Suicide and the Agriculture Way of Life: What you need to know

Presenters:
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Welcome!!!

- Brought to you by: American Agri-Women, District 11 MN Agri-Women and the University of Minnesota - Women in Ag Network with funding from UMASH

- Format 45-60 Minute Presentation & 30 Minute Question and Answer Segment

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- American Agri-Women (AAW) website: www.americanagriwomen.org
- Upper Midwest Agricultural Safety and Health Center
  - http://umash.umn.edu/cultivating-resiliency-webinars/

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Past Webinars
Basics of Recordkeeping and Financials for Farmers and Ranchers
Tuesday, February 28, 2017 – 1:00 PM – 2:00 PM CST

View Webinar
Presented by: Megan Roberts
In this session, you will learn about the basics of farm recordkeeping. Proper farm recordkeeping can save you both time and money. We will learn why it is important to keep records; discuss how to classify assets and liabilities, identify ways to record transactions, briefly overview the four primary financial statements, and talk about electronic recordkeeping systems.
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Register
About Shauna Reitmeier

• Raised on the family farm in Crookston, MN.
• Family and friends that farm and farm land owner
• Social Worker, Mental Health and Substance Use Disorder Advocate
• CEO for Northwestern Mental Health Center serving 6 Ag Counties
• Passionate about Rural and Frontier farmers and increasing access to services
Before We Begin Together

• The information shared today is based on the most current data, research and interventions related to suicide prevention.
• Some topics may bring up thoughts or feelings that you may not have been prepared to address, resources will be provided for you to seek assistance if needed.
• The information is not intended to be treatment nor is this certifying you that you have been trained in a suicide prevention course.
• Opportunities for participants to be involved (Polls, Questions/Responses and the wrap up Q & A’s)
• We look forward to walking this journey together and learning from you.
Why talk about Suicide

• May is Mental Health Awareness Month
• Suicide is the 10th leading cause of death in the US
  – In MN suicide is ranked #8 leading cause of death
• Retracted Center for Disease Control Report drew attention to the impact of suicide in the Farming/Ag way of life
• Empower all of us to shift the conversation from fear to courage

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Why talk about Suicide

Suicide Death Rates by Sex, United States 2008-2017

Suicide Rates at the County Level, United States 2008-2014

http://www.sprc.org/scope/united-states
Why talk about Suicide

Suicide Rates by Age, United States 2008-2017

- 10 Leading Causes of Death, United States 2016, All Races, Both Sexes

http://www.sprc.org/scope/age

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Overview

- Risk & Protective Factors
- Warning Signs
- How to talk about suicide
- Resources for someone suicidal
- Training to enhance confidence
Poll

• How confident are you to have a conversation with someone you are concerned may be suicidal?
  1. Very Confident
  2. Somewhat Confident
  3. Not Confident

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Risk and Protective Factors

Personal Force Field: Protective Factors

- Effective behavioral health care

- Connectedness to individuals, family, community, and social institutions
  - a. Remember our 3 legged stool of social interaction, interconnectedness.

- Life skills (including problem solving skills and coping skills, ability to adapt to change)

- Self-esteem and a sense of purpose or meaning in life

- Cultural, religious, or personal beliefs that discourage suicide
Risk Factors

- Prior suicide attempt(s)
- Misuse and abuse of alcohol or other drugs
  - Alcohol=depressant
  - Stimulants=quick decisions and action
- Mental disorders, particularly depression and other mood disorders
- Access to lethal means
  - Significant in rural farming/ag communities
- Knowing someone who died by suicide, particularly a family member
- Social isolation
  - Distance from other, significant in farming/ag
- Chronic disease and disability
- Lack of access to health & behavioral health care
  - Significant in farming/ag communities: far distances, limited options
Risk and Protective Factors

Risk Factors across Groups

- Stress resulting from prejudice and discrimination (family rejection, bullying, violence) is a known risk factor for suicide attempts among lesbian, gay, bisexual, and transgender (LGBT) youth.

- The historical trauma suffered by American Indians and Alaska Natives (resettlement, destruction of cultures and economies) contributes to the high suicide rate in this population.

- For men in the middle years, stressors that challenge traditional male roles, such as unemployment and divorce, have been identified as important risk factors.
Risk and Protective Factors

Precipitating Factors

- End of a relationship or marriage
- Death of a loved one
- An arrest or legal trouble
- Serious financial problems
Immediate Risk: (Get Help Right Away)

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live

Serious Risk:

- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
What do I do?

• Be Present & Listen
• Here is where we move out of fear and into Courage:
  – Ask the **DIRECT** question
    • “are you thinking about suicide?”
    • “do you have thoughts about wanting to stop living?”
• Asking the question **does not** increase the risk
What if they say YES?

• Continue to Be Present & Listen

• Remember to Breath

• Ask them if they have a plan of how they will die by suicide?
  – If they do have a plan…
  – Ask them do they have access or the means to carry it out.
Now what?

If the person is **NOT** suicidal:

• Let them know you are concerned about them and wanted to be sure. Ask them if they have been feeling depressed or overwhelmed. If yes...

• Encourage them to seek help
  – Doctor, minister, friend, therapist
  – Offer to go with them for support

• Check in periodically.
Now what?

If the person **IS** suicidal:

- Help them access services.
- Call the local or National Suicide Prevention Lifeline or text line
- Ask them if they will promise you to stay alive until you can get help.
- Offer to make the call or appointment
What if they won’t get help?

• Again, now isn’t the time to be concerned if the person will be mad. This is about safety and life.
• Call the National Suicide Lifeline and let them know where you are calling from. They will guide you of where to go.
• If all else, call your local law enforcement agency
  – In all states, laws do not allow someone to kill themselves without having treatment first
  – They will help you get connected to the right professionals.
Poll

Did you find this information helpful in being able to gain confidence in asking THE Suicide Question?

1. Yes
2. Somewhat
3. No
Trainings

• **ASIST**: Applied Suicide Intervention Skills Training
  – 2 day interactive workshop; recognize suicide, planning to support immediate safety

• **CALM**: Counseling on the Access to Lethal Means
  – target audience mental health professionals/healthcare, social services
  – Through Suicide Prevention Resource Center

• **MHFA**: Mental Health First Aid
  – One day training, encompasses mental health, substance use and suicide.

• **QPR**: Question. Persuade. Refer.
  – Online training for a fee, 1 hour in length
References/Resources

• American Association of Suicidology; https://www.suicidology.org/

• ASIST; https://www.livingworks.net/programs/asist/

• Counseling on Access to Lethal Means (CALM) Training

• Mental Health First Aid; https://www.mentalhealthfirstaid.org/

• QPR; https://qprinstitute.com/

• Suicide Prevention Resource Center; http://www.sprc.org/

• Zero Suicide in Health and Behavioral Healthcare; https://zerosuicide.sprc.org/
Next Steps

Virtual Coffee Chat Sessions: Pilot Project

• June 4th 2019 7:00 pm CST
• June 21st, 2019 12:00 pm CST
• One hour sessions
• BCC: email to webinar participants for registration
• Limited to 20-25 participants to allow for discussion
• Choose to be anonymous or not
• You are in “listen only” mode (muted) during the webinar.

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