Mental Health in Agriculture: taking action through Mental Health First Aid

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Wellness = Agriculture
Let’s start with a Poll Question

Let us know who is on today’s call!

A. Farmers
B. Family members of farmers
C. Part of farming community
D. Work with farmers
E. Other
Rural Mental Health

Why Mental Health Matters in Rural Communities

6.5M

More than 6.5 million people in non-metropolitan counties experienced a mental health condition in 2016.

1.3M

Approximately 1.3 million people living in rural areas have thoughts of suicide each year.

Shortage

Chronic shortages of mental health professionals exist in rural areas, as mental health providers are more likely to practice in urban centers.
Rural Mental Health in US

- Rural/urban rates of Mental Health Disorders are the same
- Stigma and lack of anonymity
- 80-90% of BH providers work in urban areas
- Major challenges to landscape of family farming
- Suicide rate 3.5 times that of general population
- Farming communities are changing
Rural Substance Use

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

Legend
- 6.9 to 11.0
- 11.1 to 13.5
- 13.6 to 16.0
- 16.1 to 18.5
- 18.6 to 21.0
- 21.1 to 57.0

Age-adjusted death rates were calculated as deaths per 100,000 population using the direct method and the 2000 standard population.


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Challenges and Opportunities

- Waiting to seek care for Mental Health needs
- Not provided with relevant information
- Fragmentation of healthcare
- Shame, isolation, Mental Health crisis
- Farming and rural communities are resilient
- Access to services gaining national attention
Poll Question

What is your current level of awareness about Mental Health First Aid?

A. I am certified as a First Aider
B. I’ve heard of it, but I’m unsure of details
C. Never heard of it, but interested in learning more
Mental Health First Aid® USA

More than 1.6 Million people trained by more than 17,000 instructors in all 50 states, Puerto Rico and Guam.

NATIONAL COUNCIL FOR BEHAVIORAL HEALTH
MENTAL HEALTH FIRST AID
Healthy Minds. Strong Communities.

Included in SAMHSA’s National Registry of Evidence-based Programs and Practices

60.7% General Population
17.4% Education
9.3% Public Safety
3% Faith Communities
2.6% Primary Care
7% Behavioral Health

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**Mental Health First Aid** is the initial help offered to a person developing a mental health or substance use problem, or experiencing a mental health crisis. The first aid is given until appropriate treatment and support are received or until the crisis resolves.
What Participants Learn

- **Risk factors and warning signs** of mental health and substance use problems

- **Information** on depression, anxiety, trauma, psychosis and substance use

- A **5-step action plan** to help someone who is developing a mental health problem or in crisis

- Available evidence-based professional, peer and self-help resources
Why Mental Health First Aid?

- Mental health problems are **COMMON**.
- Learn how to **NOTICE** when someone needs help.
- **STIGMA** is associated with mental health problems.
- Promote **UNDERSTANDING**.
- **PROFESSIONAL HELP** is not always on hand.
- Encourage community members to **SUPPORT ONE ANOTHER**.
- Individuals with mental health problems often **DO NOT SEEK HELP**.
- Help more people **GET THE HELP THEY NEED**.
- Many people are not well informed and don't know **HOW TO RESPOND**.
- Learn how to **INTERVENE**. You might **SAVE A LIFE**.
Evidence
Mental Health First Aid....

...Increases knowledge and understanding
...Encourages people helping people
...Supports people getting help
...Decreases social distance
...Increases mental wellness

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One First Aider Family: Urban and Rural
Mental Health First Aid: Curricula and Curriculum Supplements

ADULT CURRICULA

MENTAL HEALTH FIRST AID USA
FIRST EDITION (REVISED) | ADULT

Mental Health First Aid USA
FOR HIGHER EDUCATION

Mental Health First Aid-USA
FOR LAW ENFORCEMENT, CORRECTIONS AND PUBLIC SAFETY

Mental Health First Aid-USA
FOR MILITARY MEMBERS, VETERANS AND THEIR FAMILIES

YOUTH CURRICULA

Mental Health First Aid USA
FOR ADULTS ASSISTING YOUNG PEOPLE

Primers Auxilios para La Salud Mental EE.UU.

