



Collaborative Complementary, Conventional & Community-based Care

**PRELIMINARY DATA**  
**BARRIERS TO MH CARE ACCESS**

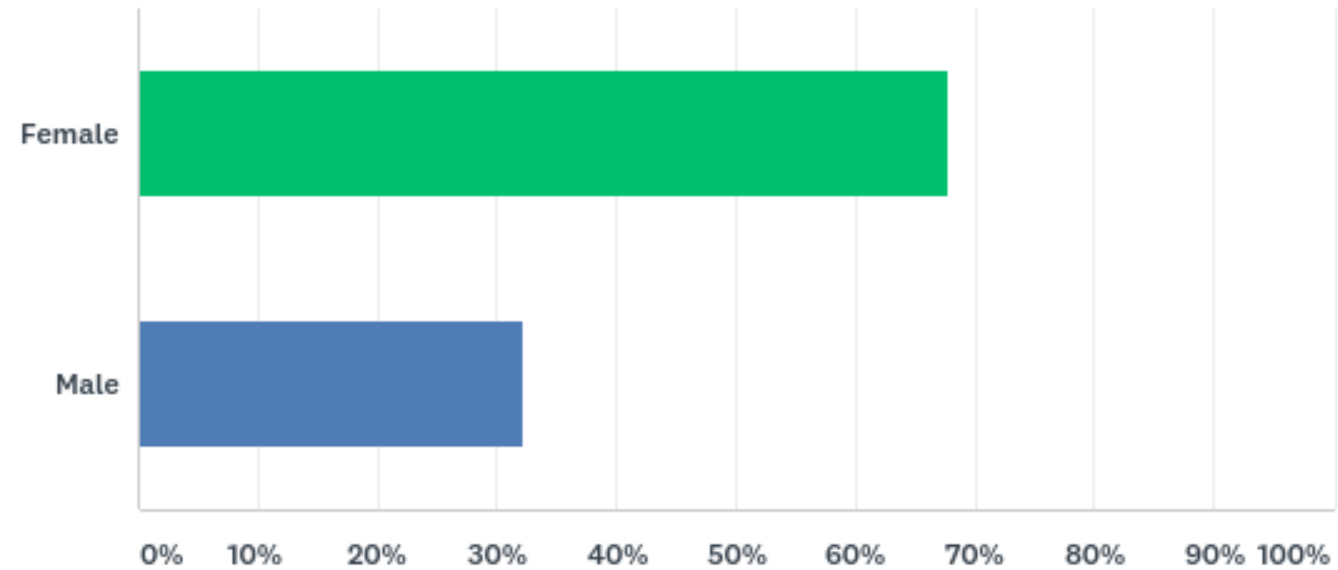
**MONTHLY NETWORK PARTNER MEETING**

**DECEMBER 18, 2019**

Sarah B. Scruggs, PhD  
