

College of Public Health and Human Sciences

**Introducing Coast To Forest:
Outreach to Promote Mental Health and Prevent Substance
Use in Oregon**

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State Board of Agriculture Meeting
Oregon Department of Agriculture



Oregon State
University

Thank you to the Coast to Forest Team at Oregon State University

Extension Family and Community Health

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Dusti Linnell, PhD, MPH – Tillamook and Lincoln Counties

Robin Maille, MA, MF – Union and Baker Counties

Breann Vandenberg, MS – Lake County

OSU Center for Health Innovation

Sandi Cleveland Phibbs, PhD, MPH

Ivan Estrada, MPH

Abbey Kate Martin, MPH

Oralia Mendez, MPH, CHW

Erika Carrillo

Find us on the OSU Extension Website:

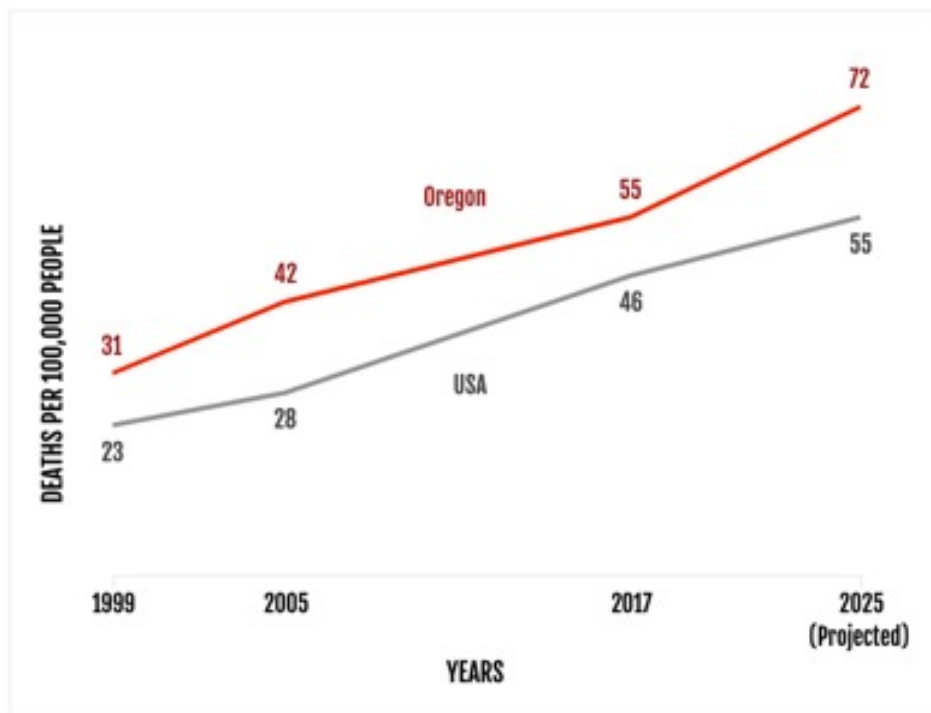
<https://extension.oregonstate.edu/coast-forest-mental-health-promotion-rural-oregon>



Oregon is facing a mental health and substance use crisis.

- Centers for Disease Control data reported in the 2017 Pain in the Nation report identify Oregon's "deaths of despair" as higher than national averages and project to worsen.

Deaths due to Alcohol, Drugs and Suicide per 100,000 people, Oregon and USA



2021 Data from Oregon Health Authority

We lose five individuals every week to opioid overdoses.

