

A man wearing a white long-sleeved shirt, a brown cap, and sunglasses is standing in a vast field of golden wheat. He is looking down at the wheat stalks in his hands. The background shows a clear blue sky and a distant horizon with some trees and structures.

 **AgriSafe**  
Network  
Protecting the People Who Feed the World

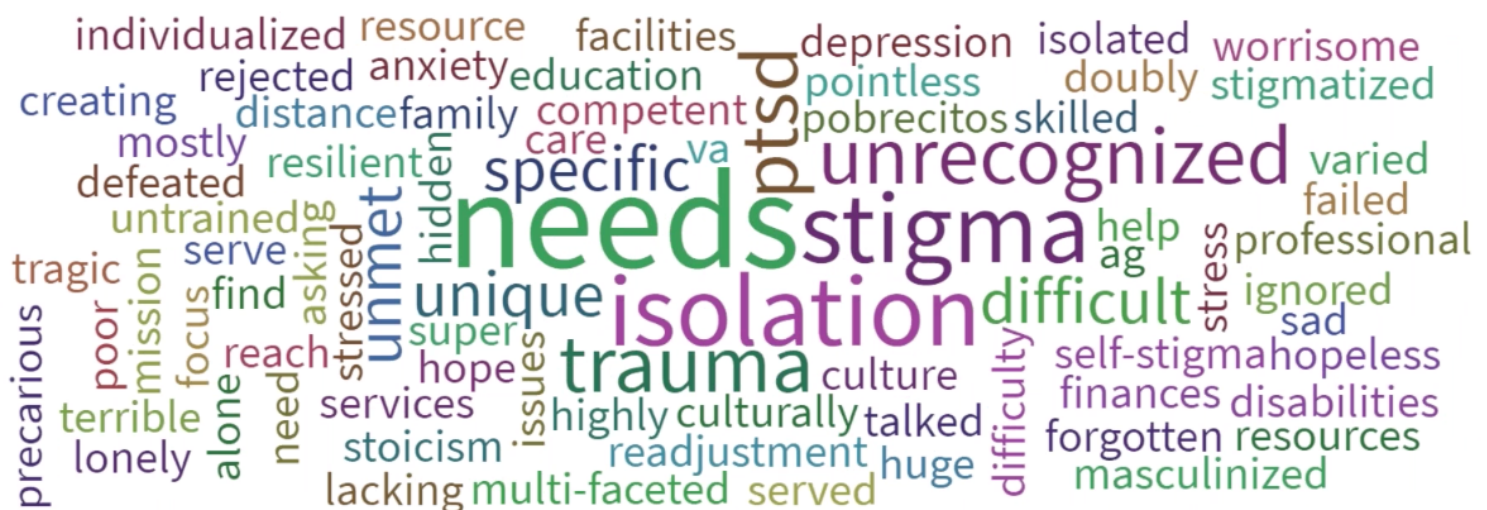
# Defining the Rural Health Care Professional Role in Assuring *Total Farmer Health*®

Healthy minds and bodies are an outcome of ***Total Farmer Health***® AgriSafe Network conducted a virtual Think Tank on the role that rural healthcare providers could play in assuring *Total Farmer Health*.

