

# Revolutionizing Rural Mental Wellness: Community Driven Solutions



Renee Schulte, MA, LMHC  
[Renee@RuralPolicyPartners.com](mailto:Renee@RuralPolicyPartners.com)

# Disclaimer

The views expressed in this presentation are those of the speaker and do not necessarily represent the views, policies, and positions of the host.

# The Past 4 Years have been Difficult in Rural America

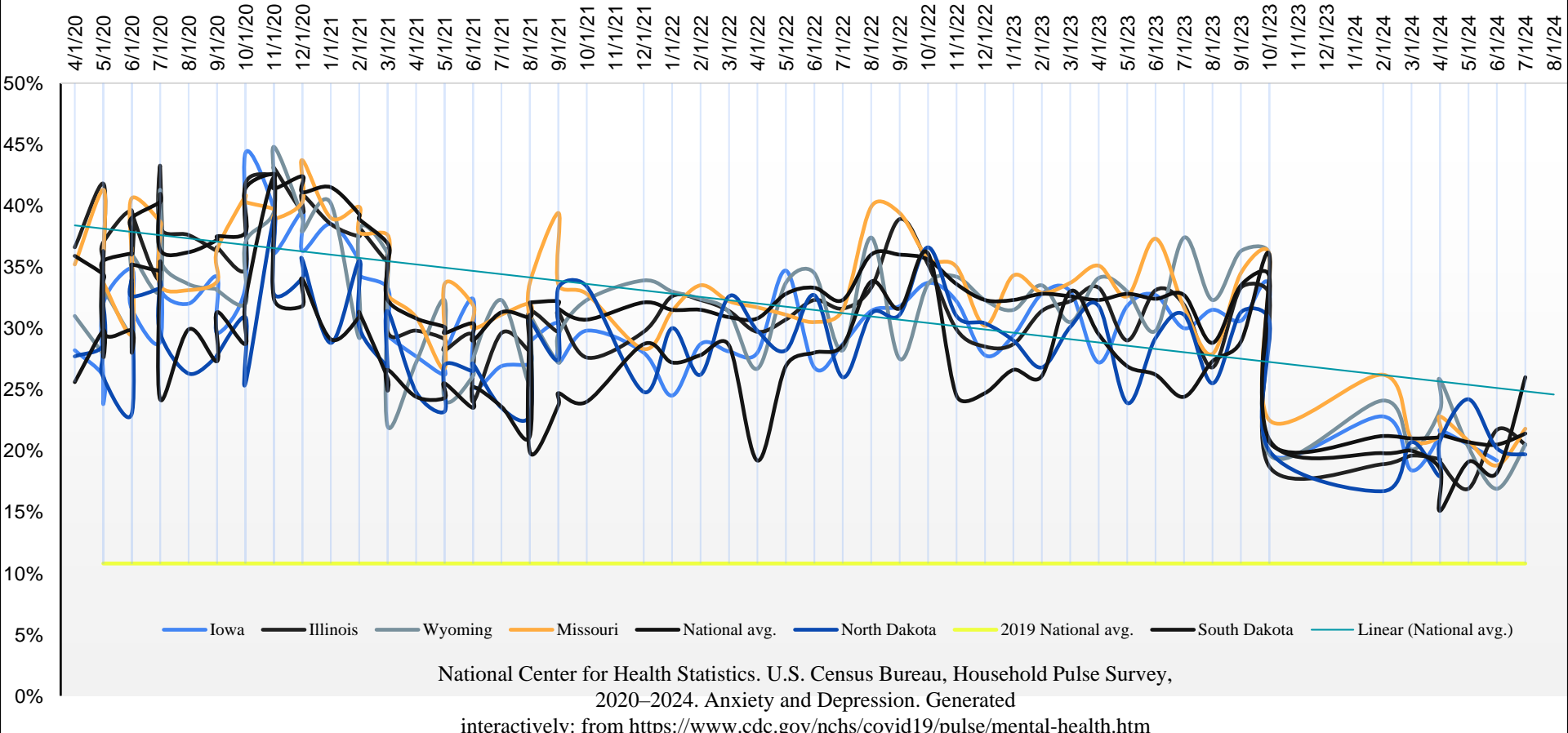
- Pandemic
- Derechos & Drought & Floods (extreme weather)
- Avian flu (bird flu)
- Social/Racial injustice
- Inflation
- Supply chain disruptions
- And it goes on and on...

