



Addressing the Unique Mental Health Needs of Rural New Yorkers

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Rural Health Network of South Central NY

- Mission: To advance the health and well-being of rural people and communities
- What we do:
 - Rural Health Planning
 - Community Health Services
 - Community Health Education
 - Mobility Management and Travel Training
 - Food Access
 - AmeriCorps
- Social Determinants of Health



RURAL HEALTH
NETWORK
Serving South Central New York

Rural Health Network of South Central NY

Why focus on rural?

- Aging population
- Economic challenges
- Higher rates of chronic and behavioral health conditions
- Lack of access to critical resources



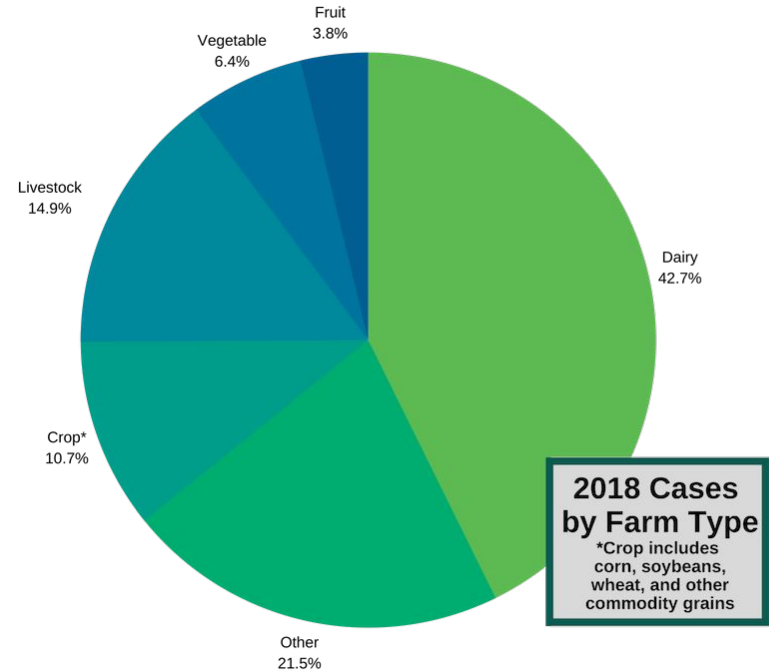


- Provide free, confidential, on-farm consulting to any farmer in New York State
- Operate a 24/7 help line: 1-800-547-3276 and web form: www.nyfarmnet.org
- Have 45 consultants throughout the state
 - financial (retired ag lenders, farmers, extension educators)
 - family consultants (LCSW, MSW, family counseling)
- We assist with:
 - Financial analysis and decision making
 - Family business relationships
 - Business planning
 - Retirement and estate planning
 - Stress management
 - Business transfers
 - Communication
 - Personal well-being
 - Life after farming



In 2018 NY FarmNet:

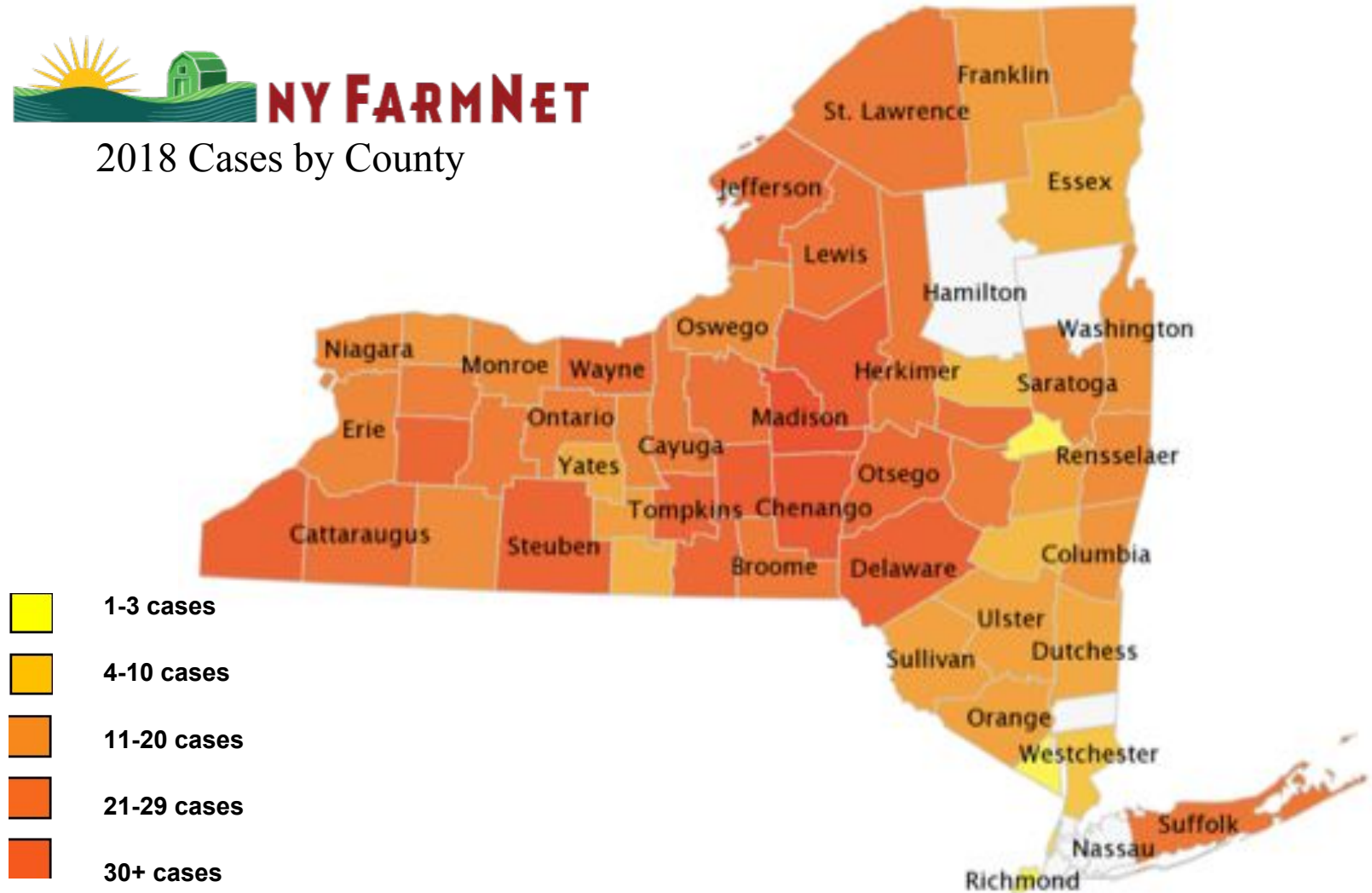
- Responded to 1,800 requests from farmers for assistance
- Worked with more than 925 farms and 2,800 people on longer-term cases
- Began 386 new cases
- Assisted farm families in transferring 64 farm businesses to the next generation (both within and outside the family)
- Helped complete 112 business plans for farmers needing additional loans, farm diversification, and beginning farmers