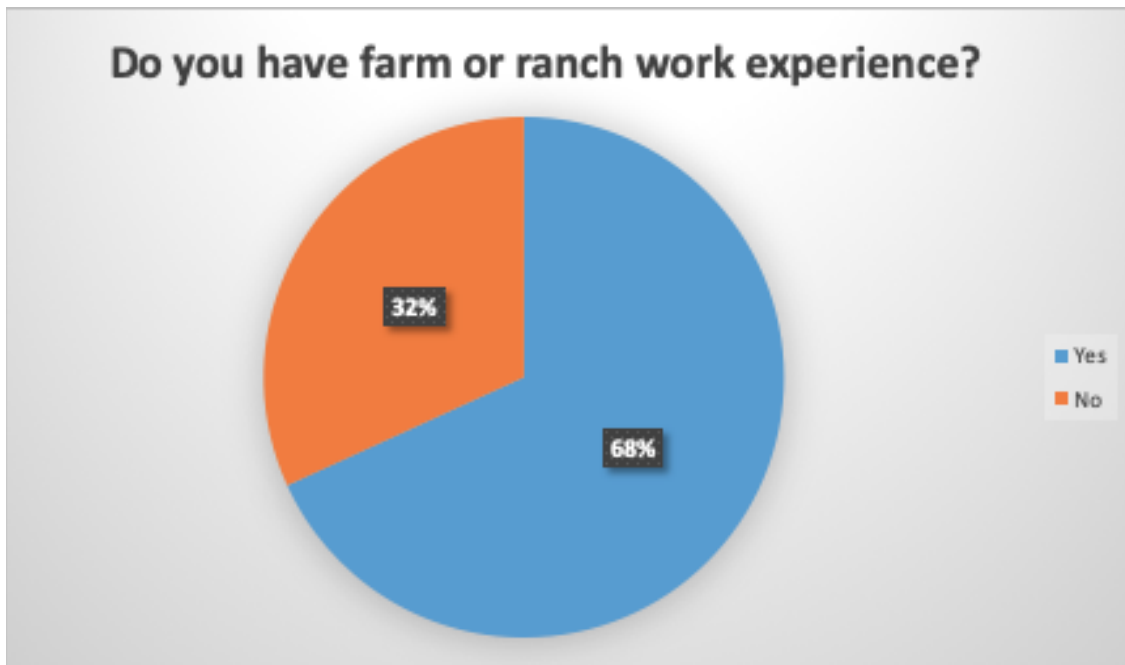
The presentation was marked by polling questions that gauged the attendees opinions and perspectives on what future trainings can be relevant to professional needs. These results and other resources can be found on the AgriSafe website.

## June 5, 2019 Virtual Think Tank Results

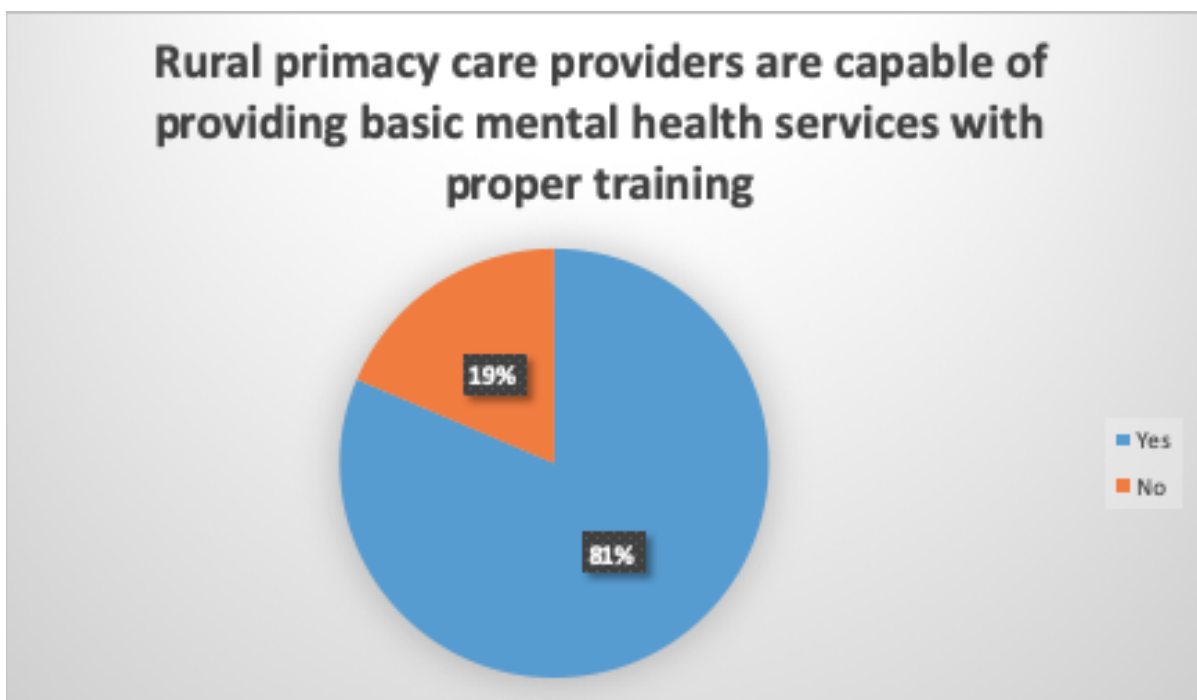
## What words come to mind when you think about the mental health of Veteran farmers/ranchers?



