

Frontline Mental Health: Revitalizing Wellness for Rural Youth

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Mental Health Concerns: Rural Youth

- Society
- Environment
- Community
- Family
- Individual
- Access to Mental Health Care
- Economic Factors
- Stigma
- Various Sociocultural Factors

Rural Youth Wellness: A Strengths-Based Approach

1. **Rural Resourcefulness** – capacity of rural residents to overcome adversities that threaten the wellbeing of their communities, collectively taking action to mitigate limitations
2. **Rural Ingenuity** – inventiveness and adaptability of rural residents
3. **Rural Familism** – feeling of belonging among family members and integration of individual and activities and achievements toward a collective goal
4. **Rural Community Unity** – composite characteristics that come to be seen as assets of rural populations, resulting in unifying and organizing behaviors

Strategies and Practices

- Early Intervention
- Introduce Mental Health Support at Elementary Level
- Early Identification
- Transitional Stages
- Considerations for High School Youth Transitioning to Early Adulthood
- Visibility of Supportive Resources
- See Something Say Something
- Accessible Contact Info
- Track Student Concerns
- Consult with Counselors
- Small Groups
- Telehealth/Virtual Services
- Beyond School Hours Outreach
- Co-curricular Activities