Compounding emotional experiences all at once over a prolonged length of time contribute to collective trauma...

## We All Experience...

- Exhaustion
- Overload
- Sadness
- Hopelessness
- Languishing
- Demoralization
- Grief

# Indicators of Anxiety and Depression



National Center for Health Statistics. U.S. Census Bureau, Household Pulse Survey, 2020–2024. Anxiety and Depression. Generated interactively: from <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

**JACKS**  
**BAR-B-QUE**

THE  
**STAGE**  
ON BROADWAY

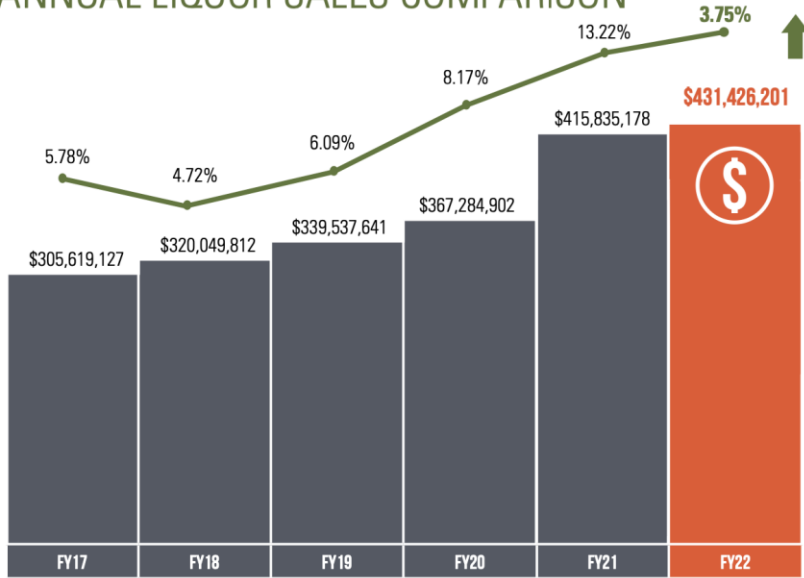
**BIG TIME**  
HARD

**LUCKY**  
**SALOON**



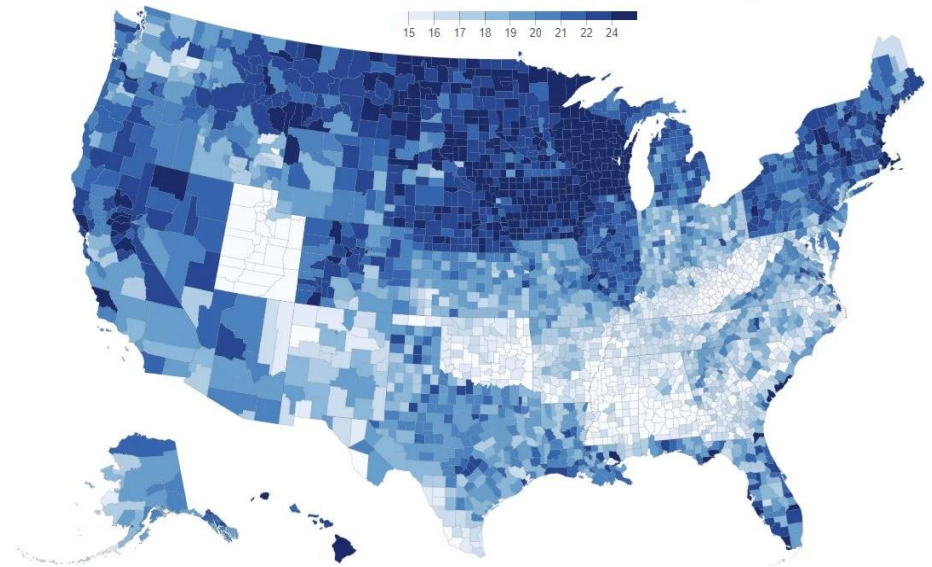
**HELL YES SIZE MATTERS**  
**WWW.THENASHVILLETRACTOR.COM**  
**HELL YES SIZE MATTERS**