<https://www.oregon.gov/oha/ph/preventionwellness/substanceuse/opioids/pages/index.aspx>

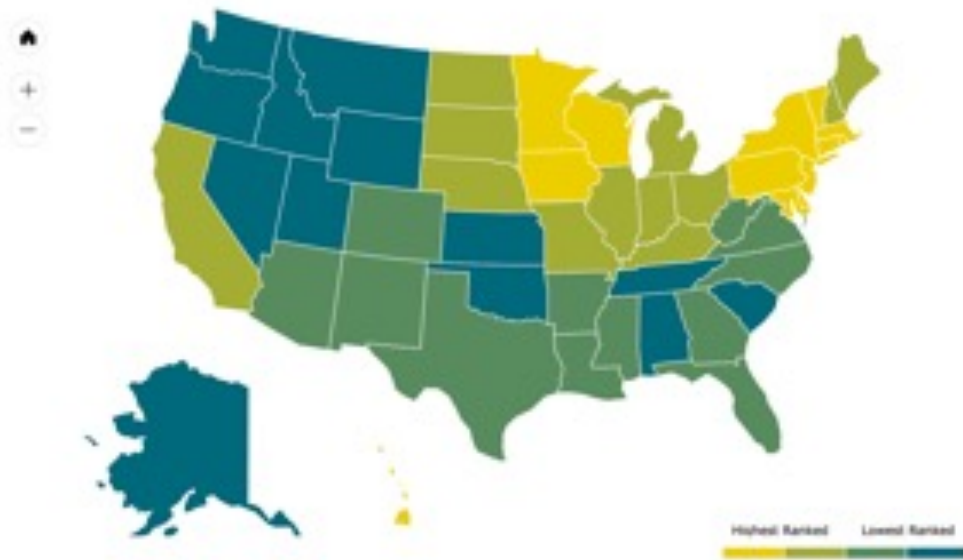
Rural and Frontier Counties are Hard Hit

- Can be economically distressed
- Jobs are physically demanding, have higher incidences of injuries, risks for musculoskeletal disorders and chronic pain
- Compounding factor of risky prescribing practices, health care access

Business Oregon, 2019; U.S. Bureau of Labor Statistics, 2018; Kucera et al, 2009; Kucera, Loomis, Lipscomb, & Marshall, 2010; Dagupta, Beletsky & Ciccarone, 2018; Oregon-Idaho High Intensity Drug Trafficking Area, 2020; Oregon Health Authority, 2020

Mental Health America ranks us worst, 50 of 51, in the US.

- In 2020, Mental Health America ranked the state of Oregon as 50 (of 51), indicating higher prevalence of mental illness and lower rates of access to care. MHA rankings are a composite of 15 unique measures, listed below.



1. Adults with Any Mental Illness (AMI)
2. Adults with Substance Use Disorder in the Past Year
3. Adults with Serious Thoughts of Suicide
4. Youth with At Least One Major Depressive Episode (MDE) in the Past Year
5. Youth with Substance Use Disorder in the Past Year
6. Youth with Severe MDE
7. Adults with AMI who Did Not Receive Treatment
8. Adults with AMI Reporting Unmet Need
9. Adults with AMI who are Uninsured
10. Adults with Cognitive Disability who Could Not See a Doctor Due to Costs
11. Youth with MDE who Did Not Receive Mental Health Services
12. Youth with Severe MDE who Received Some Consistent Treatment
13. Children with Private Insurance that Did Not Cover Mental or Emotional Problems
14. Students Identified with Emotional Disturbance for an Individualized Education Program
15. Mental Health Workforce Availability

We asked ourselves: How can OSU contribute? What value can we bring?





College of Public Health and Human
Sciences

OSU Center for Health Innovation

OSU Extension Service:
Family and Community Health Program

COAST TO FOREST

GOALS

- ▲ Improve mental health and well-being
- ▲ Reduce opioid misuse and abuse and associated harms
- ▲ Expand training tools and technical assistance through the OSU Extension Service and College of Public Health and Human Sciences
- ▲ Build capacity in rural Oregon to prevent and reduce opioid and stimulant use disorders and their consequences, and move people to recovery.

