



# Spirituality Initiative 2016 Survey Project

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# The Project

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- Administering two county-wide surveys to assess clinician comfort in addressing spirituality in treatment, and client perspectives on the importance of spirituality in treatment.
- Spirituality Initiative was interested in determining the impact of their training and advocacy efforts on clinician practices.

# Background

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- 2009 California Mental Health and Spirituality Initiative surveys:
  - 75% of clients and family members surveyed believe that spirituality is important for mental health treatment.
  - $\frac{2}{3}$  of respondents found that mental health providers should better utilize spirituality.
  - 98% of mental health directors surveyed believe that spirituality is an important part of cultural competency for clinicians.
- 2011 San Mateo County BHRS Spirituality Initiative surveys:
  - 75% of respondents thought spirituality is an important aspect of treatment and recovery.
  - Only 16% were comfortable discussing spirituality with their mental health clinician and 27% with their AOD counselor.
  - 77% of respondents thought spirituality is an important part of wellness and recovery, but most clinicians were not consistent in addressing spirituality with clients.

# Design

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- Provider version: 27 questions about education, license, work site, how they incorporate spirituality with clients. Online version only.
- Consumer/Client version: 19 questions about services received, location, how their clinician incorporates spirituality. Online and paper copies.

# Results: Provider Version

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- There was a total of 150 fully completed provider surveys, and 174 total.
- Only 16% of the respondents were very familiar with the BHRS spirituality policy, while 37% were somewhat familiar, 25% not familiar and 22% citing that they did not know there was a policy.
- Over 85% of the employees think spirituality is important, but are not very aware of the spirituality policy, so there is a need for education about the policy.
- Also, over 70% of respondents reported that they feel high or moderate support from supervisors in discussing spirituality as a part of treatment.
- Over 50% of respondents also reported BHRS as a whole to be highly or moderately supportive in the use of spirituality in treatment. Only 9% said that they found low, or no support.

# Results: Provider Version

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- 87% of the respondents agreed or strongly agreed that spirituality is an important part of wellness/recovery.
- Over 60% of respondents agreed that assessment and counseling was when they discussed spirituality. Over 30% said that they discussed spirituality during case management and the treatment plan.
- 39% of respondents strongly agreed and 45% agreed that they were comfortable talking with their clients about spirituality. 14% said they neither agreed nor disagreed that they were comfortable discussing spirituality, and 3% disagreed about being comfortable. No respondent strongly disagreed.
- Spiritual assessment tools were the number one item that the respondents chose as a tool that would be helpful for them to include spirituality in practice. The second was links to local spiritual and religious centers, and third was more clarity on BHRS spirituality policy.

# Results: Consumer Version

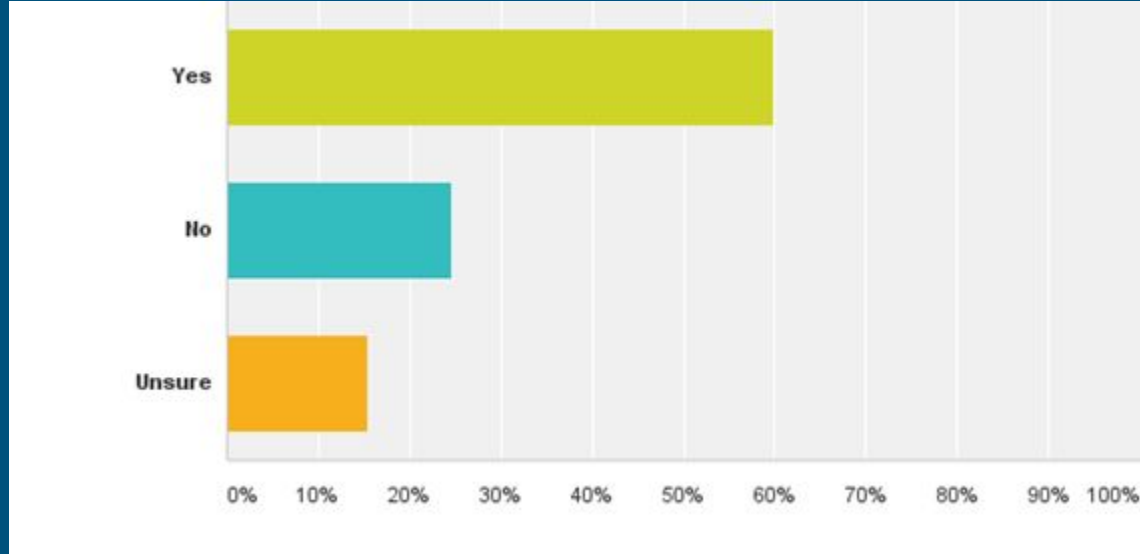
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- 195 respondents. Results are rounded and may not equal 100%.
- Demographics:
  - 78% clients, 8% family members, and 17% both clients and family members.
  - 55% identified as female, 43% as male, and 1% as androgynous/nonbinary.
  - 76% of respondents identified as heterosexual, 9% as bisexual, 6% as gay or lesbian, and 7% as another category such as pansexual or asexual.
  - 52% of respondents identified as white, 25% as Latino/a, 12% as African American, 7% as Filipino/a, and 7% as Native American/Native Alaskan.
  - 82% of respondents are primarily English speaking, and 15% are primarily Spanish speaking.
  - 56% of respondents identify as Christian, 24% as spiritual but not religious, 13% as Buddhist, 9% as Native American, and 9% as Catholic.

