



Building Resilient Agricultural Communities

A Working Forum on Mental Health Outreach and Community-Based Support for Farmers, Farm Workers and Their Families

WebEx AGENDA

9:00 **Welcome and introductions**

- Bruce Alexander, Director, Upper Midwest Agricultural Safety and Health Center

9:20 **Presentation: *It's NOT all in your Head! Farm and rural stress factors in the here and now.***

- Meg Moynihan, Senior Advisor on Strategy and Innovation, MN Department of Agriculture

10:00 **Break**

10:15 **Panel discussion on availability, accessibility, affordability and acceptability of stress and mental health outreach and support.**

Panelists:

- Paul Force-Emery Mackie, PhD, LISW
Minnesota State University
- Doris Mold
Past President, American Agri-Women, Present, Sunrise, Ag Associates, LLC, Farm co-owner/operator
- Gloria Contreras
Board President, Manos Latinas
- Gene Hugoson
Analyst, Veterinary Population Medicine, Former MN Commissioner of Agriculture, Farmer
- Cynthia Christensen
Therapist, Oak Ridge Teletherapy, Farmer

Q & A

Seed Grant Presentation

12:30 **End WebEx**