

Let's talk about mental health

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950



Rural Areas Have The Highest Suicide Rates And Fewest Mental Health Workers

There isn't a single psychiatrist in 65 percent of nonmetropolitan counties, and there's no psychologist in almost half of them.

By Eleanor Goldberg

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American Farmers Confront a Mental Health Crisis

Bloomberg Mario Parker, Bloomberg • March 20, 2019

Goals for today...

Understand factors that impact mental health in rural communities

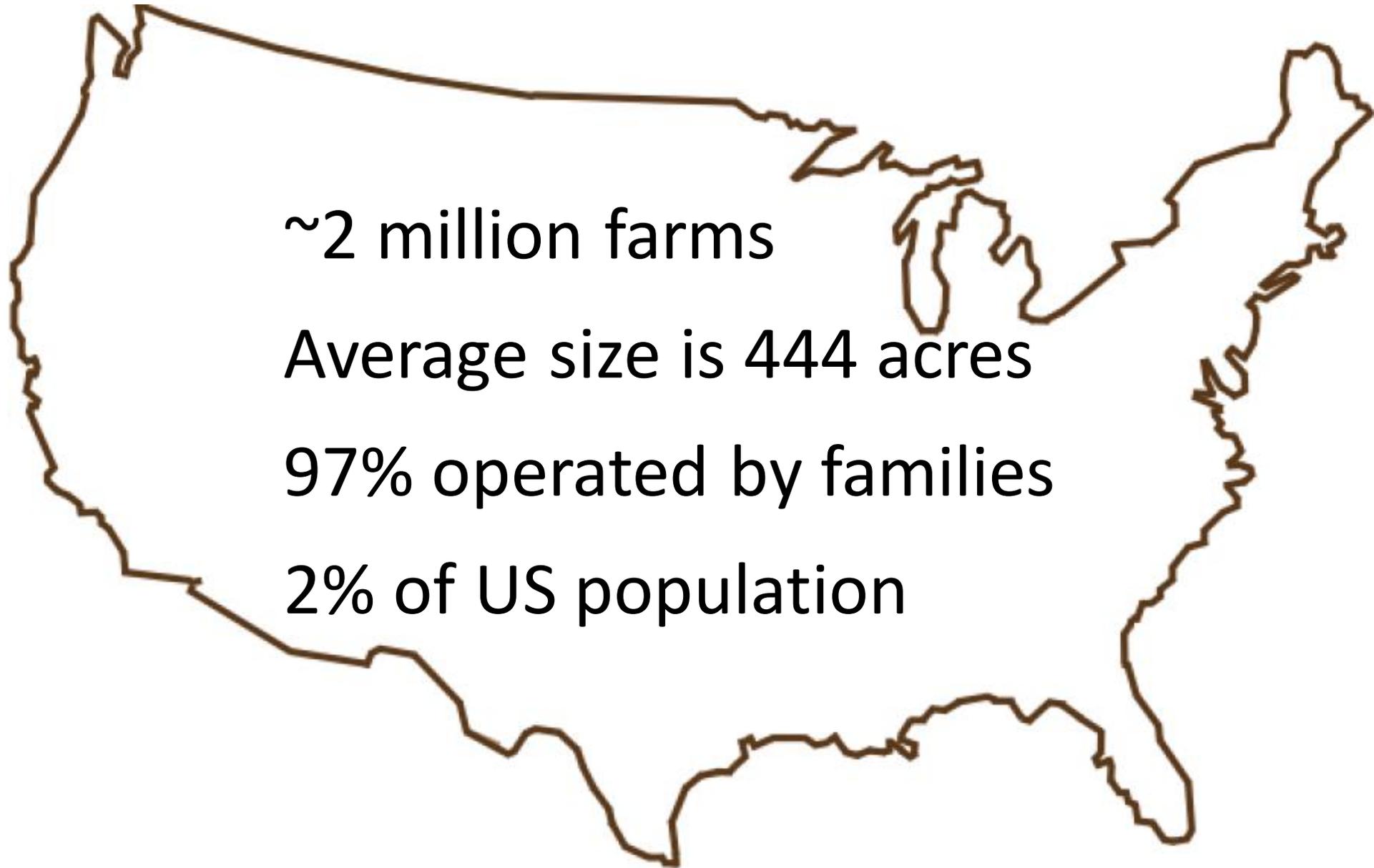
Recognize the signs and symptoms of distress

Learn strategies and resources to help yourself or someone else



An Example...

Ben and Lois have been ranching for 15 years. The last few years, they have struggled financially. If prices are low again this year, they could lose the ranch. Ben has always been known as a responsible and outgoing member of the community. But now, under this level of financial stress, he looks tired and withdrawn. He's been forgetting appointments, neglecting his livestock and skipping church.



