

NIMH Constituency Outreach and Education Program
Some Rural Mental Health Web Resources
April 9, 2001

All URLs are functional as of 4/9/01

This list, prepared by the National Institute of Mental Health (NIMH), highlights some easily accessible resources on the subject of rural mental health, a topic of increasing interest to many partners of the NIMH Constituency Outreach and Education Program, and to the nation as a whole. The list is not intended to be all-inclusive, and the contents of the Web sites have not been endorsed by NIMH; however, the resources may serve as a starting point for those interested in learning more about the issues involved in providing mental health outreach and education to the rural population.

Federal Government Links

1. The National Institute of Mental Health devotes sections of its Web site to rural mental health, with particular emphasis on scientific research. Select **Search** from the list of options and enter "rural mental health" to obtain a selection of helpful documents:
<http://www.nimh.nih.gov/>

The Office of Rural Mental Health Research (ORMHR) can be reached at
www.nimh.nih.gov/ormhr/index.htm

A center working with ORMHR is the Center for Family Research at Iowa State University (ISU), which focuses on the long-term effects of the farm crisis of the 1980s and 1990s on rural families and children. The Center has developed prevention programs that improve the capacity of rural families to raise more resilient children. The Center's scope of research ranges from genetic to community risk and protective factors and also includes rural/urban comparisons of family adaptation in both majority and minority populations.

The Center has no Web site, but can be reached at: The Center for Family Research at ISU, Rand Conger, Ph.D., Director, Iowa State University, 2625 N. Loop Drive, Suite 500, Ames, Iowa 50010.

The Center for Mental Health Care Research at the University of Arkansas for Medical Sciences (UAMS) addresses major research and policy questions related to the provision of mental health care services, with an emphasis on rural populations. The Center focuses its research on (a) depressive disorders (b) dementia (c) schizophrenia and (d) comorbid disorders. The Center is an entity of the Center of Outcomes Research and Effectiveness that can be reached at: <http://www.uams.edu/core/ReseachConsulting.htm>

A special science education briefing, *Mental Health in Rural America: How Research Is Helping*, can be accessed at: <http://www.nimh.nih.gov/research/senatemhgw.cfm>

A special NIMH program announcement related to research, PA-00-082, *Research on Mental Disorders in Rural and Frontier Populations*, can be accessed at:
<http://www.nimh.nih.gov/grants/pamenu.cfm>

2. As part of the Health Resources and Services Administration, the Federal Office of Rural Health Policy promotes rural health research and funds innovative rural health programs. The

Office also sponsors a National Clearinghouse of Rural Health Information, lists grants by State, and lists rural areas eligible for rural health outreach and rural network grant development programs - in HTML or in Acrobat.

www.ruralhealth.hrsa.gov

<http://www.ruralhealth.hrsa.gov/staflist.htm>

<http://www.ruralhealth.hrsa.gov/overview.htm>

<http://www.ruralhealth.hrsa.gov/pubs.htm>

<http://www.ruralhealth.hrsa.gov/sitemap.htm>

<http://www.ruralhealth.hrsa.gov/50sorh.htm>

3. A joint project of the Office of Rural Health Policy, U.S. Department of Health and Human Services, and the National Agricultural Library (NAL), U.S. Department of Agriculture (USDA), the Rural Information Center Health Service, or RICHS, provides users access to a national collection of rural health resources. RICHS addresses issues common to rural areas such as recruitment and retention of health care personnel, programs for special populations, facilities administration, network development, and innovative service delivery.

www.nal.usda.gov/ric/richs

<http://www.nal.usda.gov/ric/richs/richsfaq.htm>

<http://www.nal.usda.gov/ric/richs/menhea.htm>

<http://www.nal.usda.gov/ric/richs/elderpg.htm>

4. The Office of Minority Health Resource Center has a list of Web sites for rural minority health: (<http://www.omhrc.gov/ctg/rh-17.htm>. Click on the following site, then on **Database** to conduct customized searches for publications, organizations, funding opportunities, and more dealing with rural health: <http://www.omhrc.gov/OMHRC/index.htm>
5. As part of its Federal mandate, the Special Programs Development Branch, Center for Mental Health Services, assesses current systems for integrating behavioral health and primary care services in rural and isolated areas. It also studies the impact of managed mental health care on communities, providers, and consumers in rural areas; identifies and disseminates knowledge about effective models of consultation and education in rural and isolated areas; and provides outreach services to rural families to increase access to and utilization of mental health and substance abuse services.
<http://www.mentalhealth.org/publications/allpubs/KEN95-0014/KEN950014.htm>

