



USDA Mental Health Awareness Month Workshop Series

Co-hosted with the American Farm Bureau Federation[®]

Farm Stress and Suicide Prevention: Data, Challenges, and Opportunities

Join us for a conversation focused on data, challenges and opportunities related to farm stress and suicide prevention with insights from experts about resources and emergent needs

Tuesday 5/9 | 2:00 -3:30 PM EDT

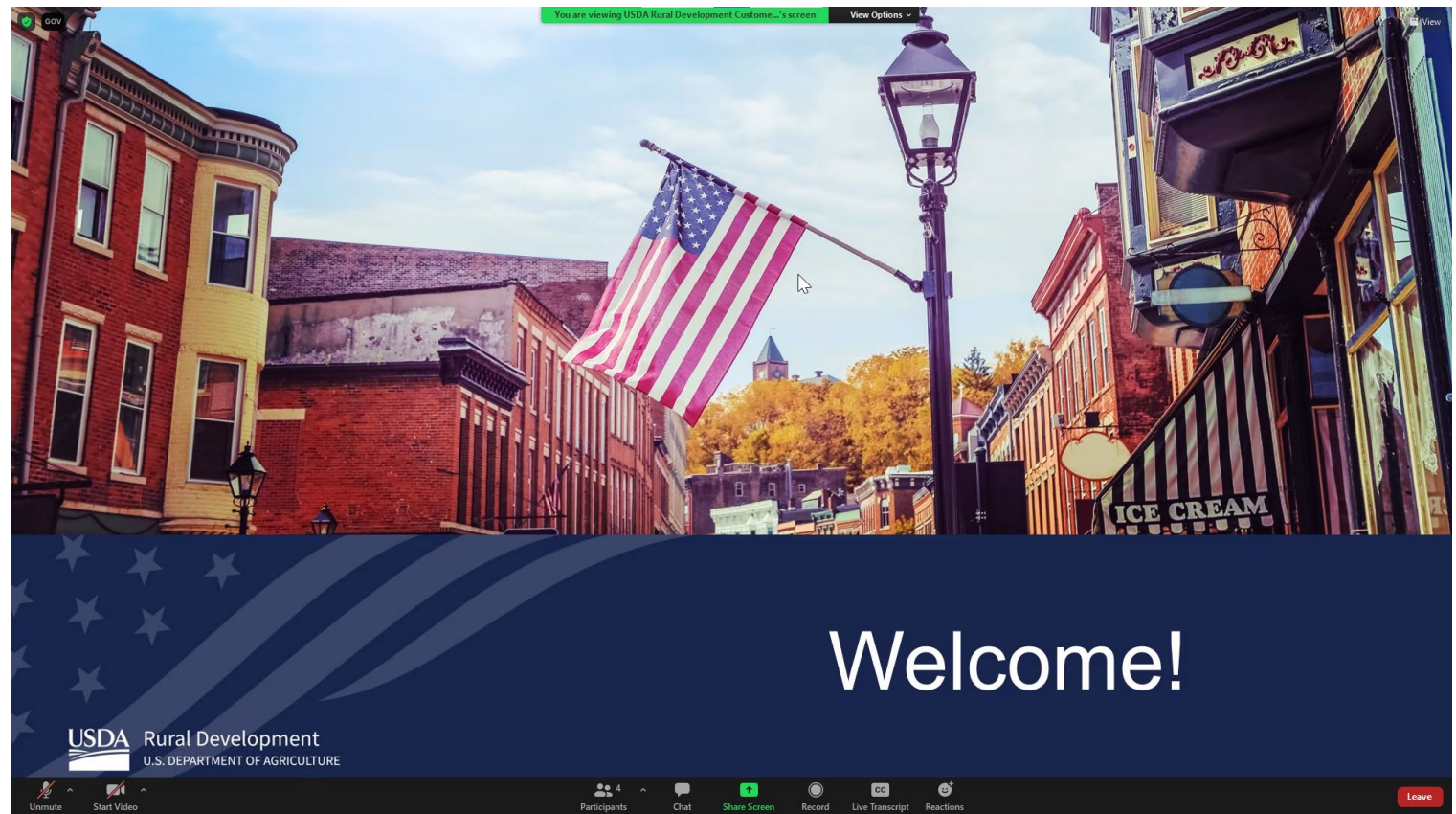


Agenda

| | |
|---|---|
| Opening Remarks | <ul style="list-style-type: none">• Kellie Kubena, USDA Rural Health Liaison• Samantha Joseph, Director, USDA Center for Faith-Based & Neighborhood Partnerships• R. Brent Elrod, Science Programs Analysis Officer & Agency Scientific & Research Integrity Officer, National Institute of Food and Agriculture |
| USDA Rural Development | <ul style="list-style-type: none">• Cristina Miller, Research Economist |
| American Farm Bureau Federation® | <ul style="list-style-type: none">• Jessica Cabrera, Managing Director, Member Engagement |
| Farm Aid | <ul style="list-style-type: none">• Caitlin Arnold Stephano, Hotline Program Manager |
| National Association of State Departments of Agriculture | <ul style="list-style-type: none">• Josie Montoney-Crawford, Manager, Public Policy |
| Discussion | <ul style="list-style-type: none">• Moderated by Kellie Kubena, USDA Rural Health Liaison |
| Closing Remarks | <ul style="list-style-type: none">• Kellie Kubena, USDA Rural Health Liaison |

Housekeeping

- 1 Unmute***
Attendees are in listen only mode
- 2 Start Video***
Not available to attendees for this session
- 3 Participants**
A list of attendees in the session
- 4 Chat***
Attendees may chat with hosts only
- 5 Share Screen***
Not available to attendees for this session
- 6 Record**
We are recording today's session
- 7 Live Transcript**
Click to view auto-generated captions
- 8 Reactions**
Non-verbal reactions for presenters
- 9 Leave**
Leave the session



- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

**These functions may be enabled by the host, if necessary*



Samantha Joseph, Director, USDA Center for Faith-Based and Neighborhood Partnerships



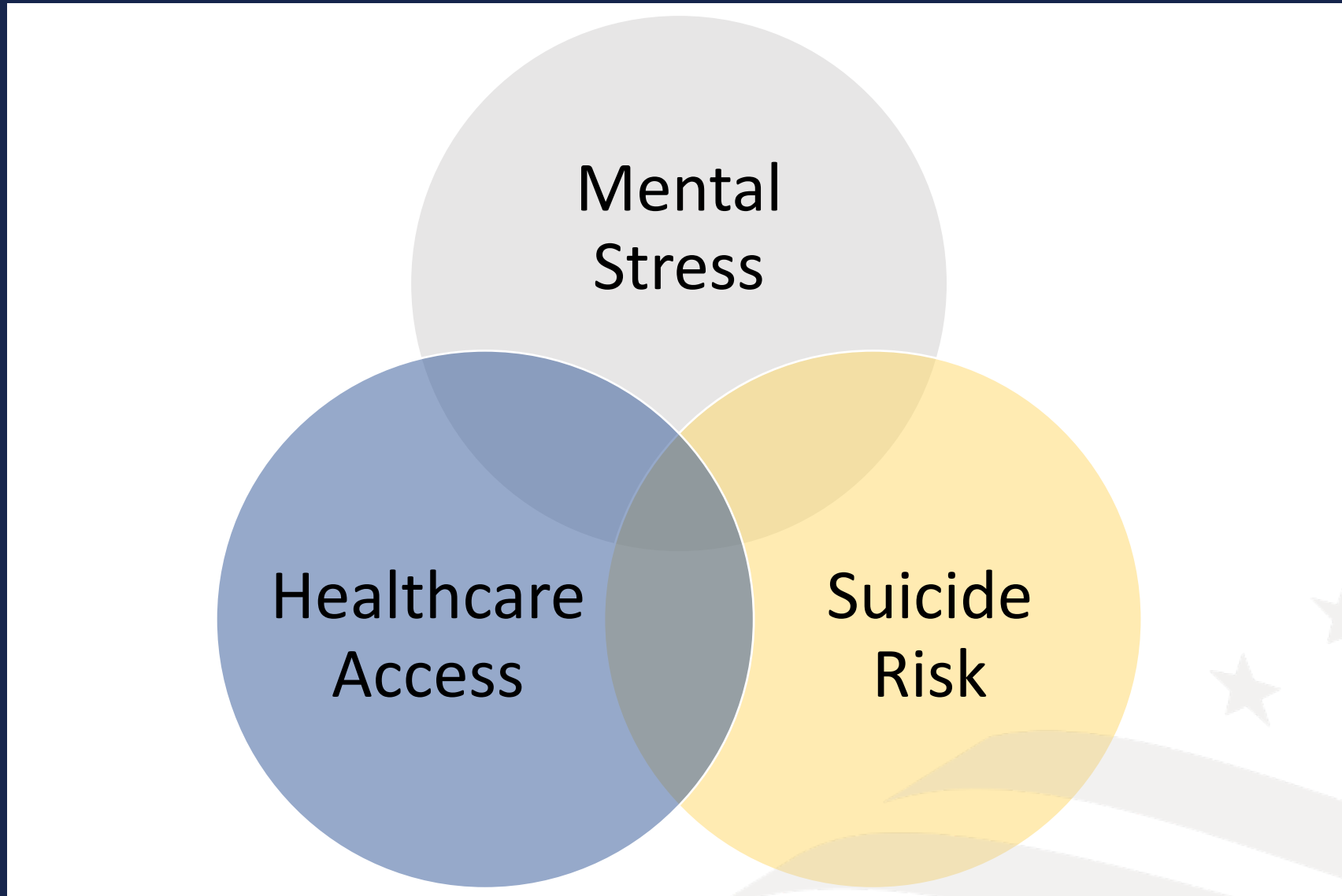
R. Brent Elrod,
NIFA Science Programs Analysis Officer
Agency Scientific and Research Integrity Officer