NY FARMNET

2018 Cases by County



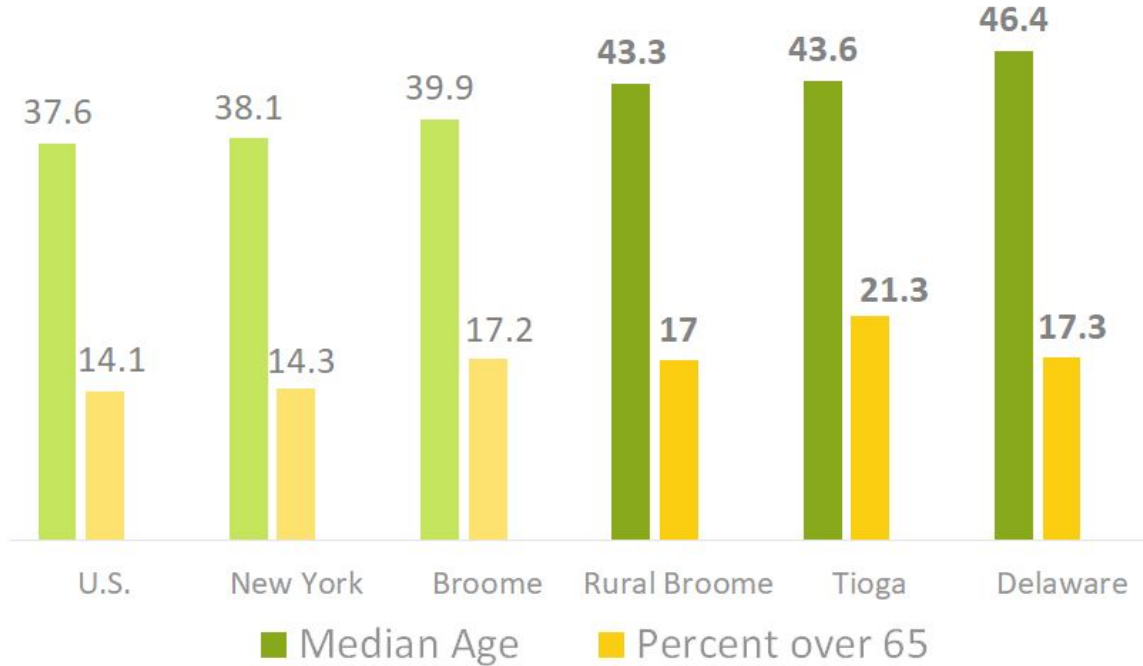
New York State



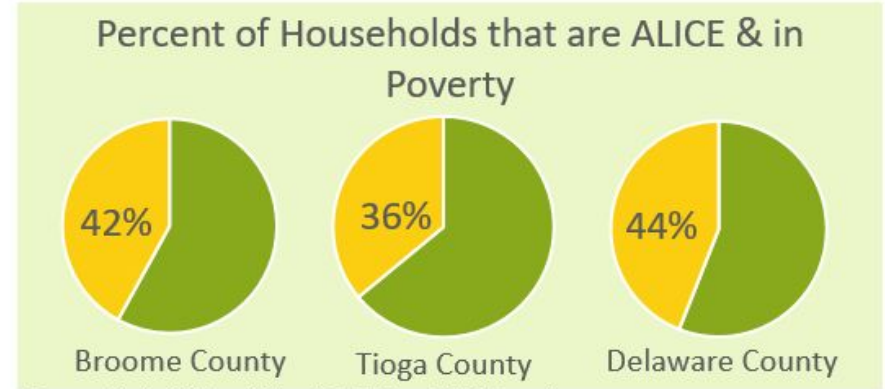
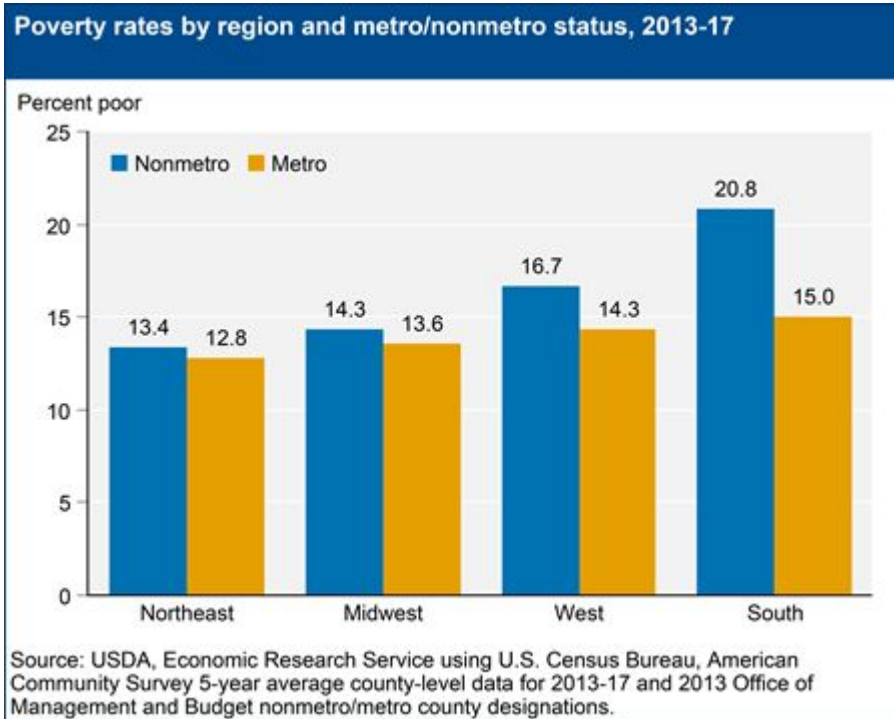
- 30 million acres
 - 6.9 million acres are farmed (23%)
 - 18.9 million acres are forest (63%)
 - New York City is 205,000 acres (.68%)
- 44 of the 62 counties are rural
- 7% of the state's population lives in a rural area (1.36 million people)
- 33,400 farms in operation in NYS (USDA-NASS, 2017)

