



Mid-America (HHS Region 7)

MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Rural Mental Health: Challenges & Opportunities

Angie Schindler-Berg, LMHP



MUNROE-MEYER
INSTITUTE

SAMHSA

Substance Abuse and Mental Health
Services Administration

Disclaimer

This presentation was prepared for the MHTTC Network under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this presentation, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this presentation for a fee without specific, written authorization from the MHTTC Network Coordinating Office. This presentation will be recorded and posted on our website.

At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D. served as Assistant Secretary for Mental Health and Substance Use at the Substance Abuse and Mental Health Services Administration (SAMHSA). The opinions expressed herein are the views of the speakers and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

This work is supported by grants under Funding Opportunity Announcement (FOA) No. SM-18-015 from the DHHS, SAMHSA.

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS



Building Connections



Together

Everyone

Achieves

Move

Components That Impact Mental Health Services in Rural Communities

Accessibility – Rural residents often travel long distances, less likely to be insured for mental health services, and providers are less likely to recognize a mental illness.

Availability – Chronic shortages of mental health professionals

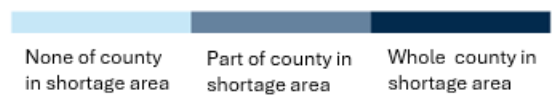
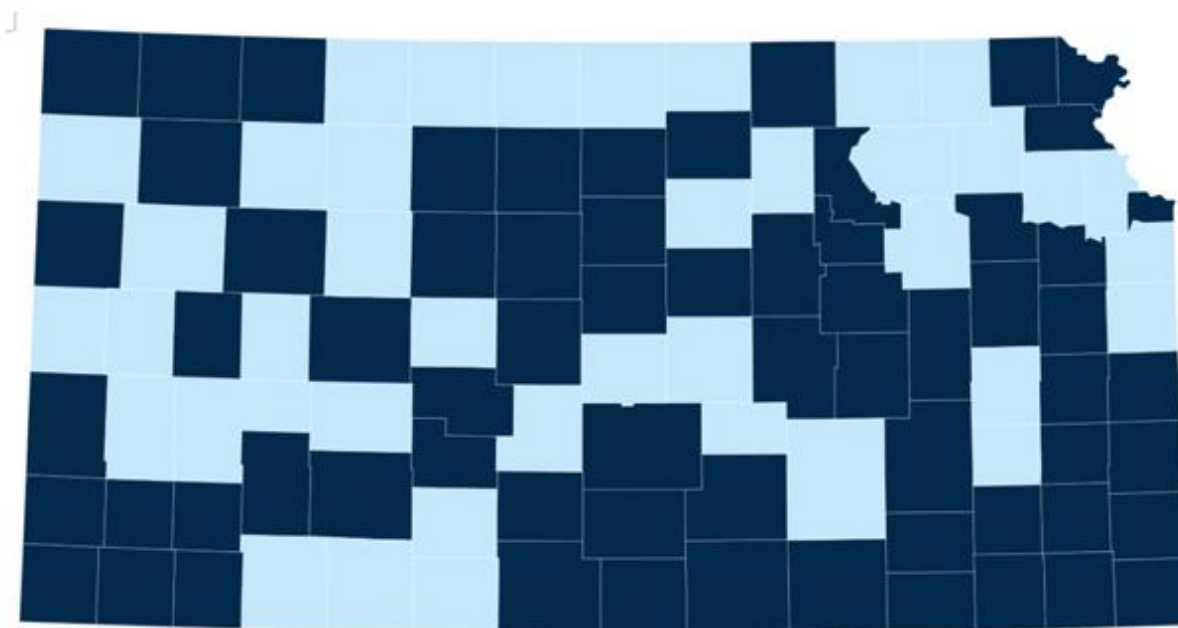
Affordability – Some rural residents may not be able to afford the cost of health insurance or the cost of out-of-pocket care if they lack health insurance

Acceptability – Rural residents may be more susceptible to the stigma, lack of faith in confidentiality