Farm and Ranch Stress and Suicide: Setting the Stage

Cristina Miller, PhD

Areas of Concern



Challenges

Mental Stress

Understanding Linkages

- ❖ Financial issues
- ❖ Extreme weather
- ❖ Family dynamics
- ❖ Farm operation/household
- ❖ Physical health issues

Healthcare Access

Understanding Barriers

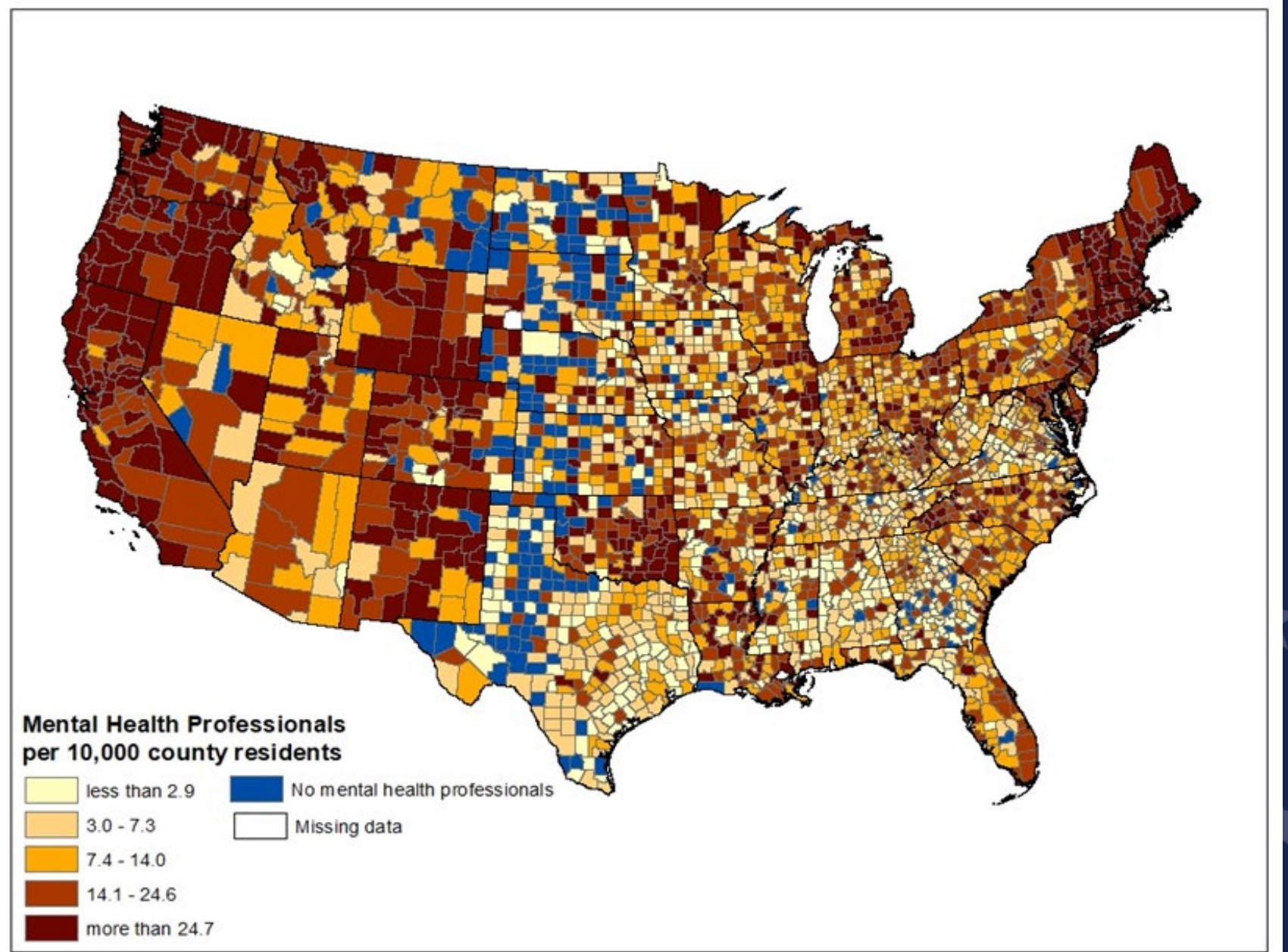
- ❖ Health Insurance coverage
- ❖ Cost burden of healthcare
- ❖ Distance to care
- ❖ Access to broadband
- ❖ Mental health stigma
- ❖ Access to culturally competent healthcare

Suicide Risk

Understanding Contributing Factors

- ❖ Demographics
- ❖ Physical health problems
- ❖ Financial issues
- ❖ Job problems
- ❖ Family/relationship issues

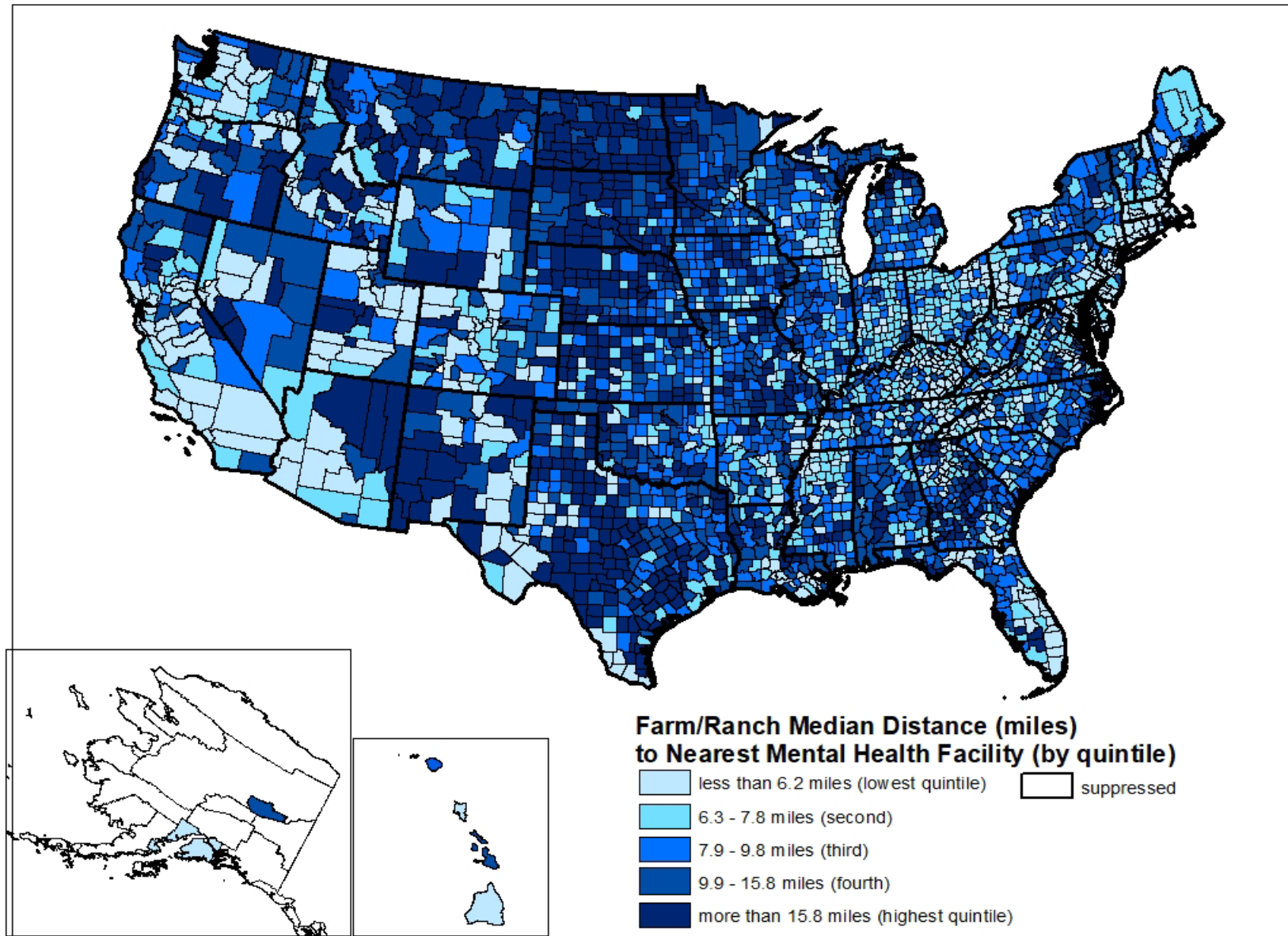
Number of Mental Health Professionals per 10,000 County Residents



Note: Mental health providers are defined as psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, and mental health providers that treat alcohol and other drug abuse, as well as advanced practice nurses specializing in mental health care. According to RWJF, the data come from the National Provider Identification data file, which has some limitations. Some mental health professionals included in this list may no longer be practicing or accepting new patients or not participating in health plans (for example: not accepting insurance). This may result in an overestimate of active mental health professionals in some communities. In addition, Mental Health Providers may be registered with an address in one county, while practicing in another county.

Source: Robert Wood Johnson Foundation County Health Data files, 2020

County Median Distance from Farm or Ranch to Mental Health Facilities



Note: The locations of mental health facilities come from SAMHSA National Mental Health Services Survey (N MHSS). Mental health facilities are defined as: public and private psychiatric hospitals, nonfederal general hospitals with separate psychiatric units, U.S. Department of Veterans Affairs medical centers, residential treatment centers for children and adults, community mental health centers, outpatient, day treatment, or partial hospitalization mental health facilities, multi setting (non hospital) mental health facilities. Distances from farms and ranches to the nearest mental health facility were aggregated by the county where their production occurs. The nearest facility could be across county boundaries or state borders. The distances presented are the median distance to control for outliers that could be caused by farm production occurring in one state and their place of residence in another. There are 3,079 counties with distance data. County medians are suppressed if there are fewer than 5 farms in the county. The map shows the results in quintiles, which equally distribute 20 percent of the counties in each quintile. Distance measures were calculated using Euclidean distance (or as the crow flies), so it may be an underestimate of the actual distance since it doesn't account for travel speed, road networks, dirt roads, bridges over rivers, or mountains.

