

Farm & Ranch Stress Assistance Network (FRSAN)

Coping with the pressures of farming

LET US HELP TAKE THE STRESS OUT OF FARMING. OUR SERVICES ARE DESIGNED TO ALLOW OUR STAFF TO SUPPORT YOU AND YOUR FARM SO YOU DON'T NEED TO FACE THESE ISSUES ALONE.



New Hampshire
Department of Agriculture,
Markets & Food



ATTRA
SUSTAINABLE AGRICULTURE



Our Team:

Seth Wilner
(UNH)

Olivia Saunders
(UNH)

Elaina Enzien
(UNH)

Dan Birnstihl
(ATTRA)

Andy Pressman
(ATTRA)

Josh Marshall
(NH Farm
Bureau)

Cara Cargill (NH
Ag. Mediation)

Nancy LaRowe
(Vital
Communities)

Rachel
Freierman
(Highwater
Farm)

Anthony Munene
(ORIS)

Ray Conner
(SHARA
Vineyard)

Eve Klotz (The
Farm By The
River)

Amy Delisle
(Healthy Starts)

Gail McWilliam
Jellie (NH
DAMF)

Less Stress. More Farming.

- Provides funding for farmers to access services that address root cause issues of farmer stress
- Online resource library
- Connecting farmers with their peers



Less Stress. More Farming.

- Congress reauthorized the Farm and Ranch Stress Assistance Network in the 2018 Farm Bill - a roadmap for Cooperative Extension, tribal partners, and non-governmental organizations to collaborate in providing the kinds of supports needed to ease stress associated with agricultural production.
- Congress provided \$28 million in funding under Section 766 of Division M (Coronavirus Response and Relief Act, 2021) of the FY 2021 Consolidated Appropriations Act (H.R. 133), for State Departments of Agriculture (SDA) to expand or sustain stress assistance programs for individuals who are engaged in farming, ranching, and other agriculture-related occupations.
- Each SDA was able to request up to \$500,000 through NIFA to implement a state plan and to coordinate, where possible, with current FRSAN awardees.





