

## Spirituality Initiative: Consumer/Client Survey 2016

1. Are you a: (Please select all that apply.)

- Client or consumer
- Family member
- Client/consumer and family member

2. What is your age?

3. What is your gender?

4. What is your sexual orientation?

5. What is your ethnicity/race? (Please select all that apply).

- African American/Black
- White/European American
- Chinese
- Hispanic/Latino(a)
- Filipino
- Guamanian
- Hmong
- Japanese
- Korean
- Middle Eastern/Arab
- Native American/Alaska Native
- Native Hawaiian
- Other Asian Ethnicity
- Other Pacific Islander
- Samoan
- Tongan
- Vietnamese
- More than one race/ethnicity
- Other...Please Specify Below

Other (please specify)

6. What is your primary language?

- Chinese
- English
- Farsi
- French
- German
- Japanese
- Korean
- Russian
- Spanish
- Tagalog
- Tongan
- Vietnamese
- Other...Please Specify Below
- Other (please specify)

7. In which region do you receive services?

- Central County (San Mateo, Foster City, Belmont, Burlingame, Hillsborough)
- South County (San Carlos, Redwood City, Woodside, Atherton, West Menlo Park, Portola Valley)
- North County (Daly City, Pacifica, Colma, Brisbane, South San Francisco, San Bruno, Millbrae)
- East Palo Alto (East Palo Alto, East Menlo Park)
- Coastside (Half Moon Bay, Pescadero, La Honda)
- Other region within San Mateo Behavioral Health and Recovery Services. Please specify (Examples include: Therapeutic Day Schools, Youth Services Bureau, AOD treatment, Contract Agency, etc.)

8. Do you distinguish between spirituality and religion?

- Yes
- No
- Unsure

9. Do you identify with any of the following? (Please select all that apply).

- Agnostic
- Atheist
- Buddhism
- Christianity
- Earth based
- Hinduism
- Islam
- Judaism
- Native American
- Nothing
- Shamanism
- Spiritual but not religious
- Unitarian Universalist
- Other (please specify)

10. Spirituality is important to me.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

11. 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.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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

- Attending a prayer vigil
- Attending a spiritual support group
- Attending religious services
- Centering exercises
- Chanting
- Dancing
- Drumming
- Journal writing
- Making crafts
- Meditation
- Participating in ritual ceremonies
- Participating in spiritual community social events
- Participating in sweat lodge (temazcal)
- Participating in talking circles
- Prayer
- Reading sacred texts or spiritual self-help books
- Receiving healing/advice from a medicine man or woman
- Reconciliation (making amends, forgiveness, upholding cultural beliefs/tradition)
- Singing
- Spending time in nature
- Volunteering in the community
- Yoga
- 12 steps group
- Other (please specify)

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

- Case Manager
- Drug and Alcohol Counselor
- Family member
- Mental Health Counselor (MFT, LCSW, Psychologist)
- No one
- Peer (friend, colleague)
- Primary care provider/doctor
- Psychiatrist
- Religious/spiritual community
- Support group

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

- Agree
- Strongly agree
- Neither agree nor disagree
- Disagree
- Strongly disagree
- Spirituality has never been discussed with these providers.

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

- Yes
- No
- Unsure

16. Have you ever turned to a faith-based community or spiritual adviser (e.g., a minister, pastor, priest, rabbi, imam, shaman, elder, spiritual teacher, guru, spiritual healer, etc.) for mental health and/or substance abuse concerns?

- Yes
- No

17. Do you practice your spirituality in a group setting (e.g. church, temple, synagogue, mosque, sangha, meditation center, etc.)?

- Yes
- No
- Sometimes

18. If you answered "no" or "sometimes" above, would you like to practice your spirituality in a group setting?

- Yes
- No

19. My involvement with a spiritual community has been helpful in working on my... (Please select all that apply.)

- Recovery
- Mental Health
- Substance use
- Medical needs