# ANNUAL LIQUOR SALES COMPARISON



Iowa Alcoholic Beverages Division Annual Report FY2022

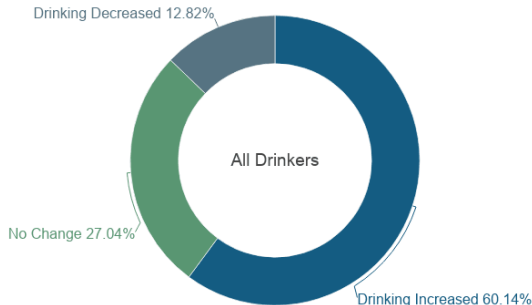
# % Excessive Drinking by County



Data: County Health Rankings at countyhealthrankings.org by the University of Wisconsin

Map by Nicholas Pierson

## COVID Effect on Alcohol Consumption

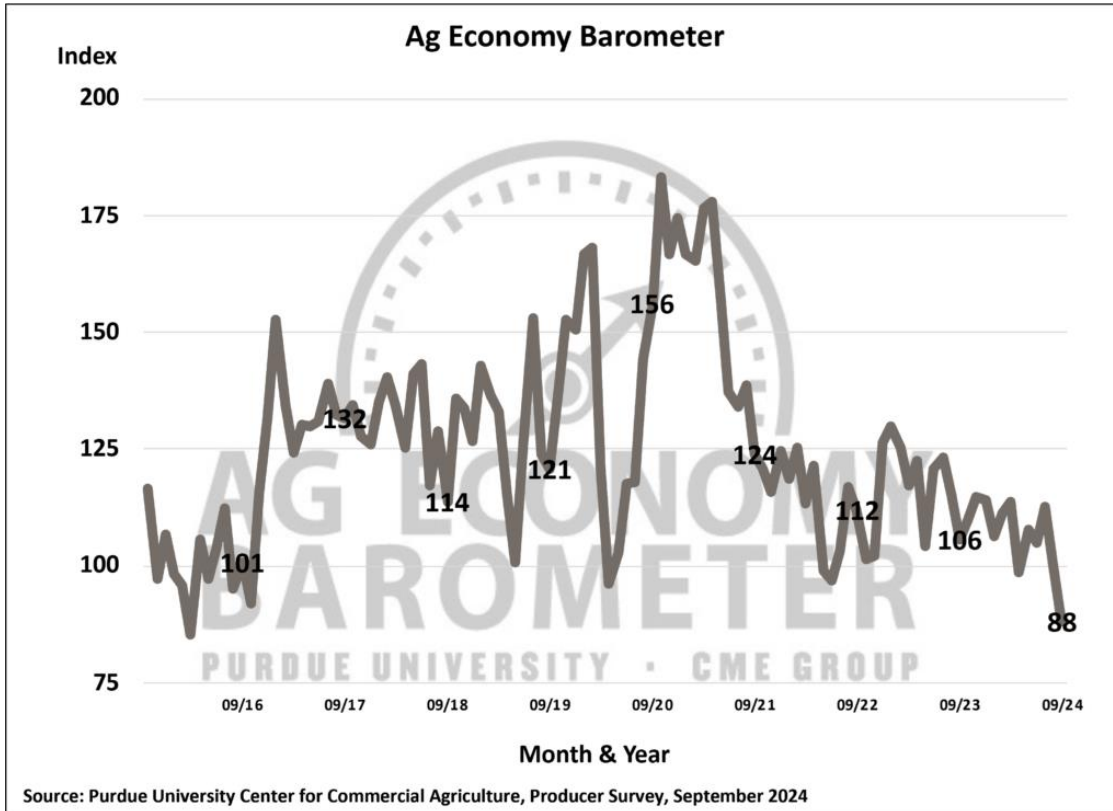


The alcohol-related death rate in Tennessee increased 98% from 2012 to 2022, compared to the U.S. average of 70%, [according to data from KFF](https://www.kff.org/mental-health/issue-brief/a-look-at-the-latest-alcohol-death-data-and-change-over-the-last-decade/).

