



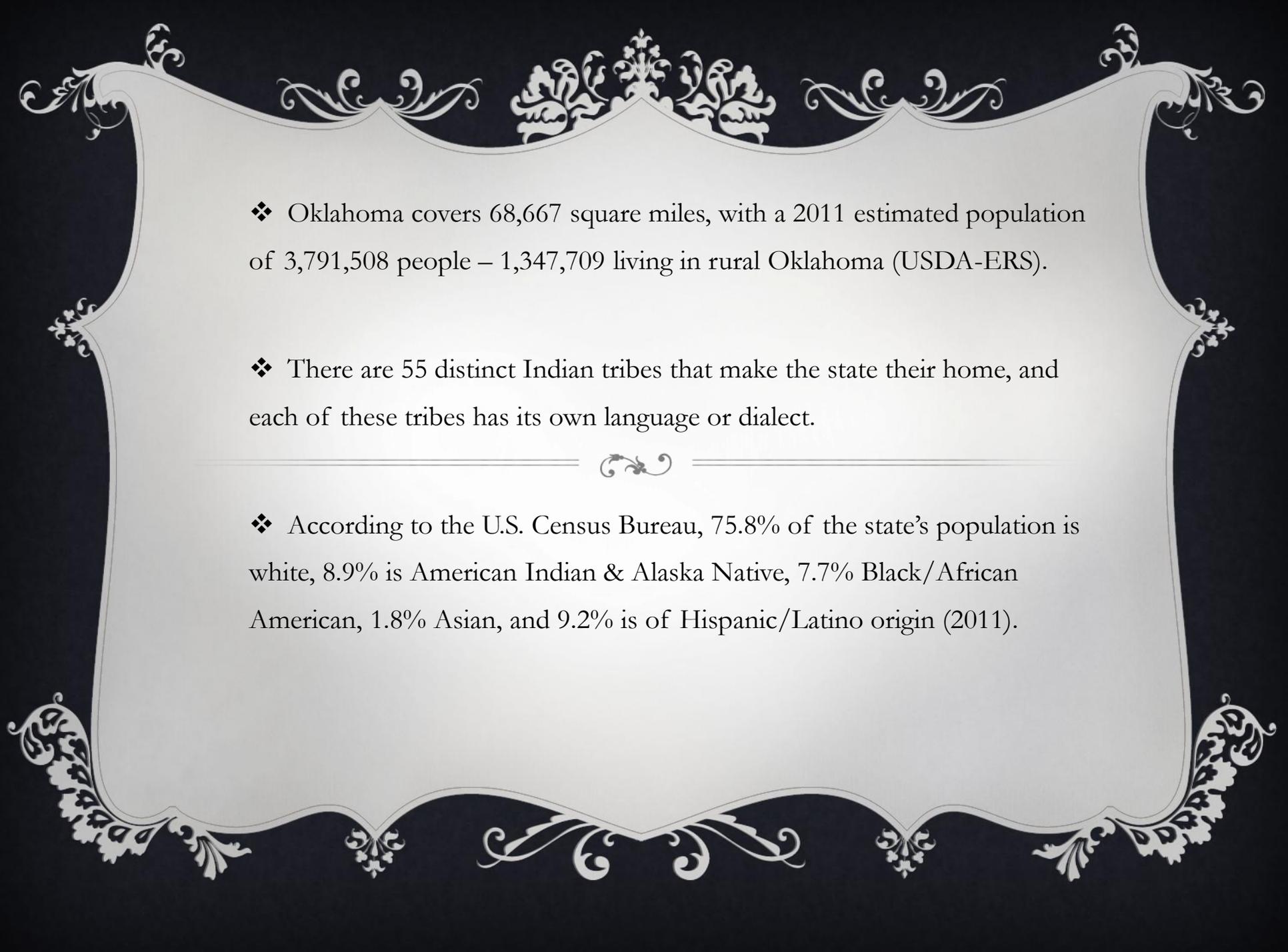
OKLAHOMA BEHAVIORAL HEALTH

Promising Practices for Rural Areas



DEMOGRAPHICS



A decorative border with intricate floral and scrollwork patterns in a light gray color, framing the central text area against a dark background.

❖ Oklahoma covers 68,667 square miles, with a 2011 estimated population of 3,791,508 people – 1,347,709 living in rural Oklahoma (USDA-ERS).

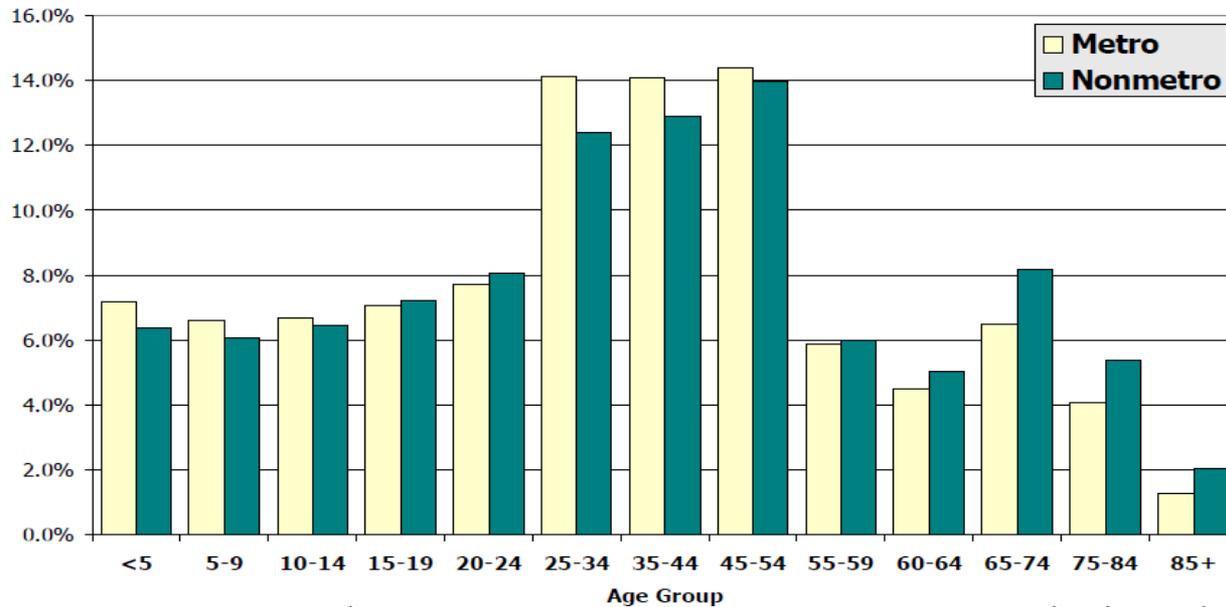
❖ There are 55 distinct Indian tribes that make the state their home, and each of these tribes has its own language or dialect.

