%	N=105	52%	N=206	100%	N=395
Substance use	2%	N=6	2%	N=9	6%	N=24	90%	N=345	100%	N=383

**Table 15: Question 3 with "don't know" responses**

How much of a problem, if at all, have each of the following been to you or your household over the past 12 months?	Major problem		Moderate problem		Minor problem		Not at problem		Don't know		Total	
	%	N	%	N	%	N	%	N	%	N	%	N
Feeling alone/isolated, not being able to socialize with people	8%	N=30	12%	N=46	20%	N=77	61%	N=237	0%	N=1	100%	N=392
Feeling nervous, anxious, or on-edge	7%	N=26	22%	N=86	26%	N=101	45%	N=178	1%	N=5	100%	N=395
Not feeling in control	4%	N=15	13%	N=52	25%	N=97	57%	N=225	1%	N=2	100%	N=392
Overall physical health	4%	N=17	13%	N=52	26%	N=104	55%	N=216	1%	N=5	100%	N=394
Overall emotional/mental health	7%	N=27	14%	N=57	27%	N=105	52%	N=206	0%	N=2	100%	N=397
Substance use	2%	N=6	2%	N=9	6%	N=24	87%	N=345	3%	N=12	100%	N=395

**Table 16: Question 4 without "don't know" responses**

Please indicate your level of agreement:	Strongly agree		Somewhat agree		Somewhat disagree		Strongly disagree		Total	
I know where to go/who to call if I need mental health or substance use recovery services	34%	N=119	37%	N=131	14%	N=50	15%	N=52	100%	N=353
I would be able to access mental health or substance use recovery services if I needed to	46%	N=158	35%	N=122	8%	N=28	11%	N=39	100%	N=347

**Table 17: Question 4 with "don't know" responses**

Please indicate your level of agreement:	Strongly agree		Somewhat agree		Somewhat disagree		Strongly disagree		Don't know		Total	
I know where to go/who to call if I need mental health or substance use recovery services	30%	N=119	33%	N=131	13%	N=50	13%	N=52	11%	N=44	100%	N=397
I would be able to access mental health or substance use recovery services if I needed to	40%	N=158	31%	N=122	7%	N=28	10%	N=39	12%	N=48	100%	N=395

**Table 18: Question 5**

	Very aware		Somewhat aware		Unaware		Total	
	%	N	%	N	%	N	%	N
Overall, how aware are you of the mental health and substance use recovery resources and services in Irvine?	8%	N=33	31%	N=123	61%	N=242	100%	N=397

**Table 19: Question 6**

What mental health/substance use resources have you or your household accessed or referred someone to? (Select all that apply.)	Percent	Number
Law enforcement	4%	N=15
Local mental health advocacy and services organization (NAMI, MHA, other)	5%	N=19
Peer support specialist/parent peer	7%	N=26
Recreation program	4%	N=15
School counselor/nurse	10%	N=39
Support group (AA, Al-Anon, suicide loss, etc.)	3%	N=12
Website/internet	19%	N=76
Transitional housing	1%	N=3
Workplace health services	9%	N=34
Phone or text crisis lines	4%	N=14
Social media groups/pages	9%	N=36
Hospital or residential care	9%	N=37
Educational components	5%	N=18
Other	9%	N=35
None	57%	N=225

*Total may exceed 100% as respondents could select more than one option.*

**Table 20: Question 7**

<b>Please indicate which of the following, if any, are or would be a barrier for you or your family to receiving mental health/substance use recovery-oriented services. (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
Lack of transportation	3%	N=10
Financial concerns related to treatment	32%	N=126
Waitlist or lack of available services	21%	N=83
Lack of resources for family education and support	8%	N=31
Stigma of mental illness	11%	N=42
Lack of phone or computer access	0%	N=2
Need help with system navigation	10%	N=38
Lack of translation and culturally sensitive services/providers	13%	N=51
Other	2%	N=9
None	49%	N=195

*Total may exceed 100% as respondents could select more than one option.*

**Table 21: Question 8 without "don't know" responses**

	<b>Strongly agree</b>		<b>Somewhat agree</b>		<b>Somewhat disagree</b>		<b>Strongly disagree</b>		<b>Total</b>	
Please rate your level of agreement with the following statement: There is stigma associated with mental illness and substance use in our community.	24%	N=77	48%	N=152	21%	N=67	7%	N=23	100%	N=317

**Table 22: Question 8 with "don't know" responses**

	<b>Strongly agree</b>		<b>Somewhat agree</b>		<b>Somewhat disagree</b>		<b>Strongly disagree</b>		<b>Don't know</b>		<b>Total</b>	
Please rate your level of agreement with the following statement: There is stigma associated with mental illness and substance use in our community.	19%	N=77	38%	N=152	17%	N=67	6%	N=23	20%	N=78	100%	N=395

**Table 23: Question 9**

<b>How do you prefer to receive information related to health and wellness?</b>	<b>Strongly prefer</b>		<b>Somewhat prefer</b>		<b>Do not prefer</b>		<b>Total</b>	
Email	44%	N=160	30%	N=108	26%	N=93	100%	N=360
Book/library	11%	N=37	34%	N=115	55%	N=186	100%	N=338
Website	53%	N=191	36%	N=128	11%	N=40	100%	N=359
Social media	20%	N=70	31%	N=108	48%	N=164	100%	N=342
Mail	19%	N=68	38%	N=137	43%	N=157	100%	N=363

How do you prefer to receive information related to health and wellness?	Strongly prefer		Somewhat prefer		Do not prefer		Total	
	%	N	%	N	%	N	%	N
Newsletter	19%	N=66	35%	N=122	46%	N=159	100%	N=347
Resource Centers	20%	N=69	44%	N=154	36%	N=124	100%	N=347
Newspapers/magazines	11%	N=39	34%	N=118	54%	N=186	100%	N=342
Local TV	11%	N=38	22%	N=75	67%	N=226	100%	N=339
Friends/family	26%	N=91	47%	N=165	27%	N=93	100%	N=348
Doctor	68%	N=252	22%	N=81	10%	N=36	100%	N=369
Brochures	24%	N=82	44%	N=151	32%	N=112	100%	N=346
In-person (classes, presentations, workshops)	21%	N=72	41%	N=141	38%	N=133	100%	N=345
Virtual (classes, presentations, workshops)	26%	N=89	35%	N=120	39%	N=135	100%	N=343
Other (please specify)	5%	N=7	6%	N=8	89%	N=128	100%	N=143

Table 24: Question 10

Are you aware of the following programs/initiatives in the community?	Have used this		Heard of this, but not used		Have not heard of this		Total	
	%	N	%	N	%	N	%	N
Be Well OC Mobile Crisis Response Team	0%	N=2	9%	N=35	91%	N=352	100%	N=388
City of Irvine FOR Families	1%	N=2	15%	N=57	85%	N=333	100%	N=393
Sweet Shade Ability Center	0%	N=1	6%	N=22	94%	N=362	100%	N=384
City of Irvine On Campus Youth Outreach Services	1%	N=3	22%	N=87	77%	N=299	100%	N=389
IPD School Resource Officers	2%	N=9	31%	N=119	67%	N=262	100%	N=390
City of Irvine Child Care Coordination Resource Center	1%	N=3	18%	N=71	81%	N=314	100%	N=387
Keen Center for Senior Resources	2%	N=7	8%	N=32	90%	N=352	100%	N=391



Table 25: Question 11

<b>What do you think is most needed in Irvine to better support those in need of mental health and substance use recovery services? (Select top 5 priorities.)</b>	<b>Percent</b>	<b>Number</b>
Advocacy for support services for people with behavioral health needs	38%	N=138
Phone or text crisis hotlines	31%	N=113
Crisis respite centers	13%	N=47
Crisis intervention team training	23%	N=85
Peer support specialists	21%	N=78
Programs that both treat mental health and substance use disorders	39%	N=143
School/teacher education	35%	N=129
Medication-assisted treatment for opioid use	11%	N=42
Support groups	26%	N=96
Social groups/activities	23%	N=84
Transitional housing/transition options after treatment	17%	N=64
Pay-what-you-can (sliding fee scale) options for therapy	37%	N=137
Other group wellness activities (yoga, meditation, etc.)	14%	N=53
Telehealth	16%	N=59
Transportation to/from services	12%	N=43
Support prevention	12%	N=44
Culturally sensitive support groups available in different languages	25%	N=93
Other	5%	N=17

*Total may exceed 100% as respondents could select more than one option.*

**Table 26: Question 12**

	No		Yes		Total	
Are you a parent with children (under 18 years old) at home?	73%	N=287	27%	N=106	100%	N=393

**Table 27: Question 13**

How old is/are your child(ren)? (Select all that apply.)	Percent	Number
Under 4 years old	24%	N=26
4-8 years old	21%	N=22
8-12 years old	38%	N=39
13-17 years old	47%	N=49

*Total may exceed 100% as respondents could select more than one option. Only answered by those with children at home.*

**Table 28: Question 14 without "don't know" responses**

	No		Yes		Total	
Are you comfortable talking to your child(ren) about mental health?	1%	N=1	99%	N=102	100%	N=103

*Only answered by those with children at home.*

**Table 29: Question 14 with "don't know" responses**

	No		Yes		Don't know		Total	
Are you comfortable talking to your child(ren) about mental health?	1%	N=1	96%	N=102	3%	N=3	100%	N=105

*Only answered by those with children at home.*

**Table 30: Question 15 without "don't know" responses**

	No		Yes		Total	
Are you comfortable talking to your child(ren) about substance use?	6%	N=6	94%	N=94	100%	N=100

*Only answered by those with children at home.*

**Table 31: Question 15 with "don't know" responses**

	No		Yes		Don't know		Total	
Are you comfortable talking to your child(ren) about substance use?	6%	N=6	89%	N=94	5%	N=5	100%	N=105

*Only answered by those with children at home.*

**Table 32: Question 16**

<b>What resources, if any, do you use to help you talk to your child(ren) about mental health/substance use?(Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
Other parents, friends, or family	48%	N=50
Community support groups	14%	N=15
Resources provided by schools	42%	N=44
Faith-based resources	31%	N=32
Website/internet	41%	N=42
Social media groups/pages	10%	N=10
Other	6%	N=6
None	18%	N=19

*Total may exceed 100% as respondents could select more than one option. Only answered by those with children at home.*

Table 33: Question 17

How often, if ever, do you...	Never		Occasionally		Pretty regularly		At every opportunity		Total	
	%	N	%	N	%	N	%	N	%	N
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21	30%	N=31	29%	N=30	18%	N=18	24%	N=25	100%	N=103
Set an example of different ways I have fun and celebrate that do not include substance use	12%	N=13	14%	N=15	32%	N=34	42%	N=44	100%	N=105
Talk to my children about my values as they grow	2%	N=2	14%	N=15	34%	N=36	50%	N=52	100%	N=105
Talk to my children about how valuable they are	1%	N=1	11%	N=11	25%	N=27	63%	N=66	100%	N=104
Talk to my children about how important having goals is	7%	N=7	18%	N=19	25%	N=26	50%	N=52	100%	N=104
Talk to my children about how substance use could get in the way of reaching goals	20%	N=21	22%	N=23	25%	N=26	32%	N=33	100%	N=103
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children	22%	N=22	5%	N=5	11%	N=12	62%	N=64	100%	N=103
Take the time to listen to my children's questions or concerns about mental health and substance use	11%	N=11	11%	N=12	19%	N=20	59%	N=61	100%	N=104

*Only answered by those with children at home.*

**Table 34: Question 18**

<b>Do you consider any of the following to be community supports to your child(ren)? (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
Teacher	80%	N=85
Coach	31%	N=33
Community leader	13%	N=14
Faith-based leader	34%	N=36
Another parent	49%	N=52
Neighbor	23%	N=24
Other	3%	N=4
None	12%	N=13

*Total may exceed 100% as respondents could select more than one option. Only answered by those with children at home.*

**Table 35: Question 19 without "don't know" responses**

<b>How often, if at all, do your child(ren)'s supports do each of the following:</b>	<b>Never</b>		<b>Occasionally</b>		<b>Pretty regularly</b>		<b>At every opportunity</b>		<b>Total</b>	
Host activities or provide spaces for children to go (substance free, with adults present)	22%	N=18	30%	N=25	30%	N=24	18%	N=15	100%	N=83
Look for ways to incorporate substance use education	38%	N=29	51%	N=40	6%	N=5	5%	N=4	100%	N=78
Discuss the consequences of substance use	19%	N=17	47%	N=42	18%	N=16	16%	N=14	100%	N=88
Recognize the signs that may indicate a child is struggling with substance use or their mental health	27%	N=20	36%	N=26	24%	N=18	14%	N=10	100%	N=74
Keep parents informed and involved	16%	N=13	33%	N=26	26%	N=21	26%	N=21	100%	N=80

How often, if at all, do your child(ren)'s supports do each of the following:	Never		Occasionally		Pretty regularly		At every opportunity		Total	
Offer children a judgement-free safe space for conversation about mental health and substance use	20%	N=15	33%	N=25	21%	N=16	27%	N=20	100%	N=76

*Only answered by those with children at home.*

**Table 36: Question 19 with "don't know" responses**

How often, if at all, do your child(ren)'s supports do each of the following:	Never		Occasionally		Pretty regularly		At every opportunity		Don't know/not applicable		Total	
Host activities or provide spaces for children to go (substance free, with adults present)	18%	N=18	25%	N=25	24%	N=24	15%	N=15	18%	N=19	100%	N=101
Look for ways to incorporate substance use education	29%	N=29	40%	N=40	5%	N=5	4%	N=4	23%	N=23	100%	N=101
Discuss the consequences of substance use	17%	N=17	41%	N=42	16%	N=16	14%	N=14	13%	N=13	100%	N=102
Recognize the signs that may indicate a child is struggling with substance use or their mental health	20%	N=20	27%	N=26	18%	N=18	10%	N=10	26%	N=25	100%	N=99
Keep parents informed and involved	12%	N=13	26%	N=26	20%	N=21	20%	N=21	21%	N=21	100%	N=101

How often, if at all, do your child(ren)'s supports do each of the following:	Never		Occasionally		Pretty regularly		At every opportunity		Don't know/not applicable		Total	
Offer children a judgement-free safe space for conversation about mental health and substance use	16%	N=15	26%	N=25	17%	N=16	21%	N=20	20%	N=19	100%	N=96

*Only answered by those with children at home.*

## Appendix C: Verbatim Responses to Open-Ended Questions

Following are verbatim responses to the open-ended questions on the survey. Because these responses were written by survey participants, they are presented here in verbatim form, including any typographical, grammar or other mistakes. The responses are in alphabetical order.