# Results: Consumer Version

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- Do you distinguish between spirituality and religion?

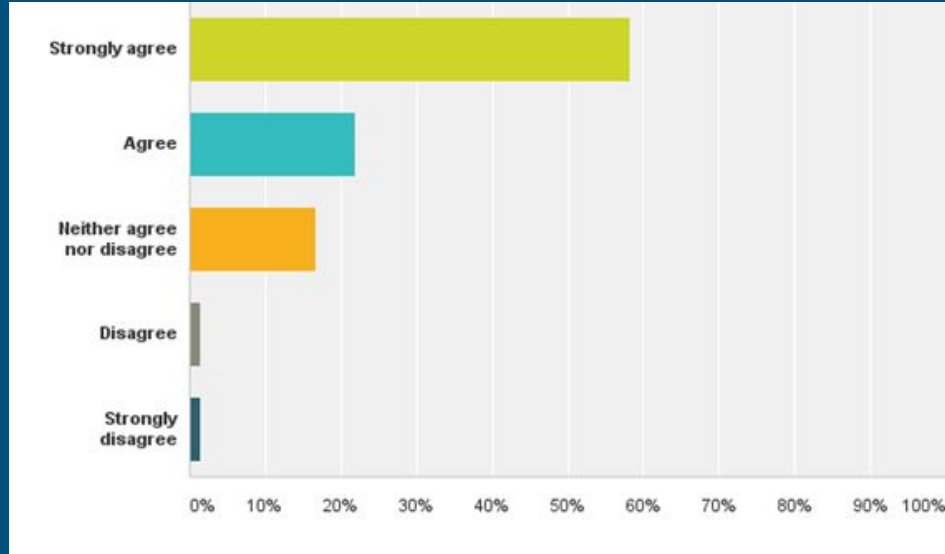




# Results: Consumer Version

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- Spirituality is important to me.



