Colorado Consortium for Prescription Drug Abuse Prevention

8th Annual Meeting

Agriculture and Behavioral Health in Rural and Frontier Counties

October 22, 2020
Welcome & Housekeeping

• Participants have been muted - unmute yourself in the Q&A
• Session is being recorded
• Please add any questions or comments into the chat box
Dan Waldvogle

is the Membership Coordinator for the Rocky Mountain Farmers Union where he works directly with their roughly 20,000 family farmers and ranchers across CO, NM and WY. Before his current position at the Rocky Mountain Farmers Union, Dan acted as the Director of Colorado Land Link where he facilitated partnership development between farmers, ranchers and landowners across the spectrum of work experience and education with the hope of maintaining the stewardship of our working lands and livelihoods.

Dan has a rich agricultural background where he has produced vegetables, forage crops, livestock and has worked in meat processing as well as in his family’s ranching operation at Sycamore Canyon Ranch.

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Rural and Frontier

Understanding the complexities of Colorado’s remote communities
These communities are dynamic and diverse. Any attempt at categorizing them should be taken cautiously.
Rural and frontier areas do face challenges
Poverty rates are higher in rural areas.
Most new jobs are not in rural areas.
Disabilities are more common in rural areas. 17.7% in rural compared to 11.8 in urban.
There is a gap in broadband connectivity

Council of state governments, 2018
But...Rural areas are surprisingly entrepreneurial.

<table>
<thead>
<tr>
<th>Category</th>
<th>Rate per 1000 residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural (pop. less than 2,500, not adjacent to metro area)</td>
<td>234</td>
</tr>
<tr>
<td>Rural (pop. less than 2,500, adjacent to metro area)</td>
<td>177</td>
</tr>
<tr>
<td>Rural (pop. 2,500 to 19,999, not adjacent to metro area)</td>
<td>160</td>
</tr>
<tr>
<td>Rural (pop. 2,500 to 19,999, adjacent to metro area)</td>
<td>140</td>
</tr>
<tr>
<td>Rural (pop. 20,000 or more, not adjacent to metro area)</td>
<td>130</td>
</tr>
<tr>
<td>Rural (pop. 20,000 or more, adjacent to metro area)</td>
<td>121</td>
</tr>
<tr>
<td>Metro (pop. less than 250,000)</td>
<td>126</td>
</tr>
<tr>
<td>Metro (pop. 250,000 to 1 million)</td>
<td>122</td>
</tr>
<tr>
<td>Metro (pop. 1 million or more)</td>
<td>131</td>
</tr>
</tbody>
</table>

Entrepreneurship is measured here by proprietorship, a tax status indicative of at least one self-employed individual, who may also employ others. One proprietor may own multiple businesses.

The Conversation, CC-BY-ND
Rural businesses are more resilient than their metro cousins, despite the considerable economic advantages of urban areas.

<table>
<thead>
<tr>
<th>Category</th>
<th>Five-year survival rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rural (pop. less than 2,500, not adjacent to metro area)</td>
<td>71.6%</td>
</tr>
<tr>
<td>Rural (pop. less than 2,500, adjacent to metro area)</td>
<td>70.9%</td>
</tr>
<tr>
<td>Rural (pop. 2,500 to 19,999, not adjacent to metro area)</td>
<td>70%</td>
</tr>
<tr>
<td>Rural (pop. 2,500 to 19,999, adjacent to metro area)</td>
<td>69.5%</td>
</tr>
<tr>
<td>Rural (pop. 20,000 or more, not adjacent to metro area)</td>
<td>68.5%</td>
</tr>
<tr>
<td>Rural (pop. 20,000 or more, adjacent to metro area)</td>
<td>68.3%</td>
</tr>
<tr>
<td>Metro (pop. less than 250,000)</td>
<td>68.3%</td>
</tr>
<tr>
<td>Metro (pop. 250,000 to 1 million)</td>
<td>67.8%</td>
</tr>
<tr>
<td>Metro (pop. 1 million or more)</td>
<td>66.5%</td>
</tr>
</tbody>
</table>
Population decline has slowed and is reversing in some areas

- Rural American population grew in 2016 and 2017 after six consecutive years of loss
- Net immigration trends are changing due to retirees and those who are working remotely

USDA ERS, 2018
People who live in rural areas are more likely to own their own homes, live in their state of birth and have served in the military than their urban counterparts, according to the latest data from the U.S. Census Bureau’s American Community Survey.
Perceptions of Rural and Frontier Communities

Stubborn, resilient, hard work, true grit, stiff upper lip, honest, commitment to community, strong willed, strong-silent type, proud, get ‘er done, fix it

Independent while also connected by community
Sources of chronic stress for farmers and ranchers

- Large debt levels
- Cash flow
- Family business/legacy
- Control in markets
- Balance of off-farm income
- Erratic weather
Importance of Peer Relationships

Peer relationships provide:

- Outside perspective
- Co-learning
- Social referent
Rural Peer Assistance Network

General education on recognizing and creating strategies for managing stress

Learning skills to support your neighbors and link them to resources

Supporting peer listeners

Connecting the links in the chain of care
Joseph (JC) Carrica III

is the Chief Executive Officer of Southeast Health Group, which serves a six-county rural and frontier region in the southeast corner of Colorado. This outpatient organization provides integrated psychiatric care, mental health counseling, substance use disorder services, primary care, wellness and prevention services, physical therapy, vocational training, and extensive peer support.