PROGRAMS

COAST TO FOREST LOCAL

Baker, Lincoln, Tillamook and Union Counties
USDA FUNDING (\$289K)

COAST TO FOREST OREGON

All 36 Oregon Counties
SAMHSA FUNDING (\$1.1M)

1. Free Mental Health First Aid Training (MHFA)

2. County-specific Resource Guides

3. Local Extension Radio Programming

plus

4. Community Conversations

5. Prevention Week

plus

6. Web Library of Tools, Resources,
Trainings

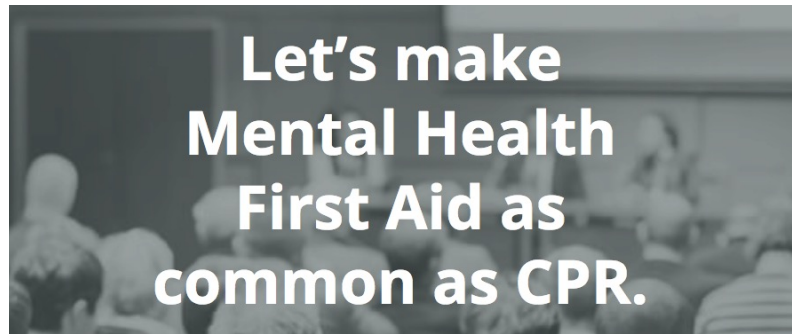
7. De-Stigmatizing Media Training

8. Substance Use Disorder 101
Training



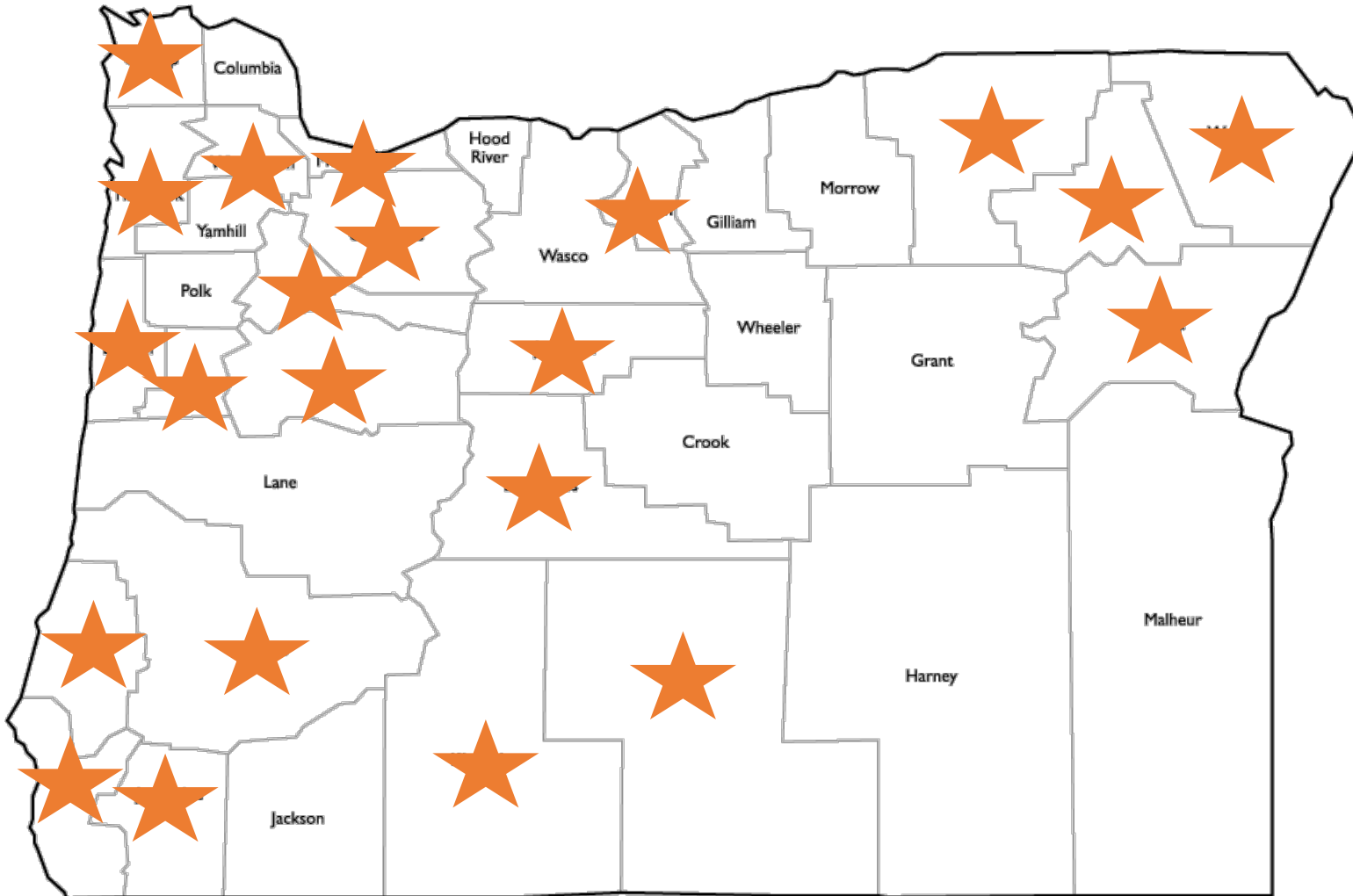
Program Highlight 1: Mental Health First Aid training + Resource Guides

