2018 Behavioral Health IVN for Your Community

Public Value Statement
Improving behavioral health saves lives. North Dakota has high rates of suicide and substance use, as well as a large aging population. Prevention efforts also save health care, law enforcement and related costs.

The Situation
The NDSU Extension Community Listening Forums held in 2015 prioritized the need to address mental and physical health issues. Extension Family and Community Wellness responded with the Behavioral Health 101 workshop delivered by Interactive Video Network (IVN). In 2018 the workshop, now in its third year, engaged 206 individuals at 18 sites throughout North Dakota.

Extension Response
Extension Family and Community Wellness partnered with Prairie St. John’s, a mental health provider, to offer its third IVN workshop titled Behavioral Health 101 for Your Community on March 29, 2018. The training session addressed issues facing older adults, substance use trends and prevention efforts, and awareness of challenges facing farmers and ranchers and identifying resources in times of stress.

Impacts
In March 2018, 18 sites hosted 206 participants, including social workers, university professionals, teachers, youth development and health care workers, law enforcement officers and professionals in social services, faith communities and counseling. Survey responses indicated:

- 89.6% felt the workshop was useful for them.
- 88.5% felt the workshop shared information and ideas that will be helpful to them.

An evaluation showed statistically significant gains in knowledge for each of the following items:

- Ability to recognize behavioral health warning signs in older adults.
- Awareness of barriers to care for our aging North Dakota population.
- Ability to identify care strategies for older individuals in the community.
- Understanding of general substance use trends in North Dakota.
- Ability to devise a plan to address substance use in the community.
- Understanding of how to communicate support and resources to access for farm families.
- Awareness of stressors related to the farm economy and challenges to mental or behavioral health.

Feedback
- “I appreciate the fact that we are now discussing farm pressures and barriers to treatment. Long overdue in our rural state. Thank you!”
- “The training helped me be more aware of geriatric mental health issues and how to refer more promptly for care.”
- “This was a great educational awareness workshop. Thank you for providing this and hopefully more people can hear this. Looking forward to future workshops.”

Primary Contact
Kim Bushaw, MS
NDSU Extension Family Science Specialist
701-231-7450
kim.bushaw@ndsu.edu

Sean Brotherson, PhD
NDSU Extension Family Science Specialist
701-231-6143
sean.brotherson@ndsu.edu

Non-Extension Collaborators
Prairie St. John’s Psychiatric Hospital; local community professionals and site hosts.