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Rural Settings; Introduction; Public Stigma; Self-Stigma
Stigma in Rural SettingsTreatment of Self-Stigma in Rural Settings;
Conclusion; References; 5. Loneliness and Isolation in Rural Areas;
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of Loneliness and Isolation; Conclusion; References; 6. Religion and
Rural Mental Health; Introduction; Religion; Impact of Religion on Well-
Being; Role and Influence of Religion in Rural Communities; The Role of
the Church in the Rural Community; Rural Religious Worldviews; Mental
Health Care in the Rural Context
Mental Health Care with Rural Religious ClientsConclusion; References;
7. Ethical and Professional Challenges of Mental Health Care Delivery in
Rural Communities (or "A Day in the Life of a Small
TownPsychotherapist"); Introduction; A Day in the Life of a Small Town
Psychotherapist; Major Ethical Issues and Professional Challenges in
Rural Areas; Recommendations for Practice in Rural Areas; References;
8. Rural Mental Health Practitioners: Their Own Mental Health Needs;
Introduction; Provider Distress, Impairment, and Burnout; Prevention,
Detection, and Intervention: Importance of Self-Care
Bowen Family Systems TheoryCase Study; Conclusion; References; II.
Models of Service Delivery; 9. Integrated Care in Rural Areas;
Introduction; Background; Integrated Care in Rural Areas; Current and
Best Practices in Rural Integration; Case Studies of Integrated Care in
Rural Communities; Rural Integration in a Changing Policy Environment:
The Road Ahead; Practical Steps to Getting Started; References; 10.
Technological Innovations in Rural Mental Health Service Delivery;
Introduction; Telephone; Televideo Interventions; Mobile Interventions;
Computer-Based Technologies; Social Media Tools
Technology Implementation with Mental Health Interventions

Sommario/riassunto

Addressing the needs of America's most underserved areas for mental
health services, *Rural Mental Health* offers the most up-to-date,
research-based information on policies and practice in rural and
frontier populations. Eminent clinicians and researchers examine the
complexities of improving mental health in rural practice and offer
clear recommendations which can be adapted into current practice and
training programs. They bring an incisive lens to factors that contribute
to mental illness and prevent access to treatment areas. These include
limited resources, reliance on urban models and ass