

## Family Support Program Assessment Questionnaire Results

Between September 2009 and June 2010, 67 Jefferson County Public Health Family Support Program clients completed the assessment questionnaire.

*The results presented below are self-reported and should be interpreted carefully, as individual responses might differ from reality due to memory deficiency, dishonesty, or other factors. The results only represent those clients who completed the assessment.*

### RESPONDENT DEMOGRAPHICS

Respondent demographics are provided in Table 1 below. The average respondent age was 26, ranging from 18 to 62. Most respondents were female (84%). Nearly half of respondents were unemployed or unable to work. Nearly two-thirds of respondents reported an income below \$10,000.

Table 1. Family Support Program Assessment Questionnaire Respondent Demographics

		# responses	% of total
<b>Age Group</b>	under age 20	11	16%
	age 20-24	24	36%
	age 25-29	11	16%
	age 30-34	13	19%
	age 35-39	5	7%
	age 40+	3	4%
<b>Gender</b>	female	56	84%
	male	11	16%
<b>Employment Status</b>	employed	25	37%
	unemployed less than 1 year	17	25%
	unemployed 1 year or more	9	13%
	homemaker	8	12%
	unable to work	6	9%
	retired	1	1%
	student	1	1%
<b>Income</b>	less than \$10000	40	63%
	\$10-14999	13	21%
	\$15-19999	2	3%
	\$20-24999	4	6%
	\$35-49999	4	6%
	unknown	4	*

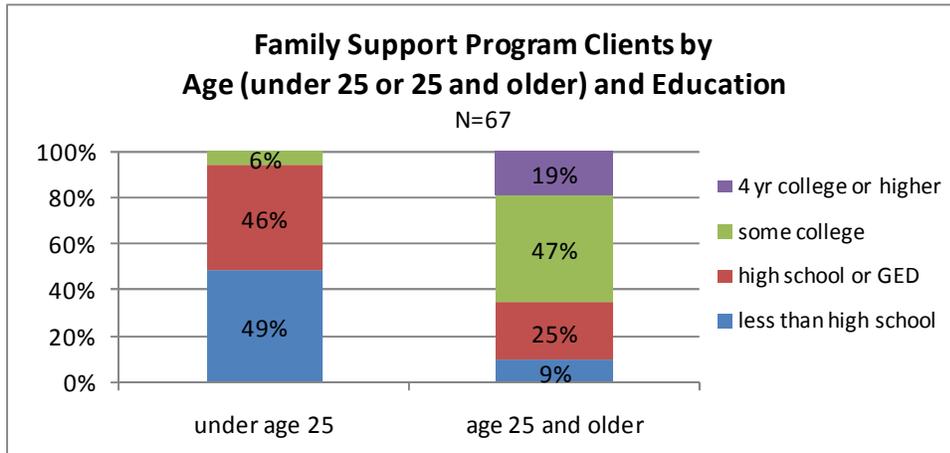
The highest reported education level of two-thirds of respondents was high school/GED or less.

Because just over half of the respondents were under age 25, it is possible that they have not

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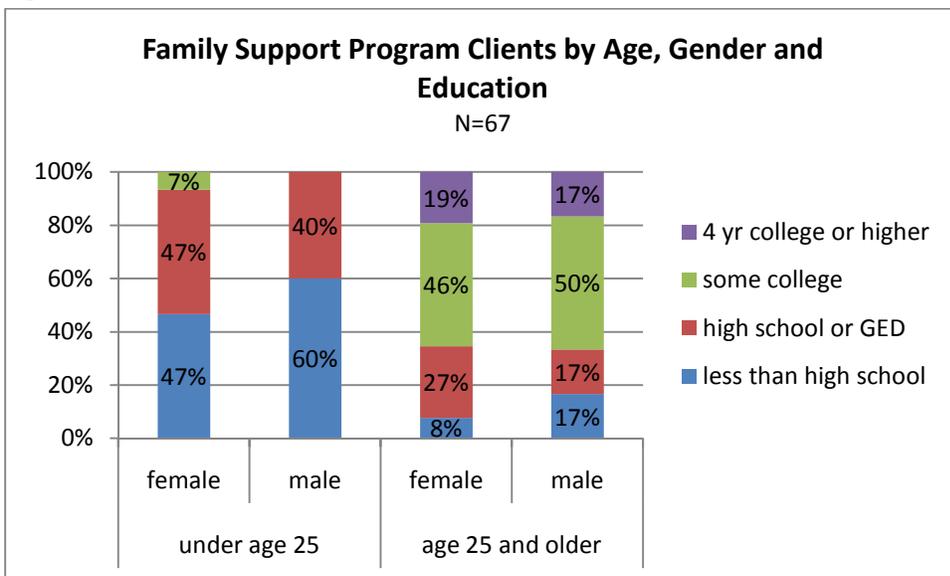
had the opportunity to complete higher education therefore education level is presented by age group - respondents under age 25 and respondents age 25 and older. Ninety-four percent of respondents under age 25 reported high school/GED or less education compared to 33% of respondents age 25 and older (Figure 1).

Figure 1.



Further analysis of client education by gender as well as by age group reveals that among those under age 25, more females had higher education levels than males and among those aged 25 and older, more females had completed high school/GED compared to males of the same age group (Figure 2).

Figure 2.