Primers Auxilios para la Salud Mental de los Jóvenes en Estados Unidos

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The Value of Mental Health First Aid

MANUALS
Each participant manual for the Mental Health First Aid course costs $20. Other than instructor fees/staff time, catering (if desired) and supplies, this is the only ongoing cost per participant for each course.

SUPPLIES
The cost of supplies for one Mental Health First Aid course is approximately $75. Supplies include pens, paper, markers and other office supplies necessary for the teaching of the course material.

ONE NEW FIRST AIDER
The approximate cost of training one new Mental Health First Aider is $170. This cost includes average instructor fees, venue and supplies; however, rates range from $0-200+ and average $50 nationally as courses are often subsidized by organizations or foundation support.

ONE NEW INSTRUCTOR
The cost of training one new instructor at a national instructor certification training is $2,000. Each new instructor goes on to train hundreds of people in the potentially life-saving skills of Mental Health First Aid.
Strategic Growth

Grant Programs

Regional, Statewide and Municipal

- Philadelphia: 20,000+ Trained
- Florida Schools: 10,000+ Trained
- New York City: 250,000 Pledge
- King County, WA: 10,000+ Goal
Adult Curriculum Overview

- What is Mental Health First Aid?
- Mental health problems in the United States
- Mental Health First Aid action plan
- Understanding depression and anxiety
- Mental Health First Aid action plan for depression and anxiety
  - Suicidal Behavior - Depressive Symptoms
  - Non-Suicidal Self-Injury
  - Panic Attacks
  - Traumatic Events
  - Anxiety Symptoms

- Understanding Psychosis
- Mental Health First Aid Action Plan
  - Acute Psychosis - Disruptive or Aggressive Behavior
- Understanding Substance Use Disorders
- Mental Health First Aid Action Plan
  - Overdose - Withdrawal
  - Substance Use Disorders
- Using your Mental Health First Aid Training

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Rural Curriculum Supplement

- Rural life in this area is dominated by what industry (e.g., coal, wind, fishing, tourism, logging, farming, ranching, etc.)?
- How do changes in this industry impact the surrounding community?
- How does geography impact transportation (e.g., road systems, public transportation, closest larger hub)?
- Who are the natural leaders in this community – who are the “go to” people - (e.g., Village Elders, teachers, faith leaders, business leaders, etc.)?
- What local mental health and substance abuse service options are available (e.g., community health centers, mental health centers, crisis centers, substance abuse programs, hospitals, counselors, etc.)?
Youth MHFA Curriculum Overview

- What is Youth Mental Health First Aid®?
- Adolescent Development & Mental Health Problems in Youth
- What you may see:
  - Signs and Symptoms
  - Risk Factors and Protective Factors
- Mental Health First Aid® Action Plan
- Using the Mental Health First Aid Action Plan
  - In Non-Crisis Situations
  - In Crisis Situations
| **Assess for risk of suicide or harm** |
| **Listen nonjudgmentally** |
| **Give reassurance and information** |
| **Encourage appropriate professional help** |
| **Encourage self-help and other support strategies** |
## U.S. Adults with a Mental Disorder in Any One Year

<table>
<thead>
<tr>
<th>Type of Mental Disorder</th>
<th>% Adults</th>
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<tbody>
<tr>
<td>Anxiety disorder</td>
<td>18.1</td>
</tr>
<tr>
<td>Major depressive disorder</td>
<td>6.8</td>
</tr>
<tr>
<td>Substance use disorder</td>
<td>8.1</td>
</tr>
<tr>
<td>Bipolar disorder</td>
<td>2.8</td>
</tr>
<tr>
<td>Eating disorders</td>
<td>5-10</td>
</tr>
<tr>
<td>Schizophrenia</td>
<td>0.3 – 0.7</td>
</tr>
<tr>
<td>Any mental disorder</td>
<td>18.5</td>
</tr>
</tbody>
</table>

*Only 41% of people with a mental illness use mental health services in any given year*
# Signs and Symptoms of Depression

