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Capacity Building for Improved Behavioral Health in Rural America: PROSPERIng in a COVID Context

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September 24, 2020 – 2:00 PM (ET)

Prevention of substance misuse and associated behavioral health issues is critically important. The Surgeon General’s 2016 report on “Facing Addiction in America” indicates that evidence-based prevention, guided by intervention science, can markedly reduce disease and related health, social, and economic costs. This is especially true for rural America. Rural communities are approaching a perfect storm because of a combination of sparse behavioral health services and the burgeoning prevalence of substance misuse, including opioid misuse and associated behavioral health problems like depression and suicide. Now there is evidence that the current pandemic is exacerbating these problems and related challenges for rural youth, adults, and families.

Considering the current context, the goals for this webinar are to:
(1) Summarize challenges with opioid and other substance misuse, emphasizing related problems for rural communities in the wake of the COVID-19;
(2) Highlight opportunities to address these challenges through science-based prevention programming, using illustrations from our work on virtual trainings to enhance resilience (WeCanPROSPER) and PROSPERIng Step-by Step, State-by-State (P2S);
(3) Share recent developments in capacity building for science-based prevention programming in rural communities, focusing on the National Behavioral Health Extension Network (NBHE-Net).

The overview of opportunities presented in this webinar will include reference to a strategic framework designed to: catalyze Extension’s organizational development for supporting science-based behavioral health-focused efforts, bolster behavioral health-oriented professional development, create a stronger culture of behavioral health, and strengthen Extension’s financing of behavioral health education. Capacity building in the arena of organizational development will focus on evidence-based strategies for community partnerships and a system for networking among Extension and behavioral or public health collaborators.

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