

Welcome!

**Thank you for joining.
We will begin shortly.**



@MidwestInjury



www.MidwestInjuryPreventionAlliance.org



Midwest
Injury
Prevention
Alliance

About MIPA

The Midwest Injury Prevention Alliance is an organization of injury professionals from states in Federal Health and Human Services Region V (Illinois, Indiana, Minnesota, Michigan, Ohio, and Wisconsin) working in a variety of settings, including state and local government, health care organizations, academic institutions, non-profit organizations, and community-based organizations.

Who should join MIPA?

- Researchers and academics
- Injury prevention professionals
- Trauma/EMS responders
- Nurses, physicians, and other clinicians
- Public health professionals and students
- Outreach and communications coordinators

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Understanding Farmer Suicide in Wisconsin

Sara Kohlbeck, PhD, MPH

*Assistant Professor, Department of Psychiatry and Behavioral Medicine
Director, Division of Suicide Prevention, Comprehensive Injury Center*

MIPA Webinar – May 2, 2023

knowledge changing life



Acknowledgements

- The work presented here was done through my doctoral research with the support of my dissertation committee:
 - Laura Cassidy, PhD, MS
 - Katherine Quinn, PhD
 - Steve Hargarten, MD, MPH
 - Terri deRoos-Cassini, PhD, MS
 - David Nelson, PhD, MS

Methods for this study

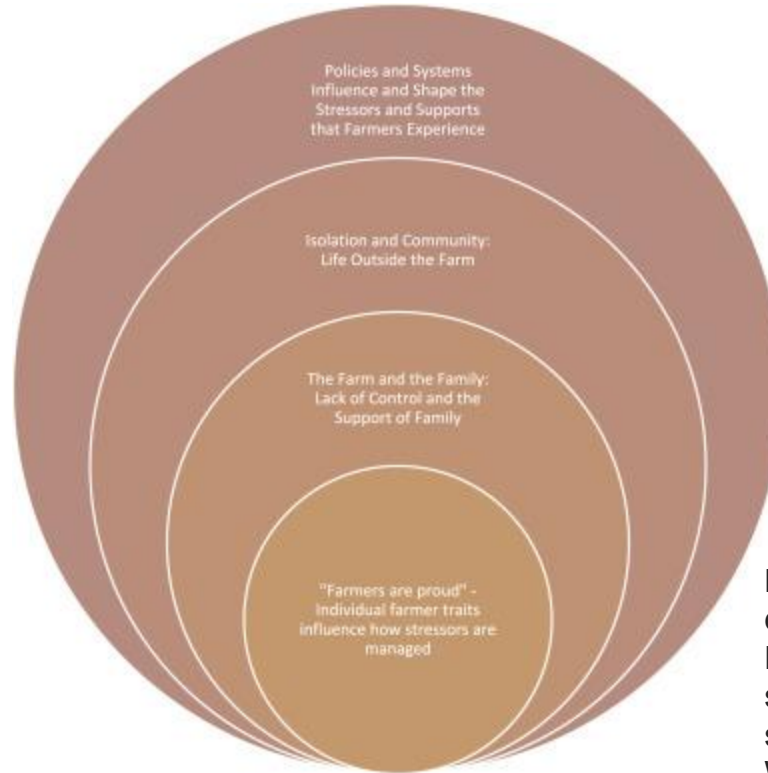
- Inductive thematic analysis of narratives of WI farmer suicides
 - Wisconsin Violent Death Reporting System
 - RQ: What are the biopsychosocial factors preceding death by suicide among WI farmers?
- Psychological autopsy interviews with survivors of WI farmer suicide loss
- Semi-structured interviews with current WI farmers
 - Using Adult Resiliency Measure
 - RQ: What are the stressors and supports facing current WI farmers?
- Photovoice

Findings from WVDRS and PA interviews

- Main themes
 - “Rugged individualism” clashes with a need to rely on others
 - Interpersonal loss causes intense pain and suffering
 - Financial stress and strain overwhelm Wisconsin farmers
 - Farmers are providers for families and communities
 - Alcohol and firearms are a lethal combination

