



# Data Source Summary

## Barnstable, Dukes, and Nantucket Counties, MA

The Tower Foundation funds community organizations serving three geographic areas in the topic areas of substance use disorders, mental health, learning disabilities, and intellectual disabilities. This summary focuses on the data sources used to reflect community-level trends in Barnstable, Dukes, and Nantucket counties.

In order to be included in the study, each data source must meet the following criteria:

- Clearly measure the intended indicator in a way that is easy to communicate to a broad range of audiences
- Focus on the specific funded geography of Barnstable, Dukes, and Nantucket counties.
- Address young people through age 26, if youth or young adults are identified in the indicator language
- Available on a recurring basis, such as every year or every three years

### Data source: National Survey on Drug Use and Health (NSDUH)

**Specific geography included:** All Tracts in Barnstable County; All Tracts in Bristol County; All Tracts in Dukes County; All Tracts in Nantucket County; Tracts 421100, 421200, and 456101 – 457100 in Norfolk County; Tracts 502101 – 503102 and 506101 – 561200 in Plymouth County

**Frequency of data release:** In order to look at the regional data, results are in three-year estimates; results are available at the state level annually. Note: In 2015, a number of changes were made to the NSDUH questionnaire and data collection procedures. As a result of these changes, 2014-2016 and prior data are not comparable to more recent data for several measures.

**Ages available:** This data is available for ages 12-17 and 18-25 at the regional level.

## 1. Indicators and questions used for this study

Funding Area and Indicator	How was this information collected?
<p><b>Mental health</b></p> <p><b>Indicator:</b> Percent reporting at least one major depressive episode in the past year</p>	<p><b>Compilation of questions</b> asking about the following symptoms: (1) depressed mood most of the day; (2) markedly diminished interest or pleasure in all or almost all activities most of the day; (3) significant weight loss when not sick or dieting, or weight gain when not pregnant or growing, or decrease or increase in appetite; (4) insomnia or hypersomnia; (5) psychomotor agitation or retardation; (6) fatigue or loss of energy; (7) feelings of worthlessness; (8) diminished ability to think or concentrate or indecisiveness; and (9) recurrent thoughts of death or suicidal ideation. Respondents who have had at least 5 or more of these symptoms in their lifetime are asked if, during the past 12 months, they had a period experiencing these symptoms or two weeks or longer.</p>
<p><b>Substance use disorders</b></p> <p><b>Indicator:</b> Percent of young people perceiving harm from substance use</p>	<p><b>Survey question:</b> How much do people risk harming themselves physically and in other ways when they have five or more drinks of an alcoholic beverage once or twice a week?</p> <p>Response options for indicator: Great risk</p> <p><b>Survey question:</b> How much do people risk harming themselves physically and in other ways when they smoke marijuana once a month?</p> <p>Response options for indicator: Great risk</p>
<p><b>Substance use disorders</b></p> <p><b>Indicator:</b> Percent of young people with recent substance use</p>	<p><b>Survey question:</b> During the past 30 days, on how many days did you have [4 for women or 5 for men] or more drinks on the same occasion? By 'occasion,' we mean at the same time or within a couple of hours of each other.</p> <p>Response options for indicator: &gt;0</p> <p><b>Survey question:</b> During the past 30 days, on how many days did you use marijuana or hashish?</p> <p>Response options for indicator: &gt;0</p> <p><b>Survey question:</b> In the past 12 months, did you use [list of prescribed pain relievers] in any way a doctor did not direct you to use it? Now please think about whether you used any of these pain relievers in any way a doctor did not direct you to use them. When you answer these questions, please think only about your use of the drug in any way a doctor did not direct you to use it, including: Using it without a prescription of your own, using it in greater amounts, more often, or longer than you were told to take it, using it in any other way a doctor did not direct you to use it?</p> <p>Response options for indicator: Yes</p>
<p><b>Substance use disorders</b></p> <p><b>Indicator:</b> Percent of people needing, but not receiving treatment</p>	<p>Respondents were classified as needing substance use treatment if they met the criteria for an illicit drug or alcohol use disorder as defined in the 4th edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) or received treatment for illicit drug or alcohol use at a specialty facility. Respondents who are classified as needing treatment, but who did not receive treatment at a specialty facility, are included in this measure.</p>

## Data source: U.S. Census Bureau, Integrated Public Use Microdata Series of the U.S. Census Bureau American Community Survey

**Specific geography included:** Available for Barnstable, Dukes, and Nantucket counties since 2012. The data from 2011 is based on surrounding census tracts, rather than county boundaries, so they are approximate, but not exact.

**Frequency of data release:** To have a large enough sample to look at regional data, we used five-year estimates.

**Ages available:** This data is available for ages 18-25 at the regional level.

### 2. Indicators and questions used for this study

Funding Area and Indicator	How was this information collected?
<p><b>Intellectual disabilities</b></p> <p><b>Indicator:</b> The proportion of young adults with cognitive disabilities who report being employed/unemployed.</p>	<p><b>Survey question:</b> Because of a physical, mental, or emotional condition, does this person have serious difficulty concentrating, remembering, or making decisions?</p> <p>Response options for indicator: Yes</p> <p>COMBINED WITH</p> <p><b>Survey question:</b> a) Last week, did this person work for pay at a job OR b) Last week, did this person do ANY work for pay, even for as little as one hour?</p> <p>Response options for indicator: Yes</p>

