



Innovative Approaches to Linking Patients and Communities with Mental Health Resources

Quality Corner Call

February 3, 2026



1



Health Innovations Network of Kansas

Topeka

Sarah Gideon, Executive Director

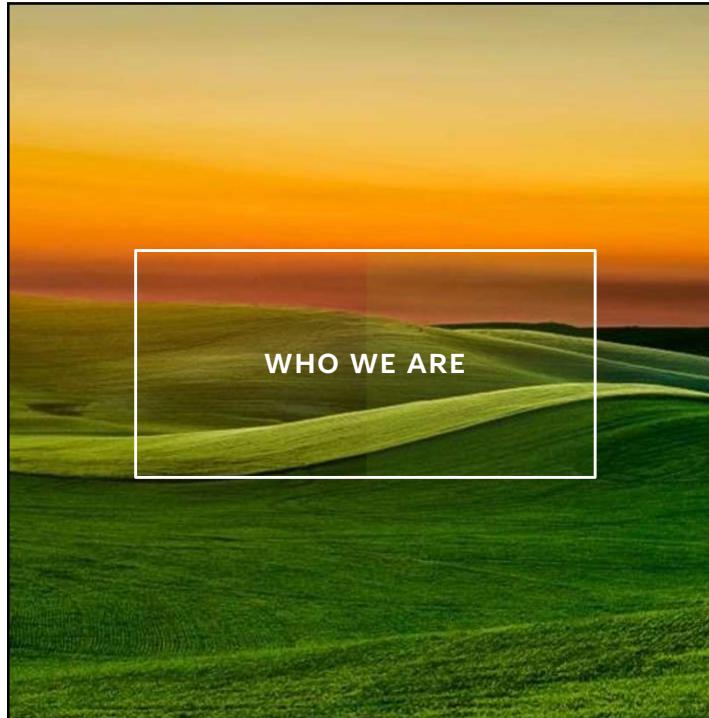


2

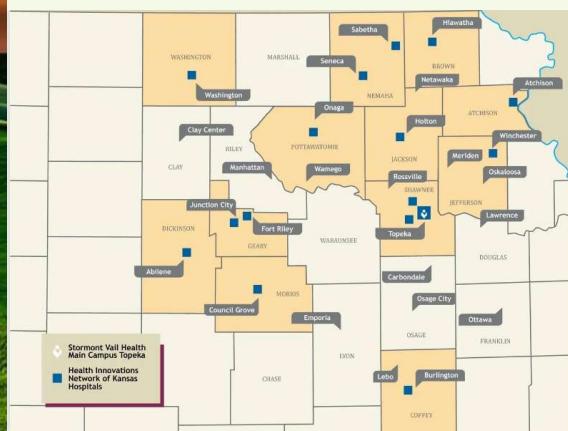
BEHAVIORAL WELLNESS AND SUICIDE PREVENTION IN NORTHEAST KANSAS

SARAH GIDEON, EXECUTIVE DIRECTOR
HEALTH INNOVATIONS NETWORK OF KANSAS

3



- HINK is a network of hospitals in primarily NE Kansas with 15 members in 12 counties serving mostly rural populations.



4

MEMBER HOSPITALS

- Amberwell Atchison
- Amberwell Hiawatha
- Coffey County Hospital
- Community Health Care System
- F.W. Huston Medical Center
- Holton Community Hospital
- Irwin Army Community Hospital
- Kansas Rehab Hospital
- Memorial Health System
- Morris County Hospital
- Nemaha Valley Community Hospital
- Sabetha Community Hospital
- Stormont Vail Health
- Washington County Hospital
- VA Eastern Kansas Healthcare System

5

5

In partnership with Nemaha Valley Community Hospital, HINK was granted funds from the Federal Office of Rural Health Policy (Rural Health Network Development Grant, 2023-2027) and the Kansas Department of Adult and Developmental Services (2023-2025).

Target Population:

Rural Kansans between ages of 15-64 within 12-county HINK region who have diagnosed or undiagnosed behavioral health issue

Grants focused on following areas:

- Community Awareness
- Medical Provider Development
- Public Education/Stigma Reduction
- Sustainable Funding

**HINK SUICIDE
PREVENTION
IMPROVEMENT
NETWORK**

**“PLANTING STRENGTH, HARVESTING
RESILIENCE: SUICIDE PREVENTION IN
AGRICULTURE”**

6

6

3

INTEGRATION OF NON-HOSPITAL PARTNERS

Suicide rates among people living in rural area's are 64-68% higher than those in urban area's

Table 2. Suicide Death Rate by Population Density, 2015-2018		
Peer County Group ¹	Number of Deaths (N=2088)	Age-Adjusted Suicide Rate ² (95% CI)
Frontier	123	33.1 (26.8, 39.4)
Rural	193	25.0 (21.3, 28.7)
Densely-Settled Rural	321	20.7 (18.4, 23.0)
Semi-Urban	328	21.1 (18.8, 23.5)
Urban	1123	19.8 (18.6, 21.0)