Non-Federal Government Links

6. The 15 member States of the Western Interstate Commission for Higher Education (WICHE) work collaboratively to expand educational access and excellence for all citizens of the West. Several programs extend WICHE's reach nationally and internationally. The interstate compact was created by formal legislative action of the States and the U.S. Congress. One of WICHE's primary service areas includes a Frontier Mental Health Services Resource Network, easily accessible from its home page, as are all of its services.

<http://www.wiche.edu/home1.htm>

<http://www.wiche.edu/MentalHealth/westlink/westlinkhome.htm>

The Frontier Mental Health Services Resource Network is a consortium of nine university-based, State and local government-based, and independent experts from a variety of mental health and substance abuse-related fields. It is supported by a grant from the Center for Mental Health Services. The fields represented include rural health services research, rural mental health services research, mental health epidemiology and needs assessment, delivery

of services, and program evaluation.

<http://www.wiche.edu/MentalHealth/Frontier/frontier.htm>

7. The National Association for Rural Mental Health is partially funded by the Farm Foundation, Oak Brook, Illinois, a nonprofit organization that works as a catalyst to improve the economic and social prospects of agriculture and rural communities. NARMH evolved from a program established in 1973 at the University of Wisconsin with support from NIMH.
<http://www.narmh.org/>
<http://www.narmh.org/rmhhome.htm>
<http://www.narmh.org/rmhlinks.htm>
8. The National Association of County and City Health Officials (NACCHO) works with and is funded by the Federal Office of Rural Health Policy to define and categorize health departments according to their rural/nonrural status. Data from this effort provide the basis for enhancing an understanding of the infrastructure needs of rural public health agencies. One of NACCHO's goals is the production of a report outlining the state of rural health departments in the United States today.
<http://www.naccho.org/>
<http://www.naccho.org/project68.cfm>
<http://www.naccho.org/publichealth.cfm>
9. The Capital Area Rural Health Roundtable, supported by a Federal grant from the Office of Rural Health Policy and sponsored by the Center for Health Policy Research and Ethics, George Mason University, is an open forum for the exchange of ideas for important rural health topics. These forums provide briefings on rural health issues for the representatives of Washington-area organizations, agencies, and institutions that have a strong interest in rural America and rural health care. <http://www.gmu.edu/departments/chpre/ruralhealth/>

Two recent publications, "Mental Health 'Parity' for Rural Americans" and "Rural Welfare Reform in Rural America," are available at the following addresses:
http://www.gmu.edu/departments/chp/rhr/Mental_Health_Parity.htm
<http://www.rupri.org/front.html>
10. The American Psychological Association sponsors a World Wide Web Rural Resources information network devoted to increasing the American public's knowledge about all aspects of rural mental health. Partners of this network include the *Journal of Rural Community Psychology*, the Telemedicine Research Center, the National Rural Health Association, and the Federal Office of Rural Health Policy, among others.
<http://www.apa.org/rural/>
<http://www.apa.org/rural/resource.html>
11. The Maine Rural Health Research Center is one of five national rural health services research and policy analysis centers funded by the Federal Office of Rural Health Policy and is located within the Institute for Health Policy at the Muskie School of Public Service. Recent policy briefs and publications include "Multiple Hospitalizations Among Elderly Nursing Facility Residents: Is Rural Residence a Risk Factor?" and "Models for Integrating and Managing Acute and Long-term Care Services in Rural Areas," among many others focused on rural mental health topics. <http://www.muskie.usm.maine.edu/research/ruralheal/>