Kohlbeck, S. A., Quinn, K., deRoon-Cassini, T., Hargarten, S., Nelson, D., & Cassidy, L. (2023). “I’ve given up”: Biopsychosocial factors preceding farmer suicide in Wisconsin. *American Journal of Orthopsychiatry*, 93(2), 131–143. <https://doi.org/10.1037/ort0000662>

Findings from interviews with WI farmers



Kohlbeck, S., Quinn, K., deRoon-Cassini, T., Hargarten, S., Nelson, D., & Cassidy, L. (2023). A social ecological analysis of farmer stresses and supports in Wisconsin. *SSM-Qualitative Research in Health*, 3, 100248.

Photovoice findings



“A sloppy mess”



“Harvest time”



“Working together”



“Our friend the cow”

What did we learn?

- Suicide among WI farmers is complex and intersectional
 - Mental health disorders are only part of the problem
- Prevention interventions need to consider the context of farming
 - Lethal means safety
 - Clinical screening efforts
 - Social connection
 - Bringing help to the farm
- Stigma reduction is critically important
- Future studies need to examine other farming groups
 - Amish
 - Migrant farm workers

Thank you!
skohlbeck@mcw.edu



Mental Health on the Farm

Josie M. Rudolphi, PhD
University of Illinois Urbana-Champaign, Illinois Extension
MIPA Webinar
May 1, 2023

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What we Know

Anxiety and Depression



	Depression	Anxiety
Agricultural community	6-50%	27-71%
General Population	7.3%	18.1%

(Bjornestad & Weidauer, 2019; Bjornestad et al., 2021, NIMH, 2019; Onwuameze et al., 2013; Peterson et al., 2016; Rudolphi et al., 2020; Scarth et al., 2000,)

Anxiety and Depression: Young Adult Farmers



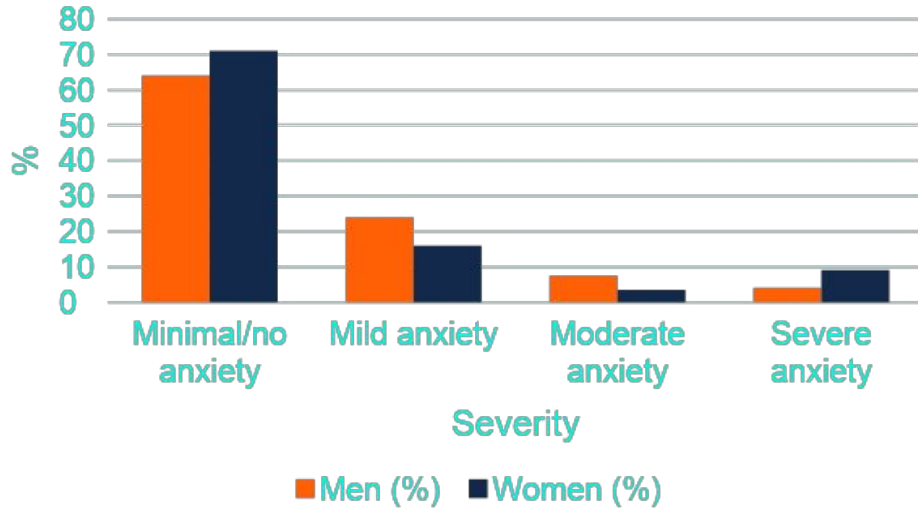
- Mental health conditions:
 - Anxiety: 60% met criteria for at least mild symptoms of anxiety
 - Depression: 58% met criteria for at least mild symptoms of depression
- Anxiety and depression were associated with farm-related stressors.





