



Social Work Practice in Rural Settings  
SW 790.02  
Spring/Summer 2020  
Room: Online

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May 29th and May 30th 9-5pm.

**Course Description:**

This mini course will examine practice theory and techniques relevant to social work in a rural setting. There are many definitions of what might be considered a rural community. For the purposes of this course, we will define communities as rural that have a population size of 2,500 to 20,000 with no major metropolitan area within an hour of the community. Rural communities are often plagued with similar problems as vast metropolitan areas such as high poverty rates, inadequate housing, and inadequate access to health care. However, the scarcity of resources and professionals including medical providers, socioeconomic underdevelopment, and physical distance from services and lack of public transportation are frequently identified as compounding factors of living in a rural community. The impact of differences in the key diversity dimensions such as ability, age, class, color, culture, ethnicity, family structure, gender (including gender identity and gender expression) marital status, national origin, race, religion or spirituality, sex, and sexual orientation will be examined, within the context of practicing in a rural community. This course will also emphasize issues of ethical practice as defined by the social worker code of ethics within a rural community.

**Course Content:**

NASW has identified the need for social workers to be educated on the specialized needs of practicing in rural settings. Rates of poverty and access to services in rural areas create a dilemma in practice where a "specialized practitioner," has to become a jack-of-all-trades in order to meet the needs of the population they serve. A rural social work practitioner not only needs to be able to practice within the diverse population present in rural settings but also act as a community organizer. Micro, mezzo, and macro intervention skills are needed in practice within a rural community. This practice is often times further complicated by dual relationships and other ethical issues that affect practice in a small town setting. This mini course will address the issues that are relevant to practice in rural communities.

## **Course Objectives:**

Upon completion of the course, students will be able to:

1. To analyze and assess social and health services provision and the organization of human services in the context of rural America; as well as the customs, traditions, and heritage of rural and small community life and institutions.
2. To recognize and demonstrate understanding of the ethical challenges that may surface during the course of planning and delivering social work services in rural communities.
3. To demonstrate an understanding of the range of social work roles and functions performed when delivering social work services in rural communities.

## **Assignment Due (June 15th):**

A five-page, double-spaced, paper reflecting on what you learned in this class and how you anticipate integrating this learning into your perspectives and practice as a social worker. Focus on a particular problem or population in rural communities where services are impacted. What course content had the most impact on your learning and why? What would you like to know more about? Incorporate at least three required readings or those from the list of recommended readings into the reflection, referencing specific quotes, and include a list of sources at the end. This will need to be submitted on CANVAS by 11:59pm on June 15<sup>th</sup>.

## **Recommended Readings (Available on CANVAS):**

\*\*Please pick two articles that are of interest to you to read before the course begins.

Adler, C. (1996). Unheard and unseen: Rural women and domestic violence. *Journal of Nurse-Midwifery*, 41(6), 463-466.

Arcury, T. A., Sandberg, J. C., Talton, J. W., Laurienti, P. J., Daniel, S. S., & Quandt, S. A. (2018). Mental health among Latina farmworkers and other employed Latinas in North Carolina. *Journal of Rural Mental Health*, 42(2), 89–101.  
<https://doi-org.proxy.lib.umich.edu/10.1037/rmh0000091>

Barnett, J. E. (2016). Unavoidable incidental contacts and multiple relationships in rural practice. In Zur, O. (Ed.). *Multiple relationships in psychotherapy and counseling: Unavoidable, common, and mandatory dual relations in therapy* (pp.97-107). Taylor & Francis.

Barnett, J. E., & Yutrzenka, B. A. (2002). Nonsexual dual relationships in professional practice, with special applications to rural and military communities. In A. A. Lazarus & O. Zur (Eds.), *Dual relationships and psychotherapy* (pp. 273-286). New York, NY, US: Springer Publishing Co.

Boelk, A. Z., & Retrum, J. H. (2013). Building Capacity to Overcome Challenges in the Delivery of Hospice and Palliative Care in Rural Communities. *Rural Social Work: Building and Sustaining Community Capacity*.

Brems, C., Johnson, M., Warner, T., & Roberts, L. (2006). Barriers to healthcare as reported by rural and urban interprofessional providers. *Journal Of Interprofessional Care*, 20(2), 105-118.

Brocius, H., Eisenberg, J., York, J., Shepard, H., Clayton, S., & Van Sickle, B. (2013). The Strengths of Rural Social Workers: Perspectives on Managing Dual Relationships in Small Alaskan Communities. *Journal of Family Social Work*, 16(1), 4-19.

Brownlee, K., Halverson, G., Chassie, A. (2015). Multiple Relationships: Maintaining Professional Identity in Rural Social Work Practice. *Journal of Comparative Social Work*, 1, 1-11.