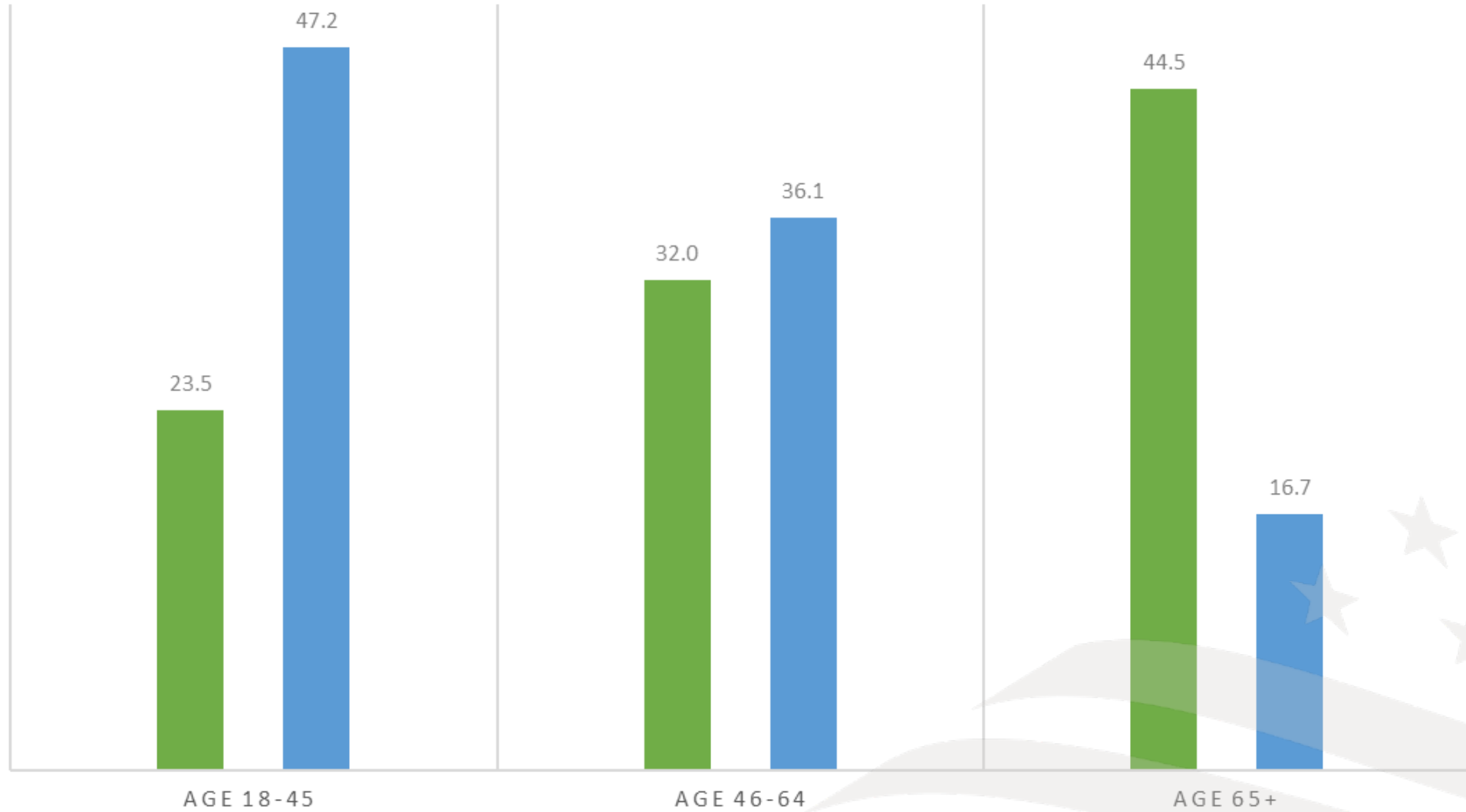
Source: USDA NASS distance calculations using 2017 Census of Agriculture Mail List, 2020 CMS Provider of Service files, 2021 SAMHSA Behavioral Health Locator data derived from N MHSS.

Farmer and Rancher Suicide

Miller, C. D., & Rudolphi, J. M. (2022). Characteristics of suicide among farmers and ranchers: Using the CDC NVDRS 2003–2018. *American journal of industrial medicine*, 65(8), 675-689.

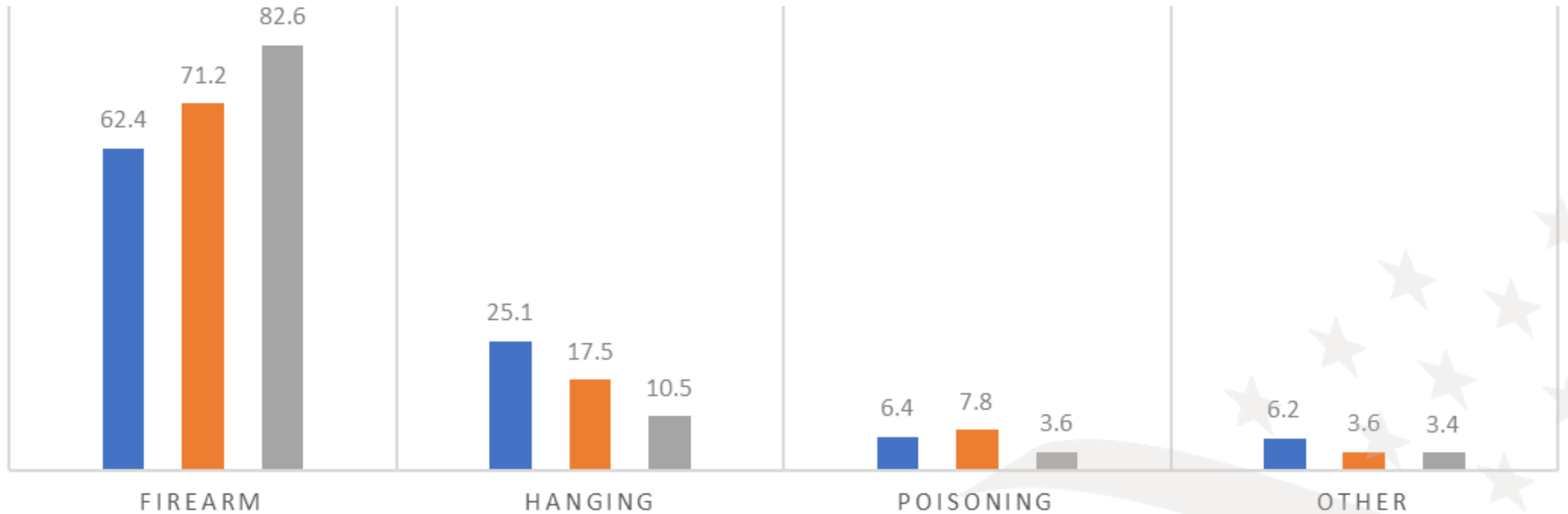
SUICIDE BY AGE GROUP (%)

■ Farmer ■ Non-Farmer



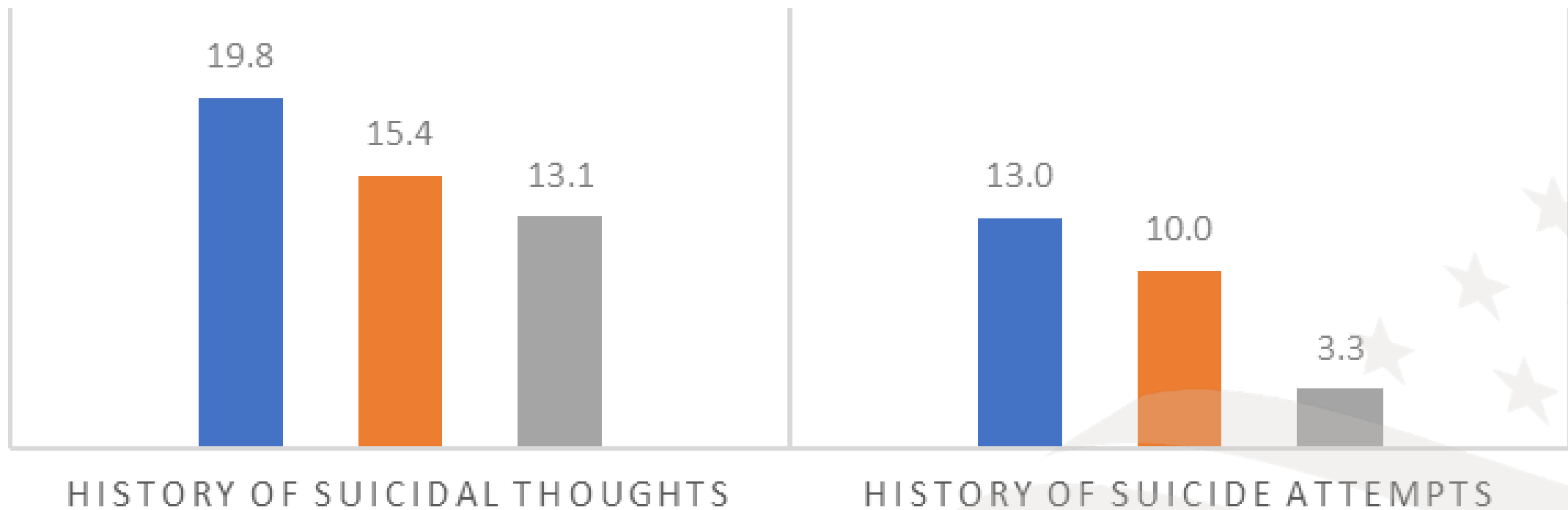
MECHANISM BY AGE GROUP (FARMER/RANCHER DECEDENTS, %)