Aging Population

- Rapidly growing rural aging population
- Increase higher rates of chronic disease , increased mobility Issues, and social isolation



Rural Economic Challenges



Source: United Way of New York State, ALICE Report

Asset Limited, Income Constrained, Employed (ALICE)
 Above the Federal Poverty Line, but below the basic cost of living.

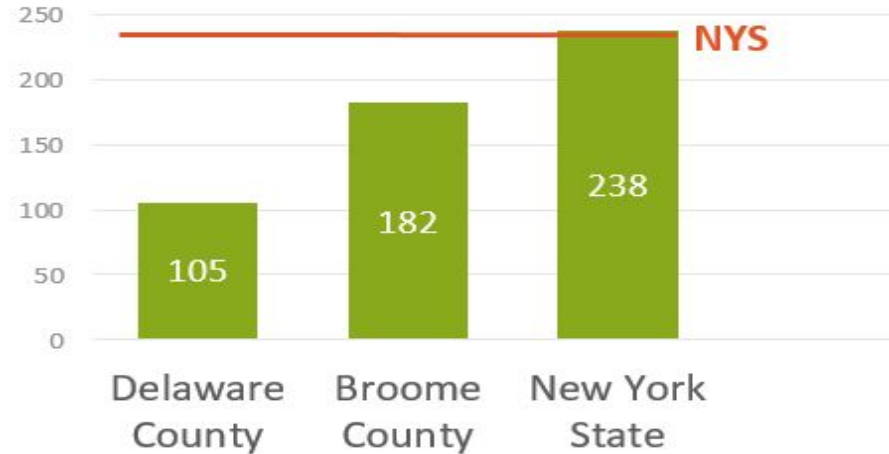
	Federal Poverty Line	ALICE
Single Adult	\$11,670	\$21,540
Family of 4	\$23,850	\$62,472