Network Director – C5-Rural Program

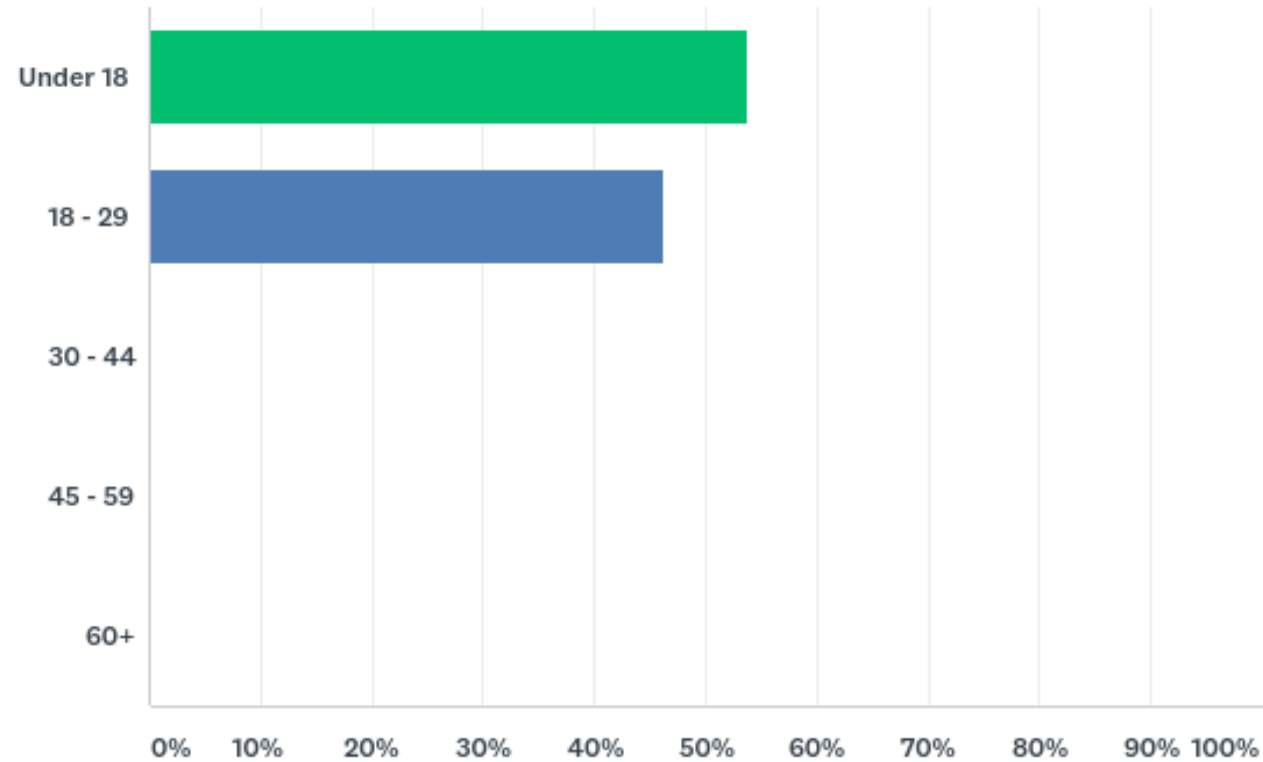
# GENDER

Q2 What is your gender?



# AGE

Q3 What is your age?



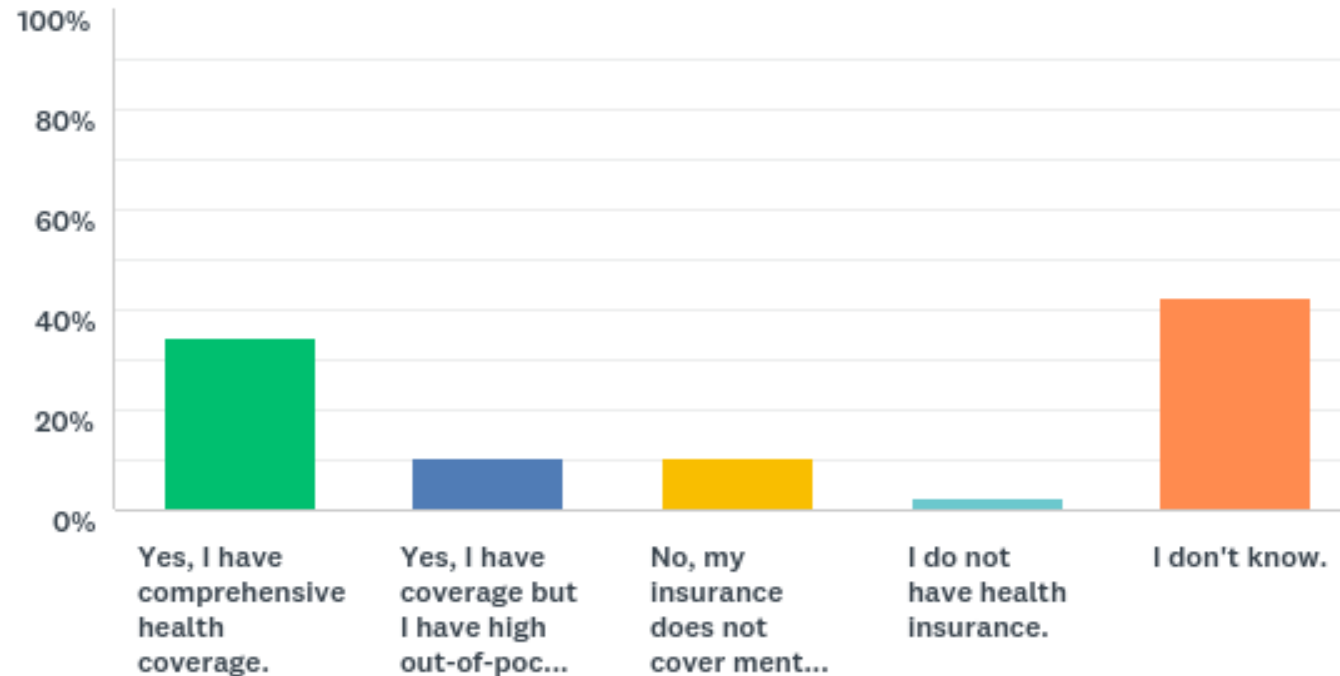
# ANNUAL HOUSEHOLD INCOME

Q4 How much money did your household earn in 2018?