~2 million farms

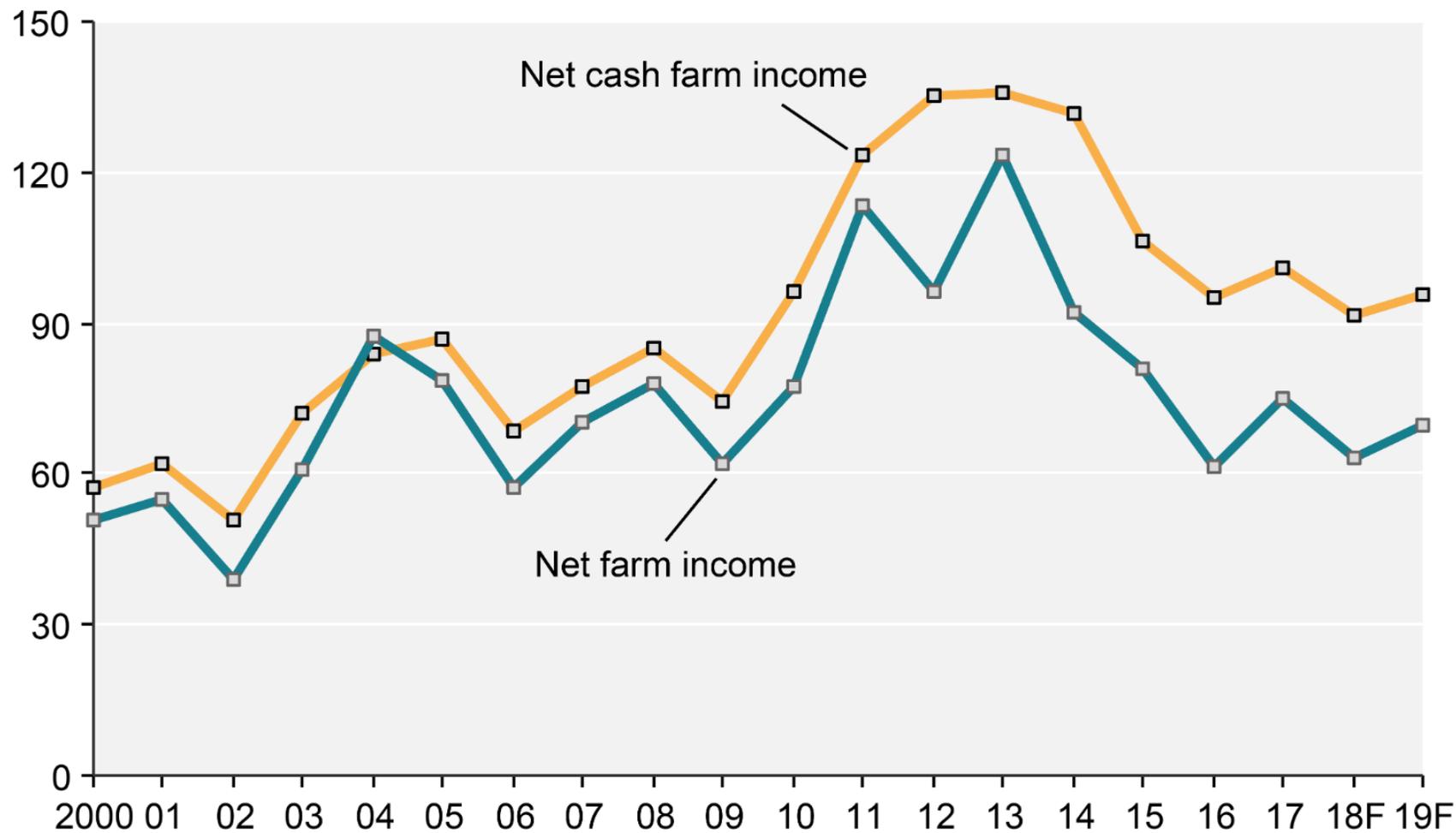
Average size is 444 acres

97% operated by families

2% of US population

Net farm income and net cash farm income, 2000-19F

\$ billion, nominal



Note: F = forecast.

Source: USDA, Economic Research Service, Farm Income and Wealth Statistics.

Data as of March 6, 2019.

Net farm income and net cash farm income, 2000-19F

\$ billion, nominal



Wisconsin Farm Incomes Expected To Decline Again In 2018

Corn, Dairy, Cranberries, Beef Producers All Expected To Face Tight Margins

By Hope Kirwan

Published: Tuesday, February 27, 2018, 6:00am

SHARE:    

