



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

USDA Mental Health Awareness Month Workshop Series

*Farm Stress and Suicide: Faith, Place, and
Community Health*

Tuesday 5/31 | 2:00 - 3:45 PM EDT

REGISTER

CONTACT: center@usda.gov



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INTRODUCTION TO FARM FOUNDATION®

A 501(C)(3) NON-PROFIT AT THE INTERSECTION OF
FOOD & AGRICULTURE



Farm Foundation is an
ACCELERATOR
of practical solutions for agriculture.

We accelerate
PEOPLE AND IDEAS
into
ACTION.



OUR MISSION AND VISION GUIDE OUR WORK

MISSION:

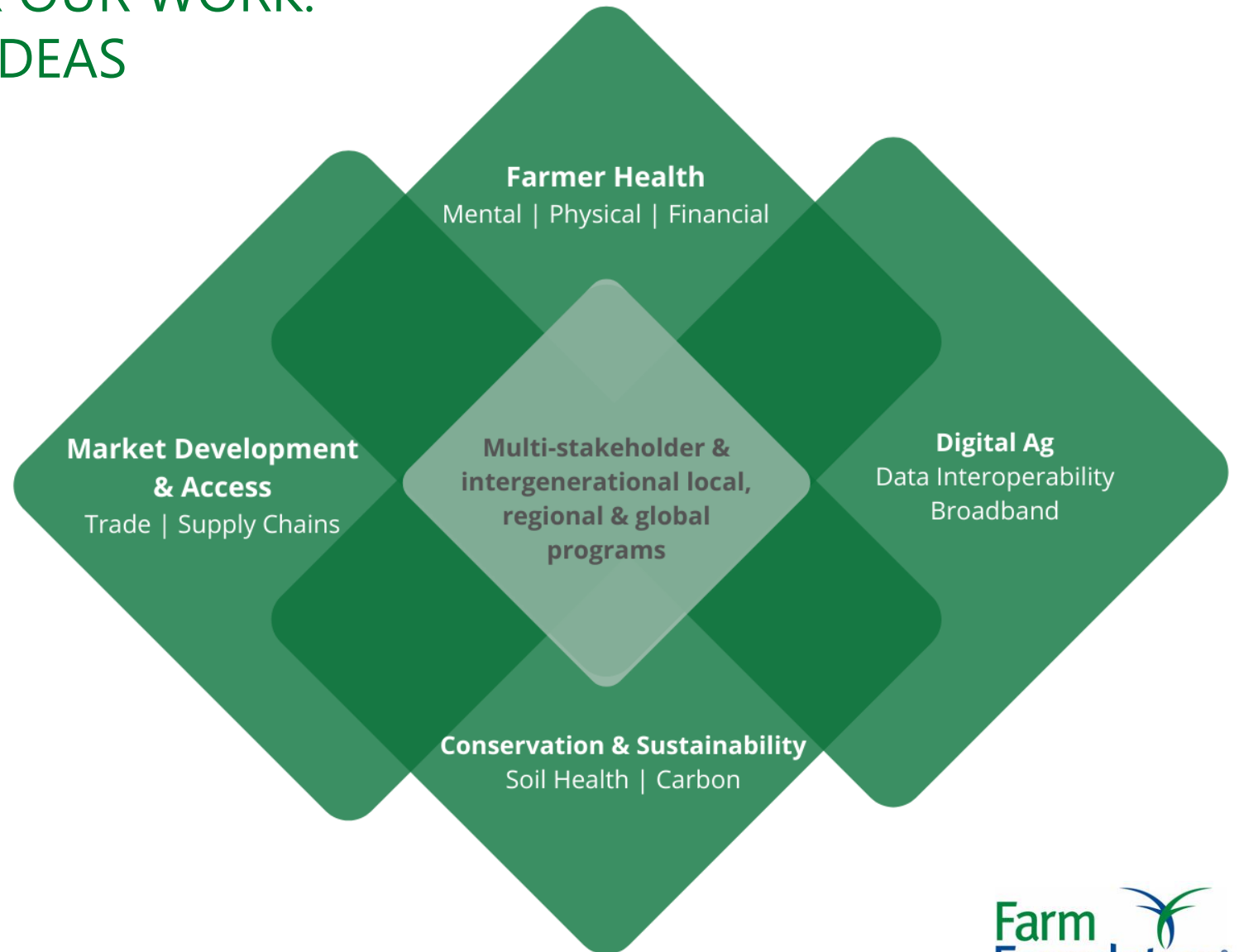
To **build** trust and understanding at the intersections of agriculture and society.

