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**NOSORH Annual Conference: New SORH Learning Session**

October 28, 2013

Kristine Sande,  
RAC Program Director

**Introduction to the Rural Assistance Center: A Resource and Partner**

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**What RAC Does...**



- Help rural communities access the full range of available programs, funding, and research
- Provide easy access to information gathered from many sources

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**RAC Partners**




Funded by the HRSA Office of Rural Health Policy



www.raonline.org

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## Is This You?



**RAC Can Help!**

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## Who Uses RAC Services?

*Anyone seeking to maintain and improve the access, quality, and financial viability of rural health and human service delivery systems.*



[www.raconline.org](http://www.raconline.org)

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## Our Advisory Board

- Alan Morgan, NRHA
- Teryl Eisinger, NOSORH
- Jan Probst, SC RHRC
- Tom Martin, Lincoln Hospital
- Joe Gallegos, NACHC
- Donald Warne, NDSU
- Vaughn Clark, OK Office of Community Development
- Jenae Bjelland, NASCSP
- Larry Goolsby, APHSA
- Len Kaye, UMaine Center on Aging
- Maeghan Gilmore, NACO



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## RAC Services

- **Web-Based Services**  
<http://www.raconline.org>
- **Electronic Updates**  
Subscribe on our website
- **Customized Assistance**  
Phone: 1.800.270.1898  
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**ALL  
FREE!**



[www.raconline.org](http://www.raconline.org)

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## RAC Website – [www.raconline.org](http://www.raconline.org)




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## Our Web and Graphics Team



Julie, Maren, Barry, Joely, and Nicole

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The screenshot shows the Rural Assistance Center (RAC) website. At the top left is the RAC logo. Below it is the text "Rural Assistance Center" and "Health and Human Services Information for Rural". A navigation bar includes "Online Library", "Topics & States", "Tools for Success", and "RAC Publications & Updates". The main content area is divided into several columns: "Funding & Opportunities", "News", "Calendar of Events", "Organizations", "Maps", and "Publications". Each column contains a list of links and sub-topics. For example, "Funding & Opportunities" includes "What's New", "By Type", "By Sponsor", "By Topic", "By State", "Search Funding", and "Funding Tips". "News" includes "Top Stories", "By Topic", "By State", and "Federal Register". "Calendar of Events" includes "By Month", "By State", "Search Events", and "Calls for Presentations". "Organizations" includes "Major Rural Organizations & Agencies", "Federal Agencies & National Organizations", "Rural Health Research Centers", "State and Regional Agencies & Organizations", "State Offices of Rural Health", and "State Rural Health Associations". "Maps" includes "By State", "By Topic", and "By Sponsor". "Publications" includes "New Documents", "Key Rural Publications", "Rural Health Research Center Publications", "State Rural Health Newsletters", and "RAC Document Search". At the bottom, there are sections for "Health Updates", "Human Services Updates", "Rural Monitor", "RSS Feeds", "Economic Impact Analysis", "Success Stories & Lessons Learned", and "Quality Incentive Federally Qualified Centers, Rural Health and Free Clinics".

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### Funding opportunities



Becca

- 40% requests
- 500 new or updated
- 1200 total opportunities

**Sources:**

- Government, foundations
- Statewide, regional, national
- Grants.gov
- Foundation Directory

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[Home](#) | [About](#) | [Contact Us](#) | [Feedback](#) | [Privacy Policy](#) | [Terms of Use](#)

[Home](#) > [Topics & States](#) > [Tools for Success](#) > [RAC Publications & Updates](#)

**Browse by**  
[Topic Guides](#)  
[State Guides](#)

**Online Library**  
[Funding & Oppor](#)  
[News](#)  
[Calendar of Even](#)  
[Organizations](#)  
[Maps](#)  
[Publications](#)

**Latest Rural Updat**  
[Health Updates](#)  
[Human Services](#)  
[Rural Monitor](#)  
[BSS Feeds](#)

**Rural Health Center**  
 Need help finding information? RAC provides free...

**Topic Guides**

- Browse all 80 topics
- Top Guides**
  - Federally Qualified Health Centers
  - Critical Access Hospitals
  - Rural Health Clinics
  - Women's Health
  - What is Rural?