Midwest farm bankruptcies on the rise, with Wisconsin leading the way

Jan Shepel, Correspondent

Published 8:05 p.m. CT Feb. 25, 2019

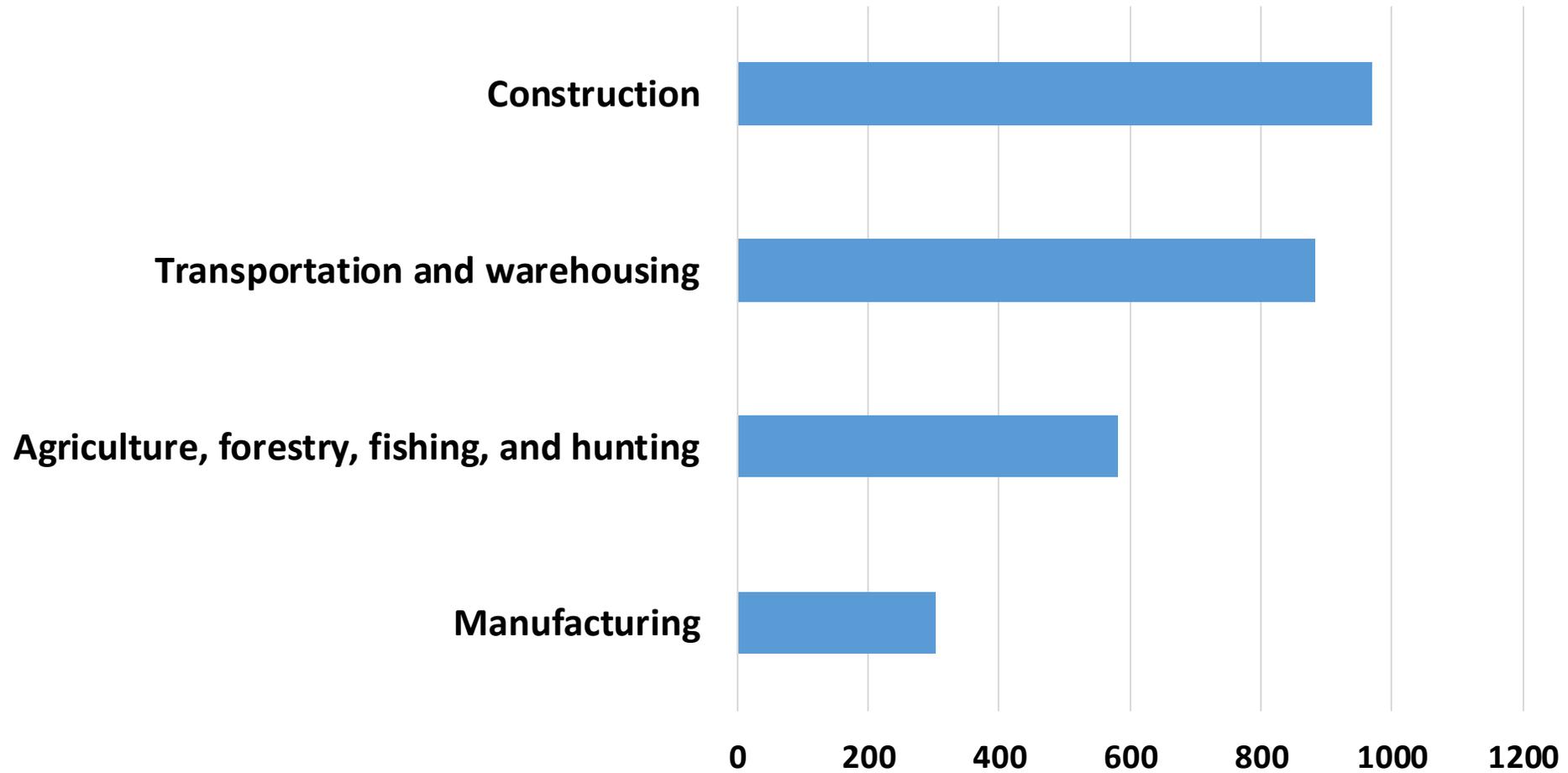
Note: F = forecast.

Source: USDA, Economic Research Service, Farm Income and Wealth Statistics.

Data as of March 6, 2019.

