



Ohio Youth Resilience Collaborative

# Addressing Stress, the Social Determinants of Health, and Resilience in Rural Communities: A Call to Action

**June 18**

**11 a.m. – 12:15 p.m. EDT**

This presentation will focus on understanding the signs, symptoms, facts, and figures related to stress and physical/mental/chemical health issues among individuals living in rural communities. Participants will learn about risk and protective factors and prevention and intervention strategies to increase emotional health and well-being. Information about the social determinants of health and connection to others to address stress-related issues will be shared.



## Session Goals

- Participants will understand the facts and statistics regarding stress and physical, mental, and chemical health issues in rural communities
- Participants will learn about risk and protective factors regarding mental and physical health and wellness in rural communities
- Participants will understand the importance of healthy relationships and connection to others to increase social and emotional wellness

## Objectives

- Participants will analyze the steps, strategies, and solutions to address stress and physical, mental, and chemical health challenges within rural communities
- Participants will implement the recommendations to increase protective factors and decrease risk factors in leading a healthy lifestyle
- Participants will engage in session activities identifying social supports and healthy relationships



[CLICK HERE TO REGISTER IN ADVANCE FOR THIS MEETING!](#)

## For more information, contact:

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THE OHIO STATE UNIVERSITY



*The Great Lakes Rural Opioid Technical Assistance Regional Center (ROTA-R) is funded by SAMHSA to support the behavioral health workforce serving rural areas in IL, IN, MI, MN, OH, and WI. The University of Wisconsin-Madison Extension leads ROTA-R in partnership with the University of Illinois-Extension, Purdue University Extension, Michigan State University Extension, University of Minnesota Extension, and Ohio State University Extension. Learn more at our website <https://greatlakesrota.extension.wisc.edu/>*

## Presenter:

**Brenda Mack**

Brenda Mack, DSW, MSW, LICSW, is a trainer, presenter, consultant, and an Associate Professor in the Social Work Department at Bemidji State University (BSU). Before joining the faculty at BSU, Brenda worked for twenty years as a program manager, clinical supervisor, outpatient and in-home therapist, and mobile behavioral health crisis responder for Alluma, in Crookston, MN. She also provided assessment, counseling, crisis intervention, and follow-up services with farmers, ranchers, and their families.

## Continuing Education:

*Certificates of attendance for CE contact hours will be available after the event.*