Anxiety and Depression: Farmers in Illinois

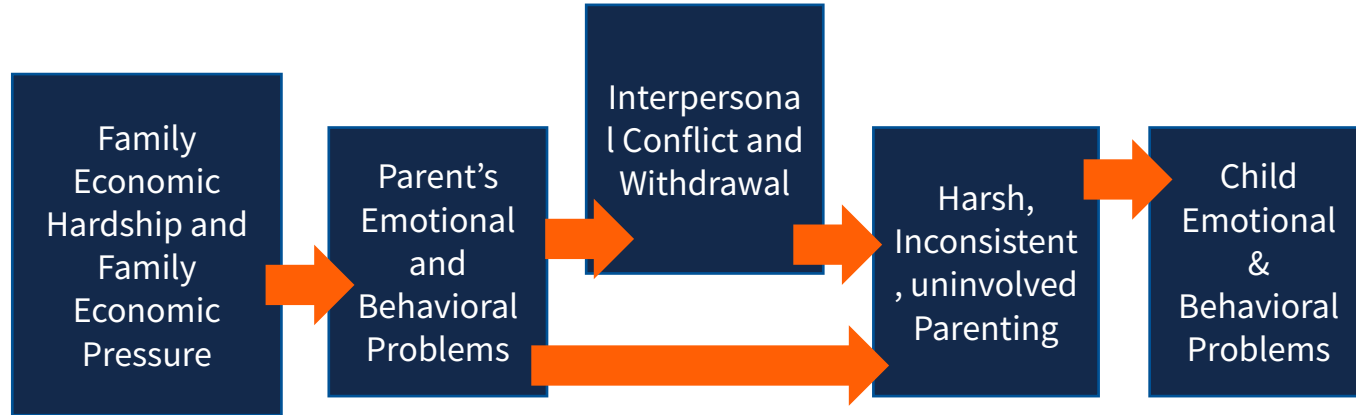
Anxiety (GAD-7)



Depression (PHQ-9)



