BUILDING BEHAVIORAL HEALTH CARE CAPACITY IN RURAL APPALACHIA:

An overdue conversation
Our “Epidemic” is a product of...

- Deferred Behavioral and General Health Maintenance...
Estimates are that over 152,000 West Virginians are in need of substance abuse treatment. In 2008, West Virginia had the highest rate of prescription overdose deaths in the United States, surpassing both motor vehicle crashes and falls as the leading cause of accidental death. In one weekend in March of 2017, Huntington had 29 overdoses within hours. No deaths as a result of Narcane availability...not that day.

- 10-11% of infants born nationally are drug-exposed. Approximately 400,000-440,000 babies every year. A 2009 report from the West Virginia Perinatal Partnership showed that one in five babies born in West Virginia suffered exposure to drugs or alcohol while in utero.

- A 2007 Centers for Disease Control report indicated that the state experienced a 550 percent increase in drug overdose mortality during the years 1999-2004, and the rate has continued to increase in subsequent years. This increase was the largest in the nation.

- As of June 15, 2017, the state reported 258 overdose deaths.
I’m a Developmental/Clinical psychologist trained to work with 4 year olds and learning disorders...

I have a Narcan kit in my glove box.

Where is “here?”
GPE/BHWET: Integrated health care in Rural Primary Care Settings: The hand in the glove

- Reduces stigma for both care providers and patients.
- Increases access to services and reduces burden.
- Promotes use of Public Health model interventions such as SBIRT and avoids the ‘booger on the finger’ phenomenon.
- Enhances the use of interventions that address the behavioral components of chronic illnesses.
- Spreads a culture of prevention to reduce demands on the intervention system.
- Provides support to practitioners. Stress levels of isolated providers in high demand areas is high and often drives providers out of the area.
The GPE Project at Marshall University’s Psy.D. Program

- Increase the number of students trained in integrated behavioral health settings in primary care:
  - MU Pediatrics
  - MU OB/GYN
  - MU Family Practice
  - Cabin Creek Health Systems
  - Valley Health Systems
  - Huntington Internal Medicine Group
  - MU Internal Medicine
  - Tug River Health Systems
  - Projects in rural and community psychology class tied to practicum placements and related to SUD
  - Needs assessment, program evaluation, and grant writing taught to enhance skills for working with marginalized populations

We leverage our program graduates somethin’ fierce...
Cabin Creek Health Systems
Cabin Creek Health Systems: Sample practicum placement
Almost Heaven...
Indeed!