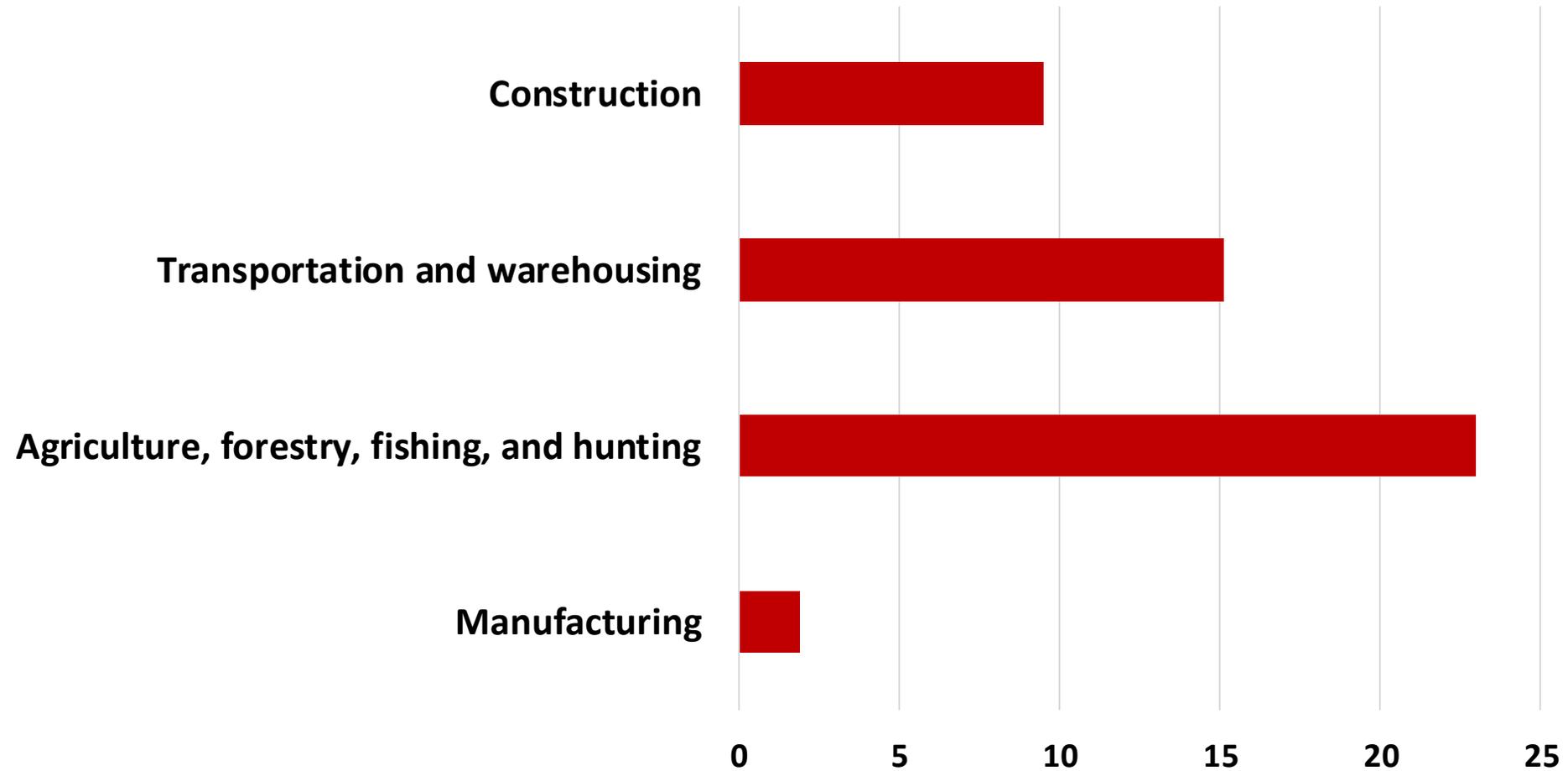
Farming is a High Risk Profession

Number of Fatal Injuries



Farming is a High Risk Profession

Rate of Fatal Injuries per 1000 workers

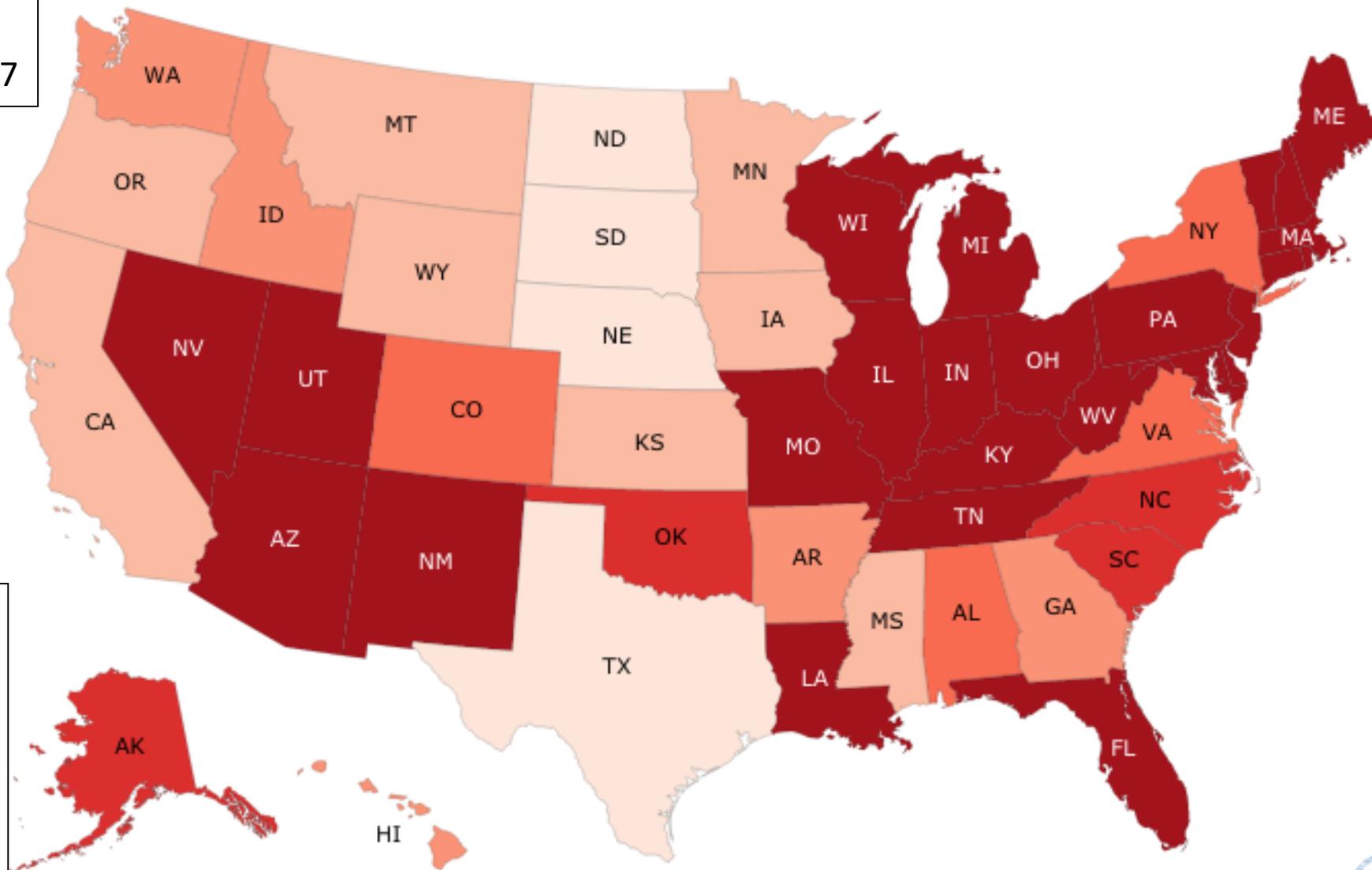


Number and age-adjusted rates of drug overdose deaths by state, US 2017

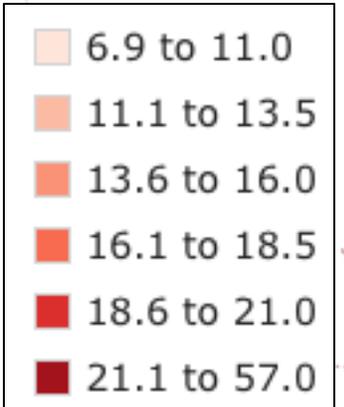
Wisconsin

Rate: 21.2

Number: 1,177

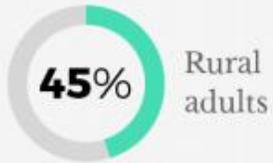


- CT
- DC
- DE
- MD
- NH
- NJ
- RI
- VT



Scope of the Crisis

Share of Americans who have been directly impacted by the opioid epidemic:



Access to Opioids and Opioid Treatment



3 in 4 farmers say it would be easy for someone in their community to access a large amount of prescription opioids or painkillers without a prescription, and just under half of rural adults – **46%** – say the same.



Only **1 in 3**

rural adults say it would be easy to access treatment for addiction to prescription drugs or heroin in their local community...



...and, only **2 in 5**

are confident they could seek care that is either effective, covered by insurance, convenient or affordable.