¹Residence counties used for rate calculations. Peer counties grouped by persons per square mile: frontier <6.0, rural 6.0-19.9, densely-settled rural 20.0-39.9, semi-urban 40.0-149.9, and urban ≥150.0

²Per 100,000 Kansas Residents

HINK SPIN is an innovative approach in integrating healthcare representatives and statewide agricultural industry experts to better serve the target population within our region

- Kansas Corn
- Kansas Dairy
- Kansas Department of Agriculture
- Kansas Farmers Union
- Kansas Grain and Feed Association
- Kanza Mental Health Center
- Frontier Farm Credit

7

7

MALE WORKERS IN FARM/FORESTRY/FISHING HAD HIGHEST SUICIDE RATE 159.1 PER 100,000 RESIDENTS

FEMALE HEALTHCARE WORKERS HAD HIGHEST SUICIDE RATE OF 23.1 PER 100,000 RESIDENTS

→ White males make up for 84% of suicide deaths more in age group 35-44

→ Deaths by suicide for men in 65+ age group are often aligned with chronic health issues or injury

Morbidity - Emergency Department Visits

Age

Figure 2. Emergency Department Visit Rates for Suicide Attempts by Age Group, 2016-2020

Crude Suicide Attempt Visit Rates per 10,000 EDV

Age Group: 10-19, 20-24, 25-34, 35-44, 45-54, 55+

Data Source: Kansas Hospital Association Emergency Department Visits Database

Figure 3. Emergency Department Visit Rates for Self-Harm by Age Group, 2016-2020

Crude Self-Harm Visit Rates per 10,000 EDV

Age Group: 10-19, 20-24, 25-34, 35-44, 45-54, 55+

Data Source: Kansas Hospital Association Emergency Department Visits Database

Morbidity - Hospitalizations

Trend

Figure 6. Hospitalization Rates (per 10,000 hospital admissions) for Self-Harm and Suicide Attempts, 2016-2020

Crude Suicide Attempt and Self-Harm Visit Rates per 10,000 Hospital Admissions

Attempt, Self-harm

7.0, 6.9, 8.1, 5.3, 9.3

70.5, 81.8, 86.9, 87.2, 92.9

Data Source: Kansas Hospital Association Hospital Admissions Database

8

4



9

**Check in.
Reach out.
Show you care.**

Suicide prevention is everyone's business. If you or someone you know needs help, don't wait. Call 988 or scan the QR code below for convenient and confidential resources.

988
988 LIFELINE
988.LIFELINE.988

HEALTH INNOVATIONS NETWORK OF KANSAS

Just as you take care of your fields and livestock, take care of your mind. Seek help and start the conversation today. #mentalhealthmatters

For helpful mental health resources, scan the QR code below.

Planting Strength, Harvesting Resilience.

988
988 LIFELINE
988.LIFELINE.988

HEALTH INNOVATIONS NETWORK OF KANSAS

COFFEE CUP PROJECT

EVENT SPONSORSHIPS

MAN THERAPY

LANDLOGIC PROVIDER EDUCATION

QPR GATEKEEPER TRAINING

COMET TRAINING

HEALTH INNOVATIONS NETWORK OF KANSAS

ABOUT [LINK 2024](#) MORE [Contact Us](#)

HINK
SUICIDE PREVENTION
IMPROVEMENT NETWORK

PLANTING STRENGTH, HARVESTING RESILIENCE:
SUICIDE PREVENTION IN AGRICULTURE

10

WHAT CAN YOU DO?

- COMET Training: Changing Our Mental and Emotional Trajectory
- QPR GATEKEEPER TRAINING: 1 HOUR, VIRTUAL TRAINING
 - Email hinkinfo@gmail.com to sign up for these free training opportunities
- Visit/share www.healthinnovationks.com
- Man Therapy Head Inspection

