

East Tennessee Workshop: “Rural Resilience: Strengthening Restoration through Partnerships and Collaboration”

May 17, 2022

9:00am- 2:00pm EST

Bishop Hall at East Tennessee State University

Agenda

9:00 – 9:05 – Welcome and Introductions

9:05 – 10:00 – Tom Kincer, MD – East Tennessee State University- Rural and Community Programs

The Impact of Cultural Norms on Appalachia

We will explore the ingrained culture of the people born and raised in Appalachia and how this culture impacts health and education especially children, adolescents, and young adults. We will take a walk-through time to see how Appalachian culture originated, how it became ingrained, and is seemingly unchangeable.

Participants will be able to

1. Develop an understanding of how culture is a strong predictor of outcomes.
2. Understand barriers to change.
3. Evaluate your own biases toward Appalachian culture.

10:00 – 10:05 – Break

10:05 11:00 – Joyce Troxler, MD, East Tennessee State University- Graduate Medical Education

How about some cookies? A friendly introduction to SUD and what you can do in your community.

Introduce Substance Use Disorder in a way to help reduce stigma, explaining it from a neurotransmitter and humanistic approach, reviewing harm reduction and then how to encourage and increase engagement of area providers to start asking about substance use in their patient panels with the goal of engaging in treatment in house or connecting to community partners for treatment initiation.

Participants will be able to:

- 1.Challenge our perspectives about Substance Use Disorder (SUD)
2. Examine stigma and biases associated with SUD and treatment.

3. Compile and discuss strategies for harm reduction.
4. Incorporate SUD treatment into current practices.

11:00 – 12:00 – Andrea Clements, PhD, ETSU Department of Psychology

The Strong BRAIN Institute as a Resource for Building Resilience in Rural Communities

This talk will cover the establishment of the ETSU/Ballad Health Strong BRAIN Institute (SBI) and how it can be a resource as we strive to build resilience across our region including in rural communities. Recent research projects and examples of resilience-building community engagement will be shared.

Participants will be able to

1. describe the mission and activities of the ETSU/Ballad Health Strong BRAIN Institute
2. explain the importance of conducting research to gauge effectiveness of endeavors
3. list several examples of resilience-building activities that can be used in rural communities

12:00 – 12:30 – Lunch and Networking

12:30 – 1:30 – Jodi Polaha PhD, East Tennessee State University- Department of Family Medicine

Rural Primary Care Expansion to Include Mental Health Services: A Dream and a Reality

Primary care providers are the de facto mental health providers nationally, especially in underserved rural areas. Visit length increases significantly when mental health concerns are raised, taxing providers capacity in a busy clinic setting. On balance, rural providers have strong values around providing whole person care. How can we ensure provider resilience while addressing mental health needs in rural primary care?

Learning objectives

At the end of this session, attendees will be able to:

1. Discuss how integrated behavioral health services can empower rural providers.
2. Describe a progressive model for integrated care.
3. Discuss a business model for a rural practice expansion.

1:30 – Adjourn