



Success Stories

FARMER STRESS AND MENTAL HEALTH

umash.umn.edu/stress

The Problem:

America's farmers, agricultural workers, and their families are experiencing crisis levels of stress. Weather, commodity markets, isolation, and changing dynamics in agriculture and farm-families contribute to chronic stress, affecting both physical and mental health. At the same time, nearly 97% of rural counties have a mental health professional shortage.

The Solution:

UMASH hosted a working forum, *Building Resilient Agricultural Communities*, with the MN Dept of Agriculture to bring together diverse perspectives to explore issues, identify challenges, brainstorm innovative solutions, and stimulate partnerships. UMASH provided funding for **partnership projects** to follow up on ideas generated at the forum.

THE IMPACT

The forum brought together **69 attendees from multiple sectors**. **15 proposals** were submitted; **3 partner projects were funded**:

GEAR UP FOR AG PROGRAM

Expanded health and safety program for college agriculture students to address stress, mental health and resiliency.

- » Produced **innovative motion graphic** to foster conversation.
- » Delivered to **college students studying agriculture in the region**.

CULTIVATING RESILIENCY FOR WOMEN IN AGRICULTURE

A 6-part webinar series (Dec 2018 - April 2019).

- » Created **new partnerships** with multiple regional, state, academic and mental health organizations.
- » **300+ attendees** joined the first 3 webinars (*live or recording*)
- » Featured by **30+ news outlets and agriculture organizations**.

USING STORIES AND EDUCATION TO BUILD RESILIENT AGRICULTURAL COMMUNITIES

NAMI MN is creating new connections in rural MN to provide suicide prevention training and curate stories from agricultural communities.

- » Enrolled **3-4 new trainers** for Question, Persuade, Refer (QPR) training rural MN.
- » Scheduling **suicide prevention classes in Northern MN**.
- » Engaged volunteer from agricultural community to **share personal stories**.

WHAT PEOPLE SAID ABOUT THE FORUM

Very informational. The conversation about farm workers and family stress was beneficial, as it is often overlooked.

Thank you for including ag workers in the conversation! Ag worker mental health impacts productivity among other concerns, so it is a farm/farmer issue in addition to an ag worker issue.



Revised January 2019



UPPER MIDWEST AGRICULTURAL SAFETY AND HEALTH CENTER

UMASH is funded by the National Institute for Occupational Safety and Health (NIOSH), cooperative agreement U54OH010170