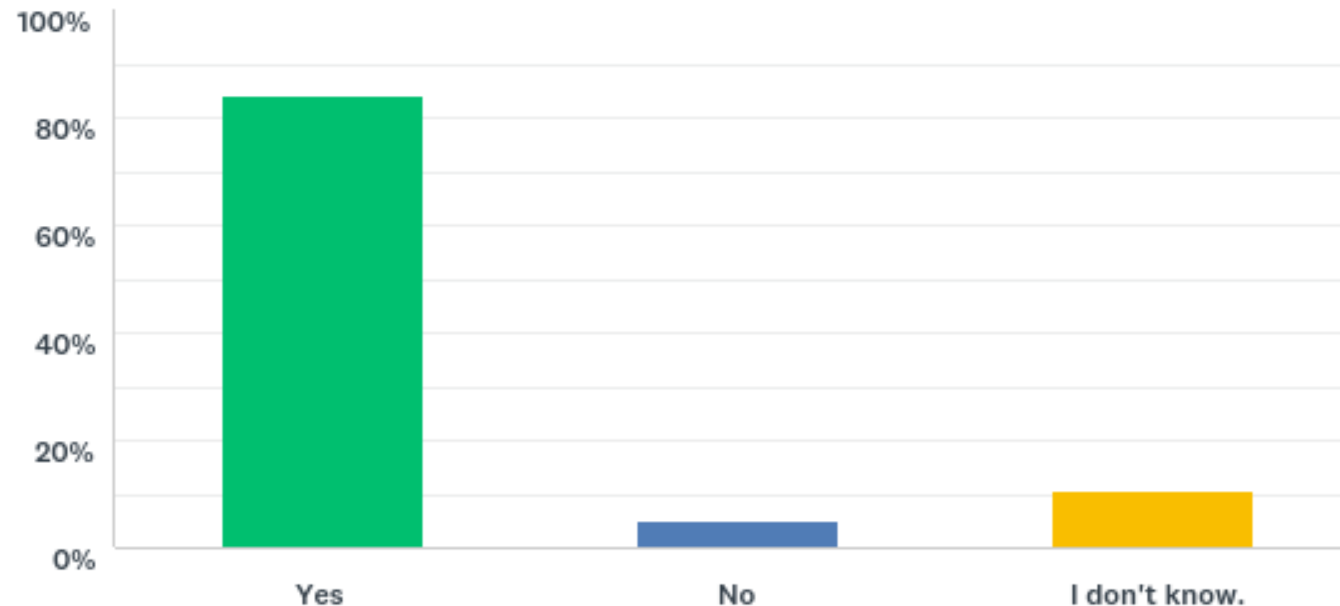
# INSURANCE FOR MENTAL HEALTH

Q5 Do you have insurance to cover mental/behavioral health services?



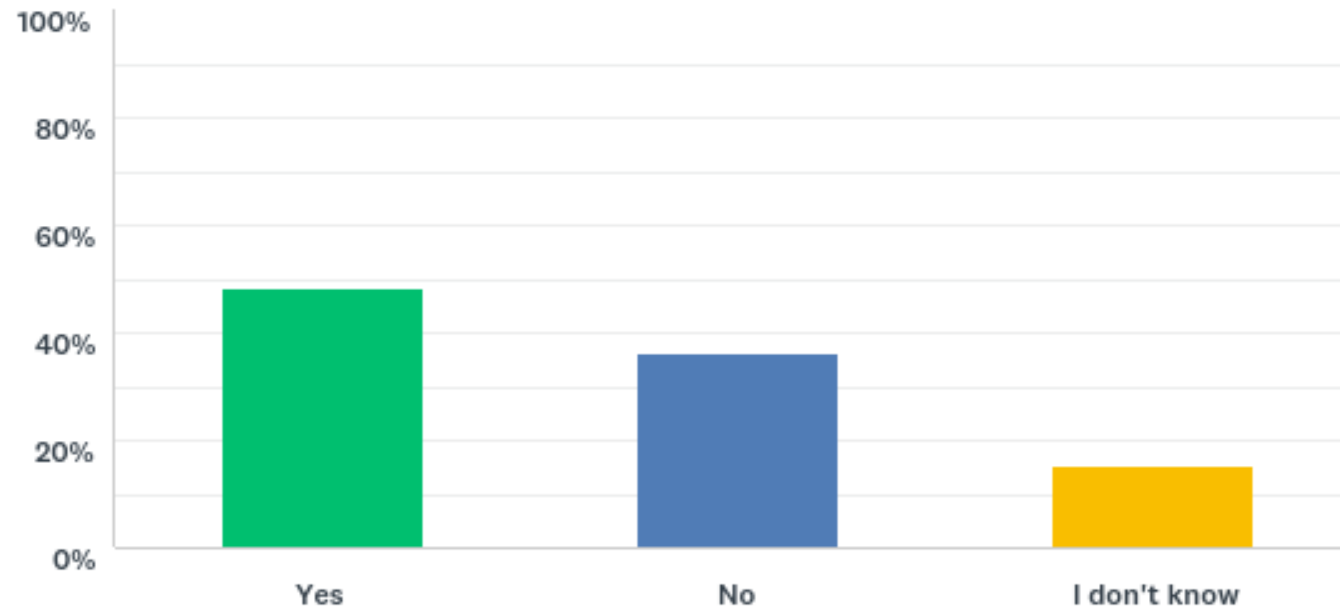
# MENTAL HEALTH STRUGGLES

Q7 Have you or someone close to you ever struggled with depression, suicidal thoughts, extreme/prolonged stress, or anxiety?