A small decorative flourish consisting of a scroll and a leaf-like element, centered on a horizontal line.

❖ According to the U.S. Census Bureau, 75.8% of the state's population is white, 8.9% is American Indian & Alaska Native, 7.7% Black/African American, 1.8% Asian, and 9.2% is of Hispanic/Latino origin (2011).

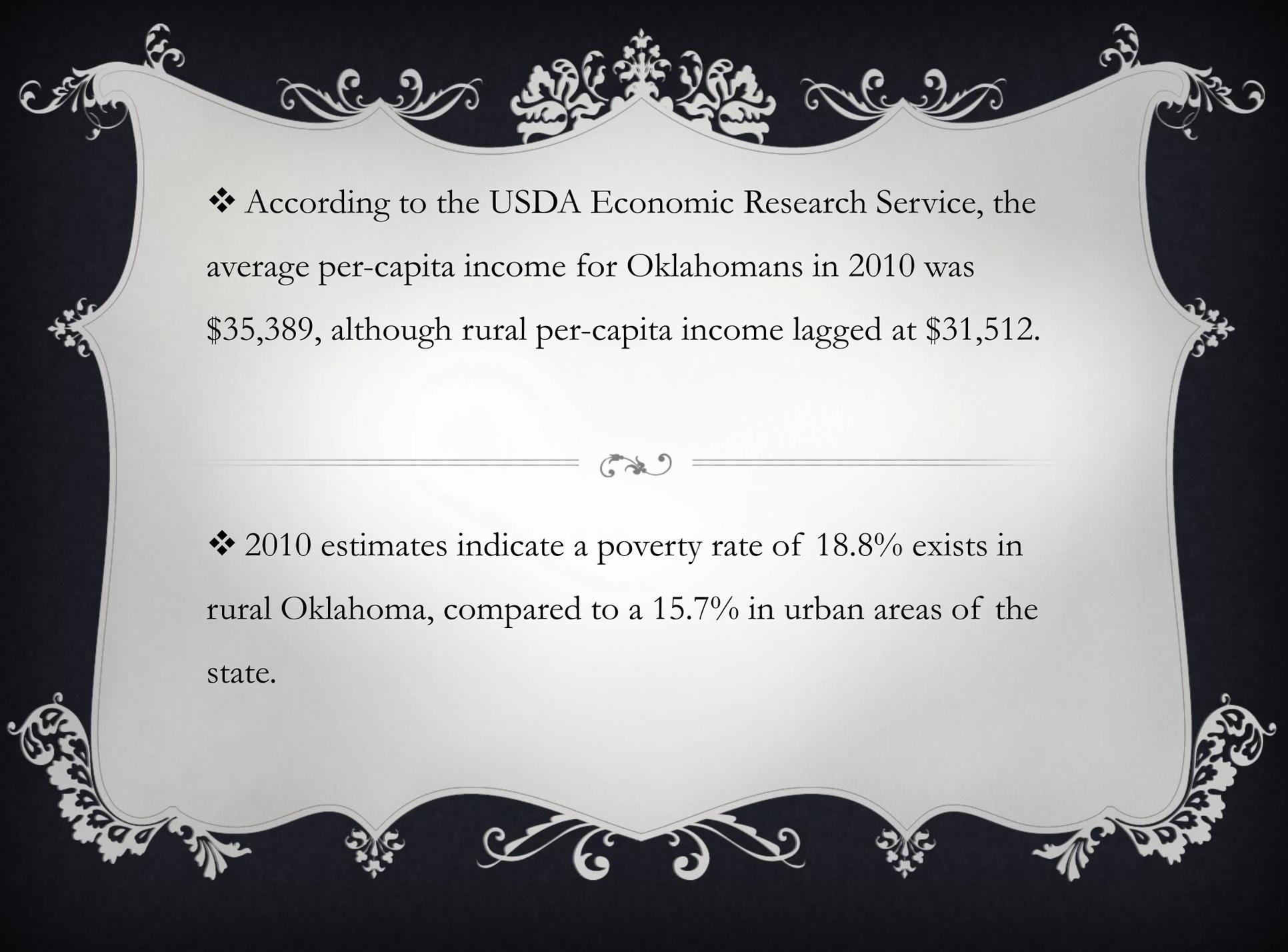
POPULATION BY AGE

**Age Distribution of the Population in Oklahoma
Metro and Nonmetro Portions, 2005**



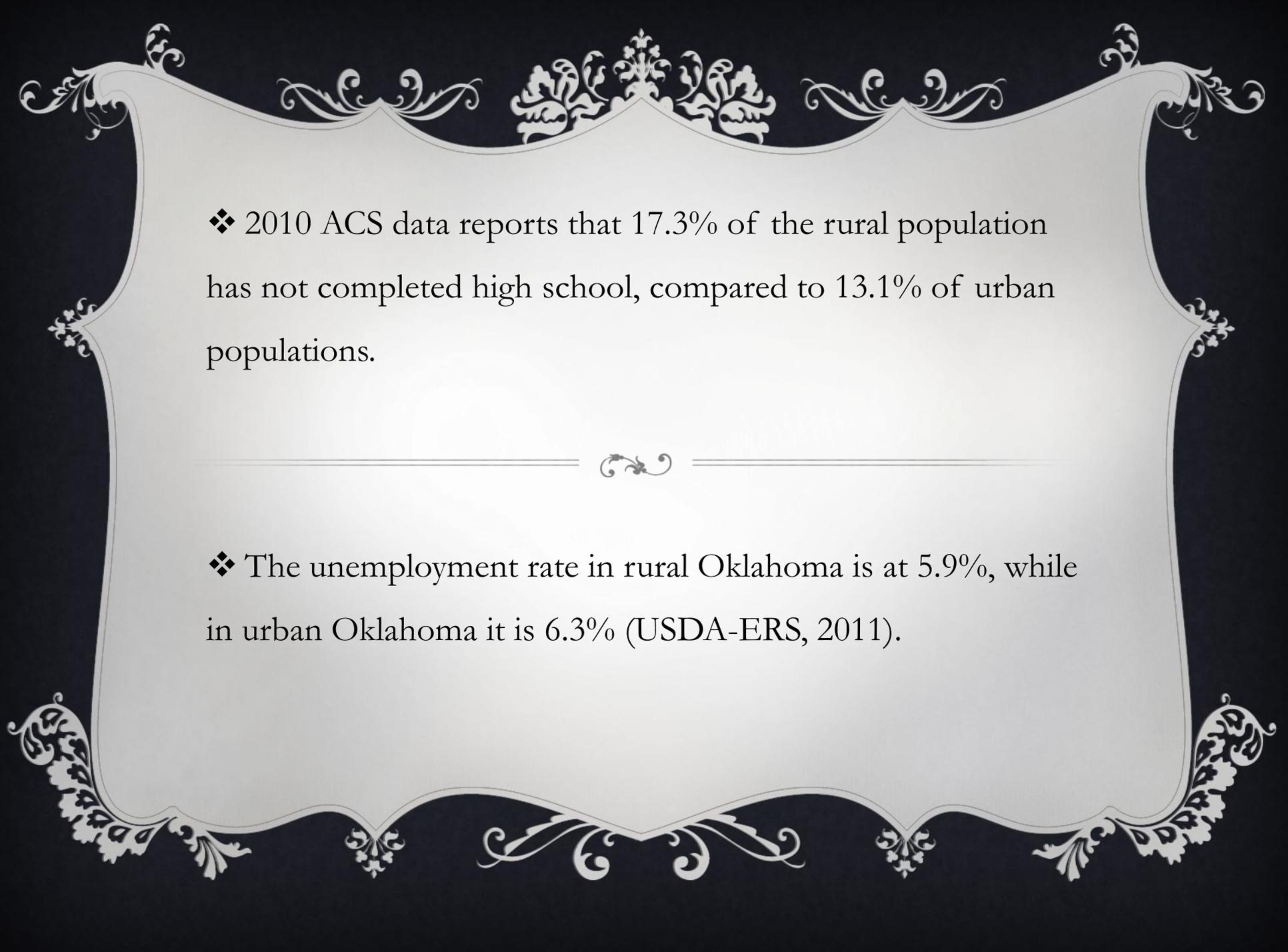
Source: U.S. Census Bureau, Population Estimates