## Data source: Tower Community Survey

**Specific geography included:** A random sample of Barnstable, Dukes, and Nantucket County residents.

**Frequency of data release:** Data is collected every other year beginning in 2017.

**Ages available:** This data is intended to represent views of all adults (age 18 and over) in the community.

### 3. Indicators and questions used for this study

Funding Area and Indicator	How was this information collected?
<p><b>Mental health</b></p> <p><b>Indicator:</b> Percent of people identifying that mental illness is treatable and acceptable in the community</p>	<p><b>Survey question:</b> Treatment can help people with mental illness lead normal lives.</p> <p>Response options for indicator: Strongly agree, agree</p> <hr/> <p><b>Survey question:</b> People are generally caring and sympathetic to people with mental illness.</p> <p>Response options for indicator: Strongly agree, agree</p>

### 3. Indicators and questions used for this study (continued)

Funding Area and Indicator	How was this information collected?
<p><b>Intellectual disabilities</b></p> <p><b>Indicator:</b> Percent of people identifying that communities treat those with intellectual disabilities fairly</p>	<p><b>Survey question:</b> People with intellectual disabilities are treated fairly in our community.</p> <p>Response options for indicator: Strongly agree, agree</p> <hr/> <p><b>Survey question:</b> In general, people with intellectual disabilities should receive equal education opportunities.</p> <p>Response options for indicator: Strongly agree, agree</p> <hr/> <p><b>Survey question:</b> In general, people with intellectual disabilities should receive equal employment opportunities.</p> <p>Response options for indicator: Strongly agree, agree</p>
<p><b>Learning disabilities</b></p> <p><b>Indicator:</b> Percent of people identifying that communities support students and employees with learning disabilities</p>	<p><b>Survey question:</b> Our community devotes enough resources to students with learning disabilities.</p> <p>Response options for indicator: Strongly agree, agree</p> <hr/> <p><b>Survey question:</b> Employers provide enough support or accommodation for employees with learning disabilities.</p> <p>Response options for indicator: Strongly agree, agree</p>

### Data source: MA Department of Public Health

**Specific geography included:** This data is from the Cape Cod Early Intervention Program.

**Frequency of data release:** Data is collected every school year.

**Ages available:** This data covers children under age three and their families.

### 4. Indicators and questions used for this study

Funding Area and Indicator	How was this information collected?
<p><b>Intellectual and Learning Disabilities</b></p> <p><b>Indicator:</b> Percent of the infant and toddler population from birth to three years old with an Early Intervention (EI) Individualized Family Service Plan (IFSP)</p>	<p>Infants and toddlers with an <i>IFSP</i> service plan who were active on October 1 of the year the data was pulled, based on data from the <i>Early Intervention Information System (EIIS)</i></p>

## Data source: Massachusetts Bureau of Substance Abuse Services' Treatment Admission Rates

Specific geography included: In Massachusetts, treatment data is available for by county starting in 2017. Prior to 2017, data were only available by state and specific cities and towns. Data for the following cities and towns are available for Barnstable, Dukes, and Nantucket counties: Barnstable, Bourne, Brewster, Brookline, Chatham, Chilmark, Dennis, Eastham, Edgartown, Falmouth, Gay Head, Harwich, Mashpee, Nantucket, Oak Bluffs, Orleans, Provincetown, Sandwich, Tisbury, Truro, Wellfleet, West Tisbury, and Yarmouth. Data for some cities and towns are suppressed due to low numbers.

**Frequency of data release:** This data is released one year at a time. There is a gap in data from 2014 to 2017, but data is expected to be available annually moving forward.

**Ages available:** This data is available for individuals under 18 and 18 through 25, which can be combined. Some age groups in some cities are suppressed due to low numbers.

### 5. Indicators and questions used for this study:

Funding Area and Indicator	How was this information collected?
<b>Substance use disorders</b> <b>Indicator:</b> Treatment admission rates	Count of those who were enrolled/admitted in treatment at Bureau of Substance Abuse Services (BSAS) Contracted/Licensed programs within the Massachusetts state fiscal year

## Data source: Tower Learning Disability Survey

**Specific geography included:** A convenience sample of Barnstable, Dukes, and Nantucket County residents.

**Frequency of data release:** Data is collected every other year beginning in 2018.

**Ages available:** This data is intended to represent views of all adults (age 18 and over) in the community with a child (through age 26) with a learning disability or youth (through age 26) with a learning disability.

### 6. Indicators and questions used for this study

Funding Area and Indicator	How was this information collected?
<b>Learning disabilities</b> <b>Indicator:</b> Percent of family members reporting that they have enough information about and supports for their child's learning disability	<b>Survey question:</b> I have enough information to understand [my child]'s learning disability. Response options for indicator: Strongly agree, agree
	<b>Survey question:</b> I am receiving all of the services and supports needed for [my child]. Response options for indicator: Strongly agree, agree
<b>Learning disabilities</b> <b>Indicator:</b> Percent of youth with learning disabilities reporting they understand how they best learn and have developed specific ways to help them succeed	<b>Survey question:</b> I understand how I best learn information and ideas. Response options for indicator: Strongly agree, agree
	<b>Survey question:</b> I have developed specific ways to help me succeed with my learning disabilities. Response options for indicator: Strongly agree, agree

## Data source: Tower Intellectual Disability Survey

**Specific geography included:** A convenience sample from Barnstable, Dukes, and Nantucket County residents.

**Frequency of data release:** Data is collected every other year beginning in 2018.

**Ages available:** This data is intended to represent views of all adults (age 18 and over) in the community with a child (through age 26) with an intellectual disability.

### 7. Indicators and questions used for this study

Funding Area and Indicator	How was this information collected?
<b>Intellectual disabilities</b>	<b>Survey question:</b> I have enough information to understand [my child]'s intellectual disability.
<b>Indicator:</b> Percent of family members reporting that they have enough information about and supports for their child's intellectual disability	Response options for indicator: Strongly agree, agree
	<b>Survey question:</b> I have received needed services and supports for [my child].
	Response options for indicator: Strongly agree, agree