**State Guides**

- Alabama
- Alaska
- Arizona
- Arkansas
- California
- Colorado
- Connecticut
- Delaware
- Florida
- Georgia
- Hawaii
- Idaho
- Illinois
- Indiana
- Iowa
- Kansas
- Kentucky
- Louisiana
- Maine
- Maryland
- Massachusetts
- Michigan
- Minnesota
- Mississippi
- Missouri
- Montana
- Nebraska
- Nevada
- New Hampshire
- New Jersey
- New Mexico
- New York
- North Carolina
- North Dakota
- Ohio
- Oklahoma
- Oregon
- Pennsylvania
- Rhode Island
- South Carolina
- South Dakota
- Tennessee
- Texas
- Utah
- Vermont
- Virginia
- Washington
- West Virginia
- Wisconsin
- Wyoming
- U.S. Territories & Commonwealths
- More State Level Resources

**RAC Spotlight**  
 • The Rural Monitor: Winter 2012

• Rural Reside Family Medic...

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Economic Development  
 Schools  
 Health Education Financial Aid  
 Frontier Hospitals  
 Dental Health  
 -1 Visa Waiver  
 Community Development  
 Returning Soldiers and Veterans  
 What is Rural?  
 Rural Health Disparities  
 Teen Pregnancy  
 Aging  
 Medicare/Medicaid  
 Statistics & Data  
 Critical Access Hospitals  
 Rural Health Clinics

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## Topic Guides

[Home](#) > [Topics & States](#) > [Topics](#) > [Critical Access Hospitals](#)

**Topic Guides**  
**Critical Access Hospitals**  
 Introduction  
 FAQs  
 Publications  
 Organizations  
 Websites & Tools  
 Maps  
 Funding  
 News  
 Events  
 Success Stories & Lessons Learned  
 Terms & Acronyms  
 About this Guide

**Critical Access Hospitals**  
 The Critical Access Hospitals (CAH) program is designed to improve rural health care access and reduce hospital closures. Critical Access Hospitals provide essential services to a community and are reimbursed by Medicare on a "reasonable cost basis" for services provided to Medicare patients.

The Flex Monitoring Team maintains a [list of Critical Access Hospitals](#) which includes the hospital name, city, state, ZIP code and effective date of CAH status.

**Contacts**  
**For State Flex Profiles and/or technical assistance**  
 National Rural Health Resource Center  
 Technical Assistance and Services Center (TASC)  
 State Rural Hospital Flexibility Program Contacts  
 Phone: 218-727-9390

**For questions about CMS regulations**  
 CMS Regional Rural Representatives

**For survey and certification questions**  
 CMS State Survey Agency Directory

There are more organizations related to Critical Access Hospitals in the [organizations](#) section.

**Frequently Asked Questions**

- What is a Critical Access Hospital?
- How many CAHs are there and where are they located?
- What is the Medicare Rural Hospital Flexibility Program and how is it related to the CAH program?
- What types of facilities are eligible for CAH status?
- What are the location requirements for CAH status?

Last Reviewed: 9/25/2012

**Featured Resource**  
 CAH Information  
[View details](#)

**Related Topics**  
 Hospitals

**All Topics**  
 A B C D E E G  
 H I J K L M N  
 O P Q R S T U  
 V W X Y Z

**Suggest a Resource**  
 Know of a resource you think should appear on our site? [Suggest a resource](#)

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## Demonstrating Need & Impact

### Am I Rural?

<http://ims2.missouri.edu/rac/amirural/>

#### Federally Qualified Health Centers (FQHCs)



Federally Qualified Health Centers (FQHCs)  
Printable map that shows the location of FQHCs nationwide by state. Data source: Centers for Medicare and Medicaid Services, U.S. Department of Health and Human Services. Updated quarterly.  
Customize this map - See Custom Map Tips for options

### RAC Maps




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## Economic Impact Analysis Tool

Home > Tools for Success > Demonstrating Need & Impact > Economic Impact Analysis Tool [Print Page](#)

**Economic Impact Analysis Tool**

**How does your grant-funded project impact the local economy?**

The Economic Impact Analysis (EIA) tool shows how your project's spending on staff, supplies, equipment and other expenses benefits your community.

