

# Spirituality Report

<i>Item</i>	<i>Response</i>	<i>Count</i>	<i>N</i>	<i>%</i>	<i>Avg.</i>	<i>SD</i>	<i>Min</i>	<i>Max</i>
<b>1. Are you a (please check all that apply):</b>								
	Client / Consumer	342	482					
	Not reported	96	482					
	Family Member	37	482					
	Client / Consumer & Family Member	7	482					
<b>2. What is your age?</b>								
			479		39.75	14.1	10	89
<b>3. What is your gender?</b>								
	Male	267	482	55.39%				
	Female	196	482	40.66%				
	Not reported	18	482	3.73%				
	Transgender	1	482	0.21%				
<b>4. What is your ethnicity/race (please select all that apply)?*</b>								
	White or Caucasian	188	482	39.00%				
	Hmong	95	482	19.71%				
	Black / African American	62	482	12.86%				
	Multiple	61	482	12.66%				
	Filipino	21	482	4.36%				
	Tongan	12	482	2.49%				
	Not reported	8	482	1.66%				
	Other race	7	482	1.45%				
	American Indian / Alaska Native	6	482	1.24%				
	Other Pacific Islander	4	482	0.83%				
	Japanese	3	482	0.62%				
	Guamanian	3	482	0.62%				
	Chinese	3	482	0.62%				
	Samoan	3	482	0.62%				
	Native Hawaiian	2	482	0.41%				
	Korean	2	482	0.41%				
	Vietnamese	1	482	0.21%				
	Other Asian	1	482	0.21%				
<b>5. In which region do you receive services?*</b>								
	San Mateo (Central County)	186	482	38.59%				
	Redwood City (South County)	123	482	25.52%				
	Daly City (North County)	79	482	16.39%				
	East Palo Alto	59	482	12.24%				
	Other region	43	482	8.92%				
	Half Moon Bay (Coastside)	14	482	2.90%				
	Not reported	12	482	2.49%				
<b>6. The following spiritual practices have been helpful in my wellness and recovery (check all that apply)*:</b>								
	Prayer	279	482	57.88%				
	12 step groups	235	482	48.76%				
	Meditation	199	482	41.29%				
	Spending time in nature	191	482	39.63%				

\*Percentages do not sum to 100% because multiple responses were permitted.

<i>Item</i>	<i>Response</i>	<i>Count</i>	<i>N</i>	<i>%</i>	<i>Avg.</i>	<i>SD</i>	<i>Min</i>	<i>Max</i>
	Journal writing	182	482	37.76%				
	Attending religious services	151	482	31.33%				
Reconciliation (making amends, forgiveness, upholding cultural traditions/beliefs)		145	482	30.08%				
	Reading sacred texts or spiritual self-help books	136	482	28.22%				
	Participating in talking circles	123	482	25.52%				
	Volunteering in the community	117	482	24.27%				
	Singing	106	482	21.99%				
	Dancing	105	482	21.78%				
	Making crafts	93	482	19.29%				
	Attending a spirituality support group	91	482	18.88%				
	Centering exercise	88	482	18.26%				
	Participating in spiritual community social events	84	482	17.43%				
	Other practices	84	482	17.43%				
	Yoga	71	482	14.73%				
Receiving healing/advice from a medicine man or woman		40	482	8.30%				
	Attending a prayer vigil	31	482	6.43%				
	Drumming	28	482	5.81%				
	Participating in ritual ceremonies	24	482	4.98%				
	Chanting	23	482	4.77%				
	Not reported	19	482	3.94%				
	Participating in sweat lodge (temazcal)	14	482	2.90%				

**7. Do you distinguish a difference between Religion and Spirituality?**

Yes	250	482	51.87%
No	123	482	25.52%
Unsure	94	482	19.50%
Not reported	15	482	3.11%

**8. Do you identify with any of the following (please check all that apply)\*:**

Christianity	281	482	58.30%
Spiritual but not religious	92	482	19.09%
Other (see appendix)	61	482	12.66%
Buddhism	43	482	8.92%
Not reported	32	482	6.64%
Earth based (see appendix)	28	482	5.81%
Native American	26	482	5.39%
Agnostic	24	482	4.98%
Nothing	24	482	4.98%
Atheist	14	482	2.90%
Islam	13	482	2.70%
Judaism	13	482	2.70%
Shamanism	9	482	1.87%
Hinduism	8	482	1.66%
Unitarian Universalist	6	482	1.24%