VISION:

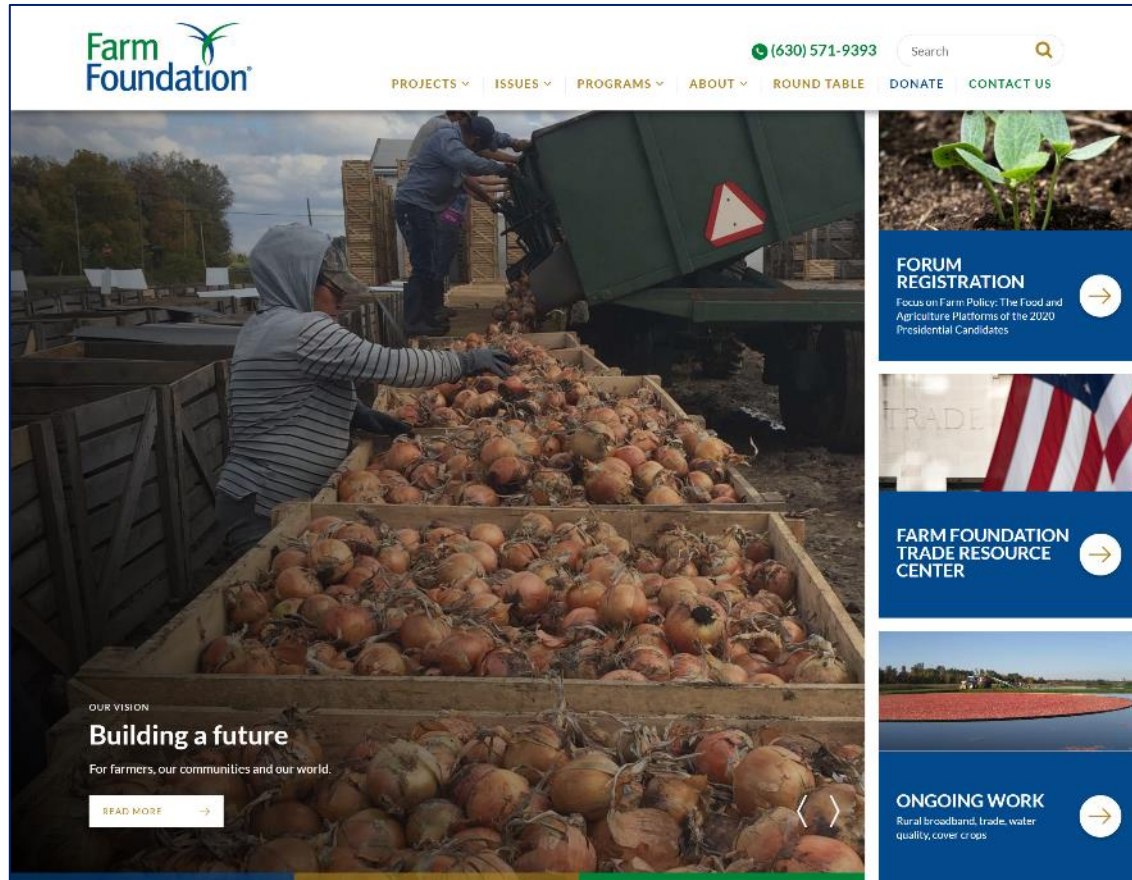
To **build** a future for farmers, our communities and our world.

STRATEGIC PRIORITIES FOR OUR WORK: ACCELERATING PEOPLE & IDEAS

- **Building a future** for farmers, our communities and our world.
- **Building trust and understanding** at the intersections of agriculture and society.
- **Building momentum** with the new **Innovation and Education Center** for local, regional and global in-person and virtual programs.



CONNECT WITH US!