Based on information you provide, this tool uses formulas to estimate economic impact of grant program investments on local economies. These calculations help rural program grantees assess performance, and advocate for resources that contribute to program sustainability and improved health care for rural populations.

- [Learn more about the Economic Impact Analysis tool](#)

**How does it work?**

You will be asked to provide information about your project's spending over several different categories. The tool calculates a summary based on your answers, populations you serve and service locations. We've provided some examples to show you what to expect.

- [See examples of Economic Impact Scenarios](#)
- [View User Guide](#)

**Calculate an Economic Impact Scenario**

To use the EIA tool, you will need to [log in to your RAC account](#).

Don't have a RAC account? [Create your account now](#).

[Information needed to calculate your scenario](#)

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## EIA Tool - Report

Economic Impact Report	
Total economic impact	\$726,500
Ratio of economic impact to total spending	1.04
Ratio of economic impact to HRSA funding	1.45
<b>Project Information</b>	
Organization	ABCD Organization
State	Minnesota
Area served	Part of the state, using standard estimates based on population served.
Population served	200,000
Year	2010
Grant type	Outreach
Funding	\$700,000
	HRSA: \$500,000
	Other sources: \$200,000
Total spending	\$700,000

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# EIA Tool - Report

### Spending Details

**Personnel: \$400,000**  
Impact compared to spending - 1.45

Hired Personnel	Amount(\$)	% Local purchase	Industry code	Description
Administration	\$50,000	100%	561100	Office administrative services
Management consulting and technical assistance	\$100,000	100%	541610	Mgt. consulting

### Equipment/Supplies: \$100,000

Impact compared to spending - 0.72

Equipment/Supplies	Amount(\$)	% Local purchase	Industry code	Description
Computers	\$100,000	50%	440000	Retail trade

### Contract Personnel: \$200,000

Impact compared to spending - 0.36

Consultants and Contractors	Amount(\$)	% Local purchase	Industry code	Description
Better Care R US	\$200,000	25%	541610	Mgt. consulting

**Other Operational Spending: \$0**  
Impact compared to spending - Not applicable

# Rural Community Health Gateway

### Rural Community Health Gateway

#### Build What Works

The Rural Community Health Gateway can help you build effective community health programs and improve services you offer. Resources and examples in this Gateway are chosen for effectiveness and adaptability and drawn from programs with a strong history of service and community success. By starting from approaches that are known to be effective, you can make the best use of limited funding and resources.

#### Evidence-Based Toolkits

- **Community Health Workers Toolkit**  
Resources to help you develop a community health worker (CHW) program to reach underserved populations, using evidence-based approaches from other rural communities.
- **Obesity Prevention Toolkit**  
Resources to help you develop an obesity prevention program, building on best practices of successful obesity prevention programs.
- **Oral Health Toolkit**  
Resources and best practices to help you develop and implement a program to address oral health disparities in your community.

*Future Toolkits:* Mental Health, Care Coordination, Health Promotion and Education

#### Evidence-Based Program Examples

The Rural Health Models and Innovations Hub provides access to program models that have been shown to be effective:

- [Browse for programs by level of evidence](#)
- [Learn about the criteria and evidence-base for included programs](#)

You may also be interested in other collections of program examples from reputable sources, each of which use their own criteria for what types of programs are included:

### About the Rural Community Health Gateway

The Rural Community Health Gateway showcases program approaches that you can adapt to fit your community and the people you serve, allowing you to:

- Research approaches to featured community health programs
- Discover what works and why
- Learn about common obstacles
- Connect with program experts
- Evaluate your program to show impact

Gateway resources are made available through the NORC Walsh Center for Rural Health Analysis in collaboration with the Rural Assistance Center. Funding is provided by the Office of Rural Health Policy (ORHP), Health Resources and Services Administration.