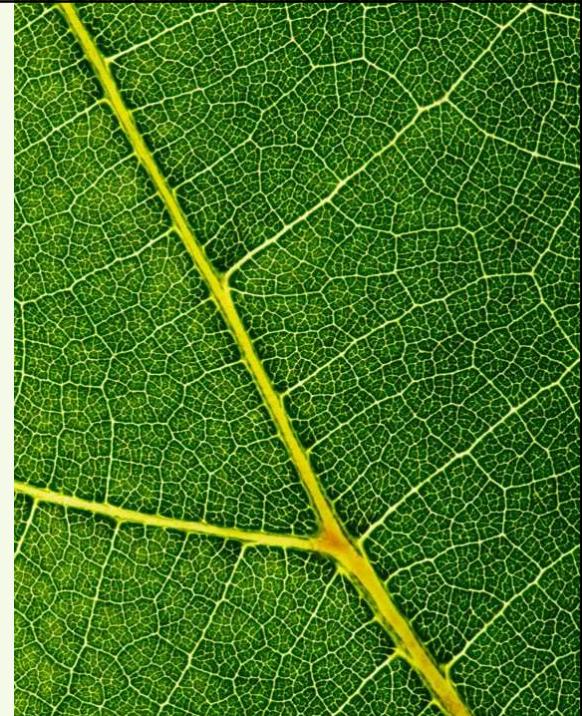


11

THANK YOU

Sarah Gideon
HINK Executive Director
sgideon@stormontvail.org

www.healthinnovationks.com



12



13



14



15



16

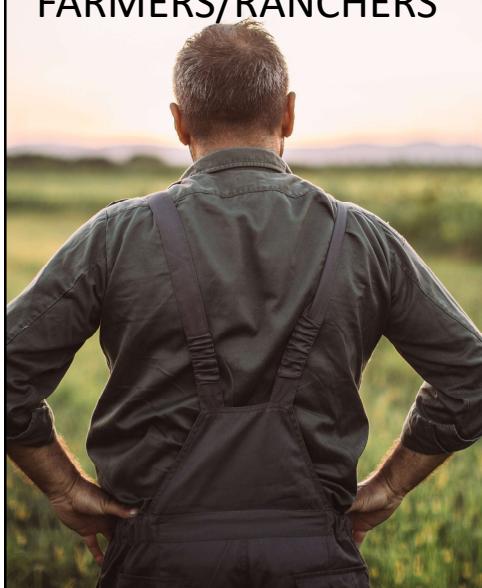
WHAT WE KNOW ABOUT FARMERS/RANCHERS

- They're proud
- They're strong
- They're busy
- They defer care
- They prioritize their families but not themselves
- They suffer in silence



17

SUICIDE RISKS IN FARMERS/RANCHERS



- **Elevated Risk:** Farmers and ranchers are approximately 3.5 times more likely to die by suicide than the general population, according to the National Rural Health Association (NRHA).
- **Specific Rate:** A 2020 study using data from a previous period calculated the suicide rate for male farmers, ranchers, and agricultural managers at 43.7 deaths per 100,000 population, a rate significantly higher than the average across all other occupations (27.4 per 100,000 in one analysis).
- **Occupational Ranking:** The agriculture, forestry, fishing, and hunting industry sector has consistently ranked among the highest for male suicide rates in various Centers for Disease Control and Prevention (CDC) reports.
- **Rural Trend:** The suicide rate in rural areas in general climbed 46% between 2000 and 2020, compared to a 27.3% increase in metropolitan areas, a trend that compounds the occupational risks for farmers.
- **Age Factor:** A significant percentage of farmer suicides (45% in one 15-year period study) were committed by individuals aged 65 and older, highlighting a particular risk among older farmers.

18

HOW CAN WE HELP?



Carrico Implements



Field Ready Ammo Cans
“First Aid Where You Are”



KanEquip

19



**FIELD READY CHECK:
SAFETY STARTS HERE**

Our Field Ready Kit is designed to keep you prepared when you need it most. Before heading out, take a quick inventory of your kit to make sure your supplies are fully stocked. If you are missing any items, please fill your kit by calling 785.810.1156. Staying prepared keeps you, your team, and your equipment safe. If you are low, restock it, and stay Field Ready.

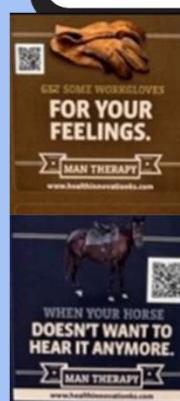
- (4) Large Band-Aids
- (4) Small Band-Aids
- (4) 4x4 Gauze Sponges
- (4) 4x4 Gauze Wrap
- Coban
- Ice Pack
- Isopropyl Alcohol 70% solution
- 20ml Saline Eye Wash
- (2) Triple Antibiotic Ointment
- (2) Alcohol Prep Pads
- Liquid Skin Bandage .5gm
- Tourniquet
- Marker
- Informational Slide on First Aid
- Mental Health Resources

FIELD READY SAFETY ENDS HERE.

WE'RE YOUR 24/7 FIELD READY CARE TEAM—ALWAYS HERE TO KEEP YOU HEALTHY, STRONG, AND PREPARED.

Ellsworth County Medical Center
785.472.3111

Thank you to HINK for partnering in offering more Field Ready materials!



**Check in.
Reach out.
Show you care.**

988 SUICIDE PREVENTION LIFELINE

Scan QR code for resources.

20

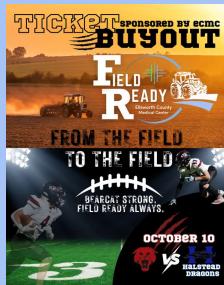
21

22

soft

messaging

“In Your Face” messaging to our farm community doesn’t work. Instead consider what they care about and where they show up. Bearcat Football was an easy hit!



23

show up

Community matters. To us and to our farm community.



We got the front and back cover of the last Farmers Almanac to ever be printed.



24

coffee chat

We are fortunate to have a retired physician who can speak the language and share the message.



FIELD READY
Ellsworth County Medical Center

Community Connection
+
Birthday Coffee Chat
for Dr. Ronald Whitmer

Join Us for:
 ✓ Coffee,
 ✓ Conversation,
 ✓ Celebration!