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Farm Foundation



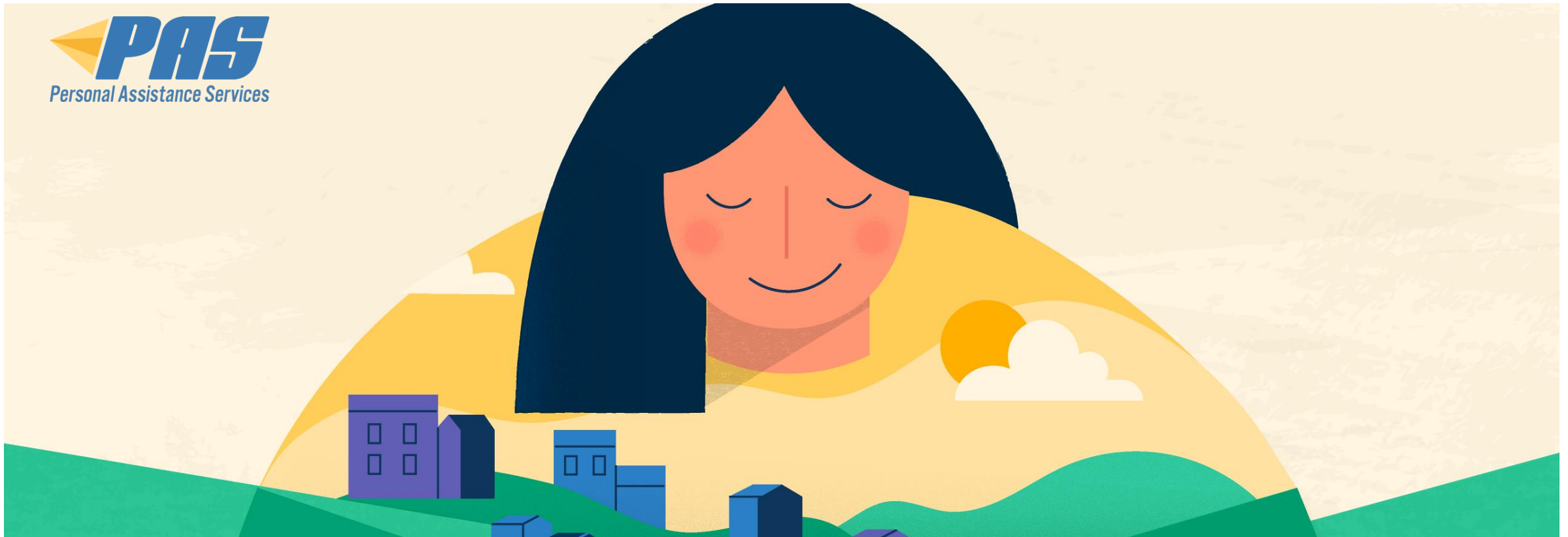
@thefarmfoundation





THANK YOU

SHARI@FARMFOUNDATION.ORG,
PRESIDENT AND CEO



PERSONAL ASSISTANCE SERVICES

A life event support service that helps people with virtually any life need



2021 Farmers: Iowa Farm Family Wellness

www.FarmFamilyWellness.com



The banner features a top navigation bar with the PAS logo and links for Home, PAS Services, Digital Tools, Resources, About Us, and Contact Us. The main content area shows a field of green corn under a cloudy sky. A large white text overlay reads: 'PAS PROVIDES FARM FAMILIES IN IOWA AND ILLINOIS WITH RESOURCES TO PRODUCE AND SUSTAIN POSITIVE CHANGE THROUGH ALL OF THE SEASONS OF LIFE.' Below this text is an orange button that says 'Check out our services'. The bottom section of the banner has a white background with a faint pattern of wheat stalks and contains the text: 'SEE WHAT PAS CAN DO FOR YOU' in blue, and '(833) 999-FARM' in orange.

Counseling Services

Overall Rural Participation Patterns



FEEL BETTER. FARM BETTER.

Pre-paid, ongoing wellness coaching and counseling services are now available to Iowa farm families from Personal Assistance Services (PAS). Get the confidential support your family needs to handle all of life's events via phone, text, live chat, video or app—whenever and wherever is most convenient for you.

THIS PRE-PAID SERVICE IS FREE TO YOU AND YOUR DEPENDENTS. Get in touch and get started:

- PAS 24/7 phone support: 1-833-999-FARM (3276)
- Text: 1-314-451-5727
- Log in online for live chat and more resources: paseap.com, organization code: **Farm Families**

NO APPOINTMENTS. NO TIME OFF WORK OR SCHOOL. Just the help you need, when you need it.

