

SOCIAL RECOVERY TASK FORCE SURVEY

In an effort to understand the important impact the COVID-19 pandemic has had on residents, The Town of Cochrane's Social Recovery Task Force conducted two surveys. The first survey was open from June 12 to 29, 2020, and had 552 respondents.

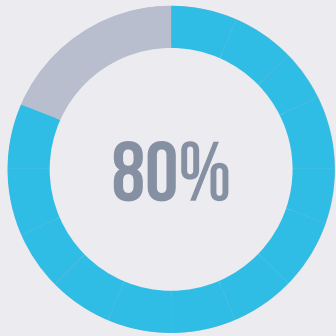
The second survey was open from November 12 to December 17, 2020, and had 340 respondents.

Here we are presenting highlights from the December survey and illustrating the shift in responses for key areas.

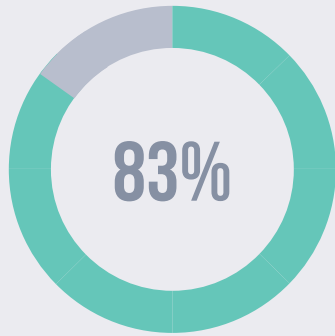
Thank you to everyone who took the time to participate in our surveys. These results will identify service gaps and emerging needs, help the Town advocate for funding, programs and opportunities to support the health and wellness of Cochrane residents.

Full survey results can be found online at LetsTalkCochrane.ca/SRTF

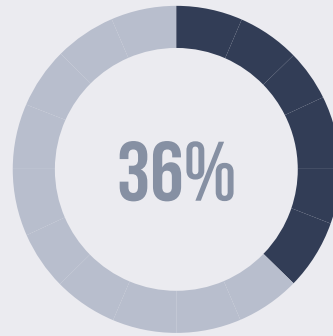
How concerned are you about the following?



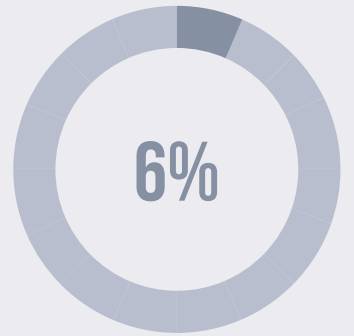
Concerned about their mental health and personal well-being



Concerned about the level of stress in their life

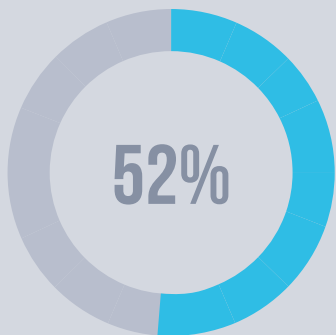


Concerned about increased disagreements and conflict in their home

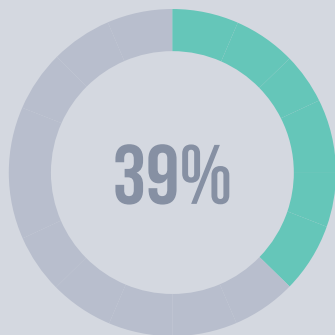


Concerned about violence in their home

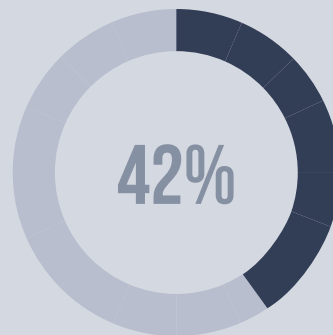
Have you experienced any of the following?



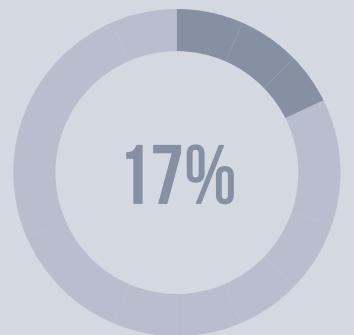
Feel helpless about the situation



Have lost interest and pleasure in their daily activities



Have moments of great anxiety



Have increased use of alcohol and/or drugs

7%

Overall rate of concern has increased by 7% between June and December

3%

Concern about household violence has increased by 3% between June and December

9%

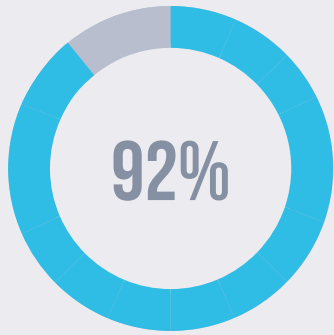
Feeling helpless about the situation increased by 9% between June and December