A fourth-generation native of southeast Colorado, Carrica earned a Doctorate in Interdisciplinary Leadership from Creighton University, and is a master's level counselor and certified addictions counselor. His 2014 dissertation focused on the referral barriers that affect the integration efforts of behavioral health and primary care in eastern Colorado. He currently serves as the president-elect of the Colorado Behavioral Healthcare Council, the statewide membership organization for Colorado’s network of community behavioral health providers. He also serves as treasurer of the Southern Colorado Healthcare Network, comprising chief executive officers from 11 organizations serving the 30 counties of southern Colorado; 5 community health centers, and 1 hybrid organization combining both.

In July of 2020, Carrica was appointed to the National Council for Behavioral Health serving Region 8 (AZ, CO, MT, ND, SD, UT, and WY). He regularly speaks with health providers, policy makers, and behavioral health students at both the statewide and national level about rural and frontier integrated whole health initiatives and reform.

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Our Mission Question that drives the project...

Do you look after your neighbors as close as your crop or herd?
SUPPORTED INITIATIVE #1
Mental Health & SUD Awareness

CHANGING OUR MENTAL & EMOTIONAL TRAJECTORY

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1) Community designed;
2) Community driven (can be region specific);
3) It is culture specific;
4) It is sustainable and easily replicable;
5) There are both Gatekeepers and Investors (not $)
Gun Shop Project
Colorado Department of Public Health & Environment

2018 Colorado Health Information Dataset
Mortality Statistics

Intentional Self harm (suicide) deaths = 2558
- by discharge of firearm = 1294
- this accounts for nearly 51%

Drug induced deaths = 2,117

Alcohol induced deaths = 2,193

Questions
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Law Enforcement Liaison
Southeast Health Group

https://cohealthviz.dphe.state.co.us/t/HealthInformaticsPublic/views/COHIDFullDeathQuery?StateDemographyPopEstimates/MortalityStatistics?frameSizedToWindow=true&_embed=y&showAppBanner=false&_display_count=no&_showVizHome=no
Rebecca Edlund

is a city girl who loves rural Colorado, particularly the farming and ranching community. As Associate Director of Membership and Technology at Colorado Farm Bureau, she supports many aspects of the organization's grassroots leadership, program development, and events. Mental health isn't officially in her job title, but her passion for the well-being of Colorado's agricultural families drives her commitment to the Colorado Agriculture Addiction and Mental Health Program (CAAMHP), of which she is currently serving as the Program Coordinator.

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Partnership with Colorado Crisis Services

Opioid Epidemic & Consortium Partnership

Collaboration with Vested Parties in Rural Communities

Research/Options

Rural Peer Assistance Network

Nebraska Interfaith & Wisconsin Farm Center

Voucher Program for Counseling Services

Safety & Health Committee

Counseling Voucher Program for Agriculture
Community Priorities:

- There is a need.
- The time is now.
- Addiction and mental health are both considerations.
- Assurance of anonymity.
- Particular interest in remote (telehealth) services (for anonymity and time considerations).
- Cultural competencies/sensitivity training is critical.
- Six sessions is a good start.

Agricultural Industry and Friends
Voucher Program Overview

- **6 vouchers** available to farmers and ranchers across the state
- **Good for 1 year**
- **Expired/unused vouchers** renewable
- **Telehealth** focus initially
- **High level information returned by counselor for reporting** (i.e. general occupation, age range, county of residence, marital status, reason for assistance, clinical diagnosis)
- **Grant funded** initially
- **Ongoing rate availability** (individual cost)

**Support Resource: Provider Network**
- Licensed
- Cultural sensitivity completion
- Rate agreement

**Support Resource: Referral Network**
- Medical Providers
- Colorado Crisis Hotline
- You

**Support Resource: Partners/Stakeholders**
- Program Oversight
- Communications
Candiss Leathers

was raised in rural Colorado in an agricultural setting and has worked in the field of Vocational Rehabilitation and Disability services for over 40 years. She has served as Project Manager for the Colorado AgrAbility Project for the last seven years, serving farmers and ranchers affected by an injury, long term illness, or other functional limitations to remain involved in agricultural work by providing assistance, information and education.

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What Are AgrAbility Services?

• Provide **free on-site visits** and assessments how to make your home, shop, farm/ranch more accessible.

• **Recommend** farm equipment **adaptations**, home modifications, and shop modifications.

• **Offer information on where you can purchase** assistive technology.

• Assist individuals with substance use or mental health disorders (or their family members) to find treatment and case management services.
Who is eligible for AgrAbility services?

- A farmer or rancher involved in production agriculture or intending to be.
- Have a disability or limitation.
- A family member of a farmer/rancher (spouse, children, or parent) who has a disability.

Over 465 individuals have received assistance.
Q&A Session

Additional information online at:

https://www.rmfu.org/
https://www.southeasthealthgroup.org/
https://www.coloradofarmbureau.com/
https://agrability.agsci.colostate.edu/
Thank you!

Please join us for the general session at 9:45

https://ucdenver.zoom.us/j/94087018876

Or Telephone:

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Webinar ID: 940 8701 8876