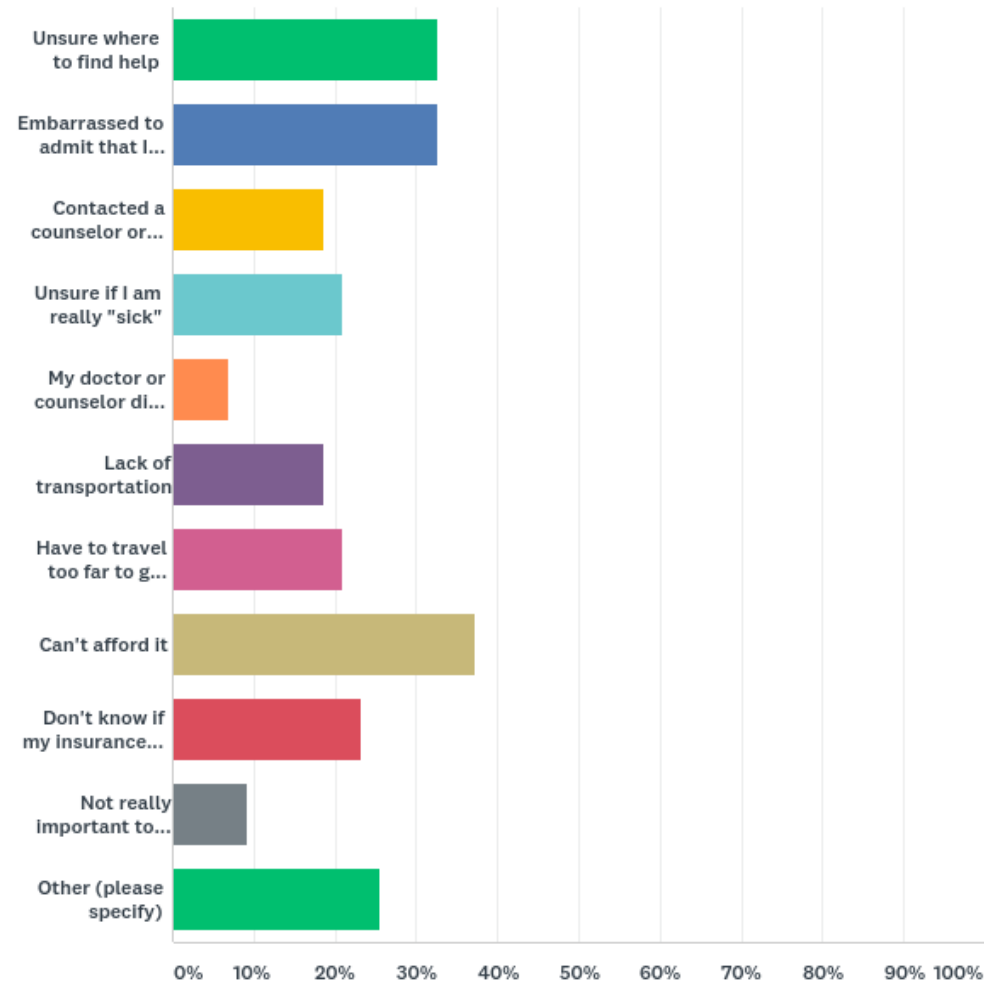
# EFFECTIVELY ACCESSED HELP

Q8 If you answered YES to question #7, did you/they receive the help needed to treat the condition?