■ Age 18-45 ■ Age 46-64 ■ Age 65 and over



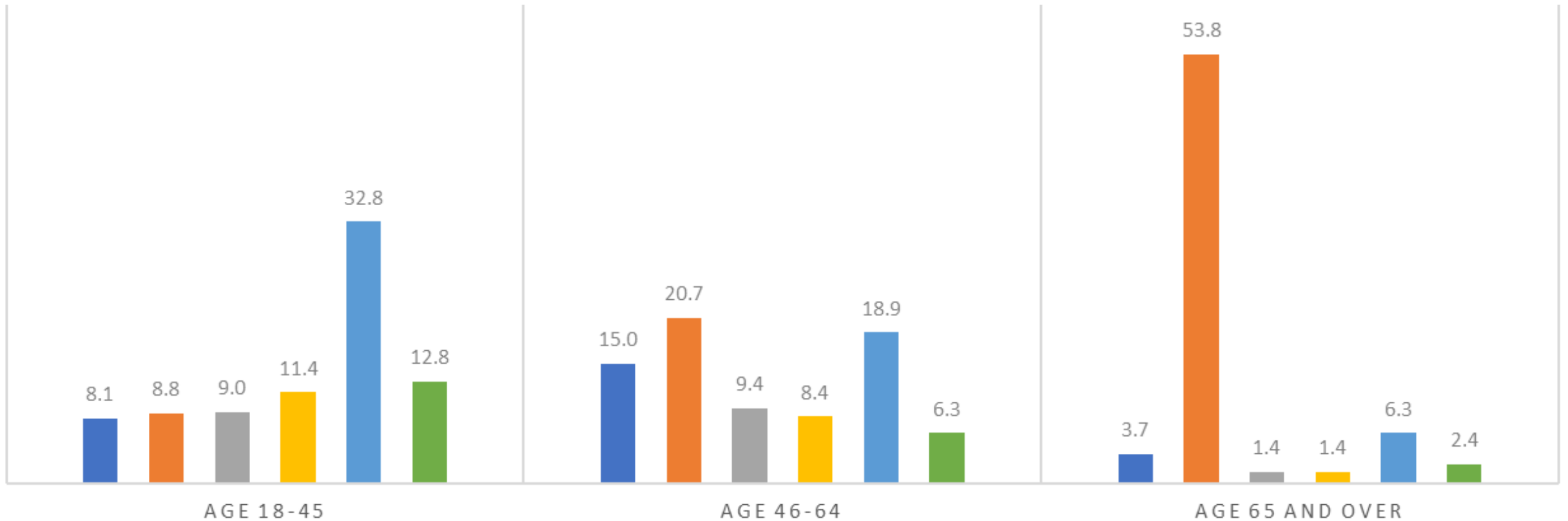
HISTORY OF SUICIDAL THOUGHTS OR ATTEMPTS (FARMER/RANCHER DECEDENTS, %)

■ Age 18-45 ■ Age 46-64 ■ Age 65 and over




LIFE STRESSORS AND INTERPERSONAL ISSUES (FARMER/RANCHER DECEDENTS, %)

- Financial Problems
- Physical Health Problems
- Job Problems
- Recent Criminal Legal Problems
- Intimate Partner Problems
- Argument or Conflict



Jessica Cabrera
Managing Director, Member Engagement
American Farm Bureau Federation®

A photograph of three people walking away from the camera in a field at sunset. The scene is bathed in warm, golden light. The person on the left is wearing a dark vest over a plaid shirt and dark pants. The person in the middle is wearing a light-colored vest over a plaid shirt and jeans. The person on the right is wearing a camouflage jacket and jeans. They are walking on a dirt path or field. In the background, there is a line of trees and a bright sun setting on the horizon.

Stronger Together

#FarmStateOfMind



farmstateofmind.org

Farm State of Mind Campaign Objectives

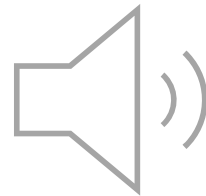
To increase awareness and reduce stigma regarding mental health challenges for farmers and ranchers.

To increase access to information, resources and training for farm and ranch communities across the United States.

Organized Effort



Farm State of Mind
Working Group



Farm State of Mind
Sounding Board



Farm Bureau Mental
Health Advocate Network

Farm State of Mind Resources

National Resource Directory

Rural Resilience Training

Research

Educational Information

Coping with Stress & Anxiety

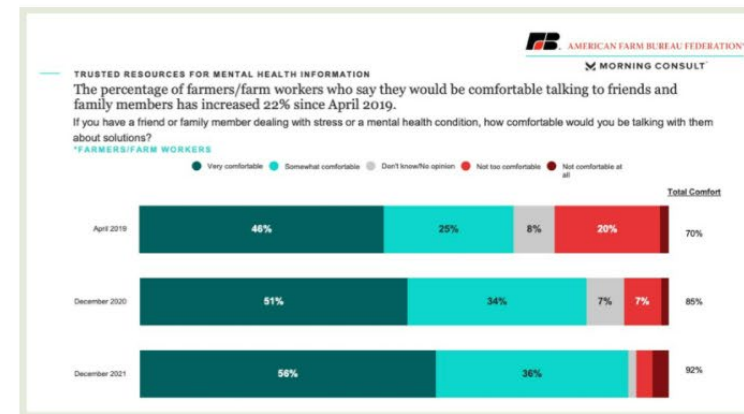
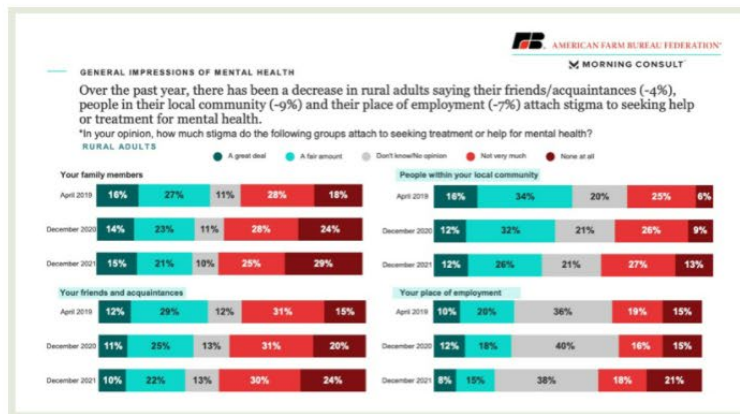
20





National Poll Shows Encouraging Signs of Reduced Stigma Around Farmer Mental Health

Farmers and people in rural areas are more comfortable talking about stress and mental health challenges with others, and stigma around seeking help or treatment has decreased in rural and farm communities, but it is still a factor. These were some of the findings of a new American Farm Bureau Federation [research poll](#) conducted by Morning Consult among a national sample of 2,000 rural adults. The poll results were compared with previous surveys AFBF conducted in 2019 and 2020 on the [impacts of the rural economy](#) and the [impacts of the COVID-19](#) pandemic on farmer mental health.





Opioid Abuse among Rural Adults



AMERICAN FARM BUREAU FEDERATION®

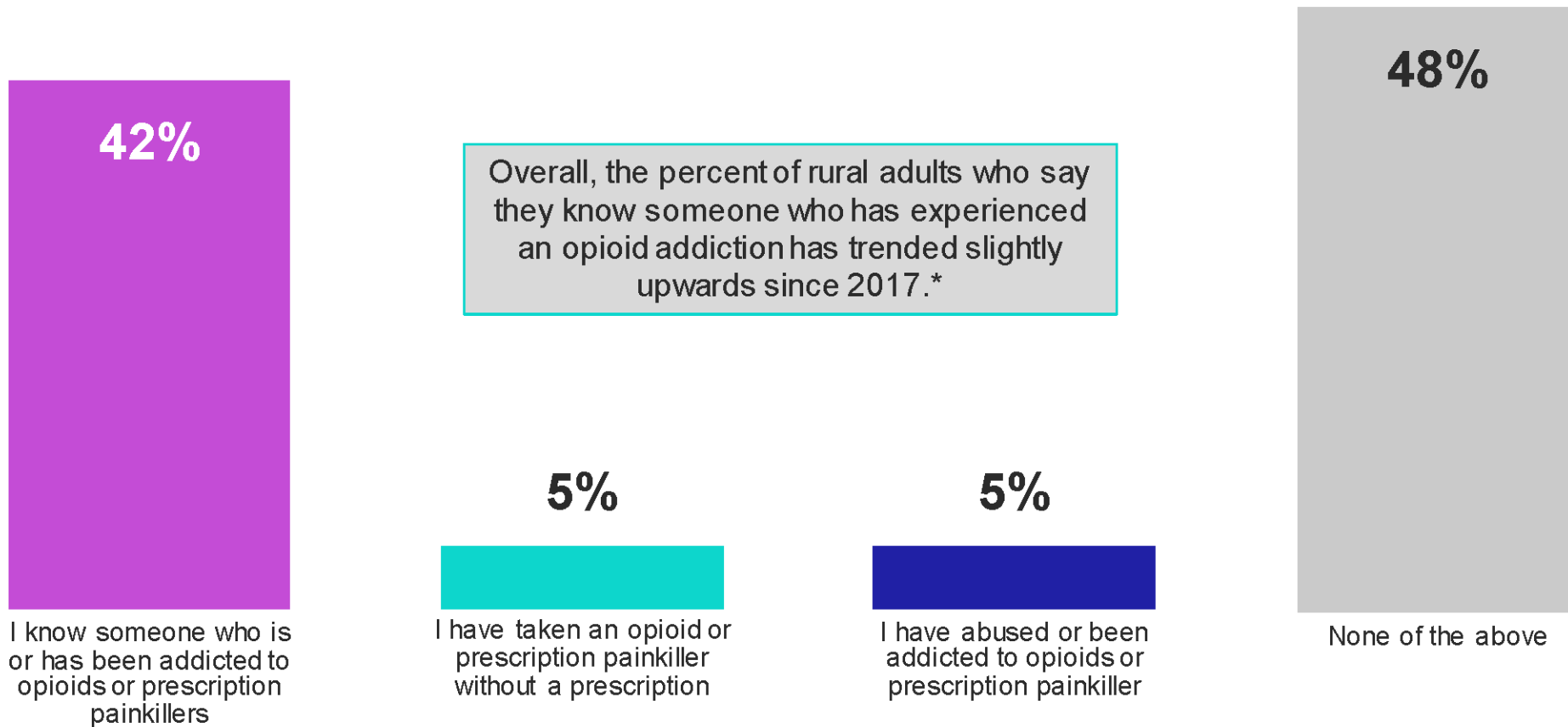
October 2022

 MORNING CONSULT

PROXIMITY TO OPIOID ABUSE

Two-in-five (42%) rural adults say they know someone who is or has been addicted to opioids or prescription painkillers.

