

# Approaching and Treating Co-Occurring Mental and Substance Use Disorders in Farming and Rural Communities

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# Approaching and Treating Co-Occurring Mental and Substance Use Disorders in Farming and Rural Communities

This session will discuss co-occurring mental health and substance use disorders in farming and rural communities. Outline the prevalence of mental health and substance use co-occurring disorders, linking research to real-world impact of these disorders. Address the impact of COVID-19 within these communities.



## Focus Areas:

- Co-occurring disorders of mental health condition and substance use.
- How can PCPs screen and address these issues?
- Identify how and why co-occurring disorders may occur and what the signs are.



# Presenters:

## Rebecca Roller, PsyD, LMFT



Dr. Roller is a licensed clinical psychologist and marriage and family therapist. She founded Sac River Counseling, a private practice located in rural Missouri and certified as a National Health Services Corps site. She retired from full time practice in 2017 but continues to be involved in the field of rural substance abuse. She serves on the Board of Directors for RHAA (Restoring Hope Against Addiction), a local not for profit organization working in conjunction with Recovery Court and other organizations with the primary goal of aiding individuals in maintaining sobriety and assimilating back into their communities. She is also very involved in the world of agriculture as an owner/operator of Back Forty Bison, a conservation focused bison ranch hosting four herds of North American Bison.

# Maridee Shogren, DNP, CNM



Dr. Maridee Shogren, DNP, CNM, is a Clinical Associate Professor at the University of North Dakota. She is the lead author of *Depression, Alcohol and Farm Stress: Addressing Co-Occurring Disorders in Rural America*. Her background in agriculture includes her upbringing on a farm family in rural northwestern MN where she enjoys spending her leisure time. Dr. Shogren serves as a content expert for the Mountain Plains Mental Health Technology Transfer Center on farm stress, inter-professional practice, and women's health. She has practiced as a nurse-midwife in a variety of settings.