# Results: Client Version

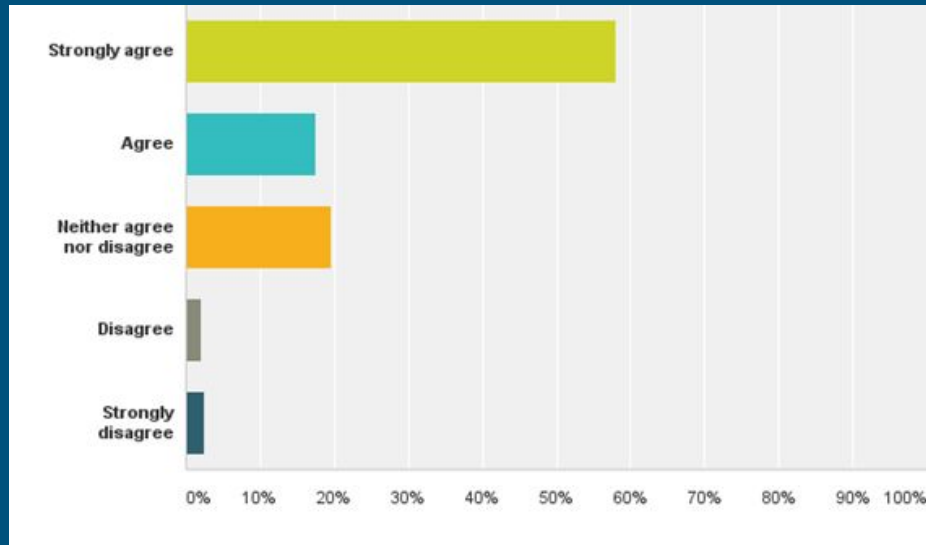
- Results of question “Spirituality is important to me” broken down by race.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Total
Q5: African American/Black (A)	91.30% 21	0.00% 0	8.70% 2	0.00% 0	0.00% 0	13.14% 23
Q5: White/European American (B)	53.47% 54	24.75% 25	17.82% 18	1.98% 2	1.98% 2	57.71% 101
Q5: Hispanic/Latino(a) (C)	63.04% 29	19.57% 9	17.39% 8	0.00% 0	0.00% 0	26.29% 46
Q5: Filipino (D)	53.85% 7	15.38% 2	30.77% 4	0.00% 0	0.00% 0	7.43% 13
Q5: Native American/Alaska Native (E)	57.14% 8	42.86% 6	0.00% 0	0.00% 0	0.00% 0	8.00% 14
<b>Total Respondents</b>	105	37	29	2	2	175

# Results: Client Version

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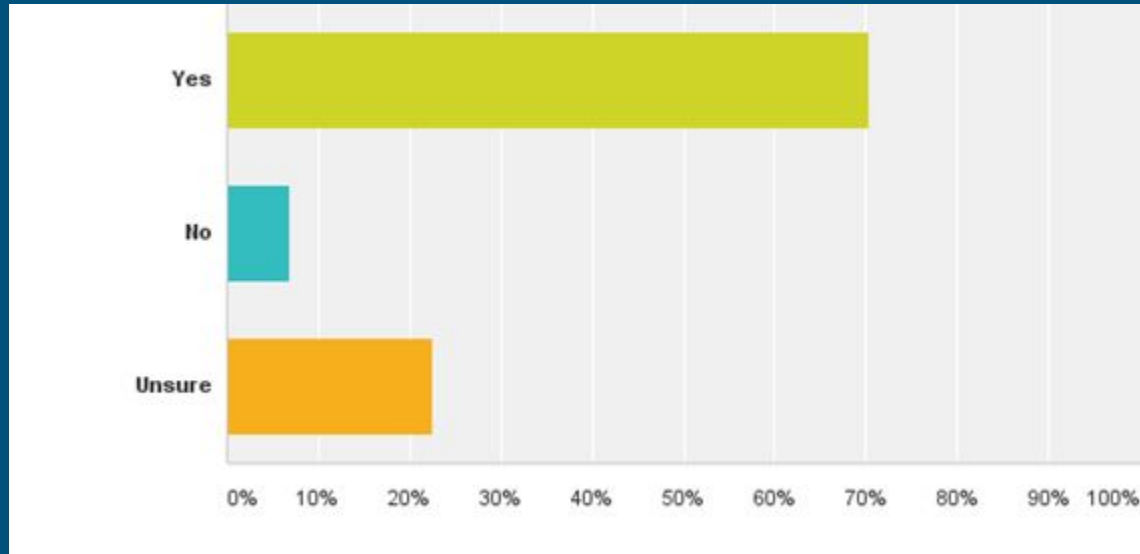
- **Spirituality is an important aspect of wellness and recovery for me, and it should be incorporated in my mental health and/or substance use care.**



# Results: Client Version

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- **I would utilize spirituality as a wellness and recovery resource if offered by San Mateo County Behavioral Health and Recovery Services.**