Which of the following best applies to you?



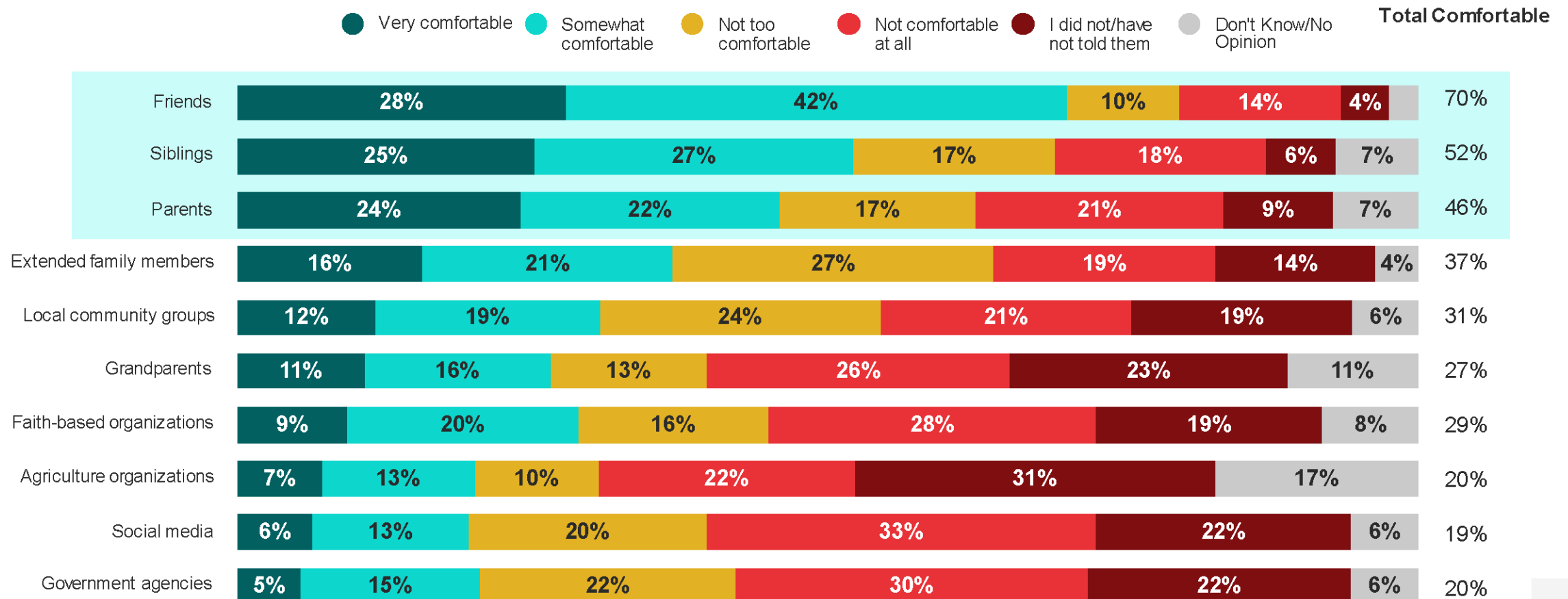
*In 2017, rural adults were also given the response option "I have a family member who is or has been addicted to opioids or prescription painkillers." This response option was eliminated in 2022.

PROXIMITY TO OPIOID ABUSE

In dealing with their addiction to opioids, half or more of rural adults who have experienced opioid addiction are comfortable talking to friends (70%), siblings (52%) and parents (46%) about their addiction.

In dealing with your addiction to opioids, how comfortable were you in talking about your addiction with each of the following?

AMONG RURAL ADULTS WHO HAVE ABUSED OR BEEN ADDICTED TO OPIOIDS OR PRESCRIPTION PAINKILLERS, n= 110



PERCEPTIONS OF OPIOID ABUSE

Compared to 2017, rural adults in 2022 are more likely (+7) to say someone can accidentally or unintentionally get addicted to opioids.

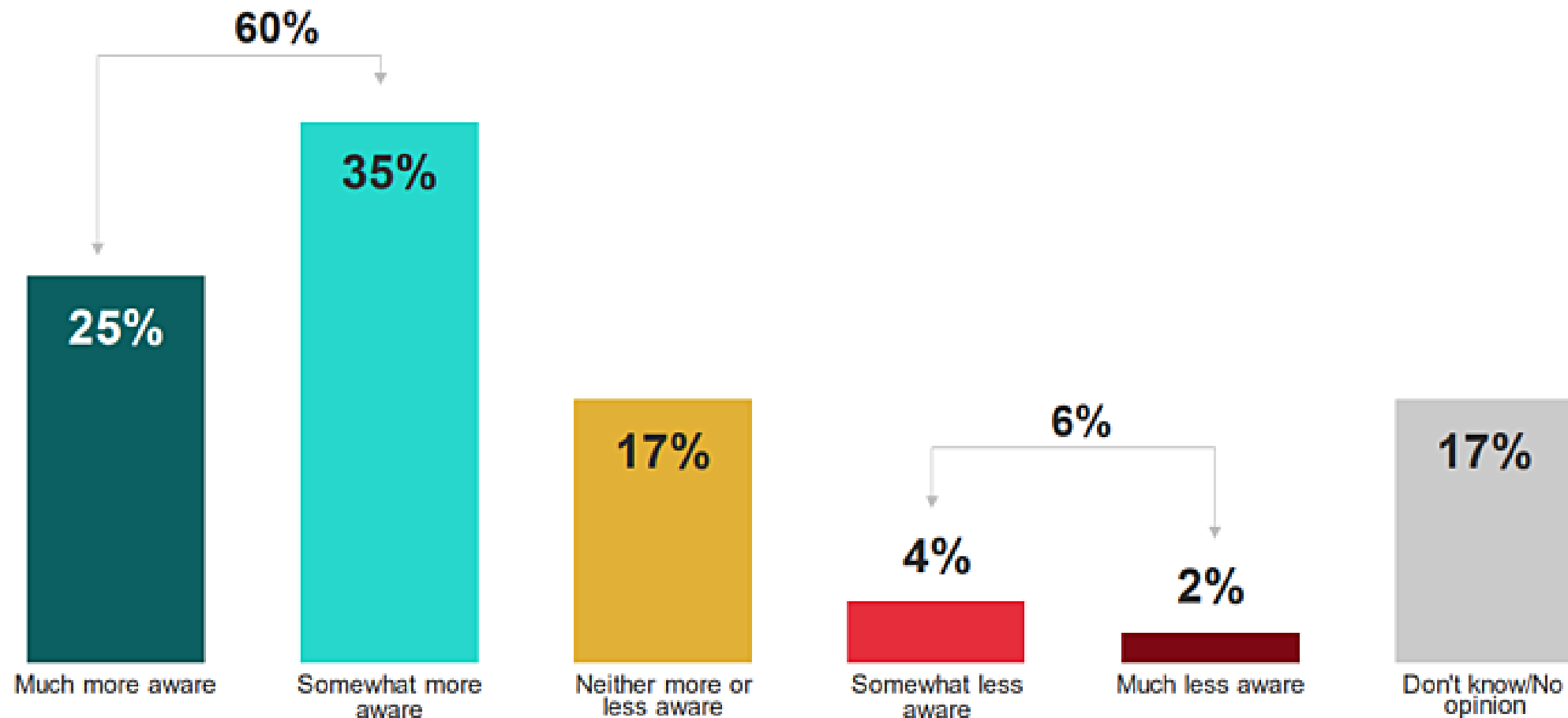
Based on what you know, are each of the following statements mostly true or mostly false?

| | 2017 | | | 2022 | | |
|---|-------------|--------------|-------|-------------|--------------|-------|
| | Mostly True | Mostly False | DK/NO | Mostly True | Mostly False | DK/NO |
| Opioid and heroin addiction can start with people using what they deem are safe painkillers, or opioids | 75% | 8% | 17% | 79% | 4% | 17% |
| As opioid and heroin addiction develops, the brain changes in a way that makes it hard to resist intense cravings | -- | -- | -- | 73% | 5% | 23% |
| Opioid reactors respond to opioids differently in each individual. | -- | -- | -- | 62% | 6% | 32% |
| Rural communities are impacted most by the opioid crisis | 31% | 28% | 41% | 32% | 26% | 42% |
| People can't recover from an opioid addiction | 16% | 65% | 19% | 12% | 73% | 15% |
| Someone can accidentally or unintentionally get addicted to opioids | 71% | 11% | 18% | 78% | 7% | 15% |
| Addiction is a chronic disease similar to diabetes, heart disease and arthritis | 50% | 28% | 22% | 52% | 26% | 23% |
| Opioid abuse is something to be ashamed of and embarrassed by | 23% | 53% | 24% | 14% | 67% | 19% |

PERCEPTIONS OF OPIOID ABUSE

Compared to 5 years ago, rural adults say adults in their community are more aware (60%) of the opioid crisis.