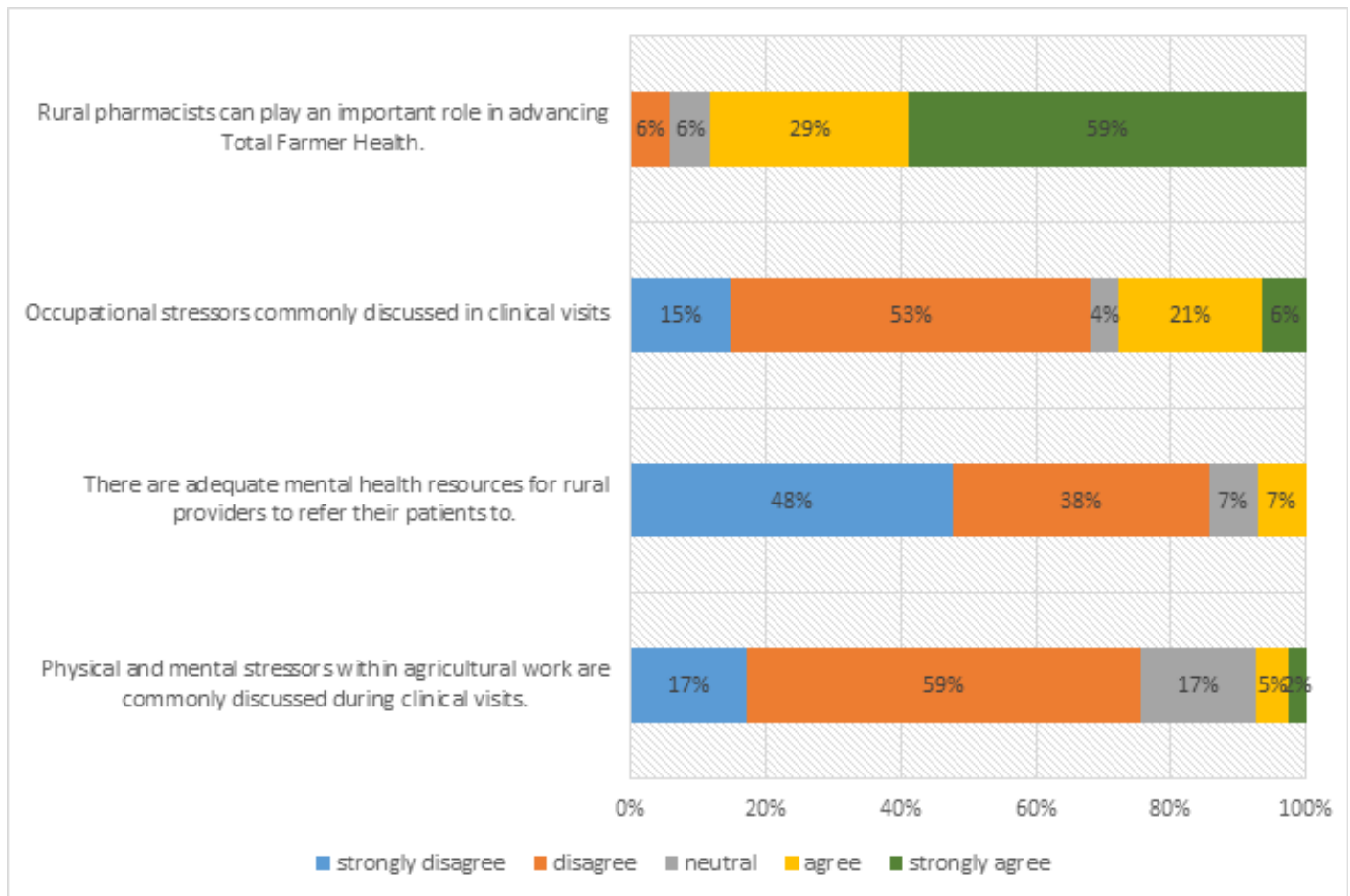
## Do you have farm or ranch work experience? Yes or No