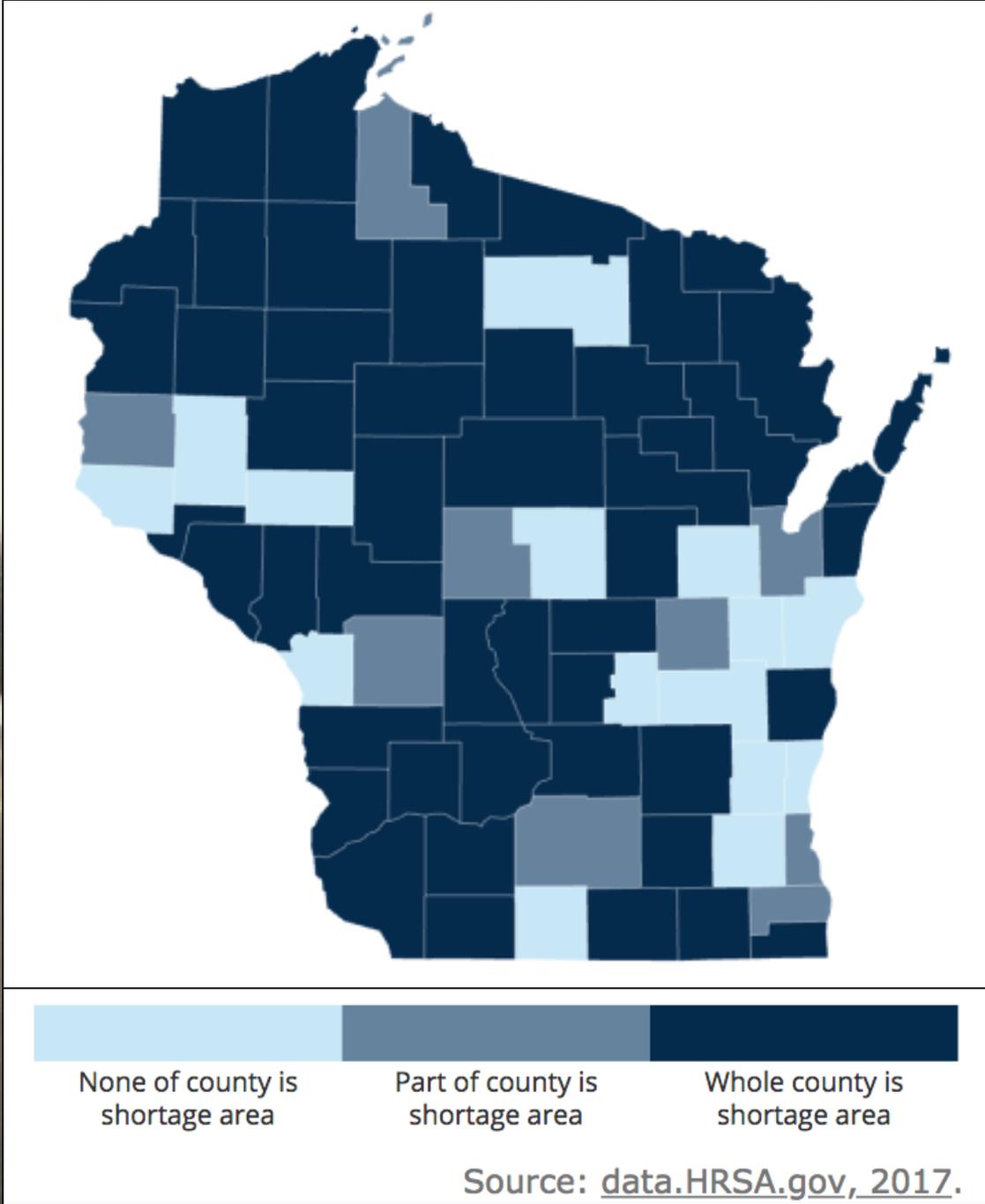


Increasing public education surrounding resources

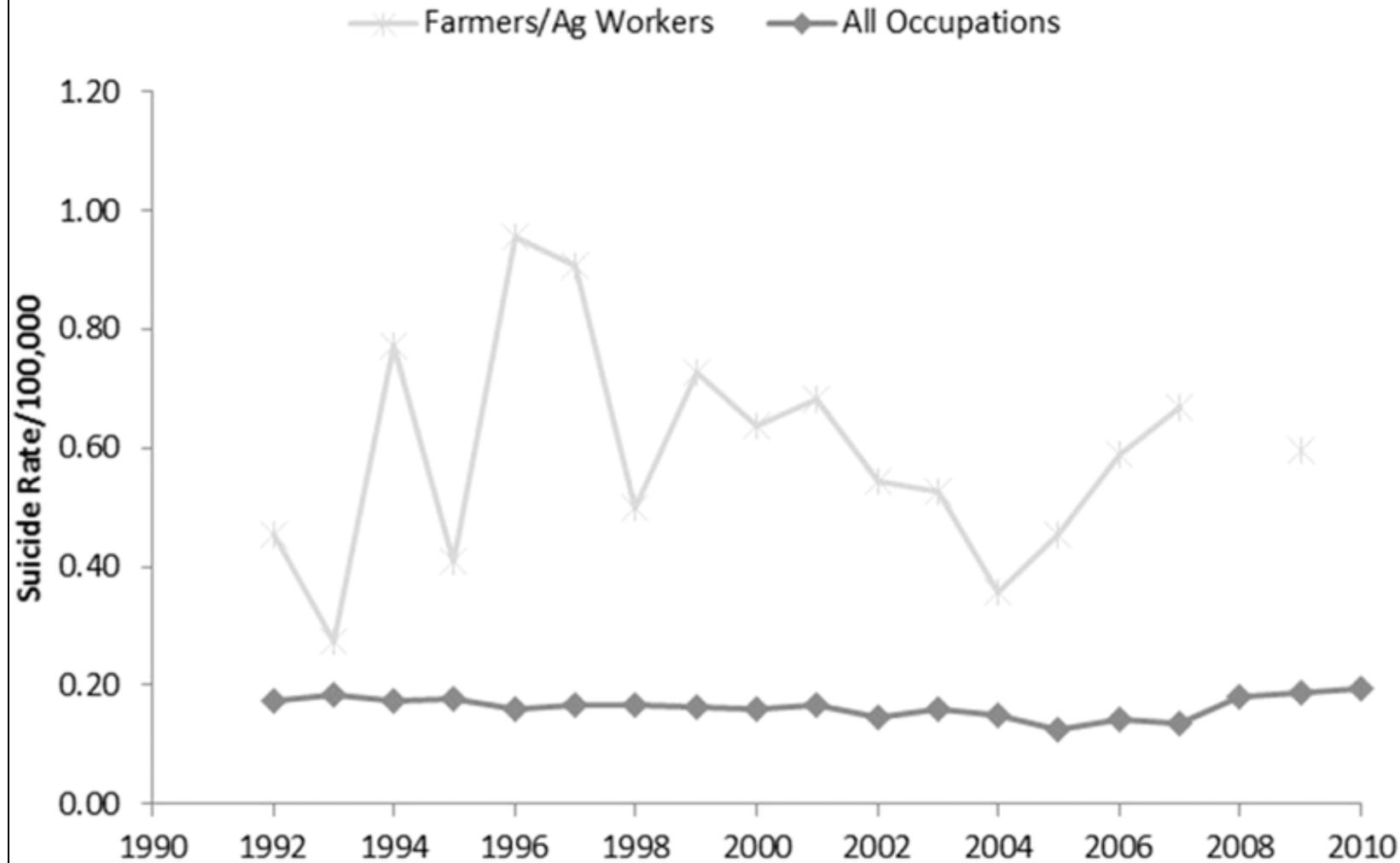


Reducing the shame or stigma around opioid addiction

Mental Health Provider Shortage Areas by County 2017



Occupational Suicide Rates/100,000 for Farmers/Ag Workers and All Occupations, 1992-2010



What are common stressors for farmers and their families?



Physical Reaction to Stress



Signs/Symptoms of Stress

Physical: headaches, ulcers, backaches, eating problems, sleeping problems, frequent sickness, exhaustion

Emotional: sadness, depression, bitterness, anger, anxiety, loss of spirit, loss of sense of humor

Behavioral: irritability, acting out, passive-aggressive, anger, increased drinking, taking drugs, isolation, violence

Cognitive: memory loss, lack of concentration, difficulty with simple decisions

Self-worth: feeling like a failure, can't do anything right, not able to fix things

Signs/Symptoms of Chronic Stress

Change in routines

Care of livestock declines

Increase in farm or ranch accidents

Appearance of farmstead declines

Children show signs of stress



So what do we do?

