



# PROGRAMS AND SERVICES

## At-A-Glance



Mental Health  
FIRST AID  
From the NATIONAL COUNCIL FOR  
MENTAL WELLBEING

### MENTAL HEALTH FIRST AID

Mental Health First Aid training can help teens and adults recognize and respond to signs of mental health and substance use challenges in youth and adults. MCRHC offers trainings for Adult, Youth, teen, Fire & EMS and Public Safety.



The Doula  
Partnership

### THE DOULA PARTNERSHIP

In collaboration with Cayuga Community Health Network, Herkimer Public Health and Seven Valleys Health Coalition, we provide birth doula services to pregnant residents of Madison County who have limited access to healthcare or who qualify as low-income.



### PREVENT T2 LIFESTYLE CHANGE PROGRAM

The Prevent T2 Lifestyle Change Program is an evidence-based program to help prevent or delay type 2 diabetes in adults diagnosed with pre-diabetes or who are at high risk for type 2 diabetes.



### MOBILITY MANAGEMENT

Mobility Management works to bring together people who need transportation with people who provide transportation to address community transportation needs. It's about making the most of existing resources, creating new services when needed, and looking at the issues through the lens of the rider.



### VOLUNTEER TRANSPORTATION

Our mission is to provide transportation to health, wellness and critical needs destinations utilizing volunteers and mobility management for anyone who has barriers to transportation for clients 60 years and up.

Eat Healthy • Be Active  
Community Workshops

### EAT HEALTHY BE ACTIVE COMMUNITY WORKSHOPS

Six-week workshop series based on the Dietary Guidelines for Americans, 2015- 2020 and the Physical Activity Guidelines for Americans. These workshops provide information on nutrition and physical activity to help reduce the risk of obesity and chronic disease.



### WALK WITH A DOC

The Madison County Rural Health Council has partnered with the Walk with a Doc (WWAD) Program to encourage healthy physical activity in people of all ages and reverse the consequences of a sedentary lifestyle to improve the health and well-being of the county.



### MONDAY MILE

The Monday Mile is a fun way to achieve your fitness goals by walking a mile for your health. In partnership with Syracuse University Lerner Center we have developed many outdoor Monday Mile walking routes in Madison County to walk any day of the week!



### LIVING WELL

Workshops to help people living with diabetes, chronic pain, and chronic conditions. Self-management techniques include: balancing activity and rest, exercising safely, healthy eating, understanding medications, using your mind to manage pain symptoms, identifying ways to cope with difficult emotions, and effective ways to communicate with others.



FOR MORE INFORMATION:

WEBSITE: [www.mcruralhealthcouncil.org](http://www.mcruralhealthcouncil.org)

PHONE: 315-815-4141

EMAIL: [MCRURALHC14@GMAIL.COM](mailto:MCRURALHC14@GMAIL.COM)