## Rural primary care providers are capable of providing basic mental health services with proper training ? Yes or No



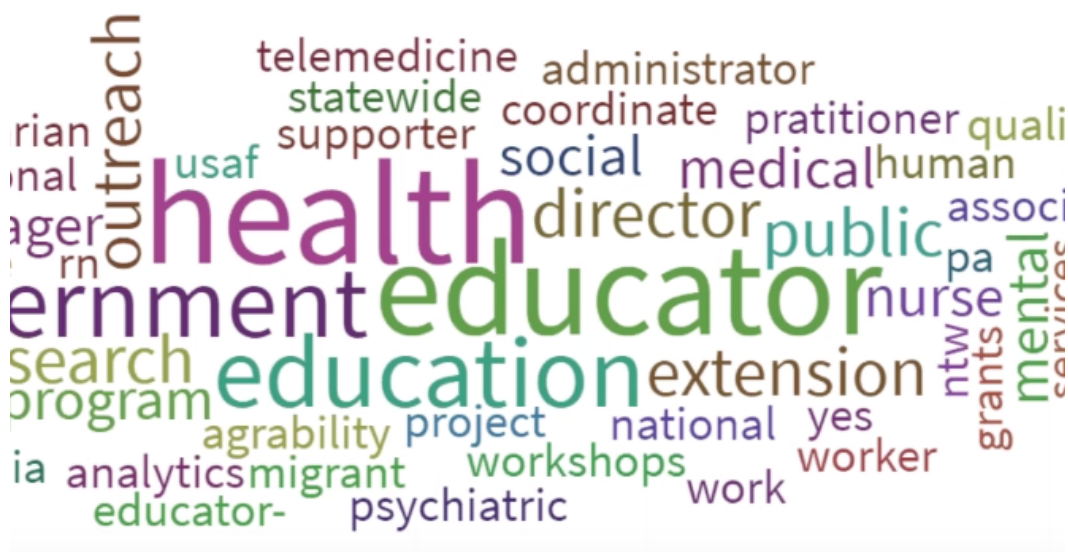
## The following questions were measured using the Likert Scale.



### Answer choices:

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

**Please indicate your primary job (expertise) related to Ag Safety and Health.**



## Text the top challenges for staying mentally healthy

## "Accepting help"

## "Access to LGBTQ"

## "Access to support"

## "Accident"

## "Awareness"

## "Depression"

"Expense"

## "Financial issues"

## "Isolation"

## "Judgment"

"Lack of communication"

"My boss"

"Physical health"

"Poor self-care"

"Pride"

## "Relationships"

"Remaining optimistic"

## "Scheduling"

## "Setting boundaries"

"Stigma, price of care"

## "Stress"

"Student debt"

## "Technology"

## "Time"

## "Unemployment"

## "Work culture"

"Work in a 'silo' "

"Work-life balance"

## "Workload"

## What future trainings/webinars would you be interested in regarding improving the mental health of farmers and ranchers?

### Mental Health First Aid was the most commonly requested topic!

- Access to resources for farmers
- Addressing farmer identity and the lifestyle mentality - ag-specific approaches to treatment
- Addressing the rules of HPSA. Helping free clinics access 304B drug support
- Advocating state legislators need for adequate funding
- As persons who work with farmers on the farm, what are good techniques to discuss the total health?
- Better Outreach Mechanics to Farm workers
- Causes and treatment of trauma
- Tele-mental-health expansion and access
- Citizen scientists helping with research (data gathering)
- Common mental health disorders
- Community collaborators
- Community-based intervention or treatment
- Coping with mental health in farm life
- Counseling services
- Creating ag specific resources
- Creating connections to ag stakeholders
- Current status of mental health resources in rural communities
- Dealing with stress and signs of mental health issues
- Dealing with stress in healthy ways.
- De-escalation
- Depression screening techniques
- Depression treatment-initial
- Developing support systems
- Disability and mental health
- Effective settings for mental health services
- Equipping Public Health personnel in finding Mental Health Gaps among Farm Workers
- Financial wellness
- Firearm risks
- FQHC farm worker - mental health training
- Funding to start mental health program dedicated to farming community - state/local/foundations
- Future trainings: more specific MH assessments
- Gatekeeper training for people who encounter farmers
- Helping gold star families
- Housecalls
- How do you get farmers to show up for care/get their buy-in
- How to access FQHC behavioral health services for uninsured and underinsured folks.
- How to address the concept of stigma that "everyone will find out I have a problem"
- How to implement screenings within a FQHC for farmers
- How to influence elected officials to pay attention to this issue.
- How to reach out to farmers
- I would like the power point
- Best practice to help farmers identifying depression



## Continued Results:

### What future trainings/webinars would you be interested in regarding improving the mental health of farmers and ranchers?

