Resources to Support and Strengthen Rural Health Programs

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NORC Walsh Center for Rural Health Analysis
Evidence-Based Models Toolkit Series

• Conducted on behalf of the Health Resources and Services Administration (HRSA) Federal Office of Rural Health Policy (FORHP).

• A compilation of evidence-based practices and resources that can strengthen rural health programs.

• New toolkits each year on different topics that target FORHP grantees, future applicants, and rural communities.

• Applicable to organizations with different levels of knowledge and at different stages of implementation.

• Hosted by the Rural Health Information Hub (RHIhub) on www.ruralhealthinfo.org/toolkits
1. Identify evidence-based and promising community health programs in rural communities

2. Study experiences of these programs including factors that enable their success

3. Disseminate lessons learned through Evidence-Based Toolkits for Rural Community Health

Rural Health Information Hub: [https://www.ruralhealthinfo.org/](https://www.ruralhealthinfo.org/)
Organization of Toolkits

Module 1: Introduction to Topic Area

Module 2: Program Models

Module 3: Program Clearinghouse

Module 4: Implementation Considerations

Module 5: Evaluation Considerations

Module 6: Sustainability

Module 7: Dissemination of Best Practices
Evidence-Based Toolkits for Rural Community Health

Step-by-step guides to help you build effective community health. Resources and examples are drawn from evidence-based and promising programs. By learning from programs that are known to be effective, you can make the best use of limited funding and resources.

Rural Community Health Toolkit

Start here for a guide to building rural community health programs to address any type of health issue. Learn how to identify community needs, find evidence-based models, plan, and implement your program, evaluate results, and much more.

Aging in Place Toolkit

Explore program models and approaches to support rural aging in place.

Care Coordination Toolkit

Find models and program examples for delivering high-quality care across different rural healthcare settings.

Diabetes Prevention and Management Toolkit

Find resources and best practices to develop diabetes prevention and management programs in rural areas.

Health Networks and Coalitions Toolkit

Find resources and strategies to help create or expand a rural health network or coalition.

HIV/AIDS Prevention and Treatment Toolkit

Explore models and resources for implementing HIV/AIDS prevention and treatment programs in rural communities.

Oral Health Toolkit

Discover rural oral health approaches that focus on workforce, access, outreach, schools, and more.

Access to Care for Rural People with Disabilities Toolkit

Learn about approaches rural communities can use to improve access to care for people with disabilities.

Community Health Workers Toolkit

Learn about roles community health workers (CHWs) fill, as well as CHW training approaches.

Food Access Toolkit

Explore how rural communities can improve access to healthy food.

Health Promotion and Disease Prevention Toolkit

Learn about strategies and models for rural health promotion and disease prevention in the community, clinic, and workplace.

Obesity Prevention Toolkit

Find out how rural communities, schools, and healthcare providers can develop programs to help address obesity.

Prevention and Treatment of Substance Abuse Toolkit

Learn about models and resources for developing substance abuse prevention and treatment programs in rural communities.

ABOUT THE EVIDENCE-BASED TOOLKITS

The evidence-based toolkits showcase program approaches that you can adapt to fit your community and the people you serve, allowing you to:

- Develop programs that are well-grounded in evidence
- Discover what works and why
- Learn about common obstacles
- Connect with program experts
- Evaluate your program to show impact

These toolkits are made available through the NRHD, Walsh Center for Rural Health Analysis and the University of Minnesota Rural Health Research Center in collaboration with the Rural Health Information Hub. Funding is provided by the Federal Office of Rural Health Policy (FORHP). Health Resources and Services Administration.

Toolkits are developed based on a review of FORHP grantee's applications, foundation-funded projects, and an extensive literature review, to identify evidence-based and promising models. Programs featured in the toolkit are interviewed to provide insights about their work and guidance for other rural communities interested in undertaking a similar project.

