



Substance Abuse and Mental Health Services Administration

May, 2022

Rural residents in the USA experience significant disparities, facing unique challenges when attempting to receive effective treatment for substance use disorders, mental illness and mental health conditions. Advancing health equity involves ensuring that everyone has a fair and just opportunity to be as healthy as possible. This also applies to behavioral health. In conjunction with quality services, this involves addressing social determinants, such as employment and housing stability, insurance status, proximity to services, culturally responsive care – all of which have an impact on behavioral health outcomes.

Treatment, Recovery, and Workforce Support Grant

In 2020, SAMHSA launched the Treatment, Recovery, and Workforce Support Grant, which currently has a cohort of twelve grant recipients. The purpose of this program is to implement evidence-based programs to support individuals in substance use disorder treatment and recovery to live independently and participate in the workforce. To achieve grant objectives, recipients collaborate with State and Local agencies responsible for a workforce investment activity, with Indian tribes or tribal organizations, and state agencies responsible for carrying out substance use disorder prevention and treatment programs, to implement innovative programs and strategies designed to meet the needs of employers and participants.

One of SAMHSA’s Workforce grants in the mostly rural State of Pennsylvania is the Recovery Organization Alliance (Pro-A). The Pennsylvania Pro-A Workforce Support grant focuses on rural communities and collaborates with CareerLink, one of Pennsylvania’s One Stop workforce development system overseen by local workforce and investment entities, community partners and recovery supportive employers. Pennsylvania Pro-A collaborates with Recovery Community Organizations in fourteen regions in the state as well as state Single County Authorities. This has increased their ability to identify resources and supports in rural areas and underserved populations.

Participant engagement has been successful with the use of virtual platforms and Recovery Employment Coordinators who meet individuals closer to their living environments. As a result of the Pro-A grant, we have seen positive outcomes, most striking is the positive rate of change of 163% in Education/Employment. We have also seen a 51% rate of change in Stability in Housing. Since the beginning of the program, 100 participants have been enrolled and approximately 100 participants have attained employment.

<https://www.samhsa.gov/find-treatment>



Rural Behavioral Health Programs & Resources



Rural Emergency Medical Services (EMS) Training Grant

SAMHSA recognizes the urgent need for emergency services in America’s rural areas and the critical role emergency medical service or EMS personnel serve throughout the Nation. For example, in cases of overdose or attempted suicide, EMS personnel provide critical response and lifesaving supports. The purpose of the Rural EMS Training grant program is to recruit and train EMS personnel in rural areas and to provide essential training for EMS staff. Since 2020 SAMHSA awarded \$10.6 million to strengthen the role of EMS personnel in rural America. In 2022 we are planning to award another \$5.4 million to continue to support this program.

Rural Opioid Technical Assistance (ROTA) Program

SAMHSA is also investing on programs that offer training and technical assistance to practitioners in the fields of mental health and substance use disorders. Through the ROTA Program, SAMHSA is building upon a collaboration with the USDA. The USDA provides Cooperative Extension Services programs to improve the quality of people’s lives by providing research-based knowledge to strengthen the social, economic and environmental well-being of families, communities and agriculture enterprises. Extension experts focus on issues which affect rural communities. The USDA identified opioid misuse in rural America to be one of the areas of focus for these programs. This program enables the existing USDA Cooperative Extensions grantees to build upon their USDA-supported work by expanding the reach of their training to rural communities.

The purpose of the ROTA program is to develop and disseminate training and technical assistance for rural communities addressing opioid and stimulant issues affecting their communities.

Screening Brief Intervention Referral to Treatment (SBIRT)

Since 2003, SAMHSA has funded SBIRT grants, many with a rural focus. The SAMHSA-funded New Mexico SBIRT program operates in 17 of the 33 counties in New Mexico. Most of the clinic partner sites were situated in rural communities of fewer than 2,000 people. In the 5 years of funding, the NM SBIRT project screened well over 50,000 adult patients presenting at primary health care clinics, Indian Health Services facilities, and public health offices in rural and frontier New Mexico.

Similarly, Spectrum Youth and Family Services (Spectrum), a SAMHSA grantee, together with the Center for Behavioral Health Integration (C4BHI) are fostering behavioral health integration and increasing access to behavioral health services in Vermont for youth/young adults ages 12 to 24 and refugee/immigrant communities. Spectrum and its partners are uniquely positioned for rapid wide-scale implementation of a patient-centered initiative across the rural state Of Vermont. Since implementing the program 3 years ago, 3658 rural youth and young adults under 25 years of age were screened for substance use risks, mental health risks, and received interventions for those areas of risk.



Youth Treatment Programs

Another set of SAMHSA programs that focus on family centered approaches to treatment are the two adolescent substance use disorder treatment programs:

- ◆ State Youth Implementation Grant (SYT-I)
- ◆ Enhancement and Expansion of Treatment and Recovery Support for Adolescents, Transitional Aged Youth and Their Families (TREE) program.

