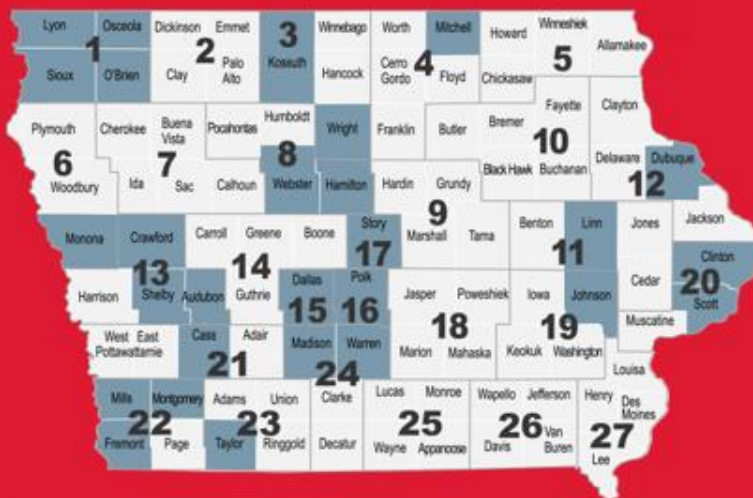
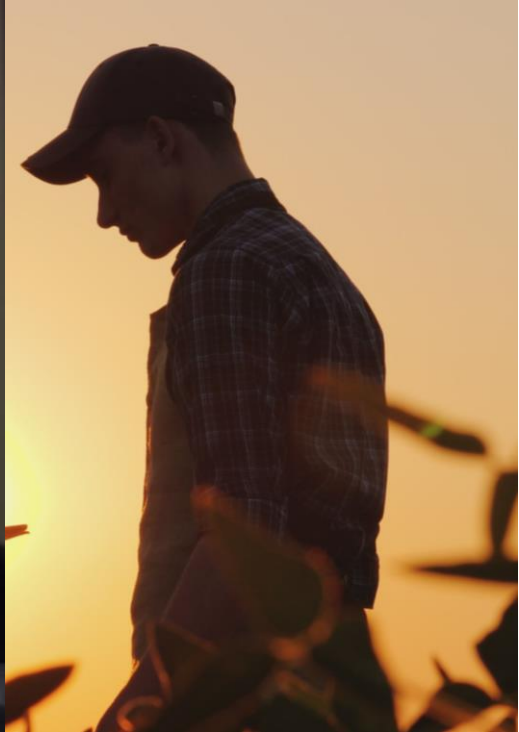


INITIATIVE

Mental Health



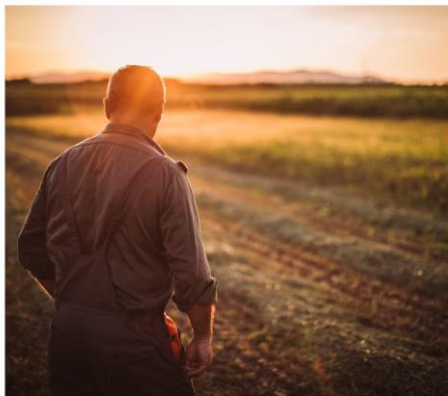


Helping Iowans Help Each Other

Objectives

- Review mental health programming/resources available for counties.
- Discuss how extension councils can best use their funds to support the mental health initiative.





MENTAL HEALTH FIRST AID

**IDENTIFY.
UNDERSTAND.
RESPOND.**

*Take a course. Save a life.
Strengthen your community.*

IOWA STATE
UNIVERSITY
Extension and Outreach

Mental Health First Aid

Adult





Mental Health First Aid Youth Professionals

YOUTH MENTAL HEALTH FIRST AID

**IDENTIFY.
UNDERSTAND.
RESPOND.**



MENTAL
HEALTH
FIRST AID®

**IOWA STATE
UNIVERSITY**
Extension and Outreach

Mental Health First Aid

- **Adult Virtual Course or Youth Professional Virtual Course**
 - Eight hours total. Two hours self-study, six hours instructor led
 - *\$35 per person
 - Register at extension.iastate.edu/humansciences/MHFA
 - *Farm/Ag Professionals register for free using code “**AGPRO**”
 - *Youth/4-H professionals register for free using code “**YOUTHPRO**”
- **Private classes** for community groups 10-20 upon request
 - Contact David Brown, dnbrown@iastate.edu or Demi Johnson, demij@iastate.edu
- **In-person courses** available Fall 2021



QUESTION. PERSUADE. REFER.

Ask a
question,
save a life.

Three steps anyone can learn
to help prevent suicide.

IOWA STATE
UNIVERSITY
Extension and Outreach

**Question.Persuade.Refer.
Ag Professionals**



QUESTION. PERSUADE. REFER.

