

Rural Forward, a program of MDC Inc., supports leaders and works collaboratively with the Kate B. Charitable Trust to provide program-wide guidance, identify opportunities for community collaboration, and develop technical assistance and support programs in 10 rural NC counties.

Services and Support

Rural Forward provides consulting services at no cost to communities. The team directly engages community partners in the Healthy Places NC network to provide the following services:

- Organizational/network strategic planning
- Leadership support and coaching
- Fund development coaching
- Resource management
- Strategy development
- Relationship brokering
- Facilitation and documentation
- Evaluation support
- Conflict management
- Training and skillsbuilding
- Policy support
- Disaster Recovery Support in NC



Beyond Local for Local

We also strive to bring resources and opportunities to our core rural NC communities. Regional, state, and national projects are better with local voice, community input, and direct methods for interaction.

Some current and past projects:

- *NC Inclusive Disaster Recovery Network*
- *Earned Income Tax Credit Uptake Research in Rural NC*
- *SECU Rural Intern Program*
- *Thrive Rural*
- *Employment Equity in Rural NC*

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Outcomes of Rural Forward NC's work include:

- Stronger local leadership and skills
- Stronger strategic plans
- Greater focus for community collaborations and partnerships
- More inclusive efforts in community initiatives
- Stronger evaluation measures
- Greater access to local, regional, statewide, and national resources

Key Issues We Help Rural Communities Address

- | | | |
|-------------------|-------------------|-------------------------------|
| Healthy Eating | Active Living | Access to Care |
| Behavioral Health | Disaster Recovery | Social Determinants of Health |



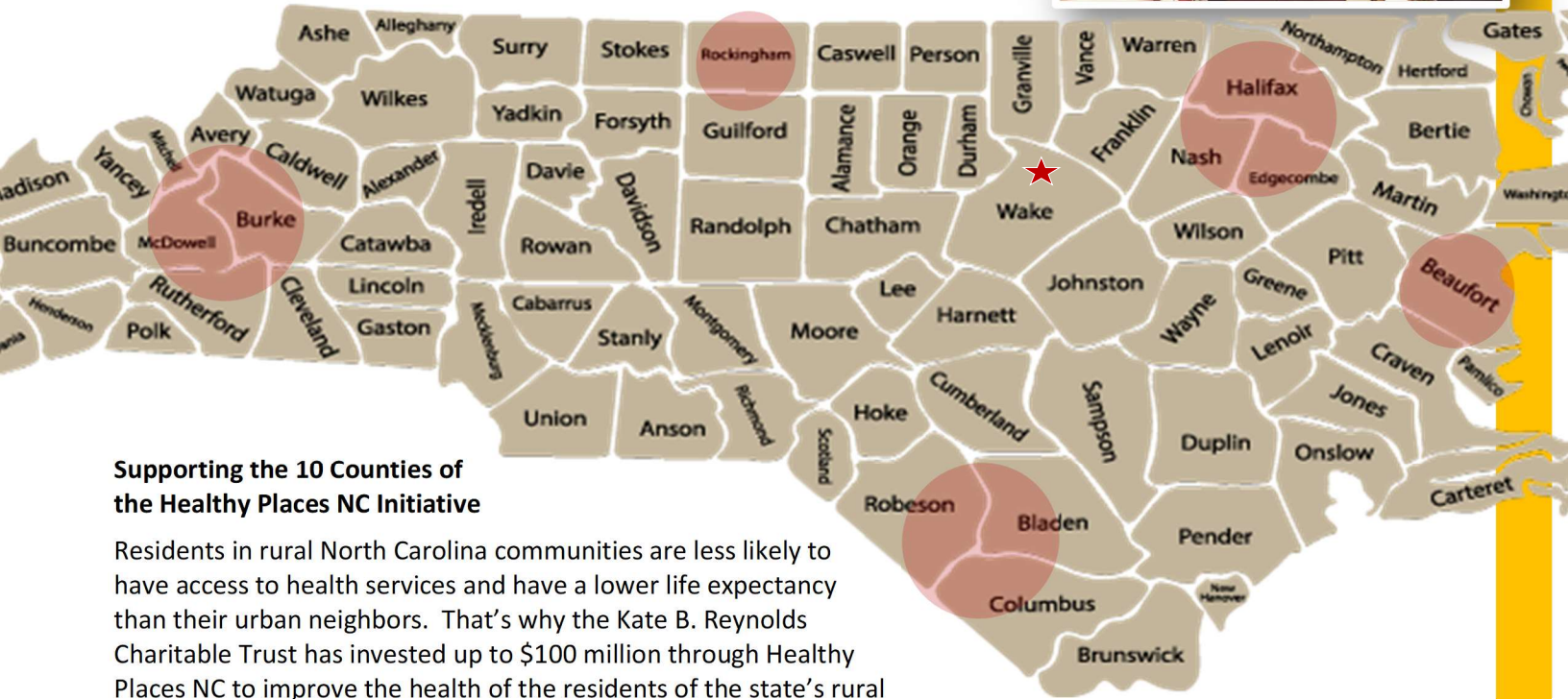


RURAL FORWARD

Identifying, Strengthening, and Connecting Leaders to Make NC's Rural Communities Healthier and Thriving



West Marion Community Forum, McDowell County



Supporting the 10 Counties of the Healthy Places NC Initiative

Residents in rural North Carolina communities are less likely to have access to health services and have a lower life expectancy than their urban neighbors. That's why the Kate B. Reynolds Charitable Trust has invested up to \$100 million through Healthy Places NC to improve the health of the residents of the state's rural counties. While each county is unique, Healthy Places NC's outcome-focused, community-driven process remains the same: *start by listening; build on assets; engage unlikely partners; and employ a county-by-county strategic approach to the work.*

Rural Forward, a program of MDC Inc. (<https://www.mdcinc.org>), was created in 2014 to support the nonprofit, clinical, and human service sectors within Healthy Places NC counties with the capacity building, strategic planning, coaching, facilitation, and resource development tools they need to

1. **Strengthen their skills as individual leaders to vision and manage effectively;**
2. **Build the capacity and sustainability of their organizations to fulfill their missions and improve their communities; and,**
3. **Network efforts within and beyond the county that promote the long-term health of rural NC.**

Rural Forward supports individual leaders, their organizations, and the county coalitions that are actively working to make their rural counties healthier and more thriving.

www.RuralForwardNC.org

HealthyPlacesNC
Counties:

Beaufort County
Bladen County

Burke County
Columbus County

Edgecombe County
Halifax County

McDowell County
Nash County

Robeson County
Rockingham County