### **Question 6: What mental health/substance use resources have you or your household accessed or referred someone to?: Other**

- (For work).
- Be well.
- Center for Individual and Family Therapy located in Santa Ana
- Chiropractor
- church counseling services
- Church.
- Counseling/therapy.
- Counselor know for many years.
- Counselor.
- Doctor.
- healthcare provider
- Healthcare/doctor.
- My health plan (Kaiser-Permanente)
- Not sure.
- Out patient program.
- Physician
- podcasts
- Primary care physician.
- Private counseling.
- Private talk therapy.
- private therapist
- Psychiatrist, therapist.
- Reframe app.
- Teen Challenge of Orange County
- The Word of God
- Therapist



- therapist
- THERAPIST.
- Therapy through health insurance at work
- VA.

**Question 7: Please indicate which of the following, if any, are or would be a barrier for you or your family to receiving mental health/substance use recovery-oriented services:**

**Other**

- Baby sitting.
- Difficulty of knowing where to go and dealing with insurance.
- Discrimination by / from businesses / employ.
- Losing my job by taking time away.
- MY SON HAS SCHIZOPHRENIA. HE DOES NOT WANT HELP.
- N/A.
- no knowledge of who/what to go to for help
- no knowledge of who/what to go to for help
- None.
- Uncomfortable with seeking help.
- Uncomfortable with seeking help.

**Question 9: How do you prefer to receive information related to health and wellness?:**

**Other**

- 0.
- Any passive form is fine.
- Bible
- cannot undo other
- Did not understand the question
- Do not prefer
- Doesn't matter
- Email and letter
- General awareness campains
- In reason appt.
- mail in letter, company training
- n
- n/a
- N/A

- n/a
- N/A
- n/a
- N/A
- n/a
- n/a
- N/A
- n/a
- N/A
- N/A
- N/A.
- Na
- na
- none
- Nothing
- nothing
- podcasts
- Sorry, I accidentally pressed "Other," thinking that Do Not Prefer was like "no."
- Telephone calls

**Question 11: What do you think is most needed in Irvine to better support those in need of mental health and substance use recovery services?: Other**

- A BALANCED COMBINATION OF THE ABOVE OPTIONS.
- awareness of these programs
- Bible Study and Prayer Groups
- FAMILY.
- Forced institutional, stay. I feel this would help with the homeless as Irvine is seeing more and more. Please remove this homeless guy at Culver/Michaelson. Has been there for many months and leaving crap all over the bus stops. Its an eye sore for the city!
- Have not been here long enough to respond.
- I am new to the area and do not know what is available/missing.
- I don't have a clue.
- I have no idea
- Move them out.
- Not sure.

- Senior housing
- staff that can deal with mental health/substance abuse issues felt by individuals with intellectual disabilities
- support from an understanding family member or roommate
- These services are not the city,s business.

**Question 16: What resources, if any, do you use to help you talk to your child(ren) about mental health/substance use?: Other**

- BOOKS.
- Direct comfortable discussions with child
- Do not please kids.
- Dr & RNs.
- Movies & talking.
- Movies, tv shows
- N/A.
- No children.
- Physician.
- Self awareness.
- SELF.
- Therapist.

**Question 18: Do you consider any of the following to be community supports to your child(ren)?: Other**

- (Self moon).
- Aunts/uncles.
- Family member.
- friend's parents
- Friends.
- Friends.
- MD & RNS.
- private counselor

**Question 20: Do you have any additional questions, comments, or concerns regarding health and wellness services within the City of Irvine?**

- 0.
- Affordable housing for low-income seniors is lacking in OC, I have seen this cause depression
- Be very careful when creating services. Easy to spend money and get worse results. Homelessness is an example of destructive 'help'
- Building or reopening mental hospitals would go a long way toward making sure people get the help we need and that people who might be a danger to themselves or others are in an environment where they are safe and the general public is safe from them.
- Comment: Question #11 is very difficult to answer as I've never been in need of these services through the City of Irvine. I suspect many people may be in this same position as they answer this survey. We are "not in the loop", and so it's hard to make a priority list of services. Where are the real needs? Where are the gaps? I hope this survey helps my city.
- Concern about if Irvine has plans/programs/services in place in case the Homelessness spreads to Irvine.
- Education seminar about mental health is greatly needed to erase shame especially in the Asian American community in Irvine.
- Free initial therapy sessions / starter plans should be available.
- FROM THIS SURVEY THERE MUST BE A CONSIDERABLE NUMBER OF PEOPLE NEEDING HELP.
- I have little knowledge and no firsthand experience in mental health and substance use or abuse.
- I just moved here 2 weeks ago from TX where my husband passed away so answers are not based on a long time living here.
- I love Irvine!!
- I never paid attention because I never heard that Irvine city has such service.
- I want services but I am afraid to take time off work, lose my job, and become homeless. I am scared of letting my loved ones down.
- Info not published as to what's available.
- It is a great place to live, so we are very happy.
- Just a personal note now: I'm a retired university professor -Anglo- who happened to marry someone from China 20 years ago - which meant, here in Irvine, that I married the whole family! I have been surrounded by family ever since, and although I have crossed into my 80's, I am treated with great respect and am never ever alone. What a great final quarter to my life, now into a bit of overtime. [?].
- Just moved in 7/11/23. Not too familiar with Irvine yet.
- Keep planting trees. Keep lakes & areas surrounding ponds clean (i.e. - heritage park ) so they are enjoyable and pleasant, peaceful places to relax & meditate. Continue to work on

eliminating graffiti & trash ( around bike paths etc.) Create rules/laws for e-bikers i.e. - use by age 14 and above, must complete a safety course, unbuckled / helmetless riders are ticketed - -- this would require some e-bike officers. Stop or limit further building. Allow for Mom & Pop Shops. Why are places closing and not being rented out - we miss Ruby's by the lake :) in the Woodbridge Village Center.

- Me gustaria conocer las ubicaciones de los Centros de Servicio de Salud Mental de Irvine.
- More LGBT services are needed!!
- Most of the programs happen during the day when a lot of adults like me are working. Many of us work from home now so it would be nice to have some way to connect across the working day. Like with co-working places.
- N/A
- N/A
- N/A none.
- N/A.
- N/A.
- N/A.
- N/A.
- N/A.
- No
- No
- no
- No
- No
- NO
- No
- No
- No
- no
- no
- No
- No
- No additional questions. Irvine is a wonderful city to live in and I feel sorry for those that don't. I am concerned about outsiders coming into the community to commit crimes such as thefts such of cars and catalytic converters, break ins at our community center bathrooms and someone living in them. I know about these things as a board member of our community.

- No! Irvine does very well.
- No, thank you.
- No.
- NO.
- NO.
- NO.
- NO.
- NO.
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- No.
- NO.
- No.
- No.
- -No.
- None
- None
- None
- none
- none
- None at the moment.
- None no children N/A.
- NONE.

- None.
- None.
- NONE.
- None.
- NONE.
- None.
- NOT REALLY - I THINK I WOULD JUST ASK MY DOCTOR.
- Our homelessness and crime is on the rise. It seems we need more support for police and mental health facilities to support those in need who are now living on our streets.
- OVER DEVELOPMENT!!!
- Please don't allow marijuana. It smells up the neighborhood.
- Providers should be properly compensated given that this work is very difficult.
- Quality mental health professionals are unaffordable and unattainable for most. Finding ways to cover the cost of these services without sacrificing the therapist's or mental health professional's pay is greatly needed.
- Reasonable housing costs for low income or non income people with training availability to be independent eventually. Jobs for handicapped people; emphasis on getting favorable attitude from employers to hire.
- Resources for private pay therapists who are skilled
- See comments on # 11.
- Teen Challenge OC for men in Santa Ana is a drug and Alcohol faith based recovery one year program. They have a 87% success rate and even give 2nd chances. It's free! All ages from 18-88yrs. Women's place is in Ventura. Restored, renewed, redeemed!! Irvine would do pleased to help them to help our men in Irvine.
- Thank you for your concern.
- The city spends too much money on these services.
- The housing affordability crisis in Irvine is one of the main attributes that is affecting my mental health.
- The outrageous cost of rent and wave of layoffs this year have devastated our family, financially. My partner has nervous breakdowns almost daily because we are a razor's edge away from being unable to afford to pay for basic necessities.
- There are real issues & many use mental health & substance abuse as excuses for checking out of responsibilities & life - if people are a problem to society then mandatory rehab or hospitalization should be required!!!
- There is a mental illness plaguing the Mexican community. Language: spoken and unspoken. Hostile and rude (passive aggressive or direct. (following-stalking) behaviors maladaptive for



communal living an over representation of Mexican in conty, cnty, and government agencies - mostly social services, and other community agencies that work together to support their group & ostrize others. There's a lot of underlying/sneaky bullshit going on in Irvine, surprising!

- Very happy to be a resident in Irvine after spending in 56 years in Washington, D.C.
- We are a couple of senior.
- We need to be better inform. Where to go who to contact.
- What a waste of money.
- What can be done about the homeless.
- Where can I get all this information and how can I spread awareness?
- Wonderful survey. Important to keep a model on healthy community. Irvine is truly an incredible city! I'm embarrassed I don't know about all the programs that Irvine offers. It's important to know so I can talk about them if someone needs. We are a privileged family therefore don't really have a need and we would use our insurance and doctors if we ever.
- WOULD LIKE TO RECEIVE INFO FOR MENTAL HEALTH THRU MAIL.
- X.
- Yes why do doctors say they are not. Taking any more patients especially specialists.
- Yes why does the city not have some type of a heated or indoor pool during the winter for those that are disabled especially the one's who are either on a tight limited budget like my parent's, or like me were I'm on disability and can't afford it? That's both mental health and physical health, plus I know other's that wonder the same... 4042 Blackfin Ave. Irvine, CA 92620.
- Yes. Absence of rail or other readily available transportation resources to or for individuals with diminished sight who can no longer drive. It's priorities are skewed; millions to contribute to a new amphitheater, but individuals are effectively invited to leave the city if unable to travel even locally to buy groceries. Is that a healthy city environment?
- Yes. More affordable care (sliding scale), more training.

#### **D9: Which of the following activities do you engage in to maintain your well-being?:**

##### **Other**

- attending church counseling sessions
- Attending classical music concerts.
- boating :)
- CHURCH.
- Craft, puzzle game.
- Dilates.
- gardening

- Going out for coffee
- Golf
- I am a writer & write 4 days/week.
- Listening to audiobooks and podcasts
- MTB biking.
- Out patient program.
- PLAY GOLF.
- Playing pickleball as a social sport
- Playing with my cats.
- Playing.
- Prayer.
- Seguir videos de you tube de oraciones y ensenanza espiritual y emocional, y de noticias de mi pais, el Peru. Mi esposo ve television toda la tarde,
- Sex and video games
- Shopping.
- STOCK INVESTMENT.
- Tai Chi.
- Texting.
- Therapy
- Videogames, board games, card games
- Walking for a couple of hours
- Walking.
- Work part time.
- Work.
- WORK.
- Working
- writing
- Writing and Wagering on Thoroughbred Horse Races
- Writing.

**D9: What is your race/ethnicity?: A race not listed**

- (Others in family are Chinese).
- Cambodian.
- I DO NOT LIKE THIS QUESTION.
- Indian

- Indian
- Jewish.
- Korean American
- Kurdish
- Non-Arab, Non-Persion Semite (Judean); (Wife is Vietnamese)
- Pakistani
- Pakistani
- South Asian.
- TAIWAN.
- taiwanese
- Taiwanese.

## Appendix D: Responses to Selected Survey Questions by Respondent Characteristics

The subgroup comparison tables contain the cross tabulations of selected survey questions by respondent characteristics. Chi-square or ANOVA tests of significance were applied to these breakdowns of survey questions. A “p-value” of 0.05 or less indicates that there is less than a 5% probability that differences observed between groups are due to chance; or in other words, a greater than 95% probability that the differences observed in the selected categories of the sample represent “real” differences among those populations.

For each pair of subgroups that has a statistically significant difference, an upper-case letter denoting significance is shown in the category with the larger column proportion. The letter denotes the category with the smaller column proportion from which it is statistically different. Differences were marked as statistically significant if the probability that the differences were due to chance alone were less than 5%. Categories were not used in comparisons when a column proportion was equal to zero or one.

Items that have no upper-case letter denotation in their column and that are also not referred to in any other column were not statistically different.

For example, in Table 37 on page 61, 82% of residents identifying as not Hispanic (A) rated their current emotional well-being as excellent or good. This proportion of residents (A) was statistically higher than residents who identified as Hispanic (B).