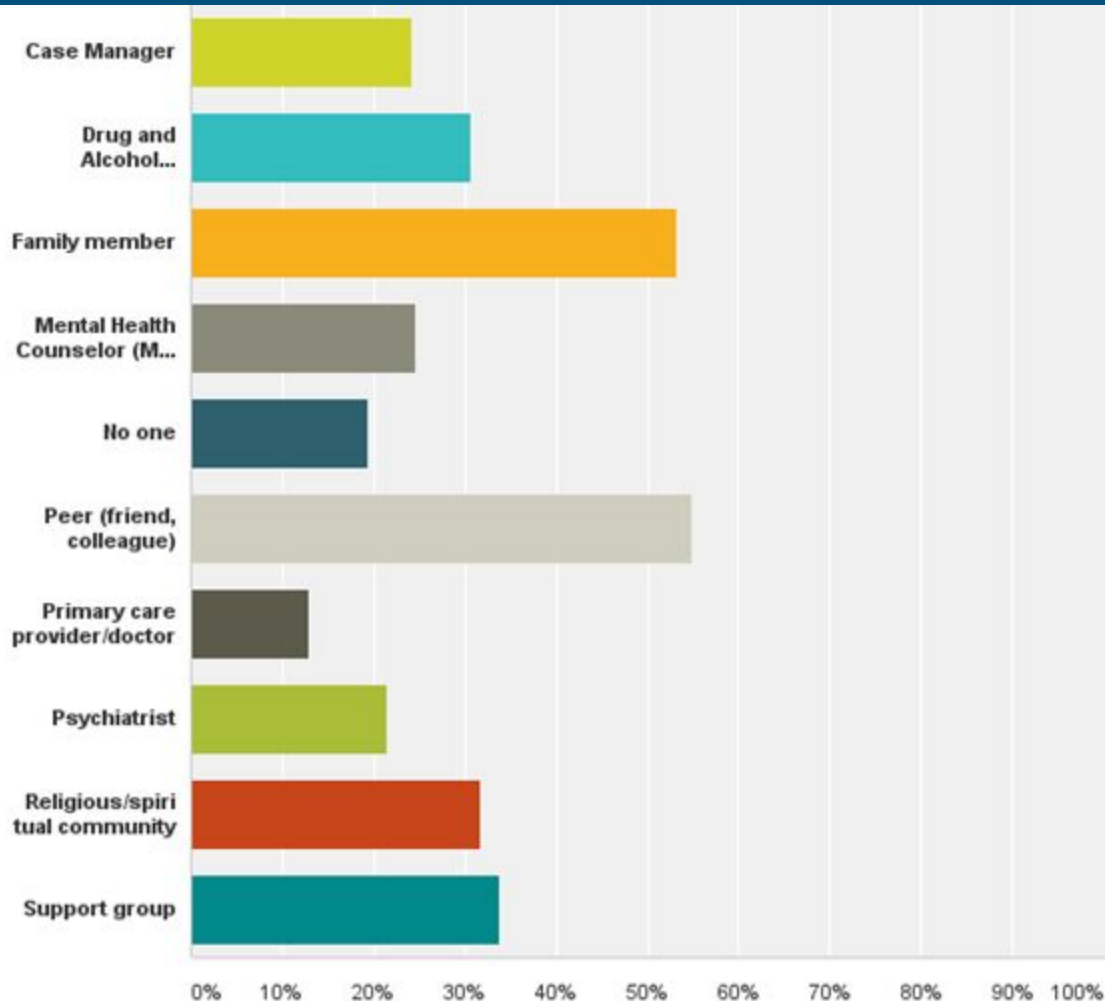
# Results: Client Version

- The following spiritual practices have been helpful in my wellness and recovery. (Please select all that apply.)