**Jan. 20th
8-10am**
Admin Building - Conference Room

25

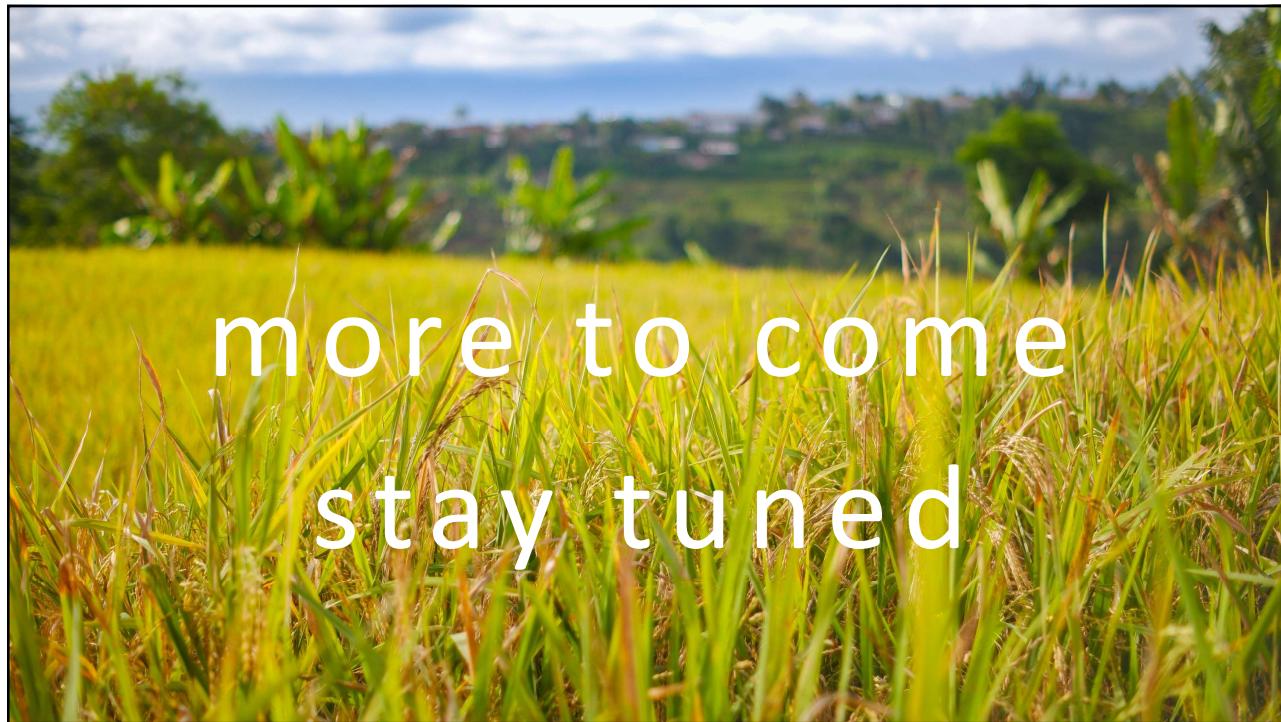
WHAT'S NEXT?



We are proud to partner with Kansas Farm Bureau for a local mindful message calendar with local farming and ranch photos.

In late February, we will kick off our local photo contest. Keeping the message simple, the calendar will include wellness appointment reminders, health month reminders, simple recipes, and a mindful message for the month.

26



27



Community HealthCare System

Onaga

Manda Thompson, Quality Specialist
Mindy Olberding, Chief Nursing Officer
Andrea Lutz, Director of Ancillary Services
Lacey Niehues, Education Coordinator

HEALTHWORKS
KANSAS HOSPITAL ASSOCIATION

28



Community
HealthCare System
NE Kansas

Optimizing Behavioral Health in Rural Healthcare

Community HealthCare System - Onaga, KS

29

Community HealthCare System

- Critical Access Hospital in Onaga, KS
 - 480 associates
 - 16 inpatient medical/surgical beds
 - Level 4 Trauma Center
 - Obstetrics and Surgery
 - Full-time general surgeon



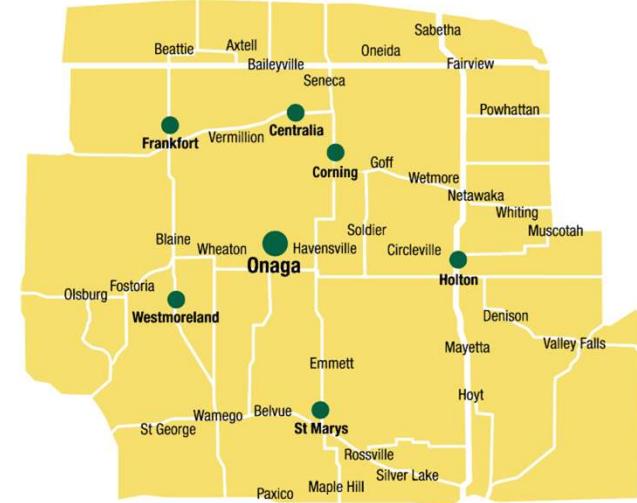
Community
HealthCare System
NE Kansas



30

Community HealthCare System

- 6 family practice clinics in 4 counties; 5 of 6 are RHCs
- 3 outpatient specialty clinics
- Full-time psychiatrist
- 2 full-time Behavioral Health Counselors (LCSCW & LSCSW)
- Rehab (PT, OT, ST, Cardiopulmonary)
- Nuclear Medicine