<table>
<thead>
<tr>
<th>Signs</th>
<th>What we may see</th>
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</thead>
<tbody>
<tr>
<td>Weight change</td>
<td></td>
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<tr>
<td>Withdrawal from others</td>
<td></td>
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<tr>
<td>Irritability</td>
<td></td>
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<tr>
<td>Changes in self care/appearance</td>
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<tr>
<td>Personality change</td>
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<tr>
<td>Tearfulness</td>
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<tr>
<td>Indecisiveness/confusion</td>
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<td>Disorganization</td>
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<tr>
<td>Forgetfulness</td>
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<tr>
<td>Self-criticism</td>
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<table>
<thead>
<tr>
<th>Symptoms</th>
<th>What someone may feel</th>
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</thead>
<tbody>
<tr>
<td>Sadness/anxiety</td>
<td></td>
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<tr>
<td>Low energy</td>
<td></td>
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<tr>
<td>Sleep disturbance</td>
<td></td>
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<tr>
<td>Appetite change</td>
<td></td>
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<tr>
<td>Headaches</td>
<td></td>
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<tr>
<td>Pessimism</td>
<td></td>
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<tr>
<td>Loss of sexual desire</td>
<td></td>
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<tr>
<td>Unexplained aches and pains</td>
<td></td>
</tr>
<tr>
<td>Hopelessness</td>
<td></td>
</tr>
<tr>
<td>Helplessness</td>
<td></td>
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<tr>
<td>Thoughts of death and suicide</td>
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</tbody>
</table>

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Depression Risk Factors

- Weather-related acts such as floods, fires, tornados, and drought
- Individual acts such as plane crashes, wars, and technological disasters (e.g., bridge collapse)
- Agricultural stressors such as high interest rates, low prices for products, escalating land costs or land scarcity, workplace hazards, or the effects of insects and diseases on plants and animals
Suicide

- Rural men, across all ages, have been found to have twice the rate of suicide compared to their urban counterparts.
- Among young and women, suicide rates have been found to be 85% and 22% higher, respectively, compared to those who reside in urban areas.
- Between 1979 and 1997, nearly 75% of suicides in rural areas occurred by firearms, compared to about half of suicides in urban areas.
Resources

❖ IN AN EMERGENCY OR CRISIS

• If you (or someone you know) tried to hurt yourself, get help immediately by calling 911

• If you (or someone you know) are having suicidal thoughts and needs to talk to a crisis counselor, take advantage of these free resources:

• National Suicide Prevention Lifeline:
  800-273-8255 (TALK)

• Suicide Prevention Chat Services

• Crisis Textline: Text “MHFA” to 741741
Practicing Self Care

When supporting others it’s important to support yourself too.

- Back to basics; Sleep, nutrition and movement.
- Keep breathing (6-9 count).
- Practice being in the present moment.
- Practice self-compassion.
- Who supports you?
In the News

Rural Iowa seeks ways to prevent, cope with suicides
The Gazette: Eastern Iowa Breaking News and Headlines - May 4, 2019
Rural Iowa seeks ways to prevent, cope with suicides... an eight-hour training
program in what Pearson calls “mental health first aid.” Delivered...

Alaskan Instructor Travels 700 Miles to Spread Mental
Health First...
Jill Ramsey, a Mental Health First Aid Instructor, traveled more than 700
miles to teach a course in St. Paul,...

Marion County participates in Stepping Up Month of Action for mental...
Journal Express - May 9, 2019
The County Rural Offices of Social Services Region is working... Mental Health
First Aid teaches members of the public how to help a person in...

CDC: ‘Farm stress,’ suicides a rising rural health concern
talkbusiness.net - May 14, 2019
The second program, Mental Health First Aid training, is an eight-hour, evidence-
based course that will be offered to cooperative extension...
How to Find Area Courses or Instructors

1. Go to www.mentalhealthfirstaid.org and click “Find a Course”

2. Search by City, State or by Zip code and select the search area (“Distance from Me”)

3. A list of courses will appear. Click “Download to Excel” to download search results

4. To see a list of Instructors, click the Instructors tab. If desired, filter instructors by Certification. Click “Download to Excel” to download search results
Questions for the Presenter?

If you have any questions, comments, or concerns that you would like us to address, please ask them now in the chat box.

If you think of questions at a later time, please feel free to contact us:

*Mental Health First Aid USA*

[MHFAinfo@thenationalcouncil.org](mailto:MHFAinfo@thenationalcouncil.org)
Take a course. Save a life. Strengthen your community.

#BeTheDifference

For more information, to find a course or a list of certified instructors, visit www.MentalHealthFirstAid.org

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