

# OHIO RURAL HEALTH ASSOCIATION

## September, 2022 Newsletter

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# Ohio Rural Health Association

Hello Rural Health Advocates,

We are very excited to bring you a number of resources this month, as well as announce our new webinar series. We will be bringing you a number of educational webinars throughout the coming months! Our plan is to bring you information that will assist you in serving rural Ohioans.

Our first webinar will launch on Rural Health Day, November 17, 2022, at 11:00 a.m. You will find more information about it, as well as our December webinar below. Our 2022 webinars are free; however, starting in 2023, there will be a nominal fee.

As a reminder, our 2022 conference presentations are available at <https://www.ohioruralhealth.org/conference/2022-ohio-rural-health-conference-agenda>.

Thank you for all you do to serve rural Ohio and for being a member of the Ohio Rural Health Association. We appreciate you!

Sharon Casapulla  
Board President  
Ohio Rural Health Association

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**RURAL HEALTH DAY WEBINAR!****Asset Based Approaches to Rural Health  
and Community Development****November 17 from 11:00 a.m. to Noon**

Rural health and rural development programs, policies and investments are largely determined by deficits. In this interactive webinar we will flip the script and discuss how an asset-based approach can bolster rural health, community and economic development.

This interactive webinar features Dr. Shoshanah Inwood who is a rural sociologist and associate professor in the School of Environment and Natural Resources at Ohio State University. She holds degrees in rural sociology, environmental science and biology. Her integrated research and extension program centers on: 1) Health and well-being in the food and agriculture sector, 2) Social factors affecting farm growth, 3) Community and economic development through food and agriculture, and 4) Food System Resilience, Disasters and Disruptions. She co-directs the [Center for Community and Working Landscapes](#) on the Wooster Campus at The Ohio State University.

Join Zoom Meeting

[https://us06web.zoom.us/j/86337239922?  
pwd=aytmZEJBKzJybzBBSW1BaTdYMEc1QT09](https://us06web.zoom.us/j/86337239922?pwd=aytmZEJBKzJybzBBSW1BaTdYMEc1QT09)

Meeting ID: 863 3723 9922

Passcode: 016081

One tap mobile

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[+16469313860](tel:+16469313860),,86337239922#,,,,\*016081# US

**Medicaid Overview Webinar  
December 13 from Noon to 1:30 p.m.**

**How the State, Medicaid Payers, & Providers are  
Collaborating to Improve Health Outcomes**

Presented by **Marianella Napolitano, MBA, RN, LEAN Six Sigma Yellow Belt Certified**

In this session, Ohio Medicaid Payers will provide a high-level overview of the 5 big initiatives occurring at the Ohio Department of Medicaid (ODM) as part of the implementation of the Next Generation of the Medicaid Program. We will also be discussing two key State initiatives surrounding maternal health and diabetes. The session will also review how we are collaborating as Medicaid payers with ODM and providers; and how you can partner with us to improve the lives of Ohioans.

Join Zoom Meeting

Join Zoom Meeting  
<https://us06web.zoom.us/j/81475604431?pwd=Smt6TnJQWG5ONk94cnNHZlQTM9Cdz09>

Meeting ID: 814 7560 4431  
Passcode: 488380  
One tap mobile  
[+16469313860](tel:+16469313860),81475604431#,,,,\*488380# US  
[+13017158592](tel:+13017158592),81475604431#,,,,\*488380# US (Washington DC)

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Need funds to attend an upcoming conference or program?  
We can help!

Apply today for our

## **ORHA Professional Development Scholarship Fund!**

Learn more and apply at  
[https://ohio.qualtrics.com/jfe/form/SV\\_5jdSmqItnm1n28B](https://ohio.qualtrics.com/jfe/form/SV_5jdSmqItnm1n28B)



### **ORHA Legislative Committee Priorities Survey**

Please take a moment to ensure our legislative committee is representing the membership with the work they will do over the 2023 calendar year.

<https://www.surveymonkey.com/r/XDXCKFG>

## MORE EDUCATIONAL OPPORTUNITIES FROM OUR MEMBERS

The Mental Health First Aid Ohio team, through our funder, the Ohio Department of Mental Health and Addiction Services, has funds to support organizations in rural communities or representing high risk professions (such as farmers) to host a no-cost Mental Health First Aid training, as well as, support individuals to participate in one of our free monthly open trainings. This funding is available through March of 2023.