#### More Useful Tools

**Economic Impact Analysis**  
Show how your program's grant funding affects your community's economic well-being and share this information with sponsors, funders and your community

**Planning for Sustainability**  
Tools to help you plan and position your grant-funded projects so that services can be sustained over the long term.

**Rural Health Models and Innovations Hub**  
Find examples of approaches you can adapt for your program, including models shown to be effective, as

# Evidence-Based Toolkits

- Community Health Workers
- Obesity Prevention
- Oral Health
- Mental Health and Substance Abuse
  - Soon to be added
- Care Coordination (2014)
- Health Promotion (2014)
- <http://www.raconline.org/communityhealth/obesity/>



Rural Assistance Center  
Health and Human Services Information for Rural America

Search Options

Online Library | Topics & States | Tools for Success | RAC Publications & Updates

## Community Health Workers Toolkit

Home > Tools for Success > What Works > Community Health Gateway > Community Health Workers Toolkit

**Community Health Workers Toolkit**

Welcome to the Community Health Workers (CHW) Toolkit. It's designed to help you evaluate opportunities for developing a CHW program and provide resources and best practices developed by successful CHW programs.

The toolkit is made up of several modules. Each concentrates on different aspects of CHW programs. Modules also include resources for you to use in developing a program for your area.

- **Module 1: Introduction to Community Health Workers**  
An overview of community health workers and their roles.
- **Module 2: Program Models**  
Elements of differing models for CHW programs.
- **Module 3: Training Approaches**  
Available training materials and procedures for CHWs.
- **Module 4: Program Implementation**  
Building a program from the bottom up.
- **Module 5: Planning for Sustainability**  
How to ensure your CHW program functions properly.
- **Module 6: Measuring Program Impacts**  
Methods that allow you to measure the effectiveness of your program.
- **Module 7: Disseminating Best Practices**  
Letting other people know what you have done with your program.
- **Module 8: Program Clearinghouse**  
Examples of and contacts for successful CHW programs.

This toolkit is also available as a [printable PDF](#).

Learn About Us | Find Resources | Keep in Touch | Share Your Ideas | Spread the Word

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# Models and Innovations Hub

Home > Tools for Success > Models and Innovations Hub

**Rural Health Models and Innovations Hub**

Browse Rural Project Examples

- Browse by Level of Evidence
- Browse by Topic
- Browse by State
- Browse by Issue

**Recently Added**

- High Plains Community Health Center Care Teams
- Safe HIV Testing as an HIV Testing Strategy in Rural Areas
- Chronic Disease Self-Management Program (CDSMP)

**More Resources**

Many organizations, including federal agencies and national organizations, curate lists of effective programs. Some may have sections specific to rural and may have approaches that could be adapted to rural.

- [Other Collections of Program Examples](#)

**Share Your Story**

RAC is looking for project examples to share with rural service providers. Tell us about:

- Your program's success
- Program results demonstrated in formal program evaluations or research studies
- Best practices and processes you're using
- Innovative solutions to problems
- What does and doesn't work in your program
- Things you wish you'd known before starting your program

[Share Your Story](#)

**About the Rural Health Models and Innovations Hub**

The Rural Assistance Center collects and shares stories about rural health and human services programs and interventions. This collection includes approaches that have demonstrated success in research studies and program evaluations, as well as anecdotal accounts.

**Read about the efficacy and audience:**  
Site for programs included in the Rural Health Models and Innovations Hub.

**Using and Adapting Program Examples**

Each rural community should consider whether a particular project or approach is a good match for their community's needs and capacity. While it is sometimes possible to match your resources, keep in mind that changes to the program design may impact results. Programs listed in this section are not endorsed by the Rural Assistance Center or the Office of Rural Health Policy.

**More Useful Tools**

[Rural Community Health Catalog](#) - Features evidence-based approaches that can be adapted to fit your community.