**9. Spirituality is important to me.**

Strongly agree	250	482	51.87%
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<i>Item</i>	<i>Response</i>	<i>Count</i>	<i>N</i>	<i>%</i>	<i>Avg.</i>	<i>SD</i>	<i>Min</i>	<i>Max</i>
	Agree	147	482	30.50%				
	Neither agree or disagree	59	482	12.24%				
	Disagree	12	482	2.49%				
	Strongly disagree	8	482	1.66%				
	Not reported	6	482	1.24%				
<b>10. Spirituality is an important aspect of wellness and recovery for me and it should be incorporated in my mental health and/or substance abuse care.</b>								
	Strongly agree	218	482	45.23%				
	Agree	145	482	30.08%				
	Neither agree or disagree	80	482	16.60%				
	Disagree	15	482	3.11%				
	Not reported	14	482	2.90%				
	Strongly disagree	10	482	2.07%				
<b>11. Do you discuss spirituality with your (please check all that apply)*:</b>								
	Family member	252	482	52.28%				
	Peer (Friend, Colleague)	240	482	49.79%				
	SupportGroup	162	482	33.61%				
	Drug and Alcohol Counselor	133	482	27.59%				
	Mental Health Counselor (LCSW, MFT)	94	482	19.50%				
	Case Manager	79	482	16.39%				
	Psychiatrist	66	482	13.69%				
	Spirituality is not discussed with any of these	63	482	13.07%				
	Primary Care Provider	52	482	10.79%				
	Not reported	28	482	5.81%				
<b>12. My mental health care and/or substance abuse providers have demonstrated respect for my spiritual beliefs.</b>								
	Agree	173	482	35.89%				
	Strongly agree	160	482	33.20%				
	Neither agree or disagree	74	482	15.35%				
	Spirituality has never been discussed with either of these providers	39	482	8.09%				
	Not reported	19	482	3.94%				
	Disagree	10	482	2.07%				
	Strongly disagree	7	482	1.45%				
<b>13. I would utilize spirituality as a wellness and recovery resource if offered by San Mateo County Behavioral Health and Recovery Services.</b>								
	Yes	299	482	62.03%				
	Unsure	115	482	23.86%				
	No	56	482	11.62%				
	Not reported	12	482	2.49%				
<b>14. Have you ever turned to a faith-based community or spiritual advisor (e.g., a minister, pastor, priest, rabbi, imam, shaman, elder, spiritual teacher, guru, spiritual healer, etc.) for mental health and/or substance abuse concerns?</b>								
	No	234	482	48.55%				

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<i>Item</i>	<i>Response</i>	<i>Count</i>	<i>N</i>	<i>%</i>	<i>Avg.</i>	<i>SD</i>	<i>Min</i>	<i>Max</i>
	Yes	232	482	48.13%				
	Not reported	16	482	3.32%				
<b>15a. Do you practice your spirituality in a group setting (e.g. church, temple, synagogue, mosque, sangha, meditation center, etc.)?</b>								
	Yes	247	482	51.24%				
	No	218	482	45.23%				
	Not reported	17	482	3.53%				
<b>15b. If no, would you like to practice your spirituality in a group setting?</b>								
	No response	262	482	54.36%				
	No	117	482	24.27%				
	Yes	103	482	21.37%				
<b>16. My involvement with a spiritual community has been helpful in working on my... (please select all that apply)*</b>								
	Recovery	263	482	54.56%				
	Mental health	240	482	49.79%				
	Substance use	163	482	33.82%				
	Medical needs	86	482	17.84%				
	No response	72	482	14.94%				

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## Appendix

<i>Item</i>	<i>Response</i>	<i>Count</i>
<b>4. Other race / ethnicity:</b>		
	Puerto Rican	3
	Italian	2
	Egyptian	1
	Turkish of Kurdish	1
	Sicilian Spanish	1
	Portuguese	1
	Palestinian	1
	Cherokee Indian	1
	Irish German Welch	1
	Hawaiian Tahitian	1
	German	1
	Eurasian	1
	Middle Eastern	1
<b>5. Other region where services are received:</b>		
	Pacifica	9
	San Francisco	6
	South San Francisco	4
	San Bruno	3
	San Carlos	3
	Caminar	2
	Kaiser	2
	none	2
	California	1
	Hicanegia	1
	Husband	1
	Menlo Park	1
	Mt. View	1
	Palo Alto	1
	Palo Alto (Santa Clara)	1
	Santa Clara	1
	Castro Valley	1

