

RURAL HEALTH CONNECT

Improving the Health of Rural Communities

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What's New

Governor Declares November 18-22 as Utah Rural Health Week.

The Office of Primary Care and Rural Health is proud to announce that in celebration of National Rural Health Day, Governor Herbert has declared November 18-22, 2019 as Utah Rural Health Week! This signifies the importance of rural to Utah's health and economy, and recognizes the tireless work the residents of rural communities put into making Utah

the great state it is. We are proud to continue educating the public about the importance of rural and our continual pursuit to make Utah the healthiest state!

[To access the declaration, please follow the link here.](#)

Enrollment for the Health Insurance Marketplace is OPEN

The six-week period during which consumers may enroll in a health insurance plan using the Federal Health Insurance Marketplace begins Friday, November 1 and ends on Sunday, December 15. Those without an employer-based plan may visit Healthcare.gov and CuidadodeSalud.gov to shop for plans that will begin coverage on January 1, 2020. Some consumers may qualify for [Medicaid coverage](#) or a lower cost Marketplace plan depending on their state of residence and household size.

Utah Marketplace Updates:

Beginning January 1, 2020, Utah's Health Insurance Marketplace will experience some changes. Molina is planning to expand coverage to 13 counties in 2020 to Rich, Box Elder, Wasatch, and Morgan. BridgeSpan and Cigna will also expand their exchange offers into more counties as well. The additions are expected to decrease rates by an average of 6%.

'Doctor shortage brings creative solutions: Work here and we'll help pay your student debt'

In an article published by the Deseret News, the Office of Primary Care and Rural Health's Health Care Workforce Financial Assistance Program is mentioned as a key recruiting tool for many of Utah's underserved and rural health care organizations in order to combat the physician shortage throughout Utah.

To view the article, please follow the link [here](#).

OPCRH Office Highlight:

Each month the OPCRH team highlights a map or project in our office. This month, we're highlighting our very own **Matt McCullough** in the Rural Coordinating Council's (RCC) *Monthly Spotlight!* We are happy to see Matt be recognized

for his hard-work and dedication to the Office of Primary Care and Rural Health's success. Congratulations, Matt!

[To view the RCC Monthly Spotlight, please follow the link here.](#)



FEATURED
MATT McCULLOUGH
DIRECTOR
UTAH DEPARTMENT OF HEALTH,
OFFICE OF PRIMARY CARE
AND RURAL HEALTH
mmccullough@utah.gov

Where did you grow up? Salt Lake City, Utah

How long have you worked for this office? Since June 2016

Why did you choose to work for this office? It is very rewarding to work on improving access to primary health care services in rural and underserved communities.

What do you love about rural Utah? I love the landscape, the history, the resilience, and the people who make it a great place to live, work, and raise a family. I also love how rural communities do more with less, and are often an incubator for innovative solutions and new models.

WHAT ARE THE TOP THREE THINGS WE SHOULD KNOW ABOUT YOUR OFFICE?

1. The State Office of Rural Health is a clearing-house for data, contacts, and resources for rural communities throughout the state.
2. The State Office of Rural Health administers two state loan repayment programs to assist health care providers with student loan debt in exchange for a two year commitment to work in a rural or underserved community.
3. The State Office of Rural Health is co-located with the Primary Care Office, which is responsible for designating all Health Professional Shortage Areas and Medically Underserved Areas/Populations in the state. These designations are used for federal assistance programs, such as the National Health Service Corps Loan Repayment Program, etc.

WHAT EXCITING THINGS ARE YOU WORKING ON?

Each year, we celebrate **National Rural Health Day** by doing a number of activities, including:

- Asking the Governor to declare the entire week of November 18-22, 2019, as Rural Health Week in Utah
- Holding a [Rural Utah Photo Contest](#) with three fabulous prizes for the winners



Upcoming Events

Rural Health Association Conference

"Building Partnerships for Rural Well-Being"

The well-being of communities and individuals is complex and requires collaboration through effective partnerships that address multiple factors that affect health such as social, financial and environmental. Rural communities have unique challenges, yet great opportunities to foster partnerships and collaborations for improved health and well-being.

Hospitals, clinics and providers often need community resources to support their patients to improve health. Some examples include: pre-diabetes and diabetes education, opioid dependency resources, access to fresh fruits and vegetables or physical activity and social connections. This conference will address how to connect community resources, engage the community at large, and develop effective partnerships.