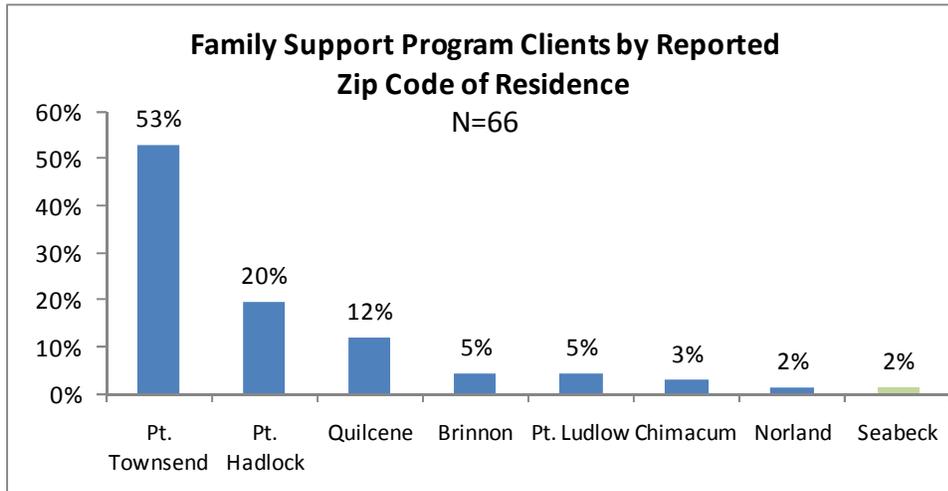


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### RESIDENCE

Sixty percent of respondents reported renting their current housing, 30% lived with family or friends, 9% owned their home, and 1% reported being homeless. More than half of respondents lived in Port Townsend (Figure 3).

Figure 3.

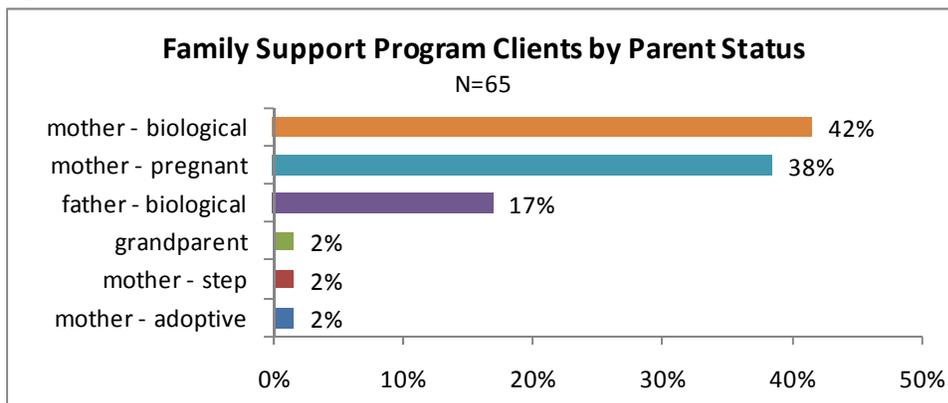


Forty percent of clients reported not moving in the past 12 months; 23% reported one move; 20% reported two moves and 17% reported three or more moves. On average, clients moved 1 time in the past 12 months, ranging from 0 to 6 moves.

### PARENTAL STATUS/HOUSEHOLD

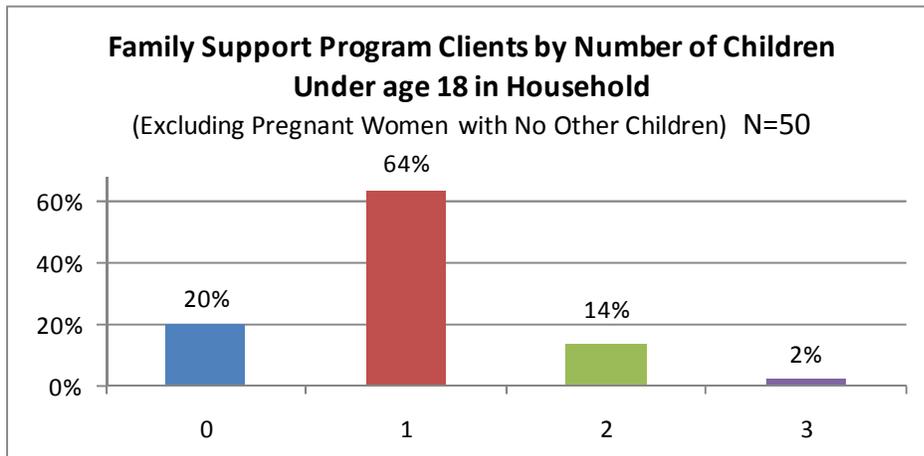
Four in five respondents was a biological or pregnant mother (Figure 4). Excluding first-time pregnant women, 1 in 5 respondents reported having no children living in their household; nearly two-thirds reported one child (Figure 5).

Figure 4.



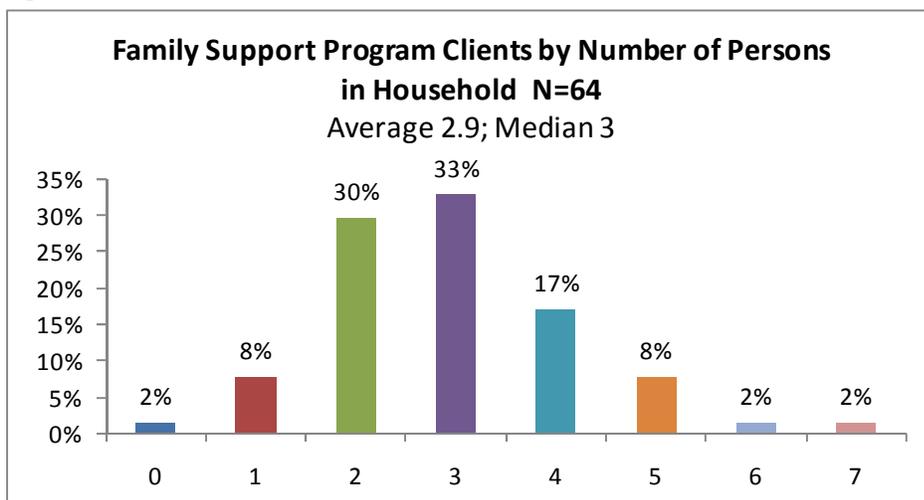
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Figure 5.



