Rural Stress Task Force Update

Megan Roberts, Extension Educator—Ag Business Management
Emily Wilmes, Director—Rural Stress Task Force & Extension Educator

Extension Citizens Advisory Committee
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WHAT IS THE RURAL STRESS TASK FORCE?

A group of Extension staff and faculty tasked with providing streamlined access to educational programs and resources related to stress and mental health issues in rural Minnesota
WHO IS THE RURAL STRESS TASK FORCE?

- Alyson Kloeckner
- Cari Michaels
- Christy Kallevig
- Colleen Carlson
- Constance Carlson
- Denise Stromme
- Kelly Kunkel
- Leigh Nelson-Edwards
- Lori Hendrickson
- Lynne Borden
- Megan Roberts
- Tom Rothman
- Trish Olson
- Trisha Sheehan
Current Work of the Rural Stress Task Force
INTERNAL EFFORTS

- Creation of Rural Stress webpage
- Creation of resources
- Cross-center work
- Mental Health First Aid Trainings
RELATIONSHIP BUILDING

- MN Department of Agriculture
- MN Department of Health
- NAMI Minnesota
- American Agriwomen
- CentraCare Health System
- Wellness in the Woods
- Lake Superior Community Health Center
WORKSHOPS WITH MDA

Navigating Conflict and Tough Conversations in Agriculture

Six three-hour workshops with approximately 300 participants. Participants included lenders, implement dealers, agency staff, veterinarians, clergy, mediators, and farmers
MENTAL HEALTH

Mental Health: Yours, Mine and Ours

Video Discussion Questions
Interested in leading others in conversations about mental health? Use these discussion guides to start a conversation about this video.

- Starting a Community Conversation Discussion Questions (PDF)
- Starting a Practitioner Conversation Discussion Questions (PDF)
- Starting a Conversation at School Discussion Questions (PDF)
POSITIVE PSYCHOLOGY

Two for You: two minutes for you to live and lead with intention
FAMILY RESILIENCY

- “Dealing with Stress” online workshops
- Family financial management resources
MENTAL HEALTH AWARENESS DAY

- Held at MN State Fair on August 26
- Reached 573 people with materials and/or conversation
- Shared research and activities related to rural/farming/general stress, financial management, mental health promotion, nutrition & exercise, and related topics
FARM STRESS – EXTENSION PROGRAMS

- Agricultural Business Management Programming
- Farmer-Lender Mediation
- Free Financial Counseling
- Center for Farm Financial Management
CULTIVATING RESILIENCY for Women in Agriculture

Interactive Online Sessions to Help You Weather Stress

Series 1: December 2018 - April 2019

University of Minnesota Extension
UMASH
American Agri-Women
Webinar sessions are led by licensed mental health professionals and held monthly (typically 2\textsuperscript{nd} Friday) and are recorded for later viewing. The project has had 1500 participants.
OTHER ABM PROGRAMS

- Take Charge of Your Farm Finances
- Farm Transition and Estate Planning
- Grain Marketing
- And more…
FREE FINANCIAL COUNSELING

- Extension farm financial experts provide free, one-on-one financial counseling to farmers who are experiencing financial stress.
- Experts generally retired FBM or lenders, provide up to ~12 hours of services.
FARMER LENDER MEDIATION – 2018 SNAPSHOT

- 1,244 requested mediation. Of these, 84% reached an agreement.
- 33,485 contacts received the services of the program.
- 6 part-time mediators, 2 part-time financial analysts, 2 full-time administrative assistants and a full-time program director.
AND MORE...

- Local Extension Educators in Ag, Food, and Natural Resources are leading and collaborating on a wide variety of initiatives on the local level depending on their specific county needs.
WE WANT YOUR INPUT!

- What would you like to see provided to Extension staff to best support their work with rural populations?
- What would you like to see provided for rural individuals, families, and/or communities to best support them?
- What does success of the Rural Stress Task Force look like to you?
Thank you!

Megan Roberts  
507-389-6722  
meganr@umn.edu

Emily Wilmes  
320-255-61619, ext. 3  
krek0033@umn.edu