

Managing Farm Stress

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Why is this important?

- Mental health issues are very common yet severely *overlooked*...
 - General lack of understanding, fear, cavalier attitudes toward
- Having a mental health issue can be quite *stigmatizing*.
 - Misunderstood, invalidated, or judged; Better to battle in silence...
- Simply *raising awareness* of mental health is only a part of what is needed...
- ******Psychotherapy is certainly effective but...
 - Our desire is to help individuals, families, communities, and industries build and implement resources to address mental health issues.

Oklahoma's mental health crisis

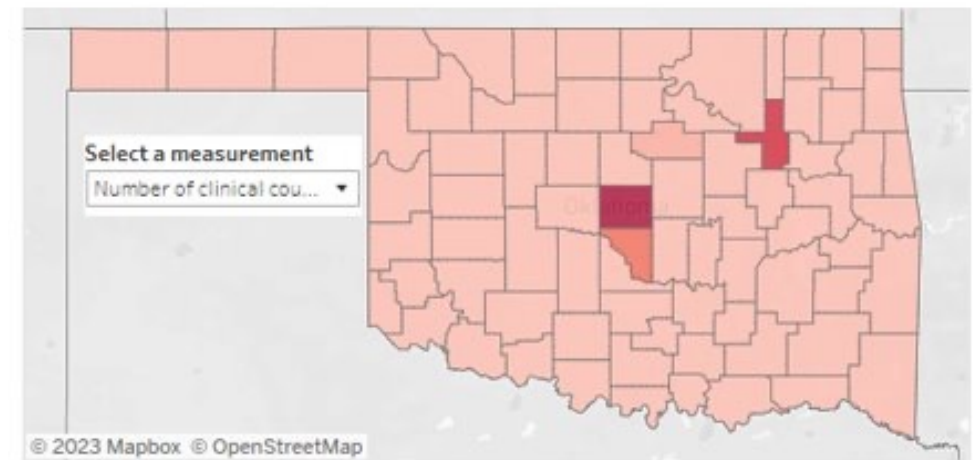
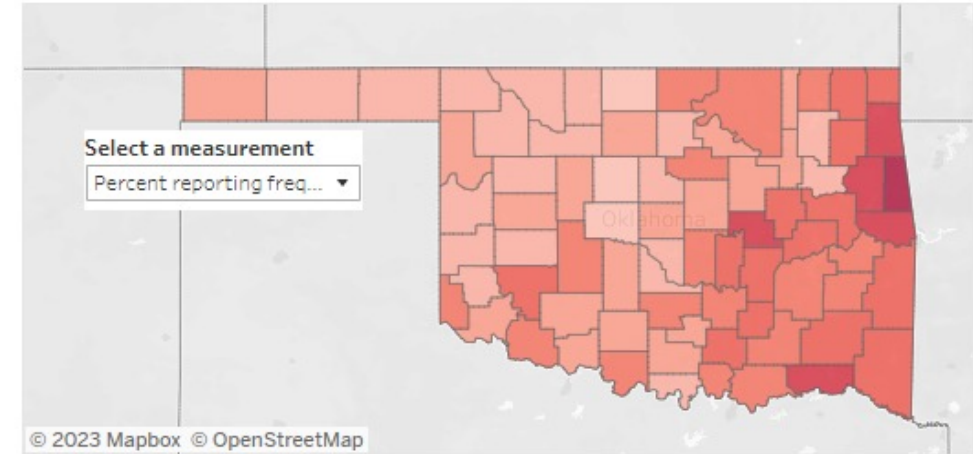
Citizens experiencing mental illness	3rd nationally
Citizens experiencing serious mental illness	2nd nationally
Rate of substance abuse disorders	2nd nationally
Adverse childhood experiences per person	1st nationally
Adolescent diagnosed depression	33% increase
Adolescent suicide attempts	23% increase
Adolescent completed suicides	21% increase
Overall mental health ranking	49th
Drug overdose rates in rural areas now surpass urban areas	

Sources: SAMHSA (2017), Twenge et al. (2017), NIH (2017), Healthy Minds Policy Initiative (2023)

Oklahoma's mental health crisis

- Percent reporting frequent mental distress:
 - 7+ of the top 10 counties are rural.
 - OK is 2nd nationally for SUD

- Where are the most MH providers in OK?
 - Adults residing in rural locations receive mental health treatment **less frequently** and often with providers with **less specialized training**, compared to those in urban areas.
 - **Stigma: Shame, privacy, fierce independence, and “grit” still plague the process of seeking help



Source: Oklahoma State Department of Health

Farm Stress

- Farming is among the most stressful professions

- ▶ Financial stress

- ▶ Low income, interest rates, foreclosures, increased input prices

- ▶ Dangerous conditions

- ▶ Lack of control

- ▶ Equipment failure
- ▶ Damaged property

- ▶ Compounding factors

- Rural disparities (compared to urban)