31

Community HealthCare System

- 2 long-term care facilities
- 1 assisted living facility
- Home health

Our Mission:

“to enrich the health and lives of the people we serve”

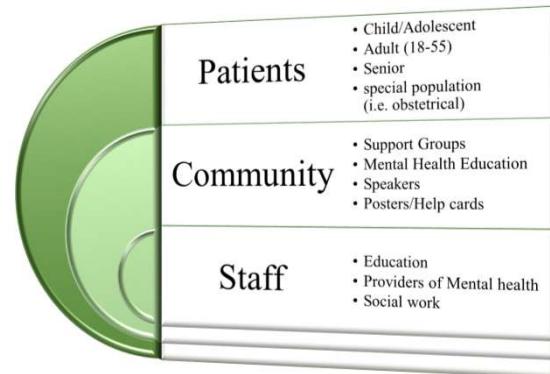


32

Mental Health Task Force Journey



- Our Mental Health Taskforce was started in 2017
 - We picked key stakeholders
 - Surveyed our associates
 - Developed a framework for project/focus development



33

Identifying Key Stakeholders



34

Patient Focused Projects

- Postpartum depression screening
 - (Edinburgh Postpartum Depression screen)
- Opioid screening
- **ED Behavioral Health Screening (Columbia Suicide Screening Tool-CSSRS)**
- **ED Policy and Protocol Development**
- Human Trafficking
- Clinic Behavioral Health (PHQ2-9) and Behavioral Health Packets



35

Community Focused Projects

- Prepped and Ready
- Screen Sanity
- **Mental Health First Aide – ADULT/YOUTH/TEEN**
- Health Fair – Mental Health Fair Booth
- Grant Funding application and receipt for MH awareness and community involvement
- Participation in HINK/Sunflower Behavioral Health Integration



36

Associate Focused Project

- **EAP awareness**
- Self-Care days
- **EAP access**
- Zero Suicide Training
- Staff Education and Training (MHFA, CALM, QPR)



37

Emergency Department Behavioral Health Project

- **Key Stakeholders:**
 - ER Nursing; Social Work; Providers; Administration
- **Supportive Help/Guidance:**
 - Stormont Vail Behavioral Health department & ED
 - Washburn School of Nursing
 - Pawnee Mental Health
- **Our Goals:**
 - ED Behavioral Health Order set
 - Behavioral Health Packet
 - Clinical Staff Education on workflow and protocols



38

ED Behavioral Health Orders

- **Improve communication**
 - Suicide Precautions vs. Enhanced safety monitoring
- **Standard Risk Assessment utilized**
 - Columbia – Suicide Severity Rating Scale (CSSRS) – ED
 - PHQ-2/9 – Inpatient/Observation setting
- **Lab work requirements**
 - Collaborated with Pawnee Mental Health and Stormont Vail
- **Supportive Services:**
 - To assist in the identification & notification of supportive services
 - Protocols for consult to social services and mental health Screening



Date Ordered	Time Ordered	ED Behavioral Health Orders	Nurses Initials
Patient care			
[] Enhanced safety monitoring (Create as a subset order set)			
[x] Complete room safety checklist			
[x] Patient Rounds Q15 minutes			
[] Suicidal Precautions (Create as a subset order set)			
[x] Complete room safety checklist			
[x] Patient Rounds Q15 minutes			
[x] 1:1 Sitter/1:1 monitoring - Assess need hourly using sitter checklist			
[x] Provide Education for 1:1 Sitter/ 1:1 monitoring			
Labs			
[] CBC with Differential			
[] Comprehensive panel			
[] TSH			
[] Urinalysis			
[] Urine Drug Screen			
[] serum HCG			
[] COVID Testing			
[] Blood alcohol level			
[] Acetaminophen level			
[] Salicylate level			
Consults			
[] Consult Social Services			
[] Pawnee Mental Health Screening			

39

ED Behavioral Health Packet Components

- ED Behavioral Health Orders
- Suicide precautions policy
- Psychiatric assessment policy
- CHCS Sitter Education
- Suicide prevention room Safety checklist
- Common Risk Points – Room environment safety
- Columbia Suicide Severity Rating Scale (CSSRS)
- Brown's Patient Safety Plan Template
- Patient Room Sign
- Social Service Referral
- MH Resource Directory
- Secure Transport Services
- Patient Behavioral Health Resources Handout
- Maternal Mental Health Line



40

ED Behavioral Packet Workflow

- Packets are pre-made in Green envelopes
- Packets are located in all ER rooms
- Social Work involvement
- Nurse can use the packet for
 - Any patient with behavioral health issue
 - Suicide patients
 - When we involved our local MH screening



