



C4 Rural Grant Partners

Collaborative, Complementary & Conventional Care

Barriers to Mental Health & Community Buy-in of
Integrative Therapies

PMH Partner POC

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Mission Statement



It is the mission of
PERRY MEMORIAL HOSPITAL
to provide
COMPASSIONATE, QUALITY
health services to the
people and communities
we serve.



Discussion Points

- In your practice and in your hospital organization, what are the barrier to mental health that you observe:
- For clinicians to be able to treat patients effectively?
- For patients to be able to receive services they need?

Barriers to Rural Mental Health Services

- Please ponder whether you feel the following are barriers to mental health that patients experiences in our rural Communities.

The 4 A's Availability, Accessibility, Affordability and Acceptability

- **Stigma Surrounding mental illness (1 in 5 experience episode given yr)**
 - Lack of understanding and education
 - Privacy - fear others will know leading to shame and embarrassment
 - Desire to receive care – Denial
 - Don't know where to turn to for care
- **Transportation**
 - Travel distances to receive services could be 70 – 100 miles to see a psychiatrist
 - Lack of transportation
- **Lack of clinicians**



Barriers to Rural Mental Health Services

- **Lack of specializations or treatment options**
 - Long wait lists – PMFHC tele-psych booked until November
 - Patient will often share with PCP physical symptoms and forget or realize they can share emotional and behavioral changes.
- **Insurance Coverage**
 - High deductibles or copays
 - Out of network
 - No mental health coverage
 - Cost of medication



Barriers to Rural Mental Health Services

- **Clinician burnout**
- **Ineffective communication among physicians and BH Clinicians**
 - Benefit LCSW in PMFHC on clinic staff
- **Ineffective follow-up**



Knowledge of Complementary Therapies

- In your clinical practice as you have interacted with patients or in your experiences with rural community members, please ponder the following:
- Patient/rural community member knowledge of complementary therapies.
- Patient/rural community member openness to complementary therapies. Why or Why not?



Questions or closing
comments?

Thank you for your time.