**Item    Response**

**6. Other spiritual practices that have been helpful in my wellness and recovery:**

- Catholic.
- Self appreciation - parades - hot airballoon watching.
- Walking alone time.
- cleaning - playing w/ my baby.
- Long walks.
- Working out, sports.
- Exercises: Lift Weights.
- Walking.
- Sex, bowling.
- Working.
- talking.
- Therapy sessions w/ Molly.
- Going to the gym.
- Sharing with family and friends about how I feel and whats going on.
- Honesty.
- art work.
- Nothing its not my thing.
- Standing in front of a wall for 3 hrs.
- Being Active, sports.
- AA/NA meetings.
- Sauna hot tub + jacuzzi Spiritual laying of hands.
- Hypnosis, The Sedona Method Audio Program, Metaphysics.
- therapy & meds.
- Fucos on looking for a job.
- Pet therapy.
- Meeting with a medical doctor.
- Maintenance assistant at MHRC.
- Being at home with my children.
- Saying af Koass or prayers...Christian Catholic meditation w/ rosary.
- Walking.
- Art and creative writing.
- Exercise.
- Family meetings, aromatherapy.
- Tai Chi.
- Walking, feeding birds, growing veggies.
- Alone time.
- Plain piano.
- I don't believe in this.
- Drawing animals.
- Going to PRRC, PTSD, swimming.
- Having my family and mother coming to see me every Thur & Sun.
- Christian Vineyard Church San Carlos.
- Beads rosary.
- Creative writing, communing with nature, energy work.
- Going to school.
- Sharing therapy.
- Positive Self Help "IFA" "Panatheisn".

**Item Response**

- SEEING my Christian therapist / SEEING a Healing Evangelist.
- Socialize with former friends.
- Visits from minister to home.
- Going to work Vocational Job Services Belmonte - San Carlos - Studio Apartment.
- Type casting.
- Working.
- Attending church.
- Reading/Music.
- Good witch craft.
- This is not a practical question.
- reflection.
- Dule Recovery Anonamous.
- Writing out the 12 steps and 12 patrons.
- Listening to meditation tapes.
- 12 Step Men's Support Group.
- Doctor.
- Martial arts.
- Changing the vicious cicle.
- Fishing / Video games.
- Catholic.
- Metel sculpting and painting.
- Gym, mountain biking, EC activities.
- Breathing exercises / Therapy / Counseling.
- exercises/sports/weight lifting.
- Fishing.
- Physical fitness.
- Weight-lifting, working out, biking.
- Support from family.
- drawing, writing, collage, creative movement.
- Sports + slef awareness Domestic Harmony groups.

**7. Do you distinguish a difference between Religion and Spirituality?**

- I find religion unhealthy as for spirit I don't know.
- Religion. A belief based on religious texts, spirituality. Spirituality: A reflection of one's self (spirit).
- Religion - regular worship. Spiritual - a state of mind- something to carry "in heart".
- Both the same thing somewhat.
- They are the same.
- Of course. I need not explain.
- Spirituality is all encompassing.
- Religion generally involves organized meetings activities + precepts. Spirituality is more general + wide-ranging in beliefs + practices.
- Spirituality is more generalized, religion is more structured and human influenced.
- Because their both based of hope, and faith. One's just more organized and only one's simple.
- Spirituality, I think, is more general.
- Spirituality is more personal because it is not a set standard or format to follow.
- Not sure.
- Religion is sepratism and spirituality is with yourself.
- Believe in God but avoid organized Religion.
- Religion is man mad for contral and Sp. is something true.

