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Introduction and Special Considerations; 1. The Current State of Rural Mental Health; Introduction; What is Rural?; Mental Health in Rural Areas; Addressing Core Problems in Rural Mental Health; Conclusion; References; 2. Advancing Federal Policies in Rural Mental Health; Introduction; Three Historical Views of Rural Mental Health that Shaped Policy Directions; The Importance of Personal Involvement in Advocacy and Long-Term Vision for Mental Health Providers in Rural Areas Recruiting and Retaining Rural Mental Health WorkersThe Patient Protection and Affordable Care Act; Technology Effectively Addressing the Impact of Historical Isolation; The Advent of Telepsychology and Licensure Mobility; Conclusion; References; 3. Rurality as a Diversity Issue; Introduction: The Importance of Culture in Mental Health; What About Rural?; The Culture of Rural Living; Implications for Training Programs; Implications for Practicing Therapists; Conclusion; References; 4. The Impact of Mental Health Stigma on Clients From 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; Introduction; Loneliness as a Psychotherapy Issue; When Loneliness Becomes a Problem; Isolation and the Pain of Yearning; The Treatment 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

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## 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

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