## Today's Farmer **Prairie precision**

BRINGING BACK BISON AND THEIR  
NATIVE GRASSLANDS TO MISSOURI

THIS ISSUE

GARLIC GURUS SHARE PRODUCTION TIPS

MFA HELPS WITH NUTRIENT MANAGEMENT

NITROGEN-MODELING TOOL SHOWS VALUE





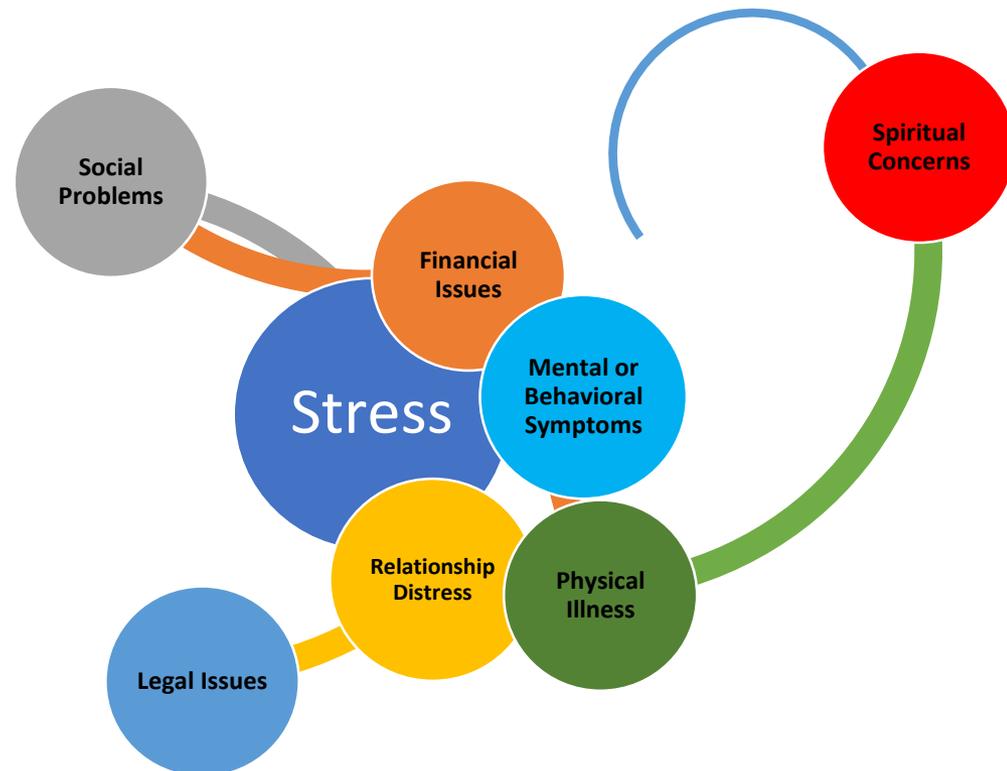
# Engagement with Farmers

- Accepting the client referral
- Therapeutic alliance is primary
  - As rural areas are not homogenous – neither are farmers
  - Concept of Agrarian Imperative - Michael Rossman
  - Back to the Basics
    - Carl Rogers
      - Genuine Engagement
      - Unconditional Positive Regard
      - Empathy



# Assessment

- Importance of assessment prior to treatment.
- Presenting Problem – “Stress”
- Sort through the myriad of “other issues” that present.

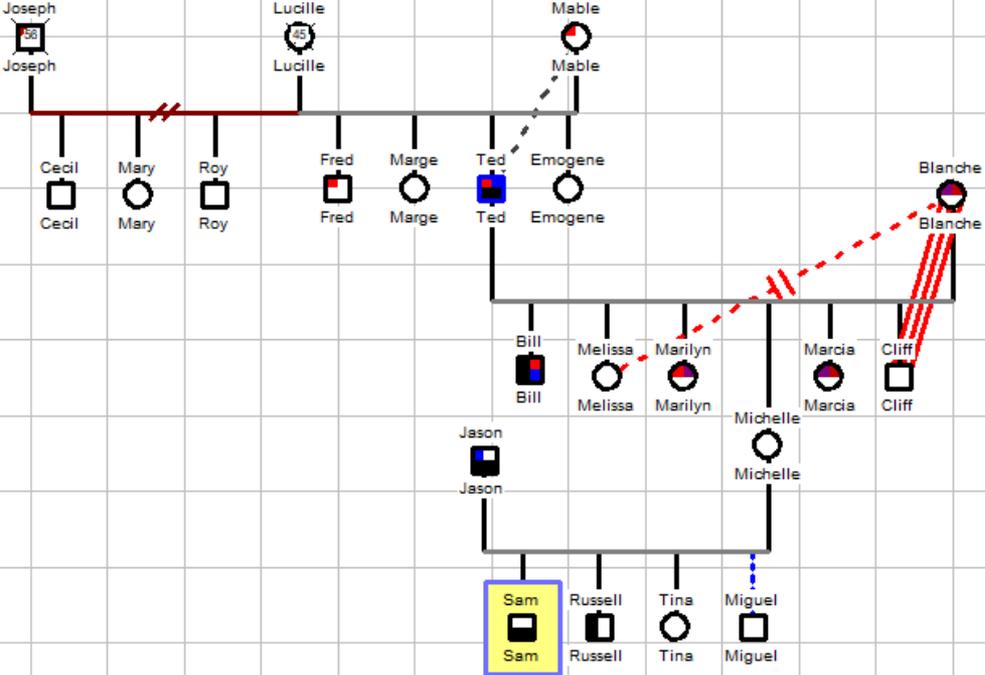
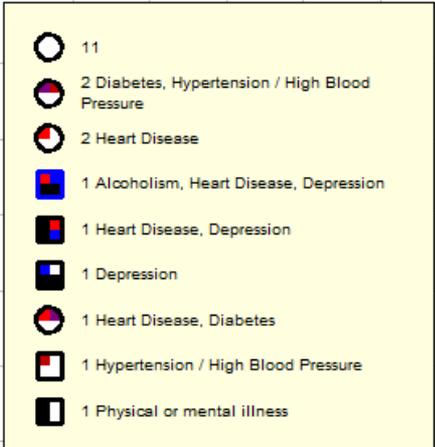
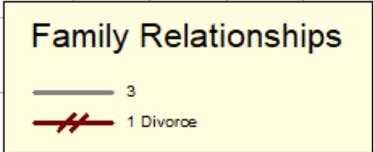
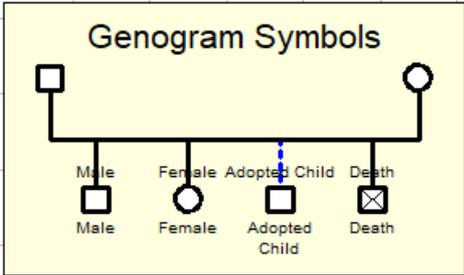


