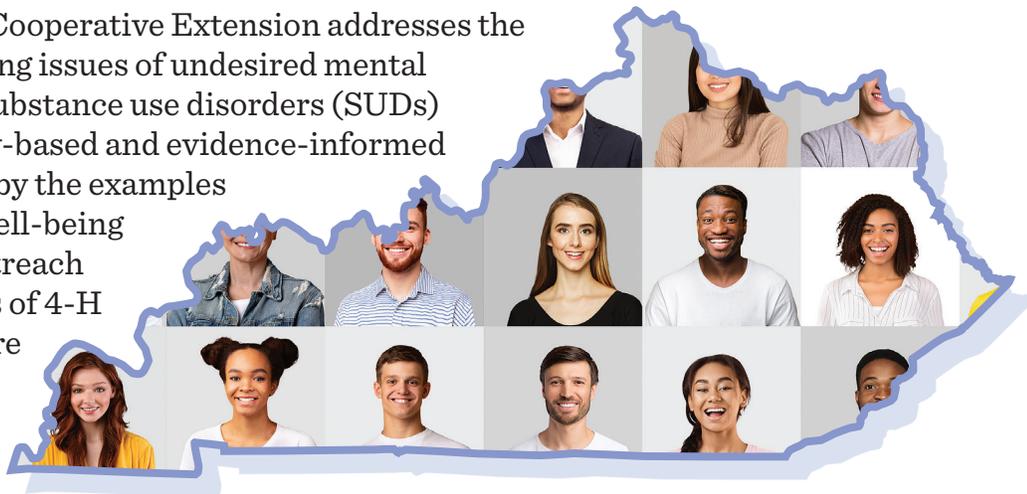


PROMOTING MENTAL WELL-BEING & SUBSTANCE USE RECOVERY IN KENTUCKY

University of Kentucky Cooperative Extension addresses the pressing and overlapping issues of undesired mental health outcomes and substance use disorders (SUDs) through innovative community-based and evidence-informed outreach efforts. As evidenced by the examples below, UK Extension mental well-being and substance use recovery outreach efforts span all Extension areas of 4-H Youth Development, Agriculture and Natural Resources, Family and Consumer Sciences, and Community Development.



BARN (Bringing Awareness Right Now to Mental Health and Well-being) is a partnership between UK Extension and UK College of Nursing to promote awareness of rural mental health and well-being. BARN uses youth-led theater productions to address mental health challenges, farm stress, and suicide among Kentucky farmers.

Understanding Rural and Farm Stress and the Neurologic Impact of Stress is a continuing education course for nurses. UK Extension collaborated with UK College of Nursing and the Kentucky Nurses Association to develop the course to educate nurses on rural mental health challenges and unique stressors that impact the well-being of farmers, farmworkers, and their families.

Addiction 101 is a training developed to reduce the stigma surrounding substance use and increase the capacity of local community professionals to engage more effectively with clients dealing with SUDs. Addiction 101 builds the capacity of communities to devise continuums of care to support long-term recovery.

Mental Health First Aid (MHFA) builds the capacity of professionals within communities to serve as a first line of support for persons struggling with mental health challenges. MHFA aims to reduce the exacerbation of mental health challenges, offer support, and connect people to professional care providers. This program is available for both youth and adults.

Healthy Choices for Your Recovering Body (HCYRB) is a nutrition education program for limited-resource adults in substance use recovery. In addition to recovery-focused nutrition concepts, HCYRB teaches skills (e.g., food resource management skills) that are critical for clients in recovery to be able to live independently.

Mind.Art.Recovery.KY (MARK) is an expressive arts curriculum that gives individuals and families in recovery opportunities for creative self-expression via journal making, creative writing, painting, etc. MARK provides a creative outlet to process traumatic community and family experiences related to SUDs.



RESULTS

170,809

contacts with Kentuckians were made by agents and specialists through mental health and substance use programming.

Mind.Art. Recovery.KY

- Piloted in **6** counties.
- **39%** improvement in participants' self-reported emotional state (e.g., calmness, happiness, and confidence).

Understanding Rural & Farm Stress

- **1,163 nurses** have completed the course for credit toward licensure renewal.
- **98%** reported improved understanding of the importance of self-care in farming populations.

BARN

- **470** community members attended theater productions.
- **40%** increase in participants' intention to seek resources to help prevent suicide in their communities.

Mental Health First Aid

- UK Extension has provided MHFA trainings to approximately **1,800** staff, faculty, and administrators across **33** Kentucky colleges and universities.

Addiction 101

- More than **1,000** community professionals trained.
- **98%** reported enhanced understanding of how to interact with addiction and/or recovery audiences.

Healthy Choices for Your Recovering Body

- **383** adults across **20** counties received HCYRB in 2021-2022.
- **47%** increase in understanding of the importance of nutrition in recovery.



Scan the above QR code to read more about our substance use and mental health programs.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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