- Identifying signs and symptoms
- If not farming - what are my options
- Impact of parental stress on children
- Improving the ability for people to receive healthcare and mental health services
- Integrated mental health
- Interactive work groups "self help" in the community
- Internships for concerned urban professional
- Lethal means restriction
- Mental health coverage
- Mental health first aid
- Mental health information marketing
- Mental health services offered through FQHCS
- Multiple assessment/screening tools
- Outreach, engaging them in MH treatment, and reducing stigma about MH treatment
- Peer support, psychological first aid, and suicide awareness training
- Pharmaceutical community health - mental health training /screeners
- Promotion of farmer/rancher support groups
- QPR training, town hall training
- Quarterly MH outreach specific to farmers and ranchers
- Recognizing the signs and symptoms of depression
- Reducing embarrassment and stigma
- Reducing stigma
- Reducing the stigma.
- Reimbursement for Critical Access Hospitals and Rural Health Clinics for mental health services
- Resources available for people to use at home
- Resources for adolescents in farm life
- Resources for community members (i.e. Lenders, salespeople, etc)
- Resources for gaps in care for those in rural areas
- Resources to provide nursing students on addressing behavioral health issues in rural/ag areas
- Rural veterans
- Screening techniques, best practices in getting ag workers to seek bh services
- Self help
- Starting a suicide prevention coalition
- Succession planning and estate planning for small farms
- Talking to teenagers
- Telehealth
- Telemedicine as a resource for farmers
- Tips for improving family communication.
- Train the trainer
- Trauma-informed Care
- Understanding training Gaps in Health Professionals
- Understanding what is happening with farm economy
- Veterans returning to farm/rural life
- Virtual offerings
- Vulnerable populations
- Ways to get the information and resources out to the farming community

## What are some short-term action steps you hope to take in your work to improve Total Farmer Health?

- Advocate
- Ask about work stress
- Be present and listen
- Changing dialogue
- Collaborate with Agromedicine to provide training
- Community awareness projects /programs
- Continue educating my students and community members, reach out to offer trainings and clinical and tele
- Continue to support and expand ASTHO's President's Challenge to improve and support community resilience
- Creating a list of resources/counselors
- Develop a holistic and inclusive rural program for physician assistant students
- Educate
- Educate about available resources
- Education
- Education and statistics
- Education for farmers
- Empowering farmers to help each other
- Examine national data to provide statistics
- Find grant funding to support programs
- Gathering more resources
- Grass roots suicide prevention coalition
- Have the conversation about mental health
- I would like to explore the development of group work in my rural community
- Improving needs assessments
- Increase clinic time for mental health
- Inform stakeholders about research and issues
- Integrating
- Intervene
- Introduction of LCSW to our local farmers
- Learn
- Learn
- Learn as much as possible!!!!
- Learning more
- Learning new techniques for assessment
- Legislation to address mental health parity with urban settings
- Listen
- Make treatment on-site
- Normalization
- Offer mental health first aid to extension employees
- Patient-centered care process
- Paying attention for signs and symptoms
- Promoting new resource possibilities
- Providing more MH services
- Raise awareness
- Raise awareness/advocate
- Raise up to behavioral health leaders
- Re-educate Health Professionals
- Reach out
- Reach out to farmers
- Reduce stigma
- Relate
- Remote treatment via phone/ipad/computer
- Research
- Some of these responses are corny as hell
- Speak up, acknowledge the issue
- Support
- To be part of this conversation. To be part of the solution!

## Name organizations or groups you believe can be a valuable resource for farmers and ranchers?

- 4-H
- American Association of Retired Persons
- **AgrAbility**
- Area Health Education Centers
- Association Of State & Territorial Health Officials (ASTHO)
- Churches
- Community Transportation Assoc. Of America
- Continuing Education and Research Resources
- Critical Access Hospitals
- Dept Of Agriculture, Trade,....
- Disabled Vets
- Do More Ag Foundation
- Easter Seals
- **Extension System**
- Faith Community
- **Farm Bureau**
- Farm Cooperatives
- FarmAid
- Farmers Union
- Federal Office Of Rural Health Policy (FORHP)
- Federally Qualified Health Care Centers
- Federally Qualified Health Center
- Food Bank
- Friends of Family Farmers, NPO Out Of Salem Oregon
- Friends of Family Farmers, NPO Out Of Salem Oregon
- Human Services
- Lake Superior Community Health Center
- Local Community Health Centers
- Mental Health Counselor Association
- Migrant Clinician Network
- **Migrant Education**
- Migrant Health Programs
- Migrant Legal Services
- Mike Rosmann
- Military/Police Chaplains
- Minnesota Psychological Association Rural Mental Health Con
- National Alliance on Mental Illness
- National Center for Agricultural Worker Health
- National Community Health Center Association
- National Future Farmers of America
- National Organization of State Offices Of Rural Health
- National Rural Health Association
- National Rural Health Association (NRHA)
- New Haven Health Solution - Fresno
- Project ECHO
- Rogue Valley Food Systems Network, out of southern Oregon
- Rural Health Clinics
- Rural Information Hub
- Rural Pastors and Local Veterinarians
- SC Agricultural Worker Health Program
- Southwest Center For Agricultural Health
- Substance Abuse and Mental Health Services Administration
- Support Groups
- Ultragroup IOP
- United States Agency For International Development (USAID)
- Universal Health Network
- Universities Located In Rural Areas. Schools Of Public Health
- University Extension Office
- Upper Midwest Agricultural Safety and Health (UMASH)
- United States Department Of Agriculture
- USA Mental Health First Aid
- Valley Health Team - Fresno
- Veteran Affairs Systems
- Veterans Affairs Offices
- Veterinarians Associations