# Assessment

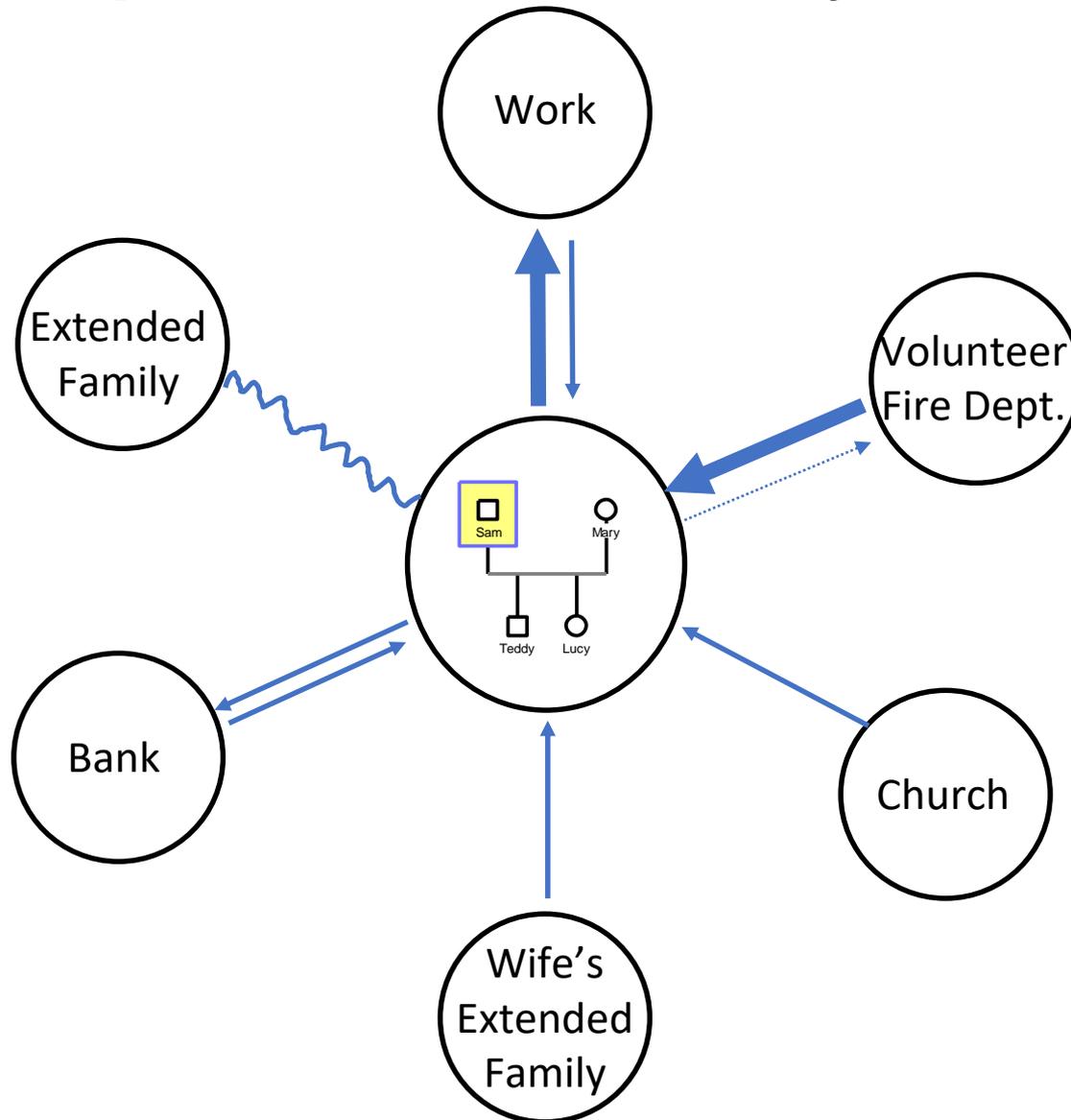
- Clinical Interview - Don't underestimate the value of a good diagnostic clinical interview
  - *Essentials of Psychiatric Diagnosis: Responding to the Challenge of DSM-5 – Allen Frances*