Ask a
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save a life.

Three steps anyone can learn
to help prevent suicide.

IOWA STATE
UNIVERSITY
Extension and Outreach

Question.Persuade.Refer. Youth Professionals



QUESTION. PERSUADE. REFER.

Ask a
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save a life.

Three steps anyone can learn
to help prevent suicide.

IOWA STATE
UNIVERSITY
Extension and Outreach

Question.Persuade.Refer.
Faith Communities and Leaders

Question.Persuade.Refer.

- **Fully virtual until Fall 2021**
 - One hour commitment (1.5 hours in-person)
 - No cost to counties at this point (grant funds)
 - Register at extension.iastate.edu/humansciences/qpr
 - Youth professional focus - March & April 2021
 - Faith community and leaders - May & June 2021
 - **In-person courses** available Fall 2021
- **Private virtual classes** for community groups of 10-30 upon request.
Contact Demi Johnson at demij@iastate.edu



“
MINDFUL TEEN
helped me feel
accepted, calm, relaxed
and more in control of
my body & emotions.
”

4-H Mindful Teen: From Surviving to Thriving in a Busy World



IOWA STATE UNIVERSITY
Extension and Outreach

4-H Mindful Teen

- **In-person and virtual options**

- Six-hour commitment - Six 60-minute lessons
- For groups of up to 15 youth - grades 7-12
- Cost for county: In-person \$300, virtual \$260

- Program has been offered at no cost

- **Contact**

Tiffany Berkenes, 4-H Youth Program Specialist, berkenes@iastate.edu

Laura Liechty, 4-H Healthy Living Specialist, lliechty@iastate.edu

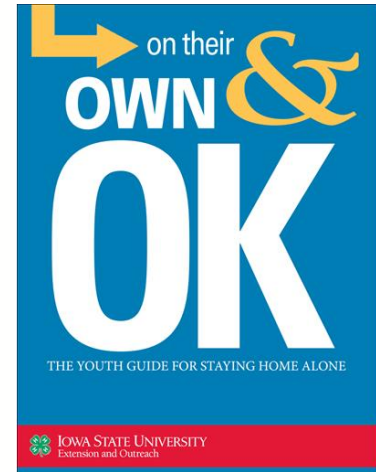
Other Key Programs

What About Me? My Wellbeing



www.extension.iastate.edu/humansciences/mental-health-and-wellbeing
Contact local Human Sciences Specialist to schedule.

On their Own and OK



www.extension.iastate.edu/4h/their-own-and-ok-0

Marketing Resources Available

Mental Health First Aid



Question. Persuade. Refer.



Iowa Concern



Mental Health [Marketing Resources for I-Teams, MyExtension](#)



**NO JUDGEMENT.
JUST HELP.**

IOWA CONCERN

- Call or Text -

800-447-1985

24/7 * CONFIDENTIAL * FREE

Connect with emotional support.

Discuss financial concerns.

Learn about your legal rights.



www.extension.iastate.edu/iowaconcern



IDENTIFY. UNDERSTAND. RESPOND

MENTAL HEALTH FIRST AID

6-hour online certification course

Training options focused on adults
or youth (ages 12-18)

www.extension.iastate.edu/humansciences/MHFA



ASK A QUESTION, SAVE A LIFE.

Question. Persuade. Refer.

Three steps anyone can learn
to help prevent suicide.



1-hour online class
[www.extension.iastate.edu/
humansciences/QPR](http://www.extension.iastate.edu/humansciences/QPR)

Care Package Suggestions

Example: Care packages for farmers during planting and harvest season

- Resources and publications
- Care and snack items
- ISU Extension and Outreach branded swag
- Iowa Concern magnets



Guthrie County Care Package

Care Package Suggestions

SAFE FARM

Promoting Agricultural Health and Safety



Manage stress to increase farm safety

Farming often is listed as one of the most stressful occupations, yet most farmers say they wouldn't trade it for any other job. The love of farming, in spite of all the hassles, indicates farmers must be doing something right to manage their stress.

However, stress that goes unrecognized and is not managed well can play havoc with the farm family and the farm operation. When stress levels get too high, farmers are more likely to make poor farming decisions and be involved in farm injuries. Relationships between spouses and between parents and children also suffer during stressful times, as can health.

This publication will help you recognize things many farmers consider stressful, common symptoms of stress, and effective ways to manage stress. "Stressor" refers to the things that may cause stress; "stress" is the reaction you may have to that stressor.

Common stressors

Farming has many ongoing situations that can cause stress, such as large debt loads, the presence of government regulations, high interest rates, and lack of control over the weather. Farmers also face daily hassles including machinery breakdowns, long work hours, weather delays, livestock problems, unexpected interruptions, crop yield uncertainty, and disagreements with other family members in the operation.