**Item Response**

- Spirituality is me and my higher power. Religion is believing in a common belief.
- Religion is man made spirituality is what I believe in.
- I prefer spirituality.
- Can't explain don't understand/ or unsure of the difference.
- Spirituality is individual and Religion is more of a group.
- My heart bleeds for what this question means about you.
- I am spiritual not religious.
- Religion is type spirituality that you believe in.
- Religion is more structured - Spirituality is more eclectic.
- Religion is faith. Spirituality.
- Spirituality is within self.
- Religion is believe in one God Spirituality is from within.
- Spirituality includes religion.
- Spirituality is nature of feelings, religion is spiritual beliefs.
- Organized Religions are charted; the spirit is simply given.
- You protect what you believe in.
- religion is more polarized, spirituality is more organic.
- Religion is following rules, spirituality is know God.
- Religion is belief, attending to Spirituality: is god work, to make you belief.
- Spiritual but not religious.
- Religion is one certain belief. Spiritually is non-denominational beliefs.
- You can be spiritual w/o practicing religion.
- Religion deals with different belief systems, but all people are spiritual.
- Both are the same to me.
- Spiritual is not organized.
- Religion is more structured.
- Medicine sedative.
- religion is part of a group, spirituality is within oneself.
- I believe in the lord. Do I think I'm religious no.
- religion is an institution.
- Man mad religion / spirituality is freedom.
- God or Jesus is religion. Higher power is spirital.
- Religions by the book and spiritual is own understanding.
- Religion to me is man made/ spirituality is complete liberation.
- Religion tells you rules & have to do exactly & spiritual is a way of life.
- I'd rather not.
- because Religion Spirituality you have spirituality in religion.
- Religion is structured & spirituality is what I beleive in.
- Spiritual is a 1 on 1 relationship with god, religion is human interpretation.
- I'm unsure.
- Spirituality is the act of Religion.
- Both are a belief system designed to help heal.
- You can be religion without being spiritual and vice versa.
- Religion is different from Spirituality because they are expressed in various occations.
- Religion is believing in a group. Spiritual is your own beleifs.
- Religion is the education spirituality is what you feel naturally.
- Not sure what is meant.
- dont know.
- I don't believe in a dude in the sky.

**Item Response**

- Religion is a defined set of rules and expectations.
- Religion is organized, spirituality is not.
- Seem to be the same.
- Spirituality is a set of values & morals. Religion is something you blindly believe in.
- Religion is God spirituality is faith.
- I am spiritual but not religius (organized, formal, structured).
- It is what it is.
- Spirituality is personal (God & I) Religion is seperatizm & man made.
- I am spiritual not religist.
- To me, they both acknowledge God as Higher Power.
- Spiritual to me means my life spirit.
- A power greater than myself doesn't mean God.
- Religion is organized spirituality is having faith & peace within.
- Spirituality is my religion.
- Religion is church Ect. Spirituality is doing the next right thing.
- Yes, religion is more formality and community.
- Im still wondering the difference (exactly).
- Practing to stay centered all resentments/fear/anxiety behind + take one day at a time.
- Spiritual is me Religion is what I practice.
- Spirituality is personal compared to religion which is organized.
- Religion is two fold-Spirituality is self with another group.
- Spirituality begins from the desire to be open to ones own self.
- To me Religion and Spirituality are the same because every religion has its own spirit.
- I think their the same.
- Religion is based on... Still need to read the Holy Bible.
- Religion is rote + none personel - spirituality is a liberated connection with love.
- Spirituality is no one religion.
- same.
- I think that spirituality is better managed through religion.
- Spirituality does not need to be organized.
- Religion comes from without, spirituality comes from within.
- Religion is organized belief.
- I practice my religion & like my spirituality.
- Religion is dogmatic and exclusionary.
- Religion is knowing - spirituality is practicing or partisapating.
- You can be spiritual without religion.
- Religion is what is taught and Spirituality is what you believe.
- Spiritual comes in dreams.
- A religion can be organized - church; Spirituality can be beliefs.
- Feel that they go hand in hand.
- Believe some of the bible, not all.
- Religion is a group or label Spirituality is more individualized.
- Religion is man Spirituality in the heart.
- I am with Reach \ Caminar San Mateo County \ MHA \ Belmote Aparmet Housing too.
- Religion is a Religion and Spirituality is praying and getting into the word.
- Religion is mans opinion of scriptures - too many of them.
- religion: your religion, spirituality: higher power.
- Religion is the belief and spirituality is prayer.
- No special God.