# BARRIERS TO HELP

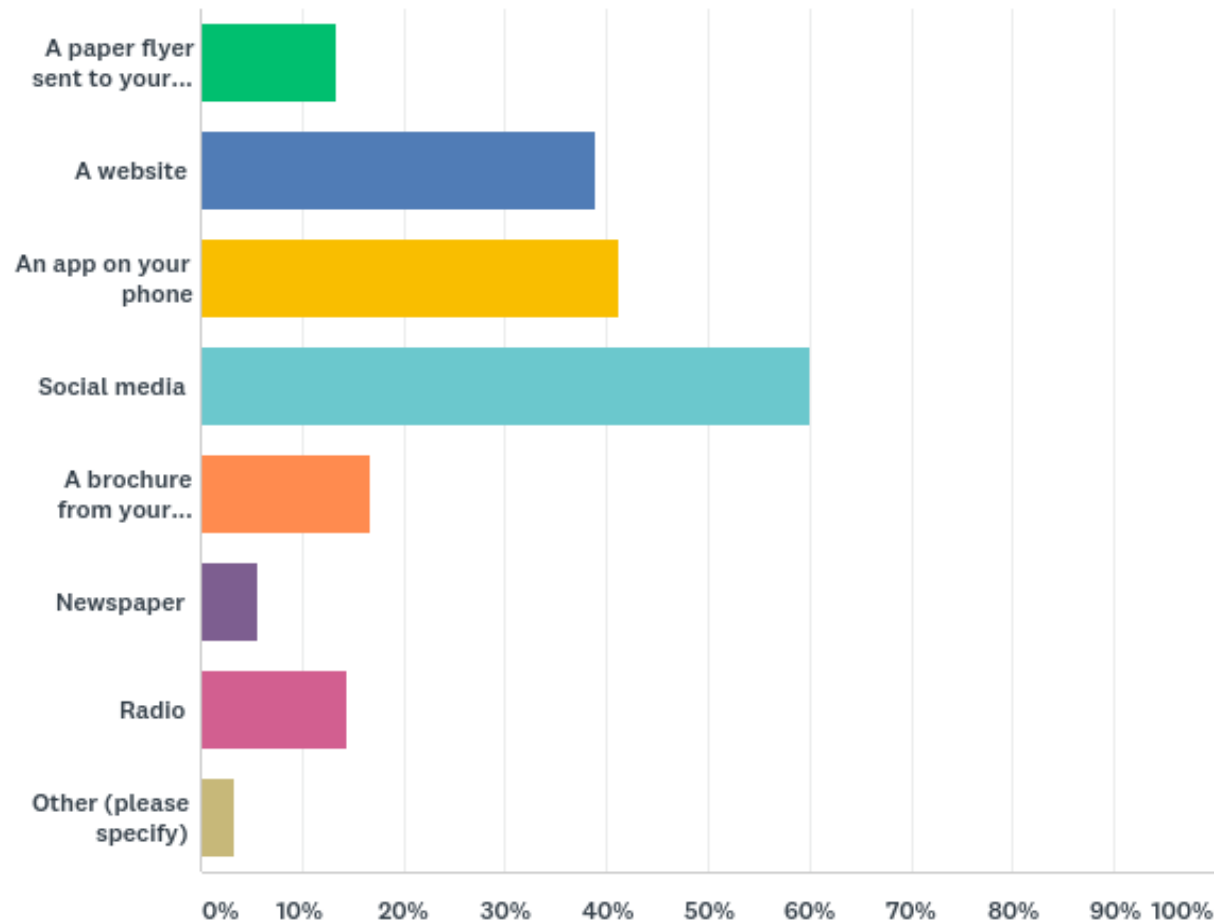
Q9 If you answered NO to question #8, why did you/they not receive the help needed?