**Reduce the stigma associated with
mental health**

**Talk about it
Find resources**

Managing Your Stress

- Relax your muscles/Deep breathing
- Slow down
- Take a break

- Exercise/Physical Activity
- Eat well
- **Talk about your problems – reach out to people in your social network**

- Make time for hobbies
- Speak with a mental health professional
- Eliminate your triggers



How can you help others?

- Take time to listen
- Be non-critical and non-judgmental
- Be empathetic
- Try to help the individual think logically and rationally
- Encourage the individual to get back into a routine of doing things
- Learn to recognize the signs of stress
- Follow-up!

I hear you saying...

This sounds like a lot to manage. How are you coping with this? (What are you doing to take care of yourself?)

Would it be helpful if we work together on an action plan for how to manage your concerns?

It sounds like the current situation is very difficult. What can I do to support you?

Every situation is different. In a similar situation on a farm they tried . What do you think about that?

Are there people who have been helpful or supportive when times have been tough in the past? Are any of those people able to help now?

Raise your hand if...

(Wait until all questions are asked)

You have ever thought about suicide?

You know someone who has?

You know anyone who has made a suicide attempt...

...or died by suicide?

You're worried, right now, that someone you know is thinking about suicide?

Suicide Warning Signs

Direct Verbal Cues

To friend: “I’ve decided to kill myself.”

To doctor: “Is this enough medicine to kill myself?”

To banker: “If you foreclose, you’ll be seeing my obit next week.”

To pastor: “I’m going to end it all.”

Suicide Warning Signs

Indirect Verbal Cues

To son: “Don’t be surprised if I die in a tractor rollover.”

To friend: “If I should pass away, I want you to have my old Winchester 12-gauge”

To banker: “What happens to my debt if I die?”

To daughter: “You’ll need to look after your mother when I am gone.”

Asking Someone About Suicide

Ask directly:

Are you having thoughts of suicide?

Have you thought about hurting yourself or others?

Do you have a plan?

Asking directly does **NOT** increase the risk of suicide and may provide the person with relief that someone asked about their struggles.

What if someone says yes?

Do not leave them alone.

Call for help and/or take them to a hospital or healthcare provider.

National Resources



Farm Aid Hotline

If you need to talk to someone directly, Farm Aid is here to listen. Farm Aid's Farm Advocate, Joe Schroeder, and other Farm Aid staff answer the hotline Monday through Friday from 9:00 a.m. to 5:00 p.m. eastern time.

(800) FARM-AID / (800) 327-6243

[Request Assistance](#)



National Suicide Hotline

National Suicide Prevention Lifeline: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

(800) 273-TALK / (800) 273-8255

[Suicide Prevention Hotline](#)

Finding and Choosing Alcohol and Other Drug Abuse (AODA) Treatment Programs



<https://www.dhs.wisconsin.gov/guide/aoda.htm>

**Text HOME
to 741741**

**for free, 24/7 crisis
support in the US.**

Employee Assistance Programs



U.S. Department of Health & Human Services

SAMHSA

Substance Abuse and Mental Health
Services Administration

<https://www.samhsa.gov/>

[Home](#) | [Legal](#) | [Finance](#) | [Caring](#) | [Crisis](#) | [Adversity](#) | [Learn More](#)

1-800-447-1985

IOWA
Concern



A source of help and information for Iowans in need.

Online Library ▾

Topics & States ▾

Rural Data Visualizations ▾

Case Studies & Conversations ▾

Tools for Success ▾

↓ **IN THIS TOOLKIT**

Modules

- 1: Introduction
- 2: Program Models
- 3: Program Clearinghouse
- 4: Implementation
- 5: Evaluation
- 6: Sustainability
- 7: Dissemination
- About This Toolkit

[Rural Health](#) > [Tools for Success](#) > [Evidence-based Toolkits](#)
> [Mental Health in Rural Communities Toolkit](#)

Mental Health in Rural Communities Toolkit



Welcome to the Mental Health in Rural Communities Toolkit. The toolkit compiles evidence-based and promising models and resources to support organizations implementing mental health programs in rural communities across the United States, with a primary focus on adult mental health.

The modules in the toolkit contain resources and information focused on developing, implementing, evaluating, and sustaining rural mental health programs. There are more resources on general community health strategies available in the [Rural Community Health Toolkit](#).



If you or your organization would like to get involved with promoting Mental Health Awareness Month, please visit <https://gpcah.public-health.uiowa.edu/mental-health/>.

Training Resources

Mental Health First Aid (<https://www.mentalhealthfirstaid.org/>)

- Michigan State University Extension Program

Question, Persuade, and Refer (QPR) (<https://qprinstitute.com/>)

MSU Extension provides powerful tools

Communicating with Farmers Under Stress

The “Communicating with Farmers Under Stress” workshop is geared for agricultural professionals who work with farmers and their families. Building awareness of stress triggers, signs of stress, and helpful techniques for responding to stress are a focus of this workshop. Techniques for identifying, approaching and working with farmers who may not cope with stress effectively and learning what community resources are available to farm families rounds out this training.

Weathering the Storm: How to Cultivate a Productive Mindset

The “Weathering the Storm: How to Cultivate a Productive Mindset” workshop is specifically for farming families to help build skills in identifying stress signs and symptoms, strategies for managing stress, finding out where to access community resources and making an action plan for managing stress.