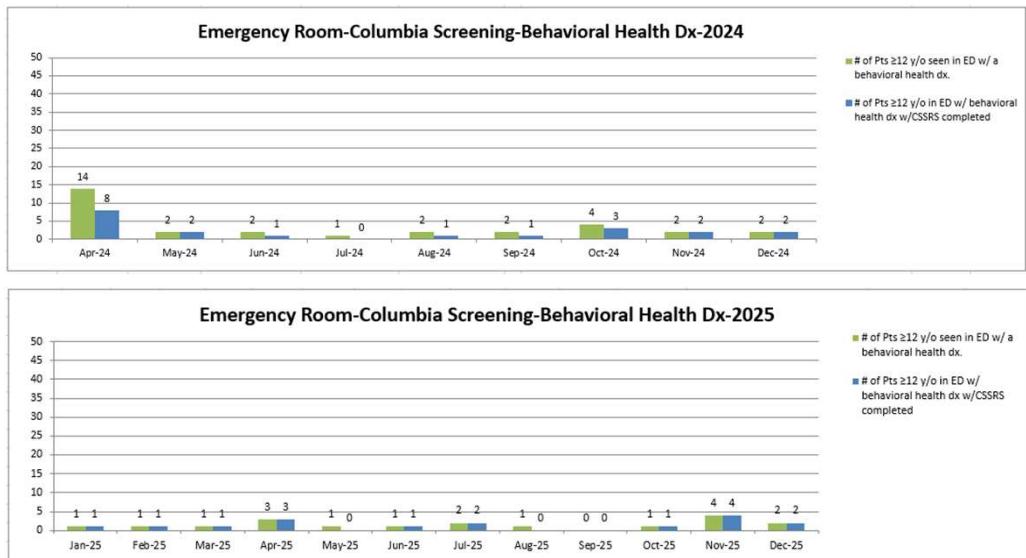
41

Hospitals Behavioral Health - Goals

- 100% of patients (12 years and older) seen in the ED with a Behavioral diagnosis have the CSSRS completed and protocol followed.
- 100% of patients (12 years and older) seen in the ED for Trauma have the CSSRS completed and protocol followed.
- 75% of patients (12 years and older) admitted for inpatient, observation or swing bed stay have the PHQ2-9 completed and protocol followed.
- Hospital clinical associates (C.N.A., LPN, RN) complete required education annually (Columbia, CALM and Safety Plan Education, QPR Training)
- Annually all staff Education on Suicide