Retrieved from <https://www.kff.org/mental-health/issue-brief/a-look-at-the-latest-alcohol-death-data-and-change-over-the-last-decade/>

Retrieved from National Center for Drug Abuse Statistics

# Financial Worry....

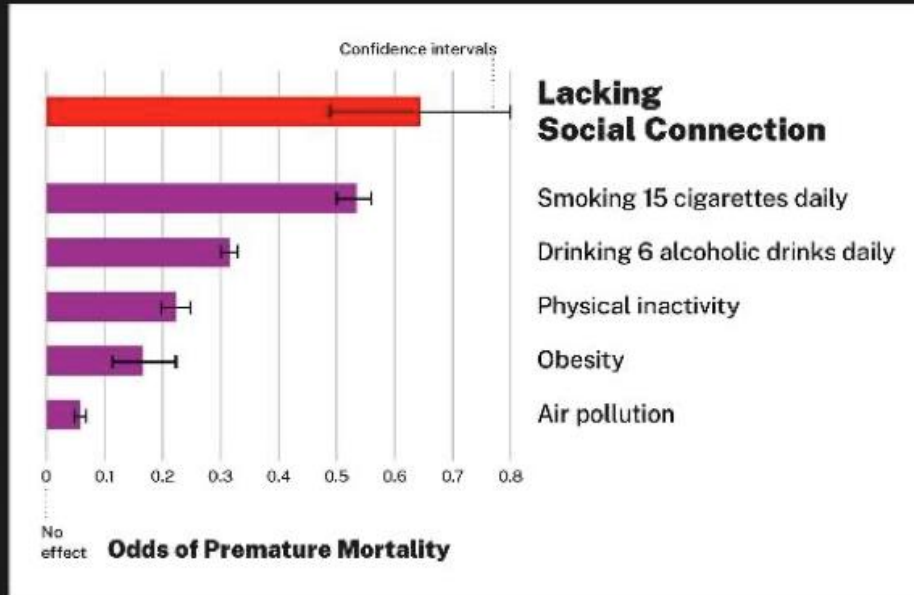


Money and Mental Health  
Policy Institute:

86% of people with mental  
health issues and debt say  
that their debt makes their  
mental health issues worse.



# Lacking social connection is as dangerous as smoking up to 15 cigarettes a day.



Source: Holt-Lunstad J, Robles TF, Sbarra DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp0001103. This graph is a visual approximation.



Office of the  
U.S. Surgeon General

## Our Epidemic of Loneliness and Isolation

2023

The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community



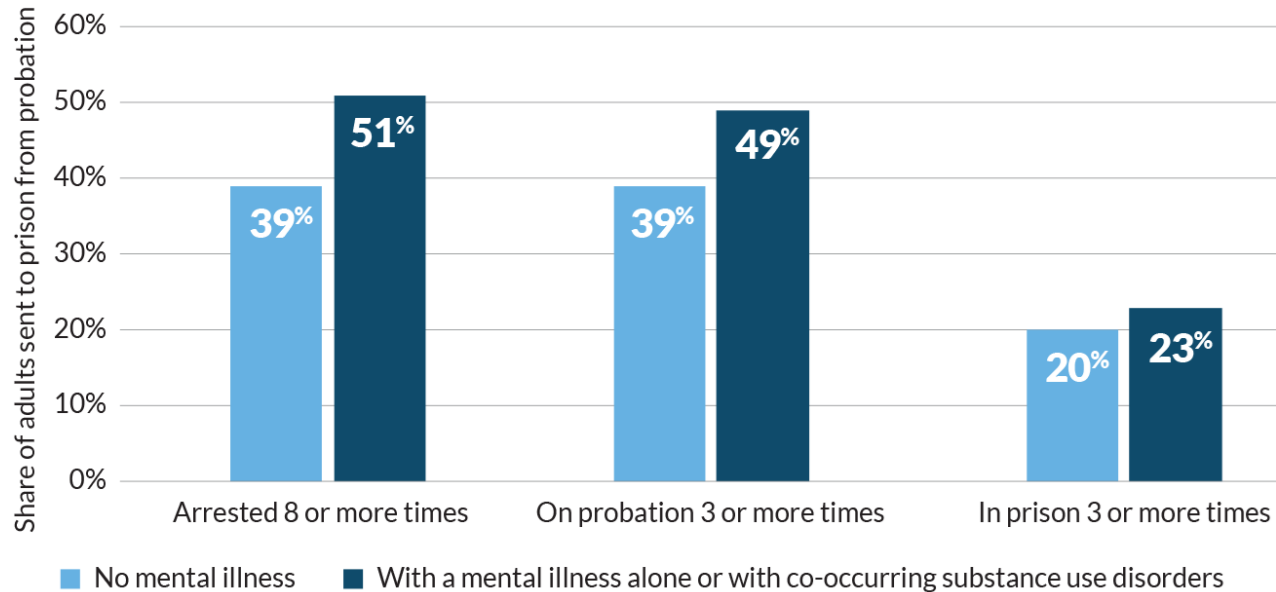
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Figure 5

