

From Idea to Institute: Making Mental Health Initiatives a Reality!

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The Institute for Rural Mental Health Initiatives (IRMHI) was fully approved by the Texas A&M University Board of Regents in November 2022. This unique institute exists to help educate leaders who will make a difference in the lives of rural populations in South Texas and beyond. The IRMHI also serves as a clearing house of research, funding, and academic resources designed to benefit rural citizens of Texas and other rural populations hoping to solve mental health issues. This presentation will discuss how and why the IRMHI was formed. Participants will also review the critical need for such an institute and the impact this type of entity within higher education can have on finding solutions to the lack of availability and accessibility of mental health resources for rural populations.