

IMPROVING ACCESS TO BEHAVIORAL HEALTH

In Rural Communities Across the Lifespan:



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MANNING REGIONAL HEALTHCARE CENTER'S JOURNEY

⊘ = Barrier ✓ = Solution

1981



⊘ Access to local substance use treatment and recovery services

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✓ **RECOVERY CENTER ESTABLISHED**

- ✓ 13 co-ed beds
- ✓ Buildings in all surrounding areas

2014



⊘ Recovery Center capacity and facility limitations

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✓ **NEW RECOVERY CENTER FACILITY IS BUILT**

- ✓ 16 co-ed beds
- ✓ Nearly 200 patients served in last 12 months

2017



⊘ Behavioral health resources for older adults

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✓ **SENIOR LIFE SOLUTIONS PARTNERSHIP**

- ✓ Mental health program to address depression, anxiety, grief, etc. for adults 65+
- ✓ 144 clients served
- ✓ 56.9% average improvement in depression outcomes

“The Recovery Center saved my life, this is by far the best facility I have ever been to (I’ve been to a lot). They care and gave me resources on how to succeed after you are discharged.”

“This program totally changed my life. Might have saved it. I realize now that I did have a mental problem and learned how to deal with it. Thank you isn’t enough.”

2019



A Turning Point

COMMUNITY HEALTH NEEDS ASSESSMENT GUIDES EXPANSION

Input from community members, stakeholders, healthcare providers, and service partners identified behavioral health as a top priority, helping guide planning, resource allocation, and service expansion efforts.

2023



⊘ Access to coordinated outpatient behavioral health services and dedicated behavioral health infrastructure

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✓ **MENTAL HEALTH SERVICE LINE ESTABLISHED**

- ✓ Hired a Mental Health Therapist to serve adolescents and adults ages 12 and older
- ✓ Began holding monthly meetings with providers, hospital leadership, staff, and community partners to coordinate services, share resources, identify emerging needs, and support ongoing program development
- ✓ Established outpatient and inpatient mental health services

2024



⊘ Pediatric behavioral health access

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✓ **PLAY THERAPY SERVICES INTRODUCED**

- ✓ Play therapy services begin for children 5 and older

2025



⊘ Provider capacity and community engagement

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✓ **EXPANDED CAPACITY AND COMMUNITY ENGAGEMENT**

- ✓ Hired a second Mental Health Therapist
- ✓ Increased access to outpatient behavioral health services
- ✓ Launched dedicated annual Mental Health and Suicide Prevention Awareness Month activities
- ✓ 83 new or returning clients served by the second therapist
- ✓ Over 1700 visits held in the past year

“My therapist gives me hope! My session was professional and yet relaxed. I felt I could say anything and it would be okay.”

2026 TRANSFORMATION THROUGH EXPANSION

⊘ Substance use treatment access →

MEDICATION-ASSISTED TREATMENT (MAT) CLINIC FUNDED THROUGH IOWA OPIOID SETTLEMENT FUNDING

✓ First patient scheduled in June 2026

⊘ Specialty chronic pain services →

MULTIMODAL CHRONIC PAIN MANAGEMENT PROGRAM FUNDED THROUGH IOWA OPIOID SETTLEMENT FUNDING

✓ Proposed annual community walk to increase suicide awareness, reduce stigma, and promote community connection

✓ Planned expansion of local suicide prevention capacity through QPR (Question, Persuade, Refer) Instructor training for two behavioral health staff

✓ Ongoing community-based suicide prevention education and training

⊘ Specialty pain and sleep treatment access →

PAIN REPROCESSING THERAPY AND INSOMNIA-SPECIFIC THERAPY SERVICES

✓ 1 client as of June 2026

⊘ Community prevention and education access →

HIDDEN IN PLAIN SIGHT CAMPER FUNDED THROUGH IOWA OPIOID SETTLEMENT FUNDING

- ✓ 6 camper events held
- ✓ 135 community members participated

⊘ Geographic access to services →

DENISON RECOVERY RESOURCE CENTER

- ✓ Established 25+ connections with community partners across healthcare, behavioral health, law enforcement, government, faith communities, veterans services, and other local organizations
- ✓ Increasing community awareness and access to services in Crawford County
- ✓ 1 client served as of June 2026

⊘ Transportation barriers for recovery services →

TRANSPORTATION INITIATIVE

- ✓ 47 documented rides as of June 2026
- ✓ Over 3540 miles driven

⊘ Suicide prevention and education needs →

SUICIDE PREVENTION AND COMMUNITY EDUCATION INITIATIVES

- ✓ Supports hiring a full-time nurse navigator to support behavioral health services
- ✓ Expands access to evidence-based substance use disorder treatment while enhancing prevention initiatives, community engagement, staffing resources, and overall service capacity

⊘ Long-term behavioral health infrastructure and sustainability →

BEHAVIORAL HEALTH CENTER OF EXCELLENCE FUNDED THROUGH THE HEALTHY HOMETOWN INITIATIVE

OBJECTIVE

To improve access to behavioral health prevention, treatment, recovery, education, and support services across the lifespan through intentional expansion of programs, partnerships, workforce capacity, and community integration efforts.

BACKGROUND

MRHC serves a rural region where behavioral health access is often impacted by provider shortages, transportation barriers, stigma, geographic distance, and limited specialty services. Through Community Health Needs Assessments and other ongoing community engagement efforts, behavioral health has remained a priority. In response, MRHC has intentionally expanded prevention, treatment, recovery, education, and support services to better meet community needs across the lifespan.

COMMUNITY IMPACT & METRICS

- ✓ Behavioral Health Programs: 9
- ✓ Behavioral Health Professionals: 30
- ✓ Grant Funding Secured in 2026: \$1.065M
- ✓ Behavioral Health Service Line:
 - FY26: \$1.47M
 - FY27 (budgeted): \$1.71M
- ✓ Communities Reached: All 99 Iowa Counties

KEY LESSONS LEARNED

- ✓ Community needs assessments and stakeholder feedback help guide meaningful service development.
- ✓ Access barriers require multiple solutions, including workforce expansion, transportation support, specialty services, and community partnerships.
- ✓ Behavioral health needs exist across the lifespan and require a continuum of services.
- ✓ Strategic grant funding can accelerate growth and long-term sustainability.
- ✓ Community integration strengthens access, engagement, and outcomes.

NEXT STEPS

- ✓ Continue responding to behavioral health priorities identified through Community Health Needs Assessments.
- ✓ Expand existing services and workforce capacity.
- ✓ Increase access to specialty behavioral health treatment.
- ✓ Strengthen prevention, treatment, recovery, and support services.
- ✓ Respond to emerging community needs.
- ✓ Continue building a fully integrated rural behavioral health continuum.

