



**Real Rural:
Operating Stigma
Healthcare in a
Rural Setting**



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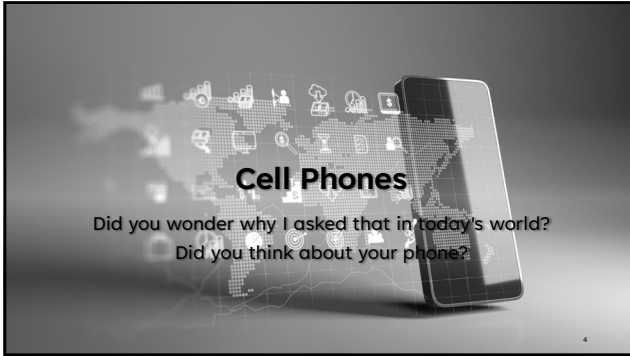
Cell Phones
Put on desk face down please
Don't think about it

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Who I Am and Why I'm Here

- 20 years teaching in H.E.
- Serendipity or Stupidity?
- WHY? Best Friend's Redemption and Patients
- BLOX

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SUD and OUD

Addiction Criteria

Health Impact

Psychological Dependence


OUD: Nodding, Pinpoint Pupils, Constipation
 • Treatments: Methadone, Buprenorphine, Naltrexone

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Rural Problems

- Lack of access
- Quality of care and physicians or staff
- Funding
- Transportation
- Privacy-"Take care of your own"
- Education
- Earlier Use

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**Culture and Stigma:
Rural and Urban**

- What is Stigma?
- Culture
- SUD/OD unclear due to accessibility
- Treating SUD/OD like a crime and not a crisis

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Cell Phones

Did you think about your phone?
Have you looked at it?
Did you talk about it with someone next to you?


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Mental Health and SUD/OD*

- Depression
- Bipolar
- Anxiety
- ADD/ADHD
- Schizophrenia
- Personality Disorders

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Telehealth: The SOLUTION Right?



MAT IS NOT APPROVED FOR TELEHEALTH COMPLETELY.

RURAL AREAS FACE ISSUES WITH:

- Accessibility
- Gov't programs
- Financials
- Travel
- Pharmacies

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Cell Phones

Let's talk about these cell phones now.

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Case Studies

- M: 29 y.o.
- F: 52 y.o.
- F: 27 y.o.
- F: 26 y.o. HCG+
- F: 43 y.o.
- M: 63 y.o.

Drive, gas/money, pharmacies, hours, rural rides, jobs.



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What Can We Do?

- Advocate to policy makers about:
 - MAT limitations lifted
 - Drug Court vs Jail Time
 - Funding
 - Crisis not Crime
- In your community:
 - Education
 - Stigma with OUD:
 - One drug for another
 - Moral judgments
 - Fear
 - Integration of SUD/OUD and MHF

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Discussion

• "We are all a bunch of addicts, struggling with our own drug of choice." JM Storm

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