

Farm Stress Team Making An Impact in Indiana

TEAM DELIVERY

NUMBER OF PROGRAMS

52

NUMBER SERVED

1550

Recognizing and listening to Hoosier farmers in financial crisis, Purdue Extension began to discuss programming specifically for the farming community. Through this effort, *“Weathering The Storm In Agriculture”* and *“Communicating With Farmers Under Stress”* are programs, in collaboration with Michigan State University, that are presented by certified educators to address the mental health needs of the agricultural population and the industry professionals who work with them.

WEATHERING THE STORM IN AGRICULTURE

COMMUNICATING WITH FARMERS UNDER STRESS

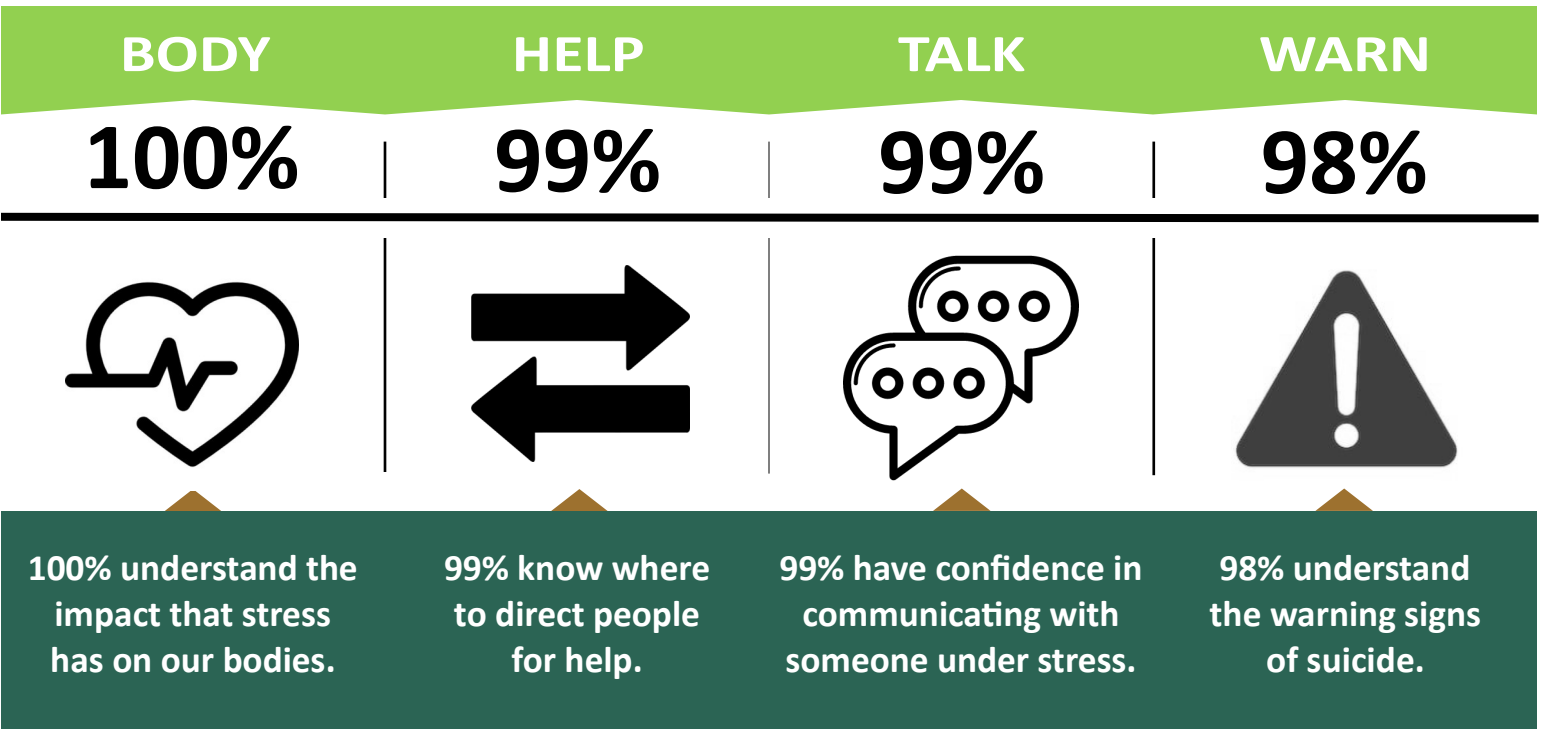
Course Topics:

- Build awareness around potentially stressful conditions affecting some farmers.
- Learn stress triggers, identify signs of stress and review helpful techniques for responding.
- Learn techniques for identifying and working with farmers who may not cope with stress effectively.
- Learn where to go for additional help.

HOW DOES EXTENSION MAKE LIVES BETTER?

“Thanks for talking to the farm community at this level. As a farm wife, I stress about my husband’s well being.” - FSM participant

As a result of attending Farm Stress Management programs, the majority of participants have indicated increased awareness in the following areas:



Program History & Growth

Joint Program Collaboration

- In January 2019, 11 Purdue Extension educators attended the Farm Stress Management workshop hosted by Michigan State University Extension and formed the **Purdue Extension Farm Stress Team**.
- The Farm Stress Team is trained to facilitate two different workshops: **Weathering the Storm** (for farm families) and **Communicating with Farmers Under Stress** (for individuals and/or companies working with farm families).
- Due to an increase in demand for programming across the state, a second wave of educators were trained. The team now includes **20 trained educators**.
- All trained educators are also certified in **Mental Health First Aid**; seven of whom are also Mental Health First Aid instructors.
- In early 2020, the team launched the **Tools for Today's Farmer: Navigating Uncertain Times** website: <https://extension.purdue.edu/farmstress/>
- A **Facebook** page was created to add additional avenues for sharing information, reducing stigma, and to be a topical resource for our state and region: <https://www.facebook.com/PurdueFarmStressTeam/#farmstrong>
- The Farm Stress Team released **Tools for Today's Farmer Podcasts** via Spotify: <https://spoti.fi/3mPI7CH>.
- The Purdue Farm Stress Team is part of a 12-state collaborative awarded the Farm and Ranch Stress Assistance Network grant administered by the USDA National Institute of Food and Agriculture to create/expand stress management, mental health resources, and services to agricultural producers/stakeholders in the North Central region.

VIRTUAL IMPACT

COVID RESPONSE
4 VIRTUAL PROGRAMS
REACHING **267**
PARTICIPANTS NATIONALLY

OVER **5500**
VIEWS ON OUR
WEBSITE

654
FACEBOOK
FOLLOWERS

4 PODCASTS
RELEASED WITH
136 LISTENS



Extension



Find us on
Facebook

Web Page: extension.purdue.edu/farmstress

The Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

WHERE TO LISTEN