Note: Some age groups have been combined



❖ According to the USDA Economic Research Service, the average per-capita income for Oklahomans in 2010 was \$35,389, although rural per-capita income lagged at \$31,512.

❖ 2010 estimates indicate a poverty rate of 18.8% exists in rural Oklahoma, compared to a 15.7% in urban areas of the state.



❖ 2010 ACS data reports that 17.3% of the rural population has not completed high school, compared to 13.1% of urban populations.

❖ The unemployment rate in rural Oklahoma is at 5.9%, while in urban Oklahoma it is 6.3% (USDA-ERS, 2011).

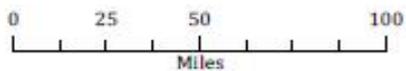
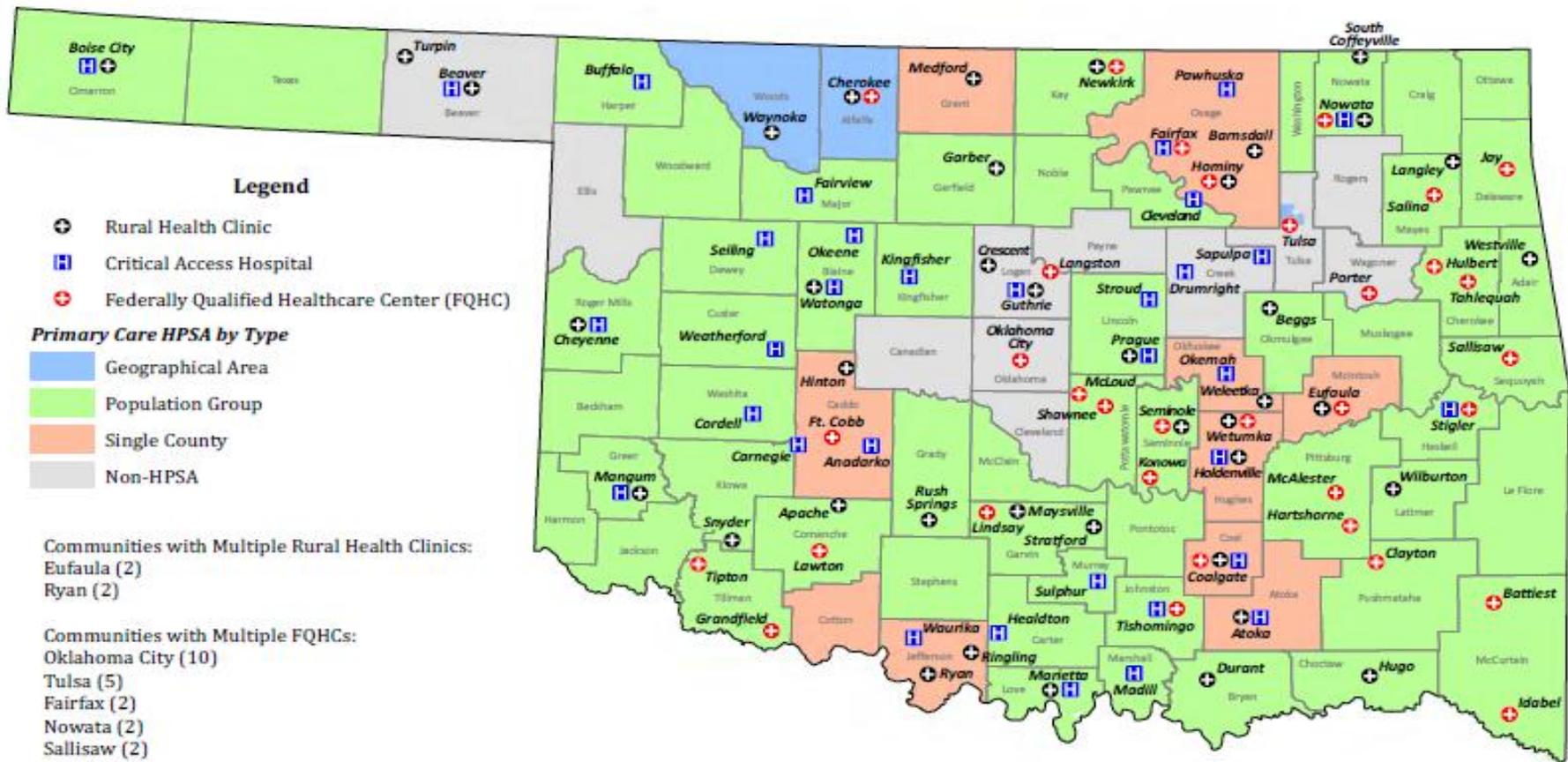