Mental Health First Aid is an 8-hour training that teaches learners how to recognize and respond to signs and symptoms of mental health and substance use challenges.



Union County Mental Health & Substance Use Services <small>More information about services provided on page 3</small>	Emergency & Crisis	Mental health	Substance use	Problem Gambling	Peer support	Recovery	Prevention	Servicios en español
Blue Mountain Associates/ Grande Ronde Recovery 541-962-0162 1101 I Ave., La Grande 1501 6th St., La Grande		●	●			●		
Center for Human Development, Inc. 541-982-8800 Crisis Line 541-962-8800 option 6	●	●	●	●	●	●	●	●
Clover Haven Equine Therapy 541-786-3403 61372 High Valley Rd., Union		●						
Community Connections of Northeast Oregon 541-963-3186 2802 Adams Ave., La Grande							●	
Grande Ronde Hospital Behavioral Health 541-963-1973 900 Sunset Dr., La Grande	●	●	●			●	●	
Heart Steps Counseling Services 541-863-4005 105 Fir St., #321, La Grande		●	●					
Kindred Support Services 541-963-7796 105 Fir St. Ste. 209, La Grande		●						
La Grande VA Community Based Outpatient Clinic 541-963-0627 202 12 th St., La Grande		●	●					
Life Reformation Counseling 971-732-6614 1910 Island Ave. No. #3539, La Grande		●						
Mt. Emily Safe Center 541-963-0602 2107 3 rd St., La Grande	●							
School Based Health Centers La Grande: 541-562-9418 Union: 541-663-3330 708 K Ave., La Grande 540 Main St., Union	●	●	●	●		●	●	●
Still Waters Counseling 541-975-3868 10501 W. 1 st St., Island City Stillwaterscounsel.com		●				●		
Yellow Hawk Tribal Health Center 541-966-9830 46314 Ti'mine Way, Pendleton www.yellowhawk.org		●	●			●		