Answer Choices	Responses	
Attending a prayer vigil	14.74%	28
Attending a spiritual support group	30.00%	57
Attending religious services	38.95%	74
Centering exercises	28.42%	54
Chanting	9.47%	18
Dancing	25.26%	48
Drumming	8.42%	16
Journal writing	42.63%	81
Making crafts	29.47%	56
Meditation	55.79%	106
Participating in ritual ceremonies	11.58%	22
Participating in spiritual community social events	27.89%	53
Participating in sweat lodge (temazcal)	5.26%	10
Participating in talking circles	20.53%	39
Prayer	61.05%	116
Reading sacred texts or spiritual self-help books	37.37%	71
Receiving healing/advice from a medicine man or woman	9.47%	18
Reconciliation (making amends, forgiveness, upholding cultural beliefs/tradition)	35.79%	68
Singing	36.32%	69
Spending time in nature	42.63%	81
Volunteering in the community	36.32%	69
Yoga	25.26%	48
12 steps group	43.16%	82
Other (please specify)	14.21%	27
<b>Total Respondents: 190</b>		

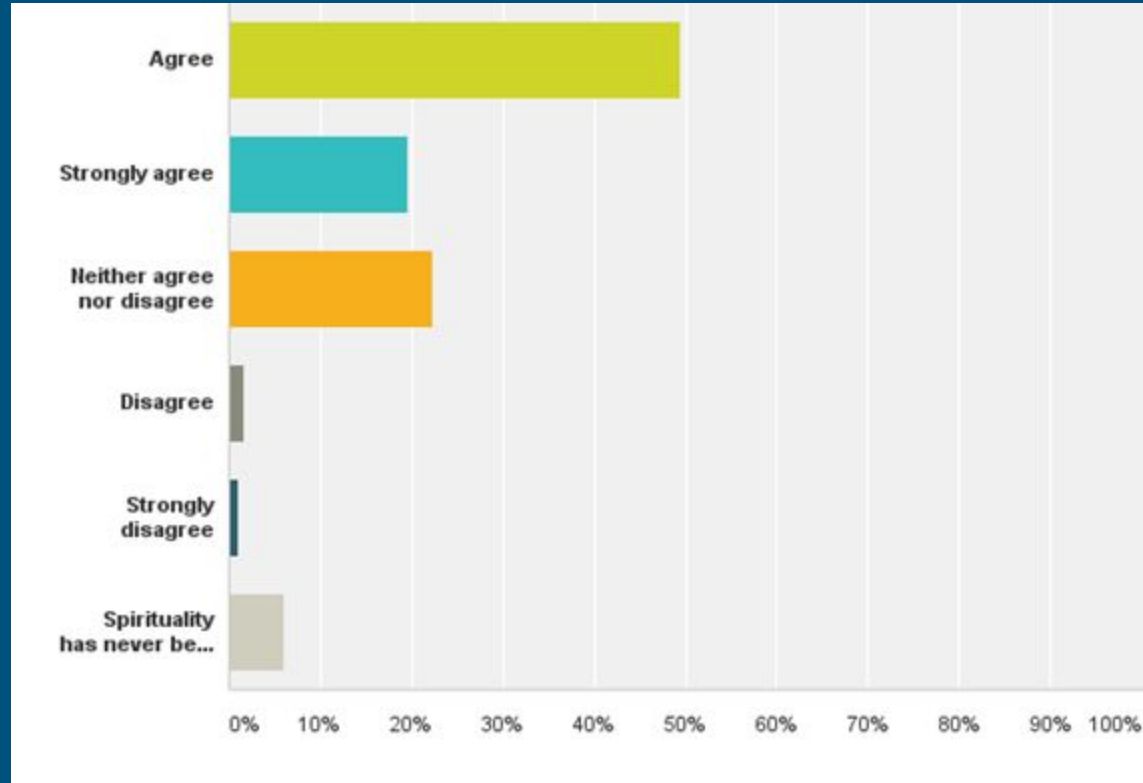
# Results: Client Version

- Do you discuss spirituality with your... (Please select all that apply.)



# Results: Client Version

- **My mental health care and/or substance abuse providers have demonstrated respect for my spiritual beliefs.**



# Recommendations

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- Clinicians should be comfortable in bringing up spirituality with clients and learn ways to incorporate it into treatment.
- There is a need for more training about the county's Spirituality Policy and how to incorporate spirituality within different treatment modalities.
- Assessment tools and other materials to facilitate spirituality discussions.
- Provide additional services or groups that highlight spirituality, as 70% of respondents indicated that they would be interested in this.