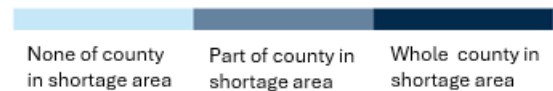
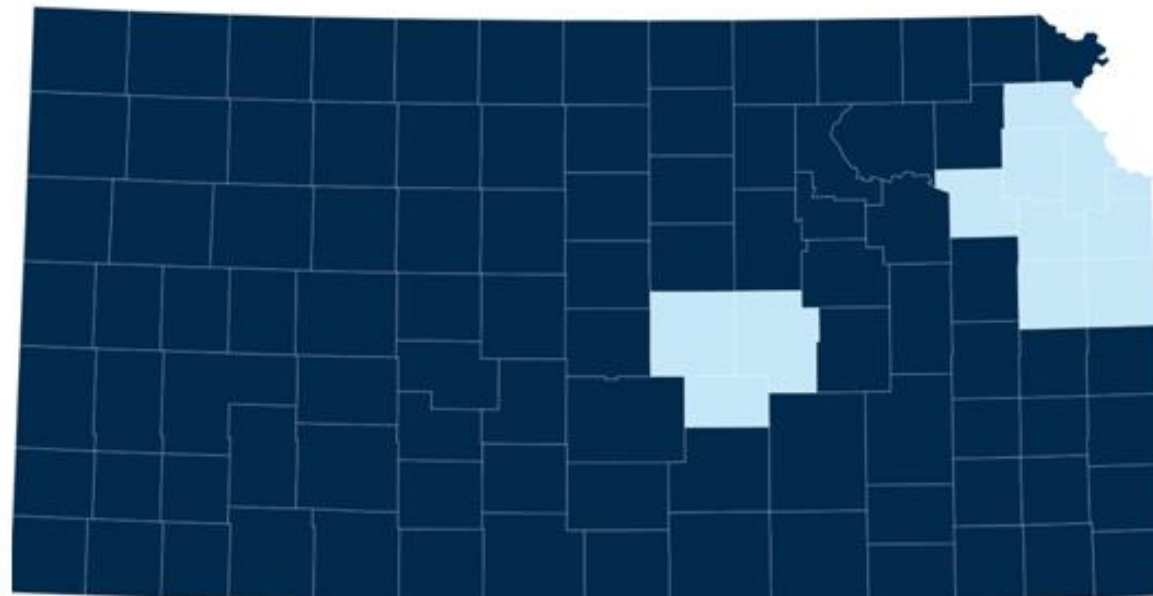
Kansas

Primary Care Access



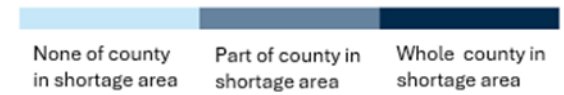
Kansas

Mental Health Care Access



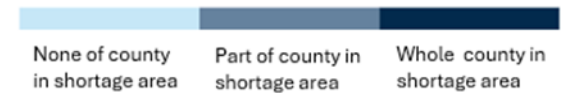
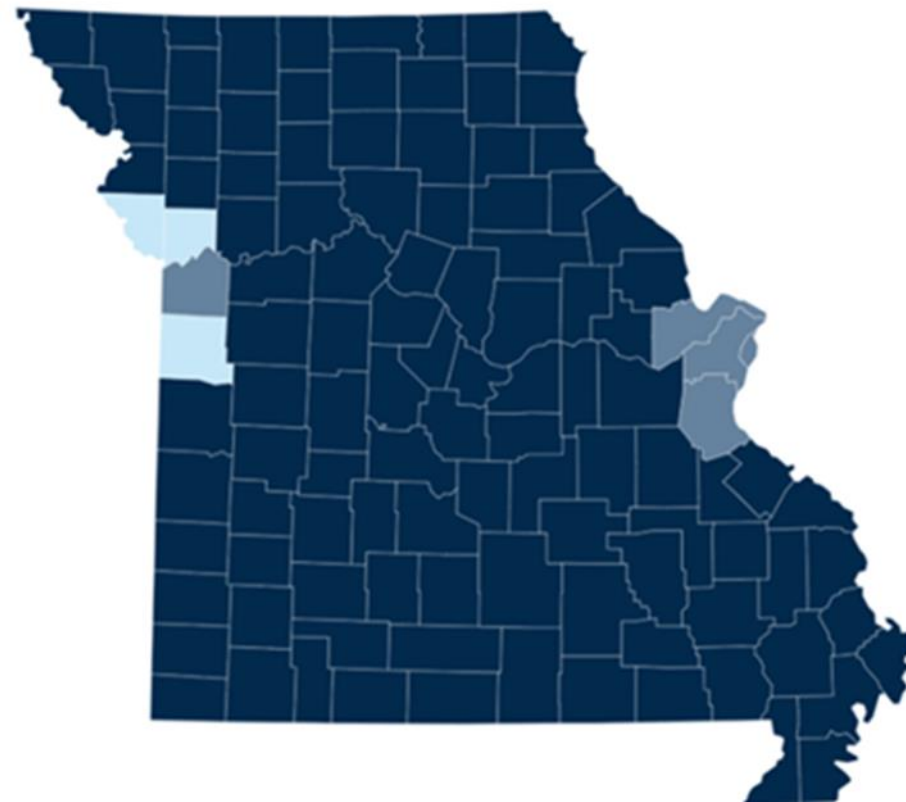
Primary Care Access