Year 1 in Review: Mental Health First Aid from Coast to Forest



Trainees

- We have trained 195 individuals in MHFA

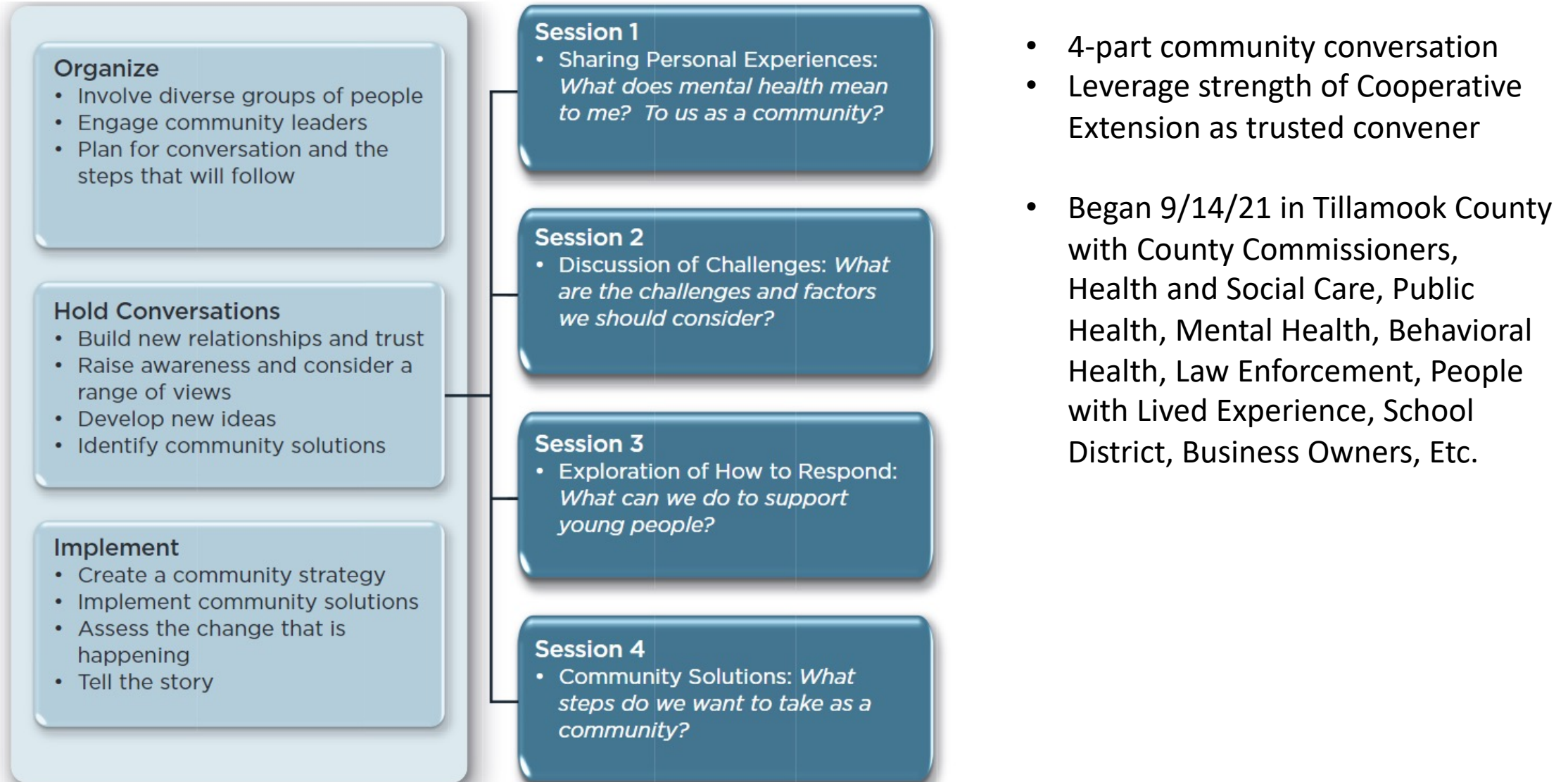
Rural/urban reach

- ~60% of MHFA Participants are from Rural Zip Codes in 16 Different Counties
- ~40% of MHFA Participants are from Urban Zip Codes in 7 Different Counties

Impact at 30-day follow up

- 79.4% of paired observations showed improvement (increase) in awareness of signs/symptoms of MH challenges
- 85.3% of paired observations showed an increase in Confidence in performing helping behaviors
- 30.3% of paired observations experienced a decrease in personal endorsement of stigma (*Note we've been training "MH and SU people")

Program Highlight 2: Community Conversations about Mental Health



Moving Forward: Continued Collaboration for Health and Well-being



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Thank you!

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