8%

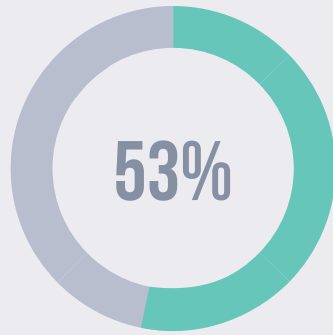
Feelings of great anxiety have increased by 8% between June and December

Mental Health and Personal Well-being

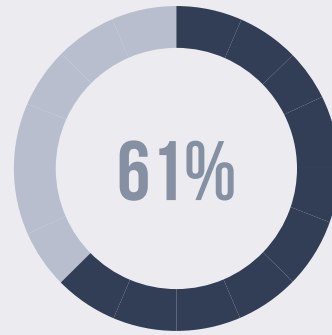
What has impacted your state of mind?



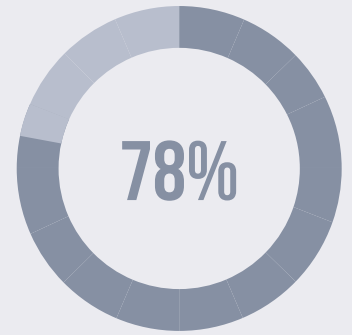
News appearing in the media



My financial situation

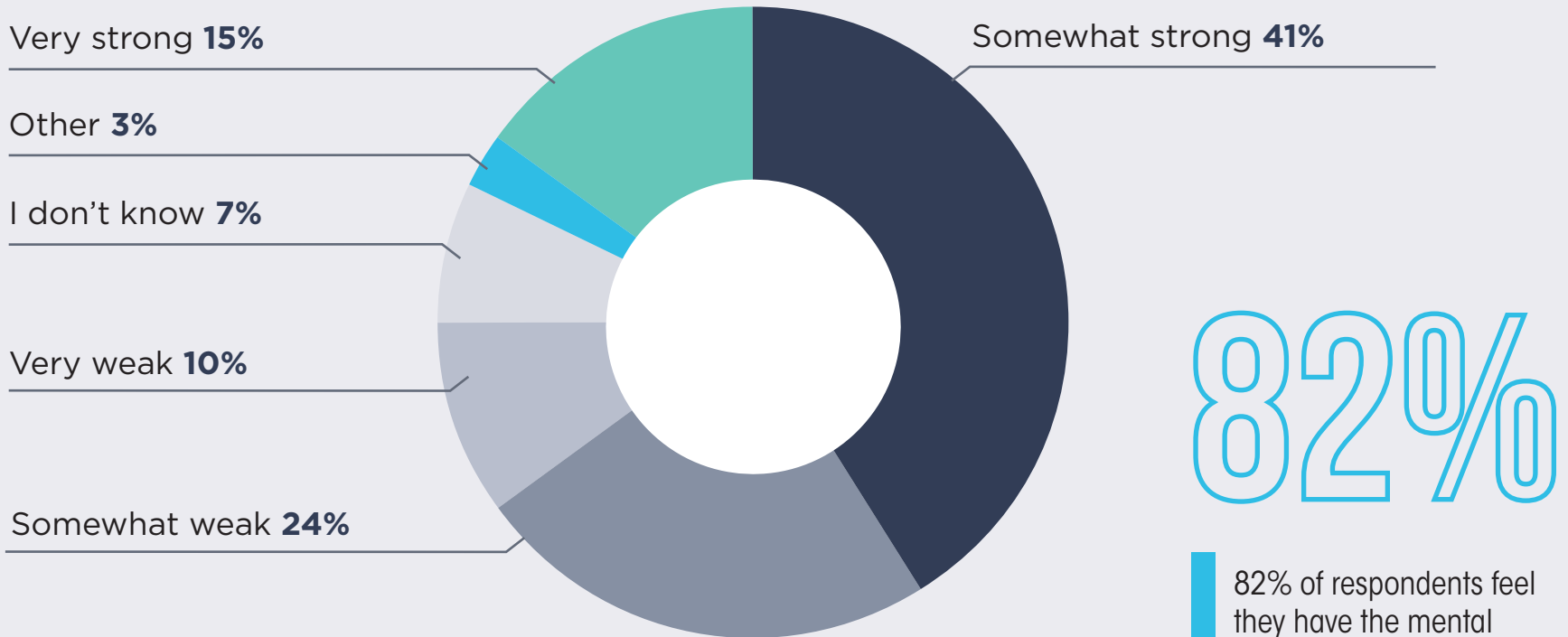


Concerns about personal safety



Guidelines or instructions from the authorities

How would you describe your sense of belonging to your local community?



