

NPHF Monthly Newsletter



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Each month the main picture will feature a different city in Nevada. If you have a scenic picture of your county please email, andrea@nphf.org

The Versatility of Working in the Rurals

Aimee Fitch is a LCSW and Clinical Social Worker 3 with Rural Clinics in Elko

Would you share about your background.

I was born and raised in Boulder City, NV and moved to Elko around 10 years ago. Living and working in both urban and rural areas of the state has shaped my perspective and deepened my commitment to providing mental health services to those living in rural and frontier Nevada.

I earned my BA in Psychology from Nevada State University and my Master of Social Work from the University of Southern California. I'm a licensed clinical social worker with over 10 years of experience in behavioral health. Most of my career has been in public service, working for the State of Nevada in various roles providing intensive in-home family therapy services, direct outpatient care, and working with adjudicated youth. I've also worked in hospital settings providing crisis intervention services and taken on program management roles.

How did you decide to become a LCSW?

I always knew I wanted to be in a helping profession. I was first inspired by my school counselor in elementary school and thought for a long time that I'd become a school counselor myself. Once I discovered the field of social work, I was sold. I loved how broad and impactful it was, the ability to work across different systems and populations really appealed to me. Becoming an LCSW felt like the best way to combine my passion for advocacy, mental health, and direct support. It's a career that's allowed me to make a difference in people's lives, especially in communities like the one I grew up in.

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Upcoming Webinars

Take Your Work/Life Balance to the Next Level

with Natalie Gautereaux
August 27th @ 11:00 -12:00pm

[Click to Register](#)

Opportunities and Challenges of Social Work in Rural Communities

with Tina Gerber-Winn
September 24th @ 1:30-2:30pm

[Click to Register](#)

Build Your Network - Meet other Scholarship Recipients

(only for Scholarship Recipients)
Nov. 5th @ 12:00-1:00pm

[Click to Register](#)

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Can you describe the people/populations you work with?

I've worked in various roles providing clinical services across the lifespan, but my passion has always centered around working with youth, families, and infant and early childhood mental health. I also have a strong interest in crisis intervention work. I find it meaningful to meet people in those intense, pivotal moments and help them feel grounded and supported. No matter who I'm working with, I always aim to meet people where they are, help them navigate challenges, and ensure they feel heard, respected, and never alone in the process.

What does a typical day look like for you?

I manage two crisis programs that serve individuals living in rural Nevada: *Children's Rural Mobile Crisis Response Team* and the *Immediate Adult Care Team*. A typical day involves a mix of administrative and clinical responsibilities. I respond to emails, coordinate with colleagues and community partners, and participate in statewide meetings. I also provide

clinical supervision and meet regularly with MSW and clinical interns to support their growth and development. In addition to program oversight, I'm often invited to present on mental health topics and engage in outreach efforts to increase awareness and support across rural communities. I truly couldn't ask for a better group to work with at DPBH Rural Clinics. The leadership, staff, and the crisis teams are just incredible. I'm just so grateful.

What are the benefits of working in a rural area?

Working in a rural area comes with a deep sense of purpose and connection. There's something very rewarding about being part of a close-knit community where relationships really matter and the work you do can have a lasting, visible impact. In rural settings, you often get to wear multiple hats and build strong partnerships across systems, which can be both challenging and deeply fulfilling. I've also found that rural work brings a real sense of creativity and collaboration. You find ways to get things done together, even with limited resources.

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Aimee Fitch and Michelle Sandoval of Rural Clinics



Congratulations Summer Graduates!

Benita Betterson-Davis - MSW, Grand Canyon University

George Hernandez - MSW, UNR



Quote of the Month

The key is not to prioritize what's on your schedule, but to schedule your priorities.

Stephen Covey

What are the challenges of working in a rural area?

One of the biggest challenges is access to care and resources, both for providers and for the individuals and families we serve. There are often limited services, long travel distances, and transportation barriers that can make it hard for people to get the support they need. Recruitment and retention of providers can also be difficult, which means rural teams often carry a lot with limited resources. Despite those challenges, the work is incredibly meaningful. You build strong relationships, get creative with problem-solving, and really see the impact of your efforts in the community!

How have these challenges strengthened your skills as a LCSW?

Working in a rural area has pushed me to grow in so many ways as a clinician and leader. I've had to become more resourceful, adaptable, and collaborative especially when services are limited or systems are stretched. It's strengthened my ability to think creatively, advocate effectively, and build strong community partnerships. These experiences have also deepened my empathy and reinforced the importance of meeting people where they are, both literally and emotionally. I've learned that even in the most challenging situations, showing up with compassion and consistency can make all the difference.

