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                  | • 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          | • Cristina Miller, Research Economist  
| American Farm Bureau Federation® | • Jessica Cabrera, Managing Director, Member Engagement  
| Farm Aid                        | • Caitlin Arnold Stephano, Hotline Program Manager  
| National Association of State Departments of Agriculture | • Josie Montoney-Crawford, Manager, Public Policy  
| Discussion                      | • Moderated by Kellie Kubena, USDA Rural Health Liaison  
| Closing Remarks                 | • 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

*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

The findings and conclusions in this presentation are those of the author(s) and should not be construed to represent any official USDA or U.S. Government determination or policy.
Areas of Concern

- Mental Stress
- Healthcare Access
- Suicide Risk
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 providers 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

SUICIDE BY AGE GROUP

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

- **FIREARM**
  - Age 18-45: 62.4%
  - Age 46-64: 71.2%
  - Age 65 and over: 82.6%

- **HANGING**
  - Age 18-45: 25.1%
  - Age 46-64: 17.5%
  - Age 65 and over: 10.5%

- **POISONING**
  - Age 18-45: 6.4%
  - Age 46-64: 7.8%
  - Age 65 and over: 3.6%

- **OTHER**
  - Age 18-45: 6.2%
  - Age 46-64: 3.6%
  - Age 65 and over: 3.4%
HISTORY OF SUICIDAL THOUGHTS OR ATTEMPTS
(FARMER/RANCHER DECEDENTS, %)

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

<table>
<thead>
<tr>
<th></th>
<th>History of Suicidal Thoughts</th>
<th>History of Suicide Attempts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 18-45</td>
<td>19.8</td>
<td>13.0</td>
</tr>
<tr>
<td>Age 46-64</td>
<td>15.4</td>
<td>10.0</td>
</tr>
<tr>
<td>Age 65 and over</td>
<td>13.1</td>
<td>3.3</td>
</tr>
</tbody>
</table>
LIFE STRESSORS AND INTERPERSONAL ISSUES
(FARMER/RANCHER DECEDEENTS, %)

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Financial Problems</th>
<th>Physical Health Problems</th>
<th>Job Problems</th>
<th>Recent Criminal Legal Problems</th>
<th>Intimate Partner Problems</th>
<th>Argument or Conflict</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGE 18-45</td>
<td>8.1</td>
<td>8.8</td>
<td>9.0</td>
<td>11.4</td>
<td>12.8</td>
<td>32.8</td>
</tr>
<tr>
<td>AGE 46-64</td>
<td>15.0</td>
<td>20.7</td>
<td>9.4</td>
<td>8.4</td>
<td>18.9</td>
<td>6.3</td>
</tr>
<tr>
<td>AGE 65 AND OVER</td>
<td>3.7</td>
<td>1.4</td>
<td>1.4</td>
<td>6.3</td>
<td>2.4</td>
<td>53.8</td>
</tr>
</tbody>
</table>

15
Jessica Cabrera
Managing Director, Member Engagement
American Farm Bureau Federation®
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
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.

Over the past year, there has been a decrease in rural adults saying their friends/acquaintances (-4%), people in their local community (-9%) and their place of employment (--?) attach stigma to seeking help or treatment for mental health.

The percentage of farmers/farm workers who say they would be comfortable talking to friends and family members has increased 22% since April 2019.
Opioid Abuse among Rural Adults

AMERICAN FARM BUREAU FEDERATION®

October 2022

MORNING CONSULT
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?

- I know someone who is or has been addicted to opioids or prescription painkillers: 42%
- I have taken an opioid or prescription painkiller without a prescription: 5%
- I have abused or been addicted to opioids or prescription painkiller: 5%
- None of the above: 48%

*Overall, the percent of rural adults who say they know someone who has experienced an opioid addiction has trended slightly upwards since 2017.*

*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.*
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**