## Comparisons by Race, Ethnicity, and Gender

Table 37: Question 1

(Percent excellent or good)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
How would you rate your current emotional well-being?	77%	84% C	68%	82% B	52%	75%	81%	78%

Table 38: Question 2

(Percent improved or about the same)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Compared to before the COVID-19 pandemic, how would you rate your current emotional well-being?	87% C	90% C	70%	85%	87%	83%	88%	85%

**Table 39: Question 3**

How much of a problem, if at all, have each of the following been to you or your household over the past 12 months? (Percent moderate or major problem)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	(A)
Feeling alone/isolated, not being able to socialize with people	40%	39%	35%	37%	58% A	42%	36%	39%
Feeling nervous, anxious, or on-edge	54%	50%	66%	52%	72% A	56%	53%	54%
Not feeling in control	39%	41%	55% A	42%	47%	44%	41%	42%
Overall physical health	39%	38%	79% A B	45%	38%	52% B	38%	44%
Overall emotional/mental health	47%	42%	64% A B	46%	65% A	57% B	39%	48%
Substance use	15% B C	8%	0%	9%	18%	9%	11%	10%

**Table 40: Question 4**

Please indicate your level of agreement: (Percent somewhat or strongly agree)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	(A)
I know where to go/who to call if I need mental health or substance use recovery services	77% B	61%	77% B	73% B	58%	80% B	61%	71%
I would be able to access mental health or substance use recovery services if I needed to	87% B	70%	86% B	80%	86%	82%	80%	81%

**Table 41: Question 5**

(Percent very or somewhat aware)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	(A)
Overall, how aware are you of the mental health and substance use recovery resources and services in Irvine?	37%	41%	34%	43% B	9%	40%	39%	39%

**Table 42: Question 8**

<b>(Percent somewhat or strongly agree)</b>	<b>Race</b>			<b>Hispanic</b>		<b>Gender</b>		<b>Overall</b>
	<b>White alone</b>	<b>Asian alone</b>	<b>Another race or multi-racial</b>	<b>Not Hispanic</b>	<b>Hispanic</b>	<b>Woman</b>	<b>Man</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Please rate your level of agreement with the following statement: There is stigma associated with mental illness and substance use in our community.	71%	72%	78%	73%	64%	79% B	65%	72%

**Table 43: Question 9**

<b>How do you prefer to receive information related to health and wellness? (Percent somewhat or strongly prefer)</b>	<b>Race</b>			<b>Hispanic</b>		<b>Gender</b>		<b>Overall</b>
	<b>White alone</b>	<b>Asian alone</b>	<b>Another race or multi-racial</b>	<b>Not Hispanic</b>	<b>Hispanic</b>	<b>Woman</b>	<b>Man</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Email	68%	81% A	77%	73%	81%	75%	74%	74%
Book/library	40%	48%	43%	44%	54%	50% B	39%	45%
Website	81%	96% A	92% A	90%	83%	90%	87%	89%
Social media	39%	72% A C	45%	54%	41%	53%	51%	52%



How do you prefer to receive information related to health and wellness? (Percent somewhat or strongly prefer)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Mail	45%	64% A	66% A	61% B	25%	63% B	49%	57%
Newsletter	41%	63% A	61% A	57% B	37%	53%	54%	54%
Resource Centers	60%	69%	61%	64%	69%	70% B	58%	64%
Newspapers/magazines	33%	62% A C	43%	48% B	32%	50%	41%	46%
Local TV	28%	42% A C	24%	35%	25%	39% B	26%	33%
Friends/family	64%	80% A	80% A	76% B	59%	80% B	67%	73%
Doctor	85%	94% A	96% A	90%	90%	90%	91%	90%
Brochures	60%	70%	82% A	67%	73%	75% B	60%	68%
In-person (classes, presentations, workshops)	63% C	67% C	43%	61%	65%	64%	59%	62%
Virtual (classes, presentations, workshops)	56%	71% A C	45%	64% B	41%	63%	58%	61%

How do you prefer to receive information related to health and wellness? (Percent somewhat or strongly prefer)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Other (please specify)	3%	21% A	12%	12%	0%	15%	8%	11%

Table 44: Question 10

Are you aware of the following programs/initiatives in the community? (Percent have used or heard of)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Be Well OC Mobile Crisis Response Team	9%	8%	13%	10% B	1%	12%	7%	9%
City of Irvine FOR Families	15%	16%	14%	16%	10%	20% B	11%	15%
Sweet Shade Ability Center	4%	5%	14% A B	6%	4%	6%	6%	6%
City of Irvine On Campus Youth Outreach Services	14%	29% A	31% A	25% B	6%	25%	22%	23%
IPD School Resource Officers	31%	29%	42%	36% B	12%	35%	32%	33%

Are you aware of the following programs/initiatives in the community? (Percent have used or heard of)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
City of Irvine Child Care Coordination Resource Center	15%	26% A	14%	20%	10%	25% B	14%	19%
Keen Center for Senior Resources	10%	9%	9%	11%	5%	12%	7%	10%

Table 45: Question 12

(Percent yes)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Are you a parent with children (under 18 years old) at home?	26% C	34% C	12%	27%	25%	27%	29%	27%

**Table 46: Question 14**

<b>(Percent yes)</b>	<b>Race</b>			<b>Hispanic</b>		<b>Gender</b>		<b>Overall</b>
	<b>White alone</b>	<b>Asian alone</b>	<b>Another race or multi-racial</b>	<b>Not Hispanic</b>	<b>Hispanic</b>	<b>Woman</b>	<b>Man</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>
Are you comfortable talking to your child(ren) about mental health?	100%	98%	100%	99%	100%	98%	100%	99%

**Table 47: Question 15**

<b>(Percent yes)</b>	<b>Race</b>			<b>Hispanic</b>		<b>Gender</b>		<b>Overall</b>
	<b>White alone</b>	<b>Asian alone</b>	<b>Another race or multi-racial</b>	<b>Not Hispanic</b>	<b>Hispanic</b>	<b>Woman</b>	<b>Man</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>
Are you comfortable talking to your child(ren) about substance use?	99% B	87%	100%	93%	100%	97%	91%	94%

**Table 48: Question 17**

How often, if ever, do you... (Percent at least occasionally)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	(A)
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21	70%	74%	35%	73%	52%	63%	78%	70%
Set an example of different ways I have fun and celebrate that do not include substance use	98% B	75%	100%	86%	100%	96% B	80%	88%
Talk to my children about my values as they grow	100%	97%	100%	98%	100%	98%	99%	98%
Talk to my children about how valuable they are	100%	99%	100%	99%	100%	100%	99%	99%
Talk to my children about how important having goals is	93% C	97% C	68%	96% B	73%	92%	95%	93%
Talk to my children about how substance use could get in the way of reaching goals	91% B C	72% C	35%	81%	73%	86%	74%	80%
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children	89% B	65%	100% B	79%	73%	84%	73%	78%
Take the time to listen to my children's questions or concerns about mental health and substance use	93%	82%	100%	91%	73%	89%	89%	89%

**Table 49: Question 19**

How often, if at all, do your child(ren)'s supports do each of the following: (Percent at least occasionally)	Race			Hispanic		Gender		Overall
	White alone	Asian alone	Another race or multi-racial	Not Hispanic	Hispanic	Woman	Man	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Host activities or provide spaces for children to go (substance free, with adults present)	90% B	66%	64%	76%	100%	87%	70%	78%
Look for ways to incorporate substance use education	68%	50%	68%	60%	82%	73%	52%	62%
Discuss the consequences of substance use	91% B	69%	68%	82%	72%	83%	78%	81%
Recognize the signs that may indicate a child is struggling with substance use or their mental health	89% B	62%	68%	72%	84%	79%	69%	73%
Keep parents informed and involved	92%	78%	68%	85%	83%	87%	82%	84%
Offer children a judgement-free safe space for conversation about mental health and substance use	96% B	68%	68%	78%	100%	91% B	71%	80%

## Comparisons by Age, Parental Status, and Income

**Table 50: Question 1**

<b>(Percent excellent or good)</b>	<b>Age</b>			<b>Parent with children at home</b>		<b>Does your income impact your ability to access resources in the community?</b>		<b>Overall</b>
	<b>18-34</b>	<b>35-54</b>	<b>55+</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
How would you rate your current emotional well-being?	71%	80%	85% A	77%	82%	83% B	68%	78%

**Table 51: Question 2**

<b>(Percent improved or about the same)</b>	<b>Age</b>			<b>Parent with children at home</b>		<b>Does your income impact your ability to access resources in the community?</b>		<b>Overall</b>
	<b>18-34</b>	<b>35-54</b>	<b>55+</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Compared to before the COVID-19 pandemic, how would you rate your current emotional well-being?	83%	84%	91%	85%	87%	90% B	78%	85%

**Table 52: Question 3**

How much of a problem, if at all, have each of the following been to you or your household over the past 12 months? (Percent moderate or major problem)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall (A)
	18-34	35-54	55+	No	Yes	No	Yes	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Feeling alone/isolated, not being able to socialize with people	49% B C	36%	30%	40%	34%	35%	45%	39%
Feeling nervous, anxious, or on-edge	71% B C	50%	38%	59% B	44%	47%	69% A	54%
Not feeling in control	50% C	45% C	29%	44%	36%	34%	63% A	42%
Overall physical health	45%	41%	49%	47%	38%	37%	60% A	44%
Overall emotional/mental health	58% C	48% C	33%	48%	47%	41%	62% A	48%
Substance use	12%	11%	6%	11%	6%	9%	9%	10%



**Table 53: Question 4**

Please indicate your level of agreement: (Percent somewhat or strongly agree)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall
	18-34	35-54	55+	No	Yes	No	Yes	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
I know where to go/who to call if I need mental health or substance use recovery services	57%	77% A	83% A	69%	76%	71%	72%	71%
I would be able to access mental health or substance use recovery services if I needed to	76%	82%	87%	77%	92% A	82%	78%	81%

**Table 54: Question 5**

(Percent very or somewhat aware)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall
	18-34	35-54	55+	No	Yes	No	Yes	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Overall, how aware are you of the mental health and substance use recovery resources and services in Irvine?	32%	40%	47% A	37%	45%	39%	36%	39%

**Table 55: Question 8**

<b>(Percent somewhat or strongly agree)</b>	<b>Age</b>			<b>Parent with children at home</b>		<b>Does your income impact your ability to access resources in the community?</b>		<b>Overall</b>
	<b>18-34</b>	<b>35-54</b>	<b>55+</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Please rate your level of agreement with the following statement: There is stigma associated with mental illness and substance use in our community.	72%	69%	79%	75%	65%	70%	79%	72%

**Table 56: Question 9**

<b>How do you prefer to receive information related to health and wellness? (Percent somewhat or strongly prefer)</b>	<b>Age</b>			<b>Parent with children at home</b>		<b>Does your income impact your ability to access resources in the community?</b>		<b>Overall</b>
	<b>18-34</b>	<b>35-54</b>	<b>55+</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Email	78%	73%	71%	75%	73%	74%	77%	74%
Book/library	49%	41%	43%	47%	39%	43%	45%	45%
Website	91%	87%	88%	87%	94%	88%	91%	89%
Social media	60% C	55% C	34%	47%	66% A	49%	58%	52%

How do you prefer to receive information related to health and wellness? (Percent somewhat or strongly prefer)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall
	18-34	35-54	55+	No	Yes	No	Yes	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	(A)
Mail	43%	60% A	71% A	53%	65% A	55%	59%	57%
Newsletter	40%	57% A	71% A	52%	60%	55%	50%	54%
Resource Centers	62%	68%	63%	62%	71%	64%	68%	64%
Newspapers/magazines	37%	50% A	54% A	43%	53%	46%	44%	46%
Local TV	20%	39% A	46% A	31%	40%	38% B	23%	33%
Friends/family	71%	75%	73%	69%	86% A	71%	76%	73%
Doctor	88%	92%	91%	89%	93%	91%	88%	90%
Brochures	69%	66%	68%	70%	62%	64%	77% A	68%
In-person (classes, presentations, workshops)	61%	67%	54%	58%	72% A	63%	57%	62%
Virtual (classes, presentations, workshops)	50%	72% A	61%	55%	77% A	62%	56%	61%
Other (please specify)	8%	11%	18%	9%	15%	15%	6%	11%

**Table 57: Question 10**

<b>Are you aware of the following programs/initiatives in the community? (Percent have used or heard of)</b>	<b>Age</b>			<b>Parent with children at home</b>		<b>Does your income impact your ability to access resources in the community?</b>		<b>Overall</b>
	<b>18-34</b>	<b>35-54</b>	<b>55+</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Be Well OC Mobile Crisis Response Team	5%	8%	17% A B	8%	12%	10%	9%	9%
City of Irvine FOR Families	8%	19% A	20% A	12%	23% A	17%	14%	15%
Sweet Shade Ability Center	4%	8%	6%	6%	7%	5%	8%	6%
City of Irvine On Campus Youth Outreach Services	19%	27%	25%	20%	32% A	22%	27%	23%
IPD School Resource Officers	22%	46% A C	32%	26%	50% A	34%	31%	33%
City of Irvine Child Care Coordination Resource Center	12%	28% A C	18%	13%	37% A	19%	21%	19%
Keen Center for Senior Resources	2%	7%	26% A B	10%	10%	11%	7%	10%

**Table 58: Question 12**

<b>(Percent yes)</b>	<b>Age</b>			<b>Parent with children at home</b>		<b>Does your income impact your ability to access resources in the community?</b>		<b>Overall</b>
	<b>18-34</b>	<b>35-54</b>	<b>55+</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Are you a parent with children (under 18 years old) at home?	9%	61% A C	9%	0%	100%	29%	24%	27%