MENTAL HEALTH

Social

Life

Thoughts

Circumstances

Emotional

Values

Identity

Choices

Actions

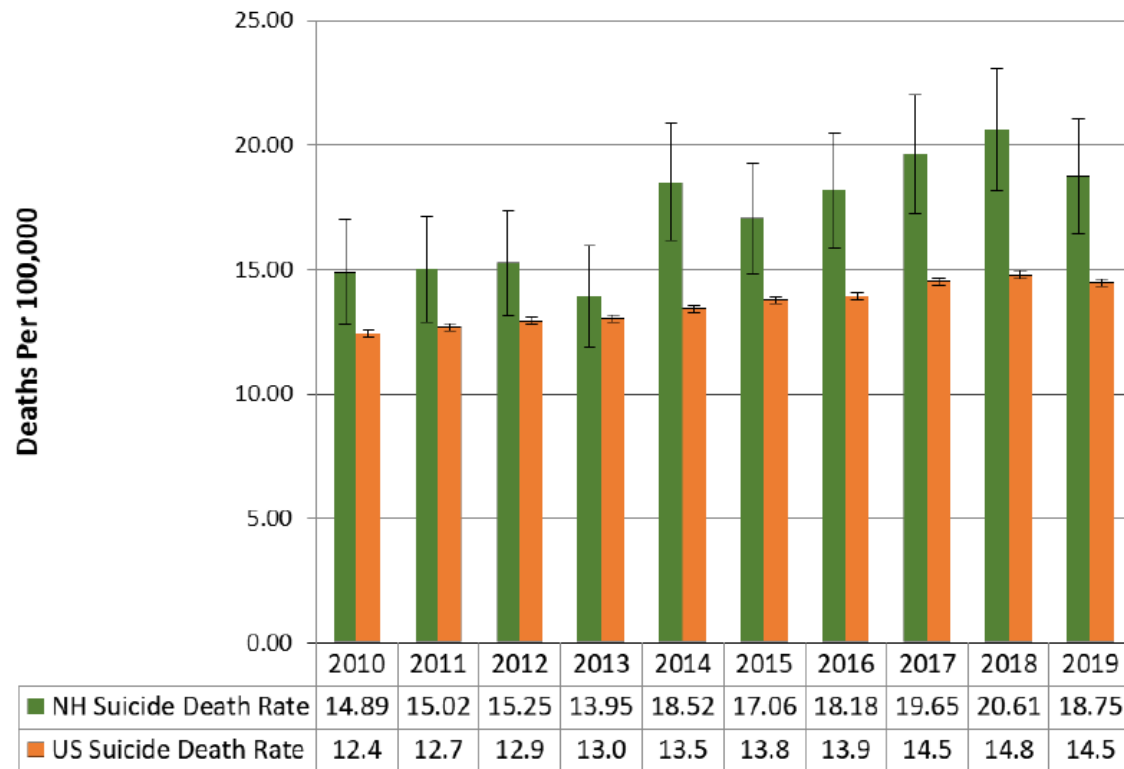
Beliefs

Overall well-
being

Relationships

Mental
Illness

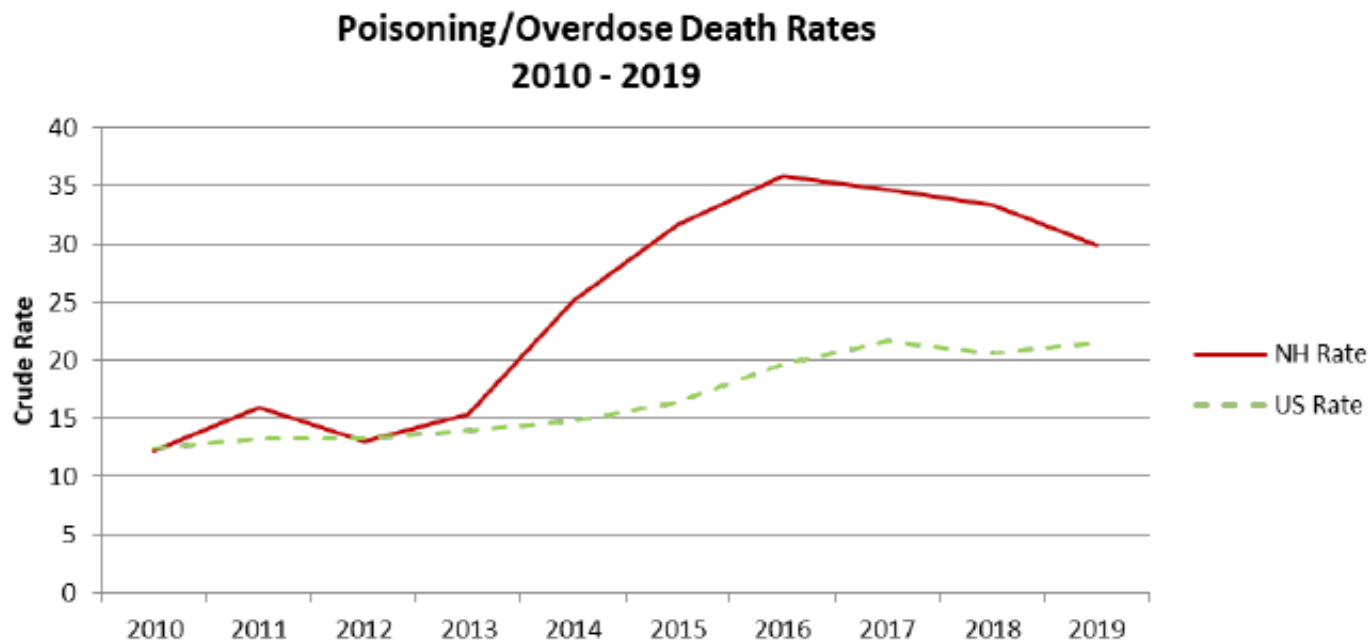
Figure 2
Crude Suicide Death Rates per 100,000 in NH by Year 2010-2019.
NH and US Suicide Deaths By Year - 2010 to 2019 (Crude Rate)



Data Source: 2010-2019 – CDC WISQARS

Figure 39

Poisoning/Drug-related death rates in NH increase by more than 145% from 2010 to 2019.



Data Source: CDC WISQARS

Farmer and Rural Perceptions of Mental Health



AMERICAN FARM BUREAU FEDERATION®

December 2021

 MORNING CONSULT

- Stigma around seeking help or treatment for mental health has decreased but is still a factor, particularly in agriculture. Over the past year, there has been a decrease in rural adults saying their friends/acquaintances (-4%), people in their local community (-9%) and their place of employment (-7%) attach **stigma** to seeking help or treatment for mental health. But a majority of rural adults (59%) say there is at least some stigma around stress and mental health in the agriculture community, including 63% of farmers/farm workers.