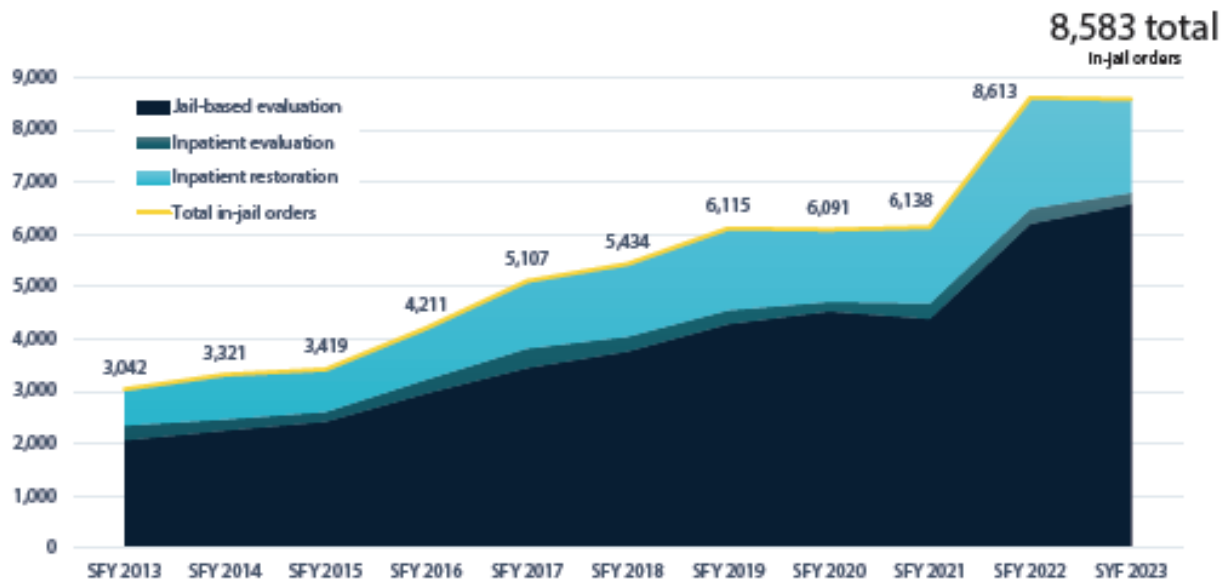
## Among People Sent to Prison From Probation, Those With a Mental Illness Reported More Past Criminal Justice System Involvement Than Those Without a Mental Illness

Percent of individuals sent to prison from probation, by type of criminal justice system involvement and mental illness



Source: Pew analysis of United States Bureau of Justice Statistics, "Survey of Prison Inmates, United States, 2016" (2021), <https://doi.org/10.3886/ICPSR37692.v4>.