# Genograms – Family Systems

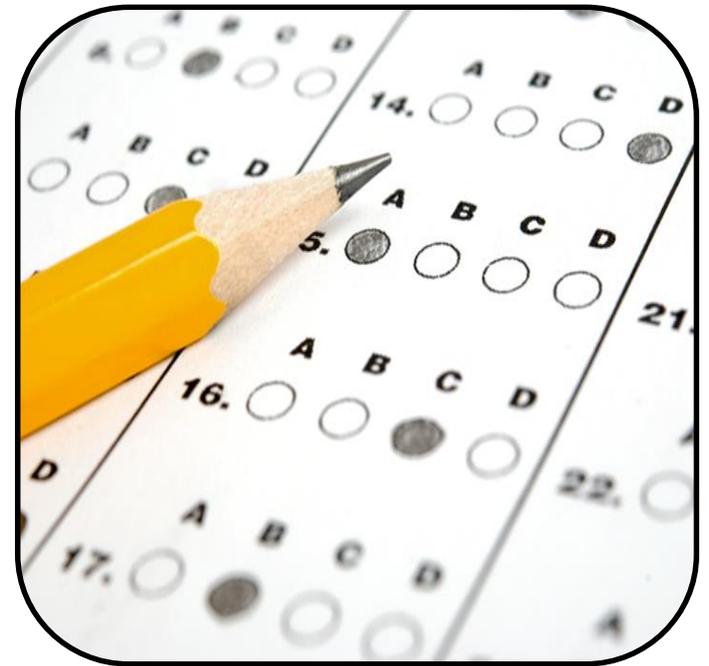


# EcoMap – External Systems



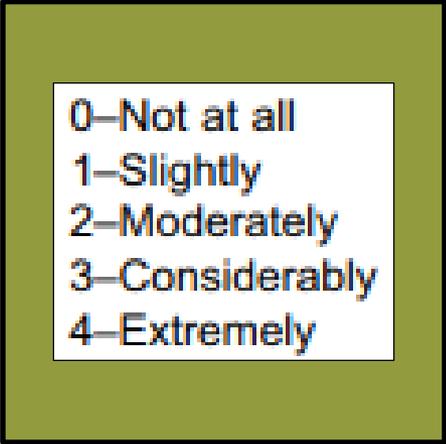
# Assessment

- SASSI-4 (Adult Substance Abuse Subtle Screening Inventory)
  - Identifies probability of substance use disorder
  - Identifies defensiveness
  - Includes a prescription drug scale
- Versions
  - Paper/Pencil
  - Online - immediate scoring and review of client narrative reports
  - Adolescent Version