Farmer and Rural Perceptions of Mental Health



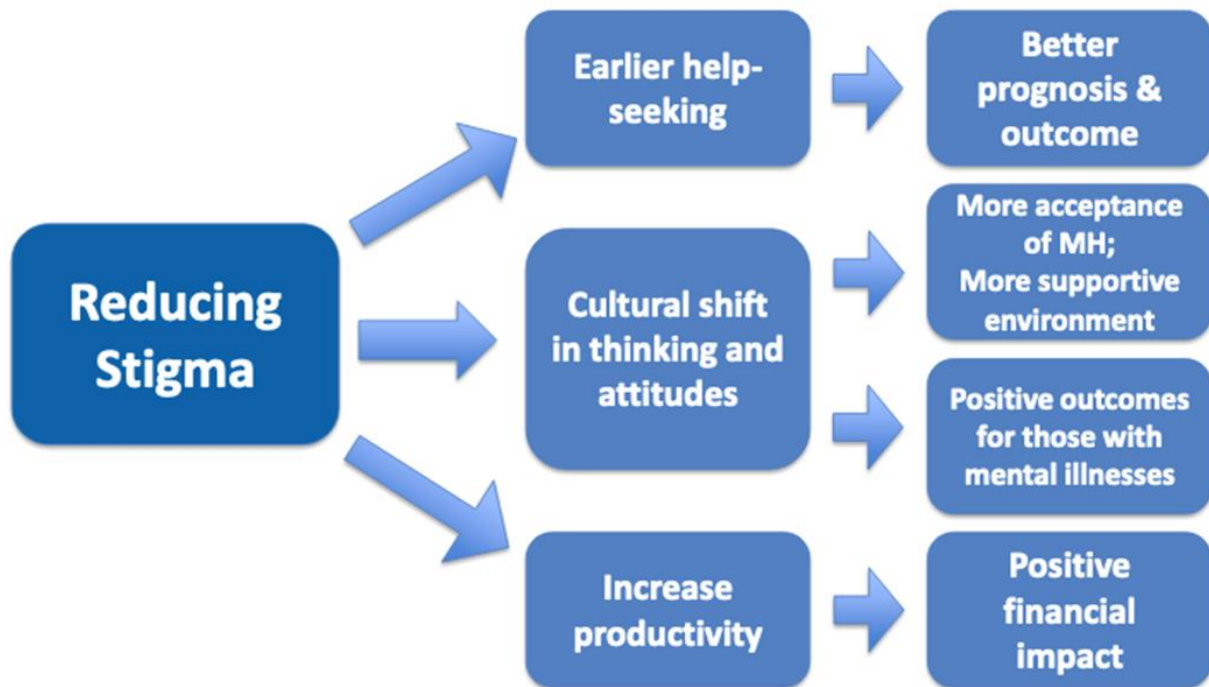
AMERICAN FARM BUREAU FEDERATION®

December 2021

 MORNING CONSULT

- A majority of rural adults (52%) and farmers/farm workers (61%) are experiencing more stress and mental health challenges compared to a year ago, and they are seeking care because of increased stress. Younger rural adults are more likely than older rural adults to say they are experiencing more stress and mental health challenges compared to a year ago, and they are more likely than older rural adults to say they have personally sought care from a mental health professional.

The Importance of Stigma Reduction



De-Stigmatizing Farmer Stress and Suicide



- Social media
- Written materials
- Web based resources
- Farmer-to-farmer
- Conferences



"We're challenging farmers to pick up the phone and check in on one of their peers. A simple, "How are you doing?" is a great way to be there for your farming friends and to show that we are all #FarmingTogether."



Breaking the stigma...

Depression affects
1 out of **5** farmers.



Education

For Farmers

- Family communications
- Methods for reducing stress
- Managing farm labor
- Farm Crisis Management
- Electronic Record Keeping
- Financial statements
- Financial decision making
- Peer-to-peer support groups

For Ag Service Providers

- Recognizing signs of stress
- De-escalating conflict
- Difficult conversations
- When to call a professional
- Common farm legal issues

Diversity, Equity and Inclusion

Queer Farmers Network

- 2 Queer Farmer Coordinators
- 16-20 farmers
- Educational programs
- Farmer-to-farmer support
 - Farm visits, zoom meetings
- Whole farm planning course (54 people)
- nhqueerfarmers@gmail.com

Black, Indigenous and People of Color (BIPOC)

- BIPOC Farmer Coordinator
- 20-25 farmers – most are New Americans
- Education on business management
- Mental Health

Addressing Root Causes through Direct Technical Assistance



- Mental Health (6 therapy visits per farmer)
- Crisis Assistance
- Financial Analysis and Financial Management Skills and Systems Assistance
- Tax Planning
- Succession Planning
- Legal Assistance

Not in a crisis and want to speak with someone?

Mental Health Hotline

1-800-429-7153

Confidential support with a NH-based licensed therapist. Please leave a voicemail; we aim to return calls within 24 hours.