## Statewide court orders for DSHS competency services have increased by nearly 60% since 2018



Sources: BHA Forensic Data System (FDS), WSH-FES; ESH - MILO

Figure 1: Comparison of the Top 20 Rural Healthy People Priorities Selected Overall vs. by U.S. Census Region

| Rural Healthy People 2030<br>Top 20 Priorities, Overall |                                    | Ranking by U.S. Census Region |                      |                  |                 |
|---|------------------------------------|-------------------------------|----------------------|------------------|-----------------|
|   |                                    | Midwest<br>(n=326)            | Northeast<br>(n=129) | South<br>(n=339) | West<br>(n=224) |
| 1   | Mental Health and Mental Disorders | 1                             | 1                    | 1                | 1               |
| 2   | Addiction                          | 2                             | 2                    | 2                | 2               |
| 3   | Health Care Access and Quality     | 3 (Tie)                       | 4                    | 4                | 3               |
| 4   | Overweight and Obesity             | 3 (Tie)                       | 5                    | 3                | 6 (Tie)         |
| 5   | Drug and Alcohol Use               | 5                             | 3                    | 5                | 4               |
| 6   | Nutrition and Healthy Eating       | 6 (Tie)                       | 6                    | 6 (Tie)          | 5               |
| 7 (Tie)   | Older Adults                       | 10                            | 8                    | 9                | 6 (Tie)         |
| 7 (Tie)   | Preventive Care                    | 8                             | 10                   | 8                | 8 (Tie)         |
| 9   | Diabetes                           | 11                            | 12 (Tie)             | 6 (Tie)          | 13              |
| 10  | Economic Stability                 | 6 (Tie)                       | 9                    | 10               | 11              |
| 11  | Transportation                     | 9                             | 7                    | 12               | 17              |
| 12  | Cancer                             | 12                            | 12 (Tie)             | 11               | 19              |
| 13  | Public Health Infrastructure       | 14                            | 12 (Tie)             | 15               | 10              |
| 14  | Housing and Homes                  | 15 (Tie)                      | 11                   | 17               | 8 (Tie)         |
| 15  | Workforce                          | 13                            | 16                   | 21               | 11              |
| 16  | Education Access and Quality       | 20 (Tie)                      | 15                   | 13               | 15 (Tie)        |
| 17  | Health Insurance                   | 17                            | 20 (Tie)             | 19               | 15 (Tie)        |
| 18  | Child and Adolescent Development   | 23                            | 17 (Tie)             | 18               | 18              |
| 19  | Hospital and Emergency Services    | 19                            | 17 (Tie)             | 16               | 20              |
| 20  | Chronic Pain                       | 20 (Tie)                      | 34 (Tie)             | 24 (Tie)         | 14              |

**Mental Health & Addiction**  
**Have surpassed access to**  
**basic healthcare as primary**  
**concerns**

Rural Healthy People 2030; Common Challenges, Rural Nuances. Morgan Kassabian, MBA, Aakriti Shrestha, MPH, Timothy Callaghan, PhD, Janet Helduser, MA, Scott Horel, MAG, Natasha Johnson, MBA, Savanna L ispar, MHA, Jane Bolin, PhD, JD, BSN, and Alva O. Ferdinand, DrPH, JD. Southwest Rural Health Research Center Policy Brief May 2023

# The Joint Commission's/PEW Survey (2024)

## Recommended practices:

- Safety Planning
- Warm handoff to outpatient care
- Caring contact follow-up post-discharge
- Lethal means safety planning

## Survey Findings:

- Safety Planning- 61%
- Warm handoff to outpatient care-37%
- Caring contact follow-up – 30%
- Lethal means safety planning- 28%

\*Small sample size of hospitals (30%) that voluntarily provided response

\*Only 4% of Joint Commission accredited hospitals use all four interventions

“[Evaluating the Prevalence of Four Recommended Practices for Suicide Prevention Following Hospital Discharge](#),” by Salome O. Chitavi, PhD; Jamie Patrianakos, PhD; Scott C. Williams, PsyD; Stephen P. Schmaltz, PhD, MPH, MS; Brian K. Ahmedani, PhD, LMSW; Kimberly Roaten, PhD, ABPP; Edwin D. Boudreaux, PhD; and Gregory K. Brown, PhD. The article appears in *The Joint Commission Journal on Quality and Patient Safety* (JQPS), published by Elsevier.