Rural Behavioral Health

Age-Adjusted Death Rate due to Suicide per 100,000 Individuals



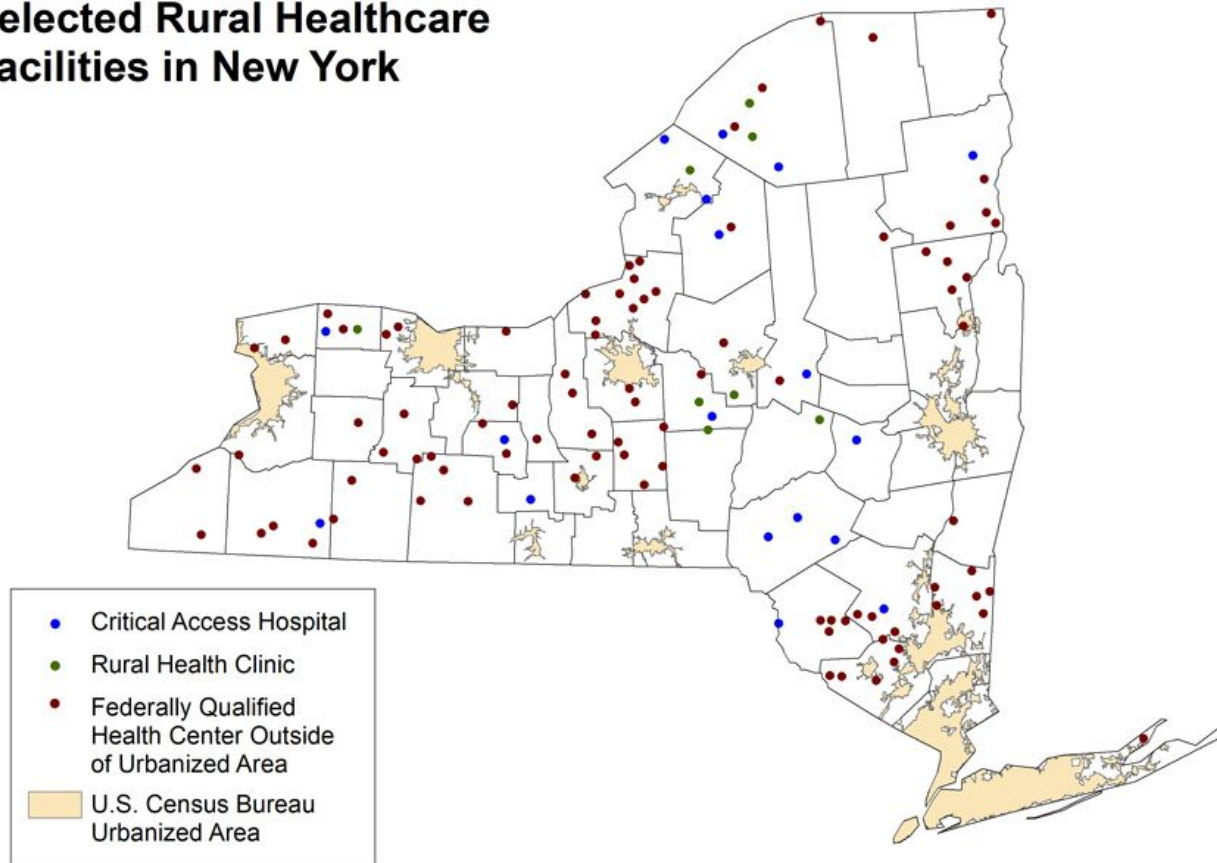
Mental Health Providers per 100,000 Individuals



**No data available for Tioga County

Source: County Health Rankings (2015) and Centers for Disease Control and Prevention (2013-2015)

Selected Rural Healthcare Facilities in New York



Rural Social Determinants of Health



- **Less access to individual resources**

- 6% of rural residents lack health insurance
- Nearly 67% of HPSAs are in rural or partially rural areas (HRSDA, 2019); mental health care, almost 62% of HPSAs are in rural or partially rural areas.

- **Poorer and less educated**

- Average per capital income for rural residents was \$41, 138, compared to \$64, 540 (USDA-ERS, 2017)
- Rural poverty rate is 14.2%, compared with 14.1% in urban areas (USDA-ERS, 2017)
- 11.7% if the rural population has not completed high school (USDA-ERS, 2017)
- 5.6% unemployment rate (USDA-ERS, 2017)

Rural Social Determinants of Health



- **Additional barriers**
 - Housing
 - Transportation
 - Food Access
 - Environmental Hazards
 - Geographic and Social Isolation



Challenges with Accessing Care



- Stigma attached with seeking help for mental health
- 28% of rural adults say it is difficult to access a therapist, treatment for substance use disorders (28%), and a support group in their local community (29%)
- A majority of rural adults agree the cost (70%), embarrassment (65%), and stigma (63%) would be an obstacle if they were seeking help or treatment for a mental health condition.
- Distance to providers
- Time away from the farm

Source: Morning Consult, for American Farm Bureau Federation, 2019

Agricultural Core Concepts




Agrarian Imperative: “... impels farmers to hang onto their land at all costs. The agrarian imperative instills farmers to work incredibly hard, to endure unusual pain and hardship, and to take uncommon risks...” (Rosmann, 2010)

“The land means everything to farmers ... Losing the family farm is the ultimate loss ...”
(Rosmann, 2008)

Rural Cultural Characteristics - Core Concepts



- Traditional values, attitudes and beliefs
- Isolation
- Socioeconomics
- Self-worth and health
- Insider/old-timer & outsider/newcomer
- Rugged individualism