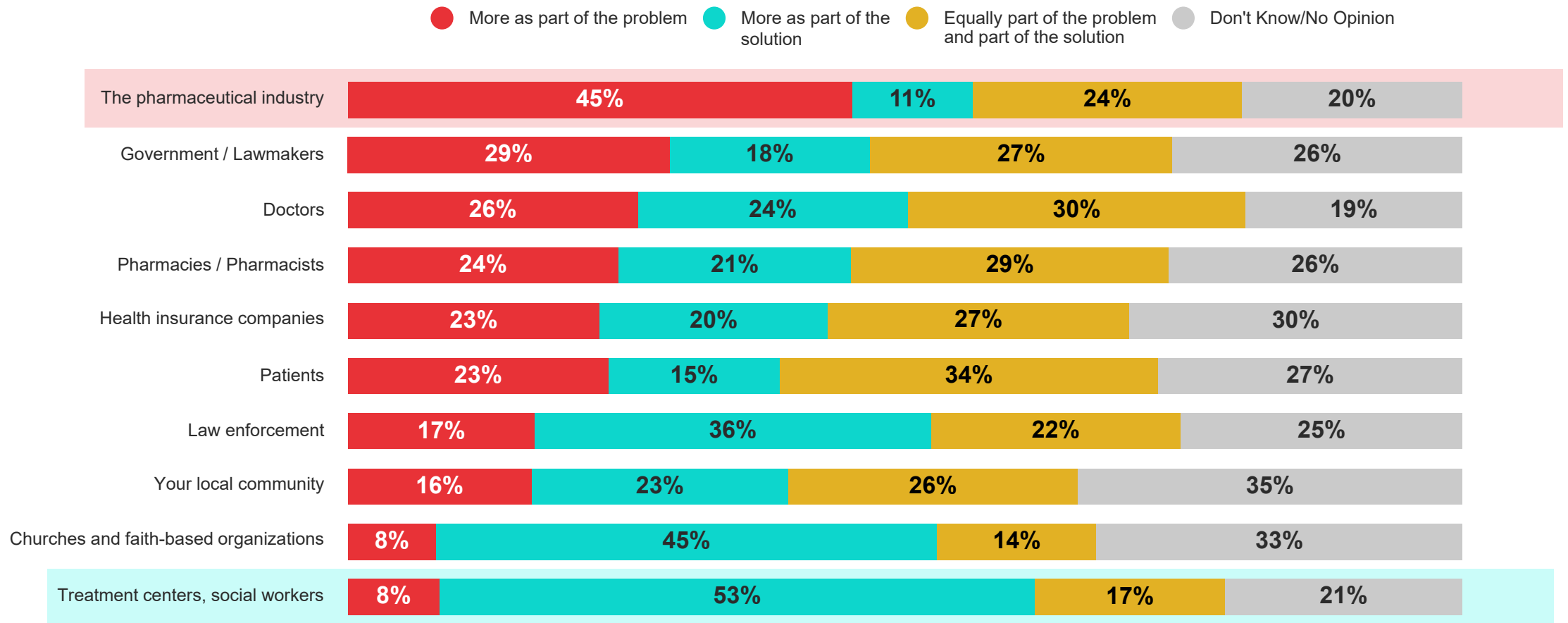
Compared to 5 years ago, would you say adults in your community are more or less aware of the opioid crisis, or neither?



PERCEPTIONS OF OPIOID ABUSE

When it comes to the opioid crisis, rural adults see the pharmaceutical industry (45%) more as part of the problem, and treatment centers/social workers more as part of the solution (53%).

When it comes to the opioid crisis, at present, do you see each of the following more as part of the problem, more as part of the solution?

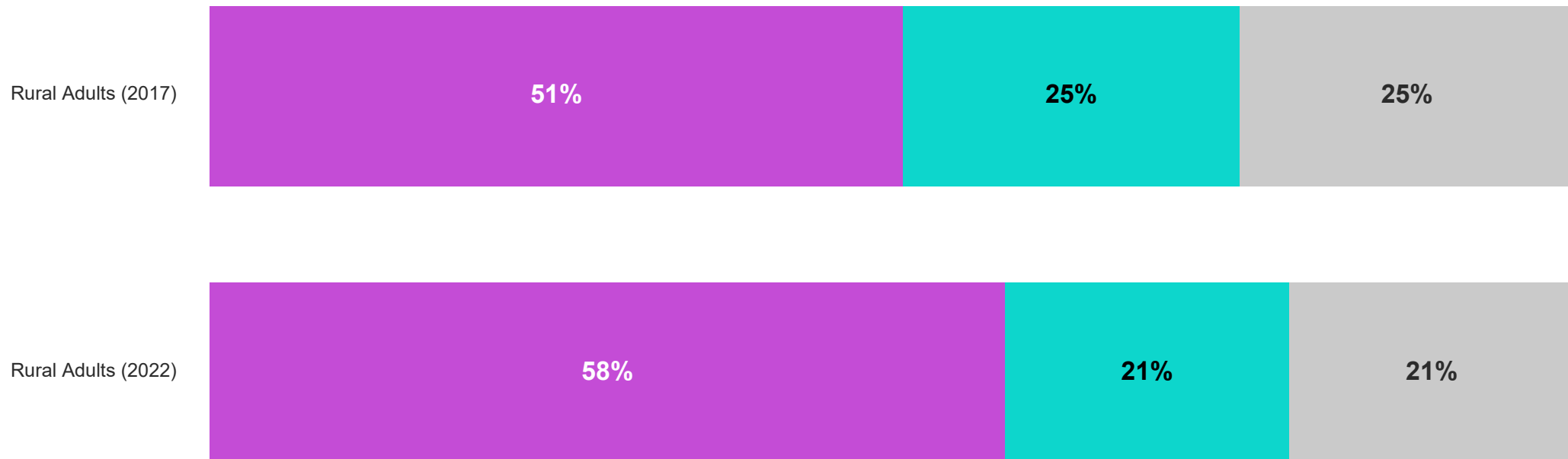


PERCEIVED SOLUTIONS TO THE OPIOID CRISIS

Rural adults in 2022 are more likely than in 2017 to say improving access to treatment (58%, +7) would be more effective in helping solve the opioid crisis than imposing stricter punishments and enforcement (21%, -4).

Generally, which of the following would be more effective in helping solve the opioid crisis?

● Improving access to treatment ● Imposing stricter punishments and enforcement ● Dont Know/No Opinion



FARM STATE OF MIND: Stress on the Farm

*Research Findings
From 2022 Georgia
Farmer Well-being
Study*

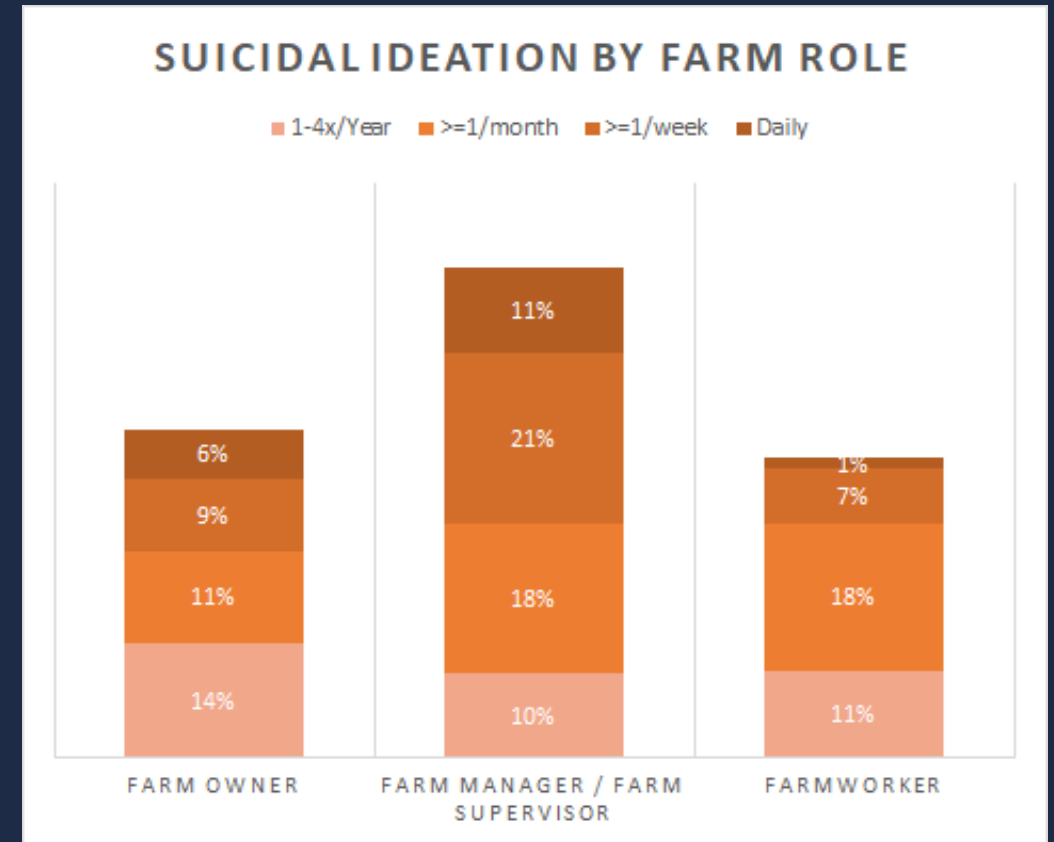


STUDY RESULTS REVIEW

- Farmers in Georgia experience stress at higher rates than non-farmers. They experience a wide range of stressors; varies with role, commodity, and farm characteristics.
- Nearly half of all farmers experience suicidal ideation at least once in the past year; 60% of first-generation farmers do.
- Overall, the majority of farmers do not have access to health-related services. Farmers without access had significantly higher stress.
 - Less than one in four farmers have access to a psychologist
 - About two thirds do not have access to routine medical care or emergency medical care
 - More than half do not have health insurance
 - Over a third do not have access to basic personal care or food and groceries
- Farmers in the southern part of the state need

MENTAL HEALTH OUTCOMES: Suicidal Ideation

- 29% of farmers report thinking of dying by suicide at least once per month.
- 42% of all farmers have thought about dying by suicide at least once in the past 12 months.
- First-generation farmers reported experiencing suicidal ideation than generational farmers.
 - 61% of first-generation farmers thought about dying by suicide in the past 12 months compared to 10% of generational farmers.
 - 9% of first-generation farmers think about dying by suicide daily compared to 1% of generational farmers.