The average household size was 3 persons and ranged from 0 (homeless client) to 7 (Figure 6).

Figure 6.

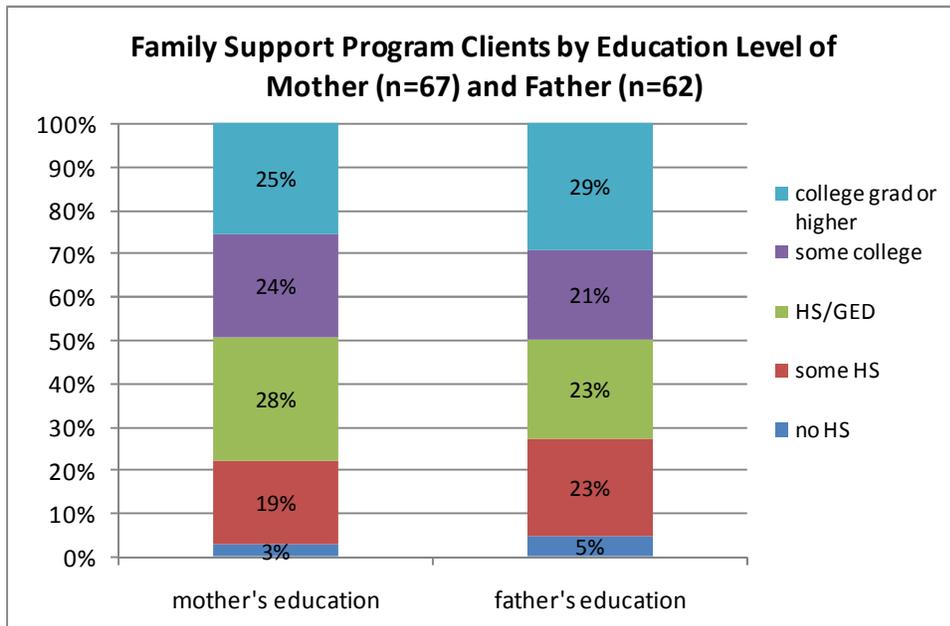


### PARENTAL EDUCATION

Half of respondents reported that the highest education level of their mothers and fathers was high school/GED or less (Figure 7). Nearly one-quarter of respondents' mothers and 21% of respondents' fathers had some college and another 25% of respondents' mothers and 29% of respondents' fathers were college graduates.

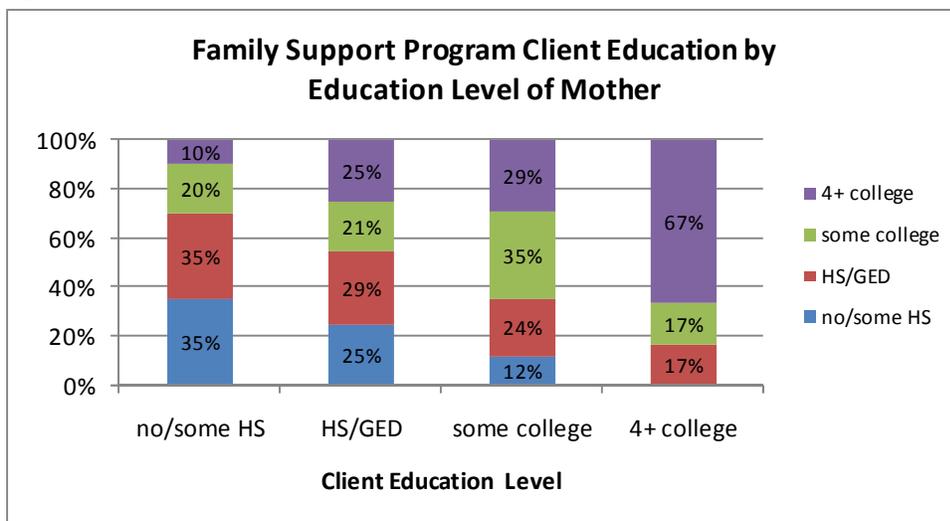
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Figure 7.



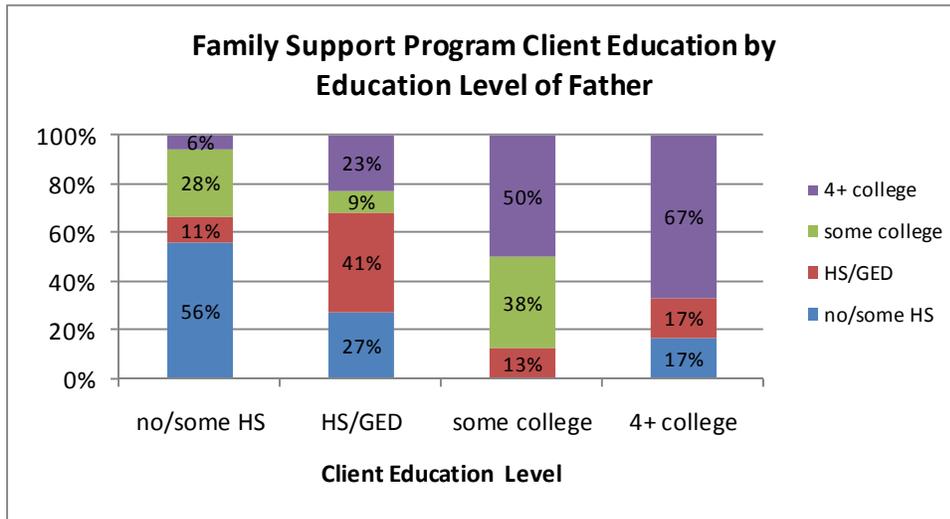
Although respondent education differs by age and gender as described previously, on the whole, more highly educated respondents reported that their mothers (Figure 8) and fathers (Figure 9) also had higher levels of education. For example, 30% of respondents with no/some HS reported that their mother had at least some college (20% some college + 10% 4+ years of college) compared to 64% of respondents with some college who reported that their mother had at least some college.