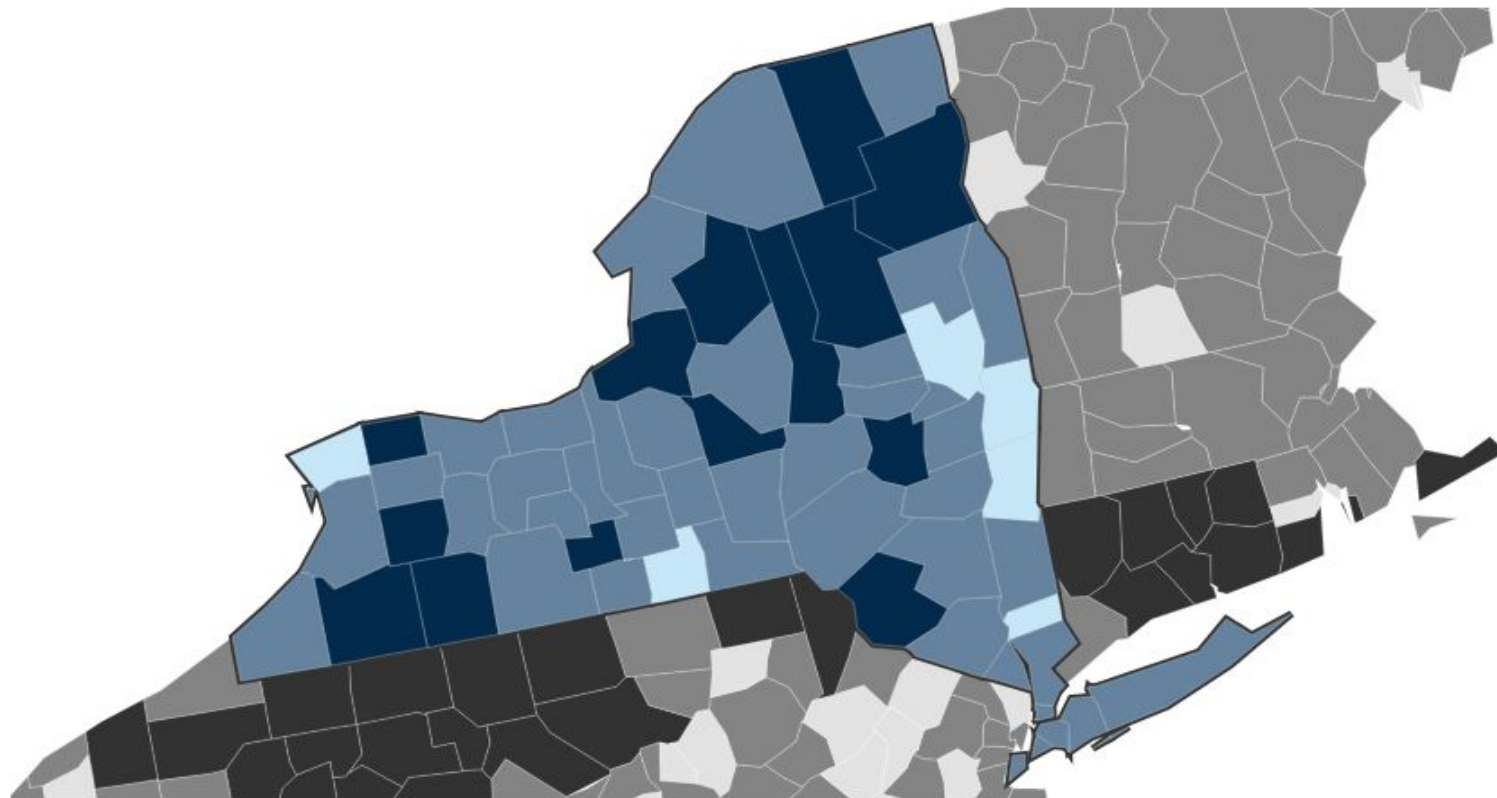
A close-up photograph of a person's hand holding a smartphone. The screen of the phone is the central focus, displaying a white rectangular box with a thin black border. Inside this box, the text "Farmers deal with stress, anxiety and depression every day." is written in a bold, black, sans-serif font. The background of the phone's screen is a blurred image of a green field, likely a farm. The lighting is natural, and the overall tone is somber and informative.

Farmers deal with stress, anxiety and depression every day.