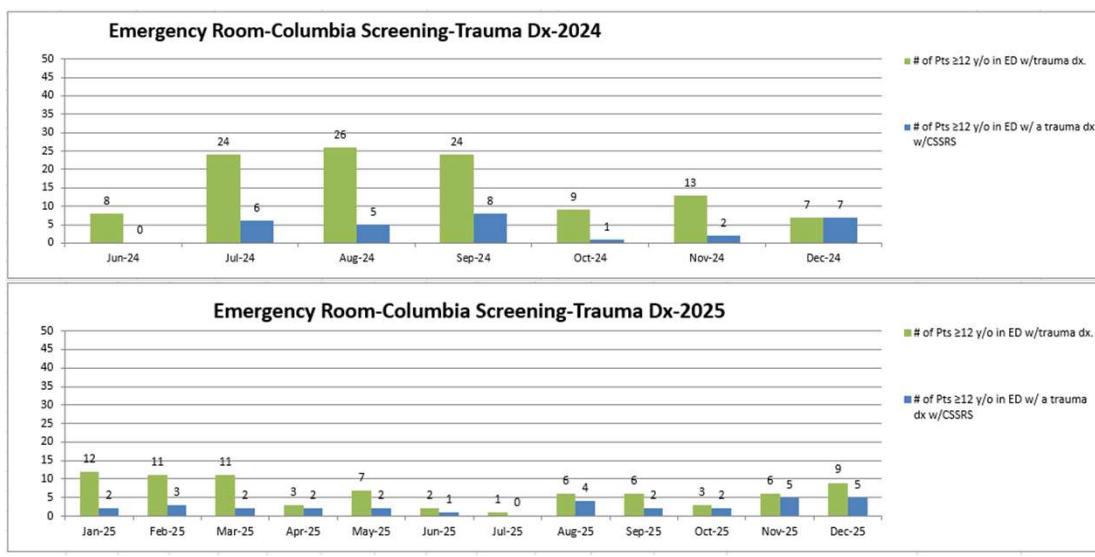
42

Behavioral Health Dx - Emergency Department Data from 2024 and 2025

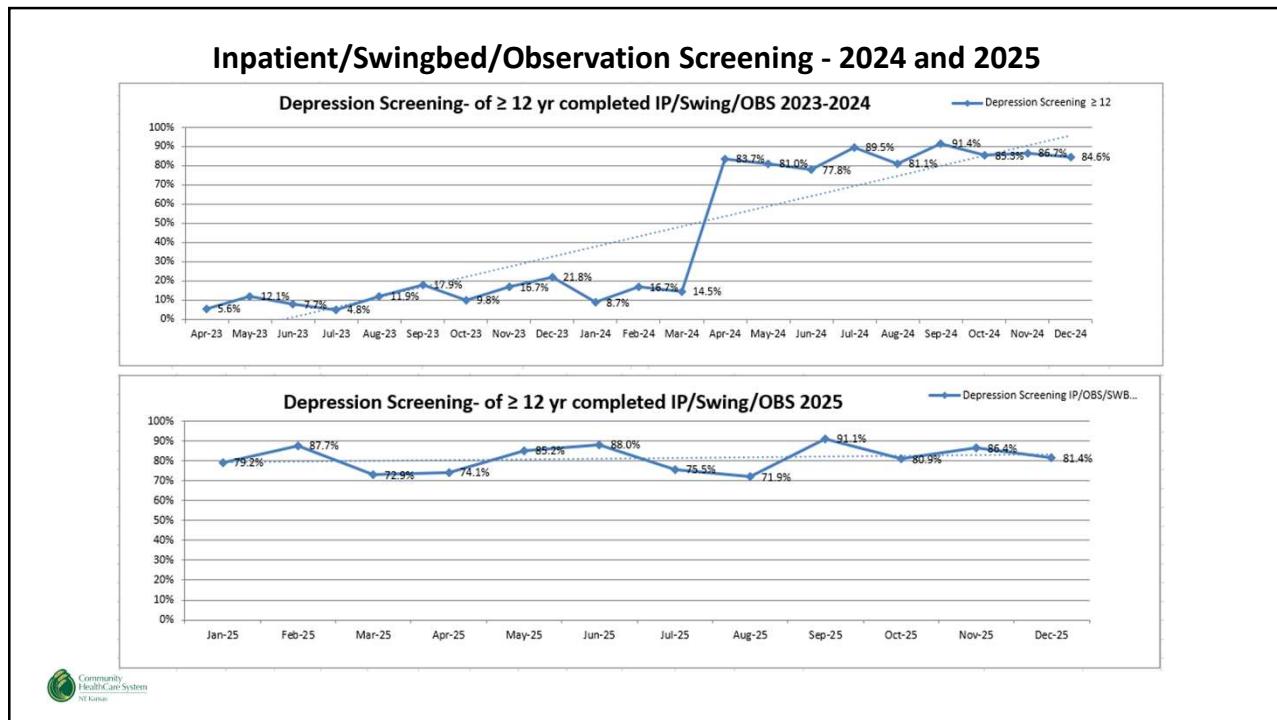


43

Trauma - Emergency Department Data from 2024 and 2025



44



45

Clinic Behavioral Health Packet Components

Goal is to have packets available for our clinic staff to give to patients if they are concerned about someone or if they score high on the PHQ9 depression screen.

- <https://www.nimh.nih.gov/health/publications>



CONTENT:

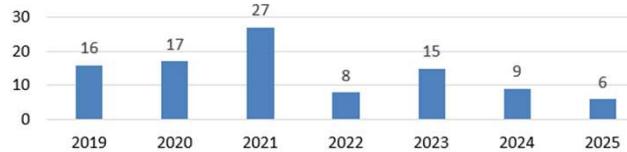
- 5-Action Step for Helping Someone flyer
- Outpatient NEK Mental Health Resources
- CHCS Behavioral Health Packet Flyer
- Children and Mental Health – It's just a stage
- I'm so STRESSED OUT
- Teen Brain – 7 Things
- Warning Signs of Suicide

46

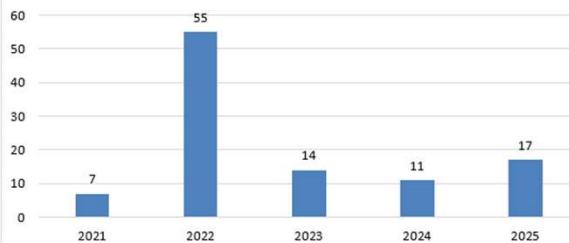
Community Project

Mental Health First Aid Classes (Adult – Youth)

Adult MHFA Participants Trained



Youth MHFA Participants Trained

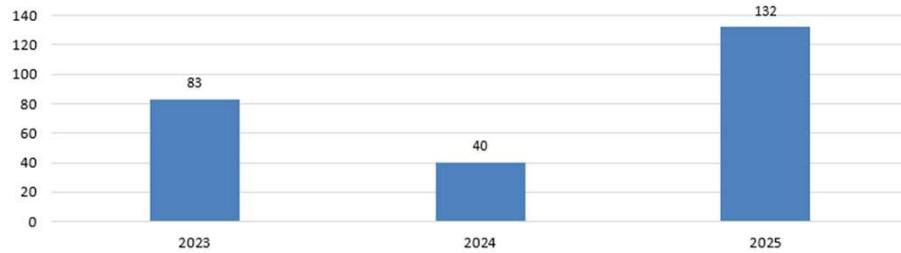


47

Community Project

Mental Health First Aid (Teen)

Teen MHFA Participants Trained



- 2023 and 2024: Focused on Centralia/Frankfort schools
- 2025: Advancement into Onaga and Holton schools
- 2026: Plans to Educate over 30 students Centralia/Frankfort, 60 students in Holton, and plans to advance into the St. Marys school for their freshman class.