From June 2020 people are feeling different about the future of Cochrane's social well-being:



3% Increase in feeling angry



11% Increase in feeling sad



10% Decrease in feeling happy



4% Decrease in feeling excited

Financial impacts and Job Security

11%

Concern about possible job loss has increased by 11% between June and December

6%

From June 2020, 6% of respondents find it more difficult to meet financial needs

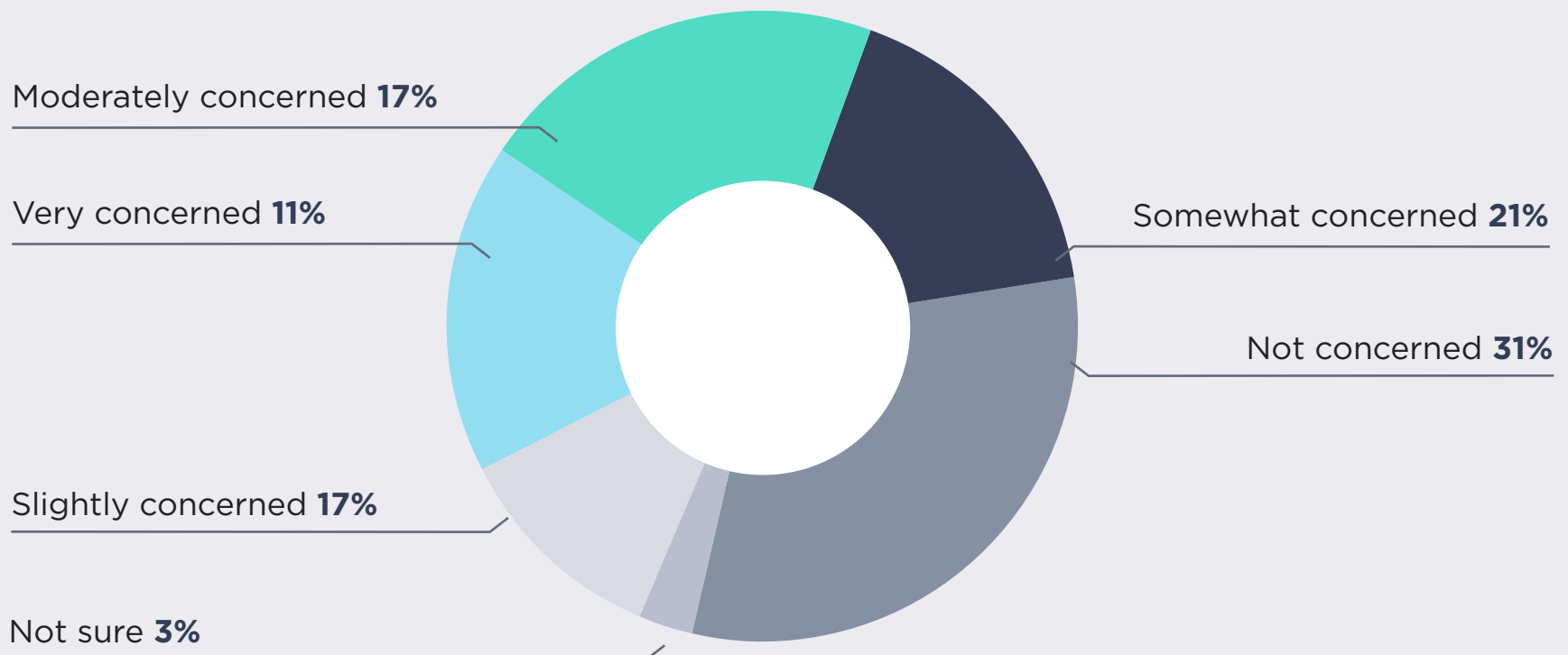
46%

46% of respondents have applied for financial relief services

4%

4% of respondents report that it is likely or very likely they will run out of food

Thinking ahead, what is your financial outlook?