Brownlee, K., Halverson, G., & Chassie, A. (2012). Multiple relationships: Maintaining professional identity in rural social work practice. *Journal of Comparative Social Work*, 1, 1-11.

Burgard, E. (2013). Ethical Concerns about Dual Relationships in Small and Rural Communities-A review. *Journal of European Psychology Students*, 4(1).

Carlton-LaNey, I. (2006). Rural African American Caregiving. In Berkman, B. (Ed.), *Handbook of Social Work in Health and Aging* (pp. 381-389). Oxford University Press.

Carlton-LaNey, I. (1992). Elderly Black Farm Women: A Population at Risk, *Social Work*, 37(6), 517-523, <https://doi.org/10.1093/sw/37.6.517>

Catalano, S. (1997). The challenges of clinical practice in small or rural communities: Case studies in managing dual relationships in and outside of therapy. *Journal of Contemporary Psychotherapy*, 27(1), 23-35.

Chavez, L. J., Kelleher, K. J., Matson, S. C., Wickizer, T. M., & Chisolm, D. J. (2018). Mental health and substance use care among young adults before and after Affordable Care Act (ACA) implementation: a rural and urban comparison. *The Journal of rural health*, 34(1), 42-47.

Child Welfare Information Gateway. (2012). *Rural child welfare practice*. Washington, DC: U.S. Department of Health and Human Services, Children's Bureau

Chipp, C., Dewane, S., Brems, C., Johnson, M. E., Warner, T. D. and Roberts, L. W. (2011), "If Only Someone Had Told Me ...": Lessons From Rural Providers. *The Journal of Rural Health*, 27: 122-130. doi: 10.1111/j.1748-0361.2010.00314.x

Croxton, T. A. (2002-10-01). Social Work Practice Behaviors and Beliefs: Rural-Urban Differences?. *Advances in social work*, 3, 117-132.

Daley, M. R. (2011-04-01). Dual Relations and Beyond: Understanding and Addressing Ethical Challenges for Rural Social Work. *Journal of social work values and ethics*, 8(1).

Daley, M. R. (2010). A conceptual model for rural social work. *Contemporary Rural Social Work Journal*, 2(1), 2.

Duran, B., Oetzel, J., Lucero, J., Jiang, Y., Novins, D. K., Manson, S., & Beals, J. (2005). Obstacles for rural American Indians seeking alcohol, drug, or mental health treatment. *Journal of Consulting and Clinical Psychology*, 73(5), 819.

Gale, J. A., Shaw, B., Hartley, J. D., & Loux, S. (2010). The Provision of Mental Health Services by Rural Health Clinics. University of Southern Maine, Muskie School of Public Service.

Harley, D. A. (2006). Indigenous healing practices among rural elderly African Americans. *International Journal of Disability, Development and Education*, 53(4), 433-452.

Hartline, C. J. (2011). Managing nonsexual dual relationships: A phenomenological study of rural psychologists' experiences. University of South Dakota.

Hartmann, W. E., & Gone, J. P. (2016). Psychological-mindedness and american indian historical trauma: Interviews with service providers from a great plains reservation. *American Journal of Community Psychology*, 57(1), 229-242.

doi:<http://dx.doi.org.proxy.lib.umich.edu/10.1002/ajcp.12036>

Hoelt, T. J., Fortney, J. C., Patel, V., & Unützer, J. (2018). Task-sharing approaches to improve mental health care in rural and other low-resource settings: a systematic review. *The Journal of rural health*, 34(1), 48-62.

Hoffman, T. D. (2011). Rural ethics: Culture, dilemmas and strengths-based resolutions. *Journal of Rural Community Psychology*, E14, 1.

Humble, M., Lewis, M., Scott, D., Herzog, J. (2013). Challenges in Rural Social Work Practice: When Support Groups Contain Your Neighbors, Church Members, and the PTA, *Social Work with Groups*, 36:2-3, 249-258, DOI: 10.1080/01609513.2012.753807

Isserman, A. M. (2005). In the national interest: Defining rural and urban correctly in research and public policy. *International regional science review*, 28(4), 465-499.

Jensen, E. J., & Mendenhall, T. (2018). Call to Action: Family Therapy and Rural Mental Health. *Contemporary Family Therapy*, 40(4), 309-317.

Kalavar, J., & Rapano, J. (2003). Homebound rural elderly in Pennsylvania: Health perspectives. *Journal of Rural Community Psychology* E, 6.

Mackie, P. F. E. (2012). Social Work in a Very Rural Place: A Study of Practitioners in the Upper Peninsula of Michigan. *Contemporary Rural Social Work*, 4, 63-90.

Manning, S., & Van Pelt, M. (2005). The challenges of dual relationships and the continuum of care in rural mental health. *Social work in rural communities*, 427-441.

