



## 45th Annual National Association for Rural Mental Health Conference

La Fonda on the Plaza  
Santa Fe, New Mexico

August 26-29, 2019

### “From Surviving to Thriving: Embracing Connections”

#### About NARMH

The National Association for Rural Mental Health (NARMH) was founded in 1977 to develop and enhance mental health and substance abuse services and support mental health providers in rural, remote and frontier areas. We promote the needs and concerns unique to rural mental health, develop educational resources, and sponsor an annual conference where rural mental health professionals, consumers and other stakeholders can share knowledge and resources. NARMH has added two additional goals – to proactively support initiatives to strengthen the voices of rural consumers and their families and to develop and mentor the next generation of rural mental health leaders and researchers. NARMH, since its inception, has been strongly committed to rural people and rural providers. This commitment has allowed NARMH to focus on what it takes to provide quality services and meaningful research for rural consumers and providers. Visit the NARMH website at [www.narmh.org](http://www.narmh.org) to learn more about our organization. NARMH’s mission is to “Link Rural Voices to Rural Mental Health”.

#### Call for Proposals

The National Association for Rural Mental Health invites you to submit a proposal to present at the 2019 NARMH Annual Conference.

Submit a proposal online at [www.narmh.org](http://www.narmh.org). Conference registration will open on March 15, 2019.

#### About the Conference

The National Association for Rural Mental Health (NARMH) Annual Conference is the premier interdisciplinary mental health event for rural families and peers, community members, clinicians, researchers, administrators and policy professionals. Now in its 45th year, the NARMH Annual Conference provides a collaborative environment for all participants across professions to learn and network on a myriad of vital issues concerning mental health practice, research, policy and advocacy in rural and remote populations.

NARMH “rode the winds of change” in Santa Fe in 2002, and now we return in 2019 to see what we have learned, what has changed, and where we are headed. We want to learn from communities who have gone from surviving to thriving and how that impact is maintained and enhanced. We want to get to know each other and have fun together.

There is no better place to do that than the City Different, Santa Fe, New Mexico. Bienvenidos!

Use the navigation pane on the left of the 2019 NARMH Annual Conference website. The Call for Proposals is now open and the deadline to submit is February 1, 2019 or until the agenda is full. Conference online registration opens April 1, 2019. We look forward to seeing you in Santa Fe!

- Helene Silverblatt, Conference Co-Chair and NARMH Board Member
- Christine Pederson, Conference Co-Chair

SEE FOCUS AREAS ON THE BACK!

## Focus Areas

### **Surviving to Thriving.**

How have efforts to sustain community resiliency and enhance connections affected the mental and behavioral health of rural residents?

### **Innovations in Service Delivery.**

How have innovations in service delivery enhanced care for rural and frontier community members? How have innovations affected individuals and groups with specific and often unaddressed needs: veterans, LGBTQ, intellectual/developmental disabilities and those with traumatic brain injury, immigrants/refugees/DACA recipients/ asylum seekers, the elderly, children, adolescents, those in transition. Who are our partners and how do we make connections in innovative service delivery?

### **Dilemmas in Addressing Trauma.**

Let us know resources/strategies you have used in fostering strength and healing for different types of trauma: historical and intergenerational trauma, present day traumas, aggression and micro-aggressions, rural community violence (suicide, domestic violence). What are some community-based initiatives (prevention programs, responses to trauma, gun policy conversations, initiating trauma informed care)? How does Practice Based Evidence become recognized and advanced (traditional knowledge, teachings and culture as resilience and healing tools)?

### **Rural and Frontier Workforce Development Strategies.**

What are our most challenging workforce issues and what are some strategies to address them? How do we include Peer Support Workers and Community Health Workers? How are traditionally underrepresented groups: Native Americans, Hispanics, African-Americans and others included in the workforce? How can we most effectively work on policy development and changes?

### **Embracing the Reality of Behavioral Health in Rural Communities – Struggles, Responses and Successes.**

Funding limitations, dwindling populations, economic impacts, community resilience, culture matters are all areas for vibrant conversation!

### **Co-Occurring Substance Use Disorders and all of the above!.**

### **Other topics.**

If you need additional information after visiting the NARMH 2019 conference website at [www.narmh.org](http://www.narmh.org), please contact Brenton Rice, NARMH Event Planner, by email at [brenton@togeevents.com](mailto:brenton@togeevents.com) or phone 651.242.6589.