66%

66% of respondents are concerned about financial stability

40%

40% of respondents worry their financial situation will worsen

7%

7% of respondents will need to move within the next 6 months due to finances

26%

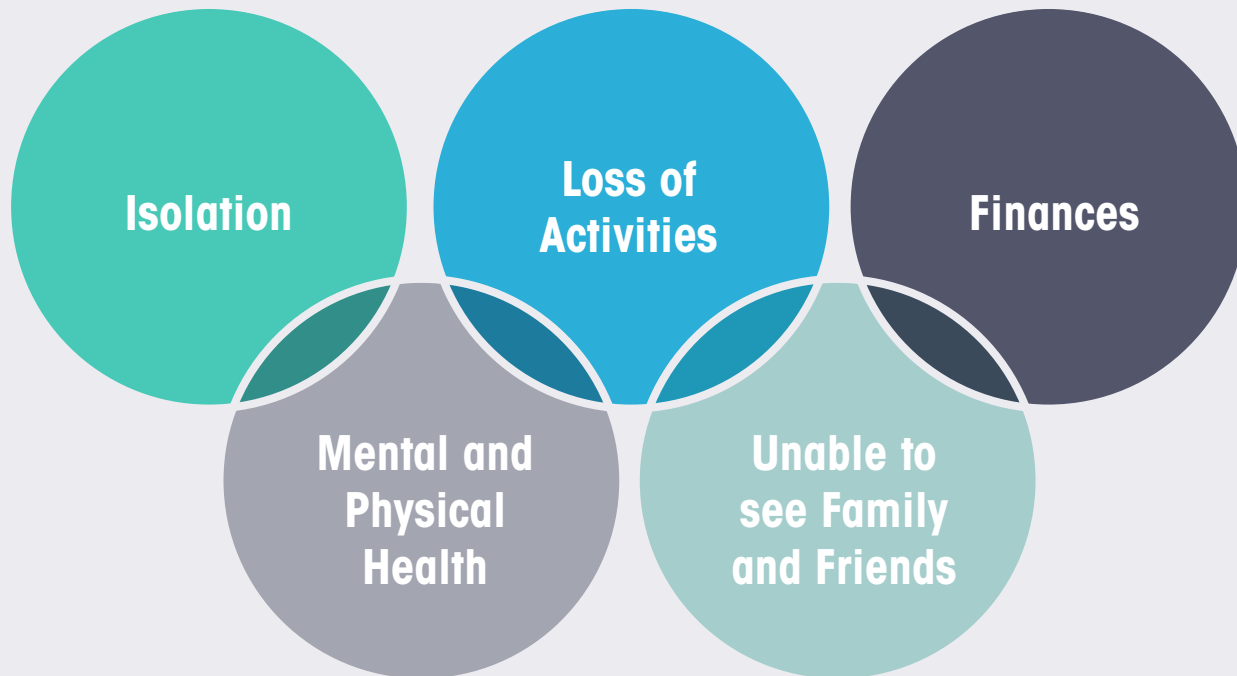
26% of respondents report someone in the household has lost their job

Feedback and Themes

What has changed for the BETTER for you?



What has changed for the WORSE for you?



The Social Recovery Task Force is using the data collected from the surveys to launch a mental health promotion strategy. Watch for details on [Cochrane.ca/SRTF](https://www.cochrane.ca/SRTF)

Themes



NEED HELP?

SOCIAL SUPPORT AGENCIES
IN COCHRANE AND AREA ARE
HERE FOR YOU



FOOD:

Cochrane Activettes Food Bank	403-851-2250
Iyahrhe Nakoda Food Bank	403-881-2766
Veterans Food Bank (food and other resources)	403-975-9676

SUPPORT LINES:

Cochrane Family and Community Support Service (FCSS)	403-851-2250
Cochrane & Area Victim Services	403-851-8055
Cochrane Family Resource Network	403-851-2265
Distress Centre Crisis Support (24hr)	403-266-4357
Hope for Wellness Help Line	
Indigenous Crisis Support (24hr)	1-855-242-3310
Helping Hands	587-580-9448
Kids Help Phone (24hr)	1-800-668-6868
Access Mental Health - Alberta Health Services	1-844-943-1500
Big Hill Haven – Domestic Violence Support	403-796-6564
Boys and Girls Club of Cochrane and Area Youth Support - Ages 12-22	403-618-3149
Turning Point Stoney Health Services	403-881-2877
Stoney Tribal Security	403-881-2791
RCMP Non-Emergency	403-932-2211

FINANCIAL SUPPORT:

Government of Canada Income Support	1-833-966-2099
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**WE CARE ABOUT YOU!
WE HAVE AN APP THAT CAN HELP!**



COCHRANE & AREA RESOURCES & ESSENTIAL SERVICES (CARES)

Connect with services and resources, get assistance and find ways to have fun.

Download the app or visit cares.glideapp.io