**Table 59: Question 14**

<b>(Percent yes)</b>	<b>Age</b>			<b>Parent with children at home</b>		<b>Does your income impact your ability to access resources in the community?</b>		<b>Overall</b>
	<b>18-34</b>	<b>35-54</b>	<b>55+</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Are you comfortable talking to your child(ren) about mental health?	100%	99%	100%	.	99%	99%	100%	99%

**Table 60: Question 15**

<b>(Percent yes)</b>	<b>Age</b>			<b>Parent with children at home</b>		<b>Does your income impact your ability to access resources in the community?</b>		<b>Overall</b>
	<b>18-34</b>	<b>35-54</b>	<b>55+</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Are you comfortable talking to your child(ren) about substance use?	100%	92%	100%	.	94%	94%	94%	94%

**Table 61: Question 17**

<b>How often, if ever, do you... (Percent at least occasionally)</b>	<b>Age</b>			<b>Parent with children at home</b>		<b>Does your income impact your ability to access resources in the community?</b>		<b>Overall</b>
	<b>18-34</b>	<b>35-54</b>	<b>55+</b>	<b>No</b>	<b>Yes</b>	<b>No</b>	<b>Yes</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21	19%	77% A	83% A	.	71%	76% B	51%	70%
Set an example of different ways I have fun and celebrate that do not include substance use	73%	90%	84%	.	88%	88%	87%	88%
Talk to my children about my values as they grow	100%	98%	100%	.	98%	98%	100%	98%

How often, if ever, do you... (Percent at least occasionally)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall
	18-34	35-54	55+	No	Yes	No	Yes	(A)
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Talk to my children about how valuable they are	100%	99%	100%	.	99%	99%	100%	99%
Talk to my children about how important having goals is	74%	96% A	100% A	.	93%	94%	91%	93%
Talk to my children about how substance use could get in the way of reaching goals	47%	83% A	95% A	.	80%	83%	66%	80%
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children	73%	79%	79%	.	78%	83% B	63%	78%
Take the time to listen to my children's questions or concerns about mental health and substance use	47%	95% A	96% A	.	89%	91%	81%	89%

**Table 62: Question 19**

How often, if at all, do your child(ren)'s supports do each of the following: (Percent at least occasionally)	Age			Parent with children at home		Does your income impact your ability to access resources in the community?		Overall (A)
	18-34	35-54	55+	No	Yes	No	Yes	
	(A)	(B)	(C)	(A)	(B)	(A)	(B)	
Host activities or provide spaces for children to go (substance free, with adults present)	64%	79%	85%	.	78%	82%	67%	78%
Look for ways to incorporate substance use education	64%	61%	67%	.	62%	69% B	38%	62%
Discuss the consequences of substance use	64%	81%	93%	.	81%	83%	72%	81%
Recognize the signs that may indicate a child is struggling with substance use or their mental health	100%	71%	72%	.	73%	69%	89%	73%
Keep parents informed and involved	64%	86%	93%	.	84%	86%	78%	84%
Offer children a judgement-free safe space for conversation about mental health and substance use	64%	82%	89%	.	80%	81%	77%	80%



## Comparisons by Length of Residency, Housing Type, and Housing Tenure

Table 63: Question 1

(Percent excellent or good)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	(A)
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
How would you rate your current emotional well-being?	66%	91% A C	77%	86% A	85% B	74%	71%	87% A	78%

Table 64: Question 2

(Percent improved or about the same)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	(A)
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
Compared to before the COVID-19 pandemic, how would you rate your current emotional well-being?	80%	92% A	84%	90% A	88%	85%	83%	89%	85%

**Table 65: Question 3**

How much of a problem, if at all, have each of the following been to you or your household over the past 12 months? (Percent moderate or major problem)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall (A)
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
Feeling alone/isolated, not being able to socialize with people	49% B D	31%	36%	32%	33%	42%	41%	36%	39%
Feeling nervous, anxious, or on-edge	69% B D	53% D	59% D	31%	41%	62% A	63% B	44%	54%
Not feeling in control	49% D	40%	57% B D	26%	35%	47% A	48% B	34%	42%
Overall physical health	51%	38%	46%	40%	45%	44%	47%	41%	44%
Overall emotional/mental health	65% B C D	40%	43%	31%	37%	54% A	55% B	38%	48%
Substance use	13%	11%	6%	7%	5%	13% A	16% B	3%	10%

**Table 66: Question 4**

Please indicate your level of agreement: (Percent somewhat or strongly agree)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	(A)
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
I know where to go/who to call if I need mental health or substance use recovery services	66%	69%	76%	79% A	76%	69%	70%	73%	71%
I would be able to access mental health or substance use recovery services if I needed to	79%	81%	86%	81%	83%	80%	81%	82%	81%

**Table 67: Question 5**

(Percent very or somewhat aware)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	(A)
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
Overall, how aware are you of the mental health and substance use recovery resources and services in Irvine?	28%	48% A	38%	46% A	42%	37%	39%	40%	39%

**Table 68: Question 8**

<b>(Percent somewhat or strongly agree)</b>	<b>Length or Residency</b>				<b>Housing type</b>		<b>Housing Tenure (Rent/Own)</b>		<b>Overall</b>
	<b>5 years or less</b>	<b>6-10 years</b>	<b>11-20 years</b>	<b>More than 20 years</b>	<b>Detached</b>	<b>Attached</b>	<b>Rent</b>	<b>Own</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(D)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Please rate your level of agreement with the following statement: There is stigma associated with mental illness and substance use in our community.	67%	67%	84% A B	74%	77%	69%	71%	74%	72%

**Table 69: Question 9**

<b>How do you prefer to receive information related to health and wellness? (Percent somewhat or strongly prefer)</b>	<b>Length or Residency</b>				<b>Housing type</b>		<b>Housing Tenure (Rent/Own)</b>		<b>Overall</b>
	<b>5 years or less</b>	<b>6-10 years</b>	<b>11-20 years</b>	<b>More than 20 years</b>	<b>Detached</b>	<b>Attached</b>	<b>Rent</b>	<b>Own</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(D)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Email	74%	77%	65%	77%	74%	75%	75%	74%	74%
Book/library	52% B	25%	55% B	43% B	47%	43%	42%	49%	45%

How do you prefer to receive information related to health and wellness? (Percent somewhat or strongly prefer)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	(A)
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
Website	90%	87%	89%	89%	94% B	86%	86%	93% A	89%
Social media	57% D	58% D	51%	41%	51%	53%	54%	50%	52%
Mail	49%	58%	57%	64% A	67% B	50%	50%	65% A	57%
Newsletter	47%	48%	67% A B	59%	65% B	47%	44%	65% A	54%
Resource Centers	56%	69%	77% A	67%	72% B	60%	59%	71% A	64%
Newspapers/magazines	36%	54% A	42%	56% A	56% B	40%	41%	52% A	46%
Local TV	24%	29%	49% A B	43% A	47% B	26%	26%	43% A	33%
Friends/family	78% B	64%	80%	68%	82% B	68%	70%	77%	73%
Doctor	93% B	77%	95% B	94% B	96% B	87%	87%	94% A	90%

How do you prefer to receive information related to health and wellness? (Percent somewhat or strongly prefer)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	(A)
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
Brochures	73% B	58%	70%	67%	73%	65%	67%	69%	68%
In-person (classes, presentations, workshops)	58%	63%	70%	61%	68%	58%	60%	64%	62%
Virtual (classes, presentations, workshops)	53%	64%	77% A	61%	69% B	56%	57%	65%	61%
Other (please specify)	11%	8%	15%	12%	18%	8%	8%	17%	11%

**Table 70: Question 10**

Are you aware of the following programs/initiatives in the community? (Percent have used or heard of)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall (A)
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
Be Well OC Mobile Crisis Response Team	6%	5%	12%	17% A B	14% B	7%	7%	13%	9%
City of Irvine FOR Families	12%	14%	13%	22% A	21% B	12%	13%	18%	15%
Sweet Shade Ability Center	6%	7%	2%	8%	9%	4%	6%	7%	6%
City of Irvine On Campus Youth Outreach Services	19%	21%	22%	33% A	31% B	19%	21%	27%	23%
IPD School Resource Officers	20%	27%	49% A B	47% A B	48% B	24%	29%	38%	33%
City of Irvine Child Care Coordination Resource Center	10%	13%	30% A B	31% A B	29% B	13%	14%	25% A	19%
Keen Center for Senior Resources	4%	3%	8%	25% A B C	18% B	5%	6%	16% A	10%

**Table 71: Question 12**

<b>(Percent yes)</b>	<b>Length or Residency</b>				<b>Housing type</b>		<b>Housing Tenure (Rent/Own)</b>		<b>Overall</b>
	<b>5 years or less</b>	<b>6-10 years</b>	<b>11-20 years</b>	<b>More than 20 years</b>	<b>Detached</b>	<b>Attached</b>	<b>Rent</b>	<b>Own</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(D)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Are you a parent with children (under 18 years old) at home?	17%	36% A D	51% A B D	23%	40% B	19%	22%	34% A	27%

**Table 72: Question 14**

<b>(Percent yes)</b>	<b>Length or Residency</b>				<b>Housing type</b>		<b>Housing Tenure (Rent/Own)</b>		<b>Overall</b>
	<b>5 years or less</b>	<b>6-10 years</b>	<b>11-20 years</b>	<b>More than 20 years</b>	<b>Detached</b>	<b>Attached</b>	<b>Rent</b>	<b>Own</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(D)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Are you comfortable talking to your child(ren) about mental health?	100%	96%	100%	100%	100%	98%	98%	100%	99%



**Table 73: Question 15**

<b>(Percent yes)</b>	<b>Length or Residency</b>				<b>Housing type</b>		<b>Housing Tenure (Rent/Own)</b>		<b>Overall</b>
	<b>5 years or less</b>	<b>6-10 years</b>	<b>11-20 years</b>	<b>More than 20 years</b>	<b>Detached</b>	<b>Attached</b>	<b>Rent</b>	<b>Own</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(D)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Are you comfortable talking to your child(ren) about substance use?	89%	88%	98%	100%	98%	89%	91%	96%	94%

**Table 74: Question 17**

<b>How often, if ever, do you... (Percent at least occasionally)</b>	<b>Length or Residency</b>				<b>Housing type</b>		<b>Housing Tenure (Rent/Own)</b>		<b>Overall</b>
	<b>5 years or less</b>	<b>6-10 years</b>	<b>11-20 years</b>	<b>More than 20 years</b>	<b>Detached</b>	<b>Attached</b>	<b>Rent</b>	<b>Own</b>	
	<b>(A)</b>	<b>(B)</b>	<b>(C)</b>	<b>(D)</b>	<b>(A)</b>	<b>(B)</b>	<b>(A)</b>	<b>(B)</b>	
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21	54%	74%	68%	85% A	77%	61%	60%	78% A	70%

How often, if ever, do you... (Percent at least occasionally)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	(A)
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
Set an example of different ways I have fun and celebrate that do not include substance use	76%	95% A	91%	87%	90%	84%	87%	88%	88%
Talk to my children about my values as they grow	96%	100%	98%	100%	100%	97%	98%	99%	98%
Talk to my children about how valuable they are	100%	100%	98%	100%	100%	99%	100%	99%	99%
Talk to my children about how important having goals is	87%	87%	98%	100%	97%	89%	90%	96%	93%
Talk to my children about how substance use could get in the way of reaching goals	48%	80% A	95% A	93% A	89% B	66%	71%	87% A	80%
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children	57%	93% A	82% A	79%	85%	70%	74%	82%	78%
Take the time to listen to my children's questions or concerns about mental health and substance use	73%	86%	98% A	98% A	100% B	74%	77%	98% A	89%

**Table 75: Question 19**

How often, if at all, do your child(ren)'s supports do each of the following: (Percent at least occasionally)	Length or Residency				Housing type		Housing Tenure (Rent/Own)		Overall (A)
	5 years or less	6-10 years	11-20 years	More than 20 years	Detached	Attached	Rent	Own	
	(A)	(B)	(C)	(D)	(A)	(B)	(A)	(B)	
Host activities or provide spaces for children to go (substance free, with adults present)	47%	87% A	94% A	81% A	80%	76%	72%	81%	78%
Look for ways to incorporate substance use education	28%	97% A D	68% A	63% A	67%	54%	41%	73% A	62%
Discuss the consequences of substance use	54%	91% A	87% A	90% A	82%	79%	79%	81%	81%
Recognize the signs that may indicate a child is struggling with substance use or their mental health	53%	81%	84% A	77%	67%	81%	80%	70%	73%
Keep parents informed and involved	54%	91% A	93% A	100% A	94% B	72%	73%	92% A	84%
Offer children a judgement-free safe space for conversation about mental health and substance use	47%	97% A	89% A	93% A	84%	75%	72%	85%	80%

## Appendix E: Open Participation Survey Results

### About the Open Participation Survey

After data collection for the address-based survey was underway, a web-based survey was made available to Irvine residents through a link publicized by the City. Residents were able to complete the survey from July 20 – August 3, 2023. A total of 140 responses were received. This section contains results of this open participation, web-based survey. These data were not collected through a random sample, and it is unknown who in the community was aware of the survey; therefore, a level of confidence in the representativeness of the sample cannot be estimated. However, to reduce bias where possible, these data were weighted to match the U.S. Census and American Community Survey (ACS) population norms for Irvine. The results of the weighting scheme for the open participation survey are presented in the table on the following page.