Figure 8.



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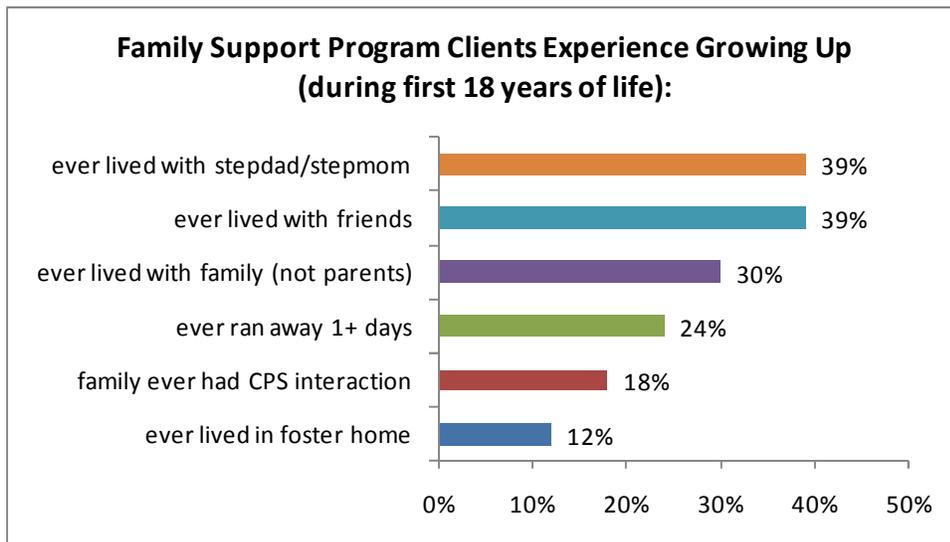
Figure 9.



### EXPERIENCES WHILE GROWING UP

Three in ten respondents reported ever living with family (not their parents); nearly two in five ever lived with step parents or friends (Figure 10). About one in nine respondents ever lived in a foster home.

Figure 10.

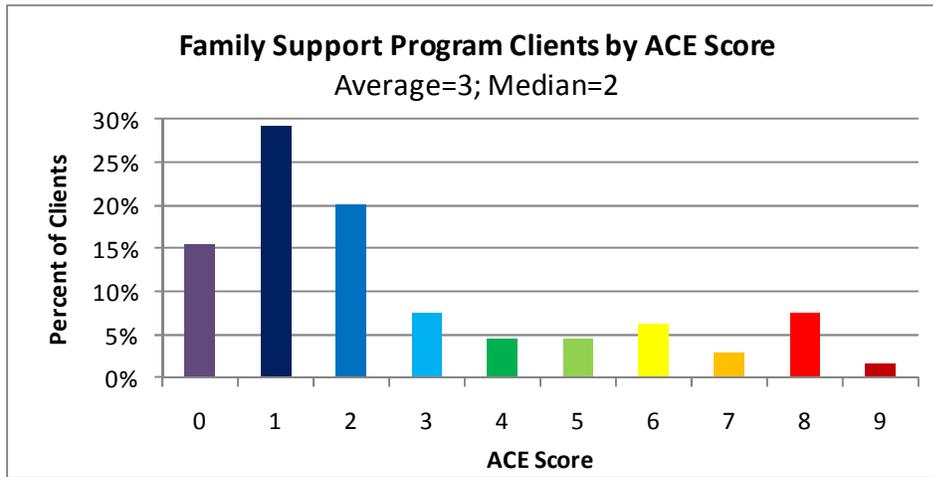


### ACE

Fifteen percent of respondents reported no ACEs, on average, respondents reported 3 ACEs (Figure 11). Of those reporting one ACE, 65% reported at least one other; 42% reported at least 2 others; 33% reported at least 3 others.

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Figure 11.



Compared to the ACE Study sample collected between 1995 and 1997 (<http://www.cdc.gov/nccdphp/ace/prevalence/htm>), it appears that fewer Family Support Program clients scored zero, and more scored 4 or higher (Table 2).

Table 2. Total ACE Scores: Family Support Program and ACE Study Sample

ACE SCORE	JCPH Family Support Responses	ACE study sample(1)
0*	15%	36%
1	29%	26%
2	20%	16%
3	8%	10%
4 or more*	28%	13%

(1) Source: <http://www.cdc.gov/nccdphp/ace/prevalence/htm>

\*ACE study sample outside JCPH response confidence interval

Family Support Program client ACE scores appear to be worse in the emotional abuse, separated/divorced parents, and incarcerated household member categories compared to the ACE study sample (Table 3).