# Assessment

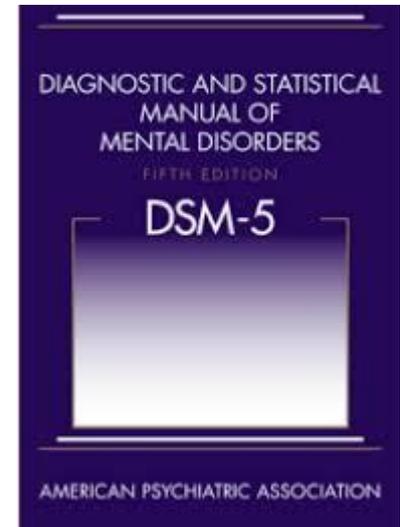
- ASI (Addiction Severity Index) – Semi-Structured
  - Medical Status
  - Employment
  - Drug Use
  - Alcohol Use
  - Legal Status
  - Family/Social Status
  - Psychiatric Status
- Versions
  - ASI-MV Computer-Administered
  - ASI-B Baseline
  - ASI-Lite Follow-Up



0–Not at all  
1–Slightly  
2–Moderately  
3–Considerably  
4–Extremely

# Diagnosing Co-Occurring Disorders

- Clinical Interview – DSM-5™
  - “Clinically significant distress or impairment in social, occupational, or other important areas of functioning.”
  - “The episode is not attributable to the physiological effects of a substance or to another medical condition.”
- General – MCMI, MMPI – Restructured Form
- Targeted – PTSD (Civilian Versions), Anxiety, Depression
  - Some are also useful in monitoring progress



# Ethical Considerations

- Practice within your scope of competence.
- Know when to refer.
  - At the onset when a co-occurring diagnosis is not within your scope of competence
  - When medical supervision or stabilization is necessary such as detoxification
  - When inpatient or residential rehabilitation is warranted



# Ethical Considerations

- Boundaries - “Good fences make good neighbors.”
  - Therapeutic Approach – psychodynamic “blank slate”
- Boundary Crossing versus Boundary Violation
  - Crossings = normal, unavoidable & sometimes expected
  - Violations = none of the above



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# Ethical Considerations

- Multiple/Dual Relationships
  - Do not exploit client
  - Do not harm client
  - Do not impair therapy
- Confidentiality & Self-Disclosure
  - Set rules for encounters upfront
  - Intentional, helpful disclosures
  - Compartmentalization of information



# Ethical Considerations

- Cultural Competence – Growing diversity in rural America
  - Understand your own cultural worldview
  - Increase your knowledge of other cultures
  - Acknowledge your assumptions and biases of other cultures
  - Make changes to address those biases



# Ethical Considerations

- Self-Care is an ethical imperative
  - Vicarious Traumatization
    - Processing an event multiple times
  - Stress versus Distress
  - Burnout – Result of Distress
  - Impaired Professional Competence
  - Loss of Engagement
- Ongoing self-awareness and intervention



# The Toll on Rural Providers and Caregivers

- Farm stress can be a particularly difficult thing for behavioral health providers and primary care providers to treat
- Unique factors increase likelihood of compassion fatigue
  - Compassion fatigue: physical and emotional exhaustion that some caregivers experience over the course of their service to others
    - Consequences:
      - Symptoms of burn out like apathy, fatigue, feelings of being trapped or ineffective
      - Secondary traumatic stress: Caregivers actually experience symptoms of being traumatized through their work with people who directly experienced a traumatic event

# The Toll on Rural Providers and Caregivers

- Added impact of farm stress
  - Providers may be members of farming community as well
    - Kids, friends, colleagues
  - Client's situations may be similar to their own
    - Spouse or family member of a farmer
  - Entire rural communities may be experiencing "collective stress"
    - "trickle down effect"