To learn more about hosting and to schedule a meeting with our team: <https://ohiomhfa.org/host-a-class>

To attend an open training: <https://ohiomhfa.org/take-a-course>



*"As a mental health advocate, I found the Mental Health First Aid course curriculum to be very thorough and helpful on my quest to further strengthen my skills in assisting friends, family, neighbors and strangers alike with mental health challenges."*

– **Lesley Richard**,  
Columbus, Ohio

### WHY MENTAL HEALTH FIRST AID?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

On average,

**123**

people die  
by suicide  
each day.

– American Foundation  
for Suicide Prevention

From 1999 to 2016,

**630,000**

people died from  
drug overdose.

– Centers for Disease Control  
and Prevention

Nearly

**1 IN 5**

U.S. adults lives with a  
Mental Illness.

– National Institute of Mental Health  
via the National Survey on Drug Use and  
Health and the Substance Abuse and  
Mental Health Services Administration

### THREE LEARNING OPTIONS

**VIRTUAL.  
BLENDED LEARNING.**

Spend the day  
with us and get  
trained in Mental

### WHO SHOULD TAKE IT

- Older adults
- Minority groups
- First responders
- Faith leaders
- Community members
- Certified peer recovery supports

**IN-PERSON.**

Health First Aid.

Train leaders

in Ohio (PRS)

**WHAT IT COVERS**

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- **NEW:** Expanded content on trauma, addiction and self-care

The course will teach you how to apply the **ALGEE** action plan:

- **A**ssess for risk of suicide or harm.
- **L**isten nonjudgmentally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.

To find a course or contact an Instructor in your area, visit [OhioMHFA.org](https://ohiomhfa.org) or email [Info@OhioMHFA.org](mailto:Info@OhioMHFA.org)

## Tai Chi for beginners OSU Extension

Injury from falls is a serious health problem, even more so when you suffer from arthritis pain. The Tai Chi for Arthritis workshops, designed by Dr. Paul Lam and medical experts, incorporate the Sun-style movements of Tai Chi to help you feel the benefits of improved flexibility, improved muscular strength, and improved fitness. From a standing or seated position, no matter your skill level or age, you are able to experience the essential principles of Tai Chi through short and easy-to-learn movements. As you build your skill set you will discover how the slow and smooth movements of Tai Chi are effective in relieving arthritic pain and reducing falls and improving blood and body fluid circulation. Join us in an interactive session where you will learn Tai Chi for beginners.

REGISTER: <https://go.osu.edu/tai-chi-autum2022>



# TAI CHI FOR BEGINNERS

An Online Virtual Series of Classes

Mon., Wed., & Fri, 9:30-10:30 a.m., Sept. 19 – Nov. 4

*All Ages Are Welcome*

**Decrease Arthritis Pain and Helps Prevent Falls • Increased Flexibility  
Can be Done Seated or Standing • Improve Physical and Mental Balance**

**WHERE:** Virtual Classes [Register to



receive a Zoom link for access to these classes]

**COST:** No charge- courtesy of OSU Extension

Please **register asap** to reserve your spot!

**REGISTER:** <https://go.osu.edu/tai-chi-autum2022>

For more information, contact Lorrissa Dunfee [dunfee.54@osu.edu](mailto:dunfee.54@osu.edu) or Rae Baker [baker.782@osu.edu](mailto:baker.782@osu.edu)  
You may also contact your local County OSU Extension office for more details.

