



Executive Summary

In early 2026, the Teton Behavioral Health Alliance conducted community and provider behavioral health surveys to better understand behavioral health needs, access to care, and service gaps in Teton County, Wyoming. This Executive Summary highlights key findings from the 2026 surveys, examines changes since previous survey cycles, and identifies considerations for strengthening behavioral health and well-being across the community. The findings are intended to inform planning, guide future investments, and support collaborative efforts to ensure behavioral health services remain accessible, equitable, and responsive to evolving needs.

The 2026 survey findings point to progress across several key indicators. Compared to the 2024 survey, the 2026 findings show lower levels of loneliness, fewer adults reporting three or more poor mental health days in the past month, and reduced rates of excessive drinking among adults. Access to mental health care has also improved, with more providers accepting new clients and fewer people reporting unmet behavioral health needs.

Despite these positive trends, significant challenges remain. The cost of mental health care continues to be a significant barrier to access, while housing pressures and work-related stress affect overall well-being countywide. Latine residents and other underserved populations face persistent inequities in access to mental healthcare. Behavioral health providers also continue to report work-related stress, and gaps remain in crisis response, stabilization services, and intensive treatment options.

Together, the findings suggest that local efforts are producing measurable benefits. However, sustaining this progress will require ongoing collaboration among community members, providers, policymakers, and funders to ensure behavioral health gains reach all residents and are sustained over time.

Background

The Teton Behavioral Health Alliance, an initiative of the Community Foundation of Jackson Hole, works with cross-sector partners to strengthen mental health and substance use prevention, treatment, and crisis response for everyone who lives and/or works in Teton County.

The Alliance partnered with the Katz Amsterdam Foundation to conduct community and provider behavioral health surveys to better understand behavioral health needs, access to care, and service gaps in Teton County, Wyoming. Surveys were conducted in 2021, 2024, and 2026 to track changes over time and identify emerging trends.

Findings are drawn from the accompanying 2026 Community Behavioral Health Survey Report and 2026 Provider Behavioral Health Survey Report, prepared by PRC, a nationally recognized health care consulting firm. Together, these surveys provide insight into behavioral health needs, well-being, access to care, and provider capacity. The findings help identify where meaningful progress has occurred, how needs are evolving, which populations face barriers to care, and where future attention, investment, and collaboration may have the greatest impact.

Data Sources & Methodology

This summary draws on the 2026 Community Engagement & Behavioral Health Survey, completed by 1,294 adults who live and/or work in Teton County, and the 2026 Behavioral Health Provider Study, completed by 129 local behavioral health professionals. Survey responses were statistically weighted to reflect the county's demographic and geographic composition and included adults 18 and older; children and youth were not surveyed. Where comparable measures are available, results are compared with findings from the 2021 and 2024 survey cycles.

Key Findings

1. *Community well-being improved across multiple indicators.*

The 2026 survey results indicate improvement in well-being. In 2026 survey results compared to the 2024 survey results, loneliness among adults declined from 46.7% to 30.4%, while the percentage of adults reporting three or more poor mental health days in the past month fell from 69.0% to 50.1%. The percentage of adults who reported needing mental health services during the past year also decreased from 56.5% to 38.7% when comparing the 2026 survey results to the 2024 results.

Measures of trust and openness improved as well. In 2026, 87.7% of adults reported mostly or completely trusting people in their community, the highest level observed across all three survey cycles. The percentage of adults who believe it is easy for people to talk about mental health or emotional challenges increased from 43.1% in 2024 to 57.7% in 2026. These findings are encouraging in the context of ongoing local efforts in education, prevention, stigma reduction and connection are improving well-being.

Despite this progress, many residents continue to face everyday pressures. When asked about their greatest mental or emotional health challenge in 2026, 18.9% of adults identified housing costs or availability, and 10.8% identified work-related stress.

What this means: These findings reflect meaningful gains for a large portion of the population. Ongoing investment in prevention, connection, behavioral health awareness, and access to support can help maintain this momentum. At the same time, addressing housing challenges and work-related stress remains essential to improving overall well-being.

2. Access to care is improving, but affordability remains a major obstacle.

Access to mental health services improved substantially between 2024 and 2026. Among adults who needed mental health services, the percentage unable to obtain care declined by more than half, from 32.7% in 2024 to 15.0% in 2026. The percentage of providers accepting new clients also increased from 74.6% in 2024 to 83.2% in 2026.

More providers also offer reduced fees based on ability to pay: 71.4% reported offering a sliding scale to self-paying clients in 2026, compared with 61.7% in 2024. The percentage of providers accepting Medicare increased from 39.3% in 2024 to 47.5% in 2026.

Despite these gains, cost was a leading reason people were unable to get needed mental health services. Insurance coverage has shown little improvement across survey cycles, and 12% of adults ages 18 to 64 in the county remain uninsured. Low-income and Latine residents continue to experience higher rates of being uninsured and greater barriers to care. Other reported barriers include limited time, confidentiality concerns, inconvenient hours, and long waits for appointments.

Future investments should prioritize affordable behavioral health care, insurance navigation, subsidized services, and financial assistance, while reducing practical barriers to timely care. Expanding telehealth and flexible appointment options may help improve access for some residents.