Farming is one of the toughest and most rewarding jobs on the planet—and its ups and downs can affect the whole family. Now Iowa farm families have a new resource for free, confidential counseling and other support from skilled PAS professionals who can help with a wide range of life challenges:

- Health, fitness, weight management, nutrition and tobacco cessation
- Organization, productivity and time management
- Education, career, retirement and goal achievement
- Child care, elder care, parenting and relationships
- Anxiety, depression, stress, addictions, substance use and more

Building on the assistance Iowa State University Extension and Outreach has provided for 35 years, these additional services are brought to you by: **IOWA FARM FAMILY WELLNESS ALLIANCE**
www.farmfoundation.org/iowa-farm-family-wellness



- **Wife most often reaches out to initiate services for the family**
- **Top Stressors/frequently used counseling services**
 - Emotional health – depression, anxiety, suicidal ideation
 - Substance abuse
 - Marital, Family, Relationships
 - Life Balance/Phase of Life
 - Grief & Loss

Life Management Coaching Services



Parenting & child development consultation

Education planning- special needs through gifted

Adult ADHD coaching

Home Learning coaching

LifeTools Resource center



Eldercare management & asset protection coaching

Household organization coaching

Sleep coaching

Career coaching

Retirement coaching



Weight and nutrition coaching

Personal health coaching

Fitness coaching

Tobacco cessation coaching

Life and wellbeing coaching



Money & financial coaching

Online financial wellness center

Financial stress relief

Legal consultation

Online legal resource center

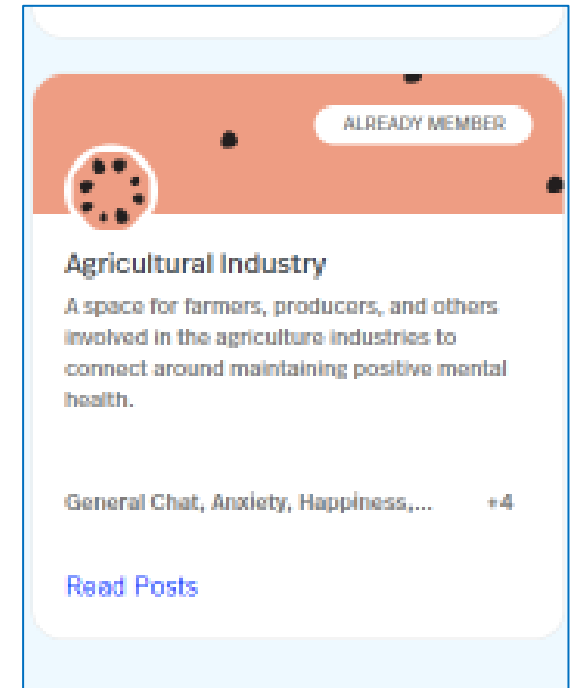
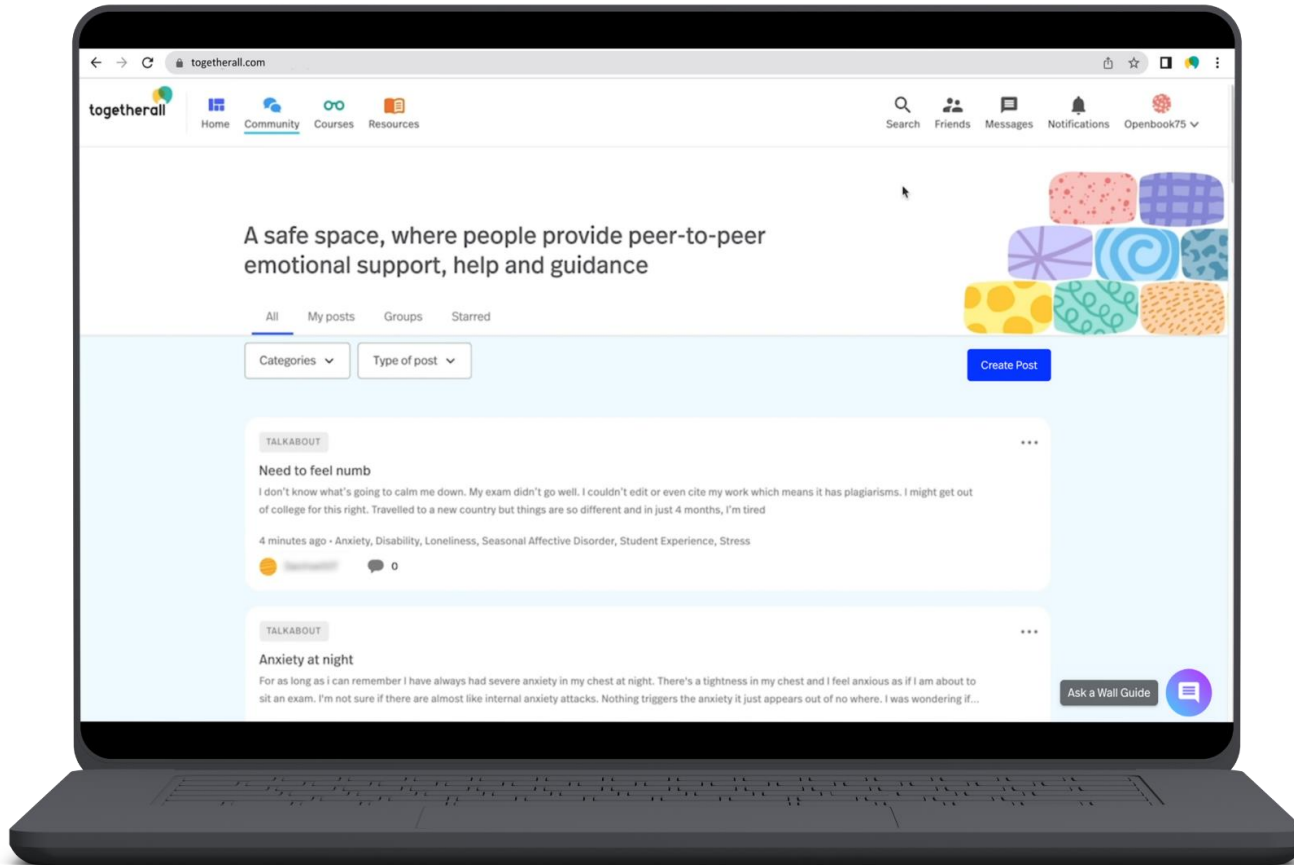
LifeMart discount center