*Developed by Dr. Paul Lam at the Tae Chi for Health Institute (TCHI) the program utilizes Tai Chi's Sun style for its ability to improve relaxation, balance, and its ease of use for older adults.*



**THE OHIO STATE UNIVERSITY**  
EXTENSION

**Belmont County OSU Extension**  
[belmont.osu.edu](http://belmont.osu.edu)

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## Fourth Annual Healthy State Alliance CEU/CME Opioid Symposium

**WHEN**  
Saturday, Oct. 15, 2022  
8 a.m.-12:30 p.m.

Join Us for This  
**FREE Hybrid Event**

**LEARNING OBJECTIVES**

At the conclusion of this activity, participants should be able to:

- Employ interprofessional care team strategies to enhance the prevention, diagnosis and management of patients with substance use conditions.
- Discuss the impact of substance abuse on our children.
- Identify emerging treatments and barriers for a community team-based perinatal substance use program.
- Describe the benefits of a team-based approach to an enhanced recovery after surgery (ERAS) program.
- Review updates in opioid use treatments.
- Describe changes in supply chain for illicit drugs and actions to reduce traffic.
- Explain the effects of stigma on patients with addiction to reduce barriers.
- Discuss the role of caring for each other in clinician substance use.



**Don't miss this free, hybrid event.**

Register today at:  
<https://bit.ly/2022HSAOpioid>

**FOOD AND REFRESHMENTS FOR ONSITE PARTICIPANTS**

**CONTINUING EDUCATION CREDITS**

This activity is approved for AMA PRA Category 1 Credit®, ANCC Contact Hours, ACPE Contact Hours for pharmacists, ACE ASWB continuing education credits and AAMA CEUs. For more information about the continuing education details, please visit: [www.eeds.com/live/806870](http://www.eeds.com/live/806870)

**Commercial Support:**

This activity is not commercially supported.

In the fight against Ohio's opioid epidemic, Healthy State Alliance — a strategic alliance of The Ohio State University Wexner Medical Center and Bon Secours Mercy Health — is offering a half-day hybrid CEU/CME opioid symposium. Participants are encouraged to join in Lima at Mercy Health — St. Rita's Medical Center or in Columbus at the Blackwell Inn and Pfahl Hall. For those unable to join in person, the option to join online is also available.



**For those joining onsite, food and beverages will be provided along with the opportunity to network with colleagues.**

This comprehensive event will feature cutting-edge and relevant knowledge from experts who dedicate their time to fight the epidemic discussing topics including:

- Enhanced Recovery After Surgery — It Takes a Team
- Perinatal Substance Use — It Takes a Village
- Addition Stigma and Person-First Language
- Clinician Substance Use — Caring for Each Other
- Medications for Opioid Use Disorder — Update
- Supply Chain in Opioids
- Impact of Substance Use on our Children

**Speakers include:**

**The Ohio State University Wexner Medical Center**  
O. Trent Hall, DO  
Michael Kushelev, MD

**Ohio Attorney General's Office**  
Jon Sprague RPH, PhD,  
Director of Science and Research

**Bon Secours Mercy Health**  
Elizabeth Rumschlag, MD  
John Sorboro, MD  
Robert Wheeler, MD

**Guest Speakers**  
Kevin McCauley, MD  
Nicole Michaels, PhD

## Healthy State Alliance



CORP\_22627800-04

**CFAES****Mental Health First Aid** ®

COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES



**Do you know how to identify signs of worsening mental health in adults?  
Would you know how to respond and provide support if someone was  
experiencing a mental health crisis?**

In Ohio, 16 of the 17 counties with the highest rates of suicide are rural. Behind every number is a person who was a friend, family member, colleague, or neighbor. Sign up for a Mental Health First Aid training and learn how to recognize signs and symptoms of mental health challenges in adults and how to help in a mental health crisis.



**Who should attend?**

- All OSU Employees
- Community Leaders
- Members of the Ag Community
- Anyone who wants to learn new tools to assist farmers during difficult times

**How this course works:**

- Register to attend at: <https://go.osu.edu/farmstress22mhfa>
- Complete 1.5 hours of self-paced learning online (access to materials provided approximately two weeks prior to training)
- Attend an interactive and engaging virtual training hosted on Zoom.

**Upcoming Trainings:**

Sept. 29  
Oct. 7 or 27  
November 4  
December 2

*This course is valued at \$170 but is FREE thanks to  
funding from a USDA FRSAN grant.\**

\*This research was supported by the intramural research program of the U.S. Department of Agriculture, National Institute of Food and Agriculture, 7 U.S.C 5936, Section 7522 of FCEA of 2008, Farm and Ranch Stress Assistance Network (FRSAN).



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