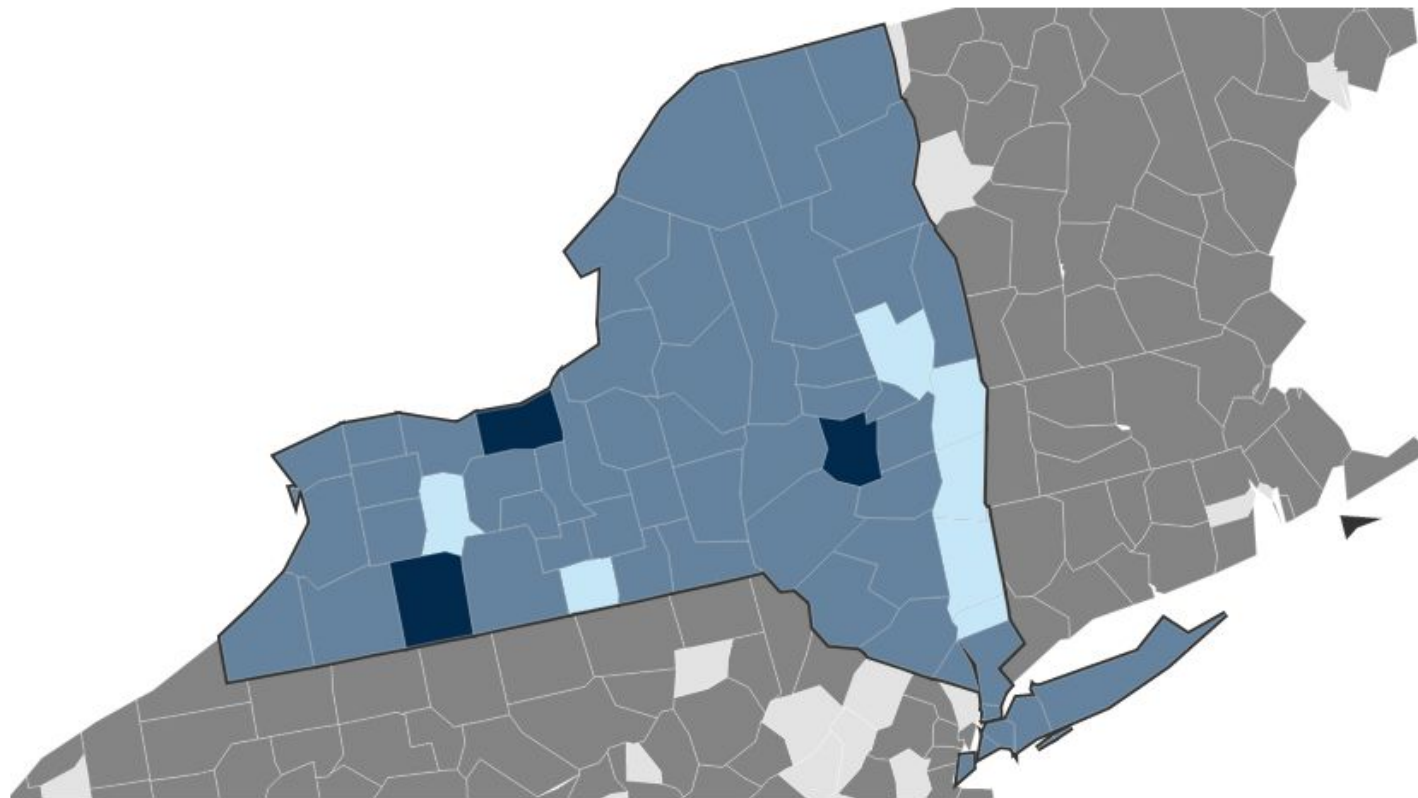
On-farm Stressors

- Fifth year of low prices, not breaking even
- Weather
- The future of the farm
- 'Outsiders' not understanding the nature of farming
- Government regulations
- Market prices for crops/livestock
- Technology
- Labor
- Taxes
- Health care costs
- Not enough time for family
- Distance from doctors or hospitals
- Distance from shops, schools, etc.
- Multiple generations working side by side