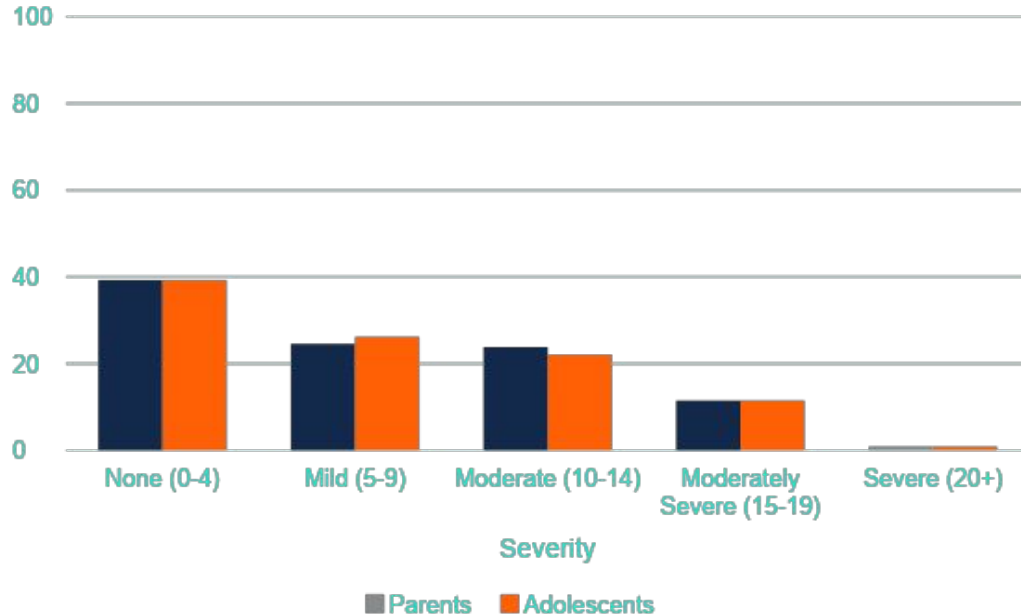
Farm Adolescents and Parents





Farm Adolescents and Parents

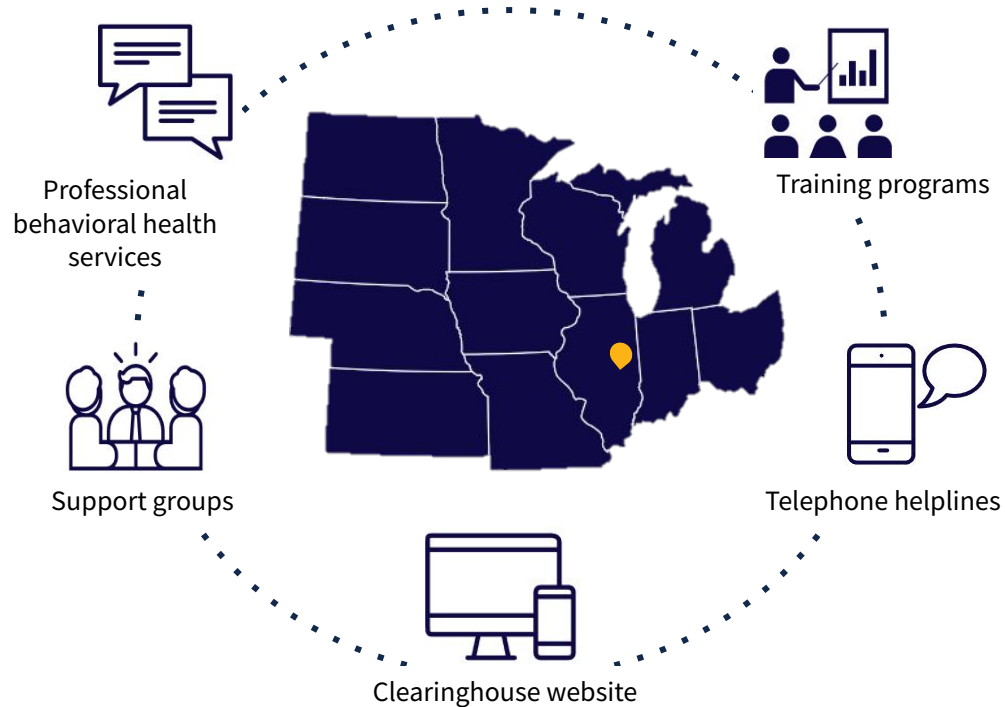
Depression



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How we Help

North Central Farm and Ranch Stress Assistance Center: Engaging Programs to Support Producer Well-being





Training Programs



- **Mental health literacy programs**
 - Mental Health First Aid, Youth Mental Health First Aid
 - Q.P.R.
 - Weathering the Storm
 - Comet
- **Audiences**
 - Agricultural producers
 - Agricultural supports





Telephone Helplines & Website

- **Concern Hotline: 1-800-447-1985**
 - Long-standing hotline from ISU
 - Agricultural specific response
 - Legal
 - Stress
 - Financial
 - Crisis response
- State specific lines
- **Clearinghouse:**
www.farmstress.org
 - 110+ resources
 - State specific pages + resources
 - State farm stress and mental health reports





Professional Behavioral Health Services



- Low or no-cost access to professional behavioral health care
- Voucher program
- States:
 - North Dakota
 - Missouri
 - Illinois
 - Minnesota (Ted and Monica)





Support Groups



- Bienvenido
 - Welcoming and stress management program for farmworkers
- Nebraska (CS-CASH)
- Instructor training





Questions?

Comments?

Collaborate?

Contact us!

Josie Rudolphi, PhD

Assistant Professor & Extension Specialist

Email: josier@illinois.edu



CFAES

EST. 1870

WE SUSTAIN LIFE

Ohio Agricultural Mental Health Alliance

Dee Jepsen, Professor
State Extension Specialist Ag Safety and Health



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AND ENVIRONMENTAL SCIENCES



Ohio Agricultural Mental Health Alliance



Collaboration for Advocacy

Outreach and Education

Resources

State of the Farm Report

— Collaboration for Advocacy

- Workgroup became an Alliance.
- Collaborate with Ohio agencies, businesses, associations, stakeholders, and commodity groups to improve agriculturalists' quality of life.