<table>
<thead>
<tr>
<th>Category</th>
<th>Very Comfortable</th>
<th>Somewhat Comfortable</th>
<th>Not Too Comfortable</th>
<th>Not Comfortable at All</th>
<th>I Did Not Have Not Told Them</th>
<th>Don't Know/No Opinion</th>
<th>Total Comfortable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friends</td>
<td>28%</td>
<td></td>
<td>42%</td>
<td>10%</td>
<td>14%</td>
<td>4%</td>
<td>70%</td>
</tr>
<tr>
<td>Siblings</td>
<td>25%</td>
<td></td>
<td>27%</td>
<td>17%</td>
<td>18%</td>
<td>6%</td>
<td>52%</td>
</tr>
<tr>
<td>Parents</td>
<td>24%</td>
<td></td>
<td>22%</td>
<td>17%</td>
<td>21%</td>
<td>9%</td>
<td>46%</td>
</tr>
<tr>
<td>Extended family members</td>
<td>16%</td>
<td>21%</td>
<td>27%</td>
<td>19%</td>
<td>14%</td>
<td>4%</td>
<td>37%</td>
</tr>
<tr>
<td>Local community groups</td>
<td>12%</td>
<td>19%</td>
<td>24%</td>
<td>21%</td>
<td>19%</td>
<td>6%</td>
<td>31%</td>
</tr>
<tr>
<td>Grandparents</td>
<td>11%</td>
<td>16%</td>
<td>13%</td>
<td>26%</td>
<td>23%</td>
<td>11%</td>
<td>27%</td>
</tr>
<tr>
<td>Faith-based organizations</td>
<td>9%</td>
<td>20%</td>
<td>16%</td>
<td>28%</td>
<td>19%</td>
<td>8%</td>
<td>29%</td>
</tr>
<tr>
<td>Agriculture organizations</td>
<td>7%</td>
<td>13%</td>
<td>10%</td>
<td>22%</td>
<td>31%</td>
<td>17%</td>
<td>20%</td>
</tr>
<tr>
<td>Social media</td>
<td>6%</td>
<td>13%</td>
<td>20%</td>
<td>33%</td>
<td>22%</td>
<td>6%</td>
<td>19%</td>
</tr>
<tr>
<td>Government agencies</td>
<td>5%</td>
<td>15%</td>
<td>22%</td>
<td>30%</td>
<td>22%</td>
<td>6%</td>
<td>20%</td>
</tr>
</tbody>
</table>
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?

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

- Much more aware: 25%
- Somewhat more aware: 35%
- Neither more or less aware: 17%
- Somewhat less aware: 4%
- Much less aware: 2%
- Don't know/No opinion: 17%
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, equally part of the problem and part of the solution, or don’t know/no opinion?

- **The pharmaceutical industry**: 45% more as part of the problem, 11% more as part of the solution, 24% equally part of the problem and part of the solution, 20% don’t know/no opinion.
- **Government / Lawmakers**: 29% more as part of the problem, 18% more as part of the solution, 27% equally part of the problem and part of the solution, 26% don’t know/no opinion.
- **Doctors**: 26% more as part of the problem, 24% more as part of the solution, 30% equally part of the problem and part of the solution, 19% don’t know/no opinion.
- **Pharmacies / Pharmacists**: 24% more as part of the problem, 21% more as part of the solution, 29% equally part of the problem and part of the solution, 26% don’t know/no opinion.
- **Health insurance companies**: 23% more as part of the problem, 20% more as part of the solution, 27% equally part of the problem and part of the solution, 30% don’t know/no opinion.
- **Patients**: 23% more as part of the problem, 15% more as part of the solution, 34% equally part of the problem and part of the solution, 27% don’t know/no opinion.
- **Law enforcement**: 17% more as part of the problem, 36% more as part of the solution, 22% equally part of the problem and part of the solution, 25% don’t know/no opinion.
- **Your local community**: 16% more as part of the problem, 23% more as part of the solution, 26% equally part of the problem and part of the solution, 35% don’t know/no opinion.
- **Churches and faith-based organizations**: 8% more as part of the problem, 45% more as part of the solution, 14% equally part of the problem and part of the solution, 33% don’t know/no opinion.
- **Treatment centers, social workers**: 8% more as part of the problem, 53% more as part of the solution, 17% equally part of the problem and part of the solution, 21% don’t know/no opinion.
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
- Don’t Know/No Opinion

<table>
<thead>
<tr>
<th></th>
<th>Rural Adults (2017)</th>
<th>Rural Adults (2022)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improving access</td>
<td>51%</td>
<td>58%</td>
</tr>
<tr>
<td>Imposing stricter</td>
<td>25%</td>
<td>21%</td>
</tr>
<tr>
<td>Punishments and</td>
<td>25%</td>
<td>21%</td>
</tr>
<tr>
<td>Enforcement</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
FARM STATE OF MIND: Stress on the Farm

Research Findings From 2022 Georgia Farmer Well-being Study
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
  - 70% - Health issues
  - 64% - COVID19’s effect on income
  - 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

### Perceived Stress Score

<table>
<thead>
<tr>
<th>Group</th>
<th>Stress Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>First-Gen</td>
<td>19.1</td>
</tr>
<tr>
<td>Generational</td>
<td>17.2</td>
</tr>
<tr>
<td>Beginner</td>
<td>18.9</td>
</tr>
<tr>
<td>Experienced</td>
<td>17.1</td>
</tr>
</tbody>
</table>