An example from our SYT-I grant is the Kickapoo Tribe, which is a rural, under-served, and non-reservation American Indian tribe located in Oklahoma. Kickapoo Tribe's project is focused on increasing access and engagement for youth in need of SUD treatment. Examples of improving access include: implementation of a 'drop-in' center; youth social activities; vocational referrals and education groups.

Building Communities of Recovery (BCOR)

BCOR programs mobilize and connect a broad spectrum of community-based resources to increase the prevalence and quality of long-term recovery support. What makes these programs unique is that they are administered and implemented by people with lived experience in recovery from substance use disorders who reflect the needs and population of the community being served.

The ACTION Coalition, in the rural and remote Tennessee communities of Carter and Johnson counties, lies in the heart of the Blue Ridge Mountains. These rugged mountain communities are, for the most part, geographically isolated and have been notorious hotspots for both the proliferation of the opioid epidemic and the resulting upsurge in the use of heroin. Both counties are currently designated as at-risk for economic distress, characterized by lack of infrastructure, high rates of unemployment (4.1%), low educational attainment, and low per capita income (59.6% of U.S. average).

Prevention Grant Opportunity for Rural Communities

The Strategic Prevention Framework-Partnerships for Success (SPF-PFS) program is grounded in the Strategic Prevention Framework (SPF), a community engagement model grounded in public health principles, including being data-driven, and focused on providing evidence-based services to high-risk underserved communities. SPF-PFS grant recipients focus on strengthening state and community-level prevention capacity to identify and address local substance use prevention concerns, such as underage drinking, marijuana, tobacco, electronic cigarettes, opioids, and heroin.

Using local, state, and national substance use public health data, recipients will identify prevention priorities in their communities, and develop and implement strategies to prevent the misuse of substances and promote mental health and well-being among youth and adults. Recipients will utilize a data-driven approach to identify underserved communities and at-risk sub-populations of focus.

Technical Assistance: Technology Transfer Centers (TTC)

The TTC programs are funded by SAMHSA and comprised of 3 networks: Addiction Technology Transfer Centers (ATTC), Mental Health Technology Transfer Centers (MHTTC) and Prevention Technology Transfer Centers (PTTC). All 3 networks can be accessed at <https://techtransfercenters.org/landing>

These centers deliver technical assistance in processes and practice improvement in mental and substance use disorder treatment, prevention and recovery services, delivering effective evidence-based practices to the public and the clinical field

Each network includes 10 Regional Centers (one in each of the HHS Regions), a National American Indian and Alaska Native Center, and a National Hispanic and Latino Center, and a Network Coordinating Office.

The Region 8 Mountain Plains ATTC, PTTC and MHTTC are specialized in Rural Mental Health and Substance use disorders.



<https://mhffcnetwork.org/centers/mountain-plains-mhffc/rural-mental-health-farm-stress>

Rural Communities & Mental Health

SAMHSA's Center for Mental Health Services (CMHS) grant programs cover a wide range of mental health and other related services across the nation to organizations providing a range of training, technical assistance, infrastructure and direct behavioral health services.



CMHS provides grants funding to states, cities, counties, universities, tribal organizations, provider organizations, community mental health centers, behavioral health centers and other public or private entities.

Examples of CMHS Grants Serving Rural Areas

- Asserted Community Treatment (ACT)
- Assisted Outpatient Treatment (AOT)
- Community Mental Health Services Center (CMHC)
- Certified Community Behavioral Health Clinic (CCBHC)
- Community Mental Health Services Block Grant (CMHS BG)
- Crisis Counseling Program (CCP)
- Garrett Lee Smith State/Tribal Youth Suicide Prevention
- Mental Health Awareness Training (MHAT)
- Minority AIDS Initiative (MAI)
- Minority Fellowship Program (MFP)
- National Child Traumatic Stress Initiative (NCSTI)
- Offender Reentry Program (ORP)
- Project AWARE
- Promoting Integration of Primary and Behavioral Health Care (PIPBHC)
- Statewide Consumer Network (SCN)
- Statewide Family Network (SFN)
- Suicide Hotline
- Systems of Care/Circles of Care for Children's Mental Health (SOC Or CMHI)
- Tribal Behavioral Health Program (Native Connections)



Rural Communities & SUD

The mission of the Center for Substance Abuse Treatment (CSAT) is to promote community-based substance use disorder (SUD) treatment, and recovery support services for individuals and families in every community. CSAT provides national leadership to improve access, reduce barriers, and promote high-quality, life-saving, and effective treatment and recovery support services.