**2023 Irvine Health And Wellness Survey Weighting Table – Open Participation**

<b>Characteristic</b>	<b>Population Norm*</b>	<b>Unweighted Data</b>	<b>Weighted Data</b>
<b>Housing</b>			
Rent home	56%	30%	51%
Own home	44%	70%	49%
Detached unit	37%	51%	46%
Attached unit	63%	49%	54%
<b>Race</b>			
White alone	45%	69%	45%
Asian alone	36%	26%	36%
Some other race alone	4%	1%	5%
Two or more races	10%	5%	14%
<b>Ethnicity</b>			
Not Hispanic	87%	89%	85%
Hispanic	13%	11%	15%
<b>Sex and Age</b>			
Female	51%	75%	45%
Male	49%	25%	55%
18-34 years of age	38%	5%	24%
35-54 years of age	36%	38%	44%
55+ years of age	26%	58%	32%
Females 18-34	19%	2%	10%
Females 35-54	19%	31%	23%
Females 55+	14%	42%	11%
Males 18-34	19%	2%	14%
Males 35-54	18%	8%	21%
Males 55+	12%	15%	20%

\* 2020 U.S. Census Bureau, 2021 American Community Survey Population Estimates

## Respondent and Household Characteristics

**Table 76: Storage of Prescription Medication**

<b>If you currently have prescription medication at your home, where is the medication usually kept?</b>	<b>Percent</b>	<b>Number</b>
Hidden	44%	N=58
Locked up	1%	N=1
Neither	36%	N=48
Both (hidden and locked up)	0%	N=0
N/A	18%	N=24
Total	100%	N=132

**Table 77: Well-being Activities**

<b>Which of the following activities do you engage in to maintain your well-being? (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
Exercise	86%	N=116
Meditation	14%	N=18
Yoga	20%	N=27
Hiking	33%	N=45
Reading	52%	N=70
Listening to music	58%	N=78
Spending time with friends/family	78%	N=105
Journaling	6%	N=8
Gardening	17%	N=23
Volunteering	14%	N=19

<b>Which of the following activities do you engage in to maintain your well-being? (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
Arts & Crafts	15%	N=21
Traveling	64%	N=87
Cooking	24%	N=33
Learning something new	24%	N=33
Participating in a club	29%	N=39
Photography	8%	N=10
Playing a musical instrument	7%	N=9
Engaging in spiritual or faith-based activity	21%	N=28
Spending time outside	66%	N=89
Cleaning	14%	N=19
Taking a class	20%	N=27
Turning off your phone/social media	9%	N=11
Dancing	5%	N=7
Other	7%	N=9

*Total may exceed 100% as respondents could select more than one option.*

**Table 78: Length of Residency**

<b>How many years have you lived in Irvine?</b>	<b>Percent</b>	<b>Number</b>
Less than 2 years	8%	N=10
2-5 years	25%	N=33
6-10 years	12%	N=17
11-20 years	15%	N=20
More than 20 years	40%	N=54
Total	100%	N=134

**Table 79: Housing Unit Type**

<b>Which best describes the building you live in?</b>	<b>Percent</b>	<b>Number</b>
Single-family detached home	46%	N=61
Townhouse or duplex (may share walls but no units above or below you)	19%	N=25
Condominium or apartment (have units above or below you)	36%	N=47
Mobile home	0%	N=0
Other	0%	N=0
Total	100%	N=133



**Table 80: Housing Tenure**

<b>Do you rent or own your home?</b>	<b>Percent</b>	<b>Number</b>
Rent	51%	N=66
Own	49%	N=64
Total	100%	N=131

**Table 81: Children in Household**

<b>Do any children 17 or younger live in your household?</b>	<b>Percent</b>	<b>Number</b>
No	61%	N=80
Yes	39%	N=52
Total	100%	N=132

**Table 82: Older Adults in Household**

<b>Are you or any other members of your household aged 65 or older?</b>	<b>Percent</b>	<b>Number</b>
No	70%	N=93
Yes	30%	N=40
Total	100%	N=133

**Table 83: Income**

<b>Does your income impact your ability to access resources in the community?</b>	<b>Percent</b>	<b>Number</b>
No	57%	N=76
Yes	43%	N=58
Total	100%	N=134

**Table 84: Race and Ethnicity**

<b>What is your race/ethnicity? (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
American Indian or Alaskan Native	1%	N=1
Arab	0%	N=0
Asian	43%	N=56
Black or African American	6%	N=7
Chinese	3%	N=4
Hispanic or Latino/a/x	16%	N=21
Japanese	8%	N=11
Korean	6%	N=8
Native Hawaiian or Other Pacific Islander	4%	N=6
Persian	0%	N=0
Vietnamese	0%	N=0
White	37%	N=49
A race not listed	8%	N=11
Total	100%	N=131

*Total may exceed 100% as respondents could select more than one option.*

**Table 85: Age**

<b>In which category is your age?</b>	<b>Percent</b>	<b>Number</b>
18-24 years	6%	N=7
25-34 years	18%	N=24
35-44 years	15%	N=20
45-54 years	29%	N=38
55-64 years	8%	N=10
65-74 years	11%	N=14
75 years or older	13%	N=17
Total	100%	N=131

**Table 86: Gender**

<b>What is your gender?</b>	<b>Percent</b>	<b>Number</b>
Woman	45%	N=58
Man	55%	N=71
Identify in another way	0%	N=0
Total	100%	N=129

## Complete Set of Responses

**Table 87: Question 1**

<b>How would you rate your current emotional well-being?</b>	<b>Percent</b>	<b>Number</b>
Excellent	25%	N=35
Good	56%	N=78
Fair	16%	N=23
Poor	3%	N=4
Total	100%	N=140

**Table 88: Question 2**

<b>Compared to before the COVID-19 pandemic, how would you rate your current emotional well-being?</b>	<b>Percent</b>	<b>Number</b>
Improved	39%	N=54
About the same	42%	N=59
Worse	19%	N=27
Total	100%	N=140

**Table 89: Question 3 without "don't know" responses**

How much of a problem, if at all, have each of the following been to you or your household over the past 12 months?	Major problem		Moderate problem		Minor problem		Not at problem		Total	
	%	N	%	N	%	N	%	N	%	N
Feeling alone/isolated, not being able to socialize with people	2%	N=2	16%	N=23	29%	N=40	53%	N=73	100%	N=138
Feeling nervous, anxious, or on-edge	6%	N=8	27%	N=38	29%	N=40	38%	N=53	100%	N=139
Not feeling in control	4%	N=5	21%	N=28	29%	N=41	46%	N=64	100%	N=138
Overall physical health	5%	N=6	24%	N=32	43%	N=58	28%	N=39	100%	N=135
Overall emotional/mental health	8%	N=11	18%	N=25	40%	N=56	34%	N=48	100%	N=140
Substance use	0%	N=0	0%	N=0	4%	N=5	96%	N=132	100%	N=137

**Table 90: Question 3 with "don't know" responses**

How much of a problem, if at all, have each of the following been to you or your household over the past 12 months?	Major problem		Moderate problem		Minor problem		Not at problem		Don't know		Total	
	%	N	%	N	%	N	%	N	%	N	%	N
Feeling alone/isolated, not being able to socialize with people	2%	N=2	16%	N=23	29%	N=40	53%	N=73	0%	N=0	100%	N=138
Feeling nervous, anxious, or on-edge	6%	N=8	27%	N=38	29%	N=40	38%	N=53	0%	N=0	100%	N=139
Not feeling in control	4%	N=5	20%	N=28	29%	N=41	46%	N=64	0%	N=1	100%	N=139
Overall physical health	5%	N=6	24%	N=32	43%	N=58	28%	N=39	0%	N=0	100%	N=136
Overall emotional/mental health	8%	N=11	18%	N=25	40%	N=56	34%	N=48	0%	N=0	100%	N=140
Substance use	0%	N=0	0%	N=0	4%	N=5	95%	N=132	1%	N=2	100%	N=139

**Table 91: Question 4 without "don't know" responses**

Please indicate your level of agreement:	Strongly agree		Somewhat agree		Somewhat disagree		Strongly disagree		Total	
I know where to go/who to call if I need mental health or substance use recovery services	30%	N=39	46%	N=58	7%	N=9	16%	N=21	100%	N=127
I would be able to access mental health or substance use recovery services if I needed to	38%	N=48	44%	N=57	4%	N=5	14%	N=18	100%	N=128

**Table 92: Question 4 with "don't know" responses**

Please indicate your level of agreement:	Strongly agree		Somewhat agree		Somewhat disagree		Strongly disagree		Don't know		Total	
I know where to go/who to call if I need mental health or substance use recovery services	27%	N=39	42%	N=58	6%	N=9	15%	N=21	10%	N=14	100%	N=140
I would be able to access mental health or substance use recovery services if I needed to	35%	N=48	41%	N=57	3%	N=5	13%	N=18	8%	N=12	100%	N=140

**Table 93: Question 5**

	Very aware		Somewhat aware		Unaware		Total	
Overall, how aware are you of the mental health and substance use recovery resources and services in Irvine?	9%	N=12	26%	N=36	66%	N=92	100%	N=140

Table 94: Question 6

What mental health/substance use resources have you or your household accessed or referred someone to? (Select all that apply.)	Percent	Number
Law enforcement	5%	N=7
Local mental health advocacy and services organization (NAMI, MHA, other)	13%	N=18
Peer support specialist/parent peer	9%	N=13
Recreation program	6%	N=9
School counselor/nurse	3%	N=4
Support group (AA, Al-Anon, suicide loss, etc.)	10%	N=14
Website/internet	19%	N=27
Transitional housing	1%	N=1
Workplace health services	9%	N=13
Phone or text crisis lines	6%	N=9
Social media groups/pages	9%	N=13
Hospital or residential care	13%	N=18
Educational components	6%	N=9
Other	20%	N=28
None	39%	N=55

*Total may exceed 100% as respondents could select more than one option.*

**Table 95: Question 7**

<b>Please indicate which of the following, if any, are or would be a barrier for you or your family to receiving mental health/substance use recovery-oriented services. (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
Lack of transportation	11%	N=15
Financial concerns related to treatment	30%	N=42
Waitlist or lack of available services	21%	N=29
Lack of resources for family education and support	14%	N=19
Stigma of mental illness	29%	N=39
Lack of phone or computer access	1%	N=1
Need help with system navigation	11%	N=15
Lack of translation and culturally sensitive services/providers	5%	N=7
Other	14%	N=19
None	41%	N=57

*Total may exceed 100% as respondents could select more than one option.*

**Table 96: Question 8 without "don't know" responses**

	<b>Strongly agree</b>		<b>Somewhat agree</b>		<b>Somewhat disagree</b>		<b>Strongly disagree</b>		<b>Total</b>	
Please rate your level of agreement with the following statement: There is stigma associated with mental illness and substance use in our community.	32%	N=39	57%	N=68	7%	N=9	4%	N=5	100%	N=121



**Table 97: Question 8 with "don't know" responses**

	Strongly agree		Somewhat agree		Somewhat disagree		Strongly disagree		Don't know		Total	
	%	N	%	N	%	N	%	N	%	N	%	N
Please rate your level of agreement with the following statement: There is stigma associated with mental illness and substance use in our community.	28%	N=39	50%	N=68	7%	N=9	4%	N=5	12%	N=17	100%	N=138

**Table 98: Question 9**

How do you prefer to receive information related to health and wellness?	Strongly prefer		Somewhat prefer		Do not prefer		Total	
	%	N	%	N	%	N	%	N
Email	48%	N=61	44%	N=57	8%	N=10	100%	N=129
Book/library	7%	N=9	30%	N=38	64%	N=81	100%	N=128
Website	46%	N=61	47%	N=61	7%	N=9	100%	N=131
Social media	18%	N=23	32%	N=42	50%	N=64	100%	N=129
Mail	13%	N=16	32%	N=41	55%	N=70	100%	N=127
Newsletter	23%	N=29	42%	N=54	35%	N=45	100%	N=128
Resource Centers	32%	N=42	43%	N=55	25%	N=32	100%	N=129
Newspapers/magazines	10%	N=13	35%	N=44	56%	N=70	100%	N=126
Local TV	7%	N=9	29%	N=36	64%	N=80	100%	N=125
Friends/family	31%	N=40	42%	N=53	27%	N=34	100%	N=128
Doctor	55%	N=72	39%	N=51	5%	N=7	100%	N=130
Brochures	18%	N=23	45%	N=57	37%	N=46	100%	N=126
In-person (classes, presentations, workshops)	26%	N=33	42%	N=53	33%	N=42	100%	N=128

<b>How do you prefer to receive information related to health and wellness?</b>	<b>Strongly prefer</b>		<b>Somewhat prefer</b>		<b>Do not prefer</b>		<b>Total</b>	
Virtual (classes, presentations, workshops)	31%	N=39	44%	N=55	25%	N=31	100%	N=126
Other (please specify)	5%	N=3	21%	N=11	74%	N=37	100%	N=50

**Table 99: Question 10**

<b>Are you aware of the following programs/initiatives in the community?</b>	<b>Have used this</b>		<b>Heard of this, but not used</b>		<b>Have not heard of this</b>		<b>Total</b>	
Be Well OC Mobile Crisis Response Team	0%	N=0	39%	N=52	61%	N=83	100%	N=135
City of Irvine FOR Families	1%	N=2	31%	N=40	68%	N=87	100%	N=128
Sweet Shade Ability Center	2%	N=2	20%	N=27	78%	N=105	100%	N=134
City of Irvine On Campus Youth Outreach Services	0%	N=0	25%	N=34	75%	N=101	100%	N=135
IPD School Resource Officers	0%	N=1	47%	N=62	53%	N=71	100%	N=134
City of Irvine Child Care Coordination Resource Center	0%	N=1	23%	N=31	77%	N=103	100%	N=134
Keen Center for Senior Resources	7%	N=10	13%	N=18	79%	N=108	100%	N=135