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Table 3. ACE Category Prevalence Scores: Family Support Program and ACE Study Sample

ACE Category		JCPH Family Support Responses	ACE study sample(1)
Abuse	emotional*	29%	11%
	physical	22%	28%
	sexual	17%	21%
Neglect	emotional	17%	15%
	physical	17%	10%
Household Dysfunction	mother treated violently	13%	13%
	household substance abuse	39%	27%
	household mental illness	20%	19%
	parents separated/divorced*	75%	23%
	incarcerated household member*	16%	5%

(1) Source: <http://www.cdc.gov/nccdphp/ace/prevalence/htm>

\*ACE study sample lower than JCPH response confidence interval

### SUBSTANCE USE

About two-thirds of respondents reported having ever used tobacco, eight in ten ever used alcohol and just over half ever used marijuana (Table 4). About one in five has ever used meth/cocaine or pain/sleeping pills; about one in ten has ever used hallucinogens, and a few report having ever used inhalants or needles.

Table 4. Family Support Program Client Self-Report Ever Use by Substance

	never	used at least once or twice	once or twice	monthly	weekly	daily/ almost daily	#	% of clients not answering
tobacco	33%	67%	13%	2%	4%	48%	46	46%
alcohol	20%	80%	27%	27%	18%	9%	45	33%
marijuana	45%	55%	27%	6%	10%	12%	49	27%
meth/cocaine	79%	21%	15%	2%	0%	4%	52	22%
inhalants	96%	4%	4%	0%	0%	0%	57	15%
pain/sleeping pills	84%	16%	10%	2%	2%	2%	51	24%
hallucinogens	89%	11%	9%	2%	0%	0%	53	21%
needles	98%	2%	0%	0%	0%	2%	56	16%

In the past 30 days, 41% of respondents reported having used tobacco – a majority using daily or almost daily; just over one-third used alcohol – a majority using only once or twice; one in

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ten used marijuana – half using daily or almost daily (Table 5). The only other reported past 30 day drug use was 5% having used pain/sleeping pills daily or almost daily.

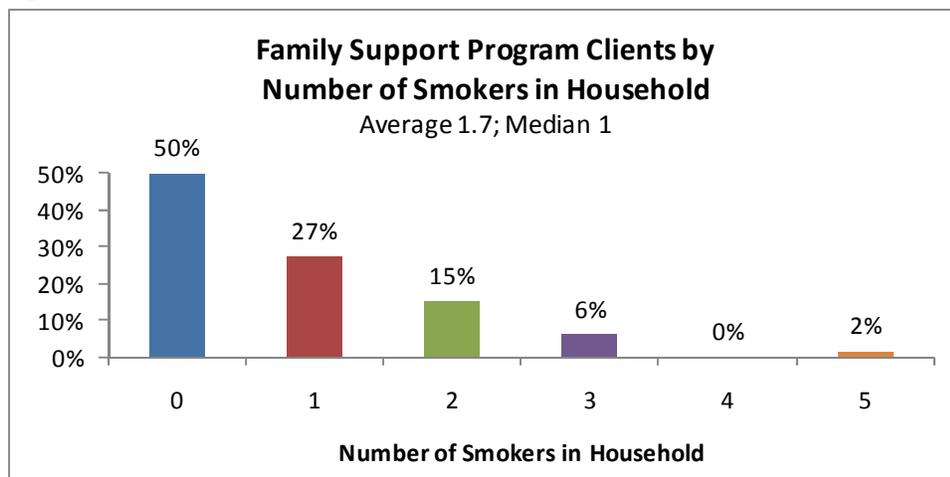
Table 5. Family Support Program Client Self-Report Past 30-Day Use by Substance

	never	used at least once or twice	once or twice	monthly	weekly	daily/ almost daily	#	% of clients not answering
tobacco	59%	41%	8%	0%	2%	31%	61	10%
alcohol	63%	37%	27%	8%	2%	0%	63	6%
marijuana	90%	10%	3%	0%	2%	5%	63	6%
meth/cocaine	100%	0%	0%	0%	0%	0%	62	7%
inhalants	100%	0%	0%	0%	0%	0%	62	7%
pain/sleeping pills	95%	5%	0%	0%	2%	3%	62	7%
hallucinogens	100%	0%	0%	0%	0%	0%	62	7%
needles	100%	0%	0%	0%	0%	0%	62	7%

### TOBACCO

Half of respondents reported no smokers in their household, on average clients reported just under 2 smokers per household (Figure 12).

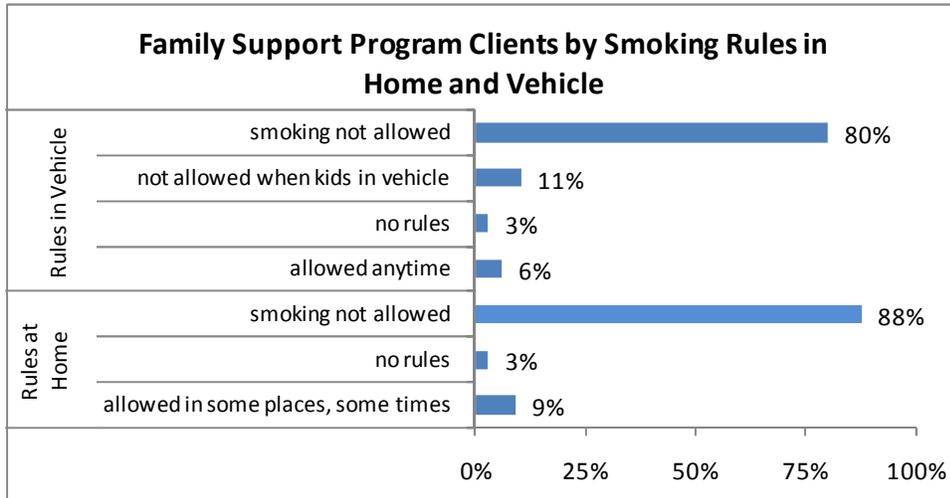
Figure 12. Number of Smokers in Household



Eight in ten respondents reported that smoking is not allowed in family vehicles, an additional 11% reported that smoking is not allowed when kids are in the vehicle. Nearly nine in ten respondents reported that smoking is not allowed in the home (Figure 13).