GENERAL HEALTHCARE



Rural Health Clinics, FQHCs & Critical Access Hospitals Oklahoma

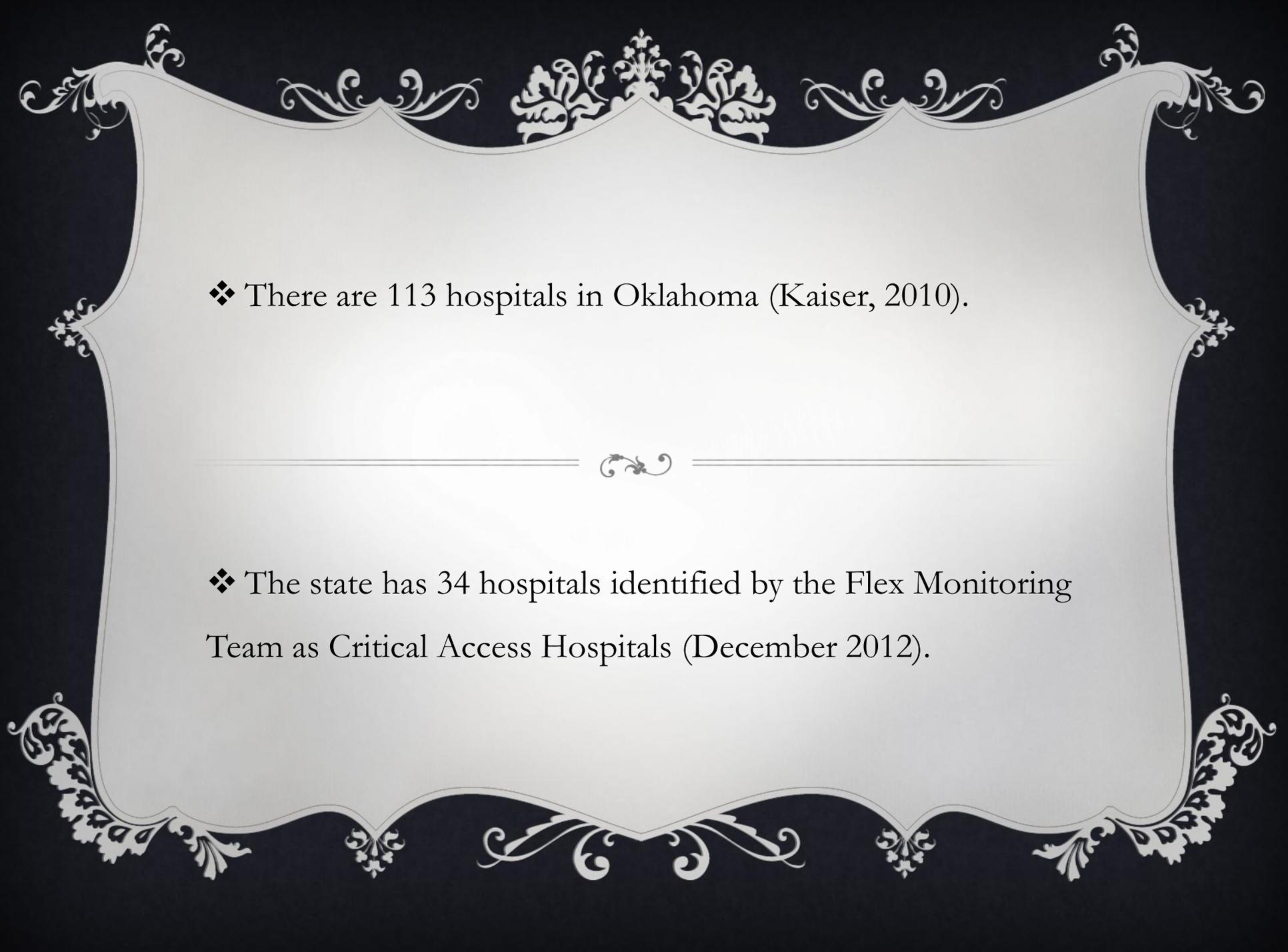
March 2012



The data used to create this map was supplied by the Health Resources & Services Administration (HRSA) and is assumed to be accurate at the time of publication. Visit <http://www.hrsa.gov> for additional information, including updated program locations.

