



# Building Resilient Agricultural Communities

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

## AGENDA

8:30 **Registration, Networking, Continental Breakfast**

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 **Lunch & Networking**

1:30 **Small group activity: Identify Gaps and Challenges**

**Small group activity: Brainstorm resolutions**

2:30 **Break**

2:45 **Small group activity: Develop Action Plan**

**Recap of day**

4:00 **End Forum**