

The Dark Storm In the Bright Sky

Substance Use in Rural Wisconsin

Lorie A. Goeser- Rosenweg Services LLC

August 27th, 2019 HOPE Consortium Conference

Objectives:

- Identify two key factors in creating inequalities of rural substance use
- Identify three strengths in rural communities to address substance use
- Practice a grounding exercise related to rural culture

Definition:

- <https://www.nal.usda.gov/ric/what-is-rural>
- <https://www.hrsa.gov/rural-health/about-us/definition/index.html>
- HRSA- Health Resources and Services Administration

U.S. Department of Agriculture

- open countryside,
- rural towns (places with fewer than 2,500 people), and
- urban areas with populations ranging from 2,500 to 49,999



U.S. Department of Agriculture

- **People:** Demographic data from the American Community Survey, including age, race and ethnicity, migration and immigration, education, household size and family composition. Data have been added on veterans, including service period, education, unemployment, income, and demographic characteristics.
- **Jobs:** Economic data from the Bureau of Labor Statistics and other sources, including information on employment trends, unemployment, industrial composition, and household income.

U.S. Department of Agriculture

- **Agriculture:** Indicators from the latest Census of Agriculture, including number and size of farms, operator characteristics, off-farm income, and government payments.
- **County classifications:** The rural-urban continuum, economic dependence, persistent poverty, population loss, and other ERS county codes.”

Frontier Counties

- http://www.worh.org/sites/default/files/frontier_map.pdf
- National average is 3%, WI is 4% and Montana is 54%
- Tribes

Social Determinants of Health:

- <https://www.ruralcenter.org/population-health-portal/data/social-determinants>
- Social determinants of health include factors such as socioeconomic and behavioral factors, including factors such as income, social engagement and substance abuse. Continuing into the future there will be a continued focus on using social determinants for addressing health care quality, efficiency and cost.

Social Determinants of health:

- The purpose of this analysis is to compare health status and health conditions with social determinants of health by examining the rates of depression given population estimates, poverty rates, overall health status and reported drug use at the county level.

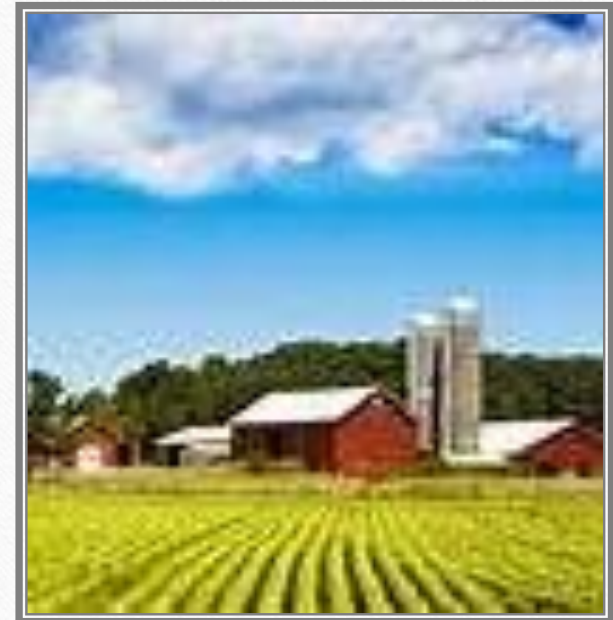
Social Determinants of Health Data:

- Population size
- Children in Poverty Rate
- Frequent Mental Distress Rate
- Excessive Drinking Rate
- Rate of Poor or Fair Health
- <https://www.ruralcenter.org/population-health-portal/data/social-determinants>

Public Health Crisis

- Substance use is a public health crisis in the Rural United States and has been identified as one of the top 10 priorities.

Rural Healthy People 2020





Resilience Factors:

- What can members of a community do to enhance resiliency?
- Know how to access the support and services that are available.
- Collaborate with a wide variety of groups to apply for funding.
- Share resources and facilities collaboratively.
- Anticipate problems and brain-storm solutions.
- Identify gaps in infrastructure and support services.
- Develop short term and long-term goals.



Creating effective models and recovery spaces will require mobilizing assets within the rural community — including individuals and families in recovery, recovery mutual aid organizations, new recovery support institutions, and new technology-based recovery supports

(White, 2016)

National Frontier and Rural ATTC

National Addiction Workforce Work-Group

December 10, 2012

Telehealth and technologies

Create addiction treatment telehealth competencies and develop policy recommendations for national license portability to encourage the addiction treatment and recovery workforce to **ADOPT** the use of telehealth services;

NFAR- Presentation

Definitions

Telehealth 'refers to the use of telecommunications and information technologies to provide access to health information and services across a geographical distance.'

Telemedicine –'Use of medical information exchanged from one site to another via electronic communications to improve patients' health status'

NFAR

- Telehealth is not about the technology itself but is a bridge to the relationship with the patient in order to provide care. (Shore 2012)

NFAR

Definitions

- Synchronous communications-
Telephone counseling
- Asynchronous Communications-
email or web-based programs
- Some web-based programs include
both type of communications

NFAR

National Addiction Workforce Group

Purpose: To assist/advise NFAR staff on issues relating to frontier/rural addiction treatment workforce-retention, recruitment, and training.

NFAR

Training Substance Abuse Clinicians in Motivational Interviewing Using Live Supervision via Teleconferencing
Teleconferencing supervision (TCS) was developed to provide remote, live supervision for training MI. TCS shows promise for promoting new counseling behaviors following participation in workshop training.

Smith, et al., 2012 Journal of Consulting and Clinical Psychology;80(3):450-464

Options:

- Use of technology for support
- Apps
- Blogs
- Online support groups
- Face time with Recovery Coaches/ Peer Support Specialists
- Treatment sessions

SAMHSA

has delineated

4 major dimensions

that support a life in

RECOVERY

(<http://www.samhsa.gov/recovery>)



Health

- Overcoming or managing one's **DISEASE**(s) or symptoms
- Making informed, healthy choices that support physical and emotional well-being



Home

**Having a
SAFE and STABLE
place to live**

(<http://www.samhsa.gov/recovery>)



Purpose

- **Conducting meaningful daily activities, such as a job, school volunteerism, family caretaking, or creative endeavors**
- **Having the independence, income, and resources to **PARTICIPATE IN SOCIETY****

A person wearing a white sweater is shown from the chest up, looking down at a smartphone held in their hands. The background is a blurred indoor setting. A text box is overlaid on the right side of the image.

Community

Having
RELATIONSHIPS and
SOCIAL NETWORKS
that provide
support, friendship,
love, and hope

(<http://www.samhsa.gov/recovery>)





Thank you!

- Be Sure to take care of your self first then you can help your community!!

Lorie A. Goeser
Rosenweg Services LLC