Department
of Health



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Department of
Agriculture



Outreach Education

Rural and Farm Stress

Creating Resilient Farms and Families in Ohio

Get Help Now! Stress Hazards/Disasters Finance Legal [Find a Professional](#) Media Training Events



Find a Professional

Mental health professionals provide counseling and therapy that may help individuals who are experiencing anxiety, depression, and other mental health concerns. The Farm Stress team and OSU Extension cannot recommend specific providers, but can provide information about counselors and other resources available across the state.

Search ...

Recent Posts

CFAES

Join us at the (Dinner) Theater!

Tuesday, April 11th
Pymatung Valley
Highschool Cafeteria

Doors Open 6:00 PM
Curtain Time 6:30 PM
Run Time 90 Min



Talking about mental health can be difficult, but it is an important topic for the agriculture community. Join us for a delicious free meal and enjoy a theatrical performance that addresses common issues that add stress to our lives.

Join Ashtabula County Ohio State Extension and the Ashtabula County Farm Bureau for dinner and a show, **all at no cost to you!**

No babysitter? No problem! Childcare will be provided by 4-H teen leaders.

This event will be limited to just 50 attendees so sign up today!

Reserve your spot today by visiting www.go.osu.edu/Theater
or by calling OSU Extension at 440-576-9008



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EXTENSION



ASHTABULA COUNTY

CFAES

How can you help a farmer?
Get Farm Stress Certified!



This three-course program is designed to give mental health professionals the understanding and resources needed to assist the agricultural community

Module Objectives

1: Farming 101

- Identify unique stressors in the agriculture industry
- Examine the structure of Ohio's farming community
- Recognize the barriers to seeking mental health treatment for the rural communities
- Discuss how weather plays a much larger role of stress for our farmers than we realize

February 9, 9:30—Noon
March 9, 9:30—Noon
April 6, 1:00—3:30 pm
June 1, 1:00—3:30 pm
July 19, 9:30—Noon

Instructors: Bridget Britton
Sarah Noggle
Jamie Dellifield

2: Managing the Farm

- Assess how passing on the farm affects the farm family
- Evaluate the impact of agriculture economic fluctuation
- Recognize the stress as a result of legal complexities in the farming community

February 16, 1:00—3:30 pm
February 17, 9:30—Noon
March 21, 9:30—Noon
April 26, 1:00—3:30 pm
May 17, 9:30—Noon

Instructors: Chris Zoller
David Morrison

3: Farming-The Real World

- Examine the Agrarian Imperative
- Illustrate the impact of full-time farming on the family
- Evaluate health care system issues for the agricultural community
- Question farmers about the challenges they face and its mental health impact

March 18, 1:00—3:30 pm
April 22, 9:30—Noon
May 10, 1:00—3:30 pm
June 7, 1:00—3:30 pm
July 13, 9:30—Noon

Instructors: Ken Martin
Dee Jessen
Farmer panel

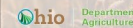
Register for all three modules today at
go.osu.edu/farmstresscertified

\$100 value for free thanks to a grant from
the Ohio Department of Agriculture

Continuing Education Credits

2.5 hours per module available from:

- Ohio Counselor, Social Worker and Marriage and Family Therapist Board (CSWMFT)
- Ohio Chemical Dependency Professionals Board



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CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit extension.osu.edu. For an accessible format of this publication, visit ohio.osu.edu/extension.

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COLLEGE OF SOCIAL WORK

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- ✓ Agricultural audiences: farmers, association meetings, field days, trade shows
- ✓ Health providers and licensed counselors
- ✓ Websites, Newsletter, Blogs

Mental Health First Aid Training for Rural Ohio & Agribusinesses



Resources

Ohio Mental Health Resource Guides

The Center for Public Health Practice in partnership with the College of Public Health students and [Equitas Health Institute](#) have developed **Mental Health Resource Guides** for all of Ohio's 88 counties. This project was completed as part of the Center's and OSU Extension's SAMHSA Mental Health Awareness Training grant.

For questions, to add or request a correction on a resource guide, please contact [Kate Homonai](#) with OSU Extension.

Please be sure to scroll all the way down the page to access more statewide and national resources.