### 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
- 44% - Unhappy with their farm role

- **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

- **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

<table>
<thead>
<tr>
<th>Gender Group</th>
<th>Top Stressors</th>
<th>Perceived Stress Score</th>
<th>Thoughts &amp; Feelings</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Female Farmers</strong></td>
<td>- 71% - Balancing home &amp; work life</td>
<td>0</td>
<td>At least once per month</td>
</tr>
<tr>
<td></td>
<td>- 64% - Saving and retirement</td>
<td><strong>18.7</strong></td>
<td>48% - Lonely</td>
</tr>
<tr>
<td></td>
<td>- 60% - Succession planning</td>
<td><strong>17.7</strong></td>
<td>55% - Sad or depressed</td>
</tr>
<tr>
<td></td>
<td>- 66% - COVID19’s effect on income</td>
<td><strong>19.5</strong></td>
<td>31% - Hopeless</td>
</tr>
<tr>
<td></td>
<td>- 62% - Unexpected financial burden</td>
<td><strong>18.3</strong></td>
<td>49% - Unhappy with their farm role</td>
</tr>
<tr>
<td><strong>Young Farmers</strong></td>
<td>- 72% - Balancing home &amp; work life</td>
<td>0</td>
<td>At least once per month</td>
</tr>
<tr>
<td></td>
<td>- 71% - Saving and retirement</td>
<td><strong>23.6</strong></td>
<td>47% - Lonely</td>
</tr>
<tr>
<td></td>
<td>- 69% - Succession planning</td>
<td><strong>20.9</strong></td>
<td>52% - Sad or depressed</td>
</tr>
<tr>
<td></td>
<td>- 69% - COVID19’s effect on income</td>
<td><strong>22.1</strong></td>
<td>39% - Hopeless</td>
</tr>
<tr>
<td></td>
<td>- 65% - Unexpected financial burden</td>
<td><strong>20.9</strong></td>
<td>49% - Unhappy with their farm role</td>
</tr>
<tr>
<td><strong>Black Farmers</strong></td>
<td>- 82% - Lack of opportunities for people like me</td>
<td>0</td>
<td>At least once per month</td>
</tr>
<tr>
<td></td>
<td>- 76% - Balancing home &amp; work life</td>
<td><strong>28.7</strong></td>
<td>47% - Lonely</td>
</tr>
<tr>
<td></td>
<td>- 71% - Saving and retirement</td>
<td><strong>26.9</strong></td>
<td>52% - Sad or depressed</td>
</tr>
<tr>
<td></td>
<td>- 69% - Succession planning</td>
<td><strong>25.1</strong></td>
<td>39% - Hopeless</td>
</tr>
<tr>
<td></td>
<td>- 69% - COVID19’s effect on income</td>
<td><strong>27.3</strong></td>
<td>49% - Unhappy with their farm role</td>
</tr>
<tr>
<td></td>
<td>- 65% - Unexpected financial burden</td>
<td><strong>25.1</strong></td>
<td>29% think about dying by suicide at least once per month</td>
</tr>
<tr>
<td><strong>Latino Farmers</strong></td>
<td>- 68% - Balancing home &amp; work life</td>
<td>0</td>
<td>At least once per month</td>
</tr>
<tr>
<td></td>
<td>- 67% - COVID19’s effect on income</td>
<td><strong>23.3</strong></td>
<td>49% - Lonely</td>
</tr>
<tr>
<td></td>
<td>- 67% - Operation certificates</td>
<td><strong>23.3</strong></td>
<td>52% - Sad or depressed</td>
</tr>
<tr>
<td></td>
<td>- 64% - Alcohol Use</td>
<td><strong>21.5</strong></td>
<td>41% - Hopeless</td>
</tr>
<tr>
<td></td>
<td>- 64% - Managing debt</td>
<td><strong>21.5</strong></td>
<td>48% - Unhappy with their farm role</td>
</tr>
</tbody>
</table>

- **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

- **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

- **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.

https://www.michiganfarmnews.com/mental-health-awareness...

#FarmStateOfMind farmstateofmind.org

State Farm Bureaus Mobilize the Message

“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...

#FarmStateOfMind #CFBGNP

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

https://www.michiganfarmnews.com/mental-health-awareness...
Small Gestures, Big Impact
Participate in Mental Health Month

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

FarmStateOfMind.Org
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
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: dmcmoran@wsu.edu
- Website: farmstress.ws

**North Central**
- Also known as "North Central Farm and Ranch Stress Assistance Center". Engaging Programs to Support Producer Wellbeing.
- Program Contact: joser@illinois.edu
- Website: farmstress.org

**Southern**
- Program Contact: hscodes@uk.edu

**Northeast**
- Building an Inclusive and Comprehensive Network for Farm and Ranch Stress Assistance in the Northeast.
- Program Contact: jec@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
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