Popular Services – Rural / Farm

- Financial coaching
- Eldercare/Parenting coaching
- Health, Weight & Nutrition coaching
- Legal consultation + Legal Education and Document Center

The Power of Community

PAS's new web-based peer to peer platform harnesses an untapped resource in farmer mental health - each other



24/7 clinically-moderated anonymous online community for farm family members to connect, share and support one another through challenges

Faith Communities and Suicide Prevention

Justin Powlison, Public Health Advisor

Suicide Prevention Branch

Division of Community Behavioral Health

Center for Mental Health Services

Substance Abuse and Mental Health Services Administration

U.S. Department of Health and Human Services

Farm Stress and Suicide: Faith, Place, and Community Health

Tuesday, May 30, 2023

2:00 – 3:45pm Eastern



SAMHSA
Substance Abuse and Mental Health
Services Administration

Disclaimer

The views, opinions, and content expressed in today's presentation and discussion do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).

Introduction



Justin Powlison
Public Health Advisor

Suicide Prevention Branch

Division of Community Behavioral Health

Center for Mental Health Services

Substance Abuse and Mental Health Services Administration

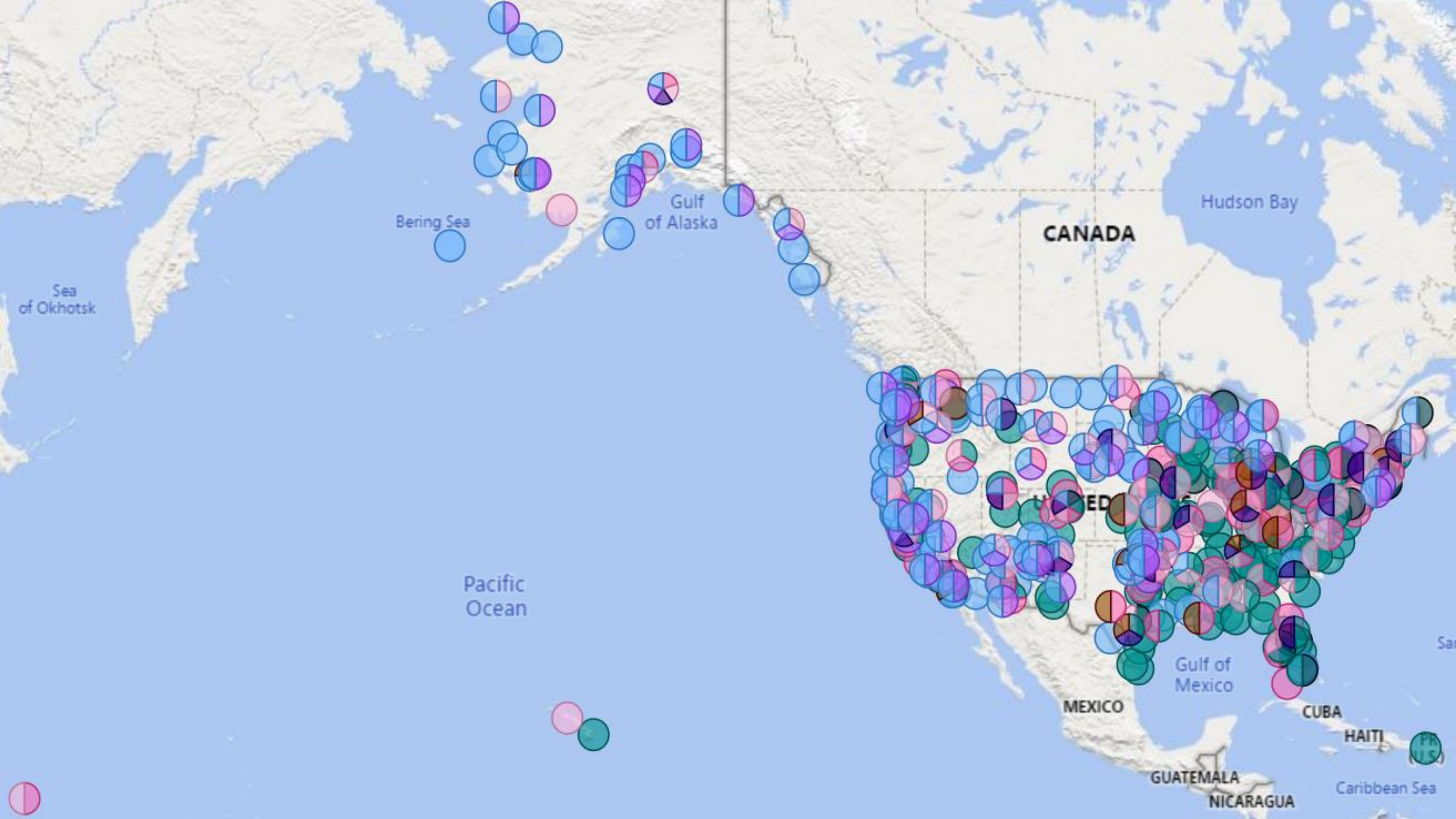
U.S. Department of Health and Human Services

Suicide Prevention Branch Grants

- COVID-19 Emergency Response for Suicide Prevention
- Zero Suicide
- National Strategy for Suicide Prevention

- Garrett Lee Smith Campus Suicide Prevention
- Garrett Lee Smith State / Tribal Youth Suicide Prevention
- Native Connections

- Community Crisis Response Partnerships
- Suicide Prevention Resource Center



CRISIS CONTINUUM

Someone to
TALK TO

Someone to
RESPOND

A Safe Place for
HELP

[GET HELP](#)[LEARN](#)[GET INVOLVED](#)[PROVIDERS & PROFESSIONALS](#)[988 CHAT](#)[En Español](#) | [For Deaf & Hard of Hearing](#)

988 Suicide & Crisis Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.



National Strategy for Suicide Prevention

National Strategy for Suicide Prevention: Goals and Objectives for Action (2001)



National Strategy for Suicide Prevention: Goals and Objectives for Action (2012)



The Surgeon General's Call to Action to Implement the National Strategy for Suicide Prevention (2021)



Coming soon... National Strategy for Suicide Prevention (2024)

Objective 2.4: By 2005, increase the number of nationally organized faith communities adopting institutional policies promoting suicide prevention.

