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PROGRAMS

FOR FARMERS, FITNESS PROGRAMS CAN IMPROVE MENTAL HEALTH

Farmers experience some of the highest levels of job stress and related health issues in the nation, including heart disease and high blood pressure. Persistent stress has been linked not only to chronic diseases and susceptibility to injury, but also to mental health issues like anxiety and depression. In 2020, [Labor-Movement](#) was launched to be a resource for farmers, farmworkers, and industrial athletes in body mechanics and movement pattern training. Its goal is to prevent injuries, extending career longevity and helping farmers improve their overall health and wellbeing.



Photo courtesy of Labor-Movement

MONTANA'S MENTAL HEALTH CRISIS: HOW ONE COUNTY'S MOBILE CRISIS RESPONSE TEAM IS FILLING GAPS AND SAVING LIVES



Speedfighter/Adobe Stock

The Gallatin County mobile crisis response team serves as a model for other rural communities seeking to enhance a critical component of its crisis response system. Critical to the program's success are four key focus areas: Proper identification of mental health calls, building trusted partnerships to increase effectiveness and efficiency, developing creative solutions that increase access to care, and leveraging data to improve performance.

RURAL JUSTICE COLLABORATIVE

Rural communities face unique challenges that impact their ability to deliver fair and equitable justice. Despite these challenges, rural communities rely on their many strengths to address the needs of their residents.

The National Center for State Courts, in partnership with Rulo Strategies, launched the [Rural Justice Collaborative \(RJC\)](#) to showcase the strengths of rural communities and highlight the cross-sector collaboration that is a hallmark of rural justice systems.

The work under the RJC is supported by a cross-sector advisory council composed of rural judges along with additional stakeholders in the justice, child welfare, and behavioral health systems. The advisory council guides and identifies innovative programs and practices.

RESEARCH & REPORTS

IDENTIFYING SIGNALS OF MENTAL HEALTH CRISIS IN CALLS FOR POLICE SERVICE

This study explores patterns and features of mental health calls in a predominantly rural county in the United States. Researchers found that mental health calls clustered in a very small number of street segments and that these “hot spots” remained relatively stable over time. Findings suggest the signal calls could be used to help inform police agencies about possible risk factors for mental health crises in the community. The implications of the findings for rural policing and mental health practitioners are discussed.

UNDERSTANDING THE NEEDS OF RURAL COMMUNITIES: PRINCIPLES AND PRACTICES FOR OVERDOSE PREVENTION AND RESPONSE

This report provides recommended principles and practices to support rural overdose prevention and response (OPR) efforts and programs. These recommendations are designed for local community stakeholders to make program implementation decisions to best serve the community and reduce fatal and nonfatal overdoses.

ARTICLES

STUDY: EFFECTIVE PARENTING SUPPORT STRENGTHENS RURAL FAMILIES

Research shows that responsive parenting and strong parent-child relationships play a crucial role in children’s cognitive, social, and emotional development. However, parents facing behavioral health challenges are more susceptible to stress and parenting difficulties, which can negatively impact their children. This article describes a recent study on [The Family Check-Up](#), an online parenting program designed for rural parents dealing with mental health or substance use issues. The research found that parents who accessed the program via their smartphones experienced reduced depression symptoms and enhanced parenting skills compared to those who did not participate.

A PERINATAL PSYCHIATRY ACCESS PROGRAM TO ADDRESS RURAL POPULATIONS USING TELEMEDICINE

Perinatal Mood and Anxiety Disorders, Perinatal Substance Use Disorders, and Intimate Partner Violence affect at least 1 in 5 pregnant and postpartum people and are strongly associated with morbidity and mortality for both patients and their children. Moms IMPACTT (Improving Access to Perinatal Mental Health and Substance Use Disorder Care Through Telehealth and Tele-mentoring) is a telehealth-based program that improves access to perinatal mental health and substance use disorder care.

PODCASTS

THIS JAIL IN RURAL MAINE IS A MODEL FOR TREATING OPIOID ADDICTION

This podcast is an insightful exploration into innovative approaches for combating the opioid epidemic within a correctional system. The episode delves into pioneering efforts at Somerset County Jail in rural Maine, showcasing how targeted addiction treatment can transform lives and communities.

EP. 145: LEARN ABOUT ALASKA'S COMMUNITY JUSTICE WORKERS PROJECT

Many Alaskans face legal issues that impact their lives and families, including domestic violence, divorce and child custody, evictions and debt collection. These issues can have negative consequences, especially when people do not have access to the help or services they need, or when they do not realize there may be a legal remedy for their problem. This podcast explores [Alaska's Community Justice Worker project](#), which trains non-attorney community members to provide essential legal services in rural and underserved areas. A key factor in the program's success has been its collaboration with existing healthcare infrastructures, highlighting the effectiveness of cross-sector partnerships.



RESOURCE

HARM REDUCTION IN RURAL AREAS: A WORKBOOK FOR HOMELESS RESPONSE SYSTEM STAFF

Harm reduction recognizes that untreated behavioral health conditions are a reality in many communities. It focuses on minimizing the harm associated with high-risk behaviors and on keeping people safe, healthy, and alive. This workbook outlines ways to think about harm reduction, including strategies for advocacy and implementation within a rural community. Each section provides information about harm reduction and reflection questions about what harm reduction could look like in different areas.