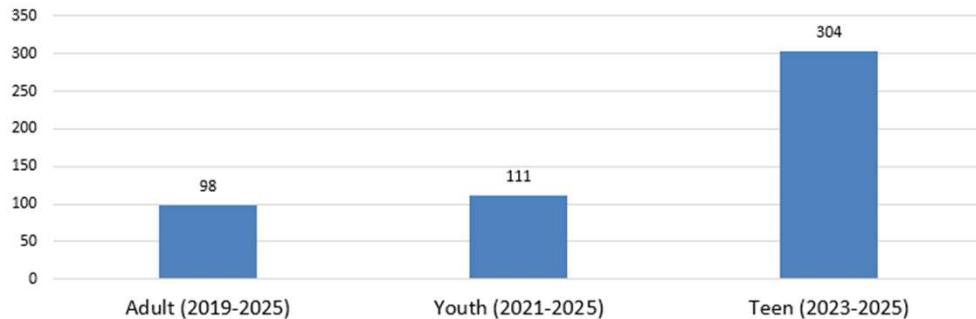


Community
HealthCare System
NE Kansas

48



Total Individuals Trained in Adult, Youth, Teen MHFA



49

Community Project

Mental Health First Aid (Adult – Youth – Teen)

- Grants for Mental Health \$4350.00
- Recent application for additional grant funding exceeding \$5,000 to assist in providing free mental health training.
- Education provided through National Council of Well-being for Instructor Training
 - 2 Adult Mental Health Counselors
 - 2 Youth Mental Health Counselors
 - 4 Teen Mental Health Counselors



Community
HealthCare System
NE Kansas

50

Associate Project

Mental Health Education

- Employee Assistance Program (EAP) *VITAL Works Life*
 - Provides Individual and Family Support
 - Phone Consultation
 - Legal Services – Free 30 minute consultation with an attorney by phone or in-person, with discount rates for further representation
 - Financial Services – unlimited phone consultations
 - Face-to-face counseling
 - Unlimited phone consultation



Community
HealthCare System
NE Kansas

51

Utilization Of Grants And Other Education Provided

- Education with ASCS office for farmer outreach/Geriatric psychiatric services in our communities
- Addition of psychiatric nurse practitioner in clinic in addition to maintaining full-time licensed psychiatrist.
- Participation in HINK/Sunflower Behavioral Health Integration that resulted in award of \$75,000 grant to be used towards behavioral health services. Have purchased biofeedback equipment to be used during counseling sessions and EMDR certification.
- Live presentation from Social Services/LCSW on platform and workflow to educate staff and unify our practice.
- Pottawatomie Nation Grant: Received funding to assist with paying for four associates to be trained in Mental Health first aid
- Community Caring Foundation Grant: \$1250 to assist with helping individuals pay for Mental health first aid in the communities we serve.
- Childbirth class educations on Mental health resources



Community
HealthCare System
NE Kansas

52

Continuous Improvement

- Outpatient Suicide Policy
- Trauma PI for Columbia Suicide Screening
- Expanding Mental Health First Aid and Teen Mental Health First Aid
- Social Determinates of Health Screening For all OB patients
- Addition of psychiatric nurse practitioner in clinic in addition to maintaining full-time licensed psychiatrist



VectorStock

VectorStock.com/54125690

53

Questions



54

Special thanks to:
Stormont Vail – Behavioral Health
Washburn University
Pawnee Mental Health



55

Thank you

Mindy Olberding CNO

mindyolberding@chcsks.org

785-889-5007

Andrea Lutz, Director of Ancillary Services

andrealutz@chcsks.org

785-889-5068

Manda Thompson, Quality Specialist

mandathompson@chcsks.org

785-889-5075

Lacey Niehues, Clinical Educator

laceyniehues@chcsks.org

785-889-5146



56

2026 Upcoming Offerings

- Corporate Compliance Cohort Info Webinar – February 4
- Survey Readiness: Survey Basics Webinar – February 6
- Virtual Abstraction Training - February 24
- SHIP Quarterly Webinar - March 3

*to register: <https://registration.kha-net.org/>



57

Contact Us

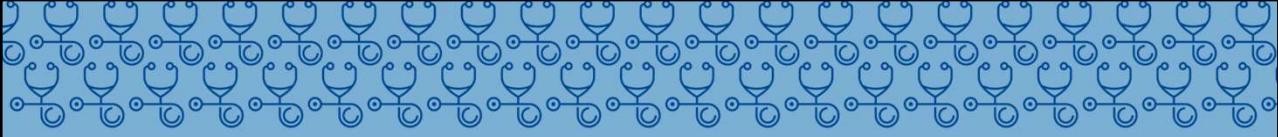
Jennifer Findley
jfindley@kha-net.org (785) 233-7436

Susan Runyan
srunyan@kha-net.org (620) 222-8366

Susan Holmes
sholmes@kha-net.org (785) 233-7436



58



Funding Acknowledgement

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1.1 M with 0% financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

HEALTHWORKS
KANSAS HOSPITAL ASSOCIATION