**Item Response**

- Religion is a belief an spirituality is spirit.
- Spirituality can be in religion though religion seems to be more ceremonial.
- P living the life being a dower of Gods word.
- Spirituality has nothing to do with religion.
- Spirituality is a relationship with father/son/Holy spirit.
- Religion is organzied.
- Religion is faith based and spirituality is being in touch with nature, higher power, and being in sync w/ one self.
- Religion is different denominations or beliefs but all people are spiritual.
- You don't have to believe in God to be Spirituality.
- I'm not either.
- I think you spirit & beliefs are your religion.
- Religion is your higher power, spirtuality is your beliefs.
- spirit is within + without-universe-nature.
- Being spiritual is a feeling of being connected w/ something.
- Spirituality is an inside job.
- pirtuality is personal.
- They're two separate things. One can be religious + not spiritual + vice versa.
- Spirituality is a sense of who you are religion what you believe in.
- Religion is organized but spirituality is about self.
- Religion is a organazashion Spirituality is water for all.
- I don't have a religion.
- Religion is specific & detailed / Spirituality is my connection to God and how I feel inside.
- Religion is Catholic & Spirituality is inner peace.
- Religion is the.../ Spirituality is the divine spark that is in everything!.
- Organized religion has rules, traditions. Spirituality is one's own relationship w/ HP.
- I'm not religious but I do believe in a higher power.
- Spirituality is from within and religion is a belief in principles.
- Religion in what you follow spirit you live/love.
- Religion is for people who fear hell Spirituality is for those who have been through hell and don't want to go back.
- Religion = hell Spirituality = free.
- Religion is a belief system based on doctrine, tenets + sacred text. Spirituality can be anything a person wants to be, not necessarily passed down traditions.
- Ones about Faith and the other is about belife.
- Religion is dedication to spiritual organization/ the latter is believing and practicing.
- Religion is organized & Spirituality is natural order.
- Religion equals organized Spiritual equals personal.
- One a belief.
- Spirituality is beliefs from within that someone applies from what is told to them by a religion.
- Religion is God based.
- Spirituality - in touch w/ God - Jesus.
- Spirituality is what I believe heals me.
- Spirituality is doing what is right.
- Religion to me can be legalistic spirituality experiencing a connection with God.
- Religion is organized.
- Hard to explain.
- I am okay with either.
- Meet at home rather than churches.

***Item    Response***

- a category of it.
- Spirituality is having a personal relationship with God.
- Organized religion is a social tool disguised to control and manipulate large numbers of people.
- Spirituality is the power of the religious machine.
- Like the wholeness of spirituality- Dis like the dogma of establishing religions.
- I just don't see any differences.
- It came and went.
- Spirituality doesn't require religion, you can be spiritual but not attached to a religion.
- I don't know.
- Catholic Narcotics Anonymous.
- It's all the same.
- Religion is when a person goes to a place for worship and listens to the clergy person. Spirituality is when a person believes he or she is more than just physical.
- religion is a set of rules, man made rituals, Christianity directs you to Jesus only for answers.
- Spirituality is for those who have already been to hell.
- Religion is institutionalized and political.
- Religion is church Spirituality is with in.
- Religion is organized Spirituality is Higher Power.
- You can have both, one or neither. You do not have to believe in God to be spiritual and/or have faith. Driving all around U.S.

<i>Item</i>	<i>Response</i>	<i>Count</i>
<b>8a. Other Earth-Based religion that I identify with:</b>		
	Catholic	2
	Nature	2
	Beach, Sun, Nature	1
	Paganism	1
	Baptist	1
	Christianity	1
	Everything around us.	1
	Native American	1
	Pagan	1
	Wicca, peace	1
	Alf	1
	Life, True Love my God forever!!!	1
<b>8b. Other religion that I identify with:</b>		
	Catholic	22
	None	3
	Morman	2
	Astrology	1
	I'm Spiritual and religious	1
	Baptist	1
	Alcohol	1
	Ecumenieal	1
	Free spirit	1
	God	1
	Honest	1
	Greek Orthodox	1
	Pagan, Santana, voodoo	1
	Unity	1
	Its all B.S.	1
	Just a higher power.	1
	Luthren	1
	Methodist	1
	My own religion	1
	myself	1
	I'm Catholic : )	1
	Ogamisama	1
	IFA	1
	They're all good.	1
	Penocostal	1
	personal	1
	Power from the sun	1
	Protestant	1
	Scientology	1
	Studies of philosophy	1
	Tao	1
	Pagan	1
	open to all	1