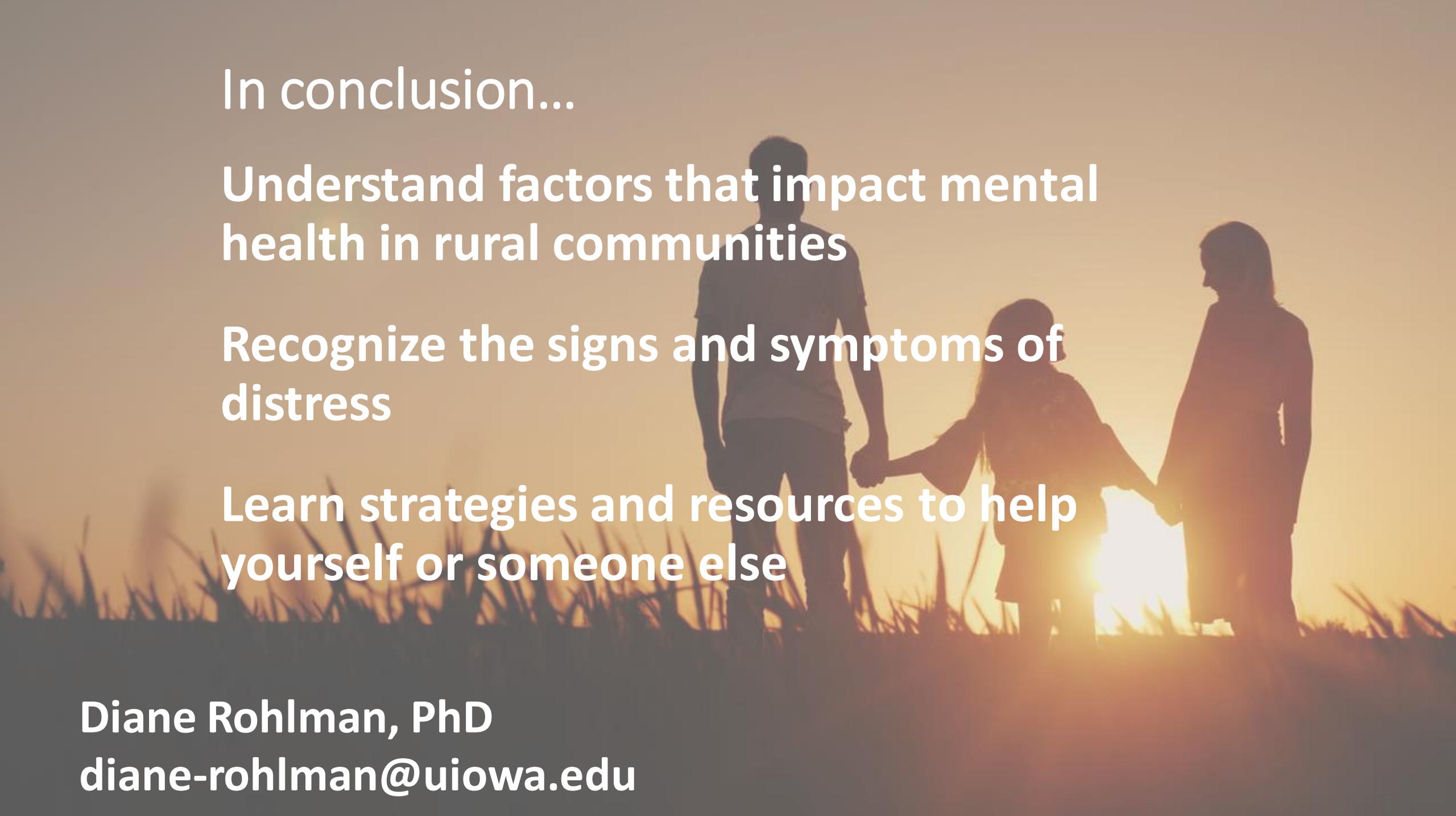
In conclusion...

Understand factors that impact mental health in rural communities

Recognize the signs and symptoms of distress

Learn strategies and resources to help yourself or someone else

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Great Plains Center for Agricultural Health

<https://gpcah.public-health.uiowa.edu/>



Iowa's Center for Agricultural Safety and Health

<https://icash.public-health.uiowa.edu/>

Healthier Workforce Center of the Midwest

<https://hwc.public-health.uiowa.edu/>

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Agricultural Safety and Health: The Core Course

June 10-14, 2019

UI College of Public Health Building, 145 N. Riverside Drive, Iowa City, IA, 52242

Networking Reception - Monday, June 10, 2019 - 4:00-6:00 pm

*The Agricultural Safety and Health Core Course has been the national model of effective agricultural safety and health education for over a decade. Expert instruction is provided by experienced faculty and specialists including **Board Certified Physicians, Veterinarians, and Certified Industrial Hygienists.***

Course Includes

- *Interactive Activities*
- *Safety and Rescue Demonstrations*
- *Classroom Instruction*
- *Farm Tours*
- *Research Poster Display*
- *Case Studies*
- *Panel Discussions*
- *Producer Perspectives*

"Learning this subject matter by people in the field carried so much weight. I got a perspective I had little experience with."

- Physician

"Amazing program, high quality content."

- Health educator and farmer/rancher

"Very good program, learned many things I didn't know."

- Veterinarian

"I will certainly recommend this program to health care professionals."

- Pharmacist