No event or situation by itself is stressful. However, some kinds of events are likely to add more stress than other kinds of events.

Negative events are most likely to produce stress. Although all change can bring stress, situations considered undesirable, such as bad weather or trouble with livestock, are more likely to cause stress than situations viewed as less negative.

Uncontrollable or unpredictable events are stressful. Many situations in farming are beyond human control, such as the weather, prices, government policies and operating costs.

Ambiguous events are often stressful. Stress is more likely to occur when it isn't clear what the problem is or how you can cope with it. (For example, how global events will change farm profits.)

Long lasting problems are more dangerous than short-term ones. Most families can get by for a while with a difficult situation. When the stress continues to build over months and years, it's harder to handle.

Symptoms of stress

People experience stress in different ways. Some people react to stressful situations physically, others have emotional responses, and some respond with changes in behavior or relationships. Most people react to stress in more than one way at the same time. High levels of stress can affect several areas of people's lives.

Stress can show itself in physical symptoms, such as headaches or stomach problems, or in emotional symptoms, such as angry outbursts or depression. Behavior changes, like increased smoking or drinking, also can be a reaction to stress. In most people, stress affects their relationships with others, such as having difficulty getting along because of irritability or feelings of sadness.

Differences among farmers

Even under similar circumstances, farm operators vary in the amount of stress they experience. Some people may have many negative stressors, but experience low levels of stress because they have developed effective ways to cope. For other farm men and women, however,

Farm safety and stress

Check your stress level

Take this quiz to find out how stress may affect your life. For each statement, consider whether you feel that way:

- a) rarely
- b) sometimes, or
- c) often.
- ... 1. I feel tense or anxious.
- ... 2. People or animals make me feel irritable.
- ... 3. I drink, smoke, or take drugs to relax.
- ... 4. I have tension headaches or pain in the neck or shoulders.
- ... 5. I have trouble going to sleep or staying asleep.
- ... 6. I find it difficult to concentrate on what I'm doing.
- ... 7. I have a difficult time finding time or being able to relax.
- ... 8. I feel sad or depressed for no good reason.
- ... 9. I feel tired even after I rest or sleep.
- ... 10. I argue with family or co-workers.
- ... 11. I give others the "silent treatment" when I'm upset.

See box on back for scoring.

Example Package Ideas

- [ISU Extension and Outreach reusable grocery bags](#)
- [ISU Extension and Outreach gift bags](#)
- [Promotional items on the Extension Store](#)
- Publications on [Extension Store](#)
- [Iowa Concern magnets](#)
- [Spend Smart Eat Smart recipe cards on the Extension Store](#) plus ingredients
- Snacks
- Hand sanitizer
- First aid supplies

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AE 3509 Revised June 2017

Iowa Farm Family Wellness Alliance

- Pilot project to offer prepaid stress management and 1:1 coaching to farm families.
- Also includes 24/7 counseling services including access via phone, text, telehealth offered by Personal Assistance Services.

www.farmfoundation.org/iowa-farm-family-wellness/



PAS
Personal Assistance Services

THIS PRE-PAID SERVICE IS FREE TO YOU AND YOUR DEPENDENTS.
CALL 1-833-999-FARM (3276)
TEXT 1-314-451-5727

FEEL BETTER. FARM BETTER.



County Liaisons

Set up a meeting with your county's I-Team liaison

- Tiffany Berkenes, berkenes@iastate.edu: Polk, Dallas, Madison
- Cindy Gannon, cgannon@iastate.edu: Monona, Shelby, Audubon
- Demi Johnson, demij@iastate.edu: Mitchell, Warren, Montgomery
- Donna Mills, donnam@iastate.edu: Story, Lyon, Osceola, Sioux, O'Brien
- Sam Genson, sgenson@iastate.edu: Clinton, Webster, Kossuth, Scott
- Tim Christensen, tsc@iastate.edu: Taylor, Fremont, Cass, Mills, Crawford
- Dr. David Brown, dnbrown@iastate.edu: Wright, Hamilton
- Dr. Larry Tranel, tranel@iastate.edu: Johnson, Dubuque, Linn

Questions and Discussion



Thank You

Mental Health Initiative Team

Tiffany Berkenes, berkenes@iastate.edu, 4-H Youth Development

Dr. David Brown, dnbrown@iastate.edu, Human Sciences

Demi Johnson, demij@iastate.edu, Human Sciences

Tim Christensen, tsc@iastate.edu, Agriculture and Natural Resources

Dr. Larry Tranel, tranel@iastate.edu, Agriculture and Natural Resources

Cindy Gannon, cgannon@iastate.edu, Advancement

Sam Genson, sgenson@iastate.edu, Clinton County

Donna Mills, donnam@iastate.edu, Sioux County

Mental Health I-Team listserv - cr-mentalhealth