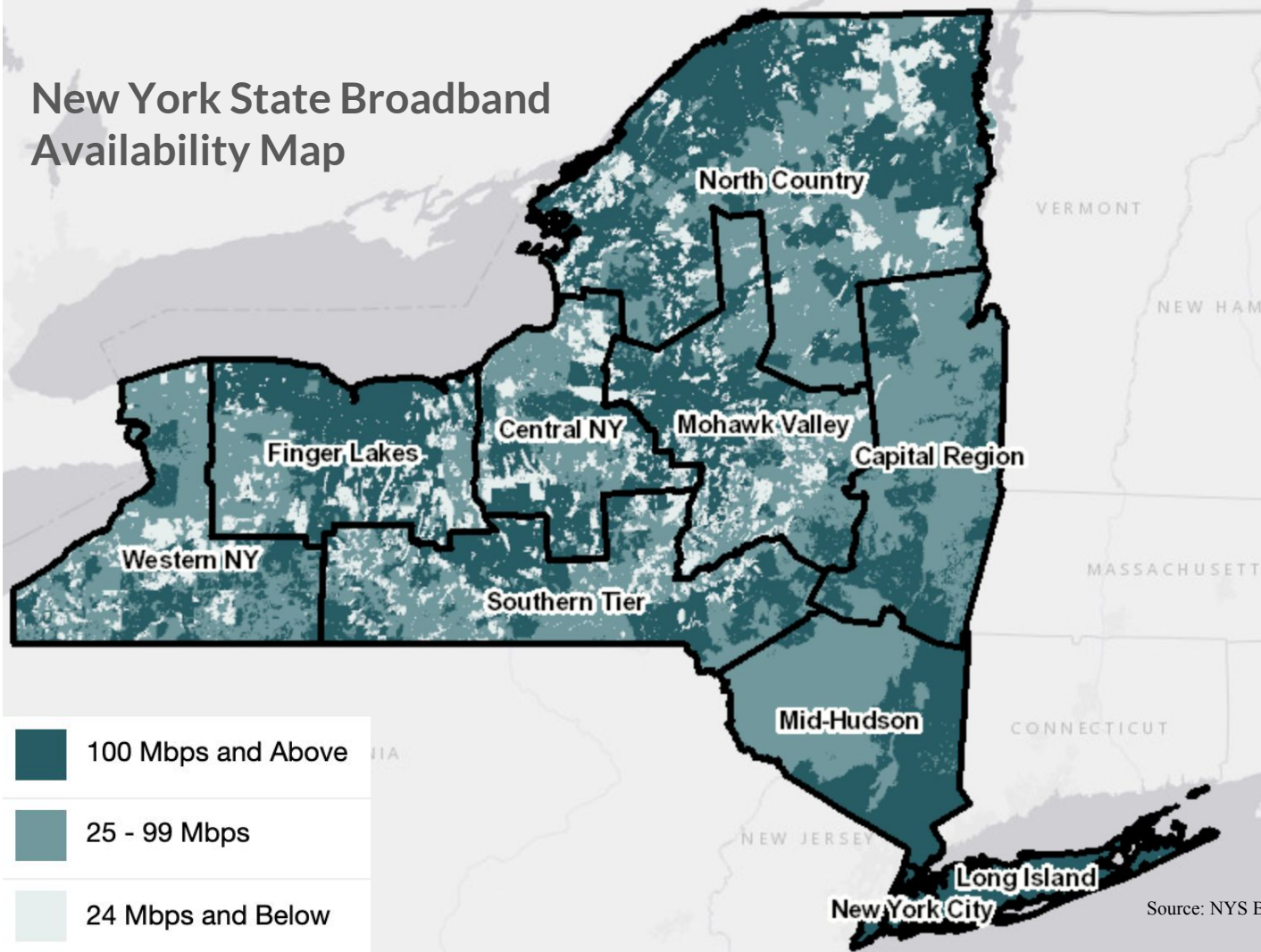
Health Professional Shortage Areas: Mental Health, by County - New York 2017



Health Professional Shortage Areas: Primary Care, by County - New York 2017



New York State Broadband Availability Map



- 100 Mbps and Above
- 25 - 99 Mbps
- 24 Mbps and Below

Source: NYS Broadband Program Office

Best practices



- Consultants have an agricultural background
- On-farm/on-site visit
- Giving individuals a voice
- Workplace wellness opportunities
- Rural cultural competence