FRSAN-NH Resource Line

1-800-785-7914

For all inquiries about all our offerings for N.H. farmers. Please leave a voicemail; we aim to return calls within 24 hours.

Resource Library



Podcasts



Tip Sheets



Articles



Videos



Calculators

Resources for NH Food & Farm Business Success!

Charlene Andersen, NH Community Loan Fund

Shemariah Blum-Evitts, Land For Good

Nancy LaRowe, Vital Communities

**Andy Pressman, National Center for Appropriate
Technology**

Seth Wilner, UNH Cooperative Extension

Customized Teams of Consultants Available for your Farm



**Supporting New Hampshire
Food & Farm Business Success**



Extension





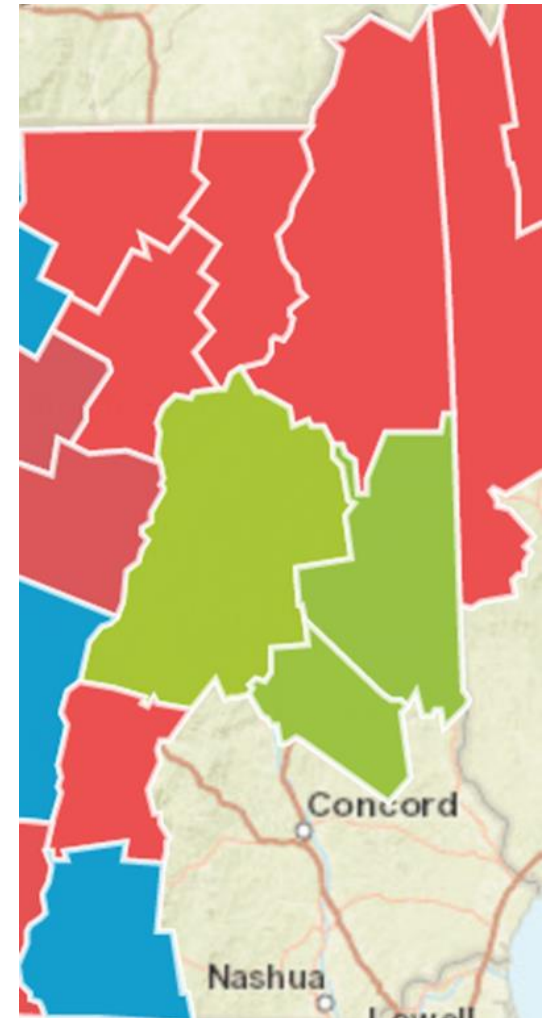
To learn more, visit
<https://www.thecarrotproject.org/agricultural-viability-alliance/>

The Alliance's purpose is to ensure consistent and equitable access to high-quality, culturally competent business technical assistance for farm and food entrepreneurs.



Funding from:
Northern Border Regional Commission

Eligible businesses in:
Belknap, Carroll, Cheshire, Coos,
Grafton and Sullivan Counties





Happening Now in New Hampshire

Grants for 1-to-1 business support:

- Business planning;
- Whole-farm planning, goal setting, strategic decision making;
- Enterprise and cash flow analysis;
- Understanding land access, including purchasing and leasing;
- Education around and road-mapping of transfer, retirement, and estate planning;
- Assistance with farm succession and land tenure security; and
- Branding and marketing assistance, including market channel analysis

Application Process

Project must be completed by June 30, 2022

UNH Cooperative Extension Agricultural Business Team



Resources to Support Success:

Financial

- Record Keeping
- Enterprise Budgets
- Cost of Production

Legal

- Contracts
- Taxes
- Regulations

Marketing

- Sales Forecasting
- Promotion
- Product Differentiation

Human

- Labor
- Succession Planning
- Health



Extension

If you see warning signs and/or are otherwise worried about this person:

*Connect with Your Loved One,
Connect Them to Help*

1. Ask directly about their suicidal feelings. Talking about suicide is the first step to preventing suicide!
2. Let them know you care.
3. Keep them away from anything that may cause harm such as guns, pills, ropes, knives, vehicles.
4. Stay with them until a parent or professional is involved.
5. Offer a message of hope - Let them know you will assist them in getting help.
6. Connect them with help:
7. * National Suicide Prevention Lifeline (24/7) 1-800-273-TALK (8255) (press "1" for veterans)
8. * The Lifeline also offers text-based chat through their website: www.suicidepreventionlifeline.org/
9. * Head rest – For teens and adults (24/7) 1-800-639-6095 or your local mental health center
10. * For an emergency, dial 911.