**Table 100: Question 11**

<b>What do you think is most needed in Irvine to better support those in need of mental health and substance use recovery services? (Select top 5 priorities.)</b>	<b>Percent</b>	<b>Number</b>
Advocacy for support services for people with behavioral health needs	48%	N=58
Phone or text crisis hotlines	29%	N=36
Crisis respite centers	16%	N=20

<b>What do you think is most needed in Irvine to better support those in need of mental health and substance use recovery services? (Select top 5 priorities.)</b>	<b>Percent</b>	<b>Number</b>
Crisis intervention team training	32%	N=39
Peer support specialists	22%	N=26
Programs that both treat mental health and substance use disorders	37%	N=45
School/teacher education	19%	N=23
Medication-assisted treatment for opioid use	7%	N=9
Support groups	26%	N=32
Social groups/activities	23%	N=28
Transitional housing/transition options after treatment	24%	N=29
Pay-what-you-can (sliding fee scale) options for therapy	33%	N=41
Other group wellness activities (yoga, meditation, etc.)	19%	N=23
Telehealth	13%	N=16
Transportation to/from services	11%	N=13
Support prevention	16%	N=20
Culturally sensitive support groups available in different languages	10%	N=13
Other	17%	N=20

*Total may exceed 100% as respondents could select more than one option.*

**Table 101: Question 12**

	<b>No</b>		<b>Yes</b>		<b>Total</b>	
Are you a parent with children (under 18 years old) at home?	62%	N=83	38%	N=51	100%	N=134

**Table 102: Question 13**

How old is/are your child(ren)? (Select all that apply.)	Percent	Number
Under 4 years old	29%	N=15
4-8 years old	11%	N=6
8-12 years old	30%	N=15
13-17 years old	40%	N=20

*Total may exceed 100% as respondents could select more than one option. Only answered by those with children at home.*

**Table 103: Question 14 without "don't know" responses**

	No		Yes		Total	
Are you comfortable talking to your child(ren) about mental health?	1%	N=1	99%	N=43	100%	N=44

*Only answered by those with children at home.*

**Table 104: Question 14 with "don't know" responses**

	No		Yes		Don't know		Total	
Are you comfortable talking to your child(ren) about mental health?	0%	N=1	85%	N=43	15%	N=7	100%	N=51

*Only answered by those with children at home.*

**Table 105: Question 15 without "don't know" responses**

	Yes	Total
Are you comfortable talking to your child(ren) about substance use?	100% N=42	100% N=42

*Only answered by those with children at home.*

**Table 106: Question 15 with "don't know" responses**

	Yes		Don't know		Total	
Are you comfortable talking to your child(ren) about substance use?	83%	N=42	17%	N=9	100%	N=51

*Only answered by those with children at home.*

**Table 107: Question 16**

What resources, if any, do you use to help you talk to your child(ren) about mental health/substance use?(Select all that apply.)	Percent	Number
Other parents, friends, or family	47%	N=23
Community support groups	18%	N=9
Resources provided by schools	26%	N=13
Faith-based resources	32%	N=16
Website/internet	55%	N=27
Social media groups/pages	13%	N=6
Other	8%	N=4
None	17%	N=8

*Total may exceed 100% as respondents could select more than one option. Only answered by those with children at home.*

**Table 108: Question 17**

How often, if ever, do you...	Never		Occasionally		Pretty regularly		At every opportunity		Total	
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21	38%	N=18	58%	N=28	2%	N=1	2%	N=1	100%	N=49

<b>How often, if ever, do you...</b>	<b>Never</b>		<b>Occasionally</b>		<b>Pretty regularly</b>		<b>At every opportunity</b>		<b>Total</b>	
Set an example of different ways I have fun and celebrate that do not include substance use	5%	N=2	9%	N=4	32%	N=15	55%	N=27	100%	N=49
Talk to my children about my values as they grow	0%	N=0	13%	N=6	34%	N=16	53%	N=26	100%	N=49
Talk to my children about how valuable they are	0%	N=0	25%	N=12	30%	N=15	45%	N=22	100%	N=49
Talk to my children about how important having goals is	13%	N=6	41%	N=19	37%	N=18	9%	N=4	100%	N=47
Talk to my children about how substance use could get in the way of reaching goals	36%	N=17	49%	N=24	14%	N=7	1%	N=1	100%	N=49
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children	7%	N=3	1%	N=1	19%	N=9	73%	N=36	100%	N=49
Take the time to listen to my children’s questions or concerns about mental health and substance use	16%	N=8	22%	N=10	8%	N=4	54%	N=26	100%	N=49

*Only answered by those with children at home.*

**Table 109: Question 18**

<b>Do you consider any of the following to be community supports to your child(ren)? (Select all that apply.)</b>	<b>Percent</b>	<b>Number</b>
Teacher	39%	N=19
Coach	22%	N=11
Community leader	13%	N=7
Faith-based leader	33%	N=17
Another parent	47%	N=24
Neighbor	28%	N=14
Other	19%	N=9
None	30%	N=15

*Total may exceed 100% as respondents could select more than one option. Only answered by those with children at home.*

**Table 110: Question 19 without "don't know" responses**

<b>How often, if at all, do your child(ren)'s supports do each of the following:</b>	<b>Never</b>		<b>Occasionally</b>		<b>Pretty regularly</b>		<b>At every opportunity</b>		<b>Total</b>	
Host activities or provide spaces for children to go (substance free, with adults present)	10%	N=3	46%	N=14	23%	N=7	22%	N=6	100%	N=30
Look for ways to incorporate substance use education	67%	N=21	23%	N=7	1%	N=0	9%	N=3	100%	N=32
Discuss the consequences of substance use	42%	N=14	42%	N=14	6%	N=2	10%	N=3	100%	N=33
Recognize the signs that may indicate a child is struggling with substance use or their mental health	27%	N=8	43%	N=13	21%	N=6	9%	N=3	100%	N=31
Keep parents informed and involved	1%	N=0	44%	N=14	27%	N=9	28%	N=9	100%	N=31

How often, if at all, do your child(ren)'s supports do each of the following:	Never		Occasionally		Pretty regularly		At every opportunity		Total	
Offer children a judgement-free safe space for conversation about mental health and substance use	18%	N=6	48%	N=16	4%	N=1	30%	N=10	100%	N=33

*Only answered by those with children at home.*



**Table 111: Question 19 with "don't know" responses**

How often, if at all, do your child(ren)'s supports do each of the following:	Never		Occasionally		Pretty regularly		At every opportunity		Don't know/not applicable		Total	
	%	N	%	N	%	N	%	N	%	N	%	N
Host activities or provide spaces for children to go (substance free, with adults present)	6%	N=3	29%	N=14	15%	N=7	14%	N=6	37%	N=18	100%	N=47
Look for ways to incorporate substance use education	45%	N=21	16%	N=7	1%	N=0	6%	N=3	32%	N=15	100%	N=47
Discuss the consequences of substance use	29%	N=14	30%	N=14	4%	N=2	7%	N=3	30%	N=14	100%	N=47
Recognize the signs that may indicate a child is struggling with substance use or their mental health	18%	N=8	29%	N=13	14%	N=6	6%	N=3	33%	N=15	100%	N=46
Keep parents informed and involved	1%	N=0	29%	N=14	18%	N=9	18%	N=9	34%	N=16	100%	N=47
Offer children a judgement-free safe space for conversation about mental health and substance use	13%	N=6	34%	N=16	3%	N=1	21%	N=10	30%	N=14	100%	N=47

*Only answered by those with children at home.*

## Open-Ended Responses

### Question 6: What mental health/substance use resources have you or your household accessed or referred someone to?:

#### Other

- 1:1 psychotherapy
- Church community
- Church programs
- Churches
- faith-based care/support
- Health care provider
- Kaiser
- Medical health plan
- My doctor (and kids pediatrician)
- My elected representatives

### Question 7: Please indicate which of the following, if any, are or would be a barrier for you or your family to receiving mental health/substance use recovery-oriented services: Other

- Barrier example is most recent Isolated experience I felt with an incident recently occurring on 7/30/23 on 7200 dispatchers line that were not productive nor helpful and the passing me off to sergeant Thrasher, and me having to follow up still with a watch commander not very confident in the City Services. If you don't understand it how can you help, instead of passing me around your current patrol unit for fun and expecting that I'm not competent enough to not reach back out the next business day and discuss the non help received to the professional development dept. You're sorely mistaken. Which is very important so everyone is trained with exactly the same compassion, empathy, and intelligence when a patient or a person in their mind's crisis calls or bothers the incorrect unit. Listen better, fyi to both of the female dispatchers whom got me know where learn your website and read and understand YES a Hate can be completed online these is an ENTIRE SEGMENT ON IT AND HOW TO PROCEED AND FILE IT. You wasted and tormented me and my personal aguish for two or more hours with no resolve. That is service your community? Not for me in my expecting partnership with integrity community. I am sure we all can learn from this and do much better, I don't

appreciate after two females dispatches, a sergeant, and a watch commander to have to dial the 988 line for additional mental anguish supportive services, mostly because I went MMA fighting with the local police whom didn't care about my hate crime and the legality of it which by the way is very complicated and complex because of affordable housing so while you always deflect and place Civil action needed you are in fact incorrect and misleading a special amount of persons whom depend on you and expect what you say and know by reading and studying to be the honest and frank truth. I don't like that and If I told people that is the way the City operates I am sure you will get heat in the districts when they finally arrive. Sherri Galindo-Fanning

- don't have enough time and energy to seek help
- Financial and lack of people/professionals qualified to help
- Hard to figure out if insurance covers services
- Lack of eating disorder help resources
- Mental illness, able to drive, Doesn't accept mentally ill. Has been entire life (I'm the sister seeking desperate help).
- No assistance from my elected representatives
- Uncertain of efficacy

**Question 9: How do you prefer to receive information related to health and wellness?: Other**

- Advertise with local news outlets to share your information
- Don't know
- Email
- N/A
- n/a
- N/A
- N/a
- na
- Na
- na

- Need help with a Doctor, Jennifer is mentally ill and is living temporarily with family. Unfortunately, Jennifer has had issues from since she was a teenager growing up in Irvine. She was diagnosed with Schizophrenia and I'm sure there are a few more due to some of her actions. She can't live with family, she needs to live alone as she creates situations involving the entire household. It's not a healthy environment and it's got to change soon for everyone's best interest and mental health.
- No other.
- None
- None
- Teach stress management to teenagers at schools
- web videos

**Question 11: What do you think is most needed in Irvine to better support those in need of mental health and substance use recovery services?: Other**

- Affordable services and counseling, easy to find counselors (be able to search by needed criteria)
- Awareness and education program to reduce bias and stigma about mental health
- Church
- Eating disorder resources
- Financially reasonable housing.
- Homeless shelters with counseling
- none

**Question 16: What resources, if any, do you use to help you talk to your child(ren) about mental health/substance use?: Other**

- Age appropriate conversations with them. Ongoing open dialogue.
- My own research
- Pediatrician
- Pediatrician and pediatric referred specialists

- Through medical insurance

**Question 18: Do you consider any of the following to be community supports to your child(ren)? Other**

- Counselor
- Extended family
- Middle school recreation leader
- Pediatrician
- Pediatrician

**Question 20: Do you have any additional questions, comments, or concerns regarding health and wellness services within the City of Irvine?**

- Absence of transportation when a senior adult needs to undergo a procedure that requires anesthetic
- DO NOT HAVE ANY SPECIFIC QUESTIONS. BUT DO WISH TO COMMENT THAT APART FROM HELPING THOSE WITH MENTAL HEALTH CHALLENGES, THE CITY SHOULD ALSO FIGURE OUT HOW TO PREVENT TO THE EXTENT POSSIBLE THAT SUCH INDIVIDUALS DO NOT HARM THE OTHER CITIZENS OF IRVINE
- Educate the PD
- Education and training. The City of Irvine uses the OC Mobile which is manned through Garden grove and I can vouches for a City's Resident of Irvine I feel better prior to yesterday with operation within limits not using the county that is where a ton of problems begin. OC Agencies
- I don't know what is available in Irvine. Where do you access this information?
- I wish that we could restrict drug rehabilitation facilities from being situated in the middle of residential neighborhoods.
- I would like to see more support for MCI and early stage Alzheimer's residents
- Just that we need help now. Mental health, family and not knowing where to get support for my sister who is 62 years old. She's on SSI and has medical and food stamps.
- Living needs to be more affordable here in order for people to really flourish.
- Many seniors (older adults) live alone and have no family living nearby. They may be socially isolated.