MORE USEFUL TOOLS

- Rural Health Models and Innovations
  - Features rural health programs and interventions, including evidence-based approaches

- Rural Community Health Gateway
  - Resources for every stage of program implementation, from finding an approach, to securing funding, to planning for long-term sustainability

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Toolkits in Progress

• Toolkits Under Review:
  • Philanthropy
  • Children’s Wellness & Obesity
  • Adult Mental Health

• Toolkits Under Development:
  • Telehealth
Overview of Selected Toolkits

- Transportation Toolkit
- Food Access Toolkit
- Prevention and Treatment of Substance Abuse Toolkit
Rural Transportation Toolkit
Evidence-Based Toolkit on Transportation

• Project Team – NORC Walsh Center
  • Deborah Backman, Alycia Bayne, Maria Bohri, Sarah Hodge, Luciana Rocha, Amy Rosenfeld, and Tricia Stauffer

• Rural communities are implementing programs that aim to:
  • Improve access to transportation
  • Overcome transportation barriers
  • Improve transportation safety or infrastructure

• The toolkit is designed to disseminate promising practices and resources for implementing a program to improve transportation in a rural community.
Project Activities

• Reviewed FORHP grantees’ applications and literature

• Conducted telephone interviews with nine programs and four experts in the field

• Developed a toolkit with resources about how to plan, implement, and sustain rural transportation programs
Rural Transportation Toolkit

Welcome to the Rural Transportation Toolkit. This toolkit compiles promising models and resources to support organizations implementing transportation programs in rural communities across the United States.

The modules in the toolkit contain resources and information focused on developing, implementing, evaluating, and sustaining rural transportation programs. There are more resources on general community health strategies available in the Rural Community Health Toolkit.
Organization of the Toolkit

IN THIS TOOLKIT

Modules

1: Introduction
2: Program Models
3: Program Clearinghouse
4: Implementation
5: Evaluation
6: Sustainability
7: Dissemination
About This Toolkit

2: Program Models

- Models to Improve Access
- Models to Overcome Barriers
- Models to Improve Safety or Infrastructure
Program Models

• Models to Improve Access to Transportation
  • Public Transportation, Volunteer Models, Voucher Models, Coordinated Services Models, Mobility on Demand, Ridesharing Models, Connector Services, and Mobility Management

• Models to Overcome Transportation Barriers
  • Mobile Clinics, Telehealth, School- and Workplace-Based Health, and Home Visiting Programs

• Models to Improve Transportation Safety or Infrastructure
  • Active Transportation Models, Models that Increase Access to Public Transportation, and Road Safety Models
HealthTran

• A mobility management program in rural MO that provides transportation to patients ineligible for other services like Medicaid non-emergency medical transportation or veterans' transportation assistance

• Read more about HealthTran in RHIIhub's Rural Health Models and Innovations.
Rural Transportation Toolkit

- Toolkit is available from Rural Health Information Hub (RHIhub): https://www.ruralhealthinfo.org/toolkits/transportation

- Additional information is available in the Rural Evaluation Brief: http://www.norc.org/PDFs/Walsh%20Center/Rural%20Evaluation%20Brief_April2018.pdf
Rural Food Access Toolkit
Rural Food Access Toolkit

• Project Team – UMN Rural Health Research Center
  • Amanda Corbett, Audrey Anglin, and Ira Moscovice

• Rural communities are implementing programs that aim to improve health food access.
• Many rural communities lack the infrastructure to support healthy lifestyles.
• Many rural community members also lack the resources to purchase healthy foods.
• The toolkit is designed to disseminate promising practices and resources for implementing a program to improve healthy food access in a rural community.
Project Activities

• Conducted a literature review to identify best practices
• Interviewed eight community programs implementing food access programs in rural communities
• Conducted telephone interviews with five experts
• Developed the toolkit with resources about how to plan, implement, evaluate, and sustain rural food access initiatives
Welcome to the Rural Food Access Toolkit. This toolkit compiles evidence-based and promising models and resources to support organizations implementing food access programs in rural communities across the United States.