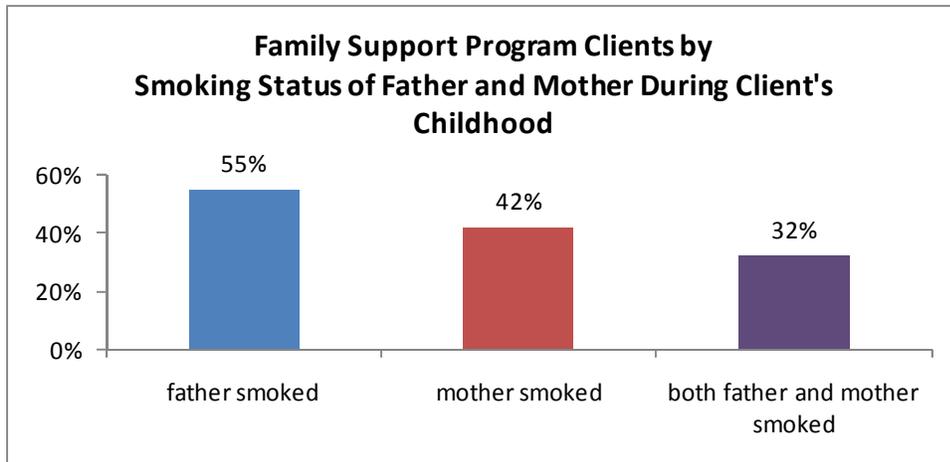
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Figure 13.



During their childhood, 55% of respondents reported that their father smoked; 42% reported that their mother smoked; 32% reported that both their father and mother smoked (Figure 14).

Figure 14.



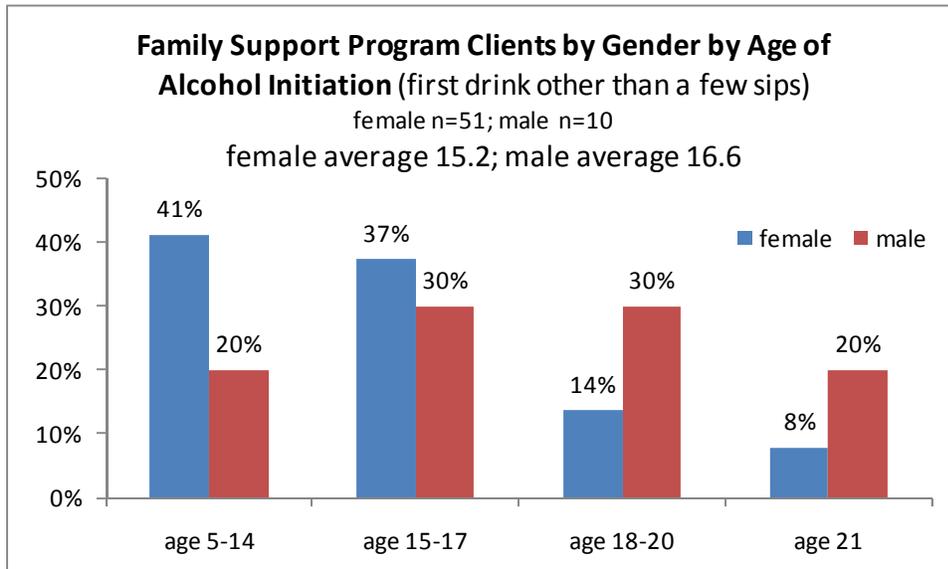
About 60% of respondents whose father or mother smoked during childhood reported using tobacco in the past 30 days.

## ALCOHOL

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On average, female respondents reported first drinking alcohol at age 15.2; males at age 16.6. Over three-quarters of female respondents and half of male respondents reported first drinking alcohol in early to mid adolescence (before age 18) (Figure 15).

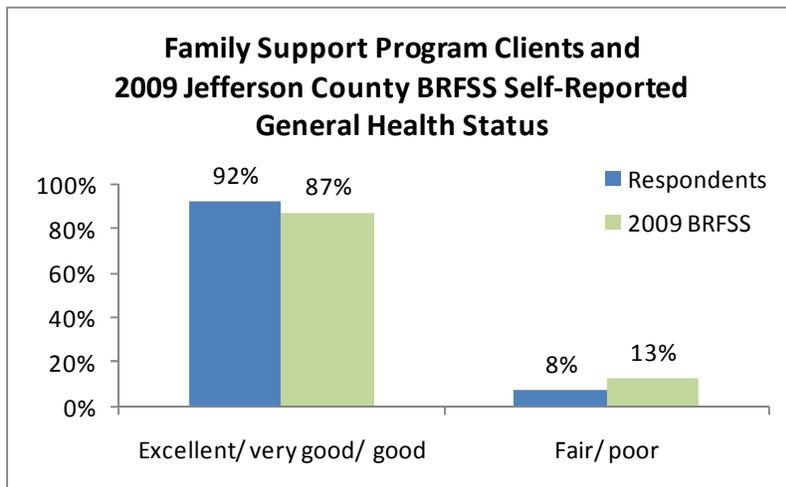
Figure 15.



## GENERAL AND EMOTIONAL HEALTH

About nine in ten respondents reported that their general health in the past 30 days was excellent, very good, or good – slightly above the self-reported rate for all Jefferson County adults in the Behavioral Risk Factor Surveillance System (BRFSS) survey (Figure 16).

