

Implementing Farm Stress Grab-n-Go Kits in HHS Region 7 and 8 Communities

Mental Health Supports for
Farmers and their Communities



Disclaimer and Funding Statement

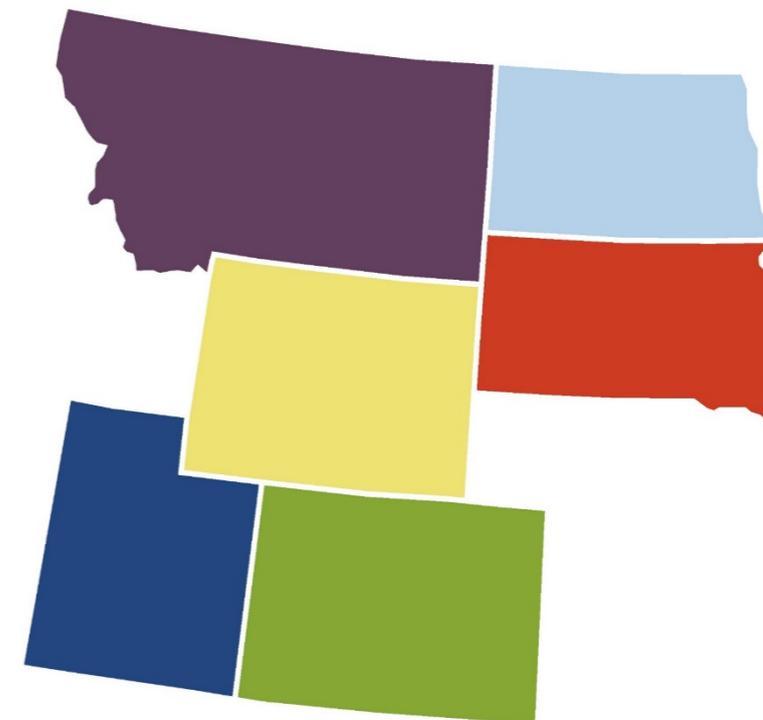
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At the time of this presentation, Tom Coderre served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Brandy Clarke, Erika Holliday, Genevieve Berry, and Maridee Shogren and do not reflect the official position of the Department of Health and Human Services (DHHS), or SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

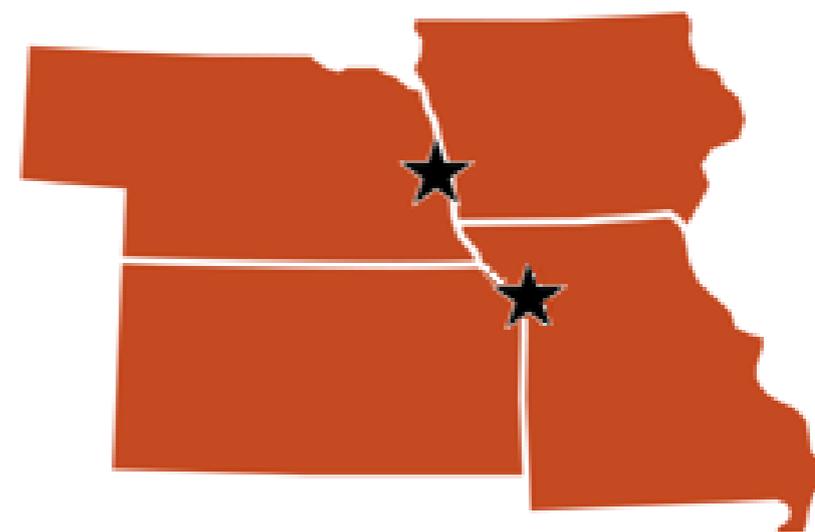
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The Mental Health and Addiction Technology Transfer Centers

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming).



The Mid-America Mental Health Technology Center (Mid-America MHTTC) and the Mid-American Addiction Technology Transfer Center (Mid-America ATTC) provide training and technical assistance to individuals who serve persons with mental health concerns throughout Region 7 (Nebraska, Kansas, Missouri, and Iowa).



We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).

The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Presenters

Brandy Clarke, PhD, LP

Director, Region 7 Mid-America MHTTC

Erika Holliday, MPH, CHES

Sr. Program Support Coordinator, Region 7 ATTC

Genevieve Berry

Project Manager, Region 8 MHTTC

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The Beginning

Data/Context on Farm Stress –

demonstrates the need for mental health supports in the farming community is overwhelming

Request from Extension Offices –

the request highlighted the need for materials

Interviews and Feedback –

what we discovered

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The Response and Development

1. Determining which topics to address
2. Deciding on the 4 main topic areas
3. Process of Development – slide decks and flyers
4. Access to Resources

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Mental Health Awareness

Mental Health Awareness: A Community Conversation

Farm Stress and Mental Health

Mental Health Supports for
Farmers and their Communities



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Presentation Objectives

- Increase awareness and understanding about mental health awareness
- Create a common language about mental health
- Identify unique community assets and resources

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Mental Health Awareness



Understanding Your Mental Health and Farm Stress

Mental health awareness is achieved with an understanding of how to obtain and maintain positive mental health. People with limited mental health awareness may be unable to recognize signs of distress in themselves or others, which can prevent them from seeking support.

UNIQUE ASPECTS OF FARM STRESS

Farm stress is the stress experienced by farmers and their families as a result of the unique agricultural work environment. Farm stress can be experienced by the farmer/producer, agricultural workers, and/or farm families.

SIGNS AND SYMPTOMS OF MENTAL HEALTH CONCERNS

- Changes in routines or social activities
- Decline in the care of domestic animals
- Increase in illness or other chronic conditions
- Increase in farm accidents
- Decline in appearance of the farmstead
- Signs of stress in children including struggles with school
- Decreased interest in activities or events

RESOURCES

- National Alliance on Mental Illness (NAMI) at 1-800-950-6264 or email
- National Suicide Prevention Lifeline at 1-800-273-8255
- Crisis Text Line: Text HOME to 741741

LOCAL RESOURCES OR CONTACT INFORMATION

ATTACH LOCAL RESOURCES OR CONTACT INFORMATION BELOW

SAMHSA
Substance Abuse and Mental Health
Services Administration

These materials were prepared by the Mountain Plains and Mid-America Mental Health Technology Transfer Centers and the Mid-America Addiction Technology Treatment Center under a cooperative agreement (H795M081792) from the Substance Abuse and

Farm Stress Grab-n-Go Kits

Mental Health Stigma - Slide Deck and Flyer

Co-Occurring Disorders – Slide Deck and Flyer

Alcohol Use Disorders – Slide Deck and Flyer

Death by Suicide – Slide Deck and Flyer

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How To Access

Farm Stress Grab-n-Go Kits:

<https://bit.ly/farmstressgrabngo>

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Authors

Brandy Clarke, PhD, LP

Director, Region 7 Mid-America MHTTC

Mogens Bill Baerentzen, PhD

Serious Mental Illness Program Director, Region 7 Mid-America MHTTC

Stephanie Smith Kellen MA, PLMHP,

Pre-Doctoral Psychology Intern Region 7 MHTTC

Erika Holliday, MPH, CHES

Sr. Program Support Coordinator, Region 7 ATTC

Maridee Shogren, DNP, CNM, CLC,

University of North Dakota, Region 8 MHTTC and ATTC

Genevieve Berry

Project Manager, Region 8 MHTTC

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Resources

mhttcnetwork.org/mountainplains | mountainplains@mhttcnetwork.org

mhttcnetwork.org/midamerica | midamerica@mhttcnetwork.org

attcnetwork.org/midamerica | midamerica@attcnetwork.org



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