



Department of

**Mental Health &  
Substance Abuse Services**

# Project Rural Recovery

# Project Rural Recovery – What is it?

**Project Rural Recovery** provides mental health, substance use, and physical health services and linkages to support services in 20 rural TN counties using 4 mobile health clinics to clients of any age regardless of ability to pay. Project is funded by a SAMHSA grant and the American Rescue Plan Act.



# What is our Model of Integrated Care?

- **Support the improvement of integrated care models** for primary care and behavioral health care to improve the wellness and physical health of adults and children;
- **Promote and offer (mobile) integrated care services** including screening, diagnosis, prevention, and treatment of mental and substance use disorders and co-occurring physical health conditions and chronic diseases.

# Eligibility and Cost

- **Eligibility**

- Services are available to individuals of all ages.

- **Cost**

- Services are free. Insurance may be billed if available.

# Services Offered

## Physical Health Services

- Managing chronic illness and coordinating complex care with specialists
- Nutrition and weight loss care
- Hypertension, cholesterol, and diabetes management
- Preventive health screenings for Tuberculosis, HIV, and Hepatitis

## Mental Health Services

- Assessment, diagnosis, and treatment of severe mental illness and emotional disturbance
- Counseling services
- Medication management
- Case management/coordination

## Substance Use Services

- Assessment, diagnosis, and treatment of substance use disorders
- Medication-assisted treatment
- Nicotine cessation management

# Staffing Model

- **Nurse Practitioner** – Completes health assessments, diagnoses and treats both mental and physical health concerns.
- **Case Manager** – Links, advocates, and refers clients to needed services.
- **Behavioral Clinician** – Provides brief therapeutic interventions to address chronic health problems, substance use and mental health symptoms.
- **Medical Assistant** - Works directly with the Nurse Practitioner to support clinical care by performing blood draws, taking patient vitals, and assisting with exam-related procedures.

# How to Access Services

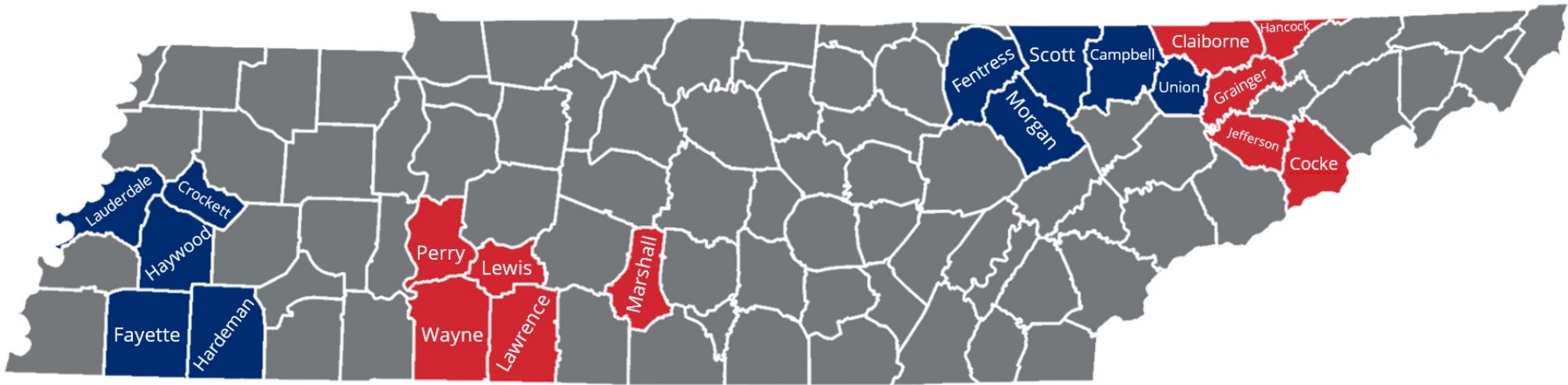
- Visit the Project Rural Recovery website and contact the mobile health unit by phone: [Project Rural Recovery](#)