## Reality

- Disconnected systems
- Lack of warm handoffs
- Wrong level of care determinations
- Access Limited
- State institutions overwhelmed with competency determinations

# Three Steps to Better Behavioral Health Implementation

- Candid Conversations
- Creative Solutions
- Collaborative Strategies

# Creative Solutions

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# Creative Solutions Key Considerations...

- No cookie cutter approach
- At the kitchen table
- Bridge generational gaps
- Identify right problem
- Work with what you have not what you wished you had





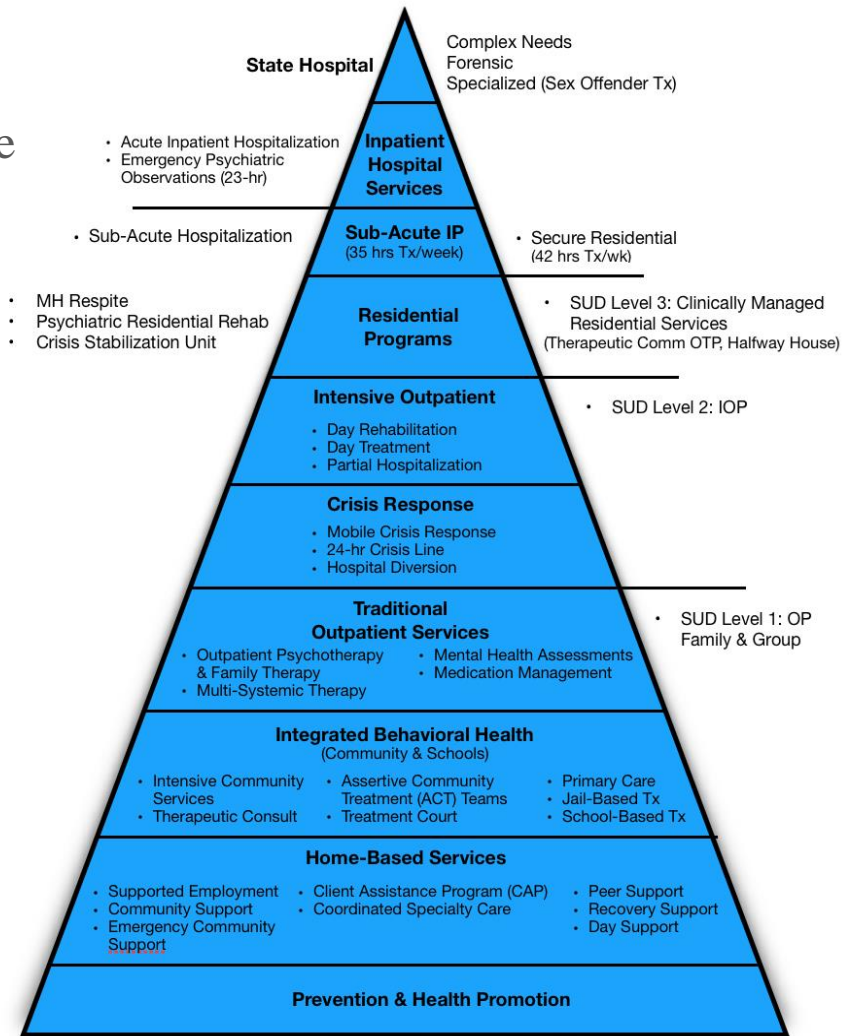
## Action Steps...