April 10, 2020
St. George, Utah.

[For more information and registration, please click here.](#)



National Rural Health Day Free Screening



This year for National Rural Health Day, there will be a special screening and discussion of "The Providers" an award-winning documentary following the backdrop of the physician shortage and opioid epidemic in rural America.

[For more information, and information on how to register for the free screening, please follow the link here.](#)

3RNet Celebrating National Rural Health Day



3RNet is celebrating National Rural Health Day by celebrating candidates, facilities, and members:

How we're celebrating candidates:

New candidate registrations in the month of November will get a \$5 Starbucks e-gift card as our way of saying "Happy National Rural Health Day!"

New candidate registrations must do two things when registering to receive their gift card: 1. upload a CV and, 2. enter 'NRHD' in the "Location Code" field. Gift cards will be emailed to the email address used when registering within 72 hours. Questions about this can be directed to 3RNet.

How we're celebrating facilities:

We've selected a handful of facilities from across the country to receive our second annual recognition for "recruitment and retention excellence". We reached out to facilities and have asked them to share about themselves by answering a few questions and sending a photo. To help say "job well done!" we'll send them a \$50 gift card so they can treat their staff.

How we're celebrating 3RNet Members:

To celebrate the good work of our 3RNet

members, we've chosen a 3RNet member to highlight which we'll announce later this month. We'll be sending this member some 3RNet swag of their choosing and we'll share more about this in the coming weeks.

OPCRH Program Updates

HEALTH SYSTEMS SUPPORT

- The OPCRH team is establishing the *Utah Rural Veteran Coalition (URVC)* to collaborate on care coordination and share resources for Utah's rural veterans. If you would like more information on the URVC, please email opcrh@utah.gov.
- **Save the Date: April 9, 2020**, OPCRH is sponsoring a workshop for **Rural Health Clinics** and will cover survey preparedness, billing, and coding. This is in conjunction with the RHAU conference on April 10 in St. George, Utah.

WORKFORCE DEVELOPMENT

- If you are considering the NHSC Students 2 Service Program, the application deadline has been extended to November 21, 2019. For more information, please follow the link, [here](#).
- We are still accepting applications for the Rural Physician Loan Repayment Program. For more information, please click [here](#).
- The **auto-HPSA update** is complete and the portal for all auto-HPSA points of contact is live. If you have any questions or concerns, please contact **Holli Mills** hmills@utah.gov.

Statewide Announcements

Utah Behavioral Health System Challenges

In a report published by the Kem C. Gardner Policy Institute and the Utah Hospital Association has found that Utah ranks 51st in the nation for adult mental health care. The report found significant gaps in mental health treatment and found that fewer than half of individuals with a pre-existing mental condition seek care. The lack of care is the result of a large provider shortage and a high rate of mental illness. The increasing shortage of mental health care providers is likely to exacerbate the existing problem.

To view the report, please follow the link [here](#).

Utah Medical Cannabis Pharmacies

The Utah Department of Health has issued a Request for Proposals (RFP) for applicants to operate a medical cannabis pharmacy in the state. The UDOH will evaluate proposals based on criteria established in the RFP and the Medical Cannabis Act. The UDOH will issue licenses to 14 medical cannabis pharmacies. The effective dates of the licenses will be divided into two categories; eight pharmacies will be eligible to open as early as March 1, 2020, and the remaining six pharmacies can open as early as July 1, 2020.

[For more information, please follow the link here](#)

Utah's Getting to Zero Plan

The Prevention, Treatment, and Care Program within the Utah Department of Health is developing and implementing Utah's Getting to Zero Plan to end the HIV epidemic. The program is convening a work-group of healthcare providers to provide guidance and expertise on the clinical aspects of Utah's Getting to Zero Plan.

Utah Department of Health Campaigns



PROTECT YOURSELF. DON'T VAPE THC.

More than 90% of Utahns affected by the severe lung illness outbreak reported vaping THC cartridges.

The risks of vaping THC cartridges include severe lung damage and death.



Webinars

HRSA Rural Suicide Prevention in Farm and Ranch Communities



The purpose of this webinar is to enhance knowledge of stress and suicide in rural areas, with a focus on farm and ranch communities, and to highlight stress/suicide prevention activities. The webinar will feature examples of suicide prevention programs designed to address agricultural stress and suicide from a community-based perspective. Presenters include Suicide Awareness Voices of Education (SAVE), LivingWorks, and

the Minnesota Department of Agriculture. Suicide prevention resources will be provided.