### Weekly Schedule

|        | West Tennessee -<br>Pathways Behavioral<br>Health   | Middle Tennessee -<br>Buffalo Valley, Inc.   | East Tennessee -<br>McNabb Center  | East TN - Ridgeview<br>Behavioral Health<br>Services                                |
|--------|---|--|--|---|
| Phone  | 731-541-1600  | 800-447-2766 option 5  | 800-255-9711   | 866-599-0466  |
| Monday | Crockett County<br>9:30AM - 3:00PM (CST)<br>The Crockett Room<br>504 S. Bells St<br>Alamo, TN 38001 | Wayne County<br>9AM - 3:30PM (CST)<br>Duren Health Mart<br>Pharmacy<br>215 Dexter L Woods<br>Memorial Blvd<br>Waynesboro, TN 38485 | Grainger County<br>9AM - 3:30PM (EST)<br>Holt's IGA<br>1050 Main St.<br>Bean Station, TN 37708 | Scott County<br>9AM - 3PM (EST)<br>Walmart<br>19740 Alberta St.<br>Oneida, TN 37841 |

Walk in appts  
available but  
limited by  
location

# Mobile Health Unit Locations



- Current locations
- Expansion locations (services began July and November 2023)



# Mobile Health Units

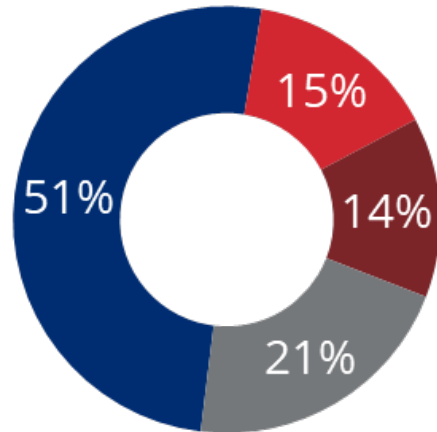


# Mobile Health Units



# Reason for Visit – Year 3

Clients seek care for a wide range of reasons, from sinus infections to severe mental illness. Many clients report multiple reasons for visit, such as both a physical and mental health concern.



## Mental Health & Substance Abuse Services

Screening, diagnosis, therapy, referrals

## Primary & Urgent Care

Chronic conditions, infections, injuries, labs

## Medication Management

Prescriptions, follow ups, refills

## Multiple Reasons for Visit

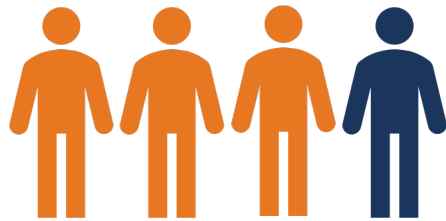
A combination of above reasons

# Reason for Visit – 4/23 – 9/23

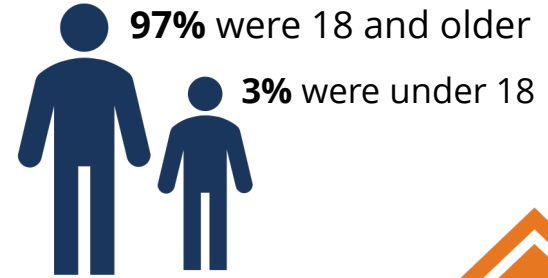
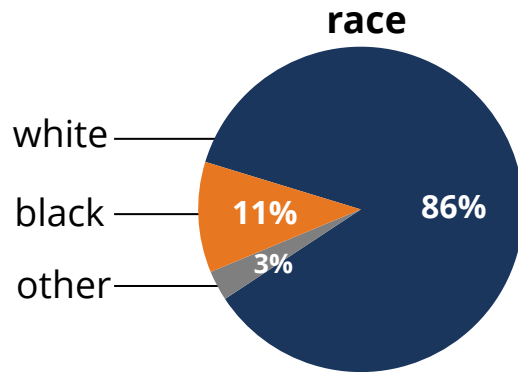
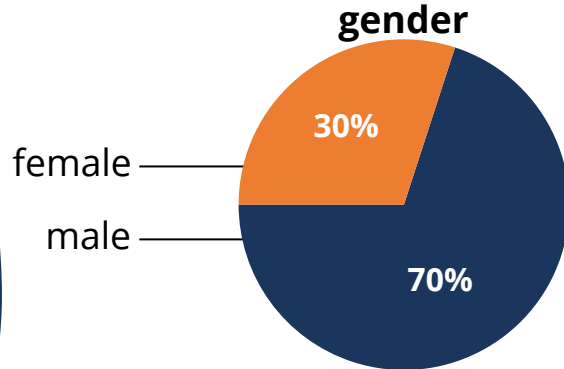
CONGESTION COUGH ABSCESSSES OPIOID USE  
SINUSITIS DIABETES HYPERTENSION  
ADHD PTSD PAIN PRIMARY CARE  
DEPRESSION TRAUMA  
WEAKNESS  
HEADACHES HYPOGLYCEMIA ALCOHOL USE  
MEDICATION REFILLS NAUSEA  
GERD  
ANXIETY FATIGUE ARTHRITIS  
ASTHMA INSOMNIA