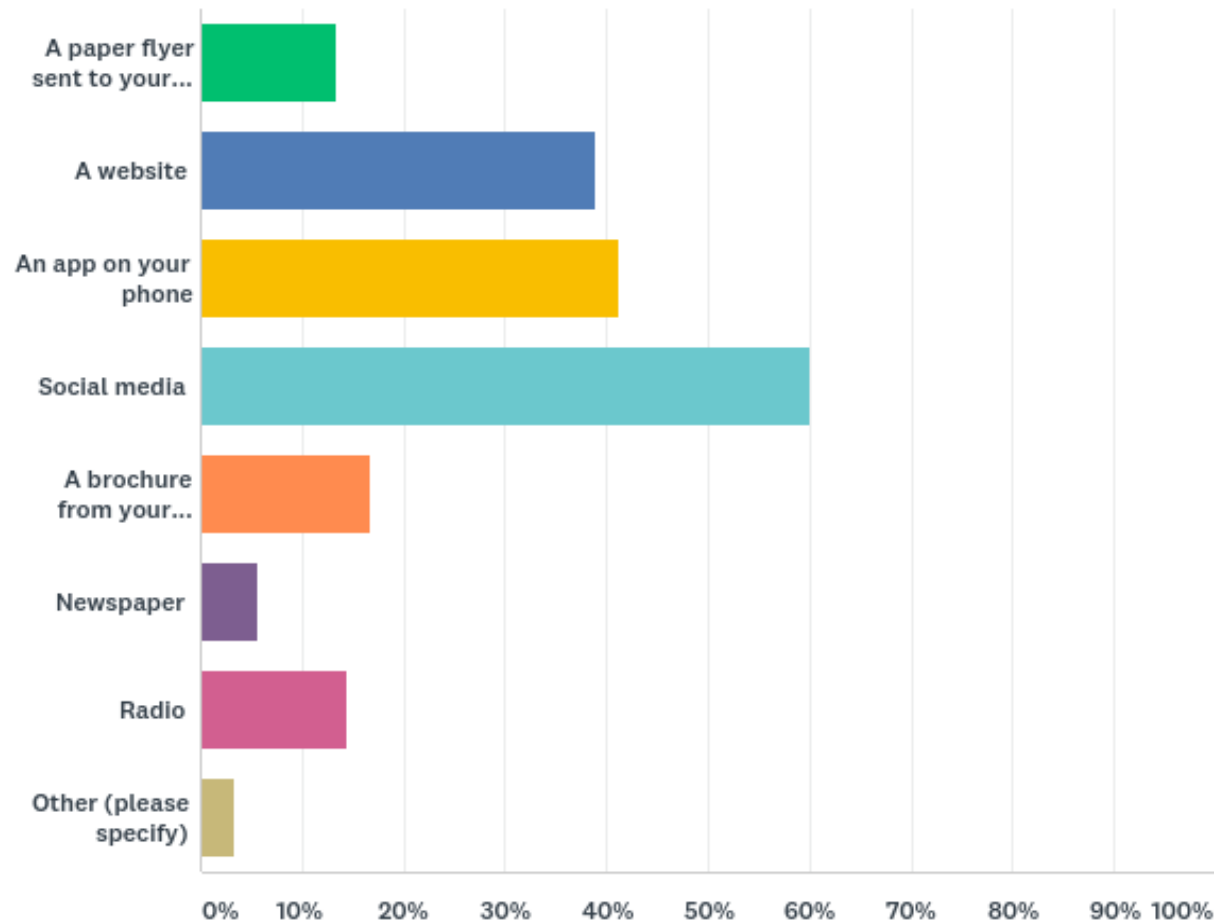
# CAUSAL: METHOD OF DISSEMINATION

Q10 What would be the easiest way for you to find out about mental health services available?



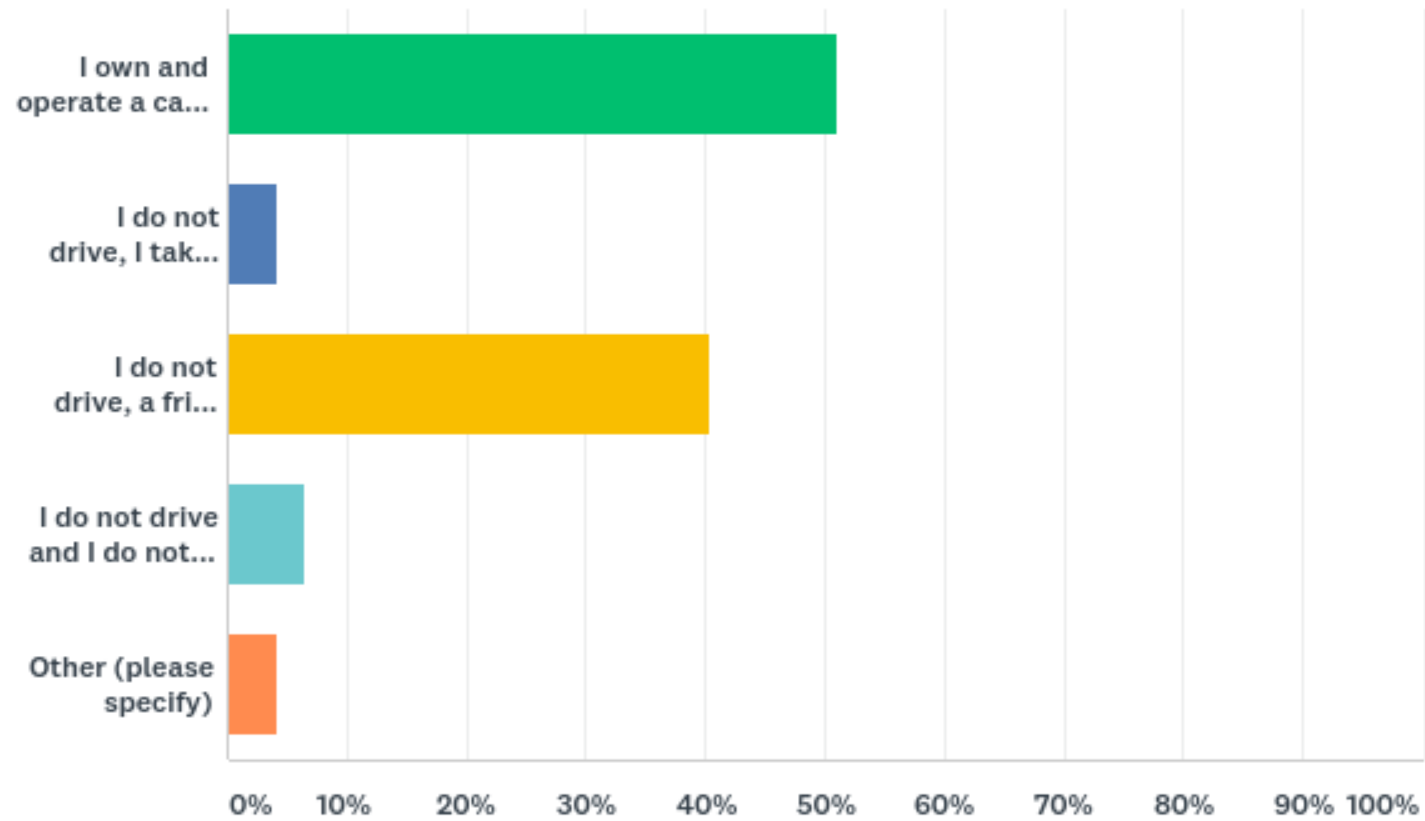
# CAUSAL: TIME TO TREATMENT

Q10 What would be the easiest way for you to find out about mental health services available?