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# Classifying Interventions

Category	How Established
Evidence-based	Peer review via systematic or narrative review
Effective	Peer review
Promising	Written program evaluation without formal peer review
Emerging	Ongoing work, practice-based summaries, or evaluation in process

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## Models and Innovations Hub

Home > Tools for Success > Models and Innovations > Project Summary

**Rural Health Models and Innovations Hub**

**Chronic Disease Self-Management Program (CDSMP)**

**Summary**

- Need: To help people with chronic conditions learn how to manage their health
- Intervention: A six-week, 2.5-hour per week course for individuals with chronic conditions to learn how to manage their health
- Results: Participants have better health and quality of life, including decrease in pain, fatigue and depression

**Evidence-Based (PubMed/PMC/DOI/DOI/DOI)**

**Description**

CDSMP is a six-week course developed by Stanford University that has been studied and found effective by 20+ years of research. The course is aimed at people with chronic conditions such as:

- asthma
- cancer
- depression
- diabetes
- heart disease
- hypertension
- infectious diseases
- stroke

The Administration on Aging's Empowering Older Adults and Adults with Disabilities through Chronic Disease Self-Management Education Program has provided funding for this program. The 22 grantees funded in 2012 are all charged with developing statewide delivery systems across multiple rural areas. Specific details are available for each implementation in addition through grant reports. Overall, these continue to be active programs in a total of 48 states and territories.

Examples of programs underway using this approach in rural areas:

- Arkansas: Using rural educators
- Arkansas: CDSMP
- Colorado: Statewide, rural health
- Mississippi: Rural Health & Better Life
- Missouri: R2, ARS/ARS
- New Jersey: State Council of Rural Health
- Washington: Using rural health conditions in Washington State

**Notes:** CDSMP is a six-week course with 2.5-hour interactive classes led by trained, community-based facilitators who live with chronic conditions themselves. It is covered by health building related to problem solving, coping and communication.

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## HIT Toolkit

Provides federal resources to help guide rural health facilities and providers through the different aspects of HIT including:

- Planning and implementation tools
- Technical assistance
- Funding
- Case studies
- Capital resources
- Success stories

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**RAC Rural Assistance Center** Health and Human Services Information for Rural America

Home > HIT Toolkit > Resources by Category

**Resources by Category**

- Case studies (5)**  
Overviews and detailed analyses of specific HIT implementation projects, including best practices, success stories, model projects and lessons learned.
- Research and reports (67)**  
Federal publications including reports, white papers and other documentation that address any aspect of HIT.
- Funding (10)**  
Federal grants and loans available to rural facilities to support HIT implementation or activities. (Foundation, corporate and state funding options may also be available, but are not listed here.)
- Planning tools (35)**  
Instruments for use in implementing HIT, including calculators, readiness assessments, planning assessments, project checklists, strategy maps, and workflow designs.
- Regulations and legislation (31)**  
Federal regulations and legislation involving any aspect of HIT, including meaningful use, standards, certification, privacy and security, health information exchange and eligibility.
- Technical assistance (4)**  
Experts available to guide the HIT implementation process for rural providers and facilities. TA providers can provide advice and support regarding federal HIT policies and regulations.
- Tutorials, training, and presentations (33)**  
Federal education sessions, webinars (live and recorded) and information on the Office of the National Coordinator workforce training programs.

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Health and Human Services Information for Rural America

Search Options

Online Library ▾ Topics & States ▾ Tools for Success ▾ RAC Publications & Updates ▾

Home > HIT Toolkit > Resources by Topic

**HIT Toolkit**

- HIT Overview
- Federal Agencies and HIT
- Intro to Regulations
- Resources by Category
- Resources by Topic
- Capital Resources
- Suggest a Resource
- Contact Us