# Who We Served (12/2020 – 3/30/2023)

**3,063**  
clients served over  
**6,652**  
visits



Nearly **3 out of 4** were unemployed



**48%** spent most nights outside a home, including:

- 21%** in substance abuse treatment
- 17%** in a correctional facility
- 9%** homeless

# Who We Served (12/2020 - 3/30/2023)

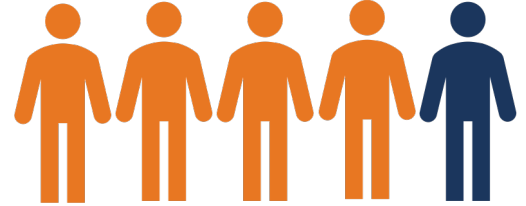
**84%**  
have a  
mental  
health or  
substance  
use disorder



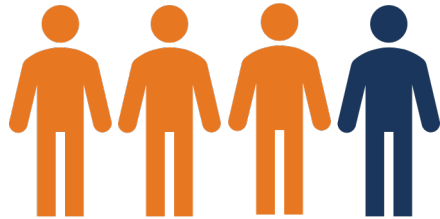
**11%**  
considered  
suicide  
in the past  
30 days



**80%**  
have hypertension



Nearly **4 out of 5**  
use tobacco every day



**3 out of 4**  
have experienced trauma



**63%**  
are overweight or obese

**15%**  
use meth every day

**11%**  
use street or prescription  
opioids every day

# Follow Up Data (N=~85)

- Agree/Strongly Agree
- Undecided
- Disagree/Strongly Disagree

## My symptoms are not bothering me.



## My housing situation is satisfactory.



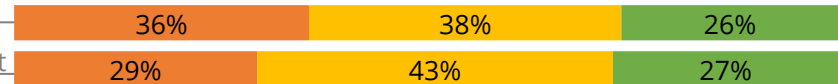
- Satisfied/Very Satisfied
- Neither Satisfied nor Dissatisfied
- Dissatisfied/Very Dissatisfied