Tuesday, November 19, 2019
3:30-4:45pm (Eastern Time)

Dial-In: 888-989-7695
Participant Passcode: 6473800

[To join, please follow the link here.](#)

HRSA Virtual Job Fair

HRSA Virtual Job Fairs are free online recruitment events that connect students and clinicians with health care delivery organizations. During the fair, you will learn about available training and employment opportunities across the country, benefit packages offered, and general information about patient populations. The November 2019 event will be held in celebration of [National Rural Health Day](#).

[To register for the Job Fair, please follow the link here.](#)

Connecting with Underserved and Understudied Populations Through Research

Although clinicians and researchers may struggle with defining underserved and understudied populations, it is clear that certain groups of patients, especially in rural communities, bring unique experiences to patients, clinicians, and researchers alike. The presenters will address strategies in better understanding three groups – patients from the homeless community, the LGBTQ+ community, and the Amish. These presenters have successfully engaged these populations in positive ways and have acquired important understanding. They will describe what they've learned and how other clinicians, faculty, and



researchers may benefit from their work.

[To register, please follow the link here.](#)

Dissemination of Rural Health Research: A Toolkit

The emphasis of knowledge translation is to ensure health providers, consumers, researchers, advocates, and policymakers are aware of, can access, and are able to use health research findings to inform decision-making. Differences among audiences make it imperative to know when and how to utilize various modes of dissemination for health research.

This toolkit aims to assist researchers with step four in the knowledge translation process, reaching their target audiences. By developing appropriate, timely, accessible, and applicable products, researchers have the opportunity to inform step five, a change in policy or practice. This toolkit provides descriptions for multiple modes of dissemination and includes discussions of the purpose of each product, which product is appropriate given the topic and audience, and how to develop each. Effective examples are also provided.

[To access the toolkit, please follow the link here.](#)

Rural Suicide Prevention Toolkit

The Rural Suicide Prevention Toolkit compiles evidence-based and promising models and resources to support organizations implementing suicide prevention programs in rural communities across the United States. The modules in the toolkit contain resources and information focused on



developing, implementing, evaluating, and sustaining rural suicide prevention programs. There are more resources on general community health strategies available in the [Rural Community Health Toolkit](#).

[To access the toolkit, please follow the link here.](#)

Utah Medical Cannabis Program 4-Hr Required Course



This course introduces the reader to the endocannabinoid system and its interaction with the components of the cannabis plant, and addresses administration, therapeutic use, drug metabolism, physiologic and cognitive effects, potential risks, and drug interactions.

The use of marijuana in obstetric patients, pediatric patients, adolescent patients, and elderly patients is discussed in detail. In addition, the health effects of marijuana and cannabinoids in epilepsy are reviewed. Important considerations for patients with ischemic heart disease, hepatic disease, psychotic illness, and those with a history of drug dependence are provided.

This course also informs the reader about the legal and medical considerations in the recommendation of medical marijuana, and addresses the parts of H.B. 3001, including the Utah Medical Cannabis Act, that would be of interest to a Utah healthcare provider.

For more information about the course, please follow the link [here](#).

Funding Opportunities

Please check our website for updated funding opportunities. You can find the table by following the link [here](#).

National Organizations

[Human Services to Support Rural Health](#)

[Oral Health in Rural Communities](#)

[Overdose Data to Action \(RFA-CE19-1904\)](#)

[HRSA US Fact Sheet by State](#)

[Rural Health Care Professional Job Posting](#)



Find Us

3760 South Highland Drive
Suite 361C
SLC, UT 84106

Call Us

Office: 801-273-6677
Fax: 801-273-6512

Email Us

opcrh@utah.gov



The OPCRH provides support to our stakeholders and clients in the form of hands-on support, economic impact analysis, research, community health needs assessments, and healthcare workforce needs assessment. We also provide technical assistance and pertinent information on student loan repayment programs and grant opportunities

If you would like to be a part of our newsletter in the future and/or would like to submit a success story, announcement, or communicate any other information to us or your rural health partners, please contact Colton Gordon Program Specialist 801-273-6618, coltongordon@utah.gov

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