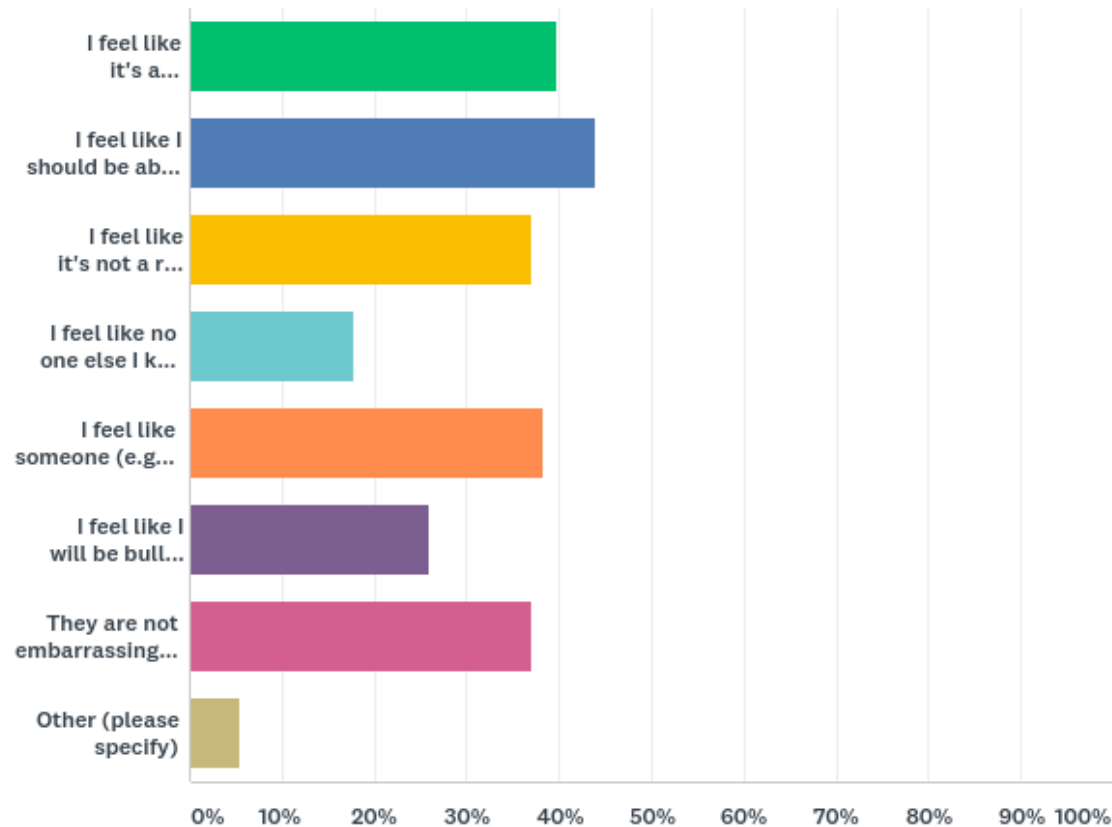
# CAUSAL: TRANSPORTATION

Q12 Please check all that apply regarding your transportation.