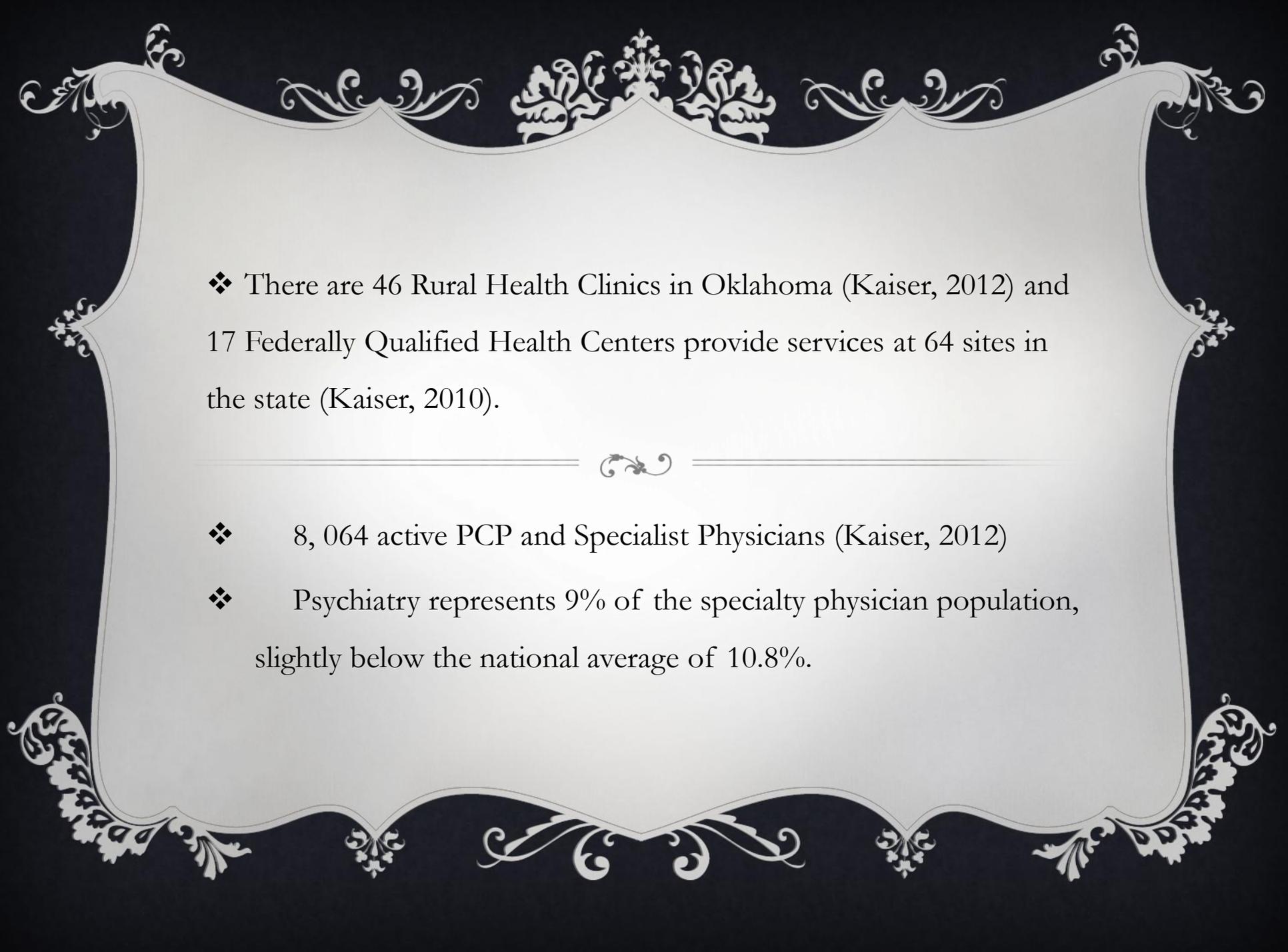


Map Produced by
 OSU Center for Rural Health
 OSU Center for Health Sciences
 Tulsa, Oklahoma
 March 20, 2012
<http://ruralhealth.okstate.edu>



❖ There are 113 hospitals in Oklahoma (Kaiser, 2010).

❖ The state has 34 hospitals identified by the Flex Monitoring Team as Critical Access Hospitals (December 2012).



❖ There are 46 Rural Health Clinics in Oklahoma (Kaiser, 2012) and 17 Federally Qualified Health Centers provide services at 64 sites in the state (Kaiser, 2010).

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- ❖ 8, 064 active PCP and Specialist Physicians (Kaiser, 2012)
 - ❖ Psychiatry represents 9% of the specialty physician population, slightly below the national average of 10.8%.



❖ Most Oklahomans have some form of health insurance, although 17.0% of its residents lack coverage (Kaiser, 2011).

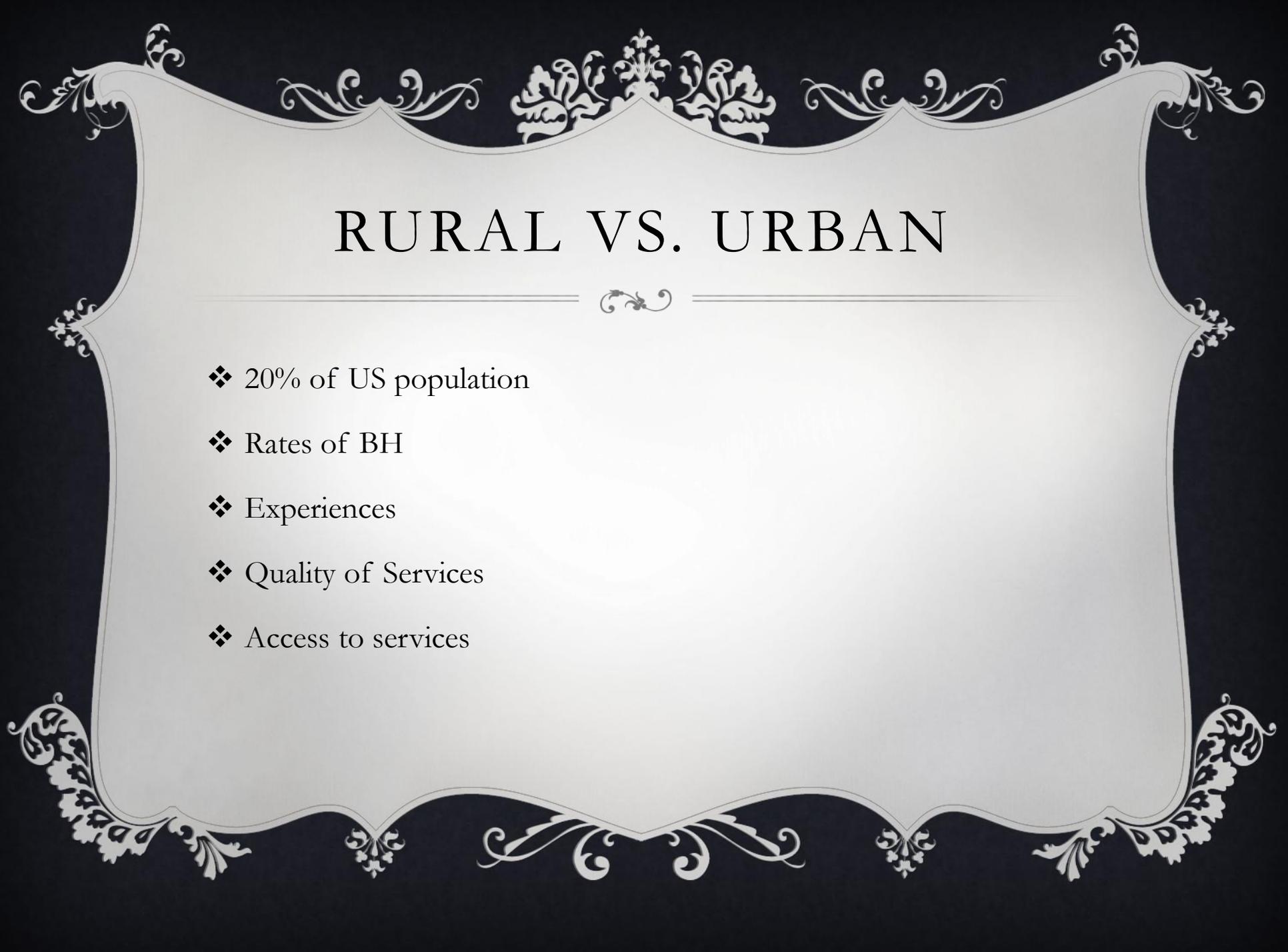


❖ National data suggests that as parity for behavioral health coverage increases, provider reimbursement rates decrease. Reimbursement rates for rural providers do not account for geographical access barriers.