The Center for Substance Abuse Prevention (CSAP) works with federal, state, public, and private organizations to develop comprehensive prevention systems by providing national leadership in the development of policies, programs, and services to prevent the onset of illegal drug use, prescription drug misuse and abuse, alcohol misuse and abuse, and underage alcohol and tobacco use. It also promotes effective substance abuse prevention practices that enable states, communities, and other organizations to apply prevention knowledge effectively.

Examples of CSAT and CSAP Grants Serving Rural Areas

- Substance Abuse Prevention and Treatment Block Grants (SAPT BG)
- Enhancement and Expansion of Treatment and Recovery Services for Adolescents, Transitional Aged Youth, and their Families (Youth and Family TREE)
- State Pilot Grant Program for Treatment for Pregnant and Postpartum Women (PPW-PLT)
- Building Communities of Recovery (BCOR)
- Tribal Opioid Response Grants (TOR)
- Rural Opioid Technical Assistance Regional Centers (ROTA-R)
- Screening, Brief Intervention, and Referral to Treatment (SBIRT)
- First Responders-Comprehensive Addiction and Recovery Act Grants (FR-CARA)
- Rural Emergency Medical Services Training Grant (EMS Training)
- Strategic Prevention Framework for Prescription Drugs (SPF Rx)
- Grants to Prevent Prescription Drug/Opioid Overdose-Related Deaths (PDO)
- Substance Abuse and HIV Prevention Navigator Program for Racial/Ethnic Minorities Cooperative Agreement (Prevention Navigator)
- Sober Truth on Preventing Underage Drinking Act Grants (STOP Act)

SAMHSA Partnerships Supporting Rural Health

SAMHSA along with other agencies and private sector partners fund technical assistance centers through grants and contracts to serve the substance use disorder and mental health needs of their targeted audiences. Here are just a few:

The National Council for Mental Wellbeing, through the National Center of Excellence for Integrated Health Solutions assists in providing the newest evidence-based support to integrate primary and behavioral health cares.

The Certified Community Behavioral Health Clinic Expansion Grantee National Training and Technical Assistance Center (CCBHC-E National TTA Center) is committed to advancing training and technical assistance that support access to care and evidence-based practices for CCBHC Expansion Grantees.

The Suicide Prevention Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis. Starting on July 16, 2022, **The Lifeline and 988** will be designated as the new three-digit dialing to the National Suicide Prevention Lifeline across the U.S.

The Tribal Training Technical Assistance Center guides tribal communities and organizations in applying cultural knowledge and strengths to support wellness around substance use disorders, suicide prevention, and mental health.

The Center for Excellence Infant and Early Childhood Mental Health Consultation (ECMHC) is a prevention-based service that pairs a mental health consultant with families and adults who work with infants and young children

SAMHSA Service Members Veterans Families Technical Assistance Center (SMVFTA) serves as a national resource to support states, territories, and local communities in strengthening their capacity to address the behavioral health needs of military and veteran families.

The National Training and Technical Assistance Center for Children, Youth, and Family Mental Health (NTTAC) increases access to, effectiveness of and dissemination of evidence-based mental health services for people ages 0-21, including those suffering from serious mental illness or serious emotional disturbance, and their families.

The GAINS Center focuses on expanding access to services for people with mental and/or substance use disorders who become involved with the adult criminal justice system.

The National Child Traumatic Stress Network works to raise the standard of care and improve access to the services for traumatized children, their families and their communities in America.

SMI Adviser - A clinical Support System for Serious Mental Illness is administered by the American Psychiatric Association (APA). The APA works closely with a team of diverse experts including individuals, families, clinical experts, peers, and policy makers, to create access to the best resources on serious mental illness (SMI).

Disaster Technical Assistance Center (DTAC) helps states, U.S. territories, tribes, and local providers plan for and respond to behavioral health needs after a disaster.

State Targeted Response Technical Assistance (STR-TA) – This Opioid Response Network (ORN) provides training and address the opioid crisis and stimulant use disorder. The ORN has local consultants in all 50 states and nine territories to respond to local needs by providing free educational resources and training to states, communities and individuals in the prevention, treatment and recovery of opioid use disorders and stimulant use.

National Center of Excellence for Eating Disorders (NCEED) disseminate training and technical assistance for healthcare practitioners on issues related to addressing eating disorders. This center of excellence will facilitate the identification of model programs, develop and update materials related to eating disorders, and ensure that high-quality training is provided to health professionals.

Center of Excellence for Protected Health Information (CoE-PHI) develop and disseminate training, technical assistance, and educational resources for healthcare practitioners, families, individuals, states, and communities on various privacy laws and regulations as they relate to information about mental and substance use disorders.

SAMHSA's mission is to reduce the impact of substance use disorder and mental illness on America's communities.

www.samhsa.gov

1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD)

Access these centers via the SAMHSA Practitioner Training website at:

<https://www.samhsa.gov/practitioner-training>