- More publicly available information about the Be Well - Irvine campus that is currently under construction on County owned land across from OC Great Park in Irvine as well as the OC Health Agency HQ campus at El Toro that is also under construction near it.
- No
- No
- No
- No
- No
- not at this time
- Privacy of utmost imp
- School and prevention toon education is one of the best influential solutions to invest in our future healthy society.
- The police need some serious training both on information and also relation training because they have responded/treated people so poorly in crisis situation, and for domestic violence issues, they treated the victim terribly
- Very concerned about children and toddlers of the people begging for money at Harvard Village parking lot/shopping center.
- We lack homeless shelters
- We need to de stigmatize mental health problems and offer more community education to normalize them and provide more supportive services to prevent them along with crisis intervention services for those struggling with moderate to severe mental illness.
- We need to de stigmatize mental health problems and offer more community education to normalize them and provide more supportive services to prevent them along with crisis intervention services for those struggling with moderate to severe mental illness.
- What are we supposed to do when we see a homeless person sleeping in or wandering around our neighborhood?
- What is the reason why the government elected representatives do not respond to their constituents
- Why did you go from question 16 to question 26,

**D2: Which of the following activities do you engage in to maintain your well-being?: Other**

- DIY projects
- Playing a sport (ping pong)
- Prayer always works
- Praying
- Swimming
- Swimming

**D9: What is your race/ethnicity?: A race not listed**

- European American
- Filipina, Taiwanese
- Filipino
- Human race :). We're one race people! Don't be fooled by phenotypic and cultural variations!!!!
- Jewish
- Taiwanese

## Appendix F: Survey Methodology

### About the Survey

This was the first iteration of the City of Irvine Health and Wellness Survey. This survey provided residents the opportunity to rate aspects of their personal and household well-being, indicate current knowledge of recovery services, provide insight on community stigma and barriers to receiving behavioral health services, and indicate preferences for receiving health and wellness information. Please contact Deborah Brunn of the City of Irvine at [dbrunn@cityofirvine.org](mailto:dbrunn@cityofirvine.org) if you have any questions about the survey.

### Developing the Questionnaire

Survey questions were created based on areas of interest identified by City of Irvine staff, as well as through reviewing existing health and wellness questionnaires and literature. The four page survey instrument was developed through an iterative process between City and NRC staff.

### Selecting Survey Recipients

“Sampling” refers to the method by which survey recipients are chosen. The “sample” refers to all those who were given a chance to participate in the survey. A list of all households within the zip codes serving Irvine was purchased from Go-Dog Direct based on updated listings from the United States Postal Service, updated every three months, providing the best representation of all households in a specific geographic location. NRC used the USPS data to select the survey recipients.

A larger list than needed was pulled so that a process referred to as “geocoding” could be used to eliminate addresses from the list that were outside Irvine’s boundaries. Geocoding is a computerized process in which addresses are compared to electronically mapped boundaries and coded as inside or outside desired boundaries; in this case, within Irvine. All addresses determined to be outside the study boundaries were eliminated from the list of potential households. A random selection was made of the remaining addresses to create a mailing list of 4,500 addresses.

To choose the 4,500 survey recipients, a systematic sampling method was applied to the list of households previously screened for geographic location. Systematic sampling is a procedure whereby a complete list of all possible households is culled, selecting every Nth one, giving each eligible household a known probability of selection, until the appropriate number of households is selected. Multi-family housing units were selected at a higher rate as residents of this type of housing typically respond at lower rates to surveys than do those in single-family housing units. In general, because of the random sampling techniques used, the displayed sampling density will closely mirror the overall housing unit density (which may be different from the population density). While the theory of probability assumes no bias in selection, there may be some minor variations in practice.



In addition to the scientific, random sample, a link to an online “opt-in” survey was publicized through various channels including the Irvine website and social media. This opt-in survey was identical to the scientific survey and open to all City residents.

## Survey Administration and Response Rate

Each selected household was contacted three times. First, a prenotification announcement was sent on June 22, 2023, informing the household members that they had been selected to participate in the City of Irvine Health and Wellness Survey. Approximately one week after mailing the prenotification, each household was mailed a survey containing a cover letter signed by Assistant City Manager Brian King enlisting participation. The packet also contained a postage-paid return envelope in which the survey recipients could return the completed questionnaire directly to NRC. A reminder postcard, scheduled to arrive one to two weeks after the first survey, was the final contact for all households. The second and third mailings asked those who had not completed the survey to do so and those who had already done so to refrain from turning in another survey. The online survey was available in English, Spanish, Vietnamese, Korean, Japanese, Simplified and Traditional Chinese, Persian, and Arabic, and each mailing contained instructions in all nine languages. The paper survey that was sent to households was in English only. The cover letter accompanying the mailed survey included a web link for residents to visit if they preferred to take the survey online. Data collection was open through August 3, 2023. The online “opt-in” survey became available to all Irvine residents on July 20, 2023, and remained open for the final two weeks of data collection.

About 2% of the 4,500 surveys mailed were returned because the housing unit was vacant, or the postal service was unable to deliver the survey as addressed. Of the 4,400 households presumed to have received a survey, 402 completed the survey (200 of which were completed online), providing a response rate of 9%. The response rate was calculated using AAPOR’s response rate #2<sup>1</sup> for mailed surveys of unnamed persons. Of the online surveys, 176 were completed in English, 10 in Japanese, 5 in Simplified Chinese, 4 in Traditional Chinese, 4 in Korean, and 1 in Spanish.

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<sup>1</sup> See AAPOR’s Standard Definitions here: <https://aapor.org/standards-and-ethics/standard-definitions/> for more information

**Response Rate for Mailed Survey**

	<b>Overall</b>
Total sample used	4,500
I=Complete Interviews	386
P=Partial Interviews	16
R=Refusal and break off	0
NC=Non Contact	100
O=Other	0
UH=Unknown household	0
UO=Unknown other	3,998
Response rate: $(I+P)/(I+P) + (R+NC+O) + (UH+UO)$	9%

### *Margin of Error*

The 95% confidence interval (or “margin of error”) quantifies the “sampling error” or precision of the estimates made from the survey results. A 95% confidence interval can be calculated for any sample size and indicates that in 95 of 100 surveys conducted like this one, for a particular item, a result would be found that is within five percentage points of the result that would be found if everyone in the population of interest was surveyed. The practical difficulties of conducting any resident survey may introduce other sources of error in addition to sampling error. Despite best efforts to boost participation and ensure potential inclusion of all households, some selected households will decline participation in the survey (referred to as non-response error) and some eligible households may be unintentionally excluded from the listed sources for the sample (referred to as coverage error).

While the margin of error for the survey is generally no greater than plus or minus five<sup>2</sup> percentage points around any given percent reported for the entire sample, results for subgroups will have wider confidence intervals. Where estimates are given for subgroups, they are less precise.

### **Survey Processing (Data Entry)**

Upon receipt, completed surveys were assigned a unique identification number. Additionally, each survey was reviewed and “cleaned” as necessary. For example, a question may have asked a respondent to pick two items out of a list of five, but the respondent checked three; in this case, NRC would use protocols to randomly choose two of the three selected items for inclusion in the dataset.

All surveys then were entered twice into an electronic dataset; any discrepancies were resolved in comparison to the original survey form. Range checks as well as other forms of quality control were also performed.

Polco, an online public engagement tool designed primarily for local governments, was used to collect online survey data. The Polco platform includes many features of online survey tools, but also includes elements tailored to the civic environment. For example, like NRC’s mailed surveys, surveys on Polco are presented with the city name, logo (or other image) and a description, so residents understand who is asking for input and why. Optionally, Polco can also verify respondents with local public data to ensure respondents are residents or voters. More generally, an advantage of online programming and data gathering is that it allows for more rigid control of the data format, making extensive data cleaning unnecessary.

A series of quality control checks were also performed in order to ensure the integrity of the web data. Steps may include and not be limited to reviewing the data for clusters of repeat IP addresses

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<sup>2</sup> Although this has become the traditional way to describe survey research precision, when opt-in results are blended with scientific results, assumptions about randomness of responses are not the same as when results come only from the random sample. Consequently other terms sometimes are used in place of “confidence interval” or “margin of error,” such as “credibility intervals.” We hew to the traditional way of describing sample-driven uncertainty while we work with the industry to sort out the best ways to describe these new approaches.

and time stamps (indicating duplicate responses) and removing empty submissions (questionnaires submitted with no questions answered).

## **Weighting the Data**

The demographic characteristics of the survey sample were compared to those found in the 2020 Census and the 2021 American Community Survey estimates for adults in the City of Irvine. The primary objective of weighting survey data is to make the survey sample reflective of the larger population of the community.

The characteristics used for weighting were respondent gender, age, housing unit type (attached or detached), housing tenure (rent or own), race, and ethnicity. This decision was based on:

- The disparity between the survey respondent characteristics and the population norms for these variables
- The saliency of these variables in differences of opinion among subgroups
- The historical profile created and the desirability of consistently representing different groups over the years

A special software program using mathematical algorithms is used to calculate the appropriate weights. Several different weighting “schemes” are tested to ensure the best fit for the data.

The results of the weighting scheme are presented in the table on the following page.

**2023 Irvine Health and Wellness Survey Weighting Table – Random Sample**

<b>Characteristic</b>	<b>Population Norm*</b>	<b>Unweighted Data</b>	<b>Weighted Data</b>
<b>Housing</b>			
Rent home	56%	30%	54%
Own home	44%	70%	46%
Detached unit	37%	46%	39%
Attached unit	63%	54%	61%
<b>Race</b>			
White alone	45%	53%	48%
Asian alone	36%	40%	38%
Some other race alone	4%	2%	4%
Two or more races	10%	5%	10%
<b>Ethnicity</b>			
Not Hispanic	87%	93%	88%
Hispanic	13%	7%	12%
<b>Sex and Age</b>			
Female	51%	53%	50%
Male	49%	47%	50%
18-34 years of age	38%	12%	36%
35-54 years of age	36%	30%	36%
55+ years of age	26%	58%	28%
Females 18-34	19%	7%	18%
Females 35-54	19%	16%	18%
Females 55+	14%	30%	14%
Males 18-34	19%	5%	18%
Males 35-54	18%	14%	19%
Males 55+	12%	27%	13%

\* 2020 U.S. Census Bureau, 2021 American Community Survey Population Estimates

## Analyzing the Data

The electronic dataset was analyzed by NRC staff using the Statistical Package for the Social Sciences (SPSS). For the most part, frequency distributions and mean ratings are presented in the body of the report. A complete set of frequencies for each survey question is presented in *Appendix B: Complete Survey Frequencies*. Also included are results by respondent characteristics (*Appendix D: Responses to Selected Survey Questions by Respondent Characteristics*). Chi-square or ANOVA tests of significance were applied to these breakdowns of selected survey questions. A “p-value” of 0.05 or less indicates that there is less than a 5% probability that differences observed between groups are due to chance; or in other words, a greater than 95% probability that the differences observed in the selected categories of the sample represent “real” differences among those populations. Where differences between subgroups are statistically significant, they have been denoted with capital letters.

## **Appendix G: Survey Materials**

The following pages contain copies of the survey materials sent to randomly selected households within the City of Irvine.

Dear Resident,

It won't take much of your time to make a big difference! Your household has been randomly selected to participate in the 2023 City of Irvine Health & Wellness Survey. Your participation in this survey is very important as your responses will help the City make decisions that affect our community.

**You can wait for a paper survey to arrive in a few days,** or you can go online now and complete the confidential survey at:

**[polco.us/irvinehealth2023](https://polco.us/irvinehealth2023)**

**Please do not share your survey link.** This survey is for randomly selected households only. The City will conduct a separate survey that is open to all residents in just a few weeks.

If you have any questions about the survey, please call 949-724-6650. Thank you for helping create a better community!

Brian King  
Assistant City Manager  
City of Irvine

Para contestar la encuesta en línea en su idioma, seleccione su idioma en el menú desplegable que aparece en la parte superior de la página de encuesta.

Để trả lời khảo sát bằng ngôn ngữ của quý vị, xin chọn ngôn ngữ từ danh mục thả xuống ở phía trên trang khảo sát.

원하는 언어로 온라인 설문조사에 응답하려면 설문조사 페이지 상단의 드롭다운 메뉴에서 해당 언어를 선택하십시오.

お使いの言語でオンラインアンケートに回答するには、アンケートページの上部にあるドロップダウンメニューから言語を選択してください。

要使用您的語言回答線上調查，請在調查頁面頂部的下拉式功能表中選擇您的語言。

想要使用您的語言回答在线调查，请在调查页面顶部的下拉菜单中选择您的语言。

برای پاسخ دادن به نظرسنجی آنلاین به زبان خودتان، زبان خودتان را از منوی کشویی در بالای صفحه نظرسنجی انتخاب کنید.

للرد على الاستبيان عبر الإنترنت بلغتك، حدد لغتك من القائمة المنسدلة في أعلى صفحة الاستبيان.





City of Irvine  
City Manager's Office Health &  
Wellness Department  
1 Civic Center Plaza  
P.O. Box 19575  
Irvine, CA 92623-9575

Presorted  
First Class Mail  
US Postage  
PAID  
Boulder, CO  
Permit NO. 94



June 2023

Dear Resident:

The City of Irvine is conducting a survey to learn about the current and future health and wellness needs of residents. The focus of this survey is on mental health and substance use in our community. Mental health includes a person's emotional, psychological, and social well-being. Substance use is the continued use of alcohol, illegal drugs, or the misuse of prescription drugs with negative consequences. We need your help to learn about the experiences and needs of Irvine residents.

Please take a few minutes to fill out the enclosed survey. Your participation in this survey is very important—especially since your household is one of only a small number being surveyed.

A few things to remember:

- **If you've already completed the survey online, thank you. Please do not respond twice.**
- **Your responses are confidential and no identifying information will be shared.**
- **Someone 18 years or older in your household should complete this survey.**
- **You may return this survey by mail in the enclosed postage-paid envelope, or you can complete the survey online at:**

**[polco.us/irvinehealth2023](https://polco.us/irvinehealth2023)**

(Use the dropdown menu at the top of the survey to access the survey in additional languages)

**Please do not share your survey link.** This survey is for randomly selected households only. The City will conduct a separate survey that is open to all residents in just a few weeks from now.

If you have any questions about the survey, please call 949-724-6650.

Thank you for your time and participation!