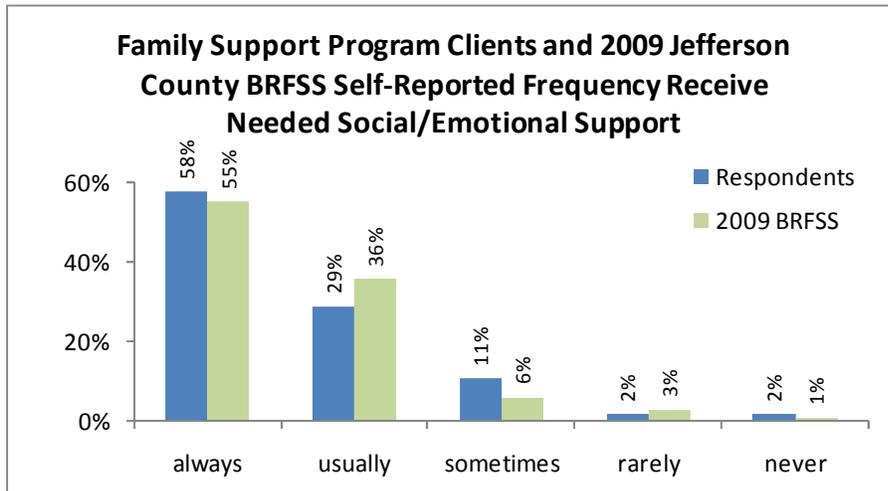
Figure 16.



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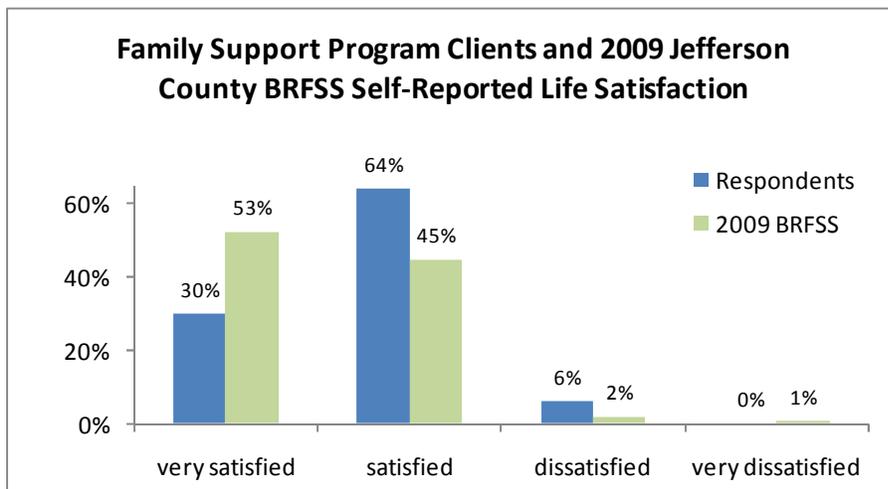
About nine in ten respondents reported that they always or usually receive the social and emotional support they need – slightly lower than the self-reported rate for all Jefferson County adults in the Behavioral Risk Factor Surveillance System (BRFSS) survey (Figure 17).

Figure 17.



Ninety-four percent of respondents reported that they are very satisfied or satisfied with their lives – slightly below the 98% self-reported rate for all Jefferson County adults in the Behavioral Risk Factor Surveillance System (BRFSS) survey (Figure 18).

Figure 18.

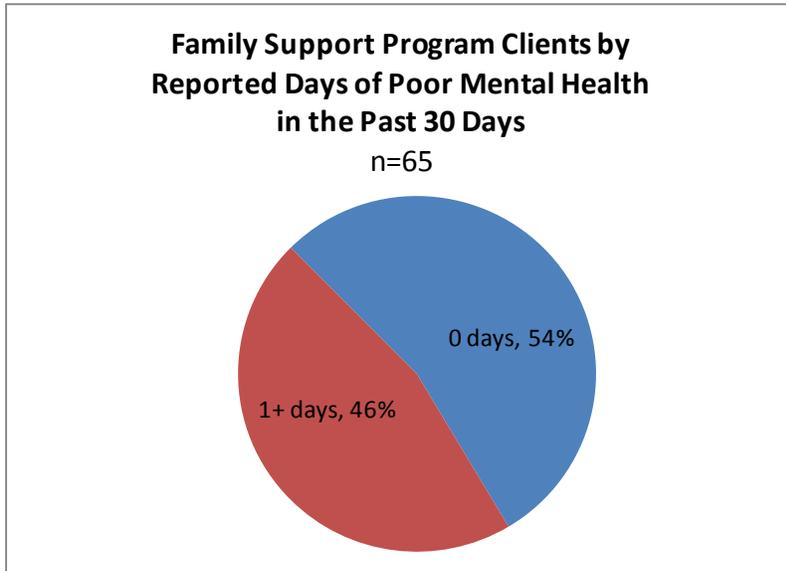


## MENTAL HEALTH

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Nearly half of respondents reported at least one day of poor mental health in the past 30 days, 3.1 days on average (Figure 19). Six percent of respondents reported that poor mental health affected their ability to parent on at least one day in the past 30 days.

Figure 19.