BEHAVIORAL HEALTH





RURAL VS. URBAN

- ❖ 20% of US population
- ❖ Rates of BH
- ❖ Experiences
- ❖ Quality of Services
- ❖ Access to services



BARRIERS TO TREATMENT

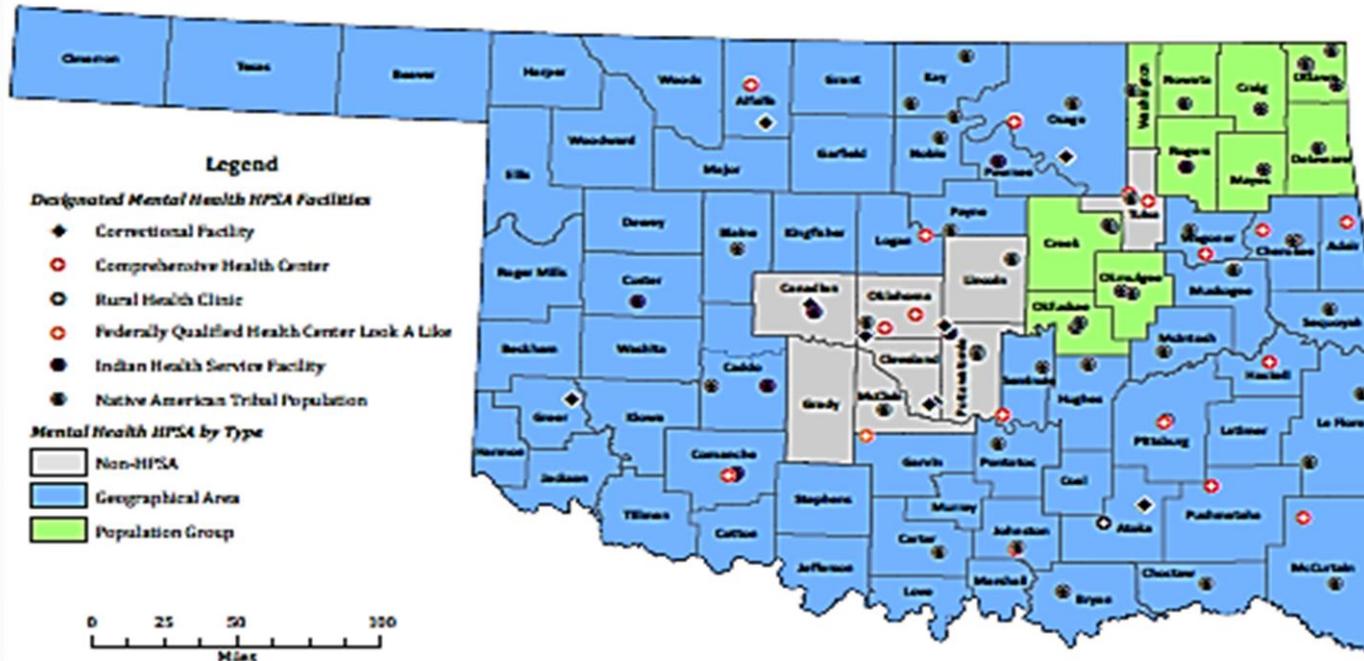
- ❖ Stigma and Cultural Issues
- ❖ Financing and Reimbursement
- ❖ Structural and Organizational
- ❖ Access and Workforce



RURAL OKLAHOMA WORKFORCE FINDINGS

- ❖ Staff Separations
- ❖ Vacancies and Staff Recruitment Barriers
- ❖ Current and Future Staffing Needs
- ❖ Benefits and Compensation
- ❖ Staff Work Experience and Job Satisfaction
- ❖ Workforce Capacity

Health Professional Shortage Areas - Mental Health February 2013

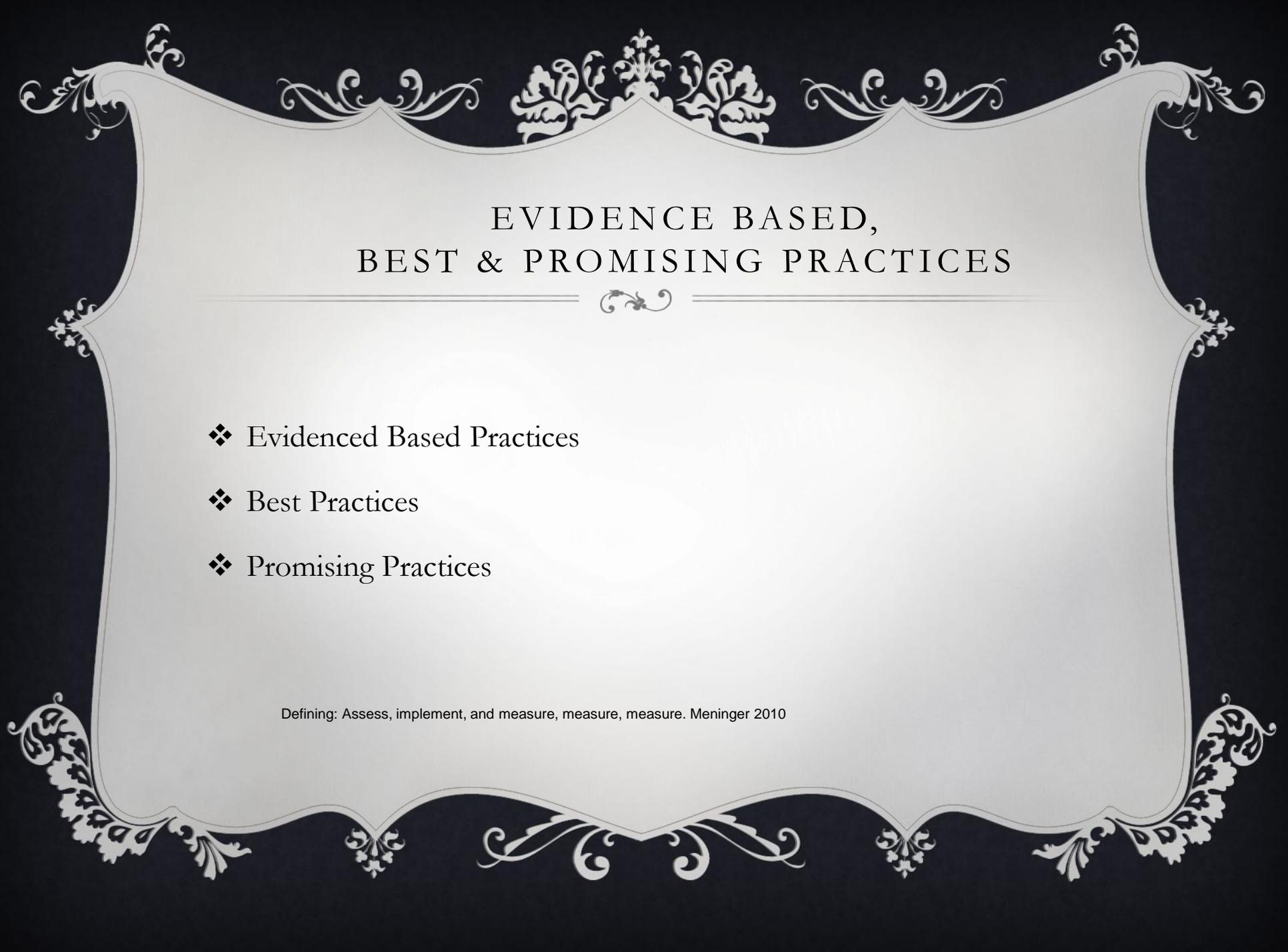


Data Source: Health Resources and Services Administration (2013)

