

MENTAL HEALTH EDUCATION

Mental Health First Aid: An evidence-based training to recognize, understand, and respond to mental health and substance use challenges.

- Courses: Teen (grades 9–12), Youth, Adult, Public Safety, Higher Education, Rural Communities, and Military/Veterans & Families (18+).

Talk Saves Lives™ - An Introduction to Suicide Prevention: a community presentation that provides an overview of suicide, prevention research, and actionable steps to support those at risk.



It's Real: Teens and Mental Health for Middle & High School Students:

A 45-minute program helping teens understand mental health, start conversations, and reach out for support.

QPR (Question, Persuade, Refer) Suicide Prevention Training: A suicide prevention training that teaches participants to recognize warning signs and how to question, persuade, and refer someone at risk.

For more information:
call: (315) 815-4141
email: jamie@mcruralhealthcouncil.org



OUR MISSION

To improve the health of our communities by advocating, educating, and coordinating services for individuals and families.

OUR VISION

Our vision is to be a pillar of support for a healthy community.



CONTACT US

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The Madison County Rural Health Council, Inc is a 501(c)(3) non-profit organization established in 2013.

Rural Health Council

Serving Madison and Surrounding
Counties



www.mcruralhealthcouncil.org

DOULA SUPPORT



Birth Doula Services: Trained, non-medical professionals who provide emotional, physical, and informational support before, during, and shortly after birth.

Postpartum Doula Services: Provides support to families during the first weeks after birth, helping with newborn care, postpartum recovery, and adjusting to life at home.

Birth and Postpartum services are free for low-income families in Chenango, Madison, Oneida, and Onondaga counties.

End-of-Life Doula Network: A free service offering companionship, comfort, and guidance to individuals and families before, during, and after death. Our trained, non-medical doulas provide holistic support in Chenango, Madison, and Oneida counties.

COMMUNITY HEALTH EDUCATION

National Diabetes Prevention Program: An evidence-based program for adults 18+ at risk for type 2 diabetes, focused on healthy lifestyle changes to help prevent or delay type 2 diabetes.

For more information:
call: (315) 313-4399
email: henry.s@mcruralhealthcouncil.org



TRANSPORTATION SERVICES

GOMadisonNY Mobility Management provides a client-focused approach to improving transportation access in Madison County.

Programs include: MTS Bus Token Donation, Travel Training, and Transportation Coordination—helping residents get to medical appointments, work, food, and social activities.

For more information:
call: (315) 366-8190
email: dymobility@gmail.com
visit: www.gomadisonny.com

GOMadison Volunteer Transportation: Madison County residents 60+ and non-Medicaid can receive free transportation to essential medical appointments from volunteer drivers.

Looking to volunteer? Our volunteer drivers are reimbursed for mileage and enjoy a rewarding experience helping others.

For more information:
call : (315) 628-8372
email: vtc@mcruralhealthcouncil.org

CARE COORDINATION

Social Care Network Program: Available to New York State Medicaid Members focused on meeting health-related social needs including nutrition, housing and/ transportation.

For more information:
call: (315) 815-4141
email: jennie@mcruralhealthcouncil.org
sara@mcruralhealthcouncil.org

LOCAL INITIATIVES

Monday Mile: Walk a mile for your health! Explore any of 18 routes in Madison County, any day of the week

Storybook Walks: Promoting literacy and physical activity for families in Madison County. Held in partnership with local libraries on our Monday Miles routes.

Hat & mitten Drive: Each November, we collect new hats and mittens for children, youth, and adults in need across Madison County.



Community Cares Cabinet: A community-driven initiative offering free access to non-perishable food items, hygiene products, paper goods, and more. Give what you can, take what you need.

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