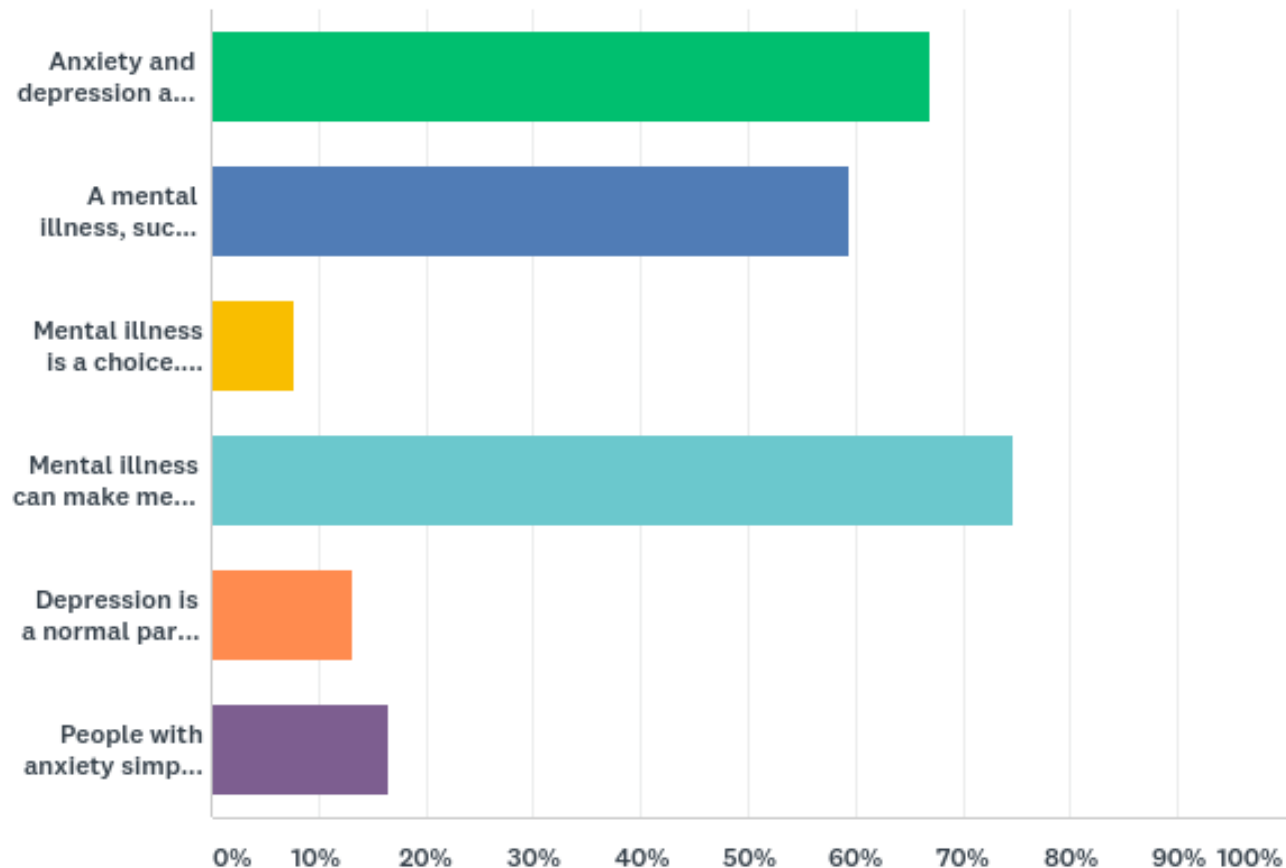
# CAUSAL: STIGMA 1

Q13 If mental struggles are embarrassing for you, please tell us why. (Please check all that apply).



# CAUSAL: STIGMA 2

Q14 Please check all of the following that you believe to be TRUE:



# KEY ACCOMPLISHMENTS

- Built a new healthcare network that is inter-organizational and integrates primary, behavioral, and complementary healthcare, and more recently, non-healthcare community organizations
- Gained commitment and engagement of Network Partners (NPs) through regular and effective planning and discussion. NPs are motivated to actively participate in ongoing implementation steps.
  - Tripled Network capacity by adding 10 new members to the formative 5 (15 total), demonstrating the enthusiasm for this project and illustrating how much the project is valued by the NPs.
  - Created a high-functioning Network board tasked with the administrative and fiscal management of C5-Rural.
- Honed the focus of our Network to effectively reach into a population in need.
  - Defined the 16-24-year-old demographic as our 1<sup>st</sup> target population of greatest need
  - Have a responsive plan for meeting topics that reflects emergent and evolving views of NPs, resulting in an impactful strategic plan.
  - Branded the Network – people are starting to talk about C5 rural

# KEY ACCOMPLISHMENTS (continued)

- Built both internal and local infrastructure that is scalable and allows for rapid implementation:
  - Established NEPs that represent critical access points for the target population, including manufacturing plants, teen centers, churches, schools
  - Conducted research on billable vs. non-billable/self-pay services and diverse payer options for supporting the complementary, conventional, and community-based care/treatment
  - Created and administered a community-wide survey assessing perceived barriers of mental health access in our rural counties
- Built high-trust relationships with community leaders and a shared understanding of issues
  - Developed and implemented method for community-wide education via: (i) integrated behavioral health events featuring combined expertise of multiple NPs, and (ii) weekly social media/email campaigns fostering community awareness (reach 8K+).
  - Developed clinician education method via: (i) newsletter sharing research findings with primary and behavioral healthcare clinicians, and (ii) hosted educational seminars given by Helen Lavretsky, MD, at UCLA Integrative Mental Health, Lori Knutson, at Duke Integrative Medicine, and Michael Ward, South Lake Tahoe Mental Health Cooperative.

MERRY CHRISTMAS

**...and Happy New Year to all of you!**

**It has been a wonderful gift being able to work with you over the past 6 months.**

**We look forward to the collaboration and all of the greatness C5-Rural will achieve in 2020!**