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Map Produced by
OSU Center for Rural Health
OSU Center for Health Services
Tulsa, Oklahoma
February 6, 2013
<http://ruralhealth.okstate.edu>



EVIDENCE BASED, BEST & PROMISING PRACTICES

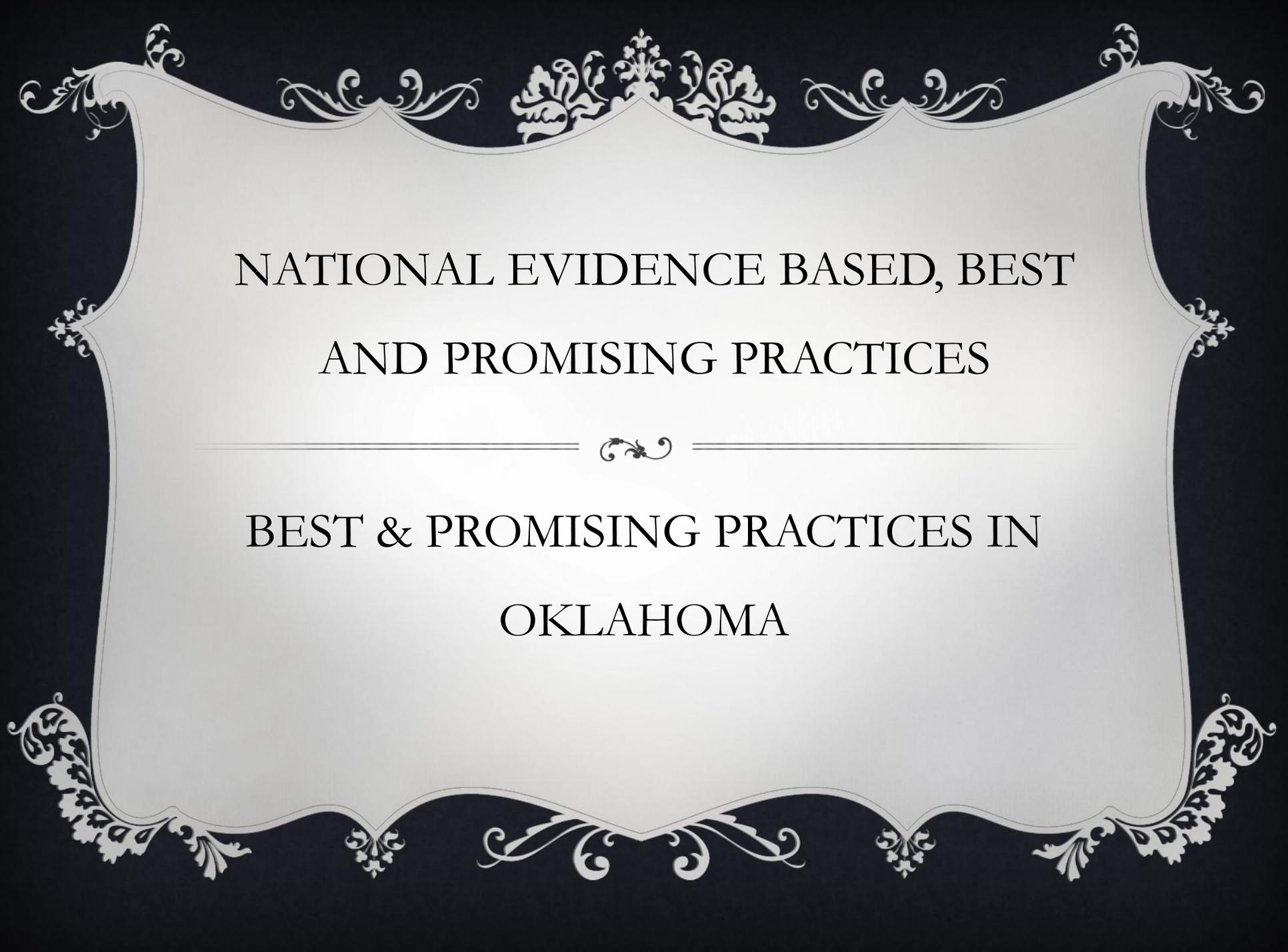
- ❖ Evidenced Based Practices
- ❖ Best Practices
- ❖ Promising Practices

Defining: Assess, implement, and measure, measure, measure. Meninger 2010



CHARACTERISTICS OF SUCCESSFUL PROGRAMS FOR RURAL COMMUNITIES

- ❖ Relevance to rural
- ❖ Impact on rural
- ❖ Sustainability and expansion capability
- ❖ Capacity
- ❖ Document of program information
- ❖ Effectiveness
- ❖ Community engagement



NATIONAL EVIDENCE BASED, BEST
AND PROMISING PRACTICES

BEST & PROMISING PRACTICES IN
OKLAHOMA



❖ Systems of Care

- In 62 of 77 counties, the 15 counties that are awaiting services are in rural areas due partly to funding availability and community development.