- Old way is no longer working
- Brainstorm new ways to look at the issue
- Don't let perfection overtake progress
- Just do it

# Creative Solutions : Legislative Ideas

- Host a Convening of Providers
- Create a Legislative Study
- Invest in Telehealth
- Create Free Resources
- Expand Behavioral Health in Rural Hospitals

# Solution: Legislative Study



## Nebraska Continuum of Care

Note. This model was produced by Rural Policy Partners 2024, summarizing levels of care as identified in the [Nebraska Continuum of Care Manual for Mental Health and Substance Use Disorders, revised July 2024](#)

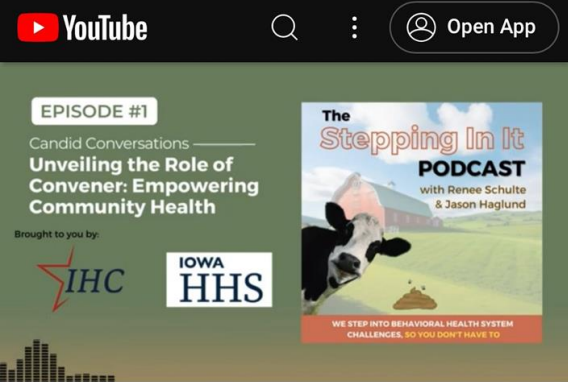
# Solution: Increase Telehealth Usage

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Iowa Healthcare Collaborative ... 1 / 3  
Rural Policy Partners

EPISODE #1  
Candid Conversations  
Unveiling the Role of  
Convener: Empowering  
Community Health



27:30

IHC IOWA HHS

Unveiling the Role of Convener: Empowering Community Health (Candid Conversations)  
Rural Policy Partners

EPISODE #2  
Collaborative Strategies  
Navigating Behavioral  
Health Care: Moving  
Beyond Screening Tools




31:55

IHC IOWA HHS

Navigating Behavioral Health Care: Moving Beyond Screening Tools (Collaborative Strategies)  
Rural Policy Partners

EPISODE #3  
Innovative Solutions for  
Rural Workforce: Harnessing  
Technology and Community...



27:04

IHC IOWA HHS

Innovative Solutions for Rural Workforce: Harnessing Technology & Community...  
Rural Policy Partners



## Solution: Create free resources for your rural hospitals

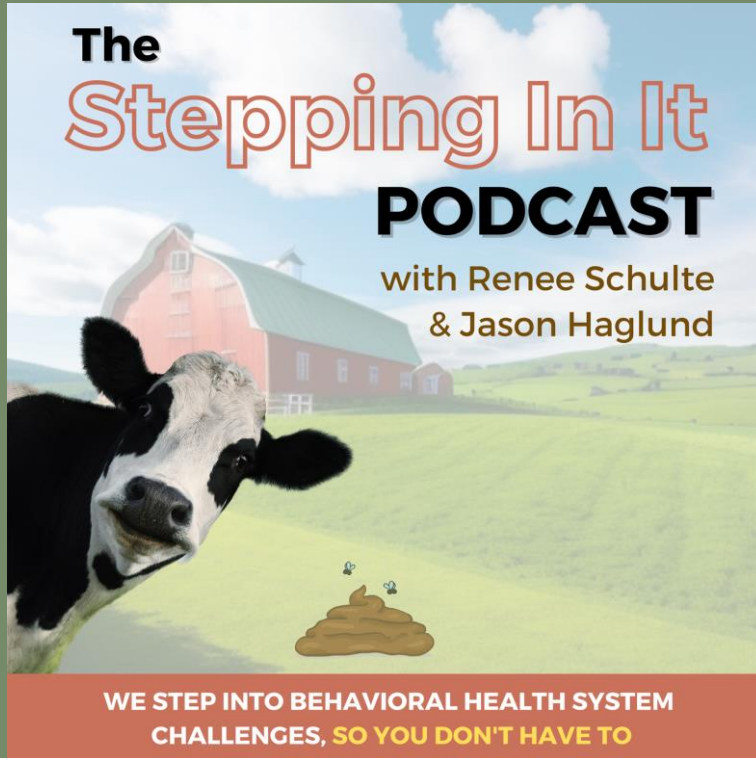
IHC has partnered with Rural Policy Partners to offer a 3-episode podcast series to support Iowa CAHs with candid conversations, collaborative strategies, and creative solutions as they partner with local stakeholders to improve community health.



<https://rb.gy/alamov> (Link)



# Download Our Podcast



Renee Schulte, MA, LMHC  
[Renee@RuralPolicyPartners.com](mailto:Renee@RuralPolicyPartners.com)



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