Farm Experience

First-Gen Farmers






First in their family to work on a farm

Top Stressors

-  67% - COVID19's effect on income
-  65% - Saving and retirement
-  64% - Succession planning
-  63% - Unexpected financial burden
-  62% - Weather and its effects

Generational Farmers






Top Stressors

-  60% - Weather and its effects
-  59% - Balancing home and work life
-  70% - Health issues
-  52% - Saving and retirement
-  48% - COVID19's effect on income

Beginner Farmers






Less than 10 years experience

Top Stressors

-  68% - Balancing home and work life
-  65% - Unexpected financial burden
-  65% - COVID19's effect on income
-  64% - Weather and its effects
-  64% - Saving and retirement

Experienced Farmers

Top Stressors

-  56% - Weather and its effects
-  64% - Saving and retirement
-  49% - COVID19's effect on income
-  48% - Fear of catching COVID19
-  47% - Balancing home and work life



Thoughts & Feelings

- At least once per month
- 51% - Lonely
- 54% - Sad or depressed
- 49% - Hopeless**
- 51% - Unhappy with their farm role

46% think about dying by suicide at least once per month

Thoughts & Feelings

- At least once per month
- 47% - Lonely
- 46% - Sad or depressed
- 29% - Hopeless
- 44% - Unhappy with their farm role

12% think about dying by suicide at least once per month

Thoughts & Feelings

- At least once per month
- 50% - Lonely
- 53% - Sad or depressed
- 44% - Hopeless
- 53% - Unhappy with their farm role**

36% think about dying by suicide at least once per month

Thoughts & Feelings

- At least once per month
- 49% - Lonely
- 47% - Sad or depressed
- 36% - Hopeless
- 41% - Unhappy with their farm role

24% think about dying by suicide at least once per month

Gender, Age, Race

Female Farmers



71% - Balancing home & work life



64% - Saving and retirement



60% - Succession planning



66% - COVID19's effect on income



62% - Unexpected financial burden

Top Stressors

Perceived Stress Score



Thoughts & Feelings

At least once per month
 48% - Lonely
 55% - Sad or depressed
 31% - Hopeless
 49% - Unhappy with their farm role

34% think about dying by suicide at least once per month

Young Farmers

Less than 35 years old



72% - Balancing home & work life



71% - Saving and retirement



69% - Succession planning



69% - COVID19's effect on income



65% - Unexpected financial burden

Top Stressors

Perceived Stress Score



Thoughts & Feelings

At least once per month
 50% - Lonely
 52% - Sad or depressed
 39% - Hopeless
 49% - Unhappy with their farm role

30% think about dying by suicide at least once per month

Black Farmers



82% - Lack of opportunities for people like me



76% - Balancing home & work life



73% - Problems parenting



70% - Operation certificates



70% - Microaggressions

Top Stressors

Perceived Stress Score



Thoughts & Feelings

At least once per month
 47% - Lonely
 53% - Sad or depressed
 36% - Hopeless
 60% - Unhappy with their farm role

29% think about dying by suicide at least once per month

Latino Farmers



68% - Balancing home & work life



67% - COVID19's effect on income



67% - Operation certificates



64% - Alcohol Use



64% - Managing debt

Top Stressors

Perceived Stress Score



Thoughts & Feelings

At least once per month
 49% - Lonely
 52% - Sad or depressed
 41% - Hopeless
 48% - Unhappy with their farm role

28% think about dying by suicide at least once per month

How We Respond

May is Mental Health Awareness Month. For May, Colorado Farm Bureau is continuing the Good Neighbor Project!

The initiative was created to answer the question: when was the last time you checked in on your neighbor? For details on this program and to order our Good Neighbor Project postcards, click the link below.

<https://www.coloradofarmbureau.com/gnp/...>

Colorado Agricultural Addiction & Mental Health Program is also offering free counseling sessions from licensed providers with a contextual understanding of agriculture in ways that would support sympathetic care. Click the link for more details.

<https://www.caamhpforhealth.org/>

#FarmStateOfMind #CFBGNP

The latest episode of American Farm Bureau's Farmside Chat podcast, hosted by AFBF President Zippy Duvall, features Ohio Farm Bureau member and Highland County farmer Brandon Fullenkamp. After experiencing his own struggles and seeking help, Fullenkamp has become passionate about discussing the importance of mental health.



OFBF.ORG
Ohio Farm Bureau member relates mental health struggle
Mental health advocate Brandon Fullenkamp from Highland County wa

May is #MentalHealthAwarenessMonth, and #NCFarmBureau Safety Team's Callie Carson talks about the importance of supporting your friends, neighbors and farmers.



"If you talk about it, another farmer might be dealing with the same thing you're dealing with, and you could talk through it."
<https://www.michiganfarmnews.com/mental-health-awareness...>



MICHIGANFARMNEWS.COM
Mental Health Awareness Month campaign focused on reaching out to neighbors - Michigan Farm News



State Farm Bureaus Mobilize the Message




#FarmStateOfMind

farmstateofmind.org

Small Gestures, Big Impact

Participate in Mental Health Month

- ✓ SEND A TEXT
- ✓ GIVE A CARD
- ✓ TAKE A RIDE
- ✓ DELIVER A TREAT
- ✓ MAKE A CALL

A photograph of three people, likely farmers, walking away from the camera in a field at sunset. The scene is bathed in a warm, golden light from the setting sun, which is positioned behind the group, creating a strong silhouette effect and a lens flare. The person on the left is wearing a dark quilted vest over a plaid shirt and dark pants. The person in the middle is wearing a light-colored vest over a plaid shirt and jeans, and is gesturing with their right hand. The person on the right is wearing a camouflage jacket and jeans. The background consists of a line of bare trees under a hazy, orange sky.

Stronger Together

#FarmStateOfMind



farmstateofmind.org



Farm Aid Hotline

Caitlin Arnold Stephano
Hotline Program Manager

What is the Farm Aid Hotline?

- Farm Aid has operated the 1-800-FARM-AID Hotline since our founding in 1985, referring farmers to our networks of support
- As a referral hotline, our goal is to direct farmers to expert resources and information that can best serve their needs, both locally and nationally
- A team of six Hotline Operators answer the Hotline Monday-Friday, 9am-9 pm ET; Spanish Hotline is available M-F, 9am-5pm ET
- Farmers can also submit an Online Request for Assistance form through the Farm Aid website

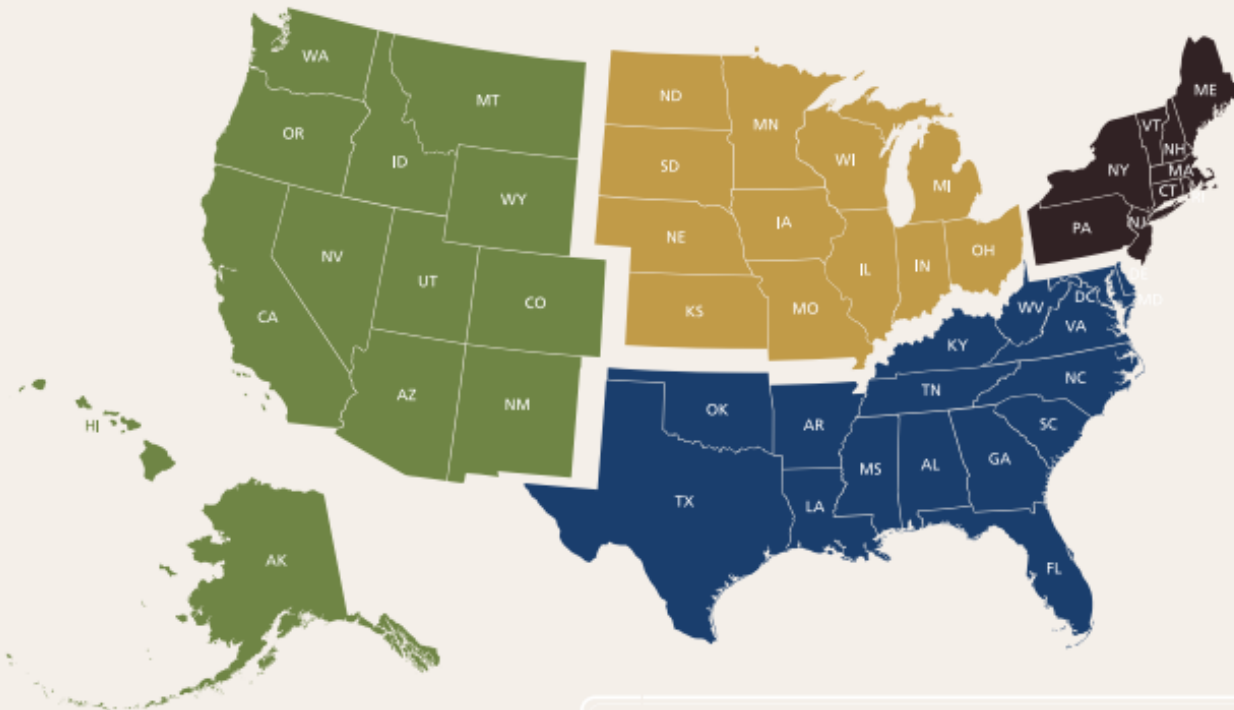
Farmer Resource Network

- The Farmer Resource Network (FRN) is our online search tool for farmers
- The FRN includes resources and organizations from across the country staffed with farm advocates, technical assistance experts, business and finance coaches, counselors and hotline operators who can help connect farmers with the information and resources they need
- Anyone can use this customizable search tool to find organizations and resources appropriate to the support and information they are seeking
- The FRN is now available in Spanish