**Item    Response**

**17. Please list any resources related to spirituality and spiritual practice you would like us to know about:**

- www.graceforKathleen.faithwev.com.
- God.
- None.
- The True living God that lives in Men.
- Dont no off hand but I need more info.
- Playing my guitar - (Meditation).
- on books and tapes.
- My sister's church.
- Church.
- A/A & N/A.
- None at this time.
- Not at this time.
- LGBT meetings.
- GOD.
- God and Jesus Christ my savior.
- A.A. meetings + working steps / and working with Spencer.
- yoga.
- Celebrate recovery movement / RRK Warrens purpose driven churches. Purpose driven book.
- God is good I have been delivered from drugs and my faith will keep me clean.
- Youth groups.
- zazen meditation.
- I do go to church.
- DRA 12 step A/A 12 step N/A 12 step any belief system better than not at all.
- Bible.
- None.
- A friend of my son has made extraordinary recovery due to MH dept ACT + his participation in a religious community.  
The church members have assisted him.
- Scripture from old and new testament. Gospel songs taht are helpful to sustain.
- Scripture reading. Bible study group. Sermons.
- -Fresh air.
- Yes.
- In God we trust.
- nothing.
- The teachings of Ogamisama.
- There are several workbooks related to eg anxiety disorders that refer to incorporating one's spiritual (+for religions) beliefs + practices into healing + recovery and personal development activities.
- Spiritual Healing thru the Christian Church - I plan to lead a group in my home for mental health women only who want prayer.
- None.
- None.
- Alcoholics anonymous.
- Reading Daily Bread and computer. Daily Devotional and Bible Study.
- Son of the American Legion (I participate in Memorial Day activities with my camera).
- Everything it contains.
- Classes for free.
- Learning more about the bible. Having a bible class.
- Bible Study.

**Item**      **Response**

- My old AA sponser.
- AA. Church.
- I'm Catholic : ).
- They're all good.
- Sedomia.
- In my recovery effort spirituality has given me a piece of mind.
- religious radio internet.
- Church. Family.
- Free excise.
- Library.
- Church.
- King James Holy Bible.
- Noon.
- None.
- I worked for + volunteer at St Vincent De Paul.
- Lutheran Church in Burlingame.
- Exercising body + mind.
- el grupo de meditacion de Est Palo Alto ca.
- thank you for ofering "Mass" availability on Wednesday.
- I want to go swimming.
- Play piano.
- Question- where's the English KORAN? Bill & John's group at Cordilleras. Sound & Movement & CMHRC.
- I feel this is a private matter. I believe in the separation of church and state. It's the law. I feel these types of survey's only will increase stigma against the mentally ill. This is a subjective survey not a practical one.
- Books: the secret.
- I'm not a perfect person in church or attending but I enjoy it & its been helping me threw life.
- I truly believe that one has to be ready to embark on such an important journey.
- I got baptized in 2001 and went to church every Sunday and bible study every Weds at church of all nations christian.
- None.
- Central Peninsula Church.
- The message and meaning of the words of Christ.
- Deep breathing exercises.
- Catholic.
- Biblical doctrines & Principals are the most effective resources for mans mental physical.
- I think as this is all in on God hand!.
- don't do spirituality.
- Nature walks.
- Going to Gospel concerts Singing in some Gospel events I love Gospel music. Also.
- Support groups: Barbara Mouton Center. Community Outreach Groups.
- Support Group - men + women. Community Support group.
- God is forgiving and is Love through his Song Jesus Christ.
- It is important. I can best go on.
- my church. No.
- don't want to answer anymore questions.
- Meditacion en the Mouton Center.
- Wayne Dyer.
- Everything that involves wellness applies to me.
- Yoga / Tai Chi.

***Item***      ***Response***

- Sidda Yoga Emeryville - Glide Church S.F.
- Books by Thomas Moore such as Care of the Soul and Dark Nights of the Sould are my go-to resources!
- South County did a Guided Meditation group some years ago. It was poeery attended but it was for me very therapeutic.
- All problems have a spiritual solution.
- Bread of Life Evangelistic Outreach and WRAP.
- Sunday morning masses.
- Lesbian.
- None but to have more info on churches that have a AOD group.