- Isolation/Privacy... (**compounding effect*)
- Higher levels of long-term health problems
- Poor infrastructures; Insufficient health insurance coverage
- Restricted access to quality health care



Farmers and Suicide

- Suicide rates higher in rural communities and gap is *growing*
 - OK is 6th in nation for suicide rates.
 - OK suicides increased 8% to 10% in 2020; rural areas had a 27% increase.
 - Agriculture 4th highest industry segment for suicide.
 - Shift from middle age men to Younger men (20s & 30s) and Older men (85+) being at greatest risk. Worse for Veterans.
- Depression and Suicide on the farm
 - Uncertainties and problems stack
 - Lack of social support
 - Pushes stress into *crisis level*
- Acute Crisis and Warning Signs
 - Thoughts about suicide
 - Specific Plan
 - Available lethal means





Our Initiatives:

- Raise awareness of mental health issues
 - MHFA trainings
 - Project ECHO; training for providers
- Explore how *various entities within the ag industry* can improve wellbeing in rural families/communities
 - Arm as many citizens with the resources to provide support/respond to MH/suicide
 - Addressing issues *preemptively* reduces need for intervention
- Because not every family/community has the same resources, help *families* learn skills to strengthen their relationships

Where do we start?



- Put on your own mask first...
 - Self-care 101; monitor own ***burnout***
 - Attend to *adaptive* and *maladaptive* coping means
 - Attend to *relationships*: within family; as parents; as a couple
- Break the ice and reach out to *those you serve*
 - **Folks can correctly identify depression, but many don't know what to do about it...*
 - Asking others about suicide doesn't increase their likelihood of entertaining it.
 - Question, Persuade, Refer
 - Lethal means reduction
- Implement *proactive* programs to address wellbeing.
 - Engage in MH coalitions; register for MHFA training; educate on Trauma-Informed care

Where to Find Help (*put in your phone contacts list)

- In-person services; Telehealth services available
- 988 - suicide and crisis lifeline
- National Alliance on Mental Illness (NAMI)
 - Helpline 1-800-950-6264 or info@nami.org
- Disaster Distress helpline 1-800-985-5990
 - Text: TALKWITHUS to 66746
- Crisis Text 24/7: Text HELLO to 741741
- OK Child Abuse Hotline 1-800-522-3511



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Topics



Communicating During Stressful Times

Dr. Nathan Hardy describes the ways stress impacts communication between romantic partners, along with simple strategies to work through stress together as partners and enrich relationships.



Down on the Farm: When Disaster Hits

Dr. Kami Gallus explores common challenges and responses that communities and individuals face after disasters, and describes how individuals can help others promote safety, functioning, and action as they work towards recovery.



Introduction to Mental Health

Dr. Matt Brosi gives an overview of the state of mental health in Oklahoma and especially in rural areas of the state. Dr. Brosi will also describe some of the ways to provide support to individuals who struggle with mental health disorders as well as communities who experience increased risk for mental health challenges.



Managing Farm Stress

Mr. Jordan Shuler introduces a way of understanding the stress that farmers experience in the state of Oklahoma and offers a handful of suggestions for how farmers or those who interact with farm families can manage the stress of farm life.



Managing Stress Through Mindfulness

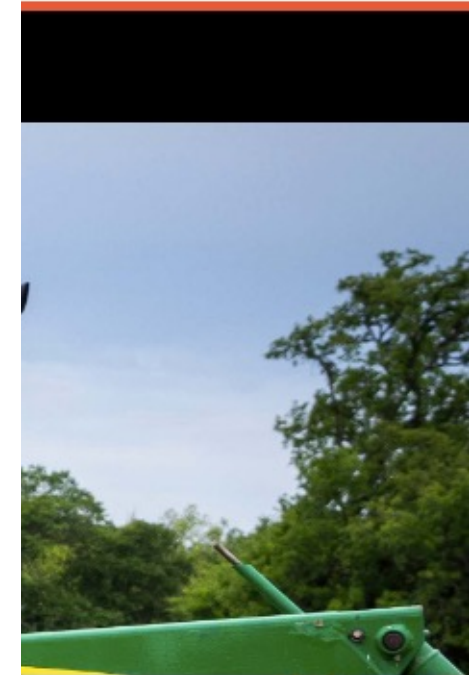
Mr. Jordan Shuler presents the concepts of mindfulness along with several strategies to help those who experience the stress of farm life. He will also help distinguish helpful and less helpful ways of managing stress.



Suicide Awareness & Prevention in the Farming Community

Dr. Amanda Szarzynski provides a detailed description of the warning signs of people who are at higher risk of suicide and walks the viewer through some of the most useful and impactful responses to support loved ones at risk of suicide.

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Questions or Comments?



EXTENSION

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https://okstatecasnr.az1.qualtrics.com/jfe/form/SV_50dDPnAdJMK3ORM

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