

Farm Stress Management and Resources for Maryland Service Providers

Goals:

- Farm stress management training will equip 150 agricultural providers with skills and knowledge to support farm families in times of distress. This project will increase provider's ability to identify signs of distress, communicate with someone experiencing distress, and provide resources and tools to manage stress on the farm. Approximately 60% of the providers will utilize the knowledge and skills to reach an estimated 1,300 individuals resulting in increased well-being of farm families.

Audience:

- This project will directly target 150 Agricultural providers, these providers will be recruited through current partnerships and referral methods. An estimated 1,300 individuals will be reached and taught through the initial 150 trained Agricultural providers.

Timeline:

- July 1, 2020 - June 30, 2022

Project Team:

- Shannon Dill, Jesse Kettermann, Paul Goeringer, Bonnie Braun, Nate Richards, Emily Zobel

Performance Targets:

1. Service providers gain knowledge and skills in the area of mental health and wellness. They will have the ability to identify signs and symptoms of stress, communicate with someone with stress and refer clients (farmers) to mental health resources. With knowledge gained providers will communicate with farm families and educate farmers about the resources and tools in the area of mental health and wellness.
2. Service providers will gain skills and knowledge in financial and regulatory resources (identified as major stressors by farmers). Providers will educate farmers in the areas of: developing personal and farm finance goals, assist with the development of farm

financial statements, promote legal resources for farm families and share negotiating contracts and debt management resources.

3. Service providers will receive continued training and access to resources through the newly formed network. This includes: follow up webinars, discussion groups, online materials and a self-paced module. These additional tools will provide continuing education to providers and additional resources and skills to educate and advise farmers in the area of mental health, wellness, financial and regulatory issues.

Budget:

- Total cost is \$96,645

Methods:

- Creation of curriculum and web-based tools
- Statewide forum to bring together agriculture service providers and agencies to discuss rural health and farm vitality issues
- Face-to-face trainings with follow up webinars
- Creation of fact sheets, reference guides, and tool skits to be shared
- Ten one-day regional trainings for service providers
- After training support through website, email listserv, three annual follow up webinars, and online discussion group of service providers
- Advertisements, tips, articles, and self-paced web-based modules created as accessible resources

Outcomes:

- Gain knowledge and sharing of the current farm and rural health situation and sharing of resources and materials available within and outside the state.
- Gain ability to identify stress, symptoms of stress, communicate with someone experiencing stress, warning signs, resources including mental health, financial goals, debt management, regulatory and contract negotiations
- Focus on ability to identify stress, symptoms of stress, communicate with someone experiencing stress, warning signs, resources including mental health, financial goals, debt management, regulatory and contract negotiations
- Reference website, find additional resources, and stay connected to the discussion and issue of farm stress management. 6/30/2022 and beyond
- Share knowledge learned to other providers, farmers and partners
- Gain ability to identify stress, symptoms of stress, communicate with someone experiencing stress, warning signs and resources including mental health, financial and regulatory

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