



New Canaan Asks Residents to Make their Voices Heard in the Community Health & Well-Being Survey

Two years after nearly 1,500 residents set the baseline, the New Canaan Behavioral Health Alliance returns this October to measure what has changed

New Canaan, CT (September 29, 2026)—The [New Canaan Behavioral Health Alliance](#) (NCBHA), a coalition of more than 45 local organizations, is asking every resident aged 18 and older to take the Community Health & Well-Being Survey again this October. The first survey, fielded in October 2024, collected 1,490 responses, roughly 10.5 percent of New Canaan adults. That process gave the town its baseline. This one will show us what has moved.

What the first survey found

Among the survey's [broader findings](#), several notable findings from 2024:

- 47 percent of residents were unsure or unaware of where to seek help if they or another adult in their home were struggling with a mental health issue. For substance use, 55 percent said the same.
- One in three parents did not know or were unsure where to get help if their child was struggling with a mental health issue. For substance use issues, it was two in three.
- Residents aged 30 to 59 reported lower well-being than older residents, and those aged 40 to 59 reported the lowest life satisfaction of any age group.
- Residents caring for both a child and a parent went without needed mental health care at more than twice the rate of respondents overall, 16 percent versus 7 percent.
- 16 percent of parents reported that they believe their child struggled with persistent anxiety in the past year.
- While most residents felt safe at home, 9% reported some degree of threat to their safety, indicating potential domestic violence issues.

What New Canaan did with it

The survey findings did not stay in a slide deck. With new data and community input in hand, progress has been made by both the Alliance and other community partners.

In August 2025 the New Canaan Community Foundation opened a Survey Response Grant round through its Community Behavioral Health Fund, built around the priorities the survey named, and awarded grants to six responsive initiatives that December. Examples included:

- **New Canaan Public Schools** used a \$5,000 grant to bring Let Grow co-founder Lenore Skenazy to town on November 19, 2025, matched by New Canaan CARES and the Elementary and Saxe PTCs. Let Grow began as a pilot with second graders at West School in January and is expanding to third grade at West and to second grade at South and East. The initiative focuses on fostering healthy independence among children.
- **New Canaan CARES** used \$2,775 to run two free Positive Discipline workshop series at the New Canaan Library, one for parents of elementary school children and one for parents of middle school children, led by a New Canaan resident and certified trainer.
- **Community Mindfulness Project** used \$2,500 to launch Parent Circles of Support, six sessions between February 26 and May 5, 2026 at the New Canaan Nature Center and the New Canaan Library.

Additionally, as a result of survey findings, The Alliance formed a standing Outreach and Awareness work group aimed at increasing resident awareness of critical services. One activity included green ribbons and resource cards that went up downtown during Mental Health Awareness Month with a QR code routing residents to the Alliance website, where residents can be connected to local services.

Members of the Town's New Canaan Human Services Commission also followed up on survey findings. They partnered with The Alliance's researcher and disaggregated survey data by age to learn more about what the town's older residents had said. That analysis led to focus groups in the summer of 2025, findings presented that September, and formal recommendations in April 2026.

Another response followed the study's domestic violence findings. On July 31, 2026, the New Canaan Abuse Prevention Partnership and the New Canaan Community Foundation, working with New Canaan Human Services and the Domestic Violence Crisis Center, announced the [DV Survivor Support Fund](#). All four are members of the Alliance. Housed at the Foundation, the fund covers the practical things that can prevent victims of domestic violence from leaving dangerous environments, including safe housing, basic needs, emergency financial assistance, childcare and supportive services. It is administered through trusted referral sources, and every request is handled confidentially. The fund was launched based on an additional recent spike in domestic violence cases; it will also hopefully help reduce the number of survey respondents that are unaware of local domestic violence services (only 34 percent of residents were aware in 2024).

"We asked residents to tell us what they were experiencing, and then we followed the data with real dollars and real programming. Parents got support, older residents got a closer look, and organizations that had been working alongside each other for years got a shared set of facts to work from," said Lauren Patterson, President & CEO of the New Canaan Community Foundation and a representative of the NCBHA. "Now we need to know whether any of it is working, and if needs are shifting. That answer only exists if residents take five minutes again to participate."

How to participate

The survey is anonymous, takes 5 to 10 minutes and is open to all New Canaan residents aged 18 and older. Every eligible adult in a household is encouraged to respond. Parents with one or more children living at home will be asked additional questions about their children's health and well-being. It runs from

OCTOBER 1 to 31, 2026, online at NewCanaanBHA.org. Paper copies will be available throughout October at the New Canaan Library, New Canaan YMCA, Lapham Center and Walter Stewart's.

Results will be posted at NewCanaanBHA.org and released at public events where residents can discuss next steps.

About the New Canaan Behavioral Health Alliance

The New Canaan Behavioral Health Alliance (NCBHA) is a coalition of more than 45 local organizations dedicated to raising awareness of behavioral health resources, advocating for critical causes and initiatives, and improving access to services for all residents. The Alliance was convened in 2022 by the Town of New Canaan, Silver Hill Hospital and the New Canaan Community Foundation, and it fosters collaboration among community members and professionals to address behavioral health needs. Its first community-wide project, the Community Health & Well-being Survey, was fielded in October 2024 and drew 1,490 responses. For more information, visit www.newcanaanbha.org.

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