

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:

(315) 815-4141

jamie@mcruralhealthcouncil.org



OUR MISSION

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



CONTACT US

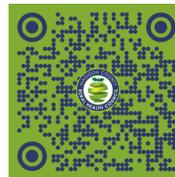
Madison County Rural Health Council
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PO Box 430

Cazenovia, NY 13035

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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 County and Neighboring Counties



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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: Trained, non-medical support for families during the first weeks after birth, helping with newborn care, postpartum recovery, and adjusting to life at home.

Birth and Postpartum doula 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:
(315) 313-4399
henry.s@mcruralhealthcouncil.org



TRANSPORTATION SERVICES

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

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

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



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

Looking to volunteer? Our volunteer drivers receive non-taxable mileage reimbursement, have flexible schedules and enjoy a rewarding experience helping others.

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

CARE COORDINATION

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

For more information:
Jennie: (315) 273-8728 / Sara: (680) 435-4114
jennie@mcruralhealthcouncil.org
sara@mcruralhealthcouncil.org

LOCAL INITIATIVES

Community Cares Cabinet: A community-driven initiative offering free access to non-perishable food items, hygiene products, and more in six locations in Madison and Chenango counties. Give what you can, take what you need.

Oral Health Partnership of Madison County: A collaborative effort with Madison County Public Health and local organizations to promote oral health through awareness, education and partnership with families. MCRHC provides Cavity Free Kids presentations to Pre-K-5th grade students in Madison County.



Monday Mile: Walk a mile for your health! Explore any of the 15 outdoor walking 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.

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