What advice would you give BSW/MSW thinking about becoming a LCSW?

My advice would be to embrace the journey with an open heart and mind. Becoming and LCSW is about more than just earning a license, it's about committing to lifelong learning, advocacy, and showing up fully for the people you serve. Take every opportunity to gain diverse experiences and build strong relationships with mentors and colleagues, they'll be invaluable as you navigate challenges and grow in this journey. Remember to care for yourself along the way; this work is deeply rewarding but can also be emotionally demanding. Staying true to what drives you will carry you through every challenge. You've got this and we need you!

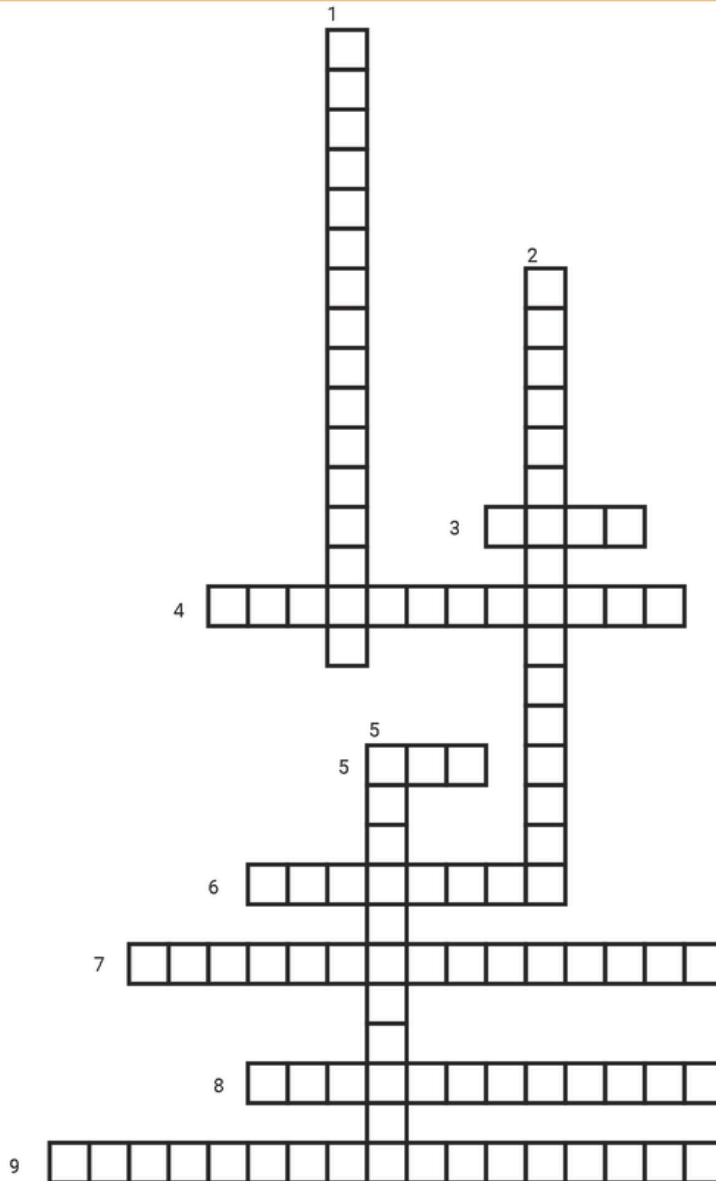
RESOURCE CORNER

BeHERENV has a great resource to explore different behavioral health educational pathways. You can also look at the different programs within the Nevada colleges and universities under "Browse by Institution".

beHERENV.org



Social Work Crossword Puzzle



Down

1. Someone who's legally required to report abuse or neglect.
2. Practice of self-reflection and knowledge of personal biases, and actively learning about others' own experiences, beliefs, and customs.
5. Helping clients gain control over their lives and environment through support and interventions.

Across

3. Organization est. in 1955.
4. Standards that guide the conduct of social workers.
5. Using research to inform clients on interventions that can work for them.
6. Defending the rights of people directly with interventions or empowerment.
7. Ethical and legal duty to protect private information, within legal limits.
8. Research-backed approach to address a client's/group's issues.
9. Term coined by Kimberlé Crenshaw that refers to overlapping identities and relation to oppression or one's experiences.

Email andrea@nphf.org for the answers