## How satisfied are you with your ability to perform your daily living activities?



- Very Good/Excellent
- Good
- Fair/Poor

## How would you rate your overall health?



- Good/Very Good
- Neither Good nor Poor
- Poor/Very Poor

## How would you rate your quality of life?



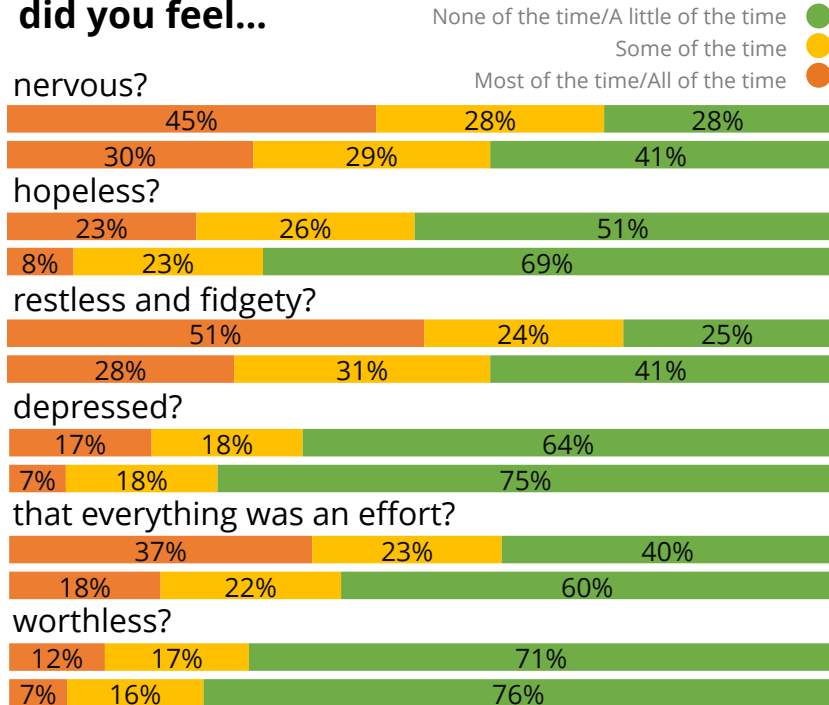
- Yes
- No

## I feel like I belong in my community.

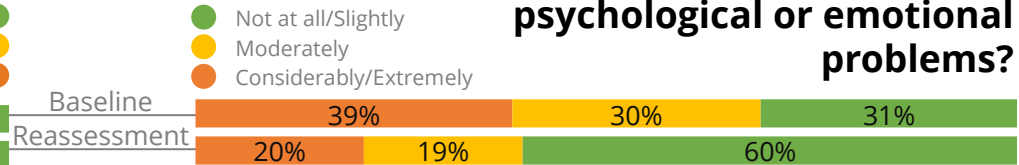


# Follow Up Data (N=~85)

## During the past 30 days, about how often did you feel...



## How much have you been bothered by these psychological or emotional problems?



**62%**  
had improved  
systolic BP



**62%**  
had improved  
diastolic BP

**95%**  
said if they had other  
choices, they would  
still get services from  
the agency.

**95%**  
said they would  
recommend the  
agency to a friend or  
family member.

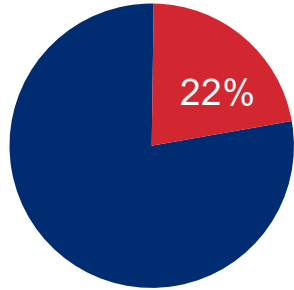


# Year 3 Evaluation Questions (N=205)

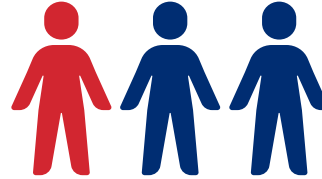
During Year 3, we added five questions focused on previous care, care alternatives, and travel time. Because we ask these questions at baseline, we can learn more about the potential effects of providing care on the bus without depending on clients completing follow-up interviews. From the 205 responses we received, we learned:

- **Emergency Room** – 17% said they would have gone to the emergency room for care if the mobile clinic had not been available.

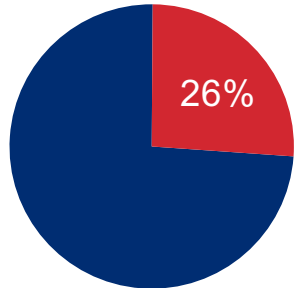
# Year 3 Evaluation Questions (N=205)



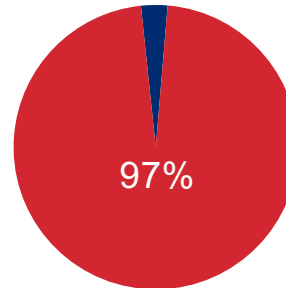
**Over 1 in 5** either hasn't been to a primary care physician in over 5 years or has never seen one.



**Nearly 1 in 3 (31%)** said they would not have received any care if the mobile clinic was not available.



**Over 1 in 4** said it would have taken them over 30 minutes to travel had they sought other care.



**97%** said it took them less than 30 minutes to get to the mobile clinic.

# Contact Information

**Jessica Youngblom, Director of Strategic Initiatives**

Tennessee Department of Mental Health and Substance Abuse Services

[Jessica.Youngblom@tn.gov](mailto:Jessica.Youngblom@tn.gov)

**Darren Layman, Project Rural Recovery Director**

Tennessee Department of Mental Health and Substance Abuse Services

[darren.layman@tn.gov](mailto:darren.layman@tn.gov)

**Deanna Day, Project Rural Recovery Lead Evaluator**

Tennessee Department of Mental Health and Substance Abuse Services

[deanna.n.day@tn.gov](mailto:deanna.n.day@tn.gov)

**Debbie Hillin, President**

Buffalo Valley, Inc.

[debbiehillin@buffalovalley.org](mailto:debbiehillin@buffalovalley.org)

**Shellie Hall, Senior Director**

McNabb Center

[shellie.hall@mcnabb.org](mailto:shellie.hall@mcnabb.org)

**Nathan Zeiger, Chief Operating Officer**

Ridgeview Behavioral Health Services

[zeigernp@ridgeview.com](mailto:zeigernp@ridgeview.com)

**Donald Jordan, Clinical Program Manager**

West Tennessee Healthcare – Pathways

[Donald.Jordan@wth.org](mailto:Donald.Jordan@wth.org)

More information on Project Rural Recovery: [Project Rural Recovery](#)