FRSAN in the 2018 Farm Bill

USDA FARM AND RANCH STRESS ASSISTANCE NETWORK (FRSAN)

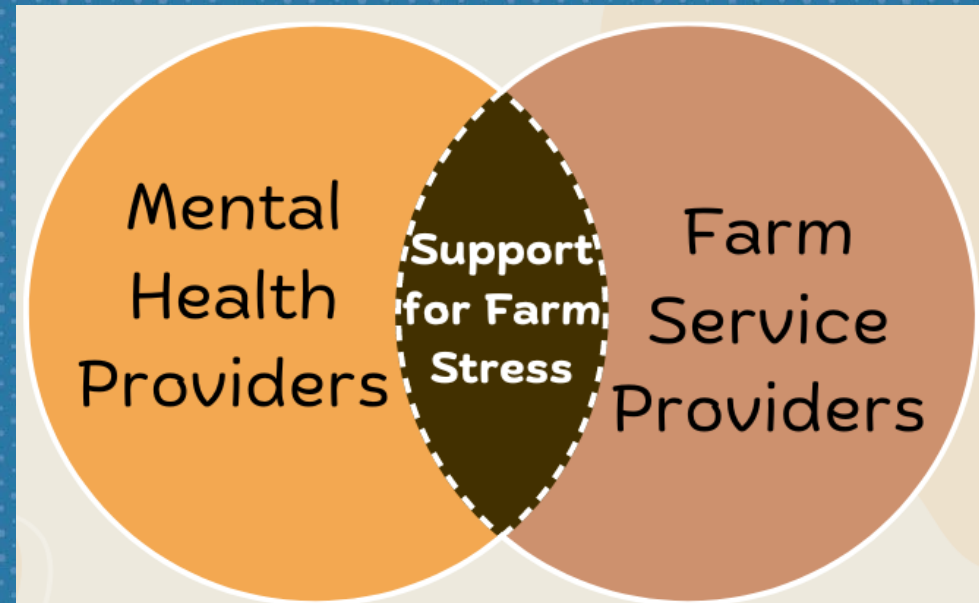
The Farm and Ranch Stress Assistance Network (FRSAN) program was "created to establish a network that assists farmers, ranchers, and other agriculture-related workers in times of stress."



- WESTERN**
Program Contact: dmc Moran@wsu.edu
Website: farmstress.us
- NORTH CENTRAL**
Also known as "North Central Farm and Ranch Stress Assistance Center". Engaging Programs to Support Producer Wellbeing.
Program Contact: josier@illinois.edu
Website: farmstress.org
- SOUTHERN**
Program Contact: hsedges@utk.edu
- NORTHEAST**
Building an Inclusive and Comprehensive Network for Farm and Ranch Stress Assistance in the Northeast.
Program Contact: jac@youngfarmers.org

What Has FRSAN Accomplished So Far?

- Expanded Hotline hours with operators trained in stressors unique to farmers.
- Mental Health Vouchers
- Farm Business consultant
- Clearinghouses with resources specific to the farmers' regions.
- Peer Networks of support
- Suicide Prevention and Farm Culture Trainings



Farm Aid and FRSAN

- Farm Aid is a partner on both the Northeast and Western regional FRSAN grants
- The Farm Aid Hotline serves as the Hotline for both regions
- The FRSAN grant is central to our Farmer Services Program
 - With FRSAN funding, Farm Aid was able to expand our Hotline Team and our hours of operation
 - More resources and capacity into building out our Farmer Resource Network online search tool
 - Create our Spanish First Hotline; translate our FRN into Spanish



Hotline Data 2022

829 Hotline Cases Nationally

- By region*: South: 324; Midwest: 199; West: 164; Northeast: 119
 - Top 3 case states: TX (65 cases); CA (52 cases); FL (37 cases)
 - Average number of cases per month: 69
 - Increase of 40% from 2021
-
- **Note: 20 cases (2%) were not assigned a state*

Cases by Farm Status*

- Beginning Farmer: 321 cases
 - Established Farmer: 214 cases
 - Future Farmer: 137 cases
 - Non-farmer: 14 cases
 - Farm Employee: 6 cases
 - Service Provider: 2 cases
 - Farmworker/Migrant Worker: 1 case
- *Note: 100 cases (12%) were Unknown; Farm Status field may include more than one category*

Cases by Submission Topic*

- Funding Opportunities for Farmers: 554
- Resources for Beginning Farmers: 340
- Financial and Business Planning: 258
- Crisis Assistance: 186
- Resources for Women Farmers: 170
- Farm Stress**: 134
- Farm Energy Options: 128
- Farmland Access/Succession Planning: 123
- Conservation Programs: 109
- Disaster Relief/Resilience: 107

**Note: Submission Topic field may include more than one topic*

***Mental/Behavioral Health Services was renamed to Farm Stress and saw a 1200% increase number of cases*

Cases by Submission Topic*

- Legal Help/Mediation Services: 90
- Organic/Sustainable/Regenerative Transition and Support: 94
- Direct Marketing Assistance: 84
- Resources for Veteran Farmers: 58
- Research/Technical Assistance/Education: 53
- Activism and Organizing: 50
- Resources for Farmworkers: 46
- Resources for BIPOC Farmers: 42
- Institutional and Wholesale Markets: 42
- Industrial Ag and Factory Farm Issues: 26
- Resources for LGBTQIA Farmers: 18
- Resources for Tribal Farmers and Ranchers: 17



“Family farmers are
the backbone of
our country.”

— Willie Nelson

Questions and Discussion

- Thank you!
- Visit www.farmaid.org/resources to learn more
- Reach out to me at Caitlin@farmaid.org

NASDA Members and Farm Stress

- National Association of State Departments of Agriculture (NASDA)
- State Departments of Agriculture and Farm Stress
 - Addressing and connecting

NASDA supports strong funding for mental health programs and research that targets farmers and ranchers.



Funding Mechanisms

- FRSAN – fully funded
- Coronavirus Response and Relief Act - \$28 million total for the FRSAN-State Departments of Agriculture program
 - Additional funds to expand or sustain stress assistance programs, with up to \$500,000 able to be requested through NIFA to implement a state plan and coordinate with current FRSAN awardees

As a result, 50 SDAs are actively engaged in alleviating stress for producers in their state



The Role of State Departments of Agriculture

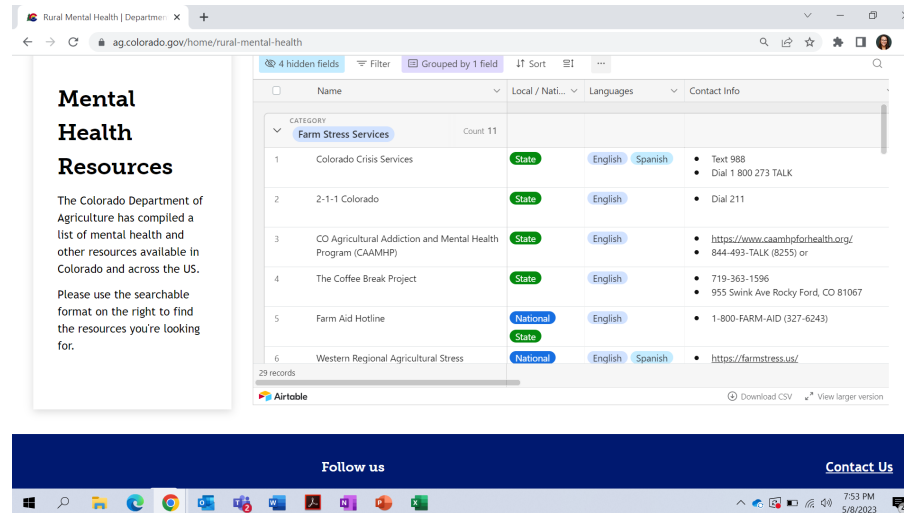
- Implementation through in-house programs, regional Farmer and Rancher Stress Assistance Networks, state cooperative extension offices, tribal governments, and other mental health specialists
- Flexibility allows SDAs to engage in the ways that make the most sense for their state:
 - Resource compilation
 - Helplines
 - Training
 - Outreach programs



How SDAs Engage



- Specific examples:
 - Idaho's Farm and Ranch Center
 - Colorado Farmer and Rancher Mental Health Support Grant
 - Minnesota's "Bend, Don't Break" Program



Reach Out

Connect with your state department of agriculture to learn more about the work they are doing to combat farm stress.

Josie Montoney-Crawford

josie.montoney-crawford@nasda.org



Discussion and Questions



UNITED STATES DEPARTMENT OF AGRICULTURE
CENTER FOR FAITH BASED AND NEIGHBORHOOD PARTNERSHIPS
& RURAL DEVELOPMENT

USDA Mental Health Awareness Month Workshop Series

Breaking the Stigma

Join us for a conversation focused on sustainable livelihoods and mental health, farm stress and suicide prevention, and community health and wellbeing

Tuesdays 5/9-6/6 | 2:00 -3:30 PM EDT

[REGISTER](#)

CONTACT: center@usda.gov