## ***AgriSafe Think Tank Polling Questions***

1. What words come to mind when you think about the mental health of Veteran farmers/ranchers?
2. Do you have farm or ranch work experience?
3. Rural primary care providers are capable of providing basic mental health services with proper training.
4. Physical and mental stressors within agricultural work are commonly discussed during clinical visits.
5. Are there adequate mental health resources for rural providers to refer their patients to?
6. Are occupational stressors commonly discussed in clinical visits?
7. Rural pharmacists can play an important role in advancing Total Farmer Health.
8. *Please indicate your primary job (expertise) related to Ag Safety and Health*
9. Text the top challenges for staying mentally healthy
10. What future trainings/webinars would you be interested in regarding improving the mental health of farmers and ranchers?
11. What are some short-term action steps you hope to take in your work to improve Total Farmer Health?
12. Name organizations or groups you believe can be a valuable resource for farmers and ranchers?

## AgriSafe Next Steps

AgriSafe Network will continue to refine the results and suggestions gathered from the Think Tank to develop a series of webinars and resources to aid farmers in maintaining their mental health. The first phase will consist of trainings aimed at assisting the rural clinician in the integration of mental health services within the primary care setting.

The second phase will include trainings for "influencers" and community members who can provide support for those suffering from a mental illness.

Finally, AgriSafe will develop innovative social marketing techniques to aid in the reduction of stigma surrounding poor mental health.

## AgriSafe Resources on Mental Health



AgriSafe Think Tank  
Defining the Rural Health Care Professional Role In Assuring  
Total Farmer Health

June 5, 2019  
12:00 CST

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Psychology  
University of Nebraska at Kearney

CHS  
FARM CREDIT

AgriSafe Assuring Total Farmer Health Think Tank



MENTAL HEALTH AND THE IMPACT ON WELLNESS  
From Farmer to Healthcare

Many of the factors that affect agricultural production are largely beyond the control of the individual. Good health, including mental health, is a key factor that contributes to one's ability to keep farming.

Young farmers of this generation face mental health challenges, including burnout and anxiety. Significant and timely research associated with mental health issues is key to help many people do not seek out or public mental health services.

**SYMPTOMS OF POOR MENTAL HEALTH**

- Depression and loss of interest in activities
- Irritability and anger
- Loss of sleep or changes in sleep patterns
- Loss of appetite or changes in eating habits
- Loss of energy
- Difficulty concentrating
- Thoughts of death or suicide
- Substance misuse
- Continued absence from work or school

**EXPERIENCING ANY OF THESE SYMPTOMS?**

Take the Two Question Self-Assessment Tool:

1. During the past two weeks, have you often been bothered by feeling down, depressed, or hopeless?
2. Yes ( ) No ( )
3. During the past two weeks, have you often been bothered by little interest or pleasure in doing things?
4. Yes ( ) No ( )

If you have a positive response to either of these questions, consider talking to your health care provider about further assessment. You can also access self-assessment tools by visiting:

<http://www.mentalhealthamerica.net/mental-health-screening-tools>

**WHEN YOU TALK TO YOUR HEALTH CARE PROVIDER:**

- Do not be shy, ask about potential signs of stress, anxiety, or depression.
- Speak openly about stressful issues in your work and home life.
- Be honest with your family medical history, including any depression or other contributing biological issues.
- Let your provider know if you have ever had medication or pills.
- Be aware of medical risks and avoid alcohol.
- Discuss about a referral to a mental health specialist.
- Remember that your insurance coverage may not pay for the full cost of mental health care.

Get help today for the treatment of mental health care.

Mental Wellness Resource

**The Think Tank was Recorded. Access the Recording by Visiting:**



Generous support provided by