Search the Toolkit

Go

Browse A-Z

**Resources by Topic**

- Broadband (17)  
Internet access with a high data rate connection, adequate to implement HIT.
- Certification (24)  
Required capabilities and related standards and implementation specifications that certified EHR technology will need in order to, at a minimum, support the achievement of meaningful use.
- Certified products (15)  
EHR technology that has been tested and certified by an Office of the National Coordinator (ONC) Authorized Testing and Certification Body (ATCB) in order for a provider to qualify for EHR incentive payments.
- Clinical decision support systems (6)  
Applications that analyze data in order to help health care providers make clinical decisions.
- Consumer engagement (12)  
Structures and processes that empower consumers to manage their own health.
- CPOE and e-prescribing (11)  
Computerized provider order entry (CPOE) is the process of entering medication orders and other provider instructions electronically. Electronic prescribing (e-prescribing or eRx) is the process of allowing providers to send prescriptions electronically to an outpatient (retail) pharmacy.
- Critical Access Hospitals (69)  
A hospital certified to receive cost-based reimbursement from Medicare.
- dentists (14)  
Dentists are eligible for the Medicare and Medicaid electronic health record incentive program.

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Health and Human Services Information for Rural America

Search Options

Topics & States ▾ Tools for Success ▾ RAC Publications & Updates ▾

**Tools for Success**

**What Works**  
Improve your community with innovation and education.

- Community Health Gateway
  - Community Health Worker Toolkit
- Health Information Technology Toolkit
- Rural Training Tracks
- RAC Webinars

**Demonstrating Need & Impact**  
Tools for grantwriting and demonstration

- Am I Rural
- RAC Custom Mapping
- Economic Impact Analysis

**Success Stories & Lessons Learned**  
Need ideas for starting or growing you from the success of others.

- Share your story

**RAC Updates**

- Health Update
- Human Services Update
- Subscribe to Updates
- RSS Feeds
- Facebook

**The Rural Monitor**

- Current Issue
- Archive
- Subscribe

**RAC Webinars**

- The Affordable Care Act: An Update from the National Advisory Committee on Rural Health and Human Services
- Archive

**Directory of Rural Health Contacts**

- By Group
- By Organization
- By People's Name
- By State
- Search Directory

**RAC Maps**

See 35 maps on key rural health and human service topics

Washington University

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# RAC Electronic Updates



**Rural Monitor** newsletter  
Primary Distribution: over 5,400

**Health Updates**  
Bi-Monthly  
Over 5,000 subscribers

**Human Services Updates**  
Monthly  
Over 3,800 subscribers



**Naomi**

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## Customized Assistance



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Mary    Kathy    Holly    Aubrey

## Information Specialists

[www.raonline.org](http://www.raonline.org)



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## What People Are Saying...

*"I appreciate your help- I could not have done this without RAC!"*

*"I feel like I've hit the jackpot! Thanks for your assistance!"*

*"I think you are wonderful. The best ever place to get information for rural America."*

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## Piecing It All Together




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## How you can collaborate with RAC

- Use RAC to help you do your work and help communities in your state
- Suggest resources, success stories, funding
- Tell us about news and events going on within your state or organization
- Tell us about your top issues and information needs
- Contribute to State and Topic Guides
- Offer to share your expertise



[www.raonline.org](http://www.raonline.org)

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## Spread the Word

- Link to RAC
- Share RAC resources
- Reprint articles
- Have RAC staff speak
- Order brochures, pens, notepads & lanyards



Sue & Cathy

[www.raonline.org/collaborate](http://www.raonline.org/collaborate)



### Spread the Word

- [Downloadable RAC Flyer](#)
- [Downloadable Health Information Technology \(HIT\) Toolkit Flyer](#)
- [PowerPoint Slide: RAC Services](#) - Can be used in your presentations to help spread the word about the free services offered through RAC.
- [Introduction to RAC \(Videos\)](#)
- [Press Releases and Articles for Newsletters](#) - Press releases and articles describe various products and services available from the Rural Assistance Center. Can be used without permission in publications such as organizational newsletters.
- [Order Promotional Items](#) - To help users become more familiar with our services, RAC has a variety of promotional products available for use within your office or for distribution at local, regional and national meetings and conferences.
- [Ideas for Organization-RAC Connections](#) - Lists ideas on how you can get involved with RAC while benefiting your organization.




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## Contact, Connect, & Stay Informed

Phone: 1-800-270-1898

Email: [info@raonline.org](mailto:info@raonline.org)

Hours: Monday-Friday, 8AM-5PM Central

Website: <http://www.raonline.org>



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