❖ Programs for Assertive Community Treatment

- Atoka • Cleveland • Coal • Comanche • Cotton • Garvin • Kay
- Latimer • McClain • Murray • Oklahoma • Payne • Pittsburg
- Pontotoc • Pottawatomie • Seminole • Tulsa

❖ Integrated Services Discharge Managers

- Mabel Bassett • Lexington • McAlester



❖ Trauma Focused Cognitive Behavioral Therapy

- Free online tutorial available at <http://tfcbt.musc.edu>

❖ Seeking Safety

❖ Sanctuary program at Rose Rock

❖ Integrated Treatment:

- Co-Occurring Treatment Specialists (COTS)

PROMISING CARE MODELS

- ❖ Tele-health
 - OKDMHSAS
- ❖ Collaborative, Coordinated and Integrated medical & behavioral health care
 - CareSouth Carolina Behavioral Health Department
 - Cherokee Health Systems
 - Shenandoah Valley Medical System



SERVICES IN MOST COUNTIES

- ❖ Medication Clinics
- ❖ Behavioral Health Case Managers
- ❖ Systems of Care and Wraparound
- ❖ Adult Drug Court
- ❖ Outpatient Therapy
- ❖ Rehabilitative services for children (private providers and CMHC's)
- ❖ Tele-medicine (currently, mostly for medication management)
- ❖ Peer Support Services (provided by RSS)- all CMHC's should have this



SERVICES AVAILABLE IN LIMITED NUMBER OF COUNTIES

- ❖ PACT
- ❖ Mental Health Court
- ❖ Juvenile and Family Drug Court
- ❖ CIT Police Officers (Crisis Intervention Teams)
- ❖ Substance Abuse Outpatient
- ❖ Substance Abuse residential
- ❖ Wellness Programs/Services



SERVICES AVAILABLE IN LIMITED NUMBER OF COUNTIES

- ❖ Detox (very limited for adults, nonexistent for youth)
- ❖ School base services
- ❖ Evidence Based Practices (TF-CBT, CBT, PCIT, MI, Seeking Safety, etc)
- ❖ Community Based Structured Crisis Center (CMHC's) (none for children)
- ❖ Mobile Crisis Teams (very limited)
- ❖ Homeless Outreach (PATH grant)
- ❖ Supported Employment



SERVICES IN AVAILABLE IN PILOTS SITE
OR SINGLE SITES ONLY

FRE-Freedom Recovery and Empowerment
Community Based Resource Coordination
Supported Employment



SERVICES AND PRACTICES NOT YET
ESTABLISHED AND SUSTAINED IN RURAL
COUNTIES

- ❖ Program of Assertive Community treatment
- ❖ Parent Child Interactive Therapy
- ❖ Wraparound in 15 rural counties
- ❖ Crisis Center for Children
- ❖ Illness Management and Recovery
- ❖ Clubhouse
- ❖ Re-Entry Intensive Care Coordination Teams
- ❖ Family Drug Court (with one exception)
- ❖ Permanent supported housing

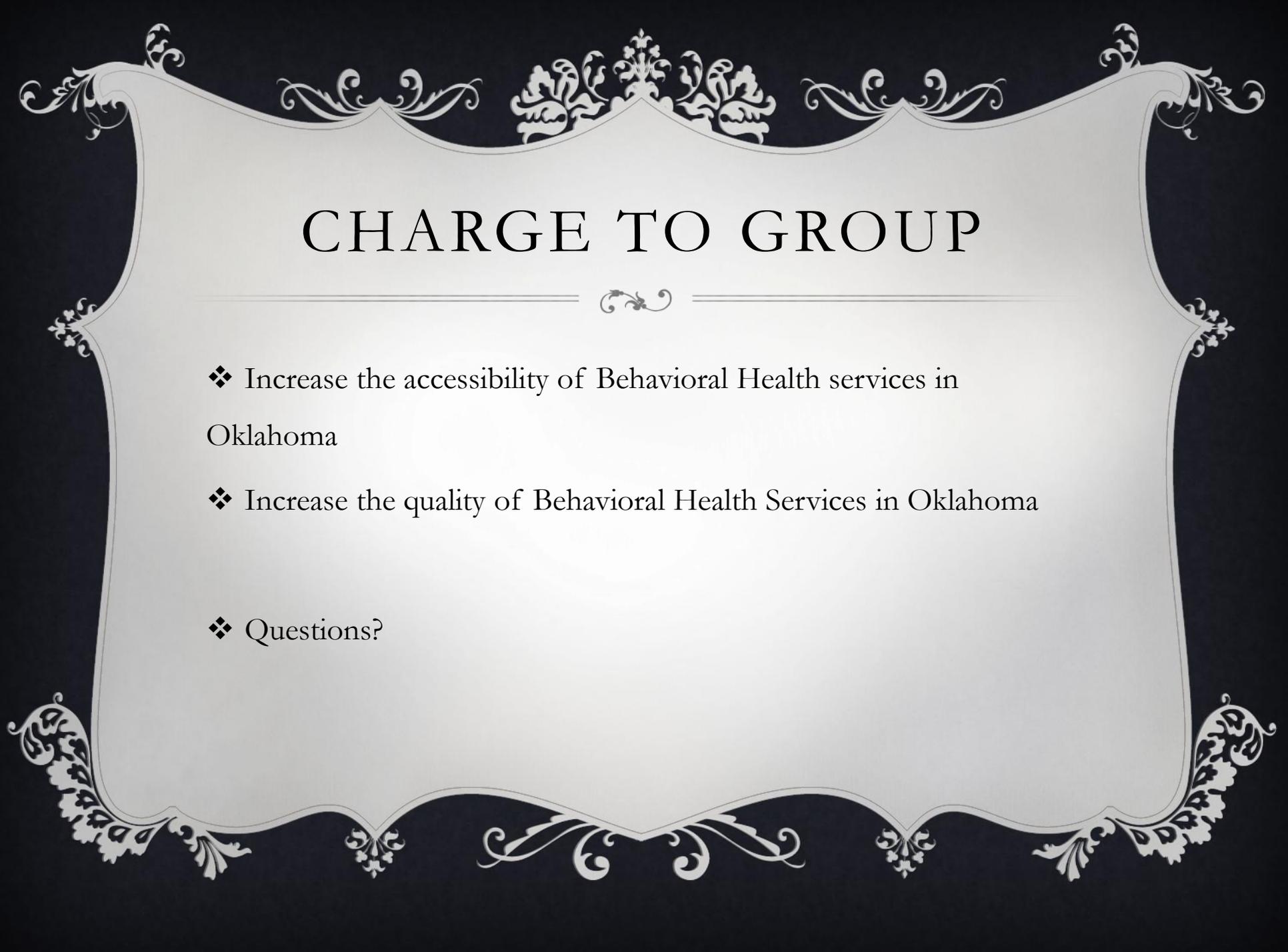




PROMISING CARE MODELS

- ❖ Tele-health
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CHARGE TO GROUP

- ❖ Increase the accessibility of Behavioral Health services in Oklahoma
- ❖ Increase the quality of Behavioral Health Services in Oklahoma
- ❖ Questions?

USEFUL LINKS

- ❖ http://www.raconline.org/info_guides/rural/def
- ❖ <http://www.raconline.org/states/oklahoma.php>
- ❖ <http://ruralhealth.okstate.edu>
- ❖ <http://okhca.org/research.aspx>
- ❖ <http://nrepp.samhsa.gov>



PRESENTERS

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