While many faith groups have already taken strong stands on suicide prevention, others have not. And yet the statements and positions of faith groups are often key to influencing public opinion. By adopting institutional policies on suicide, faith groups can help to de-stigmatize mental illness and alcohol and substance use problems and change the perception of suicide from something that is shameful to a problem that can be prevented. Faith groups can also assist in suicide prevention by helping their members identify risk factors, encouraging treatment for depression, sustaining protective factors and offering support and guidance to individuals during stressful times. For instance, faith-based organizations are well positioned to provide community guidance on ways to support family members who survive the loss of a loved one to suicide, while avoiding the excessive memorializing of those who have died by suicide that may lead to suicide contagion. A few faith groups have developed statements or "messages" on suicide prevention, which provide guidance to members on the scope of suicide and on how individuals can help prevent it (Evangelical Lutheran Church in America, 1999).

IDEAS FOR ACTION

Encourage local faith-based groups to include suicide prevention as a topic of analysis and discussion.

Nonprofit, Community-, and Faith-Based Organizations Can:

- Participate in local coalitions of stakeholders to promote and implement comprehensive suicide prevention efforts at the community level. (Objective 1.2)
- Develop and implement communication strategies that convey messages of help, hope, and resiliency. (Objectives 2.1 and 3.2)
- Provide opportunities for social participation and inclusion for those who may be isolated or at risk. (Objective 3.1)

Individuals and Families Can:

- Build strong, positive relationships with family and friends. (Objective 3.1)
- Become involved in their community (e.g., mentor or tutor youth, join a faith or spiritual community, reach out to older adults in the community). (Objective 3.1)

Suicide prevention is

important to my faith community because of the increasing numbers of suicides we have experienced in our congregation and in the community. I also had a relative who died by suicide and another one who attempted suicide.

The faith community is important in the area of suicide prevention because many people seek spiritual support when life gets tough, and this is often the first place people come to for help and direction. Many faith leaders support people struggling with suicide by directing them to mental health resources, creating a safe place to share their experiences, and emphasizing suicide awareness throughout the year. In my role as a professional counselor, I am committed to providing therapeutic options to those in need and am hopeful that we can prevent these deaths by offering persons hope that includes their faith as an option for coping with their troubles.

Carla J. Debnam, DMin

First Lady, Morning Star Baptist Church
Baltimore County, Maryland

Gatekeepers & Guardrails

Faith Communities and Faith Leaders are **gatekeepers**

- A gatekeeper is anyone within a community strategically positioned to recognize warning signs that someone may be at-risk for suicide and help these individuals get connected to the support they need.

Faith Communities can provide **guardrails**

- Protective factors are personal or environmental characteristics that help protect people from suicide.

"Suicide prevention is a very mainstream religious activity that builds from what the vast majority of congregations already want to do. They just don't tend to name the significance of what they are doing as suicide prevention."

- Reverend Dr. Gary Gunderson, 2004

Gatekeepers

- Many people turn to clergy for support and guidance as “first-line helpers”, especially during challenging times.
- Faith communities may be present in places where mental health services or providers are absent or scarce.
- In one study, 84% of clergy had been approached by a suicidal person for help.
- Another study found about one third of clergy experienced a suicide death in their congregations.

Faith-Based Gatekeeper Trainings

QPR for Clergy

<https://courses.qprinstitute.com>

LivingWorks Faith

<https://www.livingworks.net/faith>

Soul Shop

<https://afsp.org/soul-shop>

Guardrails

Some protective factors against suicide that faith communities are uniquely suited to address include:

- Connectedness to individuals, family, community, and social institutions
- Self-esteem and a sense of purpose or meaning in life
- Cultural, religious, or personal beliefs that discourage suicide
- Reasons for living
- A sense of control over one's future
- Positive, optimistic outlook

Faith-Based Suicide Prevention Resources

National Action Alliance for Suicide Prevention | Faith Communities
<https://theactionalliance.org/communities/faith-communities>

Suicide Prevention Resource Center (SPRC) | Faith Communities
<https://www.sprc.org/settings/faith-communities>

National Alliance on Mental Illness (NAMI) | FaithNet
<https://www.nami.org/namifaithnet>