Ohio Mental Health Resource Guides by County

Please click on any of the Mental Health Resource Guides by county (in alphabetical order below) to learn about the mental health and substance use disorder resources available in that community. Additional statewide and national resources are included below the list of county resource guides.

- [Adams Co Resources](#)
- [Allen Co Resources](#)
- [Ashland Co Resources](#)
- [Ashtabula Co Resources](#)
- [Athens Co Resources](#)
- [Auglaize Co Resources](#)
- [Belmont Co Resources](#)
- [Brown Co Resources](#)
- [Butler Co Resources](#)
- [Carroll Co Resources](#)
- [Champaign Co Resources](#)
- [Clark Co Resources](#)
- [Clermont Co Resources](#)
- [Clinton Co Resources](#)
- [Columbiana Co Resources](#)
- [Coshocton Co Resources](#)



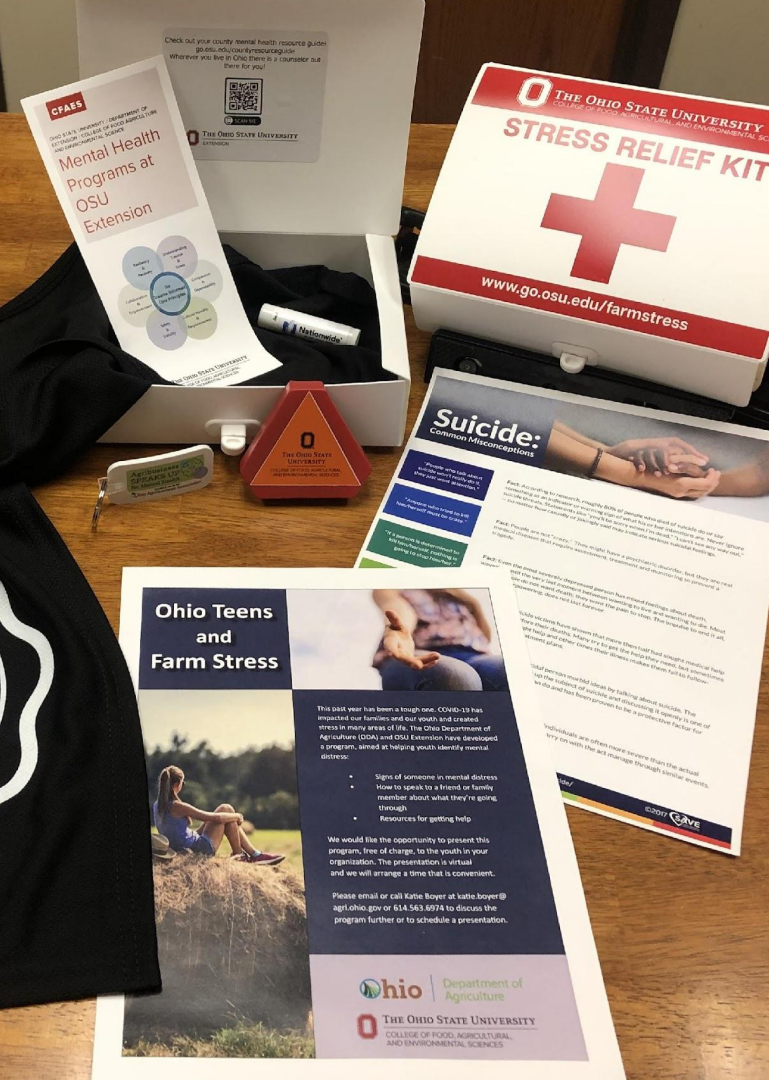
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COLLEGE OF PUBLIC HEALTH



Resources

Stress Relief Kits distributed at farm shows & producer meetings.

- foam stress ball – shaped as an SMV emblem,
- rally towel,
- printed resources,
- suicide prevention keychain,
- chapstick,
- other donated items from Ohio stakeholders.



Needs Assessment

“State of the Farm”

Survey of Ohio Farms



Future Directions



Questions?



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