# The Toll on Rural Providers and Caregivers

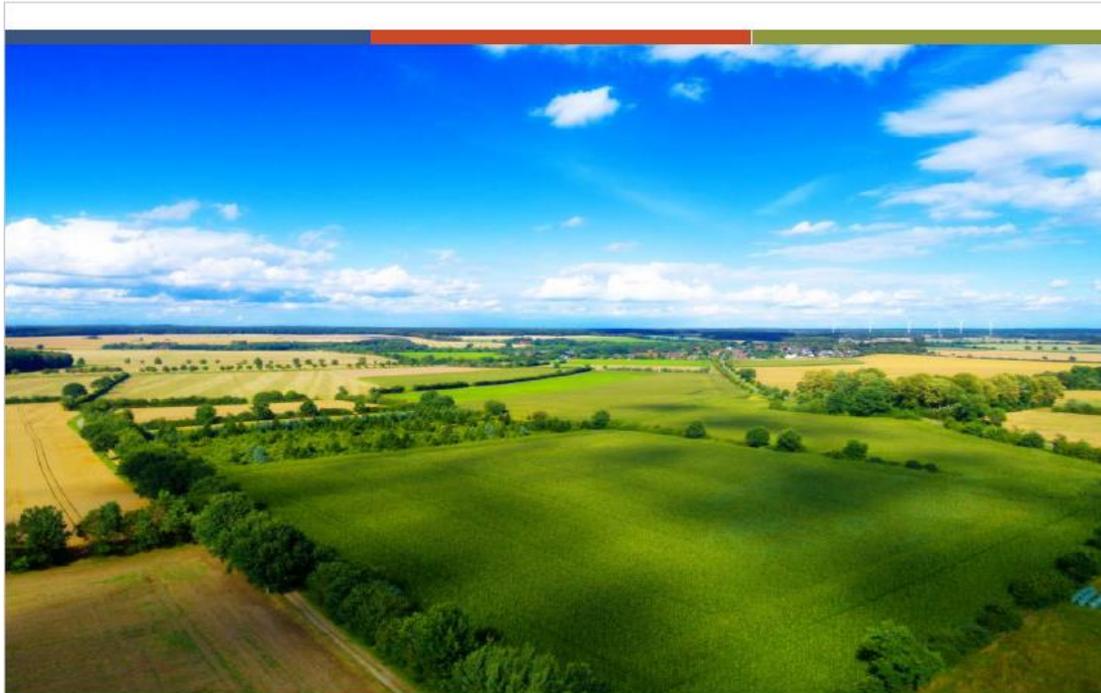
- Providers are encouraged to complete a self-assessment for compassion fatigue
  - The Professional Quality of Life (ProQOL) tool
    - Self-administered, brief and FREE
    - Rates the healthcare professional on compassion fatigue and compassion satisfaction
    - Please seek assistance when indicated!
    - [www.proqol.org](http://www.proqol.org)
      - Professional Quality of Life: Compassion Satisfaction and Fatigue Version 5
      - A Pocket Card for COVID-19 Crisis is also now available

# Farm Stress is NOT just a Farm Problem

- Healthcare providers, families, communities and policy makers must work together to address the ongoing impact of farm stress in our region and our nation



# Access a toolkit developed by the Mountain Plains MHTTC and ATTC



## Depression, Alcohol and Farm Stress: Addressing Co-Occurring Disorders in Rural America



# Resources

- Depression, Alcohol and Farm Stress: Addressing Co-Occurring Disorders in Rural America <https://mhttcnetwork.org/centers/mountain-plains-mhttc/product/depression-alcohol-and-farm-stress-addressing-co-occurring>
- [National Suicide Prevention Lifeline](#): Call 1-800-273-TALK (1-800-273-8255) or Use the [online Lifeline Crisis Chat](#)
- [Substance Abuse and Mental Health Services Administration](#): 1-800-662-HELP (4357)
- Mountain Plains MHTTC farm stress resources [MHTTC farm stress resources](#)
- Journal of Rural Mental Health: [www.apa.org/pubs/journals/rmh/](http://www.apa.org/pubs/journals/rmh/)
- National Association for Rural Mental Health: [www.narmh.org](http://www.narmh.org)
- Farm Aid's Farmer Resource Network: [www.farmaid.org/ideas](http://www.farmaid.org/ideas)
- Farm Aid Fact Sheets: [www.farmaid.org/blog/fact-sheet/](http://www.farmaid.org/blog/fact-sheet/)
- How Stress Effects the Body: <https://www.apa.org/helpcenter/stress/index>

A wide-angle photograph of a golden wheat field stretching to the horizon. The sky is filled with large, dark, dramatic clouds, with a bright patch of light breaking through in the center. The overall mood is one of gratitude and achievement.

**Thank you for joining!**