3. Progress is uneven across our community.

Despite overall improvements, several groups continue to experience disproportionately high behavioral health challenges and barriers to care. The 2026 survey found that 39.2% of Latine adults experienced loneliness, compared with 30.4% among all respondents, and 59.6% of Latine adults reported three or more days of poor mental health in the past month,

compared with 50.1% overall. Among adults ages 18 to 64, 32.5% of Latine respondents were uninsured, compared with 12.0% overall and 8.6% of non-Hispanic White adults. Awareness of local mental health resources was lower among Latine adults (61.4%) than among all respondents (76.2%). In addition, 27.8% reported that their immigration status or experience had affected their ability to get behavioral health care. Additional qualitative findings from Voices JH reinforce these patterns, highlighting social isolation, housing insecurity, language barriers, and the need for culturally responsive services among multicultural residents.

LGBQ+/gender-diverse adults experienced substantially higher levels of behavioral health need than adults overall. Nearly half (49.7%) experienced loneliness, compared with 30.4% of adults overall. Among LGBQ+/gender-diverse adults, 75.6% reported three or more days of poor mental health in the past month, compared with 50.1% of adults overall. The percentage who reported needing mental health services in the past year was 77.6%, compared with 38.7% of adults overall.

Younger adults reported greater distress than older adults. Among adults ages 18 to 39, 64.9% reported three or more days of poor mental health in the past month, compared with 49.1% of adults ages 40 to 64 and 20.2% of adults age 65 and older.

What this means: Improving averages will not eliminate behavioral health disparities. Targeted outreach, culturally responsive services, services in the languages people speak, and partnerships with trusted organizations remain essential to advancing equitable outcomes.

4. Alcohol use indicators are improving but remain a significant concern.

Alcohol remains a significant part of the local culture. Nearly three-quarters (72%) of adults believe alcohol is important to social life. In addition, 67.3% report that their lives have been negatively affected by their own or someone else's substance use, compared with 46.8% nationally.

Because the survey includes detailed questions about alcohol use but does not assess the prevalence of other substances, these findings provide only a partial picture of substance use in the community.

At the same time, excessive drinking steadily declined from 43.6% in 2021 to 40.0% in 2024 and 33.5% in 2026. Although improving, the current rate remains substantially higher than

the Wyoming benchmark of 17.6% and continues to affect a large portion of the population, particularly younger adults and men.

What this means: Prevention efforts appear to be making progress, but sustained effort is needed to address social norms around alcohol use, expand recovery supports, and strengthen substance use prevention and treatment services.

5. Providers offer broad expertise but critical gaps in care remain

Teton County has a strong behavioral health provider-to-population ratio, high rates of providers accepting new clients, and expertise across many areas of care.

However, providers continue to identify inpatient mental health treatment, crisis response, stabilization and follow-up care, and intensive outpatient services as gaps for people in crisis. When asked which additional local support would make the greatest difference for clients, 33.3% of providers selected wraparound services: coordinated treatment and help with everyday needs, such as housing, transportation, and connecting to local resources.

The availability of culturally and linguistically responsive care remains limited. The percentage of mental health providers offering services in a language other than English declined from approximately 19% in 2021 to 13.2% in 2026. Provider well-being also remains a concern: more than one-quarter (27.0%) reported experiencing more than seven poor mental health days per month on the 2026 survey. Providers continue to report stress associated with limited resources for clients, the complexity of clients' needs, and crisis work.

What this means: Future planning should prioritize provider well-being and retention, strengthen crisis care, expand intensive treatment options, address cultural and language barriers to care, and improve care coordination and wraparound support.

Conclusion

The 2026 findings point to encouraging changes in behavioral health across Teton County. Compared with prior survey cycles, residents reported lower levels of loneliness, unmet service needs, excessive drinking, and poor mental health, while access to care improved in several key areas.

At the same time, persistent affordability barriers, workforce pressures, service gaps, and disparities affecting Latine residents, LGBTQ+/gender diverse residents, younger adults, and

low-income households continue to limit equitable outcomes. Future success will depend on expanding services and ensuring that care is affordable, culturally responsive, coordinated, and accessible to all residents.

Recommendations

1. **Improve access to affordable behavioral health care.** Expand financial assistance and low-cost treatment, help people understand and use their insurance, and encourage more providers to accept Medicaid and Medicare.
2. **Advance equitable access to behavioral care.** Expand care for Latine residents, LGBTQ+/gender diverse residents, people with low incomes, and others facing barriers to care. Ensure services also meet the distinct needs of children, teens, and young adults.
3. **Strengthen crisis care and ongoing support.** Address gaps in crisis stabilization, intensive outpatient treatment, and inpatient mental health care, with coordinated follow-up care.
4. **Sustain prevention and connection.** Continue behavioral health education, stigma reduction, substance use prevention, and opportunities for connection.
5. **Support provider capacity and well-being.** Invest in workforce development, recruitment, retention, and sustainable funding strategies, peer support, and care coordination.

Future progress requires equitable gains, financially sustainable services, and a continuum of care that meets current and future needs. Collaboration across sectors remains essential to making timely, affordable, and culturally responsive behavioral health care available to everyone who lives and/or works in Teton County, Wyoming.

The Teton Behavioral Health Alliance will host a town hall on Tuesday, November 10, from 5:30 p.m. to 6:45 p.m. at Hansen Hall. The purpose of the event is to share findings from the 2026 Community Behavioral Health Needs Survey and Provider Survey, discuss key recommendations, and provide updates on the Alliance's work to address identified needs. Community members, providers, cross-sector partners, funders, and others are invited to participate in person or online.

For questions about the surveys or the work of the Teton Behavioral Health Alliance, contact Kate Schelbe at Kschelbe@tetonbha.org.