The modules in the toolkit contain resources and information focused on developing, implementing, evaluating, and sustaining rural food access and food security programs. There are more resources on general community health strategies available in the Rural Community Health Toolkit.
Program Models

• Food Systems Models

• Production, Processing, and Distribution Models

• School-Based Models

• Retail-Based Models
Program Models

• Food Systems Models
  • Food Policy Councils

• Production, Processing, and Distribution Models
  • Land Use Policies, Food Hubs, and Community Gardens

• School-Based Models
  • School Breakfast, Afterschool Meals, Farm to School Models, Backpack Food Program Models, Summer Meals, and School Food Pantries

• Retail-Based Models
  • Food Assistance, Mobile Markets, Healthy Corner Stores, Farmers Markets, and Community Supported Agriculture
Example Food Access Programs

Grow Appalachia

- Grow Appalachia provides funding, equipment, and training to help create and manage personal gardens.
- The program has helped over 6,000 families in Central Appalachia and grown over 3 million pounds of food.

2019 Garden Grants Now Open

DOWNLOAD PROPOSAL GUIDELINES
Roadrunner Food Bank

- Roadrunner Food Bank serves tens of thousands of children in New Mexico through a variety of initiatives:
  - Childhood Hunger Initiative
  - Mobile Food Pantry
  - Food Drives and Fund Drives
  - Network of partner agencies including food pantries, soup kitchens and other meal programs
Rural Food Access Toolkit

- Toolkit is available from Rural Health Information Hub (RHIhub): https://www.ruralhealthinfo.org/toolkits/food-access
Rural Prevention and Treatment of Substance Abuse Toolkit

• Project Team – NORC Walsh Center
  • Deborah Backman, Alycia Bayne, Alana Knudson, Molly Powers, and Tricia Stauffer

• Rural communities face barriers to treatment and prevention of substance use disorders such as:
  • Limited resources – fewer providers and facilities and wider geographic area served
  • Challenges with confidentiality, privacy, and stigma
  • Difficulty navigating the complex substance use disorder treatment system

• The toolkit is designed to disseminate evidence-based and promising models and resources for implementing substance use disorder prevention/treatment programs.
Project Activities

• Conducted literature review to identify evidence-based and promising models.
• Reviewed FORHP grantees’ applications to learn how rural communities are implementing programs for substance use disorder prevention and treatment.
• Conducted telephone interviews with five FORHP grantees funded in FY2012, 2014, and 2015; four other rural communities; and 11 experts in the field.
• Developed a toolkit with resources about how to plan, implement, and sustain programs.
Rural Prevention and Treatment of Substance Abuse Toolkit

Welcome to the Rural Prevention and Treatment of Substance Abuse Toolkit. This toolkit provides evidence-based examples, promising models, program best practices, and resources that can be used by your organization to implement substance abuse prevention and treatment programs.

There are seven modules in this toolkit. Each module contains resources and information that your organization can use to develop, implement, evaluate, and sustain rural programs to prevent and treat substance abuse. There are more resources on general community health strategies available in the Rural Community Health Toolkit.
IN THIS TOOLKIT

Modules

1: Introduction
2: Program Models
3: Program Clearinghouse
4: Implementation Considerations
5: Evaluation Considerations
6: Sustainability Considerations
7: Dissemination

About this Toolkit

2: Program Models
- Medication Assisted Treatment
- Behavioral Therapy
- Harm Reduction
- Care Delivery
- Peer-based Recovery Support
- Prevention
Program Models

- Medication-Assisted Treatment Models
- Behavioral Therapy Models
- Harm Reduction Models
- Care Delivery Models
- Peer-based Recovery Support Models
- Prevention Models
San Luis Valley N.E.E.D. (Naloxone-Education-Empowerment-Distribution)

- Harm reduction model in rural Colorado designed to battle the current opioid epidemic.

San Luis Valley Area Health Education Center (SLV AHEC)

- **Project Title:** San Luis Valley N.E.E.D.
- **Grant Period:** 09/01/2015 – 08/31/2016
- **Contact Name:** Freddie Jaquez, Executive Director
- **Location:** Alamosa, Colorado

**Program Overview:** San Luis Valley Area Health Education Center worked with community partners to organize a six-county-wide program in Colorado to provide training on recognizing symptoms of opioid overdose and administering naloxone in the case of overdose. By establishing memoranda of understanding with hospitals, pharmacies, and law enforcement, SLV N.E.E.D. was able to streamline their overdose prevention efforts and provide naloxone rescue kits to community members, health professionals, and other stakeholders who attended trainings. The project held neighborhood meetings and worked with faith-based communities to conduct an outreach campaign on the issue of overdose in their communities.
Opioid Misuse Community Assessment Tool
In 2015, 11,187 deaths in Appalachia among 15 to 64 year olds were attributable to diseases of despair:

- **5,594** overdose deaths
- **3,297** suicide deaths
- **2,296** alcoholic liver disease/cirrhosis deaths
In partnership with ARC, NORC developed the Appalachian Overdose Mapping Tool – overdosemappingtool.norc.org
With funding from USDA, NORC expanded the Appalachian tool to create a national tool – **Opioid Misuse Community Assessment Tool**
Opioid Misuse Community Assessment Tool

Drug Overdose Deaths in the United States

Drug Overdose Rate
Deaths per 100k pop., ages 15-64, by county

Overdose Type
All Drugs
Opioids

Timeframe
2007-11
2012-16

State / County
Urban / Rural
Zoom

Map Overlays

Socio demographic
Race / Ethnicity
Age
Educational Attainment
Disability Status

Economic
Median Household Income
Poverty Rate
Unemployment Rate
Accident-prone Employment

LIST OF COUNTIES

INTRODUCTION
HOW TO USE THE TOOL
METHODOLOGY & DATA
MORE INFORMATION

The Walsh Center
for Rural Health Analysis

NORC at the UNIVERSITY of CHICAGO
Opioid Misuse Community Assessment Tool

Drug Overdose Deaths in the United States

Socio Demographic
- Race / Ethnicity
- Age
- Educational Attainment
- Disability Status

Economic
- Median Household Income
- Poverty Rate
- Unemployment Rate
- Accident-prone Employment

Drug Overdose Rate
- Deaths per 100k population aged 15-64 by county

Overdose Type
- All Drugs
- Opioids

Timeframe
- 2007 - 11
- 2012 - 16

List of Counties

Share

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Opioid Misuse Community Assessment Tool

Opioid Overdose Deaths in the United States

SOCIO DEMOGRAPHIC
- Race / Ethnicity
- Age
- Educational Attainment
- Disabling Status

ECONOMIC
- Median Household Income
- Poverty Rate
- Unemployment Rate
- Accident-prone Employment
- Manufacturing
- Construction
- Mining and Natural Resources
- Trade, Transportation, and Utilities

Map Overlays

The Walsh Center for Rural Health Analysis
NORC at the University of Chicago
Opioid Misuse Community Assessment Tool

Drug Overdose Deaths in the United States

SOCIO DEMOGRAPHIC
- Race / Ethnicity
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ECONOMIC
- Median Household Income
- Poverty Rate
- Unemployment Rate
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  - Manufacturing
  - Construction
  - Mining and Natural Resources
  - Trade, Transportation, and Utilities

Drug Overdose Rate
Deaths per 100,000 people, ages 15-64, by county

Overdose Type
- All Drugs
- Opioids

State / County
Urban / Rural

Map Overlays

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Drug Overdose Deaths in the United States

Drug Overdose Rate

Overdose Type

Timeframe

State / County Urban / Rural

Medicaid Household Income

Medicare Poverty Rate

Unemployment Rate

Accident-prone Employment

Manufacturing

Construction

Mining and Natural Resources

Trade, Transportation, and Utilities

Rio Arriba County, NM

135.4

Overdose Mortality Rate

Deaths per 100k pop. ages 15-64

View Details

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Opioid Misuse Community Assessment Tool

Drug Overdose Mortality Rate

**Rio Arriba County, NM**

**Drug Overdose Mortality Rate**

135.4 (Deaths per 100k population) (Ages 15-64)

36.5 (New Mexico Drug Overdose Mortality Rate)

17.7 (U.S. Drug Overdose Mortality Rate)

157 Total Deaths

39,924 Population

Rural

Note: Sociodemographic and economic data are provided to show composition of the total population; they do NOT reflect the proportions of individuals who died as a result of overdose.
Opioid Misuse Community Assessment Tool

The Walsh Center for Rural Health Analysis

NORC at the University of Chicago
Opioid Misuse Community Assessment Tool

https://opioidmisusetool.norc.org/
Thank You!

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