Missouri



Mental Health Care Access

Missouri

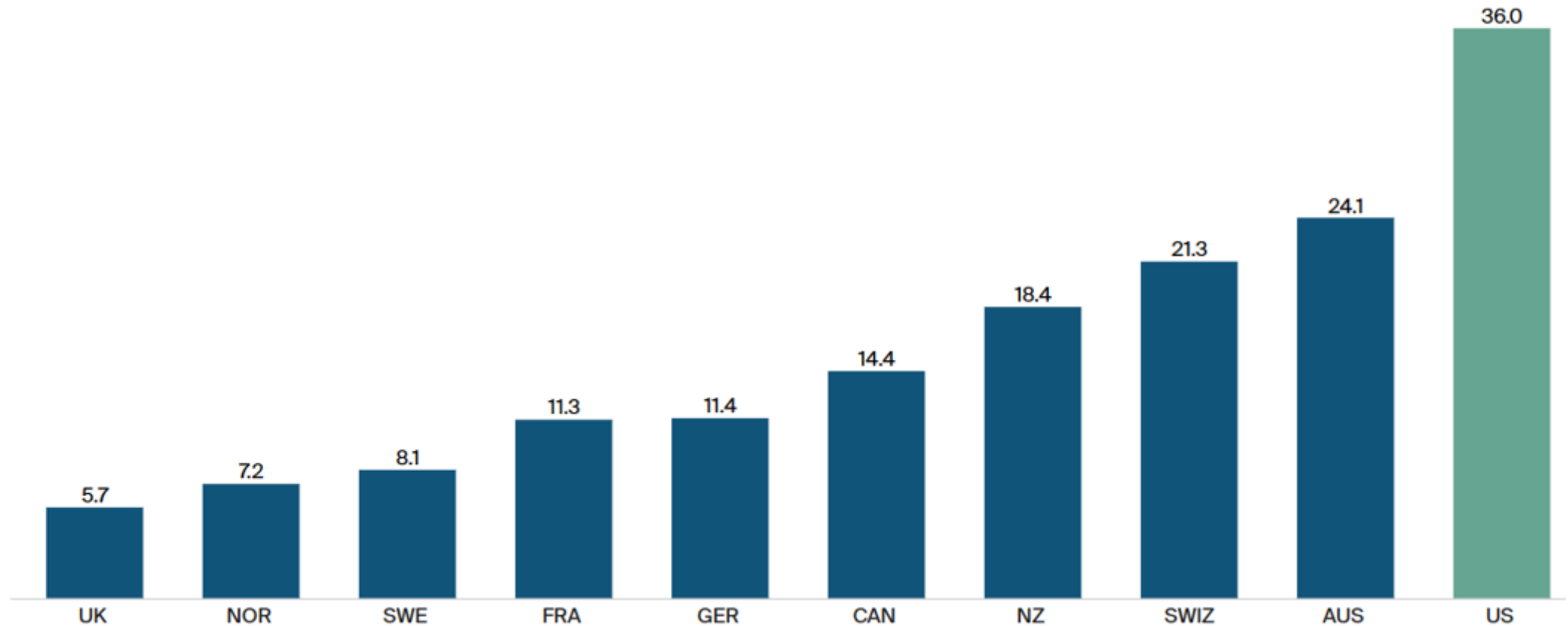


How did it get this way?