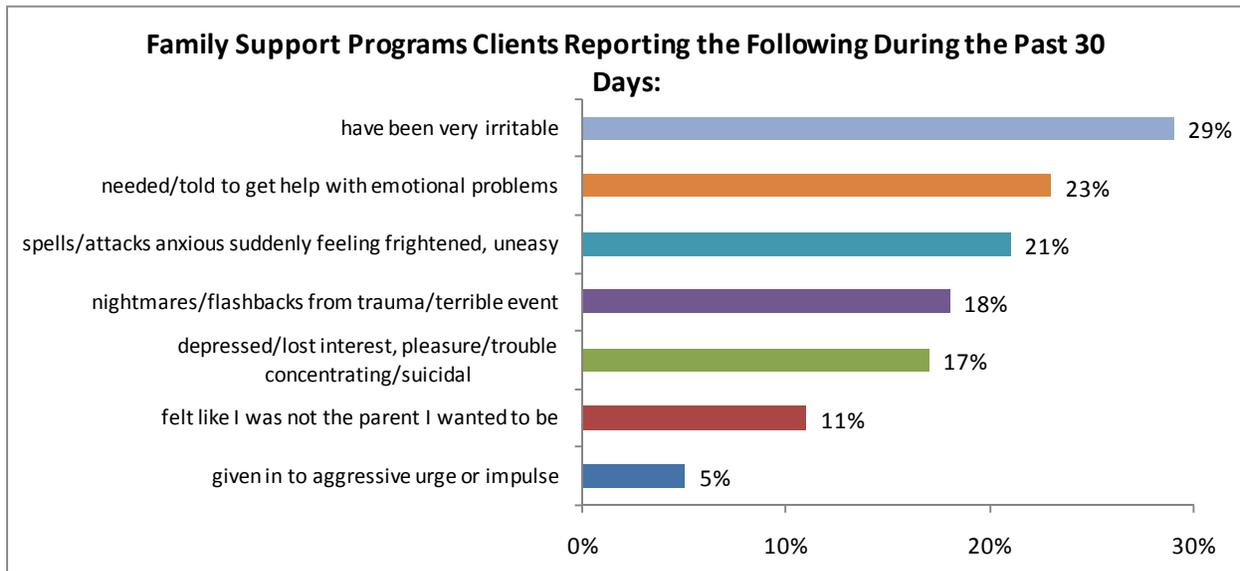


Forty-one percent of respondents reported feeling hopeless a little or some of the time in the past 30 days.

In the past 30 days, nearly 3 in 10 respondents reported being very irritable. About 1 in 5 reported needing or being told to get help with emotional problems; being emotionally unstable; having flashbacks; feeling depressed/uninterested/suicidal. One in ten respondents felt they were not the parent they wanted to be and 1 in 20 gave in to an aggressive urge or impulse (Figure 20).

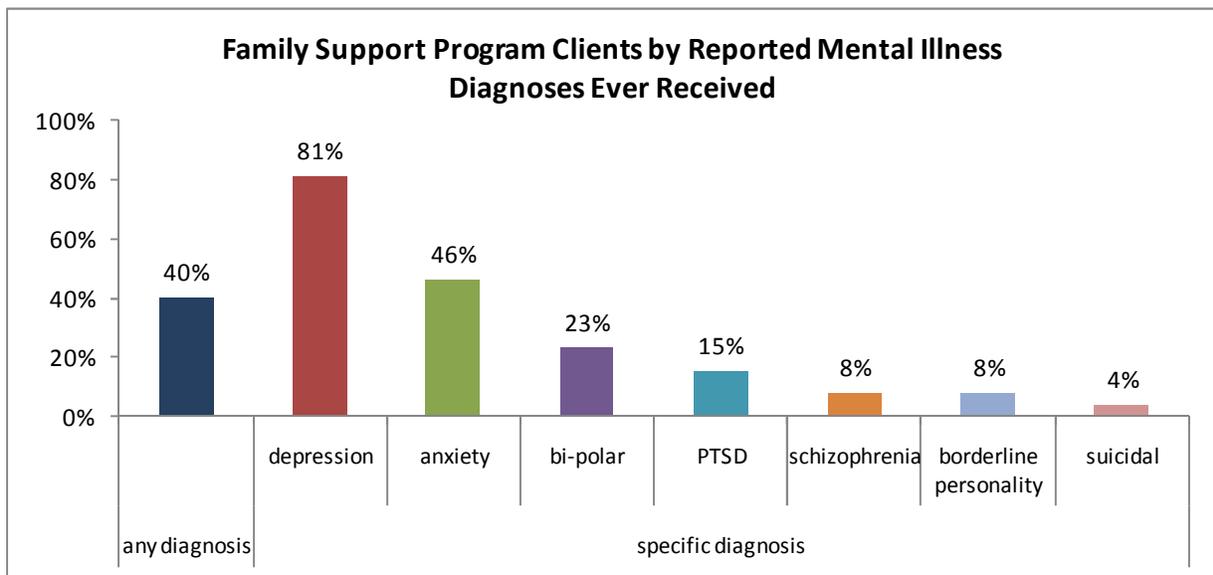
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Figure 20.



Four in ten respondents reported ever having received a mental illness diagnosis. Of those, 81% were diagnosed with depression; 46% anxiety; 23% bipolar; 15% PTSD; 8% schizophrenia and borderline personality; and 4% were suicidal (Figure 21).

Figure 21.



The average ACE score of those ever diagnosed with a mental illness was 3.85, significantly higher than the average score for those never diagnosed 1.92. Half of those ever diagnosed with mental illness had an ACE score of 4 or higher compared to only 14% of those never diagnosed with mental illness (Table 6).

Table 6. Total ACE Scores by Ever or Never Having Received a Mental Illness Diagnosis

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ACE SCORE	ever diagnosed	never diagnosed
0	19%	14%
1	8%	43%
2	19%	19%
3	4%	11%
4 or more	50%	14%

### SELF HARM

One in five respondents reported ever having harmed themselves in a way that was deliberate but not intended as a means to take their life (Figure 22). Nine in ten reported using self-injury thru cutting, scratching or hitting; half reported ingesting medication in excess of the prescribed or generally used dose; one in seven reported self-harm by ingesting a drug or alcohol.

Figure 22.