Martinez-Brawley, E. E. (1987). From Countrywoman to Federal Emergency Relief Administrator: Josephine Chapin Brown, a Biographical Study. *J. Soc. & Soc. Welfare*, 14, 153.

Mason, R. (2011). Confronting Uncertainty: Lessons from Rural Social Work, *Australian Social Work*, 64:3, 377-394, DOI: 10.1080/0312407X.2011.574144

Monahan, D. J. (2013). Family Caregivers for Seniors in Rural Areas. *Journal of Family Social Work*, 16(1), 116-128.

Moore, W. R., Pearson, F., Rife, J. C., Poole, K. J., Moore, L. S., & Reaves, A. M. (2016). Reinventing Social Work Education and Service Delivery in Rural Areas: An Interdisciplinary Model for Serving Vulnerable Populations. *Contemporary Rural Social Work Journal*, 8(2), 5.

Murty, S. A. (2005). The Future of Rural Social Work. *Advances in social work*, 6(1), 132-144.

Nemet, G. F., & Bailey, A. J. (2000). Distance and health care utilization among the rural elderly. *Social Science & Medicine*, 50(9), 1197-1208.

Parrish, D., & Trawver, K. (2013). Evidence-based practice in the rural context. In Scales, T. L., Streeter, C. L., & Cooper, H. S. (Eds.). *Rural social work: Building and sustaining community capacity* (pp. 131-142). John Wiley & Sons.

Ponzetti, J. (2003). Growing old in rural communities: A visual methodology for studying place attachment. *Journal of Rural Community Psychology*, 6(1), 1-11.

Portman, T.A. A. & Dewey, D. (2003). Revisiting the Spirit: A Call for Research Related to Rural Native Americans. *Journal of Rural Community Psychology*, E6(1).

[http://www.marshall.edu/jrcp/E6one\\_Portman.htm](http://www.marshall.edu/jrcp/E6one_Portman.htm)

Rhodes, B. E. (2012). Rural Domestic Violence: An Interdisciplinary Model for Rural Practice. *Contemporary Rural Social Work*, 4, 101-109.

Riebschleger, J. (2007). Social workers' suggestions for effective rural practice. *Families in Society*, 88(2), 203-213. Retrieved from <http://search.proquest.com.proxy.lib.umich.edu/docview/230171974?accountid=14667>

Roberts, L. W., Battaglia, J., Smithpeter, M. and Epstein, R. S. (1999), *An Office on Main Street: Health Care Dilemmas in Small Communities*. *Hastings Center Report*, 29: 2837. doi: 10.2307/3528064

Slama, K. (2004). Rural culture is a diversity issue. *Minnesota Psychologist*, 53(1), 9-12.

Smith, A. J., Hallum-Montes, R., Nevin, K., Zenker, R., Sutherland, B., Reagor, S., ... & Oost, K. M. (2018). Determinants of transgender individuals' well-being, mental health, and suicidality in a rural state. *Journal of Rural Mental Health*, 42(2), 116.

Weaver, H. N. (2004). The Elements of Cultural Competence: Applications with Native American Clients. *Journal of ethnic & cultural diversity in social work*, 13(1), 19-19. doi: 10.1300/J051v13n01\_02

Weaver, A., Taylor, R. J., Chatters, L. M., & Himle, J. A. (2018). Depressive symptoms and psychological distress among rural African Americans: The role of material hardship and self-rated health. *Journal of affective disorders*, 236, 207-210.

Wilson, T. A., Knezevic, B., Kibugi, B., Peterson, P., & Polacek, E. (2018). Experiences and Retention Among Rural Mental Health Counselors. *Journal of Mental Health Counseling*, 40(3), 240-248.

Yoon, D. P., & Lee, E. K. O. (2004). Religiousness/spirituality and subjective well-being among rural elderly Whites, African Americans, and Native Americans. *Journal of Human Behavior in the Social Environment*, 10(1), 191-211.

Zur, O. (2006). Therapeutic boundaries and dual relationships in rural practice: Ethical, clinical and standard of care considerations. *Journal of Rural Community Psychology*, 9(1), 1-40.

### **Books:**

Dáil, P. W. (2015). *Hard Living in America's Heartland: Rural Poverty in the 21st Century Midwest*. Jefferson, NC: McFarland

Daley, M. Rex. (2015). *Rural social work in the 21st century*. Chicago, IL: Lyceum Books, Inc..

Lohmann, N., & Lohmann, R. A. (Eds.). (2008). *Rural social work practice*. Columbia University Press.

Scales, T. Laine. (2014). *Rural social work: building and sustaining community capacity*. Second edition. Hoboken, New Jersey: Wiley