- Stigma/Discrimination
- Lack of a rural plan
- Lack of sustained effort to prepare and deploy professionals
- One size fits all planning and funding
- Mental Health Care is “optional”



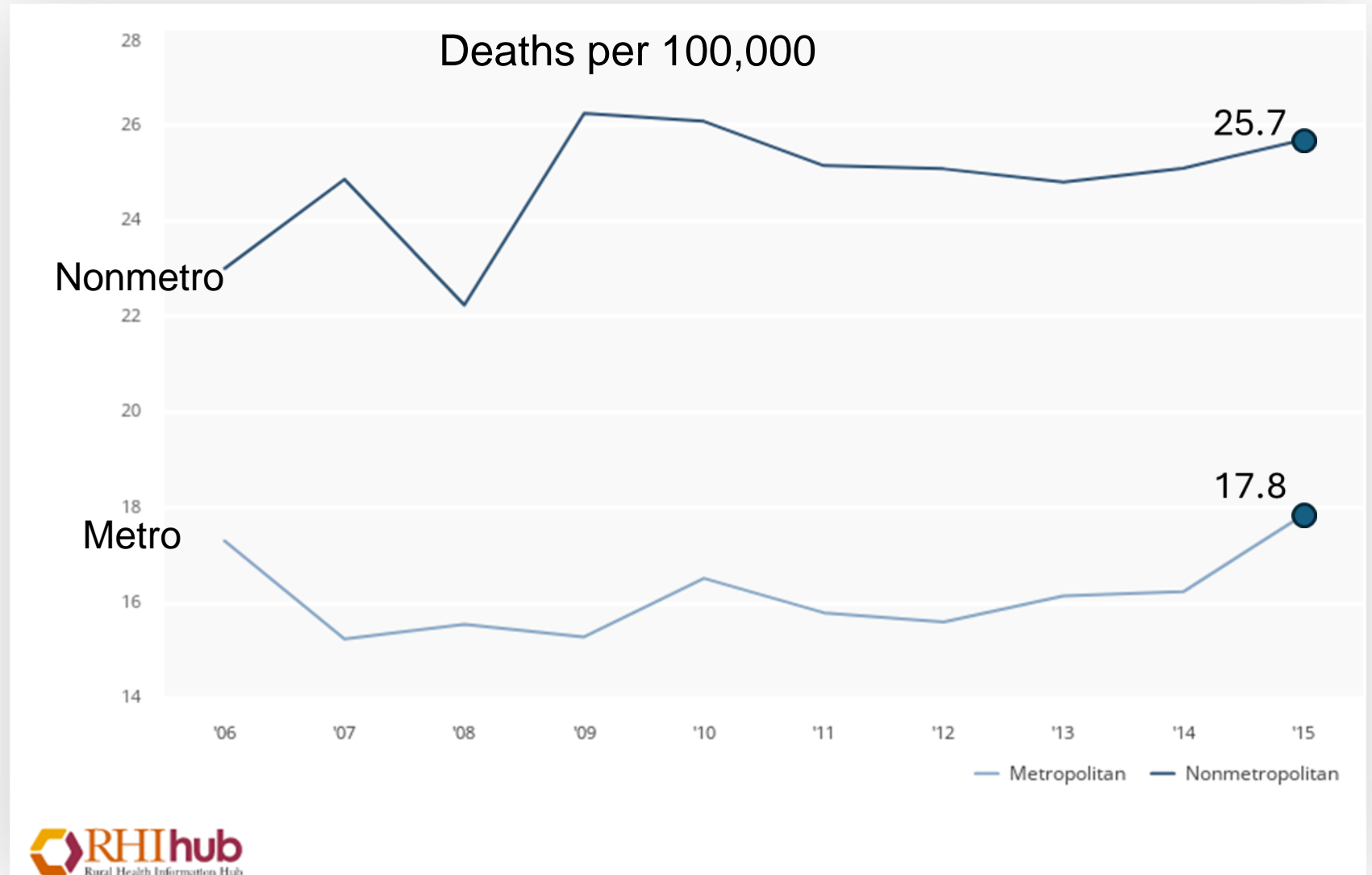
Percent of Rural adults age 18+ Who Skipped Needed Medical Care Because of Costs



Unintentional Injury: Metro vs Nonmetro

Rural unintentional injury: fatality rates are much higher than urban rates

CDC Report: Between 2000 and 2020 suicide rates increased 46% in non-metro areas compared to 27.3% in metro areas



Factors Contributing to Substance Use in Rural America

- Low educational attainment
- Poverty
- Unemployment
- Lack of access to mental healthcare
- Isolation and hopelessness
- A greater sense of stigma



Questions and Discussion



LET'S TALK