Sincerely,

Brian King  
Assistant City Manager  
City of Irvine

Para contestar la encuesta en línea en su idioma, seleccione su idioma en el menú desplegable que aparece en la parte superior de la página de encuesta.

Để trả lời khảo sát bằng ngôn ngữ của quý vị, xin chọn ngôn ngữ từ danh mục thả xuống ở phía trên trang khảo sát.

원하는 언어로 온라인 설문조사에 응답하려면 설문조사 페이지 상단의 드롭다운 메뉴에서 해당 언어를 선택하십시오.

お使いの言語でオンラインアンケートに回答するには、アンケートページの上部にあるドロップダウンメニューから言語を選択してください。

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想要使用您的语言回答在线调查，请在调查页面顶部的下拉菜单中选择您的语言。

برای پاسخ دادن به نظرسنجی آنلاین به زبان خودتان، زبان خودتان را از منوی کشویی در بالای صفحه نظرسنجی انتخاب کنید.

للرد على الاستبيان عبر الإنترنت بلغتك، حدد لغتك من القائمة المنسدلة في أعلى صفحة الاستبيان.

Dear Resident,

Just a reminder – if you have not yet completed the 2023 City of Irvine Health & Wellness Survey, please do so. If you have completed it, thank you! Please do not respond twice.

Your participation in this survey is very important as your responses will help the City make decisions that affect our community. You can complete the confidential survey at:

**[polco.us/irvinehealth2023](https://polco.us/irvinehealth2023)**

**Please do not share your survey link.** This survey is for randomly selected households only.

If you have any questions about the survey, please call 949-724-6650. Thank you for helping create a better community!

Brian King  
Assistant City Manager  
City of Irvine

Para contestar la encuesta en línea en su idioma, seleccione su idioma en el menú desplegable que aparece en la parte superior de la página de encuesta.

Để trả lời khảo sát bằng ngôn ngữ của quý vị, xin chọn ngôn ngữ từ danh mục thả xuống ở phía trên trang khảo sát.

원하는 언어로 온라인 설문조사에 응답하려면 설문조사 페이지 상단의 드롭다운 메뉴에서 해당 언어를 선택하십시오.

お使いの言語でオンラインアンケートに回答するには、アンケートページの上にあるドロップダウンメニューから言語を選択してください。

要使用您的語言回答線上調查，請在調查頁面頂部的下拉式功能表中選擇您的語言。

想要使用您的語言回答在线调查，请在调查页面顶部的下拉菜单中选择您的语言。

برای پاسخ دادن به نظرسنجی آنلاین به زبان خودتان، زبان خودتان را از منوی کشویی در بالای صفحه نظرسنجی انتخاب کنید.

للرد على الاستبيان عبر الإنترنت بلغتك، حدد لغتك من القائمة المنسدلة في أعلى صفحة الاستبيان.



City of Irvine  
City Manager's Office Health &  
Wellness Department  
1 Civic Center Plaza  
P.O. Box 19575  
Irvine, CA 92623-9575

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# City of Irvine Health and Wellness Survey 2023

Please have this survey completed by an adult (age 18 or older) who lives in this household. Your responses are confidential and no identifying information will be shared.

**1. How would you rate your current emotional well-being?**

- Excellent     Good     Fair     Poor

**2. Compared to before the COVID-19 pandemic, how would you rate your current emotional well-being?**

- Improved     About the same     Worse

**3. How much of a problem, if at all, have each of the following been to you or your household over the past 12 months?**

	Major problem	Moderate problem	Minor problem	Not a problem	Don't know
Feeling alone/isolated, not being able to socialize with people....	1	2	3	4	5
Feeling nervous, anxious, or on-edge.....	1	2	3	4	5
Not feeling in control.....	1	2	3	4	5
Overall physical health .....	1	2	3	4	5
Overall emotional/mental health .....	1	2	3	4	5
Substance use .....	1	2	3	4	5

**4. Please indicate your level of agreement:**

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	Don't know
I know where to go/who to call if I need mental health or substance use recovery services.....	1	2	3	4	5
I would be able to access mental health or substance use recovery services if I needed to.....	1	2	3	4	5

**5. Overall, how aware are you of the mental health and substance use recovery resources and services in Irvine?**

- Very aware     Somewhat aware     Unaware

**6. What mental health/substance use resources have you or your household accessed or referred someone to? (Select all that apply.)**

- |  |  |
|--|--|
| <input type="checkbox"/> Law enforcement   | <input type="checkbox"/> Transitional housing          |
| <input type="checkbox"/> Local mental health advocacy and services organization (NAMI, MHA, other) | <input type="checkbox"/> Workplace health services     |
| <input type="checkbox"/> Peer support specialist/parent peer                                       | <input type="checkbox"/> Phone or text crisis lines    |
| <input type="checkbox"/> Recreation program  | <input type="checkbox"/> Social media groups/pages     |
| <input type="checkbox"/> School counselor/nurse  | <input type="checkbox"/> Hospital or residential care  |
| <input type="checkbox"/> Support group (AA, Al-Anon, suicide loss, etc.)                           | <input type="checkbox"/> Educational components        |
| <input type="checkbox"/> Website/internet  | <input type="checkbox"/> Other (please specify: _____) |
|  | <input type="checkbox"/> None                          |

**7. Please indicate which of the following, if any, are or would be a barrier for you or your family to receiving mental health/substance use recovery-oriented services. (Select all that apply.)**

- |   |  |
|---|--|
| <input type="checkbox"/> Lack of transportation                             | <input type="checkbox"/> Lack of phone or computer access                                |
| <input type="checkbox"/> Financial concerns related to treatment            | <input type="checkbox"/> Need help with system navigation                                |
| <input type="checkbox"/> Waitlist or lack of available services             | <input type="checkbox"/> Lack of translation and culturally sensitive services/providers |
| <input type="checkbox"/> Lack of resources for family education and support | <input type="checkbox"/> Other (please specify: _____)                                   |
| <input type="checkbox"/> Stigma of mental illness                           | <input type="checkbox"/> None  |

**8. Please rate your level of agreement with the following statement: There is stigma associated with mental illness and substance use in our community.**

- Strongly agree     Somewhat agree     Somewhat disagree     Strongly disagree     Don't know

**9. How do you prefer to receive information related to health and wellness?**

	Strongly prefer	Somewhat prefer	Do not prefer
Email.....	1	2	3
Book/library .....	1	2	3
Website.....	1	2	3
Social media .....	1	2	3
Mail.....	1	2	3
Newsletter.....	1	2	3
Resource Centers .....	1	2	3
Newspapers/magazines .....	1	2	3
Local TV.....	1	2	3
Friends/family .....	1	2	3
Doctor .....	1	2	3
Brochures.....	1	2	3
In-person (classes, presentations, workshops) .....	1	2	3
Virtual (classes, presentations, workshops) .....	1	2	3
Other (please specify:.....)	1	2	3

**10. Are you aware of the following programs/initiatives in the community?**

	Have used this	Heard of this, but not used	Have not heard of this
Be Well OC Mobile Crisis Response Team.....	1	2	3
City of Irvine FOR Families .....	1	2	3
Sweet Shade Ability Center.....	1	2	3
City of Irvine On Campus Youth Outreach Services .....	1	2	3
IPD School Resource Officers.....	1	2	3
City of Irvine Child Care Coordination Resource Center.....	1	2	3
Keen Center for Senior Resources .....	1	2	3

**11. What do you think is most needed in Irvine to better support those in need of mental health and substance use recovery services? (Select top 5 priorities.)**

- Advocacy for support services for people with behavioral health needs
- Phone or text crisis hotlines
- Crisis respite centers
- Crisis intervention team training
- Peer support specialists
- Programs that both treat mental health and substance use disorders
- School/teacher education
- Medication-assisted treatment for opioid use
- Support groups
- Social groups/activities
- Transitional housing/transition options after treatment
- Pay-what-you-can (sliding fee scale) options for therapy
- Other group wellness activities (yoga, meditation, etc.)
- Telehealth
- Transportation to/from services
- Support prevention
- Culturally sensitive support groups available in different languages
- Other (please specify:.....)

**12. Are you a parent with children (under 18 years old) at home?**

- No → skip to question 20
- Yes

**13. How old is/are your child(ren)? (Select all that apply.)**

- Under 4 years old
- 4-8 years old
- 8-12 years old
- 13-17 years old

**14. Are you comfortable talking to your child(ren) about mental health?**

- No
- Yes
- Don't know

**15. Are you comfortable talking to your child(ren) about substance use?**

- No
- Yes
- Don't know

# City of Irvine Health and Wellness Survey 2023

16. What resources, if any, do you use to help you talk to your child(ren) about mental health/substance use?

(Select all that apply.)

- Other parents, friends, or family
- Community support groups
- Resources provided by schools
- Faith-based resources
- Website/internet
- Social media groups/pages
- Other (please specify: \_\_\_\_\_)
- None

17. How often, if ever, do you...

	Never	Occasionally	Pretty regularly	At every opportunity
Tell my children that I don't approve of them using substances, including sipping and tasting alcohol, until after age 21.....	1	2	3	4
Set an example of different ways I have fun and celebrate that do not include substance use.....	1	2	3	4
Talk to my children about my values as they grow.....	1	2	3	4
Talk to my children about how valuable they are.....	1	2	3	4
Talk to my children about how important having goals is.....	1	2	3	4
Talk to my children about how substance use could get in the way of reaching goals.....	1	2	3	4
Put away alcohol, marijuana and prescription drugs so they are inaccessible to my children.....	1	2	3	4
Take the time to listen to my children's questions or concerns about mental health and substance use.....	1	2	3	4

18. Do you consider any of the following to be community supports to your child(ren)? (Select all that apply.)

- Teacher
- Coach
- Community leader
- Faith-based leader
- Another parent
- Neighbor
- Other (please specify: \_\_\_\_\_)
- None

19. How often, if at all, do your child(ren)'s supports do each of the following:

	Never	Occasionally	Pretty regularly	At every opportunity	Don't know/ Not applicable
Host activities or provide spaces for children to go (substance free, with adults present).....	1	2	3	4	5
Look for ways to incorporate substance use education.....	1	2	3	4	5
Discuss the consequences of substance use.....	1	2	3	4	5
Recognize the signs that may indicate a child is struggling with substance use or their mental health.....	1	2	3	4	5
Keep parents informed and involved.....	1	2	3	4	5
Offer children a judgement-free safe space for conversation about mental health and substance use.....	1	2	3	4	5

20. Do you have any additional questions, comments, or concerns regarding health and wellness services within the City of Irvine?

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Our last questions are about you and your household.

Again, all of your responses to this survey are confidential and no identifying information will be shared.

**D1. If you currently have prescription medication at your home, where is the medication usually kept?**

- Hidden     Locked up     Neither     Both (hidden and locked up)     N/A

**D2. Which of the following activities do you engage in to maintain your well-being? (Select all that apply.)**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Exercise                          | <input type="checkbox"/> Volunteering                  | <input type="checkbox"/> Engaging in a spiritual or faith-based activity |
| <input type="checkbox"/> Meditation                        | <input type="checkbox"/> Arts & Crafts                 | <input type="checkbox"/> Spending time outside                           |
| <input type="checkbox"/> Yoga                              | <input type="checkbox"/> Traveling                     | <input type="checkbox"/> Cleaning  |
| <input type="checkbox"/> Hiking                            | <input type="checkbox"/> Cooking                       | <input type="checkbox"/> Taking a class                                  |
| <input type="checkbox"/> Reading                           | <input type="checkbox"/> Learning something new        | <input type="checkbox"/> Turning off your phone/social media             |
| <input type="checkbox"/> Listening to music                | <input type="checkbox"/> Participating in a group/club | <input type="checkbox"/> Dancing   |
| <input type="checkbox"/> Spending time with friends/family | <input type="checkbox"/> Photography                   | <input type="checkbox"/> Other (please specify: _____)                   |
| <input type="checkbox"/> Journaling                        | <input type="checkbox"/> Playing a musical instrument  |  |
| <input type="checkbox"/> Gardening                         |  |  |

**D3. How many years have you lived in Irvine?**

- Less than 2 years  
 2-5 years  
 6-10 years  
 11-20 years  
 More than 20 years

**D4. Which best describes the building you live in?**

- Single-family detached home  
 Townhouse or duplex (may share walls but no units above or below you)  
 Condominium or apartment (have units above or below you)  
 Mobile home  
 Other

**D5. Do you rent or own your home?**

- Rent  
 Own

**D6. Do any children 17 or younger live in your household?**

- No     Yes

**D7. Are you or any other members of your household aged 65 or older?**

- No     Yes

**D8. Does your income impact your ability to access resources in the community?**

- No     Yes

**D9. What is your race/ethnicity? (Select all that apply.)**

- American Indian or Alaskan Native  
 Arab  
 Asian  
 Black or African American  
 Chinese  
 Hispanic or Latino/a/x  
 Japanese  
 Korean  
 Native Hawaiian or Other Pacific Islander  
 Persian  
 Vietnamese  
 White  
 A race not listed (please specify: \_\_\_\_\_)

**D10. In which category is your age?**

- 18-24 years     55-64 years  
 25-34 years     65-74 years  
 35-44 years     75 years or older  
 45-54 years

**D11. What is your gender?**

- Woman  
 Man  
 Identify in another way → go to D11a

**D11a. If you identify in another way, how would you describe your gender?**

- Agender/I don't identify with any gender  
 Genderqueer/gender fluid  
 Non-binary  
 Transgender man  
 Transgender woman  
 Two-spirit  
 Identify in another way

**Thank you!**

Please return the completed survey in the postage-paid envelope to